



Hamilton Older Adult Center Staff

Senior Program Director: Pamela Yoder

Program Coordinator: TBA

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

January 2026



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

JANUARY WEEKLY PROGRAMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Hamilton OAC 141 West 73rd Street					
	1:00PM KOJI PIANO LESSONS (By Appointment only)	10AM BLOOD PRESSURE SCREENINGS: DAPHNE	10AM CHAIR YOGA: PAM	12:30PM COMPUTER LAB: RYAN	
1:30PM CRAFT SOCIAL: YOKO		12:00PM MOSAICS: ALEXANDRA 	12:30PM SING-ALONG: TED	1:00PM WATERCOLOR PAINTING: GEOFFREY 	12:30 PM SING-ALONG: TED
	 2:00PM SPANISH CLASS: EDWIN	12:30PM COMPUTER LAB: RYAN	1:30 PM TECH CAFE: ROSE	 4:00PM THERAPEUTIC HORTICULTURE: Gwen	2:00PM IMPROV THEATER: EDWIN
			1:30PM SELF-DISCOVERY IN ART: ROLF		3:30PM PIANO RECITAL: KOJI
AT THE ANNEX 111a West 71st Street					
	NEW TIME 12:45PM TAI-CHI: PIN PIN	11:00AM LIFE MODEL DRAWING: MARGO			11:00AM LIFE MODEL DRAWING:MARGO
	2:00PM STRENGTH IN MOTION: DAYLE		11:00AM ZUMBA GOLD: TIA	1:00PM BELLY DANCING: SAMARA	
		3:15 PM QIGONG: KEN	12:30PM FUSION FITNESS: DAYLE	2:30PM 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		

JANUARY 2026 SPECIAL ACTIVITIES

DIRECTOR'S CORNER

2026 has arrived - and while it is cold outside, there is warm food, community and activities to be found here at the Center!

Be sure to sign up for Blooming Health, our text & email service, where we post information about our meals and activities, as well as last minute closings or special trips and events. Ask for Pam or Ryan to get to added to the list. We're looking forward to seeing you here at the Hamilton Older Adult Center!

With appreciation,
Pamela Yoder
Senior Program Director

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.



January Special Lunch

Sunday, 1/18 11AM

Homemade Oven-Fried Catfish

Alt: Oven Fried Chicken

Potato Salad

Turnip Greens

Whole Wheat Dinner Roll

Oranges

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January Birthdays Celebration

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

Monday, 1/12
During Lunch Service
11:00AM-12:30PM



Programs Funded by NYC Department for the Aging

JANUARY 2026 SPECIAL ACTIVITIES

Programs Funded by NYC Department for the Aging

Social Services Spotlight



Faith Littleton
Hamilton OAC's
Social Worker



Advanced Planning Workshop
January 6th 12:30PM
Small Dining Room

Start the New Year with intention by taking part in this interactive Advance Care Planning workshop with Faith.

Reflect on your values, ask questions, and connect with others while completing a Health Care Proxy or Advance Directive form - an important step in **taking charge of your life, wishes, and legacy**

Health Awareness Presentation: Cervical Cancer

1/27 12:30PM
Small Dining Room



January is Cervical Cancer Awareness Month, join the Mount Sinai Tisch Cancer Center for an enlightening presentation. Discover the key risk factors, recognize early symptoms, and understand the vital role of Pap and HPV screenings in protecting your health. Take charge of your well-being with expert guidance and practical tips

Tender Touch Chair Massage

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

Pre-registration required.

Sunday 1/11: 1-3PM

Tuesday 1/20: 10AM - 12PM



Members are limited to ONE massage per month

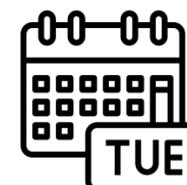
MEMBERS ONLY

If you would like to become a member come sign up for **FREE**
Contact the Program Coordinator to reserve your spot!



Class of the Month:

MOSAICS



Mosaics with Alexandra
Create, Connect, and have Fun!
Make amazing mosaic artwork with great company & a warm, wonderful instructor.



New Classes

Tech Cafe //

Wednesdays
at 1:30PM

Make friends, eat snacks, play games, win prizes!!!

Tech Café is weekly program where you can explore digital landscapes, compete, and cooperate with peers - making connections and finding new ways to have fun.

Select from a wide range of gameplay, from engrossing narrative experiences in Video Game Book Club, to our exciting arcade competitions in Gameparty. Whatever your preference, we have something for everyone, come to have fun!

CENTER & PROGRAM UPDATES

- 1/1 and 1/19 CENTER and ANNEX are CLOSED
- 1/2 MOVED: Active Boomers Yoga w/Cathy at 2PM
- 1/8 CANCELLED: Belly Dancing w/Samara
- 1/16 CANCELLED: Improv Theater w/Edwin



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<http://facebook.com/projectfind>

JANUARY 2026 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
				January 1	January 2
No Dinner on Sundays			All Menu Items Subject to Change	Center Closed 	Stuffed Shells (pre-prepared) Tomato Sauce (pre-prepared, ¼ cup) Baby Carrots & Parsley Steamed Green Beans Orange Orange Juice
January 4	January 5	January 6	January 7	January 8	January 9
No Dinner on Sundays	Swedish Meatballs w/Turkey Or Tomato Sauce (pre-prepared, ½ cup) Spaghetti (1/2 cup) Mixed Green Salad Canned Mandarin Oranges Apple Juice	Baked Fish Cous Cous Savory Braised Cabbage Apple Pineapple Juice	Caribbean Curry w/Chickpeas & Spinach Homemade Mashed Potatoes Capri Blend Vegetables Banana Grape Juice, Unsweetened	Beef Stew Perfect White Rice Baby Carrots & Parsley Canned Pineapple Orange Juice	Baked Chicken Quarters Quinoa w/Kale & Carrots Sautéed Spinach Orange Orange Pineapple Juice
January 11	January 12	January 13	January 14	January 15	January 16
No Dinner on Sundays	Oven Fried Fish Baked Sweet Potato Cole Slaw Mango Orange Pineapple Juice	Ginger Sherry Pork Chops Quinoa (1/2 cup) Steamed Cauliflower Grapefruit Apple Juice	BBQ Chicken Leg Quarters Baked Macaroni & Cheese Steamed Broccoli Apple Orange Juice	Orange & Soy Glazed Tofu Brown Rice (1/2 cup) Sautéed String Beans Tangerines (2) Grape Juice, Unsweetened	Turkey w/Gravy Garlic Mashed Potatoes Baby Carrots & Parsley Cantaloupe Pineapple Juice
January 18	January 19	January 20	January 21	January 22	January 23
No Dinner on Sundays	Center Closed 	Chicken w/Peach Sauce Baked Sweet Potato Broccoli & Red Peppers Honeydew Pineapple Juice	Honey Garlic Glazed Tofu Brown Rice (1/2 cup) Chinese Style Steamed Cauliflower Apple Grape Juice, Unsweetened	Sweet and Sour Pork Loin Rice Pilaf Oriental Blend Vegetables Applesauce Orange Pineapple Juice	Spinach Cheese Jumbo Ravioli (pre-prepared) Tomato Sauce (pre-prepared) Normandy Blend Sautéed Broccoli w/Mushrooms & Pearl Onions Watermelon Apple Juice
January 25	January 26	January 27	January 28	January 29	January 30
No Dinner on Sundays	Baked Salmon Egg Noodles Capri Blend Vegetables Honeydew Pineapple Juice	Baked Chicken Thighs Brown Rice (1 cup) Baby Carrots & Parsley Grapes Orange Juice	Beef Salisbury Steak Garlic Mashed Potatoes Kale w/Tomato Orange Apple Juice	Comforting Lentil & Bean Chili Red Lentil Pasta (1 cup) Broccoli w/Toasted Garlic Apple Orange Pineapple Juice	Pork Spare Ribs Baked Potato Normandy Blend Banana Grape Juice, Unsweetened



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JANUARY 2026 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
				January 1	January 2
		All Menu Items Subject to Change		Center Closed 	Scallion Ginger Tofu Stir Fry Kimchi Fried Brown Rice Charred Orange Broccoli Banana
January 4	January 5	January 6	January 7	January 8	January 9
Italian Meatballs w/Chicken Bowtie Pasta (1/2 cup) Tomato Sauce (pre-prepared) Winter Blend Vegetables Plums (2)	Baked Sundried Tomato Fish Pasta (1/2 cup) 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	Pork Spare Ribs Parmesan Rosemary Mashed Potatoes Steamed Collard Greens Kiwis (2)	Crispy Tofu & Veggie Stir-Fry Rice w/Corn Oriental Blend Vegetables Pear
January 11	January 12	January 13	January 14	January 15	January 16
Spanish Chicken w/Potatoes & Garlic Baby Carrots & Parsley Grapes	Bright & Lemony Stewed White Beans w/Carrots & Spinach Roasted Vegetable Couscous Normandy Blend Cake and Ice Cream Banana  	Turkey Meatloaf w/Mushroom Gravy Zucchini Brown Rice Pilaf Broccoli & Red Peppers Canned Sliced Peaches	Chicken Burger Home Fries Whole Wheat Hamburger Bun Capri Blend Vegetables Cantaloupe	Pernil (Roasted Pork Shoulder) Baked Potato Winter Blend Vegetables Grapes	Fish w/Creole Sauce Egg Noodles Italian Cut Green Beans Kiwis (2)
January 18	January 19	January 20	January 21	January 22	January 23
Homemade Oven-Fried Catfish Alt: Oven Fried Chicken Potato Salad Turnip Greens Whole Wheat Dinner Roll Oranges	Center Closed 	Mediterranean Stewed Chickpeas Rice w/Vegetables Brussel Sprouts Canned Pineapple	Baked Turkey Wings Creamed Spinach Garlic Mashed Potatoes Banana	Lemon Pepper Fish Glazed Sweet Potatoes Sauteed Green Beans w/Onions Grapefruit	Baked Asian Style Honey Chicken Baked Brown Rice Pilaf Cooked Cabbage w/Shredded Carrots Canned Sliced Peaches
January 25	January 26	January 27	January 28	January 29	January 30
Beef Stuffed Cabbage Pasta (1/2 cup) Normandy Blend Orange	Pernil (Roasted Pork Shoulder) Rice & Beans Normandy Blend Grapefruit	General Tso's Tofu Quinoa (1/2 cup) Broccoli w/Toasted Garlic Orange	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