

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

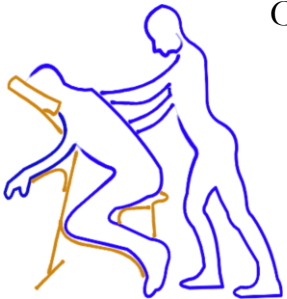


Hours of Operation: 9am to 6pm Monday-Friday; 9am to 5pm Sunday
Senior Program Director – Daniel Young
dyoung@projectfind.org

JANUARY 2024 - 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)	1:00	Mosaic Art	1:00	Sing-Along w/Ted	1:00	Watercolor Painting & Drawing	1:00	Sing-Along w/ Ted
			2:00	Spanish (Hybrid)			3:30	Piano Recital with Koji	4:00	Therapeutic Horticulture	2:00	Theater Workshop (Hybrid)
			3:30	Poetry Class (Hybrid)							3:30	Piano Recital with Koji
Multi-Purpose Room							1:00	Acrylic Painting				
Computer Room		Computer Lab 9:30am to 4:30pm		Computer Lab 9:30am to 5:00pm	12:00	Computer Class	12:00	Computer Class		Computer Lab 9:30am to 5:00pm	12:00	Computer Class
					3:00	Computer Lab w/ Leader	3:00	Computer Lab w/ Leader			3:00	Computer Lab w/ Leader
Annex 111A W71 Street		CLOSED	11:00	S.A.I.L (Hybrid)	11:30	Life Model Drawing	11:00	Zumba Gold	11:00	S.A.I.L (Hybrid)	11:00	Life Model Drawing
			12:00	Discussion Group (Hybrid)	3:00	Qi Gong with Ken (Hybrid)	12:30	Fusion Fitness (Hybrid)	1:00	Belly Dancing (Hybrid)	2:30	Active Boomers Yoga
			1:00	Tai-Chi with PinPin Su					2:00	Sleep & Meditation (Hybrid)		
			3:00	Papier-mâché with Paul					3:00	Meditative Movement (Hybrid)		
Virtual on Zoom	10:00	Strength & Balance	1:00	Chinese Brush Painting								
	11:00	Be Kind to Your Self Care										
	12:00	Reiki Meditation										

JANUARY 2024 – MONTHLY PROGRAMS

Tender Touch Chair Massage



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

Pre-registration required.

Contact Ling to reserve your spot!

LToo@projectfind.org

212-787-7710 ext. 313

Tuesdays 1/2 & 1/16 from 12:00pm-2:00pm

Location: Hamilton Center - Multipurpose Room

Accepting appointments on 12/31 & 1/12 respectively

Sundays 1/21 & 1/28 from 1:00pm-3:00pm

Location: Hamilton Center - Multipurpose Room

Accepting appointments 1/19 & 1/26 respectively

Joyful Nutrition w/ Stacey Simon

We need food to live, and we love to eat good food.



Nutritionist, Stacey Simon's philosophy is that eating healthy does not have to be a miserable experience. Come learn ways to enforce healthy eating habits and still

enjoying your food with gusto!

Virtual Only at 12:00pm

Join on Zoom: **823 6784 4567**

Sunday, Jan 14 *Reflux and Gut Health Nutrition*

Sunday, Jan 28 *Brain Health Nutrition*

Bingo! with Elsa

Thursday, January 18 at 12:00pm

Multipurpose Room



Join us for the first Bingo game of the year at Hamilton OAC! Bingo is a great way to socialize and strengthen your working memory. Elsa will be calling the game and you have a chance at winning some great prizes. Come play!

CANCELLATIONS & CHANGES

Monday, 1/1/24 Center Closed in observance of New Year's Day

Tuesday, 1/2/24 Qi Gong Cancelled

Friday, 1/5/24 Theater Workshop Cancelled

Monday, 1/8/24 Chinese Brush Painting Cancelled

NEW AND RETURNING CLASSES

Stay Active and Independent for Life (S.A.I.L)

Mondays and Thursdays at 11am - Begins January 22;

Information Session 0 - January 18 at the Annex and on

Zoom: 835 6462 0106

Join this session of the 12-week (1/22-4/25) hybrid evidence-based strength, balance, and fitness class! Class includes cardio and stretching. Track your progress with pre- and post- assessments. ***Sign up with Ling and attend Session 0 on 1/18/24 for pre-assessment***

LToo@projectfind.org | 212-787-7710x313

Sleep & Meditation *Thursdays at 2pm; Begins January 18*

at the Annex and on Zoom: 958 4682 3235

Sleep is an integral part of our health and wellness. The goal of this class is to improve your sleep habits and quality of sleep. There will be a focus on ways to improve sleep hygiene through meditative tools and self-observation of personal sleep patterns and habits.

JANUARY 2024 – MONTHLY PROGRAMS

Birthday Party

Thursday, January 25 at 12:00pm

Large Dining Room

It’s a new year, so let’s celebrate your birthday now! Come play party games, enjoy snacks, have fun, and get a chance to win prizes. If your birthday is in January, don’t forget to stop by to see Ling or Dan for your free birthday meals ticket!

Social Services Presentation

Friday, January 26 at 1:30pm

Multipurpose Room

Join Hamilton OAC’s Social Worker, Yaneza Cruz, LMSW for her monthly social services presentation! Get helpful resources and have some of your questions answered. This presentation is hybrid so you can also join the session with Zoom ID: 830 1181 0031

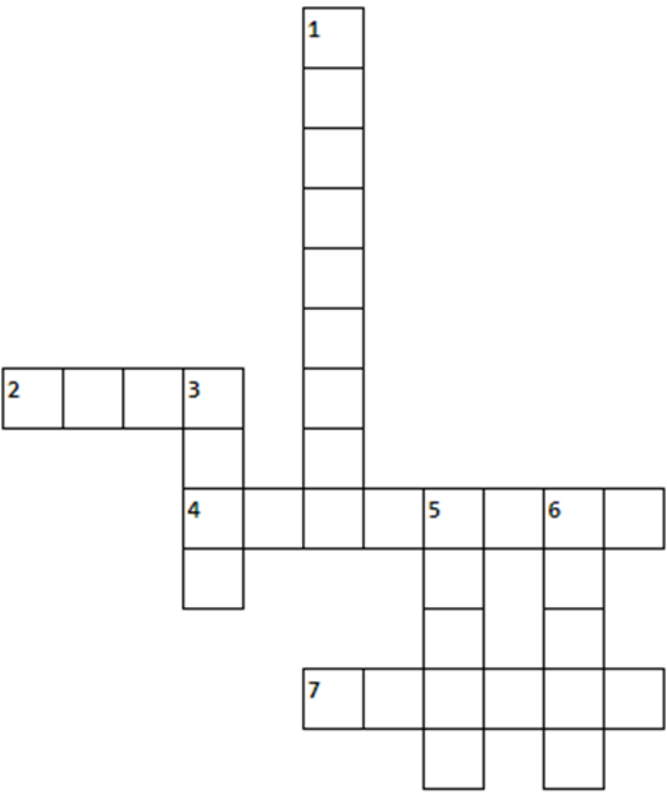
Programming Meeting with Ling!

Wednesday, January 31 at 12:00pm

Small Dining Room

New year, new plans, new programming! Come find out what’s coming to Hamilton OAC in the upcoming months. Give feedback on the programming we’ve had, so we can do our best to provide outstanding services to you. Programming surveys will be distributed at this meeting and will be available at the front desk after.

Common Resolutions



Across

- 2. Exercise the mind
- 4. Get in better shape
- 7. Explore new places

Down

- 1. Meet new people
- 3. Eat healthier
- 5. Tidy up
- 6. Get more rest

Self Defense Class

Thursday, January 11 at 11:00am

The Annex

Learn some basic moves and techniques to protect yourself. Come try this self-defense class, tailored to older adults, and learn ways to keep yourself safe!

Healthy Eating Presentation

Wednesday, January 17 at 12:30pm

Small Dining Room

Start working on your new year’s resolution of a healthier lifestyle with this presentation! Learn tips and tricks toward making healthier food choices.

DIY Toys for Pets

Wednesday, January 24 at 2:00pm

Small Dining Room

Rachel Lane from Leash and Learn will be here to talk about and hold a demonstration/instruction session on making homemade toys for your pets. Come construct a do-it-yourself toy for your furry friend! ***Pets NOT allowed at this event***



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>823 6784 4567....Be Kind to Your Self Care w/ Sokie L (SUN)</p> <p>953 6784 4270Belly Dancing w/ Samara (THURS)</p> <p>994 7224 8305Chinese Brush Painting w/ Jade (MON)</p> <p>834 4168 1206Discussion Group w/ Ling (MON)</p> <p>862 7205 7830Fusion Fitness w/ Dayle (WED)</p> <p>958 4682 3235Meditative Movement w/ Thea (THURS)</p> <p>947 2193 9596Poetry with Chocolate (MON)</p> <p>937 0002 2038Qi Gong w/ Ken (TUES)</p> <p>967 6404 7290Reiki w/Boshko B. (SUN)</p> <p>835 6462 0106SAIL w/ Ling (MON & THURS)</p> <p>958 4682 3235Sleep and Meditation w/ Thea (THURS)</p> <p>832 7164 3029Spanish with Edwin (MON)</p> <p>920 6480 3588Strength and Balance w/Rachel E. (SUN)</p> <p>832 7164 3029Theater Workshop w/ Edwin (FRI)</p>	<p>Senior Program Director: Daniel Young Social Worker: Yaneza Cruz Program Coordinator: Ling Too Receptionist: Ramona Mitchell Food Service Manager: Garriet Johnson Cook: Tyiesha Robinson Kitchen Aide: Rowland Brown, Jim Burns, Devonte Jetter Maintenance: Eddie Lisboa Jr., Jana Bell Maturity Works: Michael Villane DFTA Community Service Aide: Rosario Portocarrero, Elsa O'Reilly</p> <hr/> <p>Check Out Our Other Project FIND Centers:</p> <p>Coffeehouse: 331 West 42nd St. between 8th and 9th Ave. (646-545-4621) Operation Hours: Monday to Friday 8:00am – 4:00pm Meals and Activities Breakfast - 8:30am – 10:00am Lunch - 11:30am – 1:00pm</p> <p>Clinton: 530 West 55th St. (212-757-2026) Operation Hours: Monday to Friday 9:00am – 5:00pm Meals and Activities Lunch – 12:00pm – 1:00pm</p> <p>Woodstock: 127 West 43rd St. (212-575-0693) Operation Hours: Monday to Saturday 8:00am – 4:00pm Meals and Activities Breakfast - 8:30am – 10:00am Lunch - 12:00pm – 1:30pm</p>



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

January 2024 Lunch Menu

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	4	5
	Center Closed for New Years	Baked Mushroom Chicken Quinoa Steamed Okra Orange	Split Pea Soup Rice and Red Beans Broccoli and Red Peppers Pear	BBQ Pork Chop Brussels Sprouts Glazed Sweet Potatoes Watermelon	Cheese Manicotti Tomato Sauce Baby Carrots and Parsley Honeydew
7	8	9	10	11	12
Beef Pot Roast Baked Potato Steamed Kale Grapes	BBQ Chicken Leg Quarter Instant Mashed Potatoes Normandy Blend Banana	Beef Meatballs with Sofrito Kashmir Brown Rice Braised Collard Greens Canned Mandarin Oranges	Baked Breaded Tofu Chicken Couscous with Peas & Lemon Chinese Style Bok Choy Cantaloupe	Baked Ziti with Turkey Caesar Salad Apple	Baked Breaded Fish Baked Sweet Potato Creamed Spinach Canned Sliced Peaches
14	15	16	17	18	19
Pork Spare Ribs Wild Rice Cole Slaw Watermelon	Braised Beef Tips Pasta California Blend Vegetables Cantaloupe	Baked Turkey Wings Quinoa Balsamic Roasted Brussels Sprouts Apple	Jerk Fish Pasta with Sweet Peas Capri Blend Vegetables Strawberries	Sweet and Sour Pork with Pineapple Italian Blend Vegetables O'Brian Potatoes Honeydew	Orange Glazed Tofu White Rice Roasted Broccoli Canned Mandarin Oranges
21	22	23	24	25	26
Cranberry Chicken Lemon Whole Wheat Orzo Kale with Tomato Banana	Baked Fish Marsala with Mushrooms Baked Brown Rice Pilaf Italian Cut Green Beans Grapefruit	Eggplant Bake with Turkey Meat Sauce Creamy Spinach Pear	Lentil Chili Cous Cous Sauteed Asparagus Orange	Pernil (Roasted Pork Shoulder) Rice and Red Beans Carrot Tzimmes Watermelon	Ginger Lime Salmon Egg Noodles Normandy Blend Apple
28	29	30	31		
Baked Lean Lamb Chop Baked Potato Broccoli and Red Peppers Banana	Stewed White Beans with Carrots and Spinach Quinoa Normandy Blend Cantaloupe	Baked Breaded Fish Baked Macaroni and Cheese Steamed Yellow Squash Plums	Southwest Turkey Meatloaf Baked Potato Steamed Red or Green Cabbage Grapes		



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January 2024 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	4	5
	Center Closed for New Years	Baked Fish Pasta Prince Edward Blend Vegetables Peach Apple Juice	Baked Pork Chop Cilantro Lime Brown Rice Brussels Sprouts Canned Pineapple Orange Pineapple Juice	Curry Chicken California Blend Vegetables Roasted Potatoes Applesauce Orange Juice	California Veggie Burger Braised Red Cabbage with Apples Broccoli and Red Peppers Orange Grape Juice
7	8	9	10	11	12
No Dinner	Baked Fish with Corn and Potato Sauce Quinoa Steamed Carrots Honeydew Orange Pineapple Juice	Rasta Pasta Winter Blend Vegetables Pear Orange Juice	BBQ Pork Chop Baked Sweet Potato Braised Collard Greens Banana Grape Juice	Oven Fried Chicken Baked Macaroni and Cheese California Blend Vegetables Canned Apricots Apple Juice	Curried Jamaican Stew White Rice Brussels Sprouts Cantaloupe Pineapple Juice
14	15	16	17	18	19
No Dinner	Baked Salmon with Lemon Tarragon and Thyme Cous Cous Braised Collard Greens Orange Orange Pineapple Juice	Marmalade Glazed Baby Back Ribs Baked Potato California and Pea Curry Cantaloupe Pineapple Juice	Pasta Fagioli Broccoli with Toasted Garlic Steamed Carrots Peach Apple Juice	BBQ Chicken Breast Bowtie Pasta Normandy Blend Plums Grape Juice	Cheese Manicotti Tomato Sauce Kale Salad with Lemon Banana Orange Juice
21	22	23	24	25	26
No Dinner	Ginger Sherry Pork Chop Capri Blend Vegetables Roasted Sweet Potato Fries Canned Pears Grape Juice	Sweet Sour Tofu Baked Brown Rice Pilaf Garden Salad Honeydew Apple Juice	Baked Marinated Fish Quinoa Italian Blend Vegetables Cantaloupe Pineapple Juice	Falafel Hummus Broccoli and Red Peppers Steamed Carrots and Green Beans Grapefruit Orange Juice	Beef and Broccoli Egg Noodles Creamed Spinach Kiwi Orange Pineapple Juice
28	29	30	31		
No Dinner	Italian Roasted Pork Tenderloin Quinoa Normandy Blend Apple Pineapple Juice	Hearty Summer Minestrone Soup Baby Carrots with Parsley Creamy Spinach Honeydew Orange Pineapple Juice	Salisbury Steak Italian Blend Vegetables Parmesan Rosemary Mashed Potatoes Orange Grape Juice		