

# February 2023

## 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 -ASHLEY T.**

**ADMIN ASSISTANT-NETTEN C.**

**COOK -CLINTON C.**

**SECOND COOK -RONDOLYN F.**

**KITCHEN AIDE -TEREENA MITCHELL**

**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

### Lunch Service

Lunch is Served daily  
12:00 am- 1:15 pm  
For a voluntary  
contribution of \$1.75



Hearing Loop Installed Since 2018





# February Is Heart Health Month



**Mount  
Sinai**

**Mount Sinai Nutrition  
Presentation w/ Alexandra S.**  
Wednesday February 15th, 2023  
at 11:00 am

We will be serving samples of  
an easy heart healthy snack  
with ingredients you have right  
at home



## One Pan Baked Oatmeal

### Ingredients

- Cooking or baking spray
- 2 Ripe bananas
- 2 Cups Rolled Oats
- 2 Cups Milk (of your choosing)
- 2 Tbsp Chia seeds
- 2 Cups of fresh berries (Frozen would work, too!)
- 1 Cup walnuts, roughly chopped
- 1 Lemon, zested
- Maple syrup, to taste

### Directions

- Preheat oven to 350 degrees F. In a large baking dish, mash two ripe bananas. Next, add oats, milk, and chia seeds. Stir to combine.
- Add Berries, walnuts, and lemon zest on top.
- Bake for 25 minutes, or until the liquid has been absorbed.
- Remove from the oven, and drizzle on some maple syrup to your liking.
- Slice into individual pieces and enjoy!








# Lunch Menu

## February 2023

Visit our website at [www.projectfind.org](http://www.projectfind.org)  
 Follow us at <https://twitter.com/FINDaid>  
 Like us at <http://facebook.com/projectfind>

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



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		Roasted Turkey Breast Wild Rice Steamed Collard Greens Pear	Vegetable Lasagna Sauteed Spinach Orange	Lemon Salmon Baked Potato Oriental Blend Vegetables Watermelon
6	7	8	9	10
Baked Fish with Garlic Sauce Oriental Blend Vegetables Egg Noodles Orange	Veggie Griller Burger O'Brien Potatoes Broccoli and Red Peppers Pear	Brown Stew Chicken Rice Pilaf Normandy Blend Grapefruit	Pork Spareribs Sweet Baked Yams Steamed Collard Greens Banana	Mango-licious Fish Pesto Pasta with Broccoli Baby Carrots with Parsley Apple
13	14	15	16	17
Center Closed 	Pernil Yuca with Garlic and Lemon Steamed Carrots Banana	Vegetable Lasagna Garden Salad Honeydew	Beef Meatloaf Baked Macaroni and Cheese Winter Blend Vegetables Orange	<b>Special Valentine's Lunch</b> Baked Lamp Chops Baked Potato Red Cabbage Peach 
20	21	22	23	24
Center Closed 	Baked Fish Marsala with Mushrooms Baked Potato Italian Cut Green Beans Banana	Eggplant Parmesan with Ricotta Bowtie Pasta Brussels Sprouts Apple	Chinese Style Pepper Steak Brown Rice Broccoli and Red Peppers Watermelon	Baked Salmon Baked Sweet Potato Italian Blend Vegetables Orange
27	28			
Hamburgers Roasted Sweet Potato Fries Mixed Green Salad Grapefruit	Smothered Pork Chops Mashed Potatoes Brussels Sprouts Pear			



Visit our website at [www.projectfind.org](http://www.projectfind.org)  
 Follow us at <https://twitter.com/FINDaid>  
 Like us at <http://facebook.com/projectfind>

# On-Site Classes February 2023

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		9:30 Computer Lab w. Leader 10:00 Chair Pilates w/Dallas F.	9:30 Computer Lab w/Leader 10:30 Ping Pong Tournament Finale 11:00 Group Discussion w/Ashley 2:00 Bingo w/Leroy W.	10:00 Resistance Training w/Cyrus 1:00 Poetry Circle w/ Ashley T.
6	7	8	9	10
10:00 Ping Pong 11:00 Zumba w/Tia S. 1:00 Let's Talk News w/Ashley T. 1:00 Tai-Chi for Arthritis w/ Jean F.	9:30 Computer Lab w/Leader 11:00 Chair Yoga w/Pam Y. 2:00 Pokeno w/Leroy W.	9:30 Computer Lab w/ Leader 10:00 Chair Pilates w/Dallas F. 10:30 Gardening Club w/Sallie S.	9:30 Computer Lab w/Leader 10:00 Ping Pong 1:00 Tech Talk w/Netten C. and NYC Public Library 2:00 Bingo w/Leroy W.	10:30 Resistance Training w/Cyrus 11:00 Black History Activators Documentary 1:00 Poetry Circle w/Ashley T.
13	14	15	16	17
Center Closed 	9:30 Computer Lab w. Leader 10:00 Blood Pressure Screening 11:00 Chair Yoga w/Pam Y. 1:00 Tech Talk w/Netten C. 2:00 Pokeno w. Leroy W.	9:30 Computer Lab w/Leader 10:00 Chair Pilates w/Dallas F. 10:30 Gardening Club w/ Sallie S. 11:00 Mount Sinai Nutrition Presentation w/ Alexandra S.	9:30 Computer Lab w/Leader 10:00 Ping Pong 11:00 Group Discussion w/Ashley 2:00 Bingo w/Leroy W.	11:00 Valentine's Day /Black History Month Celebration 1:00 Resistance Training w/ Cyrus 1:00 Poetry Circle w/Ashley T.
20	21	22	23	24
Center Closed 	9:30 Computer Lab w. Leader 11:00 Chair Yoga w/Pam Y. 1:00 Tech Talk w/Netten C. 2:00 Pokeno w. Leroy W.	9:30 Computer Lab w/Leader 10:00 Chair Pilates w/Dallas F. 10:30 Gardening Club w/Sallie S.	9:30 Computer Lab w/Leader 10:00 Ping Pong 11:00 Group Discussion w/Ashley T. 2:00 Bingo w/Leroy W.	10:00 National Pancake Day 10:30 Resistance Training w/Cyrus 11:00 Safe Horizon Elder Abuse Presentation w/Kylee E. 1:00 Poetry Circle w/ Ashley T.
27	28			
10:00 Ping Pong 11:00 Zumba w/Tia S. 1:00 Let's Talk News w/Ashley T 1:00 Tai-Chi for Arthritis w/ Jean F.	9:30 Computer Lab w. Leader 10:00 Blood Pressure Screening 11:00 Chair Yoga w/Pam Y. 1:00 Tech Talk w/Netten C. 2:00 Pokeno w. Leroy W.			

## Clinton OAC Virtual Classes

To join please click on the blue link below.

Virtual Belly Dancing w/ Samara A. Every Tuesday at 1:00 pm <https://us06web.zoom.us/j/93119501950>  
 Virtual Pilates w/ Dallas F. Every Friday at 10:00 am <https://us06web.zoom.us/j/92709841381>

Funded Under Contract with  
the NYC Department for the  
Aging





## Tech Talk w/ Netten C.

IN THIS CLASS YOU WILL LEARN  
HOW TO USE:

A SMART PHONE, LAPTOP OR  
DESKTOP COMPUTER, LEARN NEW  
TECH TERMINOLOGY AND MUCH  
MORE




STARTING  
FEBRUARY 14TH, 2023  
EVERY TUESDAY AT 1:00 PM

CLINTON OLDER ADULT CENTER  
530 WEST 55TH STREET, NEW  
YORK, NY, 10019  
(212)757-2026



**BLACK  
HISTORY  
MONTH**

# Program Highlights

- Tai-Chi For Arthritis w/ Jean F. Monday's at 1:00 pm
- Onsite Special Tech Talk w/ the NYPL 02/09/23 at 1:00 pm
- Onsite Tech Talk w/ Netten C. Will begin 02/14/23 at 1:00 pm.
- Black History Activators Documentary Friday 02/10/23 at 11:00 am
- Mount Sinai Nutrition Presentation w/ Alexandra Simkins Wednesday 02/15/23 at 11:00 am  
Topic: Heart Health
- Valentine's Day Celebration/Black History Month with Musical Performance By Miz LaLa Friday 02/17/23 at 11:00 am RSVP Required
- Celebrating National Pancake Day We'll be serving pancakes Friday 02/24/23 at 10:00 am RSVP required. 
- Safe Horizon Elder Abuse Presentation w/ Kylee E. Friday 02/24/23 at 11:00 am

**Clinton OAC will be CLOSED  
on Monday February 13th  
for Lincoln Birthday and on  
Monday February 20th, for  
Presidents day**

### 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)