




# April 2025


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. 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>2. 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>3. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Arts &amp; Crafts 3:00pm – Karaoke</p>	<p>4. 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>7. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Nutrition w/ Pnina 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Arts &amp; Crafts 3:00pm – Afternoon Teatime</p>	<p>8. 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>9. 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>10. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Arts &amp; Crafts 3:00pm – Karaoke</p>	<p>11. 10:00am – Breakfast Chat Club 11:00am – CPR Training 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>14. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Nutrition w/ Pnina 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Arts &amp; Crafts 3:00pm – Afternoon Teatime</p>	<p>15. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Fire Safety Presentation 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>16. 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>17. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Arts &amp; Crafts 3:00pm – Karaoke</p>	<p>18. 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>21. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Easter Celebration 11:00am – Nutrition w/ Pnina 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Arts &amp; Crafts 3:00pm – Afternoon Teatime</p>	<p>22. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Hand Massage w/ All Care 12:00pm – Lunch Is Served 1:00pm – Crocheting 1:00pm- Recreational Games 2:00pm – Art of Film</p>	<p>23. 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>24. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 12:00pm – Lunch Is Served 1:00pm- Recreational Games 2:00pm – Arts &amp; Crafts 3:00pm – Karaoke</p>	<p>25. 10:00am – Breakfast Chat Club 11:00am – Volunteer Appreciation Celebration 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Art of Film 3:00pm – Afternoon Teatime</p>
<p>28. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Tech Support 12:00pm – Lunch Is Served 1:00pm – HM Presentation 2:00pm – Arts &amp; Crafts 3:00pm – Afternoon Teatime</p>	<p>29. 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>30. 10:00am – Breakfast Chat Club 11:00am – Chair Boxing w/ Jackson 11:00am – NYBG Trip 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Crocheting 2:00pm – Karaoke</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>	



# April 2025

**Tel: 718 584-2357**

**Mon-Fri: 8:30 A.M. – 4:30 P.M**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches Grape Juice</p>	<p>2. Carne Guisada (Caribbean Style Beef Stew) Mangu with Onions Sauteed Spinach Fresh Pineapple Apple Juice</p>	<p>3. Pork Stir Fry with Vegetables Or Turkey Stir Fry with Vegetable Chinese Style Spaghetti Sauteed Mustard Greens Frozen Berries Cottage cheese Pineapple Juice</p>	<p>4. Stew Codfish Yuca with Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice</p>
<p>7. Cuban Black Beans and Brown Rice Italian Blend Vegetables Grapes Grape Juice</p>	<p>8. Coconut Curried Fish Dominican Moro Arugula Salad with Balsamic Vinaigrette Watermelon Fruited Jello</p>	<p>9. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange pineapple Juice</p>	<p>10. Italian Meatballs Whole Wheat Spaghetti Broccoli with Toasted Garlic Mixed Green Salad Tangerines Apple Juice</p>	<p>11. Deluxe Cheeseburger with Sauteed Green Peppers and Onions Roasted Sweet Potato Fries Orange Banana Oatmeal Cookie</p>
<p>14. Baked Asian Style Honey Chicken Chinese Style Spaghetti or Vegetable Lo Mein Avocado Egg Salad Baby Carrots and Parsley Banana Fruited Jello</p>	<p>15. Pork Spare Ribs Roasted Vegetable Couscous A Nice Vegetable Soup Kiwis Apple Juice</p>	<p>16. Beef or Turkey Meatloaf with Mushroom Gravy Whole Wheat Brad Garlic Mashed Potatoes Italian Cut Green Beans Canned Pineapples Grape Juice</p>	<p>17. Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Multigrain Flatbread Braised Collard Greens Apple Apple Juice</p>	<p>18. Spanish Syled Stew Cod Fish White Rice Peas &amp; Carrots Salad Cucumber w/Avocado Orange Pineapple Juice Honey Dew Melon <b>Special Menu For Good Friday</b></p>
<p>21. Ham with Pineapple Arroz con Gandules Potato Salad Fruit Cups Pineapple Juice Sheet Cake <b>Special Menu for Easter Celebration</b></p>	<p>22. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Mangu with Onions Tangerines</p>	<p>23. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Apple Grape Juice</p>	<p>24. A Nice Vegetable Soup Baked Ziti with Beef Meatballs Spinach, Apple and Red Onion Salad Tangerines Orange Pineapple Juice</p>	<p>25. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice with Mushrooms General Tso's Cauliflower Pear</p>
<p>27. A Nice Vegetable Soup Spinach Feta Pie Apple and Beet Salad Canned Apricots Apple Juice</p>	<p>28. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Avocado Orange Salad Orange Orange Pineapple Juice</p>	<p>29. Vegetable Soup BBQ Beef Ribs Rice with Corn Beet Salad Nectarine Apple Juice</p>	<p>30. Baked Chicken Thighs Baked Macaroni and Cheese Caribbean Style Roasted Cabbage with Carrots Banana Grape Juice</p>	<p><b>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)</b></p>