



2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	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	1. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Exercise July 4th Celebration 11am-3pm 12:00pm – Lunch Is Served 1:00pm- Recreational Music 2:00pm – Arts & Crafts 3:00pm – Karaoke	2. 10:00am – Creative Coloring/Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm- Recreational Interactive Music 2:00pm – Recreational Games 3:00pm – Seasonal Creations	3. PROGRAM CLOSED TO OBSERVE JULY 4TH HOLIDAY
6. 10:00am – Creative Coloring/ Word Puzzles 11:00am –Chair Zumba 12:00pm – Lunch Is Served 1:00pm -Arts & Crafts 2:00pm – Recreation Games 3:00pm– Karaoke	7. 10:00am –Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm-Crocheting w/Gladys 2:00pm – Art of Film 3:00pm- Recreational Music	8. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm-Crocheting 2:00pm – Tech Support Workshop 3:00pm – Arts & Crafts	9. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm- Recreational Interactive Music 2:00pm- Recreational Games 3:00pm – Karaoke	10. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Zumba 12:00pm – Lunch Is Served 1:00pm – HM Structured Engagement 2:00pm – Art of Film 3:00pm – Tech Support Office Hour
13. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Zumba 12:00pm – Lunch Is Served 1:00pm –HM Circle Time 2:00pm – Recreation Games 3:00pm– Karaoke	14. 10:00am –Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm-Crocheting w/Gladys 2:00pm – Art of Film 3:00pm- Recreational Interactive Music	15. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Light House Guild Presentation 12:00pm – Lunch Is Served 1:00pm – Crocheting w/ Gladys 2:00pm – Tech Support Office Hour 3:00pm – Community Walk Exercise	16. 10:00am – Breakfast Chat Club 11:00am – Sip & Paint @ West Farms Public Library 12:00pm – Lunch Is Served 1:00pm- Recreational Interactive Music 2:00pm- Recreational Games 3:00pm- Karaoke	17. 10:00am – Creative Coloring/ Word Puzzles 11:00am– Chair Zumba 12:00pm – Lunch Is Served 1:00pm – HM Structured Engagement 2:00pm – Art of Film 3:00pm – Tech Support Workshop
20. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Zumba 12:00pm – Lunch Is Served 1:00pm –HM Circle Time 2:00pm – Recreation Games 3:00pm– Karaoke	21. 10:00am –Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm-Crocheting w/Gladys 2:00pm – Art of Film 3:00pm- Recreational Music	22. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm-Crocheting 2:00pm – Tech Support Workshop 3:00pm – Arts & Crafts	23. 10:00am – Creative Coloring/ Word Puzzles 11:00am –Chair Exercise 12:00pm – Lunch Is Served 1:00pm- Recreational Interactive Music 2:00pm- Recreational Games 3:00pm – Karaoke	24. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Zumba 12:00pm – Lunch Is Served 1:00pm – HM Structured Engagement 2:00pm – Art of Film 3:00pm – Advisory Board Meeting
27. 10:00am – Creative Coloring/ Word Puzzles 11:00am – Chair Zumba 12:00pm – Lunch Is Served 1:00pm –HM Circle Time 2:00pm – Recreation Games 3:00pm-General Advisory Board	28. 10:00am –Creative Coloring/ Word Puzzles 11:00am – Elder Abuse Presentation 12:00pm – Lunch Is Served 1:00pm-Crocheting w/Gladys 1:00pm- Interactive Music 2:00pm- Art of Film 3:00pm – Afternoon Stretch	29. 10:00am –Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm-Crocheting 2:00pm – Tech Support Office Hour 3:00pm – Arts & Crafts	30. 10:00am –Creative Coloring/ Word Puzzles 11:00am – Latin Dance Fitness Workout 12:00pm – Lunch Is Served 1:00pm- Bingo Birthday Celebration Recreational Interactive Music 2:00pm Recreational Games 3:00pm – Karaoke	31. 10:00am –Creative Coloring/ Word Puzzles 11:00am – Chair Exercise 12:00pm – Lunch Is Served 1:00pm- HM Structured Engagement 2:00pm – Art of Film 3:00pm – Tech Support Workshop



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Tel: 718 584-2357

Mon-Fri: 8:30 A.M. – 4:30 P.M

	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)	1. Baked Turkey Wings Broccoli with Toasted Garlic Garlic Mashed Potatoes Nectarine Grape Juice	2. Spinach, Apple and Red Onion Salad Fish Curry with Tomato Sauce Coconut Rice and Pigeon Peas Sauteed Chayote with Red Peppers Watermelon	3. PROGRAM CLOSED TO OBSERVE JULY 4TH HOLIDAY
6. Jumbo Stuffed Shells with Meat Sauce Classic Garlic Bread Asian Cucumber Salad Cantaloupe Apple Juice	7. Dominican Vegan Sancocho White Rice Asian Cucumber Salad Banana Orange Juice	8. Turkey Stir Fry with Vegetables Vegetable Lo Mein with Crispy Tofu Peach Orange Pineapple Juice	9. Caribbean Style BBQ Chicken Brown Rice Caribbean Style Roasted Cabbage with Carrots Watermelon Grape Juice	10. Baked Salmon with Cilantro Citrus Sauce Brown Rice Beet Salad Orange
13. Jamaican Jerk Veggie Burger Cabbage Carrot Slaw Roasted Sweet Potato Fries Frozen Mixed Berries Apple Juice	14. BBQ Pulled Pork Dominican Moro Broccoli and Red Peppers Peach Apple Juice Rice Pudding	15. Baked Turkey Wings Asian Cucumber Salad Garlic and Rosemary Roasted Potatoes Fresh Pineapples Orange Pineapple Juice	16. Curried Chicken Legs Brown Rice with Mushrooms Caribbean Style Roasted Cabbage with Carrots Canned Sliced Peaches	17. Baked Lean Lamb Chops Baked Sweet Potato Frozen Mixed Berries Grape Juice
20. Blackeye Pea Curry with Potatoes and Tomatoes Brown Rice Hummus Blueberries Apple Juice	21. Chicken Tikka Masala Baked Brown Rice Pilaf Asian Inspired Asparagus Apple Grape Juice	22. Carne Guisada (Caribbean Style Beef Stew) Sautéed Spinach Baked Sweet Yams Fresh Pineapple Apple Juice	23. Turkey Stir Fry with Vegetables Apple and Beet Salad Savory Green Bananas Watermelon Pineapple Juice	24. Stewed Codfish Yuca with Onions Steamed Collard Greens Fruit Cocktail Orange Pineapple Juice
27. Habichuelas Guisadas (Stewed Pinto Beans) Brown Rice Carrot Apple Raisin Salad Grapes Fruited Jello	28. Coconut Curry Fish Coconut Rice and Pigeon Peas Yogurt Parfait with Strawberries Arugula with Balsamic Vinaigrette Watermelon	29. Baked Turkey Wings Classic Macaroni Salad Steamed Spinach Strawberries Orange Pineapple Juice	30. Chicken Alfredo Penne Beet Salad Tangerines(2)	31. Deluxe Cheeseburger with Sauteed Green Peppers and Onion French Fries Lettuce and Tomato Honeydew Banana Oatmeal Cookie Orange