Special Announcements

For Mental Health Services, please speak to the Program Staff.

Other Project FIND Older Adult Centers

Clinton OAC
530 West 55th St. / (212) 757-2026
Coffeehouse OAC
331 West 42nd St. (between 8th and 9th Ave.) / (646) 545-4621
Hamilton OAC
141 West 73rd St. / (212) 787-7710

and all at once;
summer collapsed
into fall.
- oscar wilde

Project FIND’s Woodstock Older Adult Center
127 West 43rd Street. New York, NY 10036
(t) 212-575-0693 (f) 212-302-8239
Monday-Saturday from 8am to 4pm

Our Team
Program Director - Chenal T.
Food Service Manager - Nilda T.
Cook - Virgina E.
Kitchen Aides - Eunice A., Mayra S., Esperance A., Ricky S., and Shemaiah M.
Social Worker - TBA
Program Coordinator - Helen R.
Administrative Assistant - Ian E.
Maintenance - Hiram T.
Front Desk - Carolyn S.
<table>
<thead>
<tr>
<th>Monday</th>
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<td>Grilled Mozzarella &amp; Tomato</td>
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<td>Scrambled Eggs</td>
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<td>Sandwich</td>
<td>Waffles (Pre-pared)</td>
<td>Pork Sausage Link</td>
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<td>Oatmeal (1/2 Cup)</td>
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<td>Whole Wheat Mini Bagel</td>
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<td>non-fat yogurt</td>
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<td>Turkey Bacon</td>
<td>Pork Breakfast Sausage Patty</td>
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<td>Lettuce and Tomato</td>
<td>Apple Pancakes</td>
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<td>Whole Wheat Mini Bagel</td>
<td>Honey Nut Cheerios</td>
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<td>Stuffed Breakfast Potato Skins (2)</td>
<td>Baked Breaded Chicken Cutlet</td>
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<td>Cinnamon French Toast(1)</td>
<td>Grilled Mozzarella &amp; Tomato</td>
<td>Western Omelette</td>
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<td>Cream of Wheat (1 cup)</td>
<td>Western Omelette</td>
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<td>Grilled Mozzarella &amp; Tomato</td>
<td>Turkey Bacon</td>
<td>Egg a la Mexicana</td>
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<td>Western Omelette</td>
<td>Hard Boiled Egg</td>
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<td>Turkey Sausage Patty</td>
<td>Honey Nut Cheerios</td>
<td>Alt: Turkey Sausage Patty</td>
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<td>Bran Flakes Cereal</td>
<td>Apple Juice</td>
<td>Whole Wheat English Muffin</td>
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<td>Canned Apricots</td>
<td>Grape Jelly</td>
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<td>Western Omelette</td>
<td>Grilled Mozzarella &amp; Tomato</td>
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<td>Whole Wheat English Muffin</td>
<td>Cream of Wheat (1/2 cup)</td>
<td>Whole Wheat Mini Bagel</td>
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<td>Apple</td>
<td>Grape Jelly</td>
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*All items are subjected to change*
# Lunch Menu

**Meal Time:** 11:00 - 12:30 pm  
*Bread & Milk Served Daily*  
*Voluntary Contribution of $1.75*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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</tbody>
</table>
| Spinach Stuffed Flounder  
Orzo  
Carrots  
Orange | Tuna Fish Salad  
Classic Macaroni Salad  
Coleslaw (Pre-prepared)  
Honeydew  
Whole Wheat Yita Bread | Roast Beef  
Alt: Turkey Burger  
Baked Potato  
Steamed Spinach  
Apple  

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</thead>
</table>
| Center Closed  
for Labor Day | Lemon Salmon  
Pasta Primavera  
Baby Carrots with Parsley  
Canned Mandarin Oranges  
Grapefruit | Pork Spare Ribs  
Baked Potato/ Sour Cream  
Baby Spinach Salad with Lemon Vinaigrette  
Grapefruit  

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<th>19</th>
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</thead>
</table>
| BBQ Chicken  
Baked Macaroni & Cheese  
Collard Greens  
Honeydew | Stewed Pork Chops  
Alt: Baked Chicken Quarters  
Yellow Rice and Pigeon Peas  
Apple  

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</thead>
</table>
| Baked Cod w/Garlic Parmesan Crust  
Orzo with Vegetables  
Baby Spinach Salad with Lemon Vinaigrette  
Watermelon | Beef Meatloaf  
Alt: Baked Mushroom Chicken  
Mashed Potatoes  
Normandy Blend  
Orange  

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</table>
| Baked Fries  
Baby Spinach Salad with Lemon Vinaigrette  
Watermelon & Hamburger Bun  

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* *All items are subjected to change.*

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**September 2022**

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**Funded by NYC DFTA**

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**Project FIND Woodstock OAC**  
127 West 43rd Street  
New York, NY 10036  
212-575-0693, Fax 212-302-8239  
E-mail: cthompson@projectfind.org
### September 2022 - On-Site Activities and Events

**Monday - Saturday 8AM to 4PM**

RSVP is required for computer lab and in-person classes due to COVID restrictions. All members are required to wear mask and socially distance when in the center.

Funded under contract with the NYC Department for the Aging

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<tr>
<td>Sports Docu Series (Onsite)</td>
<td>Sound of Music &amp; Lunch (Onsite)</td>
<td>Hit Movies (Onsite)</td>
<td>Jewelry Making Workshop w/Gifted Hands (Closed/Onsite)</td>
<td>Piano Lesson w/Koji. (Onsite)</td>
<td>Everyone Moves! w/Rachel (Hybrid)</td>
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<tr>
<td>9/5</td>
<td>The Last Dance</td>
<td>9/7</td>
<td>Samaritan</td>
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<td>9/12</td>
<td>Legacy</td>
<td>9/4</td>
<td>Think Like A Man Too</td>
<td>9/15</td>
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<tr>
<td>9/19</td>
<td>The Captain</td>
<td>9/21</td>
<td>Dolomite Is My Name</td>
<td>Walk with Ease Workshop (Onsite)</td>
<td>10:00</td>
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<td>9/26</td>
<td>Mike</td>
<td>9/22</td>
<td>Tyler Perry: A Madea Homecoming</td>
<td>Comic &amp; Silhouette Art with Jimmy (Onsite)</td>
<td>1:00</td>
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<td><strong>1:15</strong></td>
<td><strong>12:00</strong></td>
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<tr>
<td>Poetry &amp; Art w/Maggie (Onsite)</td>
<td>Concert in Motion: Jazz &amp; Broadway (Onsite)</td>
<td>Leisure Card Games (Onsite)</td>
<td>Walk with Ease Workshop (Onsite)</td>
<td>Walk with Ease Workshop (Onsite)</td>
<td>Sit to be Fit w/Dayle (Hybrid)</td>
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<tr>
<td>Poetry &amp; Art w/Maggie (Onsite)</td>
<td>Gardening w/Catherine (On-site)</td>
<td>Bingo w/Eddie (Onsite)</td>
<td>Line Dancing w/Anita (Hybrid)</td>
<td>Zumba Gold with Josie (Hybrid)</td>
<td>Groove with Us (Onsite) - No class on 9/3</td>
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**Zoom Meeting ID (To join just click the name of the class below or type in the meeting ID number)**

- **Monday, September 5th**
  - **Center Closed for Labor Day**

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**Woodstock Older Adult Center**
127 West 43rd Street
New York, NY 10036
Tel: 212-575-0693 / Fax: 212-302-8239
[www.projectfind.org](http://www.projectfind.org)

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**Everyone Moves** 897 8892 1153
**Line Dancing** 993 4718 2222
**Sit To Be Fit** 993 4718 2222
**Zumba Gold** 897 8892 1153
Saturday Program

ACTIVITIES

10AM – BILLIARD (ONSITE)
10AM – EVERYONE MOVE! W/RACHEL (HYBRID)(ZOOM # -897 8892 1153)
12PM- MUSICAL PERFORMANCE W/KOJI (ONSITE)
1PM – ZUMBA GOLD W/JOSIE (HYBRID)(ZOOM # 897 8892 1153)
1PM – SATURDAY JAMBOREE W/JIMMY & MAGGIE (ONSITE)
1:30PM – GROOVE WITH US (ONSITE)

Meal Service

Breakfast - September 10
Egg a La Mexicana
Grits (1 cup)
Whole Wheat Mini Bagel
Apple Juice
Grape Jelly

Lunch
Stewed Pork Chops
Alt: Baked Chicken
Yellow Rice & Pigeon Peas
Normandy Blend
Apple

Breakfast - September 3
Scrambled Eggs
Pork Sausage Link
Grits (1 cup)
Whole Wheat Mini Bagel
Orange

Lunch
Roast Beef
Alt: HM Turkey Burger
Baked Potato
Steamed Spinach & Apple

*Center is closing at 2pm*

Breakfast - 8:30am to 10am ($1.25 contribution)
&
Lunch - 11am to 12:30pm ($1.75 contribution)

Funded by THE NYC DFTA
## Saturday Program

### Meal Service

**Breakfast** - 8:30am to 10am ($1.25 contribution) &

**Lunch** - 11am to 12:30pm ($1.75 contribution)

### Breakfast - September 17
- Western Omelette
- Cheesy Grit
- Pear

### Lunch
- Beef Meatloaf
- Alt: Baked Mushroom Chicken
- Mashed Potato
- Normandy Blend
- Orange

### Breakfast - September 24
- Ham
- Alt: Turkey Sausage Patty
- Whole Wheat English Muffin
- Apple Juice
- Banana
- Grape Jelly

### Lunch
- Italian Style Pork Loin
- Alt: Italian Roast Chicken
- Rice and Red Beans
- Normandy Blend
- Apple

### ACTIVITIES

10AM - BILLIARD (ONSITE)
10AM - EVERYONE MOVE! W/RACHEL (HYBRID) (ZOOM #: 897 8892 1153)
12PM - MUSICAL PERFORMANCE W/KOJI (ONSITE)
1PM - ZUMBA GOLD W/JOSIE (HYBRID) (ZOOM #: 897 8892 1153)
1PM - SATURDAY JAMBOREE W/JIMMY & MAGGIE (ONSITE)
1:30PM - GROOVE WITH US (ONSITE)

Funded by THE NYC DFTA