

# August 2022

Shalom  
Добро  
Пожаловать!  
WELCOME

Kamusta  
¡Bienvenido!  
歡迎

Project FIND Clinton Older Adult Center  
530 West 55th Street, New York, NY 10019  
Contact Number: 212-757-2026



## Meet Our Team

**PROGRAM DIRECTOR -STEPHANIE F.**

**PROGRAM COORDINATOR -TBA**

**ADMIN ASSISTANT-ROBERT M.**

**COOK -CLINTON C.**

**SECOND COOK -RONDOLYN F.**

**KITCHEN AIDE -TBA**

**MAINTENANCE -JOHN A.**

## Center Information

**Membership is Free; you must be 60 years old or older.**

### Hours of Operation:

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

### Grab and Go lunches

**Served daily  
11:45 am- 1:00 pm  
For a voluntary  
contribution of \$1.75**



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# Lunch Menu

## August 2022

Grab and Go is served Monday to Friday 11:45 am -1:00 pm

Funded Under Contract with the NYC Department for the Aging

| MONDAY                                                                    | TUESDAY                                                                               | WEDNESDAY                                                            | THURSDAY                                                                      | FRIDAY                                                                   |
|---------------------------------------------------------------------------|---------------------------------------------------------------------------------------|----------------------------------------------------------------------|-------------------------------------------------------------------------------|--------------------------------------------------------------------------|
| 1                                                                         | 2                                                                                     | 3                                                                    | 4                                                                             | 5                                                                        |
| Vegetarian Meatballs<br>Spaghetti<br>California Blend Vegetables<br>Apple | Turkey Chili with Sweet<br>Potatoes and Corn<br>Capri Blend Vegetables<br>Banana      | Deluxe Cheeseburger<br>French Fries<br>Oriental Blend<br>Watermelon  | Baked Turkey Breast<br>Macaroni Salad<br>Tomato and Cucumber Salad<br>Orange  | Baked Tilapia<br>Orzo<br>Stir Fry Kale and Broccoli<br>Pear              |
| 8                                                                         | 9                                                                                     | 10                                                                   | 11                                                                            | 12                                                                       |
| Baked Breaded Chicken<br>Baked Sweet Potato<br>Oriental Blend<br>Apple    | Beef and Broccoli<br>Rice Pilaf<br>Broccoli and Red Pepper Salad<br>Orange            | Cheese Ravioli<br>Normandy Blend<br>Banana                           | Baked Pork<br>O'Brien Potatoes<br>Collard Greens<br>Grapefruit                | Baked Fish with Garlic Sauce<br>Egg Noodles<br>Garden Salad<br>Pear      |
| 15                                                                        | 16                                                                                    | 17                                                                   | 18                                                                            | 19                                                                       |
| Chicken Parmesan<br>Pasta<br>Capri Blend Vegetables<br>Banana             | California Veggie Burger<br>French Fries<br>Cucumber Salad<br>Cantaloupe              | Garlic beef Meatballs<br>Spaghetti<br>Garden Salad<br>Peach          | BBQ Chicken<br>Baked Macaroni and Cheese<br>Winter Blend Vegetables<br>Orange | Baked Breaded Fish<br>Rice and Corn<br>Creamy spinach<br>Tangerine       |
| 22                                                                        | 23                                                                                    | 24                                                                   | 25                                                                            | 26                                                                       |
| Eggplant Parmesan with<br>Ricotta<br>Brussels Sprouts<br>Apple            | Jerk Chicken<br>Black Beans and Rice<br>Oriental Blend<br>Banana                      | Meatloaf<br>Mashed Potatoes<br>Italian Cut Green Beans<br>Grapefruit | Chinese Style Pepper Steak<br>White Rice<br>Asian Cabbage<br>Watermelon       | Baked Salmon<br>Baked Sweet Potato<br>Italian Blend Vegetables<br>Orange |
| 29                                                                        | 30                                                                                    | 31                                                                   |                                                                               |                                                                          |
| Broccoli cheese Quesadilla<br>Tomato and Cucumber Salad<br>Orange         | Baked Asian Style<br>Honey Chicken<br>White Rice<br>Broccoli and Red Peppers<br>Apple | Hamburgers<br>Baked Fires<br>Mixed Green Salad<br>Banana             |                                                                               |                                                                          |



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# Virtual Classes

## August 2022

Hours of Operation Monday -Friday 9:00 am- 5:00 pm

Funded Under Contract with the NYC Department for the Aging

| MONDAY                                                                                                                                                           | TUESDAY                                                        | WEDNESDAY | THURSDAY                                                             | FRIDAY                                                                                                                  |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-----------|----------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|
| 1                                                                                                                                                                | 2                                                              | 3         | 4                                                                    | 5                                                                                                                       |
| <b>10:00</b> <a href="#">Virtual Current Events w/ Stephanie F.</a><br><b>11:00</b> <a href="#">Virtual Zumba w/ Tia S.</a><br><a href="#">Passcode: clinton</a> | <b>1:00</b> <a href="#">Virtual Belly Dancing w/ Samara A.</a> |           | <b>1:00</b> <a href="#">Virtual Open Discussion w/ Stephanie F.</a>  | <b>10:00</b> <a href="#">Virtual Pilates w/ Dallas</a>                                                                  |
| 8                                                                                                                                                                | 9                                                              | 10        | 11                                                                   | 12                                                                                                                      |
| <b>10:00</b> <a href="#">Virtual Current Events w/ Stephanie F.</a><br><b>11:00</b> <a href="#">Virtual Zumba w/ Tia S.</a><br><a href="#">Passcode: clinton</a> | <b>1:00</b> <a href="#">Virtual Belly Dancing w/ Samara A.</a> |           | <b>1:00</b> <a href="#">Virtual Open Discussion w/ Stephanie F.</a>  | <b>10:00</b> <a href="#">Virtual Pilates w/ Dallas</a>                                                                  |
| 15                                                                                                                                                               | 16                                                             | 17        | 18                                                                   | 19                                                                                                                      |
| <b>10:00</b> <a href="#">Virtual Current Events w/ Stephanie F.</a><br><b>11:00</b> <a href="#">Virtual Zumba w/ Tia S.</a><br><a href="#">Passcode: clinton</a> | <b>1:00</b> <a href="#">Virtual Belly Dancing w/ Samara A.</a> |           | <b>11:00</b> <a href="#">Virtual Open Discussion w/ Stephanie F.</a> | <b>10:00</b> <a href="#">Virtual Pilates w/ Dallas</a><br><b>2:00</b> <a href="#">Virtual Movie Club House of Gucci</a> |
| 22                                                                                                                                                               | 23                                                             | 24        | 25                                                                   | 26                                                                                                                      |
| <b>10:00</b> <a href="#">Virtual Current Events w/ Stephanie F.</a><br><b>11:00</b> <a href="#">Virtual Zumba w/ Tia S.</a><br><a href="#">Passcode: clinton</a> | <b>1:00</b> <a href="#">Virtual Belly Dancing w/ Samara A.</a> |           | <b>11:00</b> <a href="#">Virtual Open Discussion w/ Stephanie F.</a> | <b>10:00</b> <a href="#">Virtual Pilates w/ Dallas</a>                                                                  |
| 29                                                                                                                                                               | 30                                                             | 31        |                                                                      |                                                                                                                         |
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# On-Site Classes

# August 2022

Hours of Operation Monday -Friday 9:00 am- 5:00 pm

Funded Under Contract with the NYC Department for the Aging

| MONDAY                                                     | TUESDAY                                                                                                                                                             | WEDNESDAY                                                                                                                      | THURSDAY                                                                                     | FRIDAY                                                                                                   |
|------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|
| 1                                                          | 2                                                                                                                                                                   | 3                                                                                                                              | 4                                                                                            | 5                                                                                                        |
| <b>10:00</b> Ping Pong<br><b>11:00</b> Chair Yoga w/Pam Y. | <b>9:30</b> Computer Lab w/ Leader<br><b>11:00</b> Nutrition Presentation w/Kinga R.<br><b>2:00</b> Pokeno w/ Leroy W.                                              | <b>9:30</b> Open Computer Lab w/ Leader<br><b>10:00</b> Chair Pilates w/ Dallas F.<br><b>10:30</b> Gardening Club w/ Sallie S. | <b>9:30</b> Computer Lab w/Leader<br><b>10:00</b> Ping Pong<br><b>2:00</b> Bingo w/ Leroy W. | <b>10:00</b> Resistance Band Chair Exercise w/ Stephanie F.<br><b>11:00</b> Poetry Circle w/Stephanie F. |
| 6                                                          | 7                                                                                                                                                                   | 8                                                                                                                              | 9                                                                                            | 10                                                                                                       |
| <b>10:00</b> Ping Pong<br><b>11:00</b> Chair Yoga w/Pam Y. | <b>9:30</b> Computer Lab w/ Leader<br><b>11:00</b> Resource Hour<br><b>11:00</b> Group Discussion w/ Anthony A.<br><b>2:00</b> Pokeno w/ Leroy W.                   | <b>9:30</b> Open Computer Lab w/ Leader<br><b>10:00</b> Chair Pilates w/ Dallas F.<br><b>10:30</b> Gardening Club w/ Sallie S. | <b>9:30</b> Computer Lab w/Leader<br><b>10:00</b> Ping Pong<br><b>2:00</b> Bingo w/ Leroy W. | <b>10:00</b> Resistance Band Chair Exercise w/ Stephanie F.<br><b>11:00</b> Poetry Circle w/Stephanie F. |
| 15                                                         | 16                                                                                                                                                                  | 17                                                                                                                             | 18                                                                                           | 19                                                                                                       |
| <b>10:00</b> Ping Pong<br><b>11:00</b> Chair Yoga w/Pam Y. | <b>9:30</b> Computer Lab w/ Leader<br><b>10:00</b> <i>Blood Pressure Screening</i><br><b>11:00</b> Group Discussion w/ Anthony A.<br><b>2:00</b> Pokeno w/ Leroy W. | <b>9:30</b> Open Computer Lab w/ Leader<br><b>10:00</b> Chair Pilates w/ Dallas F.<br><b>10:30</b> Gardening Club w/ Sallie S. | <b>9:30</b> Computer Lab w/Leader<br><b>10:00</b> Ping Pong<br><b>2:00</b> Bingo w/ Leroy W. | <b>10:00</b> Resistance Band Chair Exercise w/ Stephanie F.<br><b>11:00</b> Poetry Circle w/Stephanie F. |
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## Reminders



1. Social Worker Yaneza Cruz is available: At the Clinton OAC on Thursdays from 9:30 am- 4:30 pm. To schedule an appointment please call as at (212) 757- 2026.
2. Lunch contributions are greatly appreciated and enhance our programming. Please continue to contribute to the center.
3. DFTA tags that are lost or damaged are replaceable. ( See Robert M.)

## **Nutrition Presentation**

Come learn about  
" Good Fats vs Bad Fats" with  
DFTA Nutritionist Kinga R.  
Tuesday, August 2nd, 2022  
at 11:00 am



## Program Highlights

- Nutrition Presentation w/ Kinga R.  
Topic: "Good Fats vs Bad Fats " 8/2/22
- Chair Yoga w/Pam Y.  
Monday's at 11:00 am (On-site)
- Group Discussion w/ Anthony A.  
Tuesday's at 11 am (On-site)
- Ping Pong beginning ,every Monday  
and Thursday at 10 am. RSVP is  
required
- Poetry Circle is now on-site, every  
Friday at 11 am (On-site)
- Keep on Track: Blood Pressure  
Screenings 8/16/22 and 8/30/22 at  
10 am



## Other Project FIND Centers

Coffeehouse Older Adult Center: 646-545-4622

331 West 42nd Street

Hamilton Older Adult Center: 212-787-7710

141 West 73rd Street

Woodstock Older Adult Center: 212-575-0693

127 West 43rd Street

Website: [www.projectfind.org](http://www.projectfind.org)