


PROJECT FIND COFFEEHOUSE PRESSLINE	
PHONE: 646-545-4621  Director: Aaron De Broux Food Service Mgr. Nilda Torres Social Worker: Karen O'Savio Cook: Russell Luke Second Cook: Maria Marte Kitchen Aide: Eunice Alvarez Maintenance: Lawrence Moore Program Coordinator: Ian Essel Program Assistant: Jose Hernandez	
	
Center Information	
Membership is Free, you must be 60 years old or older Hours of Operation: Monday -Friday 8:00 am-4:00 pm Breakfast is served every day from 8:30 am- 10:00 am for a Voluntary contribution of \$1.25 Lunch is served every day from 11:30am pm- 1:00 pm for a Voluntary contribution of \$1.75  Project FIND and NYC Department for the Aging strongly caution against taking food from the premises. Improperly reheated food can cause serious illness.	
Upcoming Events/Trips	Director's Corner
Closed 1/1/2024 for New Years Closed 1/15/2024 for MLK DAY	
Coffeehouse Corner	
Interpreter Services are available if need please speak to the social worker if needed.	
Project FIND Centers	Social Worker's Corner
Hamilton- 212-787-7710 141 West 73 Street (Sun-Fri: Lunch, Dinner, Activities)  Mon - Fri: 9:00am -6:00pm, Sun - 9:00am - 5:00pm Woodstock- 212-575-0693 127 West 43 Street (Tues-Sun: Breakfast, Lunch, Activities) Tues - Sunday: 8:00am -4:00pm Clinton- 212-757-2026 530 West 55 Street (Mon-Fri: Lunch and Activities ) Mon - Friday 9:00am- 5:00pm	Karen O'Savio 646-545-4621 ext: 320  Monday - Friday 8:00AM - 4:00PM   Karen O'Savio can provide assistance with SCRIE and DRIE, SNAP, Medical Issues, Legal Assistance, SSI, Medicare Savings Program, Medicare Advantage, Housing Issues, etc.
January 2024	Website: <a href="http://www.projectfind.org">www.projectfind.org</a>







Project FIND Coffeehouse Older Adult Center  
331 West 42nd Street  
New York, NY 10036  
646-545-4621  
E-mail: adebroux@projectfind.org

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>

**HOURS OF OPERATION:**  
Monday - Friday 8:00 AM - 4:00 PM

# January 2024

Funded Under Contract with the NYC Department for the Aging

## Activities/Special Events - Onsite

Due to limited capacity of the center, members must RSVP for classes.  
See staff to RSVP for the computer lab.

Monday 1		Tuesday 2		Wednesday 3		Thursday 4		Friday 5	
Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity
	NEW YEAR'S DAY...CLOSED!	10:30am 11:30am 1:00pm 2:00pm	Horticulture Gardening Chair Yoga with Rupali Blood Pressure Screening Leisure Game Hour	10:30am 12:30pm 1:30pm 2:00pm	Line Dancing Tai Chi Current Events Leisure Pool Table	10:03am 12:00pm 1:00pm 2:00pm	Sing Off Belly Dancing Class Jewelry Making with Dustee H. Leisure Game Hour	9:30am 10:30am 12:00pm 1:00pm 2:00pm	Music Hour with Ian Nutrition Ed Tea with Technology Blood Pressure Screening Leisure Pool Table
8		9		10		11		12	
Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity
8:30am 10:30am 11:30am 1:00pm 2:00pm	AM Movie Club Zumba Gold w. Josie O. Bingo w. Eddie H. Knitting with Freda Leisure Pool Table	10:30am 11:30am 1:00pm 2:00pm	Horticulture Gardening Chair Yoga with Rupali Blood Pressure Screening Leisure Game Hour	10:30am 12:30pm 1:30pm 2:00pm	Line Dancing Tai Chi Current Events Leisure Pool Table	10:30am 12:00pm 1:00pm 2:00pm	Sing Off Belly Dancing Class Mask Making with Sigfrido B. Leisure Game Hour	9:30am 10:30am 12:00pm 1:00pm 2:00pm	Music Hour with Ian Shake Rattle and Roll Tea with Technology Blood Pressure Screening Leisure Pool Table
15		16		17		18		19	
Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity
	MLK DAY...CLOSED!	10:30am 11:30am 1:00pm 2:00pm	Horticulture Gardening Chair Yoga with Rupali Blood Pressure Screening Leisure Game Hour	10:30am 12:30pm 1:30pm 2:00pm	Line Dancing Tai Chi Current Events Leisure Pool Table	10:30am 12:00pm 1:00pm 2:00pm	Sing Off Belly Dancing Class Jewelry Making with Dustee H. Leisure Game Hour	9:30am 10:30am 12:00pm 1:00pm 2:00pm	Music Hour with Ian Nutriton Ed Tea with Technology Blood Pressure Screening Leisure Pool Table
22		23		24		25		26	
Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity
8:30am 10:30am 11:30am 1:00pm 2:00pm	AM Movie Club Zumba Gold w. Josie O. Bingo w. Eddie H. Knitting with Freda Leisure Pool Table	10:30am 11:30am 1:00pm 2:00pm	Horticulture Gardening Chair Yoga with Rupali Blood Pressure Screening Leisure Game Hour	10:30am 11:30am 12:30pm 1:30pm 2:00pm	Line Dancing Advance Directive Presentation Tai Chi Current Events Leisure Pool Table	10:30am 12:00pm 1:00pm 2:00pm	Sing Off Belly Dancing Class Mask Making with Sigfrido B. Leisure Game Hour	9:30am 10:30am 12:00pm 1:00pm 2:00pm	Music Hour with Ian Shake Rattle and Roll Tea with Technology Blood Pressure Screening Leisure Pool Table
29		30		31					
Time	Activity	Time	Activity	Time	Activity			Time	Activity
8:30am 10:30am 11:30am 1:00pm 2:00pm	AM Movie Club Zumba Gold w. Josie O. Bingo w. Eddie H. Knitting with Freda Leisure Pool Table	10:30am 11:30am 1:00pm 2:00pm	Horticulture Gardening Chair Yoga with Rupali Blood Pressure Screening Leisure Game Hour	10:30am 11:00am 12:30pm 1:30pm 2:00pm	Line Dancing NYU Clinician Presentation Tai Chi Current Events Leisure Pool Table				




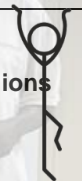

Project FIND Coffeehouse OAC  
331 W 42nd Street btw 8th&9th Ave  
New York, New York 10036  
(646)545-4624 (646) 532-2421 Fax  
adebroux@projectfind.org

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>

## Breakfast Menu

Breakfast is served Monday to Friday from 8:30am -10:00 am  
Milk and Bread Served with Meal

## January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <b>NEW YEAR'S DAY...CLOSED!</b> 	2 Hard Boiled Egg Grits (1/2 cup) Home Fries with Peppers and Onions Orange Pineapple Juice Cantaloupe	3 Baked Breaded Chicken Cutlet Farina Waffles (preprepared) Grape Juice, unsweetened Honeydew	4 Whole Wheat English Muffin BLT Cream Of Wheat (1/2 cup) Orange Juice Banana	5 Omelette with Peppers and Onions Reduced Fat Cream Cheese Mini Whole Wheat Bagel Fiber One Cereal Apple Juice Canned Apricots
8 Baked Egg Omelette Grits (1/2 cup) Whole Grain Corn Muffin Orange Pineapple Juice Banana	9 Hard Boiled Egg English Muffin, Whole Wheat Home Fries with Peppers and Onions Grape Juice, unsweetened Canned Sliced Peaches 	10 Grilled Mozzarella and Tomato Sandwich (whole wheat) Cream of Wheat (1/2 cup) Orange Juice Cantaloupe	11 Omelette with Peppers and Onions Fiber One Cereal Apple Juice Canned Mandarin Oranges	12 Homemade Turkey Breakfast Sausage Patty Oatmeal (1/2 cup) Mini Whole Wheat Bagel Cream Cheese Orange Pineapple Juice Orange
15 <b>Martin Luther King Day...CLOSED!</b>	16 Whole Wheat English Muffin BLT Fiber One Cereal Grapefruit Orange Juice	17 Cheese Omelet (preprepared) Cheesy Grits Canned Apricots Apple Juice	18 Egg a la Mexicana Multigrain Cheerios Canned Mandarin Oranges Grape Juice (unsweetened)	19 English Muffin, Whole Wheat Cheddar Cheese Oatmeal Banana Orange Pineapple Juice
22 Waffles (preprepared) Baked Egg Omelette Cheerios Canned Mandarin Oranges Apple Juice	23 Hard Boiled Egg Home Fries with Peppers and Onions Cantaloupe Orange Juice	24 Salmon Cakes Grits Canned Sliced Peaches Grape Juice (unsweetened)	25 Omelette with Spinach and Parmesan Cheese Whole Wheat Mini Bagel Grits Banana Orange Pineapple Juice	Orange 26 Grilled Mozzarella and Tomato Sandwich (whole wheat) Oatmeal Grapefruit Apple Juice
29 Baked Egg Omelette Cheesy Grits Orange Juice Banana	30 Egg a la Mexicana Salmon Cake Bran Flakes Cereal Apple Juice Applesauce	31 Grilled Mozzarella and Tomato Sandwich (whole wheat) Oatmeal (1/2 cup) Orange Pineapple Juice Canned Apricots		

Subject to change

Funded Under Contract with the NYC Department for the Aging





Project FIND Coffeehouse OAC  
331 W 42nd Street btw 8th&9th Ave  
New York, New York 10036  
(646)545-4624 (646) 532-2421 Fax  
adebroux@projectfind.org

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>

## Lunch Menu

Breakfast is served Monday to Friday from 11:30am -1:00pm  
Milk and Bread Served with Meal

## January 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1  <b>NEW YEAR'S DAY...CLOSED!</b>	2 Pork Spare Ribs ALT: BBQ Chicken Leg Quarters Baked Macaroni and Cheese Steamed Collard Greens Banana	3 Beef Meatloaf with Mushroom Gravy Broccoli with Toasted Garlic Garlic Mashed Potatoes Orange	4 Baked Chicken Quarters Baked Sweet Potato Baby Spinach Salad with Lemon Vinaigrette Cantaloupe	5 Baked Turkey Wings ALT: Fish with Creole Sauce Penne Pasta Boiled Southern Greens Honeydew
8 Vegetable Lo Mein with Tofu Cabbage Carrot Slaw Watermelon	9 Grilled Maple Chipotle Pork Chops ALT: Grilled Chicken Breast Garlic Mashed Potatoes Steamed Collard Greens Banana	10 Beef Meatballs in Tomato Sauce Spaghetti Arugula Salad with Balsamic Vinaigrette Pear	11 Chicken Fricassee Baked Sweet Potato Capri Blend Vegetables Orange	12 Baked Fish Amandine ALT: Baked Chicken Quarters Brown Rice with Kidney Beans Broccoli and Red Peppers Honeydew
15  <b>Martin Luther King Day...CLOSED!</b>	16 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Collard Greens with Tomato Honeydew	17 Stewed Pork Chops ALT: Stewed Chicken Breast Arroz con Gandules (Brown Rice with Pigeon Peas) California Blend Vegetables Apple	18 Beef Pot Roast Baked Potato Cabbage Carrot Slaw Cantaloupe	19 Baked Fish Oreganata ALT: Baked Chicken Quarters Pasta Baby Spinach Salad with Lemon Vinaigrette Watermelon
22 California Veggie Burger (preprepared) Garlic Bread Broccoli with Toasted Garlic Roasted Sweet Potato Fries Cantaloupe	23 Caribbean Style BBQ Chicken Baked Potato Collard Greens with Tomato Orange	24 Chili Con Carne ALT: Spinach Mozzarella Quiche Perfect White Rice Vegetable Mix (non-starchy) Honeydew	25 Chicken Jambalaya with Brown Rice Baby Carrots and Parsley Pear	26 Baked Salmon Dill Lemon Sauce ALT: Baked Chicken Quarters Arroz con Gandules (Brown Rice with Pigeon Peas) Italian Blend Vegetables Banana
29 Black Bean Fajitas Arroz con Gandules (Brown Rice with Pigeon Peas) Tossed Salad with Dressing Watermelon	30 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Kale with Tomato Orange	31 Baked Flounder ALT: Brown Stew Chicken Whole Wheat Pasta Vegetable Mix Cantaloupe		

Subject to change

Funded Under Contract with the NYC Department for the Aging