

NEW BEGINNINGS PROGRAMMING: APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Daily at 11:30 a.m.</p> <p>Dining Room Seating Begins at 11:30 a.m.</p> <p>PLEASE HONOR OUR LAST CALL FOR LUNCH TIME: 12:30 p.m.</p>		<p>1</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group (CANCELLED) 12:30 Mah Jongg (Intermediate) 1:00 Karaoke 1:30 Open Swim</p>	<p>2</p> <p>CLOSED FOR PASSOVER</p>	<p>3</p> <p>CLOSED FOR PASSOVER</p>
<p>6</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Monday Open Chat: Making time for self care and not feeling guilty 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>7</p> <p>9:00 Chair Aerobics w/Stuart 9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 10:30 Wellness Support Group 12:30 Beginners Mah Jongg (Full) 1:00 Knitting 1:00 Brain Games/Charades with Marv</p>	<p>8</p> <p>CLOSED FOR PASSOVER</p>	<p>9</p> <p>CLOSED FOR PASSOVER</p>	<p>10</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Nutrition Lecture: Happy Gut, Healthy You: Understanding Digestive Health and Nutrition 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: Night at the Museum (2006)</p>
<p>13 Trip: Bronx Science Holocaust Museum</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:45 Open Chat with Karl 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>14</p> <p>9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi (Cancelled) 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) 1:00 Knitting 1:00 Brain Games/Charades</p>	<p>15 Rescheduled Trip: Trader Joe's/H-Mart</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group 12:30 Mah Jongg (Intermediate) 12:30 Ping Pong 1:00 Karaoke 1:30 Water Aerobics</p>	<p>16 Rescheduled Trip: Jackie Robinson Museum</p> <p>9:15 Intermediate Level Spanish 10:00 Silver Swans Dance Club 10:00 Text and Traditions 10:00 Interactive Creative Writing Storytelling 10:00 One on One Tech Lab w/Jerry 11:00 Singing with Seniors 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>17</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:45 Meditation 11:00 Group Current Events 12:40 Friday Flicks: The Sandlot (1993)</p>
<p>20</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:00 Presentation: Fire Safety 10:00 Advisory Council Meeting 10:45 Monday Open Chat: Hobbies and Interests 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>21 April Birthday Party</p> <p>9:00 Chair Aerobics w/Stuart 9:45 Mah Jongg (Advanced) (Cancelled) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi 10:30 Art Explorations 12:30 Beginners Mah Jongg (Full) (Cancelled) 1:00 Knitting 1:00 Brain Games/Charades 1:15 Entertainment: Mesha</p>	<p>22</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group 12:30 Mah Jongg (Intermediate) 12:30 Ping Pong 1:00 Karaoke 1:30 Water Aerobics</p>	<p>23 Trip: Walmart</p> <p>9:15 Intermediate Level Spanish 10:00 Silver Swans Dance Club 10:00 Text and Traditions 10:00 One on One Tech Lab w/Jerry 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem</p>	<p>24 Trip: Trader Joe's/H-Mart</p> <p>10:00 Spanish Language Current Events 10:00 Ping Pong 10:00 Nutrition Demo: Crunchy Cabbage Salad with Sesame Ginger Dressing 10:45 Meditation 11:00 Current Events with Sharon 12:40 Friday Flicks: Woman in Gold (2015)</p>
<p>27</p> <p>9:00 Stay Well Exercise 9:30 Conversational Spanish for Beginners 10:00 Nutrition Lecture: Dietary Fiber! 10:45 Monday Open Chat: Health and Wellness 10:45 Meditation 12:30 Mah Jongg (Intermediate) 1:00 Hudson River Voices 1:00 Bingo 2:00 Poetry Workshop</p>	<p>28</p> <p>9:45 Mah Jongg (Advanced) 10:00 One on One Tech Lab w/Jerry 10:00 Painting Class 10:00 Tai Chi with Steve 10:30 Art Explorations 11:30 Hebrew Short Stories (H) 12:30 Beginners Mah Jongg (Full) 1:00 Knitting 1:00 Brain Games/Charades 1:00 Concert: Bardekova Ensemble</p>	<p>29</p> <p>9:00 Tech Class w/Trinity 10:00 Chair Aerobics w/Stuart 10:00 Acting Class with Frank 10:30 Wellness Support Group 12:30 Mah Jongg (Intermediate) 12:30 Ping Pong 1:00 Karaoke 1:30 Water Aerobics</p>	<p>30 Jewelry Sale</p> <p>9:15 Intermediate Level Spanish 10:00 Silver Swans Dance Club 10:00 Text and Traditions 10:00 One on One Tech Lab w/Jerry 11:00 Singing with Seniors 1:00 Group Chat w/Carmen 1:00 Chair Yoga w/Tasneem 1:00 Book Club (H-Full)</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
		4/1 LEMON PEPPER BRANZINO FISH Roasted Potatoes Zucchini Apple	4/2 CLOSED FOR PASSOVER	4/3 CLOSED FOR PASSOVER
4/6 BAKED FISH Baked Potato Yellow Squash Watermelon	4/7 MEATLOAF Mashed Potato Broccoli Apple	4/8 CLOSED FOR PASSOVER	4/9 CLOSED FOR PASSOVER	4/10 ROSEMARY CHICKEN Sweet Potato Steamed Broccoli Grapes
4/13 SPAGHETTI W/MEATBALLS Garlic Bread Garden Salad Banana	4/14 BROWN RICE WITH BLACK BEANS Roasted Acorn Squash Tangerine	4/15 SPANISH STYLE BAKED CHICKEN Baked Potato Vegetable Mix Apple Sauce	4/16 BAKED FISH Macaroni Salad Steamed Carrots Strawberries	4/17 SWEET AND SOUR CHICKEN Couscous Green Beans Peach
4/20 HAWAIIAN CHICKEN LEGS Couscous California Blend Vegetables Apple	4/21 BIRTHDAY LUNCH BAKED SALMON Wild Rice Orzo Broccoli & Red Peppers Tangerine	4/22 CHILI CON CARNE Brown Rice Baby Carrots & Parsley Banana	4/23 VEGGIE BURGER Baked Fries Beet Salad Orange	4/24 BAKED CHICKEN Baked Sweet Potato Steamed Spinach Watermelon
4/27 TUNA CAKES Orzo Steamed Broccoli Strawberries	4/28 CAESAR SALAD W/ GRILLED CHICKEN Garlic Bread Watermelon		Kashrut Supervision is by Vaad of Riverdale	Note: We do our best to plan the menu in advance, but the meal selection may change without notice.