

Hamilton Older Adult Center Staff

Senior Program Director: Pamela Yoder

Program Coordinator: Lametria (Meechie) Robertson

Administrative Assistant: TBD

Social Worker: TBD

Receptionist: Ramona Mitchell

Food Services Manager: Garriet Johnson

Cook: Tereena Mitchell

Kitchen Aides: Jim Burns, Devonte Jetter, Malik Newton

Maintenance: Lester Upson, Jorge Santos-Berrocal

Additional Project FIND OAC Locations

Clinton: 530 West 55th St. (212-757-2026)

Monday - Friday 9:00am - 5:00pm

Lunch: 12:00pm - 1:00pm

Coffeehouse: 331 West 42nd St. (646-545-4621)

Monday - Friday 8:00am - 4:00pm

Breakfast: 8:30am - 10:00am | Lunch: 11:30am - 1:00pm

Woodstock: 127 West 43rd St. (212-575-0693)

Monday - Saturday 8:00am - 4:00pm

Breakfast: 8:30am - 10:00am | Lunch: 12:00pm - 1:30pm



Funded by NYC Department
for the Aging

Hamilton Older Adult Center

141 West 73rd Street New York, NY 10023

212-787-7710

www.projectfind.org

August 2025

Hours of Operation:

**Monday - Friday 9:00am - 5:30pm Program & Meal Close
6:00pm Doors Close**

Lunch: 11:00am - 12:30pm | Dinner: 3:30pm - 5:00pm

**Sunday 9:00am - 5:00pm
Lunch Only: 11:00am - 12:30pm**



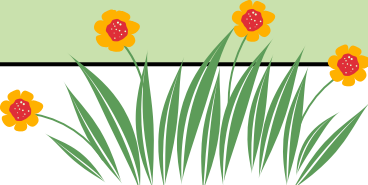



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New York, NY 10023
212-787-7710
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Hours of Operation: Monday - Friday 9AM- 5:30PM Programs & Meals Close
6PM Closed, Sunday 9AM- 5PM
Senior Program Director: pyoder@projectfind.org

AUGUST 2025 WEEKLY PROGRAMS

Please check the center updates for program cancellations

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN BUILDING: 141 W 73RD STREET MAIN BUILDING: 141 W 73RD STREET MAIN BUILDING: 141 W 73RD STREET					
1:30PM	1:00PM	10:00AM		10:00AM	10:00AM
	KOJI PIANO LESSONS by appointment				
	1:00 PM	1:00PM	1:00PM	1:00PM	1:00PM
	CULTURAL EXCHANGE GROUP	Mosaics: Alexandra	SING-ALONG: TED	WATERCOLOR PAINTING: GEOFFREY 	SING-ALONG: TED
	2:00PM		3:30PM		2:00PM
	SPANISH CLASS (HYBRID): EDWIN		PIANO RECITAL: KOJI	CULTURAL EXCHANGE AGROUP	IMPROV THEATER: EDWIN
					3:30PM
				THERAPEUTIC HORTICULTURE: GWEN	PIANO RECITAL: KOJI
ANNEX: 111A W 71ST STREET ANNEX: 111A W 71ST STREET ANNEX: 111A W 71ST STREET					
	1:00PM	11:00AM	11:00AM		11:00AM
	TAI CHI: PIN PIN	LIFE MODEL DRAWING: MARGO	ZUMBA GOLD: TIA		LIFE MODEL DRAWING: MARGO
					
	2:00PM	3:15PM	12:30PM	BELLY DANCING: TERI	2:30PM
	STRENGTH IN MOTION: DAYLE	TAI CHI FOR ARTHRITIS: KEN	FUSION FITNESS: DAYLE		ACTIVE BOOMERS YOGA: CATHY

OPEN COMPUTER LAB: 11AM - 5PM ON MONDAY, 9:30AM - 5PM TUESDAY - FRIDAY, 9:30AM - 4:45PM ON SUNDAY

Programs Funded by NYC Department for the Aging

AUGUST 2025 SPECIAL ACTIVITIES

Tender Touch Chair

Massage

Come enjoy a **FREE** 15-minute chair massage from a NYS Licensed Massage Therapist.



Pre-registration required.

Tuesday 8/19: 12-2PM

Sunday 8/31: 1-3PM

Location: Multipurpose Room

Contact the Program Coordinator to reserve your spot!

Members are limited to **ONE massage per month**



MEMBERS ONLY!

If you would like to become a member come sign up for **FREE!**



Mosaic Art with Alexandra Worme

Tuesdays at 1PM Multi-Purpose Room

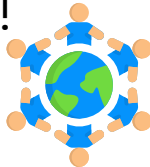
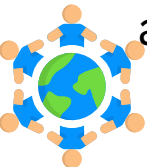


Unleash your creativity in our Mosaic Art class led by the wonderful Alexandra Worme. Mosaic art is a decorative form of art that involves using small pieces of materials, such as glass, stone, tile, and beads!



Cultural Exchange Group

Let's give a big Hamilton OAC welcome to our Occupational Therapy interns from South Korea! They're here to explore, learn, and share about their culture. Let's celebrate our differences and similarities by sharing a bit about where we come from!



**Mondays and Thursdays at 1pm
Multi-Purpose Room**

Special Event



Join us for a special presentation with **Community Officer Roberto Vasquez**



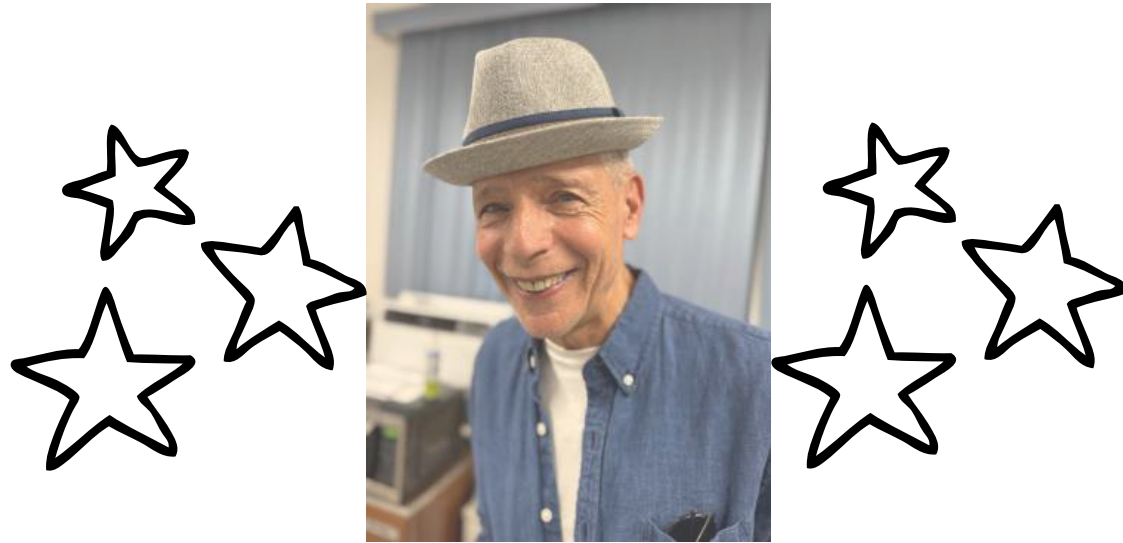
Come learn about:
Personal Safety
Elder Abuse
Scam Awareness

Wednesday, August 20th at 12pm

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AUGUST 2025 SPECIAL ACTIVITIES

MEET THE INSTRUCTOR!



Edwin de Asis

Since 2007, Edwin has been a dedicated and passionate instructor here, at Hamilton OAC. A true multi-talent, Edwin brings energy and expertise to both his spanish and improv classes, making learning engaging, fun, and memorable. Don't miss the chance to learn from the best!

Spanish Class

Mondays at 2PM

(HYBRID)

Small Dining Room



Improv Class

Fridays at 2PM

**in the
Multi-Purpose Room**

JOIN US

REGISTRATION POLICY

Older adults 60 years of age and above are encouraged to register for membership. Membership allows you to participate in all programs and services without pause. If you do not register for membership two weeks after the date of your initial visit, you will be prohibited from participating in all classes or services, onsite and virtually, except for meals and information and referral services. This is a mandate from our funder, NYC Department for the Aging.

Project FIND older adult centers require that eligible person provide at minimum: first and last name, date of birth (DOB), and one emergency contact. Proof of age is required; however, eligible persons that do not have proper identification with DOB may sign a Declaration of Age form.



Programs Funded by NYC Department for the Aging



Special Labor Day Meal

Sunday, August 31st

11:00AM- 12:30pm

Tangy BBQ Drumsticks

Hot Dogs

Chicken Kebabs

Potato Salad

Broccoli w/ Garlic

Vegetarian Beans

Pink Lemonade

Blueberry Pie

Oranges




Center & Program Updates

8/25 Spanish is Cancelled

8/29 Improv is Cancelled

**Directory of Program Zoom Meetings
889 2886 7189 - Spanish Class (MON)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					August 1
					Fish with Creole Sauce Red Lentil Pasta Italian Cut Green Beans Kiwis (2)
August 3	August 4	August 5	August 6	August 7	August 8
Beef Pepper Steak Vegetable Lo Mein Sauteed Bok Choy with Garlic Pear	Apricot-Glazed Pork Chops Quinoa (1 cup) Braised Red Cabbage with Apples Watermelon	Sizzlin' Chickpea Spaghetti Stir Fry with Tofu Collard Greens with Tomato Grapefruit	Baked Turkey Wings Creamed Spinach Garlic Mashed Potatoes Peach	Lemon Pepper Fish Glazed Sweet Potatoes Sauteed Green Beans w/Onions Apple	Chicken Alfredo Penne Broccoli and Red Peppers Nectarine
August 10	August 11	August 12	August 13	August 14	August 15
Beef Stuffed Cabbage Pasta (1/2 cup) Normandy Blend Orange	Grilled Maple Chipotle Pork Chops O'Brien Potatoes Beet Salad Grapefruit	General Tso's Tofu White Rice (1/2 cup) Broccoli with Toasted Garlic Orange	Fish with Tomatoes & Herbs Roasted Vegetable Couscous Prince Edward Blend Vegetables Peach	Chicken Fajitas Cilantro Lime Rice Cole Slaw Honeydew	California Turkey Meatloaf Chickpea Pasta Tomato Sauce Baby Carrots and Parsley Watermelon
August 17	August 18	August 19	August 20	August 21	August 22
Curry Chicken Rice and Beans Normandy Blend Cantaloupe	Italian Chickpea Pasta Salad Cabbage Carrot Slaw Honeydew	Turkey Chili con Carne White Rice Capri Blend Vegetables Cantaloupe	Chicken Cacciatore Garlic Mashed Potatoes Steamed Okra Nectarine	Shepherd Pie with Turkey Cauliflower with Carrots and Parsley Orange	Caesar Salad with Grilled Chicken Basic Pasta Salad Pear
August 24	August 25	August 26	August 27	August 28	August 29
Swiss Steak with Onions Brown Rice with Mushrooms Sweet and Sour Slaw Apple	Brown Stew Chicken White Rice California Blend Vegetables Honeydew	Turkey Salisbury Steak with Mushroom Gravy Baked Potato Steamed Broccoli Applesauce	Salmon w/Cream Sauce Whole Wheat Pasta General Tso Cauliflower Grapefruit	Italian Roasted Pork Tenderloin Garlic & Rosemary Roasted Potatoes Italian Cut Green Beans Orange	Scallion Ginger Tofu Stir Fry Kimchi Fried Brown Rice Charred Orange Broccoli Banana
August 31 * Labor Day Meal Tangy BBQ Drumstick Hot Dogs * Chicken kebabs Potato Salad * Broccoli w/Garlic Vegetarian Beans Pink Lemonade * Blueberry Pie Oranges					Funded by NYC Department for the Aging



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August 2025 Dinner Menu

Dinner Served from 3:30 to 5:00 p.m.

Bread and Milk Served Daily

Voluntary Contribution of \$2.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
					August 1
No Dinner on Sundays					Turkey with Gravy Garlic Mashed Potatoes Baby Carrots and Parsley Cantaloupe Pineapple Juice
	August 4	August 5	August 6	August 7	August 8
No Dinner on Sundays	Brazilian Fish Stew Confetti Brown Rice Capri Blend Vegetables Fruit Cocktail Orange Juice	Chicken Bulgogi (Korean BBQ Chicken) Baked Sweet Potato Wax Beans Honeydew Pineapple Juice	Honey Garlic Glazed Tofu Brown Rice (1/2 cup) Chinese Style Steamed Cauliflower Apple Unsweetened Grape Juice	Sweet and Sour Pork Loin Rice Pilaf Oriental Blend Vegetables Applesauce Orange Pineapple Juice	Spinach Cheese Jumbo Ravioli w/ Tomato Sauce (pre-prepared) Apple Orange Pineapple Juice
	August 11	August 12	August 13	August 14	August 15
No Dinner on Sundays	Baked Salmon Egg Noodles Capri Blend Vegetables Honeydew Pineapple Juice	Baked Chicken Thighs Garlic Mashed Potatoes Baby Carrots and Parsley Grapes Orange Juice	Deluxe Cheeseburger with Onions Whole Wheat Hamburger Bun French Fries (pre-prepared) Garden Salad Orange Apple Juice	Comforting Lentil and Bean Chili Red Lentil Pasta Broccoli with Toasted Garlic Apple Orange Pineapple Juice	Pork Spareribs Baked Potato Normandy Blend Banana Unsweetened Grape Juice
	August 18	August 19	August 20	August 21	August 22
No Dinner on Sundays	BBQ Chicken Leg Quarters Black Beans and Rice Brussels Sprouts Kiwis (2) Unsweetened Grape Juice	Fresh Tomato Salsa (Pico de Gallo) Soft Whole Wheat Tacos w/ Black Beans and Veggies Steamed Carrots Broccoli and Red Peppers Banana	Fillet of Fish on a Whole Wheat Sandwich Roasted Sweet Potato Fries Normandy Blend Mango Apple Juice	Chicken Adobo Baked Red Potato Wedges Baby Carrots and Parsley Watermelon Pineapple Juice	Baked Pork Chops Smashed Red Potatoes Sauteed Spinach Grapefruit Orange Juice
	August 25	August 26	August 27	August 28	August 29
No Dinner on Sundays	Beef Stroganoff with Noodles Prince Edward Blend Vegetables Applesauce Orange Pineapple Juice	Breaded Fish Fillet (pre-prepared) Sweet Baked Yams Cole Slaw Cantaloupe Unsweetened Grape Juice	Vegetable Lo Mein with Crispy Tofu Sauteed Bok Choy with Garlic Banana Pineapple Juice	Chicken Breast with Mushrooms and Peppers Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1/2 cup Broccoli and Red Peppers Pear Apple Juice	Stuffed Shells (Pre-prepared) Tomato Sauce (pre-prepared, 1/4 cup) Baby Carrots with Parsley Steamed Green Beans Orange Orange Juice

All Menu Items Subject to Change

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