



ACTIVITY CALENDAR

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

MONDAY

Closed 5/27

10:45-11:30 (NO CLASS 5/27)
Nous Parlons Français
(French Conversations)
Plaza Room

12:00-12:45 (NO CLASS 5/27)
Lunch Music
Living Room

1:00-2:00 (NO CLASS 5/20, 5/27)
Meaningless Current Events Discussion
with Bernie
Living Room

**** MAY 20, 1:00 - 2:00 ****
Belongó: Afro-Latin Jazz with Songs
Across America
Living Room

1:00-3:00 (NO CLASS 5/27)
Connecting with Our Neighbors
Living Room

1:30-2:30 (NO CLASS 5/27)
Music Appreciation
Plaza Room

2:30-3:30 (NO CLASS 5/27)
Live Music with Michelle
Living Room

TUESDAY

9:15-10:00
Buenos Dias! Learn Basic Spanish with
Yameiri
Living Room

10:00-11:15 (ENDS 5/9)
Online Basics with OATS
Plaza Room

10:00-11:15 (NEW, STARTS 5/14)
Digital tools for Creative Expressions 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

**** MAY 14, 12:45-1:45 ****
SNAP/Healthy Food Benefits Overview
with Stephanie Schroeder, Benefits
Advocate
Living Room

**** MAY 14, 1:00-1:45 ****
May Bazaar
Living Room

**** MAY 7, 1:00-2:00 ****
Sing for Hope Jazz Trio
Living Room

**** MAY 21, 1:00-2:00 ****
Vocal Ease
Living Room

**** MAY 28, 1:00-2:00 ****
Sing for Hope Jazz Trio
Living Room

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

WEDNESDAY

Center Opens at 11 a.m. on 5/15

9:30-11:00 (NO CLASS 5/15)
Tech Office Hours with Johnny
Living Room

10:15-11:00 (NO CLASS 5/15)
SAIL Fitness with Brandon
Living Room

11:00-11:45
Chair Yoga with Judy
Living Room

11:00-12:00
Minds Matter! with Patricia Y. LMSW
Week 1: Mental Health in a Changing World
Week 2: Taking Our Emotional Temperature
Week 3: Let's Talk, Let's Feel, Let's Heal
Week 4: Community Connect: Older Adults
as Mental Health Advocates
Week 5: Mindful Today, Healthy Tomorrow
Plaza Room

12:00-12:45
Lunch Music
Living Room

12:30-1:15
Poetry over Tea & Cookie with Yameiri
Living Room

**** MAY 8, 1:30-2:00 ****
Learn How to Function at Your Best
In-home physical therapy introduction with
Stern At Home Therapy
Plaza Room

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

**** MAY 22, 2:30-3:30 ****
OMNY Presentation with the MTA
In partnership with the MTA and the office
of New York Assembly Member Alex Bores,
please join to learn about the OMNY system
Living Room

THURSDAY

9:15-10:00
Buenos Dias! Learn Basic Spanish with
Yameiri
Living Room

10:00-11:15 (ENDS 5/9)
Online Basics with OATS
Plaza Room

10:00-11:15 (NEW, STARTS 5/14)
Digital Tools for Creative Expressions with
OATS
Plaza Room

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

**** MAY 9, 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

**** MAY 30, 12:45-1:00 ****
Monthly Birthday Celebration
Celebrate this month's birthdays with cake
and music
Living Room

1:00-2:00 ((NO CLASS 5/2, 5/9)
Hula Dance and Flamenco
Living Room

1:30-3:00 (ENDS 5/2)
Singin' Seniors
Plaza Room

1:30-2:30 (STARTS 5/9)
Take a Little Time to Enjoy the View
Plaza Room

**** MAY 16, 1:45-2:30 ****
Caregiver Program Presentation
Learn about Lenox Hill Neighborhood
House's support program for Caregivers
Plaza Room

**** MAY 30, 1:45-2:45 ****
NY Connects Referral Services Info Session
Discover options for long-term services sup-
port through NY Connects
Plaza Room

FRIDAY

10:15-11:00
SAIL Fitness with Brandon
Living Room

11:00-11:45
Chair Yoga with Brandon
Living Room

**** MAY 3, 11:00-11:45 ****
May Trip Sign Ups
Living Room

12:00-12:45
Lunch Music
Living Room

12:30-1:15
Poetry over Tea & Cookie with Yameiri
Living Room

1:00-3:00
Social Services Walk-in Hours
Staff Office

1:30-3:30 (NO CLASS 5/3)
Opera Appreciation
Plaza Room

**** MAY 3, 1:30-3:30 ****
Spring Concert with Singin' Seniors
Plaza Room

1:00-2:45
Movie Matinee
5/10: Legal Eagles (1986)
5/17: Downtown Abbey (2019)
5/24: Wont' You Be My Neighbor (2018)

**** MAY 31, 1:00-2:00 ****
Karaoke
Living Room

**** MAY 31, 2:15-3:15 ****
Latin Dance Class
Living Room

LUNCH MENU



MAY 2024

OLDER ADULT CENTER @ SAINT PETER'S CHURCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Aromatic Veggie Brown Rice Biryani; braised collard greens (vegan)	2 Turkey Meatloaf w/ Mushrooms and Peppers; creamed spinach polenta, mixed green salad	3 Aromatic Lentil Stew w/ Carrots and Turnips; millet, roasted broccoli (vegan)
6 Tuscan Chickpea Pasta with Zucchini and Basil; WW dinner roll, beet, arugula, and feta salad (vegetarian)	7 Baked Salmon with Lemon, Tarragon, and Thyme; bulgur, cauliflower and pea curry	8 Habichuelas Guisadas (Stewed Pinto Beans); baked brown rice pilaf, braised collard greens (vegan)	9 BBQ Pulled Pork; WW hamburger bun, cabbage and apple slaw	10 Beef Meatballs in Tomato Sauce; WW spaghetti, garden salad
13 Cauliflower Chickpea Bulgur Bake; mixed green salad (vegan)	14 Turkey Meatloaf w/ Mushroom Gravy; creamy spinach polenta, green beans	15 Lentil Stew w/ Chicken Sausage; millet, steamed red and green cabbage	16 Aromatic Veggie Brown Rice Biryani w/ Chickpeas; kale, romaine, apple, red cabbage, and parmesan salad, raita yogurt (vegetarian)	17 Jerk Chicken; black beans and rice, braised collard greens
20 Spaghetti Carbonara w/ Turkey Bacon and Peas; WW bread, balsamic roasted brussel sprouts	21 Coconut Curried Fish; barley and brown rice bake, broccoli w/ toasted garlic	22 Caribbean Curry with Chickpeas and Spinach; quinoa and wheat berry pilaf and braised collard greens (vegan)	23 Baked Salmon w/ Lemon, Tarragon, and Thyme; millet, cauliflower with carrots and parsley	24 WW Mac and Cheese w/ Butternut Squash; ciabatta bread, arugula salad with roasted beets and carrots (vegetarian)
27 Closed	28 Quinoa, Corn, and Kidney Bean Enchilada Casserole; kale w/ tomato (vegan)	29 Creamy Chickpea Potato Curry; cilantro lime brown rice, braised red cabbage with apples (vegan)	30 Turkey Bean Chili; parmesan barley, italian cut green beans	31 Chicken Gumbo; millet, mixed green salad

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: All locations open at 11 a.m. on Wednesday, May 15. All locations are closed on May 27.

TECH ED

Our tech class Online Basics with Senior Planet is ongoing, meeting Tuesdays and Thursdays from 10:00 – 11:15 a.m. in the Plaza room, concluding on Thursday, May 9th. Digital Tools for Creative Expressions with Senior Planet will meet at the same days and times starting on Tuesday, May 14th. To register for either class, contact **212-218-0477** or **teched@lenoxhill.org**.

TRIPS

From The Center:

Thursday, 5/9, 12:15-2:
Museum of Chinese in America

Wednesday, 5/15, 1-4:
Queens County Farm Museum

Thursday, 5/16, 1-3: Korea Town @ 32nd St

Monday, 5/27, 1-4: Costco

Thursday, 5/30, 1-3: American Folk Art Museum

Sign up for trips from the Center on Monday, May 6 at 10:30 a.m. in the Dining Room or call 212-218-0315.

From Saint Peter's:

Monday, 5/13, 11-2: Socrates Sculpture Park

Wednesday, 5/15, 11-3:
New York Botanical Gardens

Tuesday, 5/21, 11-2:
The Highline and Hudson Yards

Thursday, 5/23, 11-3: Arthur Avenue

Tuesday, 5/28, 11-3: Brighton Beach

Sign up for trips from Saint Peter's Friday, May 3 at 11:00 a.m. or call 646-306-4492.

SOCIAL SERVICES

Walk-in Social Services appointments are back this month Fridays 1:00 - 3:00 p.m.

Please also join Benefits Advocate Stephanie Schroeder on Tuesday, May 14 from 1:00 p.m. to 2:00 p.m. in the Living Room to learn about using the Supplemental Nutrition Assistance Program (SNAP) and other ways to secure fresh food.

You may also schedule an appointment at **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 Center.