




Guess Older Adult Center


APRIL 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p style="text-align: center;">1.</p> <p>P A N T R Y</p> <p>10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Recreational Games 2:00pm – Seasonal Creations</p>	<p style="text-align: center;">2.</p> <p>10:00am – Blood Pressure Screening 11:00am – Sip & Paint 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Nutrition Presentation 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">3.</p> <p>10:00am – Sip & Paint 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – Easter Egg Hunt 2:00pm – Art of Film 3:00pm – Seasonal Creations</p>
<p style="text-align: center;">6.</p> <p>10:00am – Arts & Crafts 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">7.</p> <p>10:00am – Creative Coloring 11:00am – Virtual Nutrition Presentation 12:00pm – Lunch Is Served 1:00pm – Recreational Music 1:00pm – Crocheting w/ Gladys 2:00pm – Art of Film</p>	<p style="text-align: center;">8.</p> <p>10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Recreational Games 1:00pm – Crocheting w/ Gladys 2:00pm – Seasonal Creations</p>	<p style="text-align: center;">9.</p> <p>10:00am – Blood Pressure Screening 11:00am – Sip & Paint 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Fall Prevention Presentation 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">10.</p> <p>10:00am – Sip & Paint 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Art of Film 3:00pm – Seasonal Creations</p>
<p style="text-align: center;">13.</p> <p>10:00am – Arts & Crafts 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">14.</p> <p>10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Recreational Music 2:00pm – Art of Film</p>	<p style="text-align: center;">15.</p> <p>P A N T R Y</p> <p>10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Recreational Games 2:00pm – Seasonal Creations</p>	<p style="text-align: center;">16.</p> <p>10:00am – Blood Pressure Screening 11:00am – Hand Massage w/ All Care 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Nutrition Presentation 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">17.</p> <p>10:00am – Sip & Paint 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Art of Film 3:00pm – Seasonal Creations</p>
<p style="text-align: center;">20.</p> <p>10:00am – Arts & Crafts 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – SU-CASA Artist 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">21.</p> <p>10:00am – Creative Coloring 11:00am – Virtual Nutrition Presentation 12:00pm – Lunch Is Served 1:00pm – Recreational Music 2:00pm – Art of Film</p>	<p style="text-align: center;">22.</p> <p>10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Recreational Games 2:00pm – Seasonal Creations</p>	<p style="text-align: center;">23.</p> <p>10:00am – Blood Pressure Screening 11:00am – Sip & Paint 12:00pm – Lunch Is Served 1:00pm – Tech Support 2:00pm – Fall Prevention Presentation 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">24.</p> <p>10:00am – Sip & Paint 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – HM Circle Time 2:00pm – Art of Film 2:00pm – Advisory Board Meeting 3:00pm – Seasonal Creations</p>
<p style="text-align: center;">27.</p> <p>10:00am – Arts & Crafts 11:00am – Zumba Gold with Yolanda 12:00pm – Lunch Is Served 1:00pm – SU-CASA Artist 2:00pm – General Committee Board Meeting 2:00pm – Recreational Games 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">28.</p> <p>10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Recreational Music 2:00pm – Art of Film</p>	<p style="text-align: center;">29.</p> <p>P A N T R Y</p> <p>10:00am – Creative Coloring 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm – Tech Support 1:00pm – Recreational Games 2:00pm – Seasonal Creations</p>	<p style="text-align: center;">30.</p> <p>10:00am – Blood Pressure Screening 11:00am – Sip & Paint 12:00pm – Lunch Is Served 1:00pm – Birthday Celebrations 2:00pm – Nutrition Presentation 3:00pm – Seasonal Creations</p>	<p style="text-align: center;">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 (ACTIVITIES/EVENTS MAY BE SUBJECT TO CHANGE)</p>



APRIL 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1. Carne Guisada (Caribbean Style Beef Stew) Sweet Baked Yams Sauteed Spinach Fresh Pineapples Apple Juice</p>	<p>2. Tex Mex Quinoa Salad Beet Salad Apple Apple Juice</p>	<p>3. Stewed Codfish (Bacalao Fresco Guisado) Yuca with Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice</p>
<p>6. Habichuelas Guisadas (Stewed Pinto Beans) Brown Rice Kale and Watercress Salad Grapes Fruited Jello</p>	<p>7. Coconut Curried Fish Coconut Rice with Pigeon Peas Arugula Salad with Balsamic Vinaigrette Watermelon Grape Juice</p>	<p>8. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange Pineapple Juice</p>	<p>9. Chicken Alfredo Penne Classic Garlic Bread Mixed Green Salad Or Broccoli with Toasted Garlic Tangerines Apple Juice</p>	<p>10. Deluxe Cheeseburger With sauteed Green Peppers and Onions French Fries Honeydew or Orange Banana Oatmeal Cookie</p>
<p>13. Summer Chickpea and Veggie Salad Baked Brown Rice Pilaf Braised Collard Greens Apple Apple Juice</p>	<p>14. Pork Spare Ribs Classic Macaroni Salad Caesar Salad Kiwis Apple Juice</p>	<p>15. Sofrito Steak with Peppers and Onions Garlic Mashed Potatoes Italian Cut Green Beans Fresh Pineapple or canned Pineapple Grape Juice</p>	<p>16. 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>17. Baked Fish Apple and Beet Salad Baked Sweet Potato Peach or Orange Orange Pineapple Juice</p>
<p>20. Arroz con Pollo Chicken w/ Rice Asian Cucumber Salad Habichelas Guisadas Stewed Pinto Beans Plum</p>	<p>21. Baked Pork Chops Arugula Salad with Balsamic Vinaigrette Home Fries with Peppers and Onions Strawberries Orange Pineapple Juice Fruited Jello</p>	<p>22. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Nectarine Grape Juice</p>	<p>23. Spinach Apple and Red Onion Salad Eggplant Parmesan with Ricotta Whole Wheat Spaghetti Watermelon</p>	<p>24. Tzatziki Yogurt Dressing Greek Vegan Kale Spanakopita Multigrain Flatbread Apple and Beet Salad Pear</p>
<p>27. Jumbo Stuffed Shells with Meat Sauce Classic Garlic Bread Asian Cucumber Salad Watermelon Apple Juice</p>	<p>28. Dominican Vegan Sancocho (Root Vegetable Stew) White Rice Halved Avocado Or Avocado and Orange Salad Orange Orange Pineapple Juice</p>	<p>29. 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>30. Caribbean Style BBQ Chicken Yellow Rice Caribbean Style Roasted Cabbage with Carrots Apple 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>