



# ACTIVITY CALENDAR

## FEBRUARY 2024: OLDER ADULT CENTER @ SAINT PETER'S CHURCH

### MONDAY

**\*CLOSED 2/19\***

**9:15-10:00 (NO CLASS 2/19)**  
**Daily Poetry and Meditation with Yameiri**  
Living Room

**10:45-11:30 (NO CLASS 2/19)**  
**Nous Parlons Français**  
(French Conversations)  
Plaza Room

**12:00-12:45**  
**Lunch Music**  
Living Room

**\*\*FEBRUARY 26, 1:00-2:00\*\***  
**Irving Berlin: An American Institution**  
**Lecture with Marty Schneit**  
Living Room

**1:00-2:00 (NO CLASS 2/26)**  
**Meaningless Current Events Discussion**  
**with Bernie**  
Living Room

**1:00-3:00**  
**Connecting with Our Neighbors**  
Living Room

**2:00-3:00 (2/26 ONLY)**  
**Music Appreciation**  
Plaza Room

**3:00-3:45 (2/26 ONLY)**  
**Live Music with Michelle**  
Living Room

### TUESDAY

**9:15-10:00**  
**Daily Poetry and Meditation with Yameiri**  
Living Room

**10:00-11:00**  
**Watercolor with Musah**  
Living Room

**10:00-11:00**  
**Tai Chi w/Fans (Chinese and English)**  
Living Room

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

**12:00-12:45**  
**Lunch Music**  
Living Room

**\*\*FEBRUARY 13, 12:45-1:00\*\***  
**Tea and Cookies with Yameiri**  
This is an opportunity for you and new Saint Peter's Center Program Manager Yameiri Delmonte to get to know each other over tea or coffee and cookies  
Living Room

**\*\*FEBRUARY 6, 1:00-2:00\*\***  
**Sing for Your Seniors**  
Living Room

**1:30-3:00 (NO CLASS 2/6)**  
**German for Beginners**  
Plaza Room

### WEDNESDAY

**9:15-10:00**  
**Daily Poetry and Meditation 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**  
**"The Crown"-discussion and connections**  
Living Room

**12:00-12:45**  
**Lunch Music**  
Living Room

**\*\*FEBRUARY 7 & 14, 12:30-1:30\*\***  
**Sing for Hope**  
**Jazz Trio**  
Living Rm

**1:00-2:00**  
**Art Appreciation**  
Living Room

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

**\*\*FEBRUARY 14, 1:45-2:30\*\***  
**Valentine's Day Friendship and**  
**Community Celebration**  
Living Room

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

**\*\*FEBRUARY 21, 3:00-3:45\*\***  
**Tea and Cookies with Yameiri**  
This is an opportunity for you and new Saint Peter's Center Program Manager Yameiri Delmonte to get to know each other over tea or coffee and cookies  
Living Room

### THURSDAY

**9:15-10:00**  
**Daily Poetry and Meditation with Yameiri**  
Living Room

**9:30-11:00**  
**Tech Office Hours with Jake**  
Living Room

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

**\*\* FEBRUARY 8, 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

**12:00-12:45**  
**Lunch Music**  
Living Room

**\*\* FEBRUARY 29, 12:45-1:00**  
**Monthly Birthday Celebration**  
Celebrate this month's birthdays with cake and music  
Living Room

**1:00-2:00 (2/29 ONLY)**  
**Hula Dance and Music**  
Living Room

**1:00-2:00**  
**Music & Art**  
Living Room

**1:30-3:30 (2/15, 2/22, 2/29 ONLY)**  
**Opera Appreciation**  
Plaza Room

**2:00-3:00**  
**Song Request and Art**  
Living Room

### FRIDAY

**9:00-10:00 (STARTS 2/2)**  
**Rack Your Brain with Bev**  
Engage in stimulating word activities with Bev  
Living Room

**9:15-10:00**  
**Daily Poetry and Meditation with Yameiri**  
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**

**1:00-2:00**  
**Weekend Karaoke**  
Living Room

**2:00-3:45**  
**Movie Matinee**  
2/2 Elvis (2022)  
2/9 Harriet (2019)  
2/16 Cats (2019)  
2/23 Poms (2019)  
Living Room

LUNCH MENU



FEBRUARY 2024  
OLDER ADULT CENTER @ SAINT PETER’S CHURCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 <b>Tuna Fish Salad;</b> whole wheat bread, kale w/ tomato	2 <b>Whole Wheat Pasta Primavera w/ Cheese;</b> whole wheat dinner roll, mixed green sala
5 <b>Bulgur Con Pollo;</b> bulgur, steamed cabbage	6 <b>Southwest Sweet Potato Chickpea Delight;</b> millet, braised collard greens	7 <b>Braised Pork w/ Eggplant;</b> brown rice w/ mushrooms, cauliflower w/ carrots & parsley	8 <b>Whole Wheat Pasta w/ Broccoli &amp; Pesto;</b> whole wheat dinner roll, brussels sprouts	9 <b>Chicken Thigh Stew w/ Ginger &amp; Pumpkin;</b> brown rice, broccoli & red peppers
12 <b>Whole Wheat Rotini w/ Spinach, Chickpeas &amp; Garlic;</b> WW dinner roll, cucumber & tomato salad w/ balsamic vinaigrette	13 <b>Whole Wheat Vegetable Lasagna;</b> dinner roll, brussels sprouts	14 <b>Cauliflower Chickpea Bulgur Bake;</b> bulgur, Italian cut green beans	15 <b>Stewed Beans;</b> quinoa & wheat berry pilaf, broccoli w/ toasted garlic	16 <b>Turkey Burger w/ Cheese;</b> whole wheat hamburger bun, cole slaw
19  <b>CLOSED</b>	20 <b>Black Bean &amp; Sweet Potato Chili;</b> pearled barley, broccoli & red peppers	21 <b>BBQ Pulled Pork;</b> brown rice, cabbage salad w/ wheat berries	22 <b>Quinoa, Corn &amp; Kidney Bean Enchilada;</b> whole wheat dinner roll, spinach apple & red onion salad	23 <b>Chicken Shawarma;</b> parmesan barley, steamed green beans
26 <b>Whole Wheat Pasta Primavera w/ Cheese;</b> whole wheat dinner rolls, beet arugula & feta salad	27 <b>Southwest Sweet Potato Chickpea Delight;</b> bulgur, balsamic roasted brussels sprouts	28 <b>Chambre de Gandules (Dominican Pork Stew w/ Brown Rice);</b> sauteed bok choy w/ garlic	29 <b>Baked Fish Marsala w/ Mushrooms;</b> millet, cucumber & tomato salad	1 <b>Baked Breaded Chicken Cutlet;</b> parmesan barley, broccoli & red peppers

**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 are closed on Monday, February 19.

### TECH ED

Winter Tech Ed Classes at the Center on 70th Street are ongoing. Pick up a Tech Ed Catalog at the Saint Peter’s Front Desk for details.

For ongoing help at Saint Peter’s, please visit Tech Office Hours Wednesdays or Thursdays 9:30 a.m. - 11:00 a.m. No registration required.

**Contact 212-218-0477 or [teched@lenoxhill.org](mailto:teched@lenoxhill.org) with questions.**

### TRIPS

The Centers will offer two trips per site in late February. Please look out for a February Trips Flyer with destinations and sign-up information mid-month.

### SOCIAL SERVICES

To schedule appointment with the Social Sevicees 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.

### ADVISORY COUNCIL NOMINATIONS AND ELECTION

**What is the Advisory Council?**  
The Advisory Council is a member-led and member-elected body that communicates with the general membership to advise Center staff on general operations, programming, meals and more. **The Council will consist of 5 members and all members of the Older Adult Center at Saint Peter’s Church are eligible to run for Council.**

**How to Run for the Advisory Council:**  
Saint Peter’s Members can self-nominate and should submit a short bio including why you would like to be on the Council. To nominate yourself, please **submit your bio to the staff office by Friday, February 9** either on paper or via email at [ydelmonte@lenoxhill.org](mailto:ydelmonte@lenoxhill.org). Staff will take a photo of all nominees to be included with the bio. **These bios will be posted outside the staff office from February 12 to March 1** for all members to review.

**Election Process:**  
Paper ballots with names of all posted nominees will be available to members to **vote from Monday, February 26 to Friday, March 1**. **Staff will count the ballots and results will be posted on Wednesday, March 6.** The newly elected Advisory Council will then coordinate with staff to hold regular meetings.