



# Senior Center Monthly Programs

## April 2025

For inquires, registration, scheduling appointments, and programming  
Please contact the Senior Center at 1(510)524-9122





## April 2025 - Weekly Calendar of Programs

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
<ul style="list-style-type: none"> <li>• 10am World Affairs Group</li> <li>• 10:30am Gentle Tai Chi (CC)</li> <li>• <b>12-1pm Lunch Service</b></li> <li>• 1pm Senior Center Walks</li> <li>• 1pm Memoir Writing</li> <li>• 3pm Sing-a-Long</li> <li>• 3:30pm Demystifying Nutrition Controversies</li> </ul>	<ul style="list-style-type: none"> <li>• 9am Monthly Hikes</li> <li>• 10am Needle Craft &amp; Beads</li> <li>• 10am Morning Stretches</li> <li>• <b>12-1pm Lunch Service</b></li> <li>• 1:30pm Monthly Matinee Movie (Select Tuesdays)</li> <li>• 1:30pm Pop Up - Ping Pong</li> <li>• 4pm Karate for Seniors</li> </ul>	<ul style="list-style-type: none"> <li>• 9:45am Watercolor Workshop</li> <li>• 10am Women's Balkan Dancing</li> <li>• 10:30am Gentle Tai Chi (CC)</li> <li>• <b>12-1pm Lunch Service</b></li> <li>• 12:15pm Rosen Movement</li> <li>• 1:30pm Pop Up - Ping Pong</li> <li>• 2pm Healthy Brian, Healthy You</li> <li>• 3:30pm Balance Dancing</li> </ul>	<ul style="list-style-type: none"> <li>• 9:45am Watercolor Workshop</li> <li>• 10am Art Social</li> <li>• <b>11:45am-12:45pm Lunch service</b></li> <li>• 1pm Mahjong &amp; Games</li> <li>• 1pm AARP Tax Aide Appointments</li> </ul> <div style="text-align: center; border: 1px solid black; padding: 5px; margin-top: 10px;"> <b>Technology 1-on-1 Help</b>  <b>1 - 4pm</b> </div>	<ul style="list-style-type: none"> <li>• 9:30am Rosen Method</li> <li>• <u>9:30am Mercy Brown Bag (1st &amp; 3rd Fridays)</u></li> <li>• 10am Folk Dancing</li> <li>• 10:30am Gentle Tai Chi (CC)</li> <li>• 11:30am French Conversations</li> <li>• <b>12-1pm Lunch Service</b></li> <li>• 1:30pm Ukulele Jam</li> <li>• 4pm Weight &amp; Balance Training</li> </ul>

### Program Highlights

#### **FOAS Monthly Meeting**

*Monday, April 7th at 11:30am*

*Location: Albany Senior Center*

Grab your favorite midday beverage and attend the Friends of Albany Seniors (FOAS) monthly meeting. Everyone is welcome to join in this wonderful opportunity to socialize and stay in touch with friends. The meeting includes an overview of the Senior Center programming and discussion on next steps for FOAS.

#### Monthly Matinee Movies

*at 1:30pm*

Program features movies for free! Bring your friends and enjoy watching a movie on a big screen. Suggested donation \$1 for Popcorn (while supplies last)! View more movie details on our Monthly Matinee Movie flyer located on our website or at our facility.

#### One Love

**Tuesday, Apr 8**

Time: 107 Minutes

Rated: PG-13

Genre: Biography/Drama/Music

#### I'm Still Here

**Tuesday, Apr 22**

Time: 177 Minutes

Rated: PG-13

Genre: Biography/Drama/History

**Albany Senior Center**  
**Recreation & Community Services Department**  
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# April Lunch Menu

## ALBANY SENIOR CENTER

Lunch Service is on Monday - Friday from 12 - 1pm. Food service stops at 12:30pm.

Reservations are required and are accepted on Fridays.

Meals are prepared by Nutrition Solutions, Inc. with Title III Older American Act funds administered by Alameda County Area Agency on Aging.

All meals have no more than 800 milligrams of sodium. If a meal has more than 1,000 milligrams of sodium, it will be labeled a Higher Sodium Meal.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Menu is subject to change without notice.</b></p> <p><b>Program participation is not limited with regard to:</b> Race, ethnicity, national origin, religion, economic status, political affiliation, gender, sexual orientation, gender identity, immigration status or disability.</p>	<p><b>1</b> <b>Tuna Noodle Casserole</b> (<i>Whole Wheat Noodles</i>) Herbed Carrots and Peas* Garden Salad with Vinaigrette Dressing Orange+</p>	<p><b>2</b> <b>Turkey Jook</b> (Chinese rice porridge, a.k.a. Congee) Whole Wheat Crackers Asian Cabbage Salad (Slaw)+ * Diced Pears</p>	<p><b>3</b> <b>Shepherd's Pie</b> soy crumble (vegetarian, no crust) Bavarian Red Cabbage+* Whole Wheat Bread &amp; Butter Spiced Peach and Yogurt Parfait</p>	<p><b>4</b> <b>Turkey and Cheddar Sandwich on whole Wheat Bread</b> Lettuce Leaf and Tomato <i>Condiment packets available</i> Coleslaw+* Sun chips Banana</p>
<p><b>7</b> <b>Chicken Bulgogi</b> Carrots &amp; Mung Bean Sprouts Stir Fry* Steamed Rice Blend (Half Brown Rice) Pineapple cup+</p>	<p><b>8</b> <b>Turkey and Cheddar Croissant</b> Green Salad (Romaine) with Dressing + Banana Sun Chips</p>	<p><b>9</b> <b>Italian Wedding Meatball Soup (beef, x4)</b> Creamy Coleslaw+* Whole Wheat Roll Tangerine+</p>	<p><b>10</b> <b>Three Sisters Stew</b> (beans, corn, mushrooms, squash - vegetarian) + Cheesy Mashed Potatoes Whole Wheat Crackers Pear Ginger Crisp over Vanilla Yogurt</p>	<p><b>11</b> <b>Egg Salad Sandwich</b> with dill and peas on Whole Wheat Caesar Salad (Romaine) Mixed Fruit Parfait Sun chips</p>
<p><b>14</b> <b>White Fish with Oyster Sauce</b> Stir Fried Carrots and Cabbage+* Steamed Brown Rice Fresh Citrus Cutie+ <b>Higher Sodium Meal</b></p>	<p><b>15</b> <b>Elsie's Chicken Adobo</b> Brown Rice Mixed Vegetables (carrots, Broccoli, Green Beans) +* Banana</p>	<p><b>16</b> <b>Albondigas</b> (Mexican beef meatball soup) * Whole Wheat Crackers Green Salad (Romaine)+ with Cilantro Lime Dressing Ambrosia</p>	<p><b>17</b> <b>Sweet Potato Peanut Stew+ over Quinoa</b> (Vegan, with peanuts &amp; chickpeas) Seasoned Greens* Spiced Peaches <i>Contains Peanuts</i></p>	<p><b>18</b> <b>Roast Beef and Monterey Jack Sandwich</b> on Whole Wheat Lettuce Leaf &amp; Tomato Beet Salad Fresh Citrus Cutie+</p>
<p><b>21</b> <b>Honey Glazed Ham</b> Mashed Red Potatoes w/ Gravy Garlic Green Beans Whole Wheat Roll &amp; Butter Pineapple Chunks+ <b>Higher Sodium Meal</b></p>	<p><b>22</b> <b>Beef and Bean Chili</b> Whole Wheat Roll Green Salad (Romaine)+ with Shredded Carrots &amp; Thousand Island Dressing Warm Cinnamon Apples</p>	<p><b>23</b> <b>Southwest Chicken Vegetable Soup</b> Garden Salad with Carrots* &amp; Dressing Whole Wheat Bread &amp; Butter Fresh Citrus Cutie</p>	<p><b>24</b> <b>Homemade Baked Macaroni &amp; Cheese</b> (Vegetarian)</p> <p>Lentil/ Bean Soup Braised Collard Greens* Pineapple Chunks+</p>	<p><b>25</b> <b>Chicken and Vegetable Pasta Salad +</b></p> <p>Vegetable Minestrone Whole Wheat Crackers Peaches</p>
<p><b>28</b> <b>Teriyaki Chicken</b> Vegetable Medley Stir Fry+ Steamed Brown Rice Fresh Citrus Cutie+ <b>Higher Sodium Meal</b></p>	<p><b>29</b> <b>Meat Loaf (Turkey) w/ Gravy</b> Whipped Sweet Potatoes* Herbed Broccoli+ Whole Wheat Bread &amp; Butter Peaches</p>	<p><b>30</b> <b>Thai Fish Curry Soup+</b> Whole Wheat Bread &amp; Butter Green Salad with Shredded Carrots* and Vinaigrette Mixed Fruit (pears, peaches, cherries)</p>	<p><u>Thursday Lunches Schedule Change:</u> 11:45am-12:45pm Stop serving after 12:15pm</p> <p>Due to AARP Tax Season till April 10th</p>	<p><b>+denotes vitamin C-rich foods</b> <b>* denotes vitamin A-rich foods</b></p> <p><b>All meals include 1% milk.</b></p>