

•HELLO•
January
2024

Welcome

欢迎

bienvenido

добро
пожаловать

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-DANIEL M.

COOK -HORACE H.

SECOND COOK -RONDOLYN F.

KITCHEN AIDE -TEREENA M.

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 pm- 1:00pm
For a voluntary
contribution of \$1.75





Lunch Menu

January 2024

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

Lunch is served Monday to Friday

12:00 pm -1:00 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Clinton Closed 	Sweet Potato and Red Bean Chili Brown Rice Steamed Cauliflower Honeydew	Salmon in Garlic Butter Sauce Couscous with Peas and Lemon Capri Blend Vegetables Apple	Baked Chicken Thighs Whole Wheat Pasta Primavera Kale with Tomato Orange	Smothered Pork Chops Braised Collard Green Parmesan Rosemary Mashed Potatoes Peach
8	9	10	11	12
Spanish Style Baked Fish Couscous with Peas and Lemon Broccoli with Toasted Garlic Apricot	Curried Chicken Legs Rice and Red Beans Creamed Spinach Cantaloupe	Hearty Winter Minestrone Soup Stuffed Baked Potato with Beans and Veggies Seasoned Napa Cabbage Orange	Beef Meatloaf Garlic Mashed Potatoes Italian Cut Green Beans Apple	Baked Salmon with Lemon, Tarragon, and Thyme Orzo with Vegetables Steamed Swiss Chard Banana
15	16	17	18	19
Clinton Closed 	Arroz con Pollo (Chicken Breast and Rice) Baby Carrots and Parsley Apple	Pork Spare Ribs Baked Macaroni and Cheese Braised Collard Greens Honeydew	Vegetable Lo Mein with Tofu Steamed Spinach with Soy Sauce Cantaloupe	Beef Pot Roast Garlic Mashed Potatoes Capri Blend Vegetables Pear
22	23	24	25	26
Orange Glazed Tofu Vegetable Lo Mein Sauteed Bok Choy with Garlic Banana	Coconut Curried Fish Rice with Vegetables Sauteed String Beans Pear	Beef and Cheese Lasagna Italian Blend Vegetables Apple	Chicken and Broccoli Stir-Fry Baked Brown Rice Pilaf Garlic Snap Peas Orange	Baked Breaded Pork Chops Rasta Pasta Balsamic Roasted Brussels Sprouts Peach
29	30	31		
Chicken Parmesan Whole Wheat Pasta Arugula with Balsamic Vinaigrette Kiwi	Fillet of Sole Florentine Baked Red Potato Wedges Broccoli with Toasted Garlic Pear	Black Eyed Pea and Vegetable Stew Wild Rice Pilaf Normandy Blend Apple	午餐供应时间为周一至周五 12:00 pm -1:00 pm El almuerzo se sirve de lunes a viernes de 12:00 pm a 1:00 pm	



On-Site Classes

January 2024

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

Ping Pong Monday -Friday 9:00 am- 4:30 pm

Computer Lab Monday -Friday 10:00 am- 4:30 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Clinton CLOSED 	11:00 Chair Yoga w/Pam Y. 1:00 Belly Dancing w/Samara A. 2:00 Pokeno w/Leroy W.	11:00 Chair Yoga w/ Ashley T 1:00-3:00 Special Self Defense Class w/Frank S.	11:00 Improv Class w/ Andrew H. 1:00 Group Discussions w/ Ashley T. 2:00 Sing Along w/ Andrew H. 2:00 Bingo w/Leroy W.	10:00 Resistance Training w/Shamiek 11:30 New Year Party w/ Live DJ 2:00 New Year, New Beginning, Rewiring ourselves w/Cacilda P.
8	9	10	11	12
10:30 Documentary: Child Geniuses and Prodigies w/ Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: New Gadgets for 2024 w/ Andrew H.	10:00 Blood Pressure Screening 10:30 Computer Class: Brain Games w/ Andrew H. 11:00 Chair Yoga w/Pam Y. 1:00 Belly Dancing w/Samara A. 2:00 Pokeno w/Leroy W. 2:00 Movie Tuesday: Sounds of Freedom	11:00 Gardening Club w/Sallie S. 1:00 Line Dancing w/ Karina M. 2:00 Special screening The Golden Wedding	11:00 The practice of Mindfulness w/Andrew H. 1:00 Group Discussions w/ Ashley T. 2:00 Bingo w/Leroy W. 2:00 Special Game Day w/ Independence High School	10:00 Resistance Training w/Shamiek 11:00 Trivia and French Toast w/Ashley T. 1:00 Arts and Crafts: Vision Board 2:00 New Year, New Beginning, Rewiring ourselves w/Cacilda P.
15	16	17	18	19
Clinton CLOSED 	10:30 Computer Class w/ Andrew H. 11:00 Chair Yoga w/Pam Y. 1:00 Belly Dancing w/Samara A. 2:00 Pokeno w/Leroy W. 2:00 Movie Tuesday: Selma	11:00 Nutrition Presentation: Thyroid Health w/ Amelia J. 11:00 Gardening Club w/Sallie S. 1:00 Line Dancing w/Karina M.	11:00 Improv Class w/ Andrew H. 1:00 Group Discussions w/ Ashley 2:00 Singing Circle w/ Andrew H. 2:00 Bingo w/Leroy W.	10:00 Resistance Training w/Shamiek 1:00 Arts and crafts: Acrylic Painting 2:00 New Year, New Beginning, Rewiring ourselves w/Cacilda P.
22	23	24	25	26
10:30 Documentary: Legend of Atlantis w/ Andrew H. 11:00 Zumba w/ Tia S. 1:00 Tech Talk: The Artificial Moon w/ Andrew H. 2:00 Computer Class: Brain Games w/Andrew	10:00 Blood Pressure Screening 10:30 Computer Class w/Andrew 11:00 Chair Yoga w/Pam Y. 1:00 Belly Dancing w/Samara A. 2:00 Pokeno w/Leroy W. 2:00 Movie Tuesday: Book Club the Next Chapter	11:00 Gardening Club w/Sallie S. 1:00 Line Dancing w/Karina M. 2:00 *New* Crochet/Knitting Club	11:00 Cancer Presentation w/Mikhalya B 1:00 Group Discussions w/ Ashley 2:00 Singing Circle w/Andrew H. 2:00 Bingo w/Leroy W.	10:00 Resistance Training w/Shamiek 1:00 Arts and Crafts: Soap Making 2:00 New Year, New Beginning, Rewiring ourselves w/Cacilda P.
29	30	31		
10:30 Documentary: Magical Egypt w/ Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: Laser Encoded Data w/ Andrew H. 2:00 Computer Class: Brain Games w/Andrew	10:30 Computer Class w/Andrew H. 11:00 Chair Yoga w/Pam Y. 1:00 Belly Dancing w/Samara A. 2:00 Pokeno w/Leroy W. 2:00 Movie Tuesday: Till	11:00 Gardening Club w/Sallie S. 1:00 January Birthday Party	Hours of operation Monday-Friday 9am – 5pm 营业时间周一至周五上午 9:00 至下午 5:00 Horario del Centro son de lunes a Viernes de 9:00 a.m. a 5:00 p.m.	



Clinton OAC January 2024 Events

- 01/03** Special Self Defense with Frank S. 1 pm - 3 pm
- 01/05** New Year Party w/ Live DJ 11:00 am
- 01/11** Special Game Day Event with Independence High School 2-4 pm
- 01/12** Trivia and French Toast 11:00 am
- 01/17** Nutrition Presentation: Thyroid Health with Amelia J 11:00 am
- 01/24** *NEW* Crochet and Knitting Club 2:00 pm
- 01/25** Cancer Presentation 11:00 am
with Mikhalya B. From Mount Sinai
- 01/31** January Birthday Celebration 1:00 pm

Happy New Year **2024**

530 WEST 55 ST, NY, NY 10019
212-757-2026

The Clinton Source Corner

Positively Clinton

Social Work Thursday's

With Yaneza Cruz LMSW

Do you need help with

- SCRIE & DRIE
- SNAP (Food Stamps)
- Medical Issues
- Legal Assistance
- SSI
- Medicare Savings Program
- Medicare Advantage
- Housing Issues
- Medicaid

Make your appointment today !

Tel: 212-757-2026

530 West 55th Street

Thursday's 9:30 am - 4:00 pm

Other Project FIND Centers

Coffeehouse OAC

Tele: 646-545-4622

331 West 42nd Street

Hamilton OAC

Tele: 212-787-7710

141 West 73rd Street

Woodstock OAC

Tele: 212-575-0693

127 West 43rd Street



Emotional & Mental Wellness Corner

Do you feel sometimes like you need someone to talk to, to discuss issues in your life? I will be on site every Monday and Friday from 9am- 5pm , just stop by the office and make your appointment.

I also facilitate an ongoing group on Fridays from 2pm to 3 pm. This month will be exploring the theme "New Year, New Beginnings, Rewiring ourselves". Let's begin 2024 together! Looking forward to seeing you!

-Cacilda Pinto, LCSW



Director's Corner

Clinton Members, Happy New Year!

We thank you for your continues support here at the Clinton OAC, your presence has made an impact. Don't miss out on our wonderful services, engaging activities and delicious meals served daily. We hope to make this 2024 an even better year.

- Stephanie F.

