

Menu for April 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
GLATT KOSHER		1 Frozen Salmon Croquettes	2 	3
6 Frozen Spanish Omelet	7 Frozen Baked Fish	8 	9 	10 Frozen Grilled Chicken Breast
13 Grilled Chicken Breast Sauteed Green Beans/ Onions Roasted Spiced Red Potatoes Whole Wheat Bread Apple and Milk <i>Alternate: Tuna Salad</i>	14 Lentil Stew Braised Red Cabbage Brown Rice Whole Wheat Bread Orange and Milk <i>Alternate: Chicken Salad</i> <i>*Birthday Cake</i>	15 Shepherd's Pie with Beef Tossed Salad with Dressing Whole Wheat Bread Pear and Milk <i>Alternate: Omelet</i>	16 Baked Salmon Oriental Blend Vegetables Springtime Fried Brown Rice Whole Wheat Bread Banana and Milk <i>Alternate: Sliced Turkey</i>	17 Chicken Schwarma Beets and Onion Salad Jeera Rice (Cumin Spiced Rice) Challah Bread Applesauce and Milk <i>Alternate: Breaded Pollack</i>
20 Chicken Spaghetti Casserole Tossed Salad with Dressing Whole Wheat Bread Apple and Milk <i>Alternate: Breaded Pollack</i>	21 Kasha Knish and Hummus Chickpea Salad Israeli Salad Whole Wheat Bread Orange and Milk <i>Alternate: Egg Salad</i> <i>*Cookie</i>	22 Stuffed Cabbage with Beef in Tomato Sauce Vegetable Ratatouille Kasha Varnishkes Whole Wheat Bread Pear and Milk <i>Alternate: Tuna Salad</i>	23 Baked Breaded Pollack Beet Salad Yellow Rice Whole Wheat Bread Banana and Milk <i>Alternate: Sliced Turkey</i>	24 Hawaiian Chicken Capri Blend Vegetables Roasted Sweet Potato Slices Challah Bread Applesauce and Milk <i>Alternate: Omelet</i>
27 Chicken Marsala Steamed Broccoli White Rice Whole Wheat Bread Apple and Milk <i>Alternate: Egg Salad</i>	28 Vegetarian Moussaka Tossed Salad with Dressing Whole Wheat Bread Orange and Milk <i>Alternate: Breaded Pollack</i> <i>*Cookie</i>	29 Beef Meatballs/ Tomato Sauce Spaghetti Spinach Souffle Whole Wheat Bread Pear and Milk <i>Alternate: Chicken Salad</i>	30 Baked Salmon Vegetable Mix Homemade Mashed Potatoes Whole Wheat Bread Banana and Milk <i>Alternate: Sliced Turkey</i>	



Austin Street Older Adult Center, 106-06 Queens Boulevard, Forest Hills, NY 11375. Tel: 718-520-8197 Calendar of Activities – APRIL 2026

<p>8:30- 12:00 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>8:30- 11:00 (M3) Leisure Games</p> <p>11:00- 12:00 (M3) Current Events</p> <p>11:00- 12:00 (Ballroom) Staywell Exercise</p>	<p>8:30- 9:30 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>9:30- 11:00 (Ballroom) Chinese Culture Group Dancing</p> <p>10:00- 12:00 (M4) Oil Painting</p> <p>10:45- 12:15 (M3) Blood Pressure Screening</p> <p>11:00- 12:00 (M2) Interesting and Informative Discussion</p> <p>11: 00 AM (Crystal Room) *4/7 Elder Abuse by Marissa Hosein</p>	<p>8:30- 9:45 (M4) Ping Pong</p> <p>8:30- 12:00 (M3) Leisure Games</p> <p>10:00- 11:00 (Computer Lab) Today's Technology</p> <p>10:00-12:00 (M4) Chinese Culture Group Singing</p> <p>11:00- 12:00 (Computer Lab) Surfing the Internet</p> <p>11: 00 AM (Crystal Room) *4/15 Nutrition Education by Amelia Jalandoni</p>	<p>8:30- 12:00 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>10:30- 12:00 (M2) English for Chinese</p>	<p>8:30- 10:45 (M4) Ping Pong</p> <p>8:30- 12:00 (Computer Lab)</p> <p>11:00- 12:00 (M4) Bingo</p>
LUNCH BREAK				
<p>12:30- 3:45 (M4) Ping Pong</p> <p>1:00- 2:00 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) Zumba Gold</p> <p>12:30- 2:00 (M3) Melodians Rehearsal</p> <p>3:00- 3:45 (M3) Leisure Games</p>	<p>12:30- 3:00 (M4) Drawing</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M3) Arts & Crafts (Jewelry)</p> <p>1:00- 2:00 (M2) Drama Group</p> <p>1:30- 2:30 (Crystal Room) Tai Chi</p>	<p>1: 15 PM (Crystal Room)</p> <p>12:30- 3:45 (M4) Ping Pong</p> <p>12:30- 3:30 (M3) Leisure Games</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:30- 2:30 (Ballroom) Yoga</p>	<p>12:30- 3:45 (M4) Ping Pong</p> <p>1:00- 3:30 (Computer Lab)</p> <p>1:00- 3:45 (M2) Arts & Crafts (Needlepoint)</p> <p>12:30- 2:00 (M3) Melodians Rehearsal</p> <p>1:30- 2:30 (Ballroom) Line Dancing</p>	<p>1:00- 3:45 (M4) Ping Pong</p> <p>1:30- 2:30 (Ballroom) Yoga</p> <p>1:30-3:30 (M2)</p> <p>SU CASA 1:00- 2:30 (Computer Lab)</p> <p>1:00-2:30 (M3) Chinese Culture Group Advanced Singing</p> <p>Entertainment (1:15-2:15 PM, Crystal Room) *4/10- JJ Burton * 4/17 Tony Gap * 4/24 Garret Ryan</p>