

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



*Happy
Valentine's Day*

February 2023



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 - Virginia E.

Kitchen Aides - Eunice A., Mayra S., Dashaun M., & Devin D.

Social Worker - Christie R. & Caitlin S.P.

Program Coordinator - Helen R.

Administrative Assistant - Ian E.

Maintenance - Hiram T.

Front Desk - Carolyn S.





Project FIND Woodstock OAC 127 West
43rd Street
New York, NY 10036
212-575-0693,
Fax 212-302-8239
E-mail:
cthompson@projectfind.org

Breakfast Menu

Meal Time: 8:30 - 10:00 am
Milk Served Daily
Voluntary Contribution of \$1.25



February-23

Funded Under Contract with the NYC Department for the Aging (DFTA)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
As per the DFTA/Project FIND mask mandate, all visitors and staff must wear a mask while in the center with the exception of eating/drinking.		Grilled Mozzarella & Tomato Sandwich Oatmeal (1/2 cup) Apple Juice Banana	Whole Wheat English Muffin (BLT) Honey Nut Cheerios Canned Pineapple	Hard Boiled Egg Home Fries with Peppers & Onions/Ketchup Raisin Bran Cereal Orange Juice Banana	Scrambled Eggs with Red Peppers and Onions Turkey Sausage Link Grits (1 cup) Whole Wheat Mini Bagel w/Grape Apple Juice & Grapefruit
6	7	8	9	10	11
Baked Egg Omelette Bran Flakes Cereal Whole Wheat English Muffin Grape Juice	Homemade Pork Breakfast Sausage Patty Cinnamon French Toast Blended Juice Pancake Syrup	Grilled Mozzarella & Tomato Sandwich Oatmeal (1/2 cup) Apple Juice Banana	Whole Wheat English Muffin (BLT) Honey Nut Cheerios Canned Pineapple	Hard Boiled Egg Home Fries with Peppers & Onions/Ketchup Raisin Bran Cereal Orange Juice Banana	Scrambled Eggs with Red Peppers and Onions Turkey Sausage Link Grits (1 cup) Whole Wheat Mini Bagel w/Grape Apple Juice & Grapefruit
13	14	15	16	17	18
Lincoln Birthday Center Closed	Turkey Sausage Patty Creamy Apple - Raisin Oatmeal Whole Wheat English Muffin Blended Juice	Stuffed Breakfast Potato Skins Toasted Oat Cereal Banana Apple Juice	Hard Boiled Eggs Cream of Wheat(1 cup) Whole Wheat English Muffin Grapefruit Range Juice	Scrambled Eggs Turkey Bacon Cheerios Whole Wheat Mini Bagel Orange Juice Grape Jelly	Eggs a la Mexicana Turkey Sausage Link Cantaloupe Orange Pineapple Juice
20	21	22	23	24	25
Presidents Day Center Closed	Ham (1oz slice) Homes Fries with Peppers & Onions/Ketchup Oatmeal(1/2 cup) Grapefruit Orange Juice & Yogurt	Omelette with Peppers & Onions Whole Wheat English Muffin Honey Nut Cheerios Canned Pineapple Grape juice	Grilled Cheese Cream of Wheat(1 cup) Cantaloupe Orange	Turkey Sausage Patty Waffles Apple Juice Orange Pancake Syrup	Baked Egg Omelette Turkey Bacon Cheesy Home Fries/Ketchup Fiber One Cereal Orange
27	28				
Grilled Mozzarella& Tomato Sandwich Farina Apple Orange Juice	Western Omelette Corn Muffin Oatmeal(1 cup) Apple Juice				

Funded by DFTA

* All items are subjected to change



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Lunch Menu

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



February-23

Funded Under Contract with the NYC Department for the Aging (DFTA)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4
As per the DFTA/Project FIND mask mandate, all visitors and staff must wear a mask while in the center with the exception of eating/drinking.		Whole Wheat Pasta Primavera with Cheese Baby Spinach Salad with Lemon Vinaigrette Grapefruit Garlic Bread	BBQ Chicken Baked Macaroni & Cheese Steamed Collard Greens Honeydew	Salmon in Garlic Butter Sauce Alt: Chicken Stir Fry w/Vegetables Egg Noodles Steamed Spinach Orange	Spanish Beef Stew Alt: Baked Chicken Yellow Rice & Pigeon Peas Normandy Blend Apple
6	7	8	9	10	11
Chicken Thigh Stew with Ginger and Pumpkin Instant Mashed Potatoes Sauteed String Beans Pears	Grilled Maple Chipotle Pork Chops Alt: Homemade Beef Salisbury Steak Dirty Rice Cooked Cabbage w/Shredded Carrots Applesauce	Vegan Meatballs w/Tomato Sauce Spaghetti (1/2 cup) Tossed Salad with Dressing Honeydew Garlic Bread	Arroz con Pollo/ Chicken Breast and Rice Capri Blended Vegetables Canned Mandarin Oranges	Baked Flounder with Rustic Tomato Sauce Alt: Baked Chicken Bowtie Pasta (1/2 cup) Beets & Baby Carrots w/Dill Grapefruit	Beef Pot Roast w/Brown Gravy Alt: Brown Stew Chicken Garlic Mashed Potatoes Broccoli & Red Peppers Orange
13	14 (Valentine's Day)	15	16	17	18
Lincoln Birthday Center Closed	Beef Stew Pasta (1/2 cup) California Blend Vegetables Sliced Canned Peaches Mini Cupcakes	Chickpea Stew Yellow Rice & Pigeon Peas Capri Blend Vegetables Applesauce	Swedish Meatball with Beef & Potatoes and Carrots with Butter and Parsley Baby Spinach Salad with Lemon Vinaigrette Honeydew	Baked Flounder/Tartar Sauce Alt: Baked Chicken Quarters Corn Niblett's Beet Salad Canned Mandarin Orange	BBQ Pork Chops Alt: Caribbean Style BBQ Chicken Baked Macaroni & Cheese Sweet & Tangy Collard Greens Orange
20	21	22	23	24 (Black History Month Special)	25
Presidents Day Center Closed	Apricot-Glazed Pork Chops Alt: Baked Tilapia Brown Rice Prince Edward Blend Vegetable Canned Mandarin Oranges Applesauce	Stuffed Chasse with Sauce Arugula Salad with Balsamic Vinaigrette Cantaloupe	Deluxe Cheeseburger w/ Onions Baked Fries Garden Salad Banana	Roast Beef w/Gravy Alt: Oven Fried Chicken Macaroni & Cheese Steamed Cabbage Peach Cobbler & Apple Juice	Beef and Broccoli Alt: Chicken Stir Fry with Veqs. White Rice Vegetable Mix Orange
27	28				
Baked Chicken w/Gravy Mashed Potatoes Sauteed String Beans Canned Apricots	Spanish Style Roast Pork Alt Spanish Style Cod Baked Sweet Potato Kale w/Tomato Fruit Jello				

Funded by NYC DFTA
* All items are subjected to change



February 2023 - On-Site Activities and Events

Monday-Saturday 8AM to 4PM

RSVP is required for computer lab and in-person classes due to COVID restrictions.
No Computer Lab when there is a exercise class in the multi-purpose room.
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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www.projectfind.org



Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
8am-10:30am	Computer Lab AM (On-site)	8am-11:30am	Computer Lab w/ Leader (On-site)	8am-11:30am	Computer Lab AM (On-site)	8am-11:30am	Computer Lab w/ Leader (On-site)	8am-11:30am	Computer Lab AM (On-site)	10:00	Everyone Moves! w/Rachel (Hybrid)
10:30am	Tai Chi w/Francesca (Hybrid) **New Class Alert**	10:00am	Special Name that Tune: Valentine w/Christie & Caitlin	11:00am	Hit Movies (Onsite)	10:00am	Jewelry Making Workshop w/Gifted Hands (Closed/Onsite) 2/9 & 2/23	10:00am	Billiards (Onsite)	12:00pm	Musical Performance w/Koji. (Onsite)
12:00pm	Documentary (Onsite)	11:00am	Sound of Music & Lunch (Onsite)		2/1 Set it Off			10:30am	Keep on Track Blood Pressure Session	12:00pm	Zumba Gold & Line Dancing w/ Josie (Hybrid)
2/6	Take Pass	2/7	In the Heights		2/8 Central Intelligence	1:00pm	Nutrition Workshop: Tips for Planning Healthy Meals & Snacks (Hybrid) 2/2	10:30am	Piano Lessons w/ Koji (On-site)		
2/27	Quincy	2/14	A Jazzman's Blues		2/15 Suicide Squad					1:00pm	Saturday Jamboree w/ Jimmy & Maggie (Onsite)
1pm-3pm	Town Hall Theater Group w/ Zoe **New Class Alert**	2/21	The Black Godfather	12:00pm	Leisure Card Games (Onsite)	2:00pm	Comic & Silhouette Art with Jimmy (Onsite)	11:30am - 1:30pm	Black History Month Celebration w/ Live DJ 2/24		
1:00pm	Belly Dancing Class w/Francesca **New Class Alert**	2/28 12:00pm	David Foster Concert in Motion: Jazz & Broadway (Onsite)	12:00pm	SPOP: Support Group w/ James - Stress Management ***Starting 2/8***			1pm-3pm	Art Class w/ Sigfrido (On-Site) ** New Class Alert**	1:30pm	Groove with Us (Onsite)
1:30pm	Poetry & Art w/Maggie (Onsite)	1pm-3pm	Computer Lab PM (On-site)	12:00pm	SPOP Engagement Workshop: ** New Class Alert** 2/15			2:15pm	Sit to be Fit w/Dayle (Hybrid)		
		1:30	Gardening w/Catherine (On-site)	1:00pm	Bingo w/Eddie (Onsite)						
				1-2pm	Health Talk Series w/Columbia OT Students Olivia & Shannon (Onsite)						
				2:15pm	Ballroom Dancing w/Francesca (Hybrid)						
									Zoom Meeting ID (To join just click the name of the class below or type in the meeting ID number)		
	Center closed on the following days				Health Check Series w/ Columbia University				Everyone Moves		897 8892 1153
	Monday, 2.13 - Lincoln's Birthday				Topics for February 1pm to 2pm				Ballroom Dance		993 4718 2222
	Monday, 2.20 - President's Day (US)				2/1 - How Do You Sleep?!- Sleep Hygiene Part 1				Belly Dancing		
					2/8- Sleep Hygiene Part 2				Sit To Be Fit		993 4718 2222
					2/15 - Importance of Social Interaction & Conversation Tips				Tai Chi		
					2/22- Cognitive and Mental Health				Zumba Gold		897 8892 1153

Center Hours	
Monday - Saturday 8am - 4pm	
ACTIVITIES	
Tai Chi Poetry and Art Gardening Bingo Ballroom Dancing Jewelry Comic & Silhouette Art Piano Lessons Sit to be Fit Everybody Move! Zumba Gold	
Center Information	
Membership is Free, you must be 60 years old or older.	
Breakfast is served every day from 8:30am - 10:00am for a voluntary contribution of \$1.25 Lunch is served every day from 11:00am - 12:30pm for a voluntary contribution of \$1.75	
Project FIND and NYC Department for the Aging strongly caution against taking food from the premises, reheating your food improperly can cause serious illness.	

Director's Corner
Hello Everyone!
We are having a Black History Celebration on Friday, February 24th at 11:30m.
James Hermann, A SPOP Therapist for Emotional Wellness services will be available at Woodstock on Tuesdays and Wednesdays. We will be having a stress management support group starting on February 8th. Keep a lookout for the flyer. Please see staff for more details.
As per DFTA/Agency's mask mandate, all visitors and staff must wear a mask when visiting the Woodstock OAC. Please remember that your voluntary daily contributions go towards enhancing our meals and programming.
Chenal
Social Worker's Corner -
If you need help with your case assistance such as entitlements, SCRIE, housing, etc., please feel free to visit Caitlin or Christie to assist with your entitlement needs.
Caitlin's Sullivan-Pond Availability: Mondays & Tuesdays Christie Rollie's Availability: Mondays -- Fridays
Interpreter services are available if needed. Request for assistance with the program staff.