



Welcome

欢迎

Hello August

bienvenido

Добро
пожаловать

Clinton Older Adult Center

530 West 55th Street, New York, NY 10019

Contact Number: 212-757-2026



Meet Our Team

PROGRAM DIRECTOR -STEPHANIE F.

PROGRAM COORDINATOR - ASHLEY T.

ADMIN ASSISTANT- KECK H.

RECEPTIONIST- TBA.

HEAD COOK - HORACE H.

SECOND COOK - RONDOLYN F.

KITCHEN AIDE - JARRET H.

MAINTENANCE - JOHN A.

Center Information
Membership is Free; you must be 60 years old or older.

Hours of Operation:
Monday- Friday
9:00 am- 5:00 pm

营业时间周一至周五上午 9:00 至下午 5:00

Horario del Centro: lunes a Viernes de 9:00 a.m. a 5:00 p.m.

Lunch Service
Lunch is Served daily
12:00 pm- 1:00pm

午餐供应时间为周一至周五
12:00 pm -1:00 pm

El almuerzo se sirve de lunes a viernes de 12:00 pm a 1:00 pm

Обед подается с понедельника по пятницу 12:00-1:00

For a voluntary contribution of \$1.75



August Lunch Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Monday -Friday

Ping Pong w/ Leader

9:00 am- 4:30 pm

Computer Lab

w/Leader

10:00 am- 4:30 pm

Horario del Centro:

lunes a Viernes de

9:00 a.m. a 5:00 p.m.

Часы работы:

понеделник-

пятница

с 9:00 до 1:00 pm

**Calendar is subject to
change**

1
Homemade Coconut
Breaded Fish
Classic Macaroni
Salad
Romaine, Kale,
Pepper, Black Olive,
and Feta Salad
Papaya

4
Pineapple Glazed
Salmon
Orzo with
Vegetables
Green Bean Salad
Banana

5
No Cheese Spring
Vegetable Lasagna
Baby Spinach Salad
with Lemon
Vinaigrette
Honeydew

6
Homemade
Cheeseburgers
Hot Dog
Cole Slaw
Corn on a Cob
Ice Cream
Orange

7
Chicken Stir Fry
with Broccoli,
Peppers, and
Carrots
Egg Noodles
Chinese Style
Mustard Greens
Plums

8
Pork Spare Ribs
Baked Macaroni
and Cheese
Collard Greens
with Tomato
Apple

11
Sweet and Sour
Beef Meatballs
Quinoa
Sauteed Bok
Choy with Garlic
Banana

12
Smothered Pork
Chops
Black Beans and
Rice
Steamed Carrots
and Green Beans
Kiwis

13
Maple Dijon
Chicken Thighs
Bowtie Pasta
Capri Blend
Vegetables
Apple

14
Creamy Coconut
Curry with Tofu,
Broccoli, and
Carrots
Yellow Rice
Kale Salad with
Lemon
Orange

15
Fillet of Fish
Whole Wheat
Sandwich
Roasted Sweet
Potato Fries
Mixed Green
Salad
Peach

18
General Tso's
Chicken
Vegetable Lo
Mein
Sauteed Bok
Choy with Garlic
Apple

19
Sofrito Steak with
Peppers and
Onions
Cuban Style
Brown Rice
Baby Carrots and
Parsley
Banana

20
Lemon Pepper
Fish
Parmesan
Rosemary
Mashed Potatoes
Arugula Salad
with Balsamic
Vinaigrette
Pear

21
Mediterranean
Stewed
Chickpeas
Wild Rice
Steamed Kale
Orange

22
Pork Tenderloin
with Zesty
Cilantro Sauce
Orzo with
Vegetables
Garden Salad
Cantaloupe

25
Hearty Summer
Minestrone Soup
Cheddar Cheese
Cornbread
Kale Salad with
Lemon
Grapes

26
Beef Salisbury
Steak with
Mushroom Sauce
Mashed Potatoes
Steam Swiss
Chard
Banana

27
Homemade
Tomato Sauce
Pork Meatballs
Spaghetti
Italian Blend
Vegetables
Orange

28
Teriyaki Baked
Fish
Chinese Style
Spaghetti
Chinese Style
Mustard Greens
Kiwis

29
Caribbean Style
BBQ Chicken
Potato Salad
Garden Salad
Fruit Cocktail





August Classes



Monday

Tuesday

Wednesday

Thursday

Friday

Monday -Friday

Ping Pong w/ Leader

9:00 am- 4:30 pm

Computer Lab

w/Leader

10:00 am- 4:30 pm

Horario del Centro:

lunes a Viernes de

9:00 a.m. a 5:00 p.m.

Часы работы:

понеделник-

пятница

с 9:00 до 1:00 pm

Calendar is subject to
change

1
**11:00 *NEW* Take
Five: Mindfulness
through the Senses
w/ Patricia**

**1:15 Strength
Training**

**Closing at
3pm**

4

10:30 Zumba

**11:15 Tune In With
Music**

1:30 S.A.I.L

5

10:00 Blood Pressure

1:15 Belly Dancing

**1:30 Drawing In
Color**

2:15 Pokeno w/Leroy

6



**11:00 Clinton
Monthly Party w/
Live DJ**

1:15 S.A.I.L

7

**11:00 Group
Discussion**

**1:30 Drawing In
Color**

**2:00 Bingo
w/Leroy**

8

**10:00 Clinton Mobile
Thrift**

**11:00 Take Five:
Mindfulness
through the Senses
w/ Patricia**

**1:15 Strength
Training**

11

10:30 Zumba

**11:15 Tune In With
Music**

1:30 S.A.I.L

12

10:00 Blood Pressure

11:00

1:15 Belly Dancing

1:30 Drawing In Color

**2:15 Pokeno w/Leroy
W**

13

**11:00 Access-A-Ride
Presentation w/
Center for
Independence of
the Disabled**

1:30 S.A.I.L

14

**11:00 Group
Discussion**

**1:00 Drawing In
Color**

2:00 Bingo w/Leroy

15

**10:00 Clinton Mobile
Thrift**

**11:00 Take Five:
Mindfulness through
the Senses w/ Patricia**

1:15 Strength Training

18

10:30 Zumba

**11:15 Tune In With
Music**

1:30 S.A.I.L

19

**10:00 I Scream, You
Scream Ice Cream
Social**

1:15 Belly Dancing

1:30 Drawing in Color

2:15 Pokeno w/Leroy

20

11:00 Horticulture

1:00 Domino

1:30 S.A.I.L



21

**11:00 Group
Discussion**

**1:30 Drawing In
Color**

2:00 Bingo w/Leroy

22

**11:00 Take Five:
Mindfulness through
the Senses w/ Patricia**

1:15 Strength Training

25

**11:15 Tune In With
Music**

1:30 S.A.I.L

26

1:15 Belly Dancing

**1:30 Drawing In
Color**

2:15 Pokeno w/Leroy

27

11:00 Horticulture

1:30 S.A.I.L

28

**11:00 Group
Discussion**

**1:30 Drawing In
Color**

2:00 Bingo w/Leroy

29

1:15 Strength Training





The Clinton Source Corner

Positively Clinton



MINDFULNESS WORD SEARCH

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| B | A | L | A | N | C | E | Y |
| R | H | O | W | O | L | W | O |
| E | A | V | A | T | A | I | G |
| A | R | E | R | I | R | Z | A |
| T | M | M | N | C | I | E | Q |
| H | O | P | E | E | T | N | P |
| W | N | T | E | V | Y | B | U |
| C | Y | Y | S | M | I | L | E |

WORDS TO FIND:

Yoga

Breathe

Balance

Clarity

Calm

love

Zen

Empty

Notice

Harmony

Awareness

Smile

Relax

Other Project FIND Centers

Hamilton OAC

Tele: 212-787-7710

141 West 73rd Street

Lunch: 11am-12:30pm

Dinner: 3:30pm-6pm

Sunday Lunch Only: 11am -12:30pm

Coffeehouse OAC

Tele: 646-545-4621

331 West 42nd Street

Breakfast: 8:30am -10am

Lunch: 11:30am - 1pm

Woodstock OAC

Tele: 212-575-0693

127 West 43rd Street

Breakfast: 8:30am-10am

Lunch: 12pm-1:30pm

Emotional & Mental Wellness Corner

I hope you're staying cool Clinton Community!

For August, let's slow down and soothe our senses with some mindfulness. The group this month is called "Take Five" and will focus on cultivating awareness and presence through the five senses to reduce stress. We will engage our sight, sound, touch, smell, and taste to ground ourselves in the present moment, to practice mindfulness, and to improve overall well-being. Let's take five together!

Patricia Y, LMSW



Social Work Corner

While waiting for the new Social Worker here at Clinton OAC, you can either visit the nearest Older Adult Centers for social work assistance or if you would like to remain with Project FIND you can visit our sister sites Woodstock or Coffeehouse. We appreciate your patience at this time.

Project FIND Woodstock Older Adult Center

127 West 43rd Street

Tele: 212-575-0693

Project FIND Coffeehouse Older Adult Center

331 West 42nd Street

Tele: 646-545-4622

Goddard Riverside Older Adult Center

250 West 65th Street

Tele: 212-874-0860

Encore Older Adult Center

220 W 49th St

Tele: [212-581-2910](tel:212-581-2910)

Tele: [212-581-3490](tel:212-581-3490)