



ACTIVITY CALENDAR

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

MONDAY

- 9:15-10:00**
Daily Poetry and Meditation with Yameiri
Living Room
- 10:45-11:30**
Nous Parlons Français (French Conversations)
Plaza Room
- 11:00-12:00**
"The Crown" Discussion
Living Room
- 12:00-12:45**
Lunch Music
Living Room
- 1:00-2:00**
Meaningless Current Events Discussion with Bernie
Living Room
- 1:00-3:00**
Connecting with Our Neighbors
Living Room
- 1:30-2:30 (NO CLASS 3/18)**
Music Appreciation
Plaza Room
- 2:30-3:30 (NO CLASS 3/18)**
Live Music with Michelle
Living Room

TUESDAY

- *CLOSED 3/12***
- 9:15-10:00 (NO CLASS 3/12)**
Daily Poetry and Meditation with Yameiri
Living Room
- 10:00-11:00 (NO CLASS 3/12, 3/19)**
Watercolor with Musah
Living Room
- 10:00-12:00 (NEW CLASS STARTS 3/5, NO CLASS 3/12)**
Crochet with Carmen
Living Room
- ** MARCH 5, 10:00-10:45 ****
March Trip Sign Ups
Living Room
- 11:00-12:00 (NO CLASS 3/12)**
Tai Chi and Qigong (Chinese and English)
Living Room
- 12:00-12:45 (NO CLASS 3/12)**
Lunch Music
Living Room
- ** MARCH 5, 1:00-1:45 ****
March Bazaar
Living Room
- ** MARCH 5, 1:00-2:00 ****
Introcuction to NYC Free Tax Preparation
Living Room
- ** MARCH 19, 12:30-1:30 ****
Safety Presentation
Living Room
- ** MARCH 26, 1:00-2:00 ****
Sing for Hope Jazz Trio
Living 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**
Creating a Culture of Connection with Greenwich House
Plaza Room
- 12:00-12:45**
Lunch Music
Living Room
- ** MARCH 20 1:00-2:30 ****
La Gringa
Spanish language play with English subtitles. A play about a young New York-born Puerto Rican girl's quest for her identity. Reservations required: call 646-306-4492 to reserve a seat or speak with staff.
Living Room
- 1:00-2:00 (NO CLASS 3/20)**
Art Appreciation
Living Room
- 1:15-2:15 (1:45-2:45 ON 3/20)**
Bingo! Getting to Know Each Other
Living Room (Plaza Room on 3/20)
- 2:00-3:00 (NO CLASS 3/20)**
Drawing & Illustration
Plaza Room

THURSDAY

- 9:15-10:00**
Daily Poetry and Meditation with Yameiri
Living Room
- 9:30-11:00 (NO CLASS 3/21)**
Tech Office Hours with Jake
Living Room
- 10:15-11:00**
Silver Sock Hop with Brandon
Living Room
- 11:00-12:00**
Knitting and Crochet with Emma
Living Room
- 12:00-12:45**
Lunch Music
Living Room
- ** MARCH 7, 12:30-1:15 ****
Monthly General Membership Meeting
Updates and feedback with Director of Older Adult Centers Sara Woodson and Program Manager Yameiri Delmonte
Living Room
- ** MARCH 28, 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 Music
Living Room
- 1:00-2:00 (NO CLASS 3/21)**
Music & Art
Living Room
- ** MARCH 28 1:00-2:00 ****
OMNY Workshop - learn how to "tap to ride" on buses and trains
- 1:30-3:00 (3/7, 3/14, 3/21 ONLY)**
Singin' Seniors
Plaza Room
- 2:00-3:00 (NO CLASS 3/21)**
Song Request and Art
Living Room

FRIDAY

- *CLOSED 3/29***
- 9:00-10:00 (NO CLASS 3/29)**
Rack Your Brain with Bev
Engage in stimulating word activities with Bev
Living Room
- 9:15-10:00 (NO CLASS 3/29)**
Daily Poetry and Meditation with Yameiri
Living Room
- 10:15-11:00 (NO CLASS 3/29)**
SAIL Fitness with Brandon
Living Room
- 11:00-11:45 (NO CLASS 3/29)**
Chair Yoga with Brandon
Living Room
- 12:00-12:45 (NO SESSION 3/29)**
Lunch Music
Living Room
- 1:30-3:30 (3/8, 3/15, 3/22 ONLY)**
Opera Appreciation
Plaza Room
- 1:00-2:45**
Movie Matinee
3/1 Audrey (More than an Icon) (2020)
3/8 The Great Debaters (2007)
3/15 The Great Gatsby (2013)
3/22 The Other Boleyn Girl (2008)
Living Room

LUNCH MENU



MARCH 2024
OLDER ADULT CENTER @ SAINT PETER’S CHURCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Breaded Chicken Cutlet; parmesan barley, broccoli & red peppers
4 Spinach Mozzarella Quiche; whole wheat bread, romaine kale pepper black olive & feta salad	5 Fish Curry w/ Tomato Sauce; brown rice, sauteed bok choy w/ garlic	6 Stewed Beans; pearled barley, roasted zucchini	7 Braised Pork w/ Eggplant; brown rice w/ mushrooms, broccoli w/ toasted garlic	8 Aunt Doll Okra w/ Stewed Tomato & Sausage; millet, green beans
11 Moroccan Chickpea Stew w/ Chard; brown rice, mixed green salad	12 CLOSED	13 Whole Wheat Mac & Cheese w/ Butternut Squash; whole wheat dinner roll, roasted zucchini	14 Tuna Fish Salad; whole wheat bread, kale w/ tomato	15 Whole Wheat Pasta Primavera w/ Cheese; whole wheat dinner roll, mixed green salad
18 Bulgur Con Pollo (Chicken); bulgur, steamed cabbage	19 Southwest Sweet Potato Chickpea Delight; millet, braised collard greens	20 Braised Pork w/ Eggplant; brown rice w/ mushrooms, cauliflowers w/ carrots & parsley	21 Whole Wheat Pasta w/ Broccoli & Pesto; whole wheat dinner roll, brussels sprouts	22 Chicken Thigh Stew w/ Ginger & Pumpkin; brown rice, broccoli & red peppers
25 WW Rotini w/ Spinach, Chickpeas, & Garlic; WW dinner rolls, cucumber & tomato salad w/ balsamic vinaigrette	26 Whole Wheat Vegetable Lasagna; whole wheat dinner roll, brussels sprouts	27 Cauliflower Chickpea Bulgur Bake; bulgur, Italian cut green beans	28 Stewed Beans; quinoa & wheat berry pilaf, broccoli w/ toasted garlic	29 CLOSED

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: Both Centers will be closed on Tuesday, March 12 and the Older Adult Center @ Saint Peter’s Church will be closed for Good Friday on Friday, March 29.

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 with questions.

TRIPS

From The Center:

- Wednesday, 3/6, 11-3:30: New York Botanical Gardens
- Thursday, 3/7, 11-3:30: Brighton Beach
- Monday, 3/18, 1-4: Chelsea Market
- Monday, 3/25, 1-4, Chinatown
- Thursday, 3/28, 1-4: Costco

From Saint Peter’s:

- Thursday, 3/7, 11-3:30: Brighton Beach
- Tuesday, 3/19, 11-2: Costco
- Wednesday, 3/20, 11-3:30: New York Botanical Gardens
- Thursday, 3/21, 11-2: Chelsea Market
- Tuesday, 3/26, 11-2: Chinatown

ADVISORY COUNCIL ELECTION

Voting for the (7) open Council seats concludes on Friday, March 1. Staff will count the ballots on March 4 and 5 and will post results on Wednesday, March 6. The newly elected Council will then coordinate to hold regular meetings and notify members of next steps.

SOCIAL SERVICES

To schedule 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.