<table>
<thead>
<tr>
<th><strong>MONDAY</strong></th>
<th><strong>TUESDAY</strong></th>
<th><strong>WEDNESDAY</strong></th>
<th><strong>THURSDAY</strong></th>
<th><strong>FRIDAY</strong></th>
</tr>
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</table>
| **9:00-10:00 (NEW)**  
Start Your Day the Right Way  
Living Room | **9:00-10:00 (NEW)**  
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Start Your Day the Right Way  
Living Room |
| **10:00-11:00 (NEW)**  
Hula Dance and Music  
Living Room | **10:00-11:00 (NEW TIME)**  
Book Exchange & Discussion  
Living Room | **9:00-10:00 (NEW; NO CLASS 8/9)**  
Start Your Day the Right Way  
Living Room | **9:30-11:00**  
Tech Office Hours with Johnny  
Living Room | **9:00-10:00 (NEW)**  
Start Your Day the Right Way  
Living Room |
| **10:00-11:00 (NEW TIME)**  
Book Exchange & Discussion  
Living Room | **10:00-11:00 (NEW)**  
Tai Chi and Qigong (Bilingual)  
Living Room | **9:30-11:00 (NO CLASS 8/9)**  
Tech Office Hours with Johnny  
Living Room | **10:00-11:00 (NEW TIME)**  
Book Exchange & Discussion  
Living Room | **9:30-10:30 (NO CLASS 8/30)**  
Using Oil Pastels with Musah  
Plaza Room |
| **10:00-11:00 (RETURNING)**  
"What's On Your Mind?" with Ariana  
Living Room | **10:00-11:00 (NEW TIME)**  
Watercolor with Musah  
Plaza Room | **10:00-11:00 (NEW TIME; NO CLASS 8/9)**  
Book Exchange & Discussion  
Living Room | **10:30-11:15**  
Basic Exercise with Miki  
Living Room | **10:00-11:00 (NEW TIME)**  
Book Exchange & Discussion  
Living Room |
| **11:00-12:00 (NEW)**  
Take a Little Time to Enjoy the View  
Living Room | **10:30-11:30**  
Memory & Strategy Puzzles  
Living Room | **10:30-11:30 (NO CLASS 8/9)**  
Chair Yoga with Judy  
Living Room | **11:00-12:00 (NEW)**  
Take a Little Time to Enjoy the View  
Living Room | **10:00-11:00 (NEW)**  
Take a Little Time to Enjoy the View  
Living Room |
| **1:00-1:45**  
Body Toning with Tobi  
Living Room | **11:00-12:00 (NEW; NO CLASS 8/9)**  
Take a Little Time to Enjoy the View  
Living Room | **11:00-12:00 (NEW; NO CLASS 8/9)**  
Take a Little Time to Enjoy the View  
Living Room | **11:15-12:00 (NEW)**  
Hollywood Gossip: Past and Present  
Living Room | **10:15-11:00**  
SAIL Fitness with Brandon  
Living Room |
| **1:00-2:00 (NEW)**  
Creative Writing with Bernie  
Living Room | **1:00-2:00 (NEW; NO CLASS 8/9)**  
Bingo: Getting to Know Each Other  
Living Room | **11:00-12:00 (NO CLASS 8/9)**  
Chair Yoga with Judy  
Living Room | **11:00-12:00 (NEW)**  
Hollywood Gossip: Past and Present  
Living Room | **10:30-11:45 (RETURNING)**  
Learn to Play Bridge  
Plaza Room |
| **1:00-3:00 (NO CLASS 7/3)**  
Collaborative Brain Exercises  
Living Room | **1:00-3:00 (NO CLASS 8/9)**  
Wellness Hours  
Living Room or Staff Office | **1:00-2:00 (NO CLASS 8/24, 8/31)**  
Music & Art  
Living Room | **1:00-2:00 (NO CLASS 8/24, 8/31)**  
Music & Art  
Living Room | **11:00-11:45**  
Chair Yoga with Brandon  
Living Room |
| **2:00-3:00 (NEW TIME; NO CLASS 8/28)**  
Exploring Composers  
Plaza Room | **2:15-3:00 (8/2, 8/16 ONLY)**  
Art Appreciation  
Plaza Room | **1:00-3:00**  
Social Services Walk-in Hours  
Living Room or Staff Office | **1:00-3:00**  
Social Services Walk-in Hours  
Living Room or Staff Office | **11:00-12:00 (NEW)**  
Take a Little Time to Enjoy the View  
Living Room |
| **3:00-4:00 (8/2, 8/16 ONLY)**  
Drawing & Illustration: Creatures & Animals  
Plaza Room | **3:00-4:00 (8/2, 8/16 ONLY)**  
Drawing & Illustration: Creatures & Animals  
Plaza Room | **2:00-3:00 (NO CLASS 8/24, 8/31)**  
Art & Song Request  
Living Room | **2:00-3:00 (NO CLASS 8/24, 8/31)**  
Art & Song Request  
Living Room | **Movie Matinee**  
Living Room  
8/4 at 1:00: Best in Show (2000)  
8/11 at 1:30: Death on the Nile (2022)  
8/18 at 1:00: Knight and Day (2010)  
8/25 at 1:45: Atonement (2007) |
| **2:15-3:00 (8/2, 8/16 ONLY)**  
Exploring Composers  
Plaza Room | **3:00-4:00 (8/2, 8/16 ONLY)**  
Drawing & Illustration: Creatures & Animals  
Plaza Room | **3:00-4:00 (8/2, 8/16 ONLY)**  
Drawing & Illustration: Creatures & Animals  
Plaza Room | **3:00-4:00 (8/2, 8/16 ONLY)**  
Drawing & Illustration: Creatures & Animals  
Plaza Room | **2:00-3:00 (NO CLASS 8/24, 8/31)**  
Art & Song Request  
Living Room |

**Closed August 9**

**August 8, 2:00-3:00**  
Benefits Team Info Session: SNAP  
Living Room

**August 4, 10:00-10:45**  
Trips Sign-Up Desk  
Front Desk

**August 25, 1:00-1:45**  
Celebration of Life  
Living Room  
Join Director Rose Ginsberg to remember and celebrate the lives of members and loved ones who have passed away.
**LUNCH MENU**

<table>
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<tbody>
<tr>
<td>Pasta Primavera w/ Cheese; beet arugula &amp; feta salad, whole wheat dinner roll</td>
<td>Southwest Sweet Potato Chickpea Delight; bulgur, balsamic roasted brussel sprouts</td>
<td>Dominican Pork Stew; brown rice, sauteed bok choy w/ garlic</td>
<td>Baked Fish Marsala w/ Mushrooms; millet, cucumber &amp; tomato salad w/ balsamic vinaigrette</td>
<td>Baked Breadcr Chicken Cutlet; parmesan barley, broccoli &amp; red peppers</td>
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<tr>
<td>Fish Curry w/ Tomato Sauce; brown rice, sauteed bok choy with garlic</td>
<td>Spinach Mozzarella Quiche; romaine, kale, peppers, black olives and feta cheese, whole wheat bread (<em>Grab&amp;Go</em>)</td>
<td>CLOSED</td>
<td>Braised Pork with Eggplant; brown rice w/ mushroom, broccoli w/ toasted garlic</td>
<td>Aunt Doll's Olra w/ Stewed Tomatoes and Sausage; millet, green beans</td>
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<tr>
<td>Moroccan Chickpea Stew w/ Chickpea &amp; Chard; brown rice, mixed green salad</td>
<td>Whole Wheat Mac &amp; Cheese w/ Butternut Squash; roasted zucchini, whole wheat dinner roll</td>
<td>Tuna Fish Salad; kale w/ tomato, whole wheat bread</td>
<td>Whole Wheat Pasta Primavera w/ Cheese; mixed green salad, whole wheat dinner roll</td>
<td></td>
</tr>
<tr>
<td>Bulgur &amp; Chicken; steamed cabbage</td>
<td>Braised Pork w/ Eggplant; brown rice w/ mushrooms, cauliflower w/ carrots &amp; parsley</td>
<td>Whole Wheat Pasta w/ Broccoli &amp; Pesto; brussel sprouts, whole wheat dinner roll</td>
<td>Chicken Thigh Stew w/ Ginger &amp; Pumpkin; brown rice, broccoli &amp; red peppers</td>
<td></td>
</tr>
<tr>
<td>Whole Wheat Vegetable Lasagna; brussel sprouts, whole wheat dinner roll</td>
<td>Cauliflower Chickpea Bulgur Bake; bulgur, Italian cut green beans</td>
<td>Stewed Beans; quinoa &amp; wheatberry pilaf, broccoli with toasted garlic</td>
<td>Turkey Burger w/ Cheese; cole slaw, whole wheat hamburger bun</td>
<td></td>
</tr>
</tbody>
</table>

**Check-in for lunch starts at 9:15 a.m. and lunch is served from 12-12:30 p.m. daily.**

All meals are first come, first served until the meal end time or until all food has been served. The voluntary contribution for lunch is $1.50. A veggie burger in lieu of the entree can be requested until 11:45a.m. Cottage cheese in lieu of the entree can be requested until 12:30 p.m. We reserve the right to change the menu as needed, based on product availability or other circumstances.

**INFO**

Open Monday - Friday, 9:00 a.m. - 4:00 p.m.
619 Lexington Ave, at 54th St
(Entrance on East 54th St)

For general information about the Older Adult Center @ Saint Peter’s Church, please call 646-306-4492.

**CLOSURES:** The Older Adult Center @ Saint Peter’s Church is closed Wednesday, August 9.

**TRIPS**

**From the Center:**
- Thurs, 8/10, 11-3: shopping on Arthur Avenue in the Bronx
- Tues, 8/15, 11-3: New World Mall in Flushing, Queens
- Thurs, 8/17, 1-4: MoMA P.S. 1 Art Museum in Long Island City, Queens
- Tues, 8/22, 11-1:30: Target-Costco at 517 E. 117th St.

**From Saint Peter’s:**
- Weds, 8/16, 11:30-3: Queens Museum of Art in Flushing Meadows Corona Park, Queens
- Mon, 8/21, 10:30-2:30: Butala Emporium and Little India in Jackson Heights, Queens
- Weds, 8/23, 11-1:30: Target-Costco at 517 E. 117th St.
- Tues, 8/29, 11-2:30: The Met Cloisters (pay what you wish)

**ELEANOR’S OUTINGS**

Eleanor’s Outings ticket lotteries are back!

Through the Eleanor’s Outings program, we will offer a lottery once a month to win tickets to a theater or opera performance.

The show for August will be *Funny Girl on Broadway*, on Saturday August 19 at 2pm.

The lottery for tickets will open up about a week before the performance. Please look out for a flyer with more details!

**SOCIAL SERVICES**

Walk-in Social Services appointments are Thursdays from 1:00 - 3:00 p.m., and Wellness Hours are Wednesdays 1:00 - 3:00 p.m. You may also schedule an appointment at 212-218-0477 or email adulted@lenoxhill.org.

**TECH ED**

Summer Tech Classes are ongoing. For information about classes, pick up a Tech Ed Catalog or contact 212-218-0477 or adulted@lenoxhill.org. Fall classes will begin in September. Please look out for a fall catalog in late August.

For ongoing help, visit Open Computer Lab, Tech Office Hours or call to schedule a 1-on-1 Tech Help session in-person or via phone/Zoom.

Contact 212-218-0477 or adulted@lenoxhill.org with questions or to schedule a 1-on-1 Tech Help.