



ACTIVITY CALENDAR

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

MONDAY

CLOSED 1/1 and 1/15

9:00-10:00 (NO CLASS 1/1, 1/15)
Start Your Day the Right Way
Living Room

10:45-11:30 (NO CLASS 1/1, 1/15)
Nous Parlons Français
(French Conversations)
Plaza Room

11:00-12:00 (NO CLASS 1/1, 1/15)
"The Crown" — Discussion, Connections,
Tea and Scones might be served
Living Room

12:00-12:45 (NO CLASS 1/1, 1/15)
Lunch Music
Living Room

1:00-2:00 (NO CLASS 1/1, 1/15)
Meaningless Current Events Discussion
with Bernie
Living Room

1:00-3:00 (NO CLASS 1/1, 1/15)
Connecting with Our Neighbors
Living Room

2:00-3:00 (NO CLASS 1/1, 1/15)
Music Appreciation
Plaza Room

3:00-3:45 (NO CLASS 1/1, 1/15)
Live Music with Michelle
Living Room

TUESDAY

9:00-10:00
Start Your Day the Right Way
Living Room

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

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

12:00-12:45
Lunch Music
Living Room

**** JANUARY 23, 1:00-2:00**
Holocaust Remembrance Book Talk:
Memoir of a 2G: Story of Secrecy and
Resilience
Book reading and Q & A with author
Patricia C. Bischof
Living Room

**** JANUARY 16, 1:00-2:00**
Advisory Council Orientation
The Advisory Council is returning in 2024!
Attend this orientation to learn the func-
tions and structure of this member-led
group and how to participate
Living Room

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

WEDNESDAY

9:00-10:00
Start Your Day the Right Way
Living Rm

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

10:15-11:00 (NO CLASS 1/3)
SAIL Fitness with Brandon
Living Room

11:00-11:45 (NO CLASS 1/3)
Chair Yoga with Judy
Living Room

12:00-12:45
Lunch Music
Living Room

**** JANUARY 10, 12:30-1:15**
Financial Literacy Series with First
Republic Bank
Living Rm

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

1:00-2:00
Art Appreciation
Living Room

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

**** JANUARY 24, 2:00-3:30**
Hospital for Special Surgery: Mindfulness
Strategies
Living Room

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

THURSDAY

9:00-10:00
Start Your Day the Right Way
Living Room

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

10:15-11:00 (NO CLASS 1/4)
Silver Sock Hop with Brandon
Living Room

11:00-12:00
Knitting and Crochet w/ Emma
Living Room

12:00-12:45
Lunch Music
Living Room

**** JANUARY 25, 12:45-1:00**
Monthly Birthday Celebration
Celebrate January birthdays with cake and
music
Living Room

1:00-2:00
Hula Dance and Music
Living Room

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

1:30-3:30 (1/18, 1/25 ONLY)
Opera Appreciation
Plaza Room

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

FRIDAY

9:00-10:00
Start Your Day the Right Way
Living Room

10:15-11:00 (NO CLASS 1/5)
SAIL Fitness with Brandon
Living Room

11:00-11:45 (NO CLASS 1/5)
Chair Yoga with Brandon
Living Room

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

2:30-3:45
Movie Matinee
Living Room
1/5: Mamma Mia (2008)
1/12: Mamma Mia (2018)
1/19: Jurassic Park (1993)
1/26: Jurassic Park: Lost world (1997)

LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 CLOSED	2 Whole Wheat Vegetable Lasagna; dinner roll, brussels sprouts	3 Cauliflower Chickpea Bulgur Bake; bulgur, Italian cut green beans	4 Stewed Beans; quinoa & wheat berry pilaf, broccoli w/ toasted garlic	5 Turkey Burger w/ Cheese; whole wheat hamburger bun, cole slaw
8 Pepper Flank Steak; millet, roasted zucchini	9 Black Bean & Sweet Potato Chili; pearled barley, broccoli & red peppers	10 BBQ Pulled Pork; brown rice, cabbage salad w/ wheat berries	11 Quinoa, Corn & Kidney Bean Enchilada Casserole; whole wheat dinner roll, spinach apple & red onion salad	12 Chicken Shawarma; parmesan barley, steamed green beans
15 CLOSED	16 Southwest Sweet Potato Chickpea Delight; bulgur, balsamic roasted brussels sprouts	17 Chambre de Gandules (Dominican Stew); brown rice, sauteed bok choy w/ garlic	18 Baked Fish Marsala w/ Mushrooms; millet, cucumber & tomato salad	19 Baked Breaded Chicken Cutlet; parmesan barley, broccoli & red peppers
22 Spinach Mozzarella Quiche; whole wheat bread, romaine kale pepper black olive & feta salad	23 Fish Curry w/ Tomato Sauce; brown rice, sauteed bok choy w/ garlic	24 Stewed Beans; pearled barley, roasted zucchini	25 Braised Pork w/ Eggplants; brown rice w/ mushrooms, broccoli w/ toasted garlic	26 Aunt Doll Okra w/ Stewed Tomatoes & Sausage; millet, green beans
29 Moroccan Chickpea Stew w/ Chard; brown rice, mixed green salad	30 Chicken Shawarma; millet, collard greens w/ tomato	31 Whole Wheat Mac & Cheese w/ Butternut Squash; whole wheat dinner roll, roasted zucchini	1 Tuna Fish Salad; whole wheat bread, kale w/ tomato	2 Whole Wheat Pasta Primavera w/ Cheese; whole wheat dinner roll, mixed green salad

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 January 1 and January 15.

TECH ED

Winter Classes will begin at the Center on 70th Street the week of January 22. 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 with questions.

TRIPS

To celebrate the 130th Anniversary of Lenox Hill Neighborhood House, we will provide trips between our two centers for members to enjoy activities and meals at both sites. The schedule will be as follows starting 1/8:

Monday

Center to Saint Peter’s 10:00 a.m.
Saint Peter’s to Center 3:45 p.m.

Tuesday

Saint Peter’s to Center 11:15 a.m.
Saint Peter’s to Center 3:45 p.m.

Wednesday

Center to Saint Peter’s 10:00 a.m.
Saint Peter’s to Center 3:45 p.m.

Thursday

Saint Peter’s to Center 11:15 a.m.
Saint Peter’s to Center 3:45 p.m.

Friday

Saint Peter’s to Center 11:15 a.m.
Saint Peter’s to Center 3:45 p.m.

Please come to the front desks at the location and times above to join the trips.

SOCIAL SERVICES

Walk-in Social Services appointments take place at Saint Peter’s Wednesdays and Fridays 1:00 - 3:00 p.m.

To schedule appointment with the Social Services team 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.

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.