



ACTIVITY CALENDAR

APRIL 2024: OLDER ADULT CENTER @ SAINT PETER'S CHURCH

MONDAY

CLOSED 4/1

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

10:45-11:30 (NO CLASS 4/1)
Nous Parlons Français
(French Conversations)
Plaza Room

12:00-12:45 (NO CLASS 4/1)
Lunch Music
Living Room

1:00-2:00 (NO CLASS 4/1)
Meaningless Current Events Discussion
with Bernie
Living Room

1:00-3:00 (NO CLASS 4/1)
Connecting with Our Neighbors
Living Room

1:30-2:30 (NO CLASS 4/1, 4/15)
Music Appreciation
Plaza Room

2:30-3:30 (NO CLASS 4/1, 4/15)
Live Music with Michelle
Living Room

TUESDAY

9:15-10:00
Daily Community Discussion with Yameiri
Living Room

10:00-11:15 (STARTS 4/9)
Online Basics with OATS
Plaza Room

10:00-12:00
Crochet with Carmen
Living Room

11:00-12:00
Tai Chi and Qigong (Chinese and English)
Living Room

**** APRIL 2, 1:00-1:45 ****
April Bazaar
Living Room

**** APRIL 9, 1:00-2:00 ****
Emergency Training by Citizen Prepared-
ness Corps
Living Room

**** APRIL 16, 1:00-2:00 ****
Sing for Hope Jazz Trio
Living Room

**** APRIL 30, 12:45-1:45 ****
Sing for Your Seniors
Living Room

1:00-2:45
Movie Matinee - "Bette and Joan"
4/23 only: 7. Abandoned, 8. You Mean All
This Time We Could Have Been Friends?
Living Room

1:30-2:30
"The Crown" Discussion
Plaza Room

**** APRIL 30, 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
Do you want more social connection? Do
you know what types of relationships are
best for you? Let's use playful movements
and gestures to explore and observe the
ways we like to relate to others. Then we'll
discuss how the movements reveal our con-
nection styles and goals for more enriching
relationships.

April 3 - Breaking the barrier: Greetings and
introductions

April 10 - Getting to know you: Curiosity
and questions

April 17 - Play the game: Negotiating
boundaries and cooperation

April 24 - Till we meet again: Taking space or
saying farewell
Plaza Room

12:30-1:15
Poetry & Spoken Words with Yameiri
Living Room

**** APRIL 10, 12:30-1:30 ****
Financial Literacy with Republic Bank
Living Room

1:00-2:00
Art Appreciation
Plaza Room

1:15-2:15
Bingo!: Getting to Know Each Other
Living Room

2:00-3:00
Drawing & Illustration
Plaza Room

THURSDAY

9:15-10:00
Daily Community Discussion with Yameiri
Living Room

9:30-11:00 (ENDS ON 4/11)
Tech Office Hours with Jake
Living Room

10:00-11:15 (STARTS 4/11)
Online Basics with OATS
Plaza Room

10:15-11:00
Silver Sock Hop with Brandon
Living Room

**** APRIL 4, 11:00-12:00 ****
Tech: OMNY Workshop
Plaza Room

**** APRIL 11, 11:15-12:00 ****
Monthly General Membership Meeting
Updates and feedback with Director of Older
Adult Centers Sara Woodson and Program
Manager Yameiri Delmonte
Living Room

**** APRIL 25, 12:45-1:00 ****
Monthly Birthday Celebration
Celebrate this month's birthdays with cake
and music
Living 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

FRIDAY

9:15-10:00
Daily Community Discussion with Yameiri
Living Room

**** APRIL 5, 10:00-10:45 ****
April Trip Sign Ups
Living Room

10:15-11:00
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"
4/5: 1. Pilot, 2. The Other Woman
4/12: 3. Mommie Dearest, 4. More, or Less
4/19: 5. And the Winner is, 6. Hagsploitation

**** APRIL 26, 1:00-2:00 ****
Karaoke
Living Room

**** APRIL 26, 2:15-3:15 ****
Latin Dance Class
Living Room

LUNCH MENU



APRIL 2024

OLDER ADULT CENTER @ SAINT PETER'S CHURCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Turkey Meatloaf w/ Mushrooms; creamy spinach polenta, green beans	3 Lentil Stew w/ Chicken Sausage; millet, steamed cabbage	4 Aromatic Veggie Brown Rice Biryani w/ Chickpeas; kale romaine apple red cabbage parmesan salad, raita yogurt	5 Jerk Chicken; black beans & rice, braised collard greens
8 Spaghetti Carbonara w/ Turkey Bacon & Peas; whole wheat bread, balsamic roasted brussel sprouts	9 Coconut Curried Fish; barley & brown rice bake, broccoli w/ toasted garlic	10 Chicken Stir Fry w/ Broccoli, Peppers & Carrots; quinoa & wheat berry pilaf, braised collard greens	11 Baked Salmon w/ Lemon, Tarragon & Thyme; millet, cauliflower w/ carrots & parsley	12 Whole Mac & Cheese w/ Butternut Squash; ciabatta bread, arugula salad w/ roasted beets
15 Beef Hamburger; whole wheat hamburger bun, cabbage & apple slaw	16 Quinoa, Corn & Kidney Bean Enchilada Casserole; kale w/ tomato	17 Creamy Chickpea Potato Curry; cilantro lime brown rice, braised red cabbage w/ apples	18 Turkey & Beans Chili; parmesan barley, Italian cut green beans	19 Chicken Gumbo; millet, mixed green salad
22 Bacalao Fresco Guisado (Stewed Codfish); baked brown rice pilaf, Italian cut green beans	23 Bulgur Con Pollo (Chicken); braised collard greens	24 Pastel Azteca Verde (Corn Tortilla Casserole); whole wheat dinner roll, broccoli w/ toasted garlic	25 Eggplant & Lentil Curry Delight; yellow rice, arugula salad w/ roasted beets & carrots	26 Baked Salmon w/ Cilantro Citrus Sauce; parmesan barley, Caribbean cole slaw
29 Broccoli Cheddar Quiche; whole wheat bread, baby spinach salad w/ lemon	30 Baked Fish w/ Corn & Potato; pearled barley, roasted zucchini	1 Aromatic Veggie Brown Rice Biryani; braised collard greens	2 Turkey Meatloaf w/ Mushrooms & Peppers; creamed spinach polenta, mixed green salad	3 Aromatic Lentil Stew w/ Carrots & Turnips; millet, roasted broccoli

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 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.

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.

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

Monday, 4/29, 1-4: New World Mall

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.

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 Tech Office Hours with Johnny Wednesdays 9:30-11am or Tech Office Hours Thursdays 9:30-11am with Jake (through 4/11) or contact **212-218-0477** or **teched@lenoxhill.org** to schedule a 1-on-1 Tech Help session.