

PROJECT FIND COFFEEHOUSE PRESSLINE

PHONE: 646-545-4621

Director: Aaron De Broux
 Food Service Mgr. Tyeshia Robinson
 Social Worker: Karen O'Savio
 Cook: Russell Luke
 Second Cook: Maria Marte
 Kitchen Aide: Eunice Alvarez
 Maintenance: Lawrence Moore
 Program Coordinator: Ian Essel
 Program Assistant: Jose Hernandez



Center Information

Membership is Free, you must be 60 years old or older
 Hours of Operation: Monday -Friday 8:00 am-4:00 pm
 Breakfast is served every day from 8:30 am- 10:00 am for a Voluntary contribution of \$1.25
 Lunch is served every day from 11:30am pm- 1:00 pm for a Voluntary contribution of \$1.75

Project FIND and NYC Department for the Aging strongly caution against taking food from the premises.
 Improperly reheated food can cause serious illness.

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| <p>Upcoming Events/Trips</p> | <p>Director's Corner</p> |
| | <p>Dear participants, We are pleased to announce the return of the Walk With Ease Program, scheduled to begin on April 8th and continue every Monday, Wednesday, and Friday for the next 8 weeks. For those without a Fitbit, we are happy to provide one for your use during the program. We look forward to your participation</p> |
| <p>Coffeehouse Corner</p> | |
| <p>Interpreter Services are available if need please speak to the social worker if needed.</p> | |
| <p>Project FIND Centers</p> | <p>Social Worker's Corner</p> |
| <p>Hamilton- 212-787-7710 141 West 73 Street (Sun-Fri: Lunch, Dinner, Activities) Mon - Fri: 9:00am -6:00pm, Sun - 9:00am - 5:00pm</p> | <p>Karen O'Savio 646-545-4621 ext: 320 Monday - Friday</p> |
| <p>Woodstock- 212-575-0693 127 West 43 Street (Tues-Sun: Breakfast, Lunch, Activities)</p> | <p>8:00AM - 4:00PM</p> |
| <p>Tues - Sunday: 8:00am -4:00pm Clinton- 212-757-2026 530 West 55 Street (Mon-Fri: Lunch and Activities) Mon - Friday 9:00am- 5:00pm</p> | <p>Karen O'Savio can provide assistance with SCRIE and DRIE, SNAP, Medical Issues, Legal Assistance, SSI, Medicare Savings Program, Medicare Advantage, Housing Issues, etc.</p> |
| <p>April 2024</p> | <p>Website: www.projectfind.org</p> |

COFFEEHOUSE DAC

April
2024



Project FIND

331 W 42nd Street New York NY 10036



Project FIND Coffeehouse Older Adult Center
 331 West 42nd Street
 New York, NY 10036
 646-545-4621
 E-mail: adebroux@projectfind.org

HOURS OF OPERATION:

Monday - Friday 8:00 AM - 4:00 PM

April 2024

Visit our Website at www.projectfind.org
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Activities/Special Events - Onsite

Due to limited capacity of the center, members must RSVP for classes.
 See staff to RSVP for the computer lab.

Funded Under Contract with the NYC Department for the Aging

| Monday 1 | | Tuesday 2 | | Wednesday 3 | | Thursday 4 | | Friday 5 | |
|---|--|--|--|---|--|--|---|--|---|
| Time | Activity | Time | Activity | Time | Activity | Time | Activity | Time | Activity |
| 8:30am 10:30am 11:30am 1:00pm 2:00pm | AM Movie Club Zumba Gold w. Josie O. Bingo w. Eddie H. Knitting with Freda Leisure Pool Table | 10:30am 12pm 1:00pm 2:00pm | Horticulture Gardening with Hilda Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour | 9:30am 10:30am 12:30pm 2:00pm | Chair Yoga with Rupali Line Dancing with Josie Sing Off Leisure Pool Table | 10:30am 12:00pm 1:00pm 2:00pm | Tai Chi with Jean Mask Making with Freda B. Jewelry Making with Dustee H. Leisure Game Hour | 8am-11am 9:30am 10:30am 12:00pm 1:00pm 2:00pm | NYU Clinical Immersion speech/language screen Music Hour with Ian Shake, Rattle and Roll Tea with Technology Blood Pressure Screening Leisure Pool Table |
| 8 Time | Activity | 9 Time | Activity | 10 Time | Activity | 11 Time | Activity | 12 Time | Activity |
| 8:30am 10:30am 11:30am 12:30pm 1:00pm 2:00pm | AM Movie Club Zumba Gold w. Josie O. Bingo w. Eddie H. WALK WITH EASE 🦯🦯 Knitting with Freda Leisure Pool Table | 10:00am 10:30am 12pm 1:00pm 2:00pm | Elder Financial Abuse Prevention Presentat Horticulture Gardening with Hilda Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour | 9:30am 10:30am 12:00pm 12:30pm 2:00pm | Chair Yoga with Rupali Line Dancing with Josie WALK WITH EASE 🦯🦯 Vocal Ease Performance 🎤 Leisure Pool Table | 10:30am 11:30am 12pm 1:00pm 2:00pm | Tai Chi with Jean TableTop Presentation with Officer Frank A. Self Defense with Frank Mask Making with Freda B. Leisure Game Hour | 9:30am 10:30am 12:00pm 12:00pm 1:00pm 2:00pm | Music Hour with Ian Nutrition Ed Presentation with Amelia Tea with Technology WALK WITH EASE 🦯🦯 Blood Pressure Screening Leisure Pool Table |
| 15 Time | Activity | 16 Time | Activity | 17 Time | Activity | 18 Time | Activity | 19 Time | Activity |
| 8:30am 10:30am 11:30am 12:30pm 1:00pm 2:00pm | AM Movie Club Zumba Gold w. Josie O. Bingo w. Eddie H. WALK WITH EASE 🦯🦯 Knitting with Freda Leisure Pool Table | 10:30am 12pm 1:00pm 2:00pm | Horticulture Gardening with Hilda Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour | 9:30am 10:30am 12:00pm 12:30pm 2:00pm | Chair Yoga with Rupali Line Dancing with Josie WALK WITH EASE 🦯🦯 Sing Off Leisure Pool Table | 10:30am 12:00pm 1:00pm 2:00pm | Tai Chi with Jean Mask Making with Freda B. Jewelry Making with Dustee H. Leisure Game Hour | 9:30am 10:00am 10:30am 12:00pm 12:00pm 1:00pm 2:00pm | Music Hour with Ian LIVE MUSIC PERFORMANCE BY ST. ANNE CATH. HIGH SCHOOL Shake, Rattle and Roll Tea with Technology WALK WITH EASE 🦯🦯 Blood Pressure Screening Leisure Pool Table |
| 22 Time | Activity | 23 Time | Activity | 24 Time | Activity | 25 Time | Activity | 26 Time | Activity |
| 8:30am 10:30am 11:30am 12:30pm 1:00pm 2:00pm | AM Movie Club Zumba Gold w. Josie O. Bingo w. Eddie H. WALK WITH EASE 🦯🦯 Knitting with Freda Leisure Pool Table | 10:30am 11:30am 12pm 1:00pm 2:00pm | Horticulture Gardening with Hilda Wellness Screening Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour | 9:30am 10:30am 12:00pm 12:30pm 2:00pm | Chair Yoga with Rupali Line Dancing with Josie WALK WITH EASE 🦯🦯 Sing Off Leisure Pool Table | 10:30am 12pm 1:00pm 2:00pm | Tai Chi with Jean Self Defense with Frank Mask Making with Freda B. Leisure Game Hour | 9:30am 10:30am 12:00pm 12:00pm 1:00pm 2:00pm | Music Hour with Ian Nutrition Ed Presentation with Amelia Tea with Technology WALK WITH EASE 🦯🦯 Blood Pressure Screening Leisure Pool Table |
| 29 Time | Activity | 30 Time | Activity | 31 Time | Activity | | Activity | | Activity |
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Project FIND Coffeehouse OAC
 331 W 42nd Street btw 8th&9th Ave
 New York, New York 10036
 (646)545-4624 (646) 532-2421 Fax
 adebroux@projectfind.org

Breakfast Menu

April 2024

Breakfast is served Monday to Friday from 8:30am -10:00 am
 Milk and Bread Served with Meal

Visit our Website at www.projectfind.org
 Follow us at <https://twitter.com/FINDaid>
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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 1 Salmon Cakes Cheesy Grits Apple Juice Banana  | 2 Whole Wheat English Muffin BLT Oatmeal Orange Juice Grapes | 3 Spinach Mozzarella Quiche Grape Nuts Cereal Grape Juice (unsweetened) Fruit Salad | 4 Homemade Turkey Breakfast Sausage Patty Apple Pancakes Apple Juice Canned Pears | 5 Grilled Mozzarella and Tomato Sandwich (Whole Wheat) Cheerios Pineapple Juice Honeydew |
| 8 Whole Wheat Grilled Cheese Oatmeal Grape Juice (unsweetened) Applesauce | 9 Hard Boiled Egg Cinnamon Raisin Bagel Fiber One Cereal Orange Pineapple Juice Canned Sliced Peaches | 10 Baked Breaded Chicken Cutlet Cinnamon French Toast Cream of Wheat Apple Juice Plum | 11 Stewed Codfish (Bacalao Fresco Guisado) Yuca with Onions Orange Juice Honeydew | 12 Omelette with Spinach and Parmesan Cheese Multigrain Cheerios Pumpkin Muffins Pineapple Juice Grapes |
| 15 Baked Breaded Chicken Cutlet Creamy Apple Raisin Oatmeal Waffles Orange Juice Apple / Raisins | 16 Egg a la Mexicana Whole Wheat English Muffin Multigrain Cheerios Orange Pineapple Juice Canned Sliced Peaches  | 17 Homemade Turkey Breakfast Sausage Patty Farina Whole Wheat Mini Bagel Orange Juice Pear | 18 Turkey Bacon Cornmeal Porridge Mini Croissant Apple Juice Canned Pineapples | 19 Buttermilk Whole Wheat Biscuits Bran Flakes Cereal Grape Juice (unsweetened) Banana |
| 22 Homemade Pork Breakfast Sausage Patty Cinnamon French Toast Toasted Oats Cereal Grape Juice (unsweetened) Canned Sliced Peaches | 23 Egg Whites Oatmeal Apple Juice Applesauce with Mango and Orange | 24 Southwest Tofu Scramble Kaiser Roll Multigrain Cheerios Orange Juice Banana | 25 Homemade Turkey Breakfast Sausage Patty Creamy Apple Raisin Oatmeal Cheesy Home Fries Grape Juice (unsweetened) Orange | 26 Baked Breaded Chicken Cutlet Waffles Cheerios Orange Pineapple Juice Pear |
| 29 Carrot Bacon Plain French Toast Raisin Bran Cereal Grape Juice (unsweetened) Orange | 30 Salmon Cakes O'Brien Potatoes Grits Orange Pineapple Juice Fruit Salad | | |  |



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Lunch Menu

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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|--|
| 1 BBQ Chicken Leg Quarters Baked Macaroni and Cheese California Blend Vegetables Kiwis | 2 Southwestern Black Bean Fajitas Brown Rice Prince Edward Blend Vegetables Orange | 3 Baked Flounder Baked Sweet Potato Vegetable Mix Watermelon | 4 Beef Meatballs In Tomato Sauce Whole Wheat Spaghetti Cabbage Carrot Slaw Pear | 5 Baked Breaded Pork Chops ALT: Spanish Styles Baked Chicken Yellow Rice Capri Blend Vegetables Apple |
| 8 Chef's Favorite Manicotti with Creamy Tofu Ricotta Capri Blend Vegetables Canned Apricots | 9 Beef Pot Roast Baked Brown Rice Pilaf Normandy Blend Banana | 10 Baked Asian Style Honey Chicken Orzo with Vegetables Creamed Spinach Canned Pineapple | 11 Italian Sausage ALT: Balsamic Chicken Thighs Basic Pasta Salad Baby Carrots and Parsley Cantaloupe | 12 Coconut Curried Fish Cous Cous with Peas and Lemon Broccoli and Red Peppers Orange |
| 15 Beef and Broccoli Cuban Style Brown Rice Steamed Collard Greens Banana | 16 Pork Spare Ribs ALT:Chicken Cacciatore Coconut Rice and Pigeon Peas Italian Blend Vegetables Orange | 17 Baked Fish with Corn Potato Sauce Lemon Rice Broccoli with Toasted Garlic Watermelon | 18 Smokey Black Bean with Sweet Potato Chili White Rice Garlic Bread Baby Spinach with Lemon Vinaigrette Tangerines | 19 Baked Turkey Wings Brown Rice with Okra Boiled Southern Greens Honeydew |
| 22 Vegetable Lo Mein with Crispy Tofu Cabbage Carrot Slaw Orange | 23 Grilled Maple Chipotle Pork Chops ALT: Grilled Chicken Breast Garlic Mashed Potatoes Steamed Collard Greens Grapes | 24 Sofrito Steak with Peppers and Onions Brown Rice Arugula Salad with Balsamic Vinaigrette Pear | 25 Spanish Style Baked Fish Cous Cous Broccoli and Red Peppers Canned Sliced Peaches | 26 Jerk Chicken Rice Pilaf Capri Blend Vegetables Honeydew |
| 29 Baked Salmon With Cilantro Citrus Sauce California Blend Vegetables Kiwi Strawberries | 30 Chicken and Broccoli Stir Fry Zucchini Brown Rice Pilaf Normandy Blend Canned Pears | | |  |