

CELEBRATING
125
YEARS



April 2026

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES

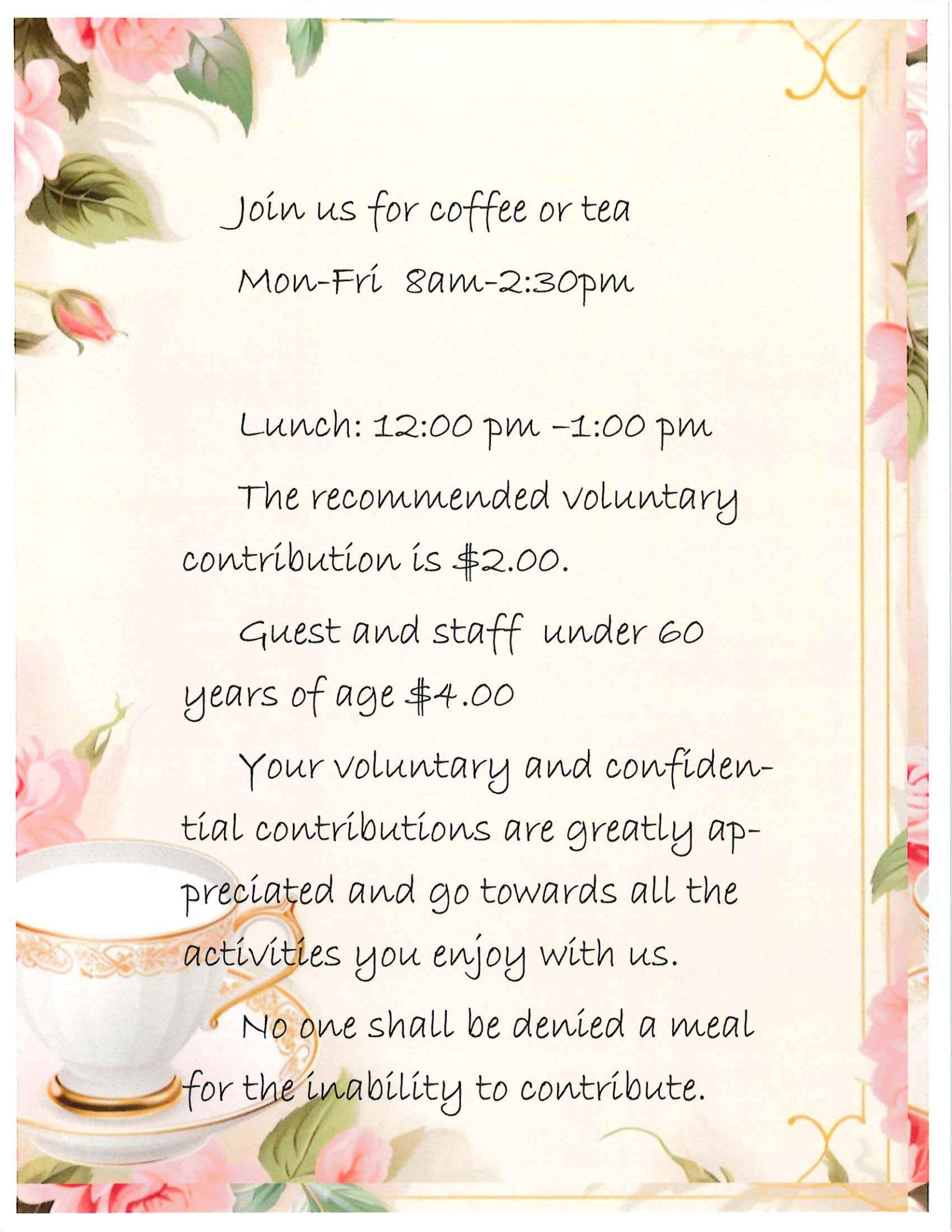
BEST LIFE OLDER ADULT CENTER

118-35 Farmers Blvd

St. Albans, NY 11412

929-268-3326

Funded by NYC Aging




Join us for coffee or tea

Mon-Fri 8am-2:30pm

Lunch: 12:00 pm -1:00 pm

The recommended voluntary contribution is \$2.00.

Guest and staff under 60 years of age \$4.00



Your voluntary and confidential contributions are greatly appreciated and go towards all the activities you enjoy with us.

No one shall be denied a meal for the inability to contribute.

BEST LIFE OLDER ADULT CENTER

Lunch Begins 12:00 - 1:00PM

Funded by the NYC Aging

MENU APRIL

(929) 268-3326

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		No Cheese Spring Vegetable Lasagna Green Beans w/ Onions Bread/Milk/Fruit	Basic Shepherd's Pie Italian Blend Vegetables Bread/Milk/Fruit	Caesar Salad w/ Grilled Chicken Basic Pasta Salad Cabbage Carrot Slaw Bread/Milk/Fruit
6	7	8	9	10
Beef Hamburger Baked Red Potato Cooked Cabbage w/ Shredded Carrots Bread/Milk/Fruit	Arroz Con Gandules Mexican Style Brown Rice w/ Pigeon Peas California Blend Vegetable Bread/Milk/ Fruit	Fish w/Mushrooms, Peppers and Tomatoes Pasta Baby Carrot and Parsley Bread / Milk / Fruit	Mushroom Gravy Roast Beef Mashed Potatoes Garden Salad Bread/Milk/Fruit	Chicken Legs w/ Stew Tomatoes Rice and Pigeon Peas Normandy Blend Bread/Milk/Fruit
13	14	15	16	17
Spanish Style Beef Stew Mashed Potatoes Steamed Broccoli Bread / Milk /Fruit	Zesty Chickpea Stew Brown Rice Garden Salad Bread/Milk/ Fruit	Arroz con Pollo Chicken Breast & Rice Southern Greens Bread / Milk /Fruit	Italian Meatballs w/ Beef and Turkey Penne California Blend Bread/Milk/Fruit	Jerk Chicken Black Beans and Rice Italian Blend Vegetables Bread / Milk /Fruit
20	21	22	23	24
Beef Meat Sauce w/ Pepper and Onions White Rice Steamed Green Bean Bread/Milk/ Fruit	Tofu in Garlic Soy Sesame Sauce White Rice Baby Spinach Salad Bread/Milk/ Fruit	Jerk Fish Black Beans and Rice Steamed Kale Bread / Milk / Fruit	Spanish Style Beef Stew Mashed Potatoes Blend Vegetables Bread/Milk/Fruit	Curried Chicken Legs White Rice Cooked Cabbage w/ Shredded Carrots Bread / Milk /Fruit
27	28	29	30	
Pork Roast w/ Mango Chutney Brown Rice Cooked Cabbage w/ Shredded Carrots Bread / Milk /Fruit	Chickpeas Rasta Pasta Garden Salad Italian Blend Vegetables Bread/Milk/ Fruit	Blackeye Peas Curry w/ Potatoes and Tomatoes Mashed Potatoes Steamed Broccoli Bread / Milk / Fruit	Beef Salisbury Steak Garlic Mashed Potatoes California Blend Bread/Milk/ Fruit	

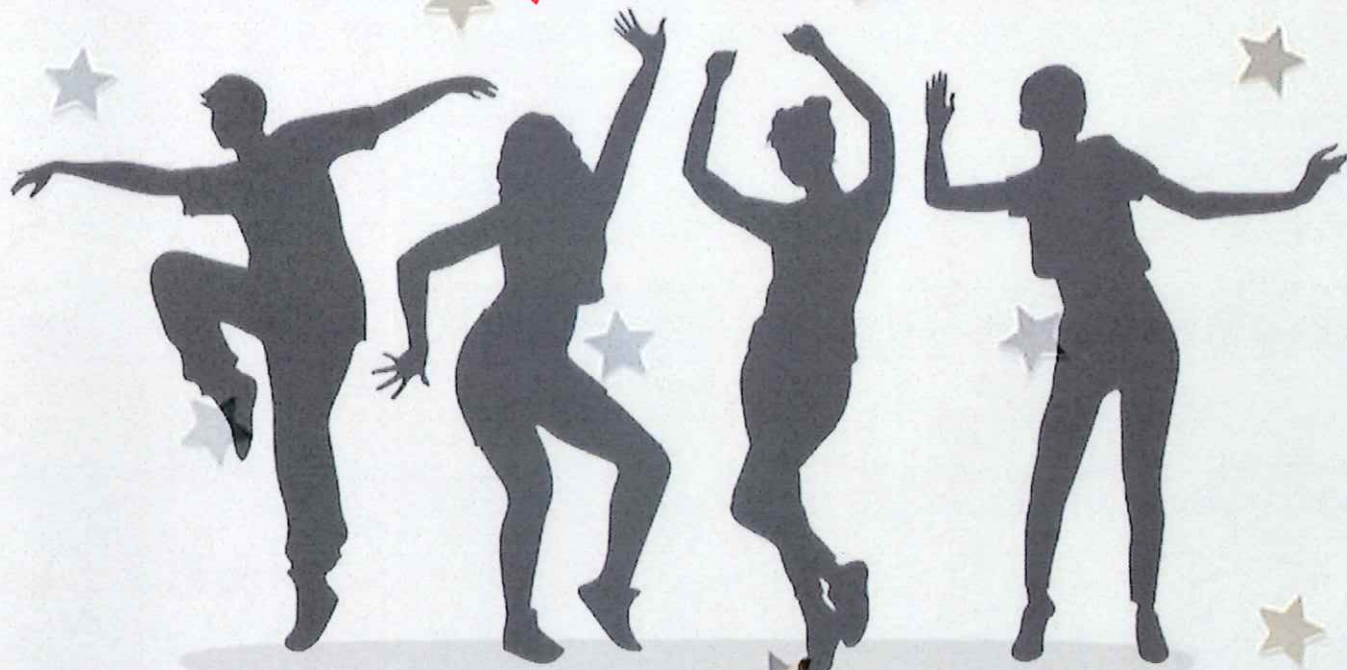
Line Dancing with Shirley &

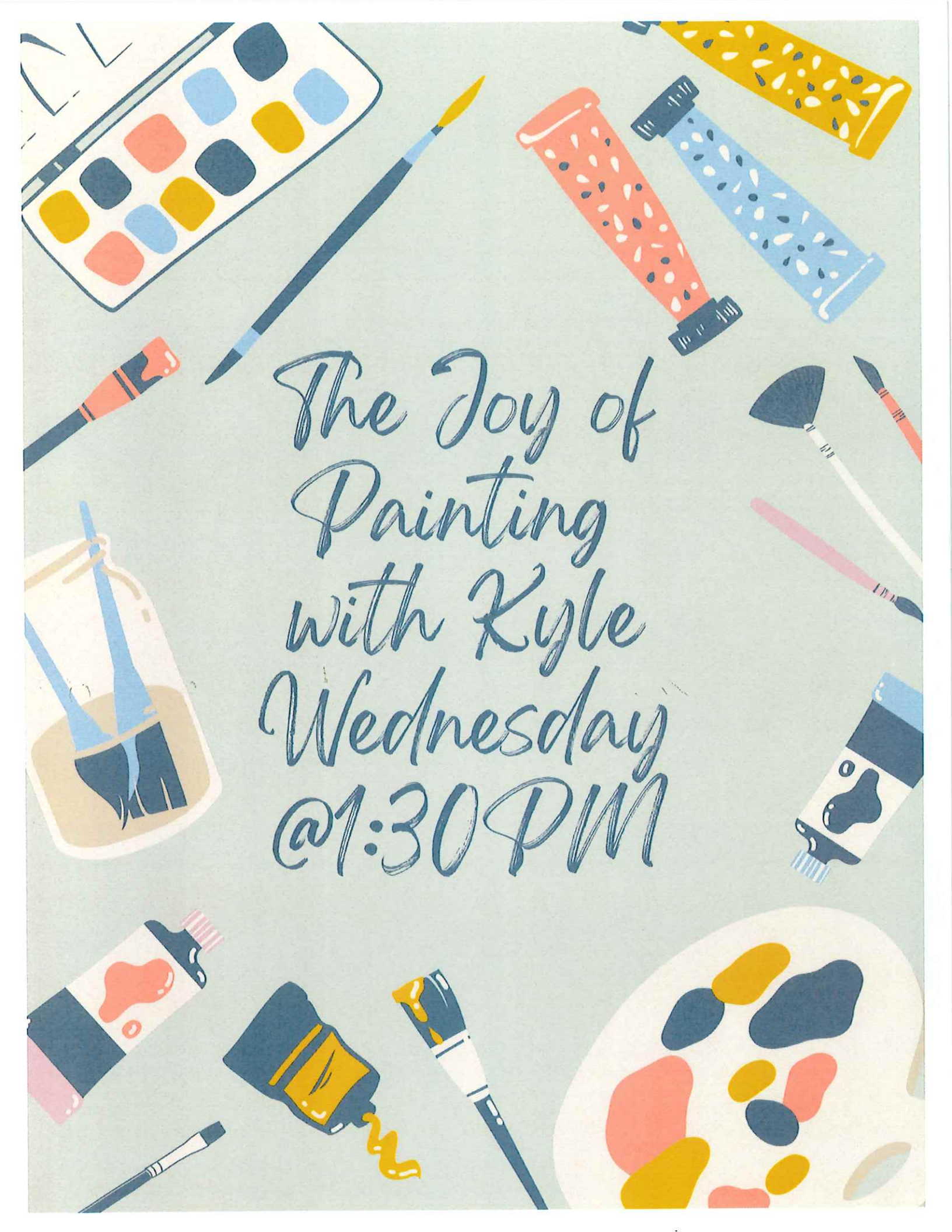
Anthony

Monday @ 11am

Thursday @ 1pm

Friday @ 11:15am





The Joy of
Painting
with Kyle
Wednesday
@1:30 PM