**ACTIVITY CALENDAR**

**April 2024: Older Adult Center @ Saint Peter’s Church**

### MONDAY

- **9:15-10:00 NO CLASS 4/1**
  - Daily Community Discussion with Yameiri
  - Living Room
- **10:00-11:15 (STARTS 4/9)**
  - **Closed 4/1**

### TUESDAY

- **9:15-10:00**
  - Daily Community Discussion with Yameiri
  - Living Room
- **10:00-12:00**
  - Crochet with Carmen
  - Living Room
- **11:00-12:00**
  - Tai Chi and Qigong (Chinese and English)
  - Living Room
- **1:00-2:00**
  - Meaningful Current Events Discussion
  - Living Room
- **2:00-3:00**
  - Sing for Hope Jazz Trio
  - Living Room

### WEDNESDAY

- **9:15-10:00**
  - Daily Community Discussion with Yameiri
  - Living Room
- **9:30-11:00**
  - Tech Office Hours with Johnny
  - Living Room
- **10:15-11:00**
  - SAIL Fitness with Brandon
  - Living Room
- **11:00-11:45**
  - Chair Yoga with Judy
  - Living Room
- **11:00-12:00**
  - Movement for Connection with Patricia Young, LMSW
  - Living Room
- **11:00-12:00**
  - Financial Literacy with Republic Bank
  - Living Room
- **11:00-12:00**
  - Pelvic Health for Seniors: An Intro to Kegels
  - Living Room

### THURSDAY

- **9:15-10:00**
  - Daily Community Discussion with Yameiri
  - Living Room
- **9:30-11:10 (ENDS ON 4/11)**
  - Tech Office Hours with Jake
  - Living Room
- **10:15-11:15 (STARTS 4/11)**
  - Online Basics with OATS
  - Plaza Room
- **10:15-11:00**
  - Silver Sock Hop with Brandon
  - Living Room
- **11:00-12:00**
  - Movement for Connection with Patricia Young, LMSW
  - Living Room
- **12:00-12:45**
  - Lunch Music (French Conversations)
  - Living Room
- **1:00-2:45**
  - The Crown Discussion
  - Plaza Room
- **4:00-5:00**
  - Resume Writing for the Job Market
  - Plaza Room

### FRIDAY

- **9:15-10:00**
  - Daily Community Discussion with Yameiri
  - Living Room
- **10:00-11:00**
  - SAIL Fitness with Brandon
  - Living Room
- **11:00-11:45**
  - Chair Yoga with Brandon
  - Living Room
- **12:00-12:45**
  - Lunch Music
  - Living Room
- **12:30-1:15**
  - Poetry and Spoken Words with Yameiri
  - Living Room
- **1:30-3:30**
  - Opera Appreciation
  - Plaza Room
- **1:00-2:45**
  - Movie Matinee: “Bette and Joan”
  - Plaza Room
- **1:00-2:00**
  - Hula Dance and Flamenco
  - Living Room
- **1:00-2:00**
  - Music & Art
  - Living Room
- **1:30-3:00**
  - Singin’ Seniors
  - Plaza Room
- **2:00-3:00**
  - Song Request and Art
  - Living Room
- **2:00-3:00**
  - Opera Appreciation
  - Plaza Room
- **2:00-3:00**
  - Nourishing Intimacy: Structuring Relationships for a Mutual Exchange
  - Plaza Room
- **2:00-3:00**
  - Emotional Health & Life Satisfaction
  - Plaza Room
- **2:30-3:30**
  - Creative Writing
  - Living Room
- **2:30-3:30**
  -atured Talents, and Surfing
  - Living Room
- **2:30-3:30**
  - Yoga for Beginners (Judy)
  - Living Room

### SPECIAL EVENTS

- **APRIL 3**
  - Breaking the barrier: Greetings and introductions
  - Living Room
- **APRIL 10**
  - Getting to know you: Curiosity and questions
  - Living Room
- **APRIL 17**
  - Play the game: Negotiating and boundaries and cooperation
  - Living Room
- **APRIL 24**
  - saying farewell - Till we meet again: Taking space or boundaries and cooperation
  - Living Room

### IMPORTANT DATES

- **April 5, 10:00-10:45**
  - April Trip Sign Ups
  - Living Room
- **April 4, 11:00-12:00**
  - Tech: OMNY Workshop
  - Plaza Room
- **April 11, 11:15-12:00**
  - Monthly General Membership Meeting
  - Plaza Room
- **April 25, 12:45-1:00**
  - Monthly Birthday Celebration
  - Living Room
- **April 26, 1:00-2:00**
  - Karaoke
  - Living Room
- **April 26, 2:15-3:15**
  - Latin Dance Class
  - Living Room

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**Older Adult Center @ Saint Peter’s Church: 619 Lexington Avenue (at 54th Street), New York, NY 10022 | 646-306-4492 | www.lenoxhill.org**
### LUNCH MENU

Check-in for lunch starts at 9:15 a.m. and lunch is served from 12:00-12:30 p.m. daily.

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>CLOSED</td>
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<td>2</td>
<td>L. Meatlof w/ Mushroom; creamy spinach polenta, green beans</td>
<td>3</td>
<td>L. Stew w/ Chicken Sausage; millet, steamed cabbage</td>
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<td>Jerk Chicken; black beans &amp; rice, braised collard greens</td>
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<td>8</td>
<td>Spaghetti Carbonara w/ Roasted Peas; whole wheat bread, balsamic roasted brussel sprouts</td>
<td>9</td>
<td>Coconut Curried Fish; barley &amp; brown rice bake, broccoli w/ toasted garlic</td>
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<td>11</td>
<td>Baked Salmon w/ Lemon, Thyme; millet, cauliflower w/ carrots &amp; parsley</td>
<td>12</td>
<td>Whole Mac &amp; Cheese w/ Butternut Squash; ciabatta bread, arugula salad w/ roasted beets</td>
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<td>15</td>
<td>Beef Hamburger; whole wheat hamburger bun, cabbagge &amp; apple slaw</td>
<td>16</td>
<td>Quinoa, Corn &amp; Kidney Bean Enchilada Casserole; kale w/ tomato</td>
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<td>18</td>
<td>Turkey &amp; Beans Chili; parmesan barley, Italian cut green beans</td>
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<td>Chicken Gumbo; millet, mixed green salad</td>
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<td>22</td>
<td>Bacalao Fresco Guisado (Stewed Cod); baked brown rice pilaf, Italian cut green beans</td>
<td>23</td>
<td>Bulgur Con Pollo (Chicken); braised collard greens</td>
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<td>25</td>
<td>Eggplant &amp; Lentil Curry Delight; yellow rice, arugula salad w/ roasted beets &amp; carrots</td>
<td>26</td>
<td>Baked Salmon w/ Cilantro Citrus Sauce; parmesan barley, Caribbean cole slaw</td>
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<td>29</td>
<td>Broccoli Cheddar Quiche; whole wheat bread, baby spinach salad w/ lemon</td>
<td>30</td>
<td>Baked Fish w/ Corn &amp; Potato; pearl barley, roasted zucchini</td>
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<td>1</td>
<td>Aromatic Meatloaf w/ Mushrooms &amp; Peppers; creamed spinach polenta, mixed green salad</td>
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<td>3</td>
<td>Aromatic Lentil Stew w/ Carrots &amp; Turnips; millet, roasted broccoli</td>
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Check-in for lunch starts at 9:15 a.m. and lunch is served from 12:00-12:30 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 meat- or fish-based entrees can be requested until 11:45 a.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 will be closed on Monday April 1.

### TRIPS

**From The Center:**

- **Wednesday, 4/10, 12-2:30:** Guided Farmers Market Tour w/Grow NYC
- **Thursday, 4/11, 1-4:** Chinatown
- **Tuesday, 4/16, 12:30-3:** Guided Tour and Art Activity at The China Institute
- **Thursday, 4/18, 1-4:** Costco

**Sign up for trips from the Center on Monday, April 1 at 10:30 a.m. in the Dining Room**

**From Saint Peter’s:**

- **Monday, 4/8, 11-2:** Lidl and Little Senegal in Harlem
- **Monday, 4/15, 11-2:** Costco
- **Wednesday, 4/17, 11-2:** Mediterranean Foods in Astoria
- **Thursday, 4/18, 11-2:** South Street Seaport Museum
- **Tuesday, 4/30, 11-2:** The Met Cloisters

**Sign up for trips from Saint Peter’s Friday, April 5 at 11:00 a.m.**

### SOCIAL SERVICES

To schedule an appointment with the Social Services team at our site on 343 E 70th Street, please call 212-218-0569 and leave your name, phone number and a brief message, and a member of our team will return your call.

For the full list of Social Services programs across our locations, pick up a Social Services calendar at the front desk.

### TECH ED

Spring Technology Classes at the Center on 70th Street will begin the week of April 15th and Saint Peter’s members are encouraged to join. New and returning classes include All About AI, Computer Basics, Android for Beginners, Science Through Technology, Useful NYC Apps and more.

Registration begins April 3rd at 9am via phone or email only. Please pick up a Tech Ed Catalog at Saint Peter’s or contact 212-218-0477 or teched@lenoxhill.org for details or to register for classes on April 3rd.

For ongoing help on-site at Saint Peter’s, visit the Tech Services team at our site on 343 E 70th Street will begin the week of April 15th and Saint Peter’s members are encouraged to join. New and returning classes include All About AI, Computer Basics, Android for Beginners, Science Through Technology, Useful NYC Apps and more.

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