



Hamilton Older Adult Center Staff

Senior Program Director: Pamela Yoder

Program Coordinator: Lametria (Meechie) Robertson

Administrative Assistant: Ryan Battle

Social Worker: Faith Littleton

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

Hamilton Older Adult Center

141 West 73rd Street New York, NY 10023

212-787-7710

www.projectfind.org

November 2025



Hours of Operation:

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








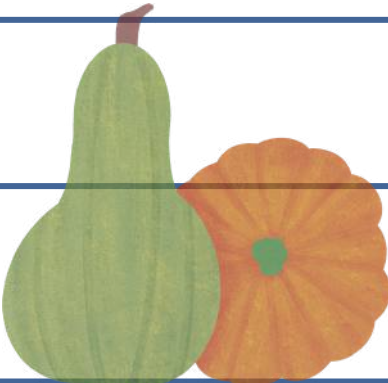
6:00pm Doors Close

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

Sunday 9:00am - 5:00pm

Lunch Only: 11:00am - 12:30pm

NOVEMBER WEEKLY PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
		11:30AM Ping-Pong: Meechie	10AM Chair Yoga: Pam		12:30 PM SING-ALONG: TED
1:30PM CRAFT SOCIAL: YOKO	1:00PM KOJI PIANO LESSONS (By Appointment only)	12:30PM COMPUTER LAB: RYAN	12:30PM SING-ALONG: TED	12:30PM COMPUTER LAB: RYAN	1:00PM Special Projects Columbia OT Students (Ends 11/21)
	2:00PM SPANISH CLASS: EDWIN	12:00PM MOSAICS: ALEXANDRA (New Time! Starts 11/11)	1:30PM SELF-DISCOVERY IN ART: ROLF	1:00PM WATERCOLOR PAINTING: GEOFFREY	2:00PM IMPROV THEATER: EDWIN
			3:30PM PIANO RECITAL: KOJI	4:00PM THERAPEUTIC HORTICULTURE: Gwen	
AT THE ANNEX 111a West 71 st Street					
		11:00AM LIFE MODEL DRAWING: MARGO	11:00AM ZUMBA GOLD: TIA	THANKFUL	11:00AM LIFE MODEL DRAWING:MARGO
	1:00PM TAI-CHI: PIN PIN		12:30PM FUSION FITNESS: DAYLE	1:00PM BELLY DANCING: SAMARA	
	2:00PM STRENGTH IN MOTION: DAYLE			2:30PM ACTIVE BOOMERS YOGA:CATHY	
		3:15 PM QiGONG: KEN			

- 11/3 Tai-Chi w/Pin Pin and Strength in Motion w/Dayle will be held at Hamilton OAC, 73rd St.
- 11/3 Center and ANNEX will close EARLY at 3PM
- 11/6 and 11/13 Belly Dancing w/Samara is CANCELLED
- 11/4 Center and ANNEX closed for Election Day
- 11/11 Mosaics w/Alexandra starts at 12PM in the Multi-Purpose Room
- 11/24 MOVED: Watercolor with Geoffrey at 1PM
- 11/27 Only Thanksgiving Lunch will be Served, reservation required
- 11/28 Center and ANNEX are Closed



NOVEMBER 2025 SPECIAL ACTIVITIES



DIRECTOR'S CORNER

Hello Hamilton Family,

In this month of giving thanks, I'm grateful to each of you for being part of the Hamilton OAC community. Our movement classes, art and music programs, and shared meals nurture not just our bodies, but our minds and spirits.

A special thanks to our dedicated staff, and to you - our members - we learn as much from you as you do from us, and we truly enjoy your company.

Every shared laugh, conversation, and moment of connection reminds us that life is richest when we come together. Thank you for being a part of Hamilton OAC!



With appreciation,
Pamela Yoder
Senior Program Director

Silver Learning: Internet Safety and Scams

Monday, 11/3 at 12PM



Build confidence using the internet!
Learn to spot scams, protect your personal information, and safely navigate email, websites, and social media. Simple tips and real-world examples will help you browse the web with a peace of mind.



Nutrition Education:
Plant-Based Meals

Thursday, 11/6 1PM



Discover the power of plants for better health! This class explores simple, delicious ways to add more fruits, vegetables and whole grains to your diet. Learn how plant-based eating can boost energy, support heart health, and help you feel your best!



Grow NYC

Monday, 11/10 at 12:30PM



Come learn all about Curbside Composting from GrowNYC staff and receive a FREE kitchen compost container for your household!

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.



happy Thanksgiving

Join Our Special Thanksgiving Meal

Thursday, 11/27 12PM-2PM

- Whole Turkey w/Gravy
- Glazed Ham
- Green Beans w/Smoked Turkey Stuffing
- Glazed Candid Yams, Cranberry Sauce
- Sweet Potato Pie
- Apple Juice



Sign up for your meal ticket
suggested donation is \$1
Email pyoder@projectfind.org or leave
a message on 212-787-7710 x 300.

November Birthdays Celebration

Help us celebrate the birthdays of everyone born in November! Join us for cake and ice cream.

Monday, 11/10

11:00AM-12:30PM







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Ph: 212-787-7710
E-mail: pyoder@projectfind.org

www.projectfind.org
http://facebook.com/projectfind

November 2025 Dinner Menu

Dinner Served from 3:30PM to 5:00PM
Bread and Milk Served Daily
Voluntary Contribution of \$2.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
November 2	November 3	November 4	November 5	November 6	November 7
No Dinner on Sundays	Baked Salmon Egg Noodles Capri Blend Vegetables Honeydew Pineapple Juice	Center Closed 	Beef Salisbury Steak Garlic Mashed Potatoes Kale with Tomato Orange Apple Juice	Comforting Lentil & Bean Chili Red Lentil Pasta Broccoli w/Toasted Garlic Apple Orange Pineapple Juice	Pork Spare Ribs Baked Potato Normandy Blend Banana Grape Juice, Unsweetened
November 9	November 10	November 11	November 12	November 13	November 14
No Dinner on Sundays	BBQ Chicken Leg Quarters Black Beans & Rice Brussel Sprouts Kiwis (2) Grape Juice, Unsweetened	Fresh Tomato Salsa (Pico de Gallo) Traditional Soft Whole Wheat Tacos w/ Black Beans and Veggies Steamed Carrots Broccoli & Red Peppers Banana Orange Pineapple Juice	Fillet of Fish Whole Wheat Sandwich Roasted Sweet Potato Fries Normandy Blend Mango Apple Juice	Beef Meatloaf with Mushroom Gravy Baked Red Potato Wedges Baby Carrots & Parsley Watermelon Pineapple Juice	Baked Pork Chops Smashed Red Potatoes Sautéed Spinach Grapefruit Orange Juice
November 16	November 17	November 18	November 19	November 20	November 21
No Dinner on Sundays	Beef Stroganoff w/Noodles Prince Edward Blend Vegetables Applesauce Orange Pineapple Juice	Breaded Fish Fillet (pre-prepared) Sweet Baked Yams Cole Slaw Cantaloupe Grape Juice, Unsweetened	Vegetable Lo Mein w/Crispy Tofu Sautéed Bok Choy w/Garlic Banana Pineapple Juice	Chicken Breast w/Mushrooms & Peppers Arroz con Gandules (Mexican Style Brown Rice w/Pigeon Peas) Broccoli & Red Peppers Pear Apple Juice	Stuffed Shells (pre-prepared) Tomato Sauce (pre-prepared) Baby Carrots w/Parsley Steamed Green Beans Orange Orange Juice
November 23	November 24	November 25	November 26	November 27	November 28
No Dinner on Sundays	Swedish Meatballs w/Turkey or Tomato Sauce (pre-prepared) Spaghetti Mixed Green Salad Canned Mandarin Oranges Apple Juice	Baked Fish Couscous Savory Braised Cabbage Apple Pineapple Juice	Caribbean Curry w/Chickpeas & Spinach Homemade Mashed Potatoes Capri Blend Vegetables Banana Grape Juice, Unsweetened	No Dinner 	Center is Closed
November 30					
No Dinner on Sundays					
				All Menu Items Subject to Change	Funded by the New York Department of Aging



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November 2025 Lunch Menu

Lunch Served from 11:00AM to 12:30PM

Bread, Milk and Coffee or Tea Served Daily

Voluntary Contribution of \$1.75

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
November 2	November 3	November 4	November 5	November 6	November 7
Beef Stuffed Cabbage Pasta Normandy Blend Oranges	Pernil (Roasted Pork Shoulder) Rice and Beans Normandy Blend Grapefruit	Center Closed 	Mango-licious Fish Baked Potato Prince Edward Blend Vegetables Papaya	Chicken Fajitas Cilantro Lime Rice Cole Slaw Honeydew	California Turkey Meatloaf Roasted Vegetable Couscous Baby Carrots & Parsley Applesauce
November 9	November 10	November 11	November 12	November 13	November 14
Oven Fried Chicken Mashed Sweet Potatoes Boiled Southern Greens Cantaloupe	Cheesy Whole Wheat Quesadillas with Black Beans or Fresh Tomato Salsa (Pico de Gallo) Couscous w/ Peas and Lemon Caribbean Coleslaw Honeydew 	Beef Meat Sauce with Peppers and Onions Spaghetti Broccoli with Toasted Garlic Orange	Stewed Pork Chops Baked Sweet Potato Sweet and Sour Slaw Pear	Turkey Chili con Carne White Rice Capri Blend Vegetables Cantaloupe	Chicken Legs with Stewed Tomatoes Garlic Mashed Potatoes Baby Carrots and Parsley Banana
November 16	November 17	November 18	November 19	November 20	November 21
Jerk Salmon Brown Rice with Mushrooms Stewed Okra with Tomatoes Apple	Brown Stew Chicken White Rice California Blend Vegetables Honeydew	Turkey Salisbury Steak with Mushroom Gravy Baked Potato Steamed Broccoli Applesauce	Beef & Sweet Potato Tikka Masala Whole Wheat Pasta General Tsos Cauliflower Grapefruit	Italian Roasted Pork Tenderloin Garlic & Rosemary Potatoes Italian Cut Green Beans Orange	Scallion Ginger Tofu Stir Fry Kimchi Fried Brown Rice Charred Orange Broccoli Banana
November 23	November 24	November 25	November 26	November 27	November 28
Italian Meatballs with Chicken Bowtie Pasta Tomato Sauce (pre-prepared) Winter Blend Vegetables Plums (2)	Baked Sundried Tomato Fish Pasta Italian Blend Vegetables Grapefruit	Baked Korean Chicken Wings Brown rice w/Mushrooms Cauliflower w/Carrots & Parsley Mango	Baked Salmon w/Lemon, Tarragon & Thyme Garlic Mashed Potatoes California Blend Vegetables Honeydew	Whole Turkey w/Gravy Glazed Ham Green Beans w/Smoked Turkey Stuffing Glazed Candid Yams, Cranberry Sauce Sweet Potato Pie Apple Juice  	Center is Closed
November 30					
Spanish Chicken w/Potatoes & Garlic Baby Carrots & Parsley Grapes				All Menu Items Subject to Change	Funded by the New York Department of Aging