

Project FIND Hamilton Older Adult Center
141 West 73rd Street
New York, NY 10023
212-787-7710
www.projectfind.org



Hours of Operation: 9am to 6pm Monday-Friday; 9am to 5pm Sunday
Program Director – TBD

Senior Assistant Director – Daniel Young
dyoung@projectfind.org

February 2023 - WEEKLY PROGRAMS												
	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Dining Rooms	1:30	Sunday Craft Social	1:00	Piano Lessons with Koji (1-3 by appointment)	1:30	Mosaic Art	1:00	Sing-Along w/Ted	1:00	Watercolor Painting & Drawing	1:00	Sing-Along w/Ted
			2:00	Spanish	3:00	Portrait Drawing	3:00	Leisure Bingo!	4:00	Therapeutic Horticulture	2:00	Theater Workshop
							3:00	Piano Recital with Koji			3:00	Piano Recital with Koji
Multi-Purpose Room			1:00	Acrylic Painting	2:30	Poetry Writing and Analysis	1:00	Acrylic Painting	3:00	Contemporary Poets	11:30	Free Writing w/ Ling
Computer Room		Open Daily 9:30am to 4:30pm Except During Class Times	12-1	Computer Basics	12-1	Computer Basics	12-1	Computer Basics	12-1	Computer Basics	12-1	Computer Basics
			1-2	Computer Class	1-2	Computer Class	1-2	Computer Class	1-2	Computer Class	1-2	Computer Class
			2-4	Computer Lab	2-4	Computer Lab	2-4	Computer Lab	2-4	Computer Lab	2-4	Computer Lab
Annex 111A W71 Street		CLOSED	1:00	Tai-Chi	11:30	Life Model Drawing	11:00	Zumba Gold	3:00	Meditative Movement	11:00	Life Model Drawing
			3:00	Papier-mâché with Paul			12:30	Fusion Fitness			2:30	Active Boomers Yoga
							2:00	Alvin Ailey ADAA Movement				
							3:00	Standing Tall – Falls Prevention Group				
							3:30	Collage Making with Paul				
Virtual on Zoom	10:00	Strength & Balance	1:00	Chinese Brush Painting	2:30	Poetry Writing and Analysis	12:30	Fusion Fitness	11:00	BellyBolly Moves	2:00	Theater Workshop
	11:00	Be Kind to Your Self Care	2:00	Spanish			3:00	Standing Tall – Falls Prevention Group	3:00	Contemporary Poets	4:00	Reiki
	12:00	Nutrition w/Stacey [1-2x/month]							3:00	Meditative Movement		

February 2023 – MONTHLY PROGRAMS

Tender Touch Chair Massage

Come and enjoy a FREE relaxing 15-minute massage from a NYS Licensed Massage Therapist.

Proof of vaccination is required for this activity.

Tuesday, February 14th and February 21st from 12-2pm

Location: Hamilton Center - Multipurpose Room

Accepting appointments Fridays 2/10 and 2/17

Sunday, February 5th and 26th from 1-3pm

Location: Hamilton Center - Multipurpose Room

Accepting appointments Fridays 2/3 and 2/24

Contact Ling to reserve your spot!

LToo@projectfind.org | 212-787-7710 ext. 313

Heart Healthy Diet w/Stacey

Sunday, February 26th at 12:00pm

Taking care of our bodies and our minds with therapeutic modalities may be complemented by bolstering healthy eating habits. Join Registered Dietitian Stacey S. as she shares her philosophy of "Joyful Nutrition" as it relates to food, eating and gut health.

Virtual Only on Zoom ID: 922 2568 0498

In collaboration with Mount Sinai's Tisch Cancer Institute Cancer Information Series

Be informed and learn about screening opportunities.

Located in Large Dining Room

Topic: Lung Cancer

Tuesday, February 7, 2023, at 2:00pm

中文癌症信息

在大餐厅里

主题: 肺癌

星期四, 2月9日 2:00pm

Información sobre cáncer en español En la sala junto de la sala de computadoras

Tema de febrero: cáncer de pulmón

viernes, 24 de febrero a las 12:30pm

Elder Abuse Presentation

Carter Burden Network - CEMAPP

Tuesday, February 28, 2023, at 1:00pm

Large Dining Room

CANCELLATIONS & CHANGES:

- **Center Closed**
 - 2/13 (MON) Lincoln's Birthday
 - 2/20 (MON) Presidents' Day
- **Zumba Gold:** Cancelled 2/15
- **Alvin Ailey ADAA Movement Class:**
Whitney Janis to substitute for Amos Machanic on 2/1

***Substitute Teaching Artist:** Whitney Janis has performed with in venues throughout New York City and in Virginia, North Carolina, and Australia. She is currently on faculty at the Brooklyn-based Purelements organization and continues to present her work in New York City.*



New Classes!

- **Standing Tall with Columbia OT Students**
Wednesdays 3:00pm – 4:00pm at The Annex and livestreamed over Zoom
Zoom ID: 843 0505 3594



Born in February? Celebration on 2/23
Please come see Ling or Dan for Birthday Meal Ticket and enter a raffle for a prize!



February 2023 – MONTHLY PROGRAMS

In honor of **Black History Month**, please stop by for a presentation on prominent figures who contributed to the advancement of our culture and lives.

Friday, February 10th, 2023, at 1:30pm
Multipurpose Room

Share a Love Story!

Come celebrate the Valentine's Day on **Tuesday, February 14th** by submitting a story or piece of artwork about any kind of love for display in the Center!

♥ **HAPPY**
Valentine's
DAY ♥

PRESIDENTIAL TRIVIA + PROGRAMMING SURVEY

Friday, February 17th, 2023, at 1:30pm
Multipurpose Room

Come play game of Presidential Trivia with Ling! Then stay to fill out a survey and chat about suggestions for our programming.

SOCIAL SERVICES PRESENTATION With YANEZA CRUZ

Take this opportunity to learn about social services available to you and get your questions answered. Topics range from Medicare/Medicaid, Social Security, Legal Assistance Referrals, and so much more!

Friday, February 24th, 2023, 1:30pm – 2:30pm
Multipurpose Room

Join our Friends at Encore for more virtual activities!

Enjoy these virtual classes being offered through our collaboration with Encore Community Services:

Food For Life: Let's Give Thanks

Tuesdays at 11:30am

[Click here for Zoom Registration](#)

Join culinary educator Danielle Medina cooking up delicious plant-based meals. Let's create a healthier community this holiday season. All supplies are provided.

Sunrise Yoga Flow

Wednesday at 10am

[Click here for Zoom Registration](#)

Sunrise Yoga flow is instructed by certified Yoga instructor Danielle Medina. Class begins with an icebreaker followed by gentle flow yoga known as Vinyasa yoga.

In Progress: Movement & Art

Wednesday at 12:45pm

[Click here for Zoom Registration](#)

A wellness and art service that promotes mindfulness, creativity, and movement. Class begins with a movement component followed by mindful discussion and an art activity. All supplies are provided.

Please add "PF Hamilton" to your zoom name if you participate. It lets them know we sent you!

Columbia University Occupational Therapy Students Present: Standing Tall

An active and engaging Falls Prevention Group.
Play games, Do Exercises, and Role Play.

Get Falls Prevention Education!

Wednesdays 3:00pm - 4:00pm

The Annex (111A W 71st Street)

and via Zoom - Meeting ID: 843 0505 3594



Enjoy a musical performance during lunch on
February 7th at 11:30am

Presented by
National Council of Jewish Women New York

Juilliard In Person Concerts

Welcome back Juilliard students IN PERSON in the dining room for Sunday performances. Enjoy a variety of performances such as: Piano Recitals, Violin, Ballet Dancing, and Drama.

Sunday, Feb. 12th, 12:00pm – *The Dream Machine*



Directory of Activity Zoom Meeting IDs (listed alphabetically)	Hamilton Older Adult Center Staff
<p>To join a zoom class, click on the name of the class in this directory. You can also go to zoom.us or open the Zoom App on your phone or computer and enter the Meeting ID listed below.</p> <p>922 2568 0498Be Kind to Your Self Care w/Sokie L (SUN)</p> <p>953 6784 4270BellyBolly Moves w/Samara (THUR)</p> <p>964 8502 3812Chinese Brush Painting w/Jade L. (MON)</p> <p>862 7205 7830Fusion Fitness w/Dayle P. (WED)</p> <p>958 4682 3235Meditative Movement w/Thea P. (THUR)</p> <p>922 2568 0498Nutrition with Stacey (SUN)</p> <p>947 2193 9596 ...Poetry with Chocolate (TUES & THURS)</p> <p>967 6404 7290Reiki w/Boshko B. (FRI)</p> <p>870 2761 5900 Spanish (MON)</p> <p>843 0505 3594 Standing Tall w/ Columbia OT Students (WED)</p> <p>920 6480 3588Strength and Balance w/Rachel E. (SUN)</p> <p>912 7458 7162Theater Workshop (FRI)</p>	<p>Senior Program Director: TBA</p> <p>Senior Assistant Director: Daniel Young</p> <p>Social Worker: Yaneza Cruz</p> <p>Program Coordinator: Ling Too, Robert McCall (Temp)</p> <p>Receptionist: Ramona Mitchell</p> <p>Food Service Manager: Garriet Johnson</p> <p>Cook: Tyiesha Robinson</p> <p>Kitchen Aide: Rowland Brown, Jim Burns</p> <p>Maintenance: Eddie Lisboa Jr., Jana Bell</p> <p>Maturity Works: Douglas Tolkin, Sidney Komisar</p> <p>DFTA Community Service Aide: Rosario Portocarrero, Natalie Freeman, Kenneth Lindo, Sonia Foster</p>
	<p>Check Out Our Other Project FIND Centers:</p> <p>Coffeehouse: 331 West 42nd St. between 8th and 9th Ave. (646-545-4621) Monday to Friday: Lunch (10:30am – 12:30pm) and Activities Operation Hours: 8am-4pm</p> <p>Clinton: 530 West 55th St. (212-757-2026) Monday to Friday: Lunch (12pm – 1:15pm) and Activities Operation Hours: 9am-5pm</p> <p>Woodstock: 127 West 43rd St. (212-575-0693) Monday to Saturday: Lunch (11am – 1pm) and Activities Operation Hours: 8am-4pm</p>





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<https://twitter.com/FINDaid>
<http://facebook.com/projectfind>

February 2023 Lunch

Lunch Served from 11:00-12:30pm
 Bread, Milk and Coffee or Tea Served Daily
 Voluntary Contribution of \$1.75

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			Beef and Cheese Lasagna Garden Salad Grapes	Pork Tenderloin with Zesty Cilantro Sauce Orzo with Vegetables Normandy Blend Cantaloupe	Teriyaki Baked Fish Cauliflower and Potato Mash Capri Blend Vegetables Watermelon
5	6	7	8	9	10
Mexican Style Chicken Thigh and Rice Steamed Sliced Carrots Orange	Citrus Sesame Crusted Salmon Yellow Rice Broccoli with Toasted Garlic Applesauce	Stewed Pork Chop Baked Potato Steamed Spinach Orange	Eggplant Parmesan with Ricotta Egg Noodles Italian Blend Vegetables Cantaloupe	Oven Fried Chicken Rice and Red Beans Baby Carrots with Parsley Apple	Stewed Codfish (Bacalao Fresco Guisado) Yuca with Onions California Blend Vegetables Honeydew
12	13	14	15	16	17
Beef Salisbury Steak with Mushroom Sauce Instant Mashed Potatoes Braised Collard Greens Kiwi	Center Closed for Lincoln's Birthday	Lamb Shank Wild Rice Glazed Carrots Cup Cake	Basil Quinoa Stuffed Peppers White Rice Italian Blend Vegetables Banana	Balsamic Chicken Thigh Cous Cous Steamed Cabbage with Soy Sauce Apple	Turkey with Gravy Baked Macaroni and Cheese Italian Cut Green Beans Cantaloupe
19	20	21	22	23	24
Roast Beef Roasted Potatoes Broccoli with Toasted Garlic Applesauce	Center Closed for President's Day	Vegetable Lasagna Sauteed Spinach Applesauce	Turkey with Gravy Mashed Potatoes Normandy Blend Cantaloupe	Baked Fish with Sweet and Sour Sauce Chinese Style Spaghetti Cooked Cabbage with Shredded Carrots Orange	BBQ Pork Chop Brown Rice with Okra Kale Salad with Lemon Grapes
26	27	28			
Chicken Marsala Baked Potatoes Baby Carrots with Parsley Honeydew	Chicken with Peach Sauce Garlic Mashed Potatoes California Blend Vegetables Orange	Eggplant Parmesan with Ricotta Penne Pasta Beet Salad Apple			



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February 2023 Dinner Menu

Dinner Served from 3:30-5:00pm
 Bread, Milk Served Daily
 Voluntary Contribution of \$2.00

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
			1	2	3
			Hawaiian Chicken Leg Roasted Potatoes California Blend Vegetables Banana Orange Pineapple Juice	Braised Beef Cilantro Lime Rice Prince Edward Blend Vegetables Kiwi Orange Juice	Turkey Leg Couscous with Peas and Lemon Broccoli and Red Peppers Honeydew Pineapple Juice
5	6	7	8	9	10
No Dinner	Chicken Stir Fry with Vegetables Brown Rice Brussels Sprouts Grapes Orange Juice	Baked Fish with Sweet and Sour Sauce Bowtie Pasta Carrots Sliced Canned Peaches Pineapple Juice	Three Bean Chili with Cheddar Cheese White Rice Normandy Blend Kiwi Orange Pineapple Juice	BBQ Pork Chop Roasted Potatoes Kale with Tomato Grapefruit Apple Juice	Turkey with Gravy Quinoa Sauteed Mushrooms, Peppers, and Onions Banana Grape Juice
12	13	14	15	16	17
No Dinner	Center Closed for Lincoln's Birthday	Turkey Burger Roasted Sweet Potato Fries Broccoli and Red Peppers Pear Grape Juice	Spanish Style Catfish Roasted Potatoes Baby Carrots with Parsley Watermelon Pineapple Juice	Pork Roast with Mango Chutney Pasta Pesto California Blend Vegetables Orange Apple Juice	Chicken and Broccoli Stir Fry Brown Rice Oriental Blend Vegetables Honeydew Orange Juice
19	20	21	22	23	24
No Dinner	Center Closed for President's Day	Chicken Fricassee Lemon Rice Steamed Broccoli Plum Grape Juice	Eggplant Parmesan with Ricotta Bowtie Pasta Italian Blend Vegetables Apple Orange Juice	Maple Dijon Chicken Thigh Roasted Potatoes Broccoli and Red Peppers Orange Pineapple Juice	Baked Breaded Fish Fillet Sweet Baked Yams Okra with Tomatoes Banana Orange Pineapple Juice
26	27	28			
No Dinner	Baked Vegetables Alfredo Pasta Italian Cut Green Beans Apple Orange Pineapple Juice	Baked Fish with Black Bean Sauce O'Brien Potatoes California Blend Vegetables Strawberries Apple Juice			