

Welcome January



Welcome

欢迎

Clinton Older Adult Center

530 West 55th Street, New York, NY 10019

Contact Number: 212-757-2026

bienvenido

добро
пожаловать

Meet Our Team

PROGRAM DIRECTOR -STEPHANIE F.

PROGRAM COORDINATOR - ASHLEY T.

ADMIN ASSISTANT- KECK H.

HEAD COOK - HORACE H.

SECOND COOK - RONDOLYN F.

KITCHEN AIDE - WANDA .

MAINTENANCE - ADAM F.

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

January Lunch Menu

Calendar is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

Tickets For Lunch Starts at 10 am

Lunch is served Monday to Friday
12:00 pm -1:00 pm

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

If you have not yet signed up for our Blooming
health system to stay up to date with any changes
at Clinton OAC. Please see Stephanie to sign up.

Happy
New Year!
2026
CLOSED

² Roasted Chicken
Legs
Caribbean Rice
and Red Beans
Broccoli and Red
Peppers
Pear

⁵ Cuban Style Split
Pea Soup
Classic Garlic
Bread
Sautéed Spinach
and Tomatoes
Orange

⁶ Beef Meatloaf
Garlic Mashed
Potatoes
Steamed Carrots
and Green Beans
Banana

⁷ Homemade
Tomato Sauce
Pork Meatballs
Whole Wheat
Spaghetti
Apple

⁸ Coconut Curried
Fish
Coconut Rice
Beets and Baby
Carrots with Dill
Pear

⁹ BBQ Chicken Leg
Quarters
Baked Sweet Potato
Boiled Southern
Greens
Fruit Cocktail

¹² Warming
Veggie Chili
Brown Rice
Baby Spinach
Salad with
Lemon
Vinaigrette
Banana

¹³ Baked Salmon
with Lemon,
Tarragon with
Thyme
Orzo with
Vegetables
Sautéed Brussel
Sprouts and Kale
with Walnuts
Fruit Cocktail

¹⁴ Soy Sauce
Chicken Thighs
Perfect white
Rice
Chinese Style
Mustard Greens
Orange

¹⁵ Beef and Cheese
Lasagna
Garden Salad
Canned
Pineapple

¹⁶ Pork Spareribs
Baked Macaroni
and Cheese
Collard Greens
with Tomato
Apple

¹⁹
CLOSED


²⁰ Smothered Pork
Chops
Baked Red Potato
Wedges
Balsamic Roasted
Brussels Sprouts
Canned Sliced
Peaches

²¹ Baked Korean
Chicken Wings
Quinoa
Asian Inspired
Asparagus
Pear

²² Ropa Vieja
(Shredded Beef
Stew)
Black Beans and
Rice
Winter Blend
Vegetables
Orange

²³ Lemon Pepper
Fish
Garlic and
Rosemary
Roasted Potatoes
California Blend
Vegetables
Banana

²⁶ Baked Marinated
Fish
Homemade
Mashed Potatoes
Capri Blend
Vegetables
Apple

²⁷ Chinese Style
Pepper Steak
Perfect White
Rice
Garlic Snap
Peas
Orange

²⁸ Italian Roast
Chicken
Sautéed Sweet
Potatoes
Baby Carrots and
Parsley
Pear

²⁹ Cozy Lentil and
Veggie Soup
Cornbread
Baby Spinach
Salad with
Lemon
Vinaigrette
Banana

³⁰ Baked Breaded
Pork Chops
Orzo with
Vegetables
Steamed Okra
Orange

January Activities

Calendar is subject to change.

Monday

Tuesday

Wednesday

Thursday

Friday

<p>Monday -Friday Ping Pong w/ Leader 9:00 am- 4:30 pm Computer Lab w/Leader 10:00 am- 4:30 pm</p>	<p>If you have not yet signed up for our Blooming health system to stay up to date with any changes at Clinton OAC. Please see Stephanie to sign up.</p>	<p>1 Happy New Year! 2026 CLOSED</p>	<p>2 11:00 Ward Off The Winter Blues w/ Patricia 1:15 Strength Training</p>	
<p>5 10:30 Zumba 11:15 Tune In With Music</p>	<p>6 1:30 Sing Along 2:15 Pokeno w/Leroy</p>	<p>7 11:00 Horticulture 1:30 *NEW* Afya Afro Jazz Dance</p>	<p>8 10:30 Tech Cafe: Game Party w/Rose 11:00 Group Discussion w/Elaine 1:15 Chair Yoga 2:15 Bingo</p>	<p>9 11:00 Ward Off The Winter Blues w/ Patricia 1:15 Strength Training</p>
<p>12 11:15 Tune In With Music</p>	<p>13 10:00 Blood Pressure  11:00 Life Preparation with Clinton Social work Intern Alina 2:15 Pokeno w/Leroy</p>	<p>14 11:00 Arts & Crafts: Watercolor 11:00 Horticulture 1:30 Afya Afro Jazz Dance</p>	<p>15 10:30 Tech Cafe: Video Book Club w/Global Kids 11:00 Group Discussion w/Elaine 1:15 Chair Yoga 2:15 Bingo</p>	<p>16 11:00 Ward Off The Winter Blues w/ Patricia 1:15 Strength Training 2:30 Sounds of the Movement : Hot Sorrel Social</p>
<p>19 CLOSED </p>	<p>20 11:00 Fire Safety Presentation w/ FDNY 2:15 Pokeno w/Leroy</p>	<p>21 11:00 Horticulture 1:30 Afya Afro Jazz Dance 2:30 Fabric of Freedom (RSVP)</p>	<p>22 10:30 Tech Cafe: Game Party w/Rose 11:00 Group Discussion w/Elaine 1:15 Chair Yoga 2:15 Bingo</p>	<p>23 11:00 Ward Off the winter Blues w/ Patricia 1:15 Strength Training</p>
<p>26 10:30 Zumba 11:15 Tune In With Music</p>	<p>27 10:00 Blood Pressure  1:30 Wicked: For Good (Movie Tuesday) 2:15 Pokeno w/Leroy</p>	<p>28 11:00 Arts & Crafts: Watercolor 11:00 Horticulture 1:30 Afya Afro Jazz Dance</p>	<p>29 10:30 Tech Cafe: Video Book Club w/Rose 11:00 Group Discussion w/Elaine 1:15 Chair Yoga 2:15 Bingo</p>	<p>30 11:00 Ward Off The Winter Blues w/ Patricia 1:15 Strength Training</p>

The Clinton Source Corner

Positively Clinton

Tech Cafe Corner

Hello everyone- My name is Rose and I'm the new Tech Cafe Coordinator here at Project Find!

Going into the new year I'll be leading some groups focusing on the ways we interact with each other in the digital age: We will be running groups where we get together to play games, watch movies, eat snacks, and learn about how to avoid scammers and computer viruses- building skills to navigate the internet with a sense of security, confidence, independence, and fun.

I will also be available to provide direct tech and internet navigation support to anyone outside of group time, you should be able to find me on Thursdays from 10-3 in the office or the computer lab.

I'll see y'all out there! Thank you so much for the warm welcome.

Rose Gordon-Klein, Tech Cafe Coordinator



Social Work Intern Corner

We have a Social Worker Intern at Clinton

Greetings Clinton OAC Members,

My name is Alina Sabirianova and I'm really happy to be here with you at the center. I'm currently studying social work and have spent time working with older adults at the Jewish Community Center in Brooklyn. I love getting to know people and helping out however I can, especially with resources like SNAP, Medicaid, Medicare, EPIC, Social Security Income, etc. I can also help with translation if needed. I'm available by appointment only. You can call the center or email me at asabirianova@projectfind.org to set up a time for us to speak. I'm really looking forward to spending time with all of you.

By Appointment Only!

On selected Days Please call to make your appointment
10:00 am - 4:00 pm

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

Happy New Year Clinton Community,

Have you ever noticed that it is common for people to feel sad after the winter holidays end? What can we do to get through these cold, dark days? Let's learn about how winter time can affect our mood, from mild "winter blues" to more significant Season Affective Disorder. We'll learn some coping skills for winter and we'll stay cozy together.

-Patricia Y, LCSW

