




# MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>	<p>4.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – Crocheting 1:00pm – Recreational Games 2:00pm – Art of Film</p>	<p>P A N T R Y</p> <p>5.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Crocheting 2:00pm – Karaoke</p>	<p>6.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Recreational Games 2:00pm – Karaoke</p>	<p>7.</p> <p>10:00am – Breakfast Chat Club 11:00am – Arts &amp; Crafts 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>10.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>	<p>11.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Exercise w/ VNS 12:00pm – Lunch Is Served 1:00pm – Crocheting 1:00pm – Recreational Games 2:00pm – Art of Film</p>	<p>12.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Crocheting 2:00pm – Karaoke</p>	<p>13.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Recreational Games 2:00pm – Karaoke</p>	<p>14.</p> <p>10:00am – Breakfast Chat Club 11:00am – Arts &amp; Crafts 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>17.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – St. Patrick's Day Celebration 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>	<p>18.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – Crocheting 1:00pm – Recreational Games 2:00pm – Art of Film</p>	<p>P A N T R Y</p> <p>19.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Crocheting 2:00pm – Karaoke</p>	<p>20.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Recreational Games 2:00pm – Karaoke</p>	<p>21.</p> <p>10:00am – Breakfast Chat Club 11:00am – Arts &amp; Crafts 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>24.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Hand Massage w/ All Care 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>	<p>25.</p> <p>10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – Crocheting 1:00pm – Recreational Games 2:00pm – Art of Film</p>	<p>26.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Crocheting 2:00pm – Karaoke</p>	<p>27.</p> <p>10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm – Recreational Games 2:00pm – Karaoke</p>	<p>28.</p> <p>10:00am – Breakfast Chat Club 11:00am – Arts &amp; Crafts 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>31.</p> <p>10:00am – Creative Coloring/ Word Puzzles 10:00am – Sleep Hygiene Presented by St. John's University 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Afternoon Teatime</p>				<p>CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS THIS PROGRAM IS FUNDED BY NYC AGING THIS CALENDAR MAY BE SUBJECT TO CHANGE</p>



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3. Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Multigrain Flatbread Braised Collard Greens Apple Apple Juice</p>	<p>4. Pork Spare Ribs Roasted Vegetable Couscous A Nice Vegetable Soup Kiwis Apple Juice</p>	<p>5. Beef or Turkey Meatloaf with Mushroom Gravy Whole Wheat Brad Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapples Grape Juice</p>	<p>6. Baked Asian Style Honey Chicken Chinese Style Spaghetti or Vegetable Lo Mein Avocado Egg Salad Baby Carrots and Parsley Banana Fruited Jello</p>	<p>7. Baked Fish Apple and Beet Salad Instant Mashed Potatoes Orange Orange Pineapple Juice</p>
<p>10. Arroz con Pollo Chicken Breast and Rice Stewed Pinto Beans Orange</p>	<p>11. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Mangu with Onions Tangerines</p>	<p>12. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p>	<p>13. A Nice Vegetable Soup Baked Ziti with Beef Meatballs Spinach, Apple and Red Onion Salad Tangerines Orange Pineapple Juice</p>	<p>14. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice with Mushrooms General Tso's Cauliflower Pear</p>
<p>17. Corned Beef Brisket Cabbages Baked Potatoes Green Jello  Special Menu for St. Patrick's Day</p>	<p>18. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice</p>	<p>19. Vegetable Soup BBQ Beef Ribs Rice with Corn Beet Salad Nectarine Apple Juice</p>	<p>20. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage with Carrots Banana Grape Juice</p>	<p>21. Chicken Noodle Soup Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes and Vegetables Apple Apple Juice</p>
<p>24. Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potato Fries Frozen Berries String Cheese</p>	<p>25. Chicken Soup BBQ Pulled Pork Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Canned Mandarin Oranges Rice Pudding</p>	<p>26. Bake Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Canned Pineapples Orange Pineapple Juice</p>	<p>27. Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Frozen Berries Apple Juice or Chocolate Pudding</p>	<p>28. Baked Lean Lamb Chops Baked Sweet Potatoes or Halved Avocados Canned Sliced Peaches Grape Juice</p>
<p>31. Cuban Black Beans and Brown Rice Italian Blend Vegetables Grapes Grape Juice</p>				<p>ALL MEALS ARE SERVED WITH 1% LOW FAT MILK, WHOLE WHEAT BREAD OR ROLL FUNDED BY NYC AGING, SUGGESTED CONTRIBUTION FOR LUNCH IS \$2 FOR SENIORS (60+) (FOOD MENU ITEMS MAY BE SUBJECT TO CHANGE)</p>