




# March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. 10:00am – Arts &amp; Crafts 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Recreational Music 3:00pm – Seasonal Creations</p>	<p>3. 10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Recreational Games 1:00pm – <b>Crocheting w/ Gladys</b> 2:00pm – Art of Film</p>	<p><b>P A N T R Y</b> 4. 10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – <b>Crocheting w/ Gladys</b> 3:00pm – Seasonal Creations</p>	<p>5. 10:00am – <b>Blood Pressure Screening</b> 11:00am – Sip &amp; Paint 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p>6. 10:00am – Sip &amp; Paint 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Art of Film 3:00pm – Seasonal Creations</p>
<p>9. 10:00am – Arts &amp; Crafts 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Recreational Music 3:00pm – Seasonal Creations</p>	<p>10. 10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Recreational Games 2:00pm – Art of Film</p>	<p>11. 10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 3:00pm – Seasonal Creations</p>	<p>12. 10:00am – <b>Blood Pressure Screening</b> 11:00am – Sip &amp; Paint 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p>13. 10:00am – Sip &amp; Paint 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Art of Film 3:00pm – Seasonal Creations</p>
<p>16. 10:00am – Arts &amp; Crafts 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Recreational Music 3:00pm – Seasonal Creations</p>	<p>17. 10:00am – Creative Coloring 11:00am – <b>Nutrition w/ Pnina</b> 11:00am – <b>St. Patrick's Day Celebration</b> 12:00pm – Lunch Is Served 1:00pm – Recreational Games 1:00pm – Arts &amp; Crafts 2:00pm – Art of Film</p>	<p><b>P A N T R Y</b> 18. 10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 3:00pm – Seasonal Creations</p>	<p>19. 10:00am – <b>Blood Pressure Screening</b> 11:00am – Sip &amp; Paint 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p>20. 10:00am – Sip &amp; Paint 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Art of Film 3:00pm – Seasonal Creations</p>
<p>23. 10:00am – Arts &amp; Crafts 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Recreational Music 3:00pm – Seasonal Creations</p>	<p>24. 10:00am – Creative Coloring 11:00am – <b>Nutrition w/ Pnina</b> 12:00pm – Lunch Is Served 1:00pm – Recreational Games 1:00pm – Arts &amp; Crafts 2:00pm – Art of Film</p>	<p>25. 10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 3:00pm – Seasonal Creations</p>	<p>26. 10:00am – <b>Blood Pressure Screening</b> 11:00am – Sip &amp; Paint 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p>27. 10:00am – Sip &amp; Paint 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Art of Film 3:00pm – Seasonal Creations</p>
<p>30. 10:00am – Arts &amp; Crafts 11:00am – <b>Zumba Gold with Yolanda</b> 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Recreational Music 3:00pm – Seasonal Creations</p>	<p>31. 10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Recreational Games 1:00pm – Arts &amp; Crafts 2:00pm – Art of Film</p>			<p><b>CALENDARIO DE EVENTOS ESPECIALES, PRESENTACIONES, CLASE DE NUTRICION Y VIAJES</b> <b>CALENDAR OF SPECIAL EVENTS, PRESENTATIONS, NUTRITIONAL CLASS AND TRIPS</b> <b>THIS PROGRAM IS FUNDED BY NYC AGING</b> <b>THIS CALENDAR MAY BE SUBJECT TO CHANGE</b></p>




# March 2026

**Tel: 718 584-2357**

**Mon-Fri: 8:30 A.M. – 4:30 P.M**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2. Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice</p>	<p>3. Pork Spare Ribs Classic Macaroni Salad Caesar Salad Kiwis Apple Juice</p>	<p>4. Sofrito Steak with Peppers and Onions Garlic Mashed Potatoes Italian Cut Green Beans Fresh Pineapple or canned Pineapple Grape Juice</p>	<p>5. Baked Asian Style Honey Chicken Chinese Style Spaghetti Or Vegetable lo Mein Avocado Egg Salad Baby Carrots and Parsley Cantaloupe or banana Fruited Jello</p>	<p>6. Baked Fish Apple and Beet Salad Baked Sweet Potato Peach or Orange Orange Pineapple Juice</p>
<p>9. Arroz con Pollo Chicken w/ Rice Asian Cucumber Salad Habichuelas Guisadas Stewed Pinto Beans Plum</p>	<p>10. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Home Fries with Peppers and Onions Strawberries Orange Pineapple Juice Fruited Jello</p>	<p>11. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Nectarine Grape Juice</p>	<p>12. Spinach Apple and Red Onion Salad Eggplant Parmesan with Ricotta Whole Wheat Spaghetti Watermelon</p>	<p>13. Tzatziki Yogurt Dressing Greek Vegan Kale Spanakopita Multigrain Flatbread Apple and Beet Salad Pear</p>
<p>16. Jumbo Stuffed Shells with Meat Sauce Classic Garlic Bread Asian Cucumber Salad Watermelon Apple Juice</p>	<p>17. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Halved Avocado Or Avocado and Orange Salad Orange Orange Pineapple Juice</p>	<p>18. Marmalade Glazed Baby Back Ribs Or Pork Spare Rib Classic Macaroni Salad Or Baked Macaroni and Cheese Apple and Beet Salad Nectarine Fruited Jello</p>	<p>19. Caribbean Style BBQ Chicken Yellow Rice Caribbean Style Roasted Cabbage with Carrots Apple Grape Juice</p>	<p>20. Pineapple Glazed Salmon Potatoes and Carrots with Butter and Parsley Vegetable Mix Banana Apple Juice</p>
<p>23. Black Bean Quinoa Veggie Burger Lettuce and Tomatoes Roasted Sweet Potato Fries Frozen Berries String Cheese Apple Juice</p>	<p>24. BBQ Pulled Pork Dominican Moro Or Yuca with Onions Broccoli and Red Peppers Peach Or Canned Mandarin Oranges Apple Juice Rice Pudding</p>	<p>25. Baked Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Fresh Pineapples Or Canned Pineapples 1% Low Fat Milk Or String Cheese Orange Pineapple Juice</p>	<p>26. Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Canned Sliced Peaches Apple Juice</p>	<p>27. Baked Lean Lamb Chops Baked Sweet Potato OR Halved Avocados Frozen Mixed Berries Grape Juice OR Vanilla Pudding</p>
<p>30. Tex Mex Quinoa Salad Beet Salad Apple Apple Juice</p>	<p>31. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Canned Sliced Peaches 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>