



February 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 -TBH

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

February 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
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 Обед подается с понедельника по пятницу 12:00-1:00			1	2
			Sweet and Sour Beef Meatballs Quinoa Sautéed Green Beans with Onions Orange	Pernil (Roasted Pork Shoulder) Black Beans and Rice Winter Blend Vegetables Honeydew
5	6	7	8	9
Baked Flounder Baked Potato Creamy Spinach Kiwis	Roasted Turkey Breast Brown Rice with Okra Sautéed Asparagus Orange	Quick Chickpea Potato Curry Rice with Vegetables California Blend Vegetables Honeydew	BBQ Chicken Leg Quarters Mashed Sweet Potatoes Okra with Tomatoes Cantaloupe	Apricot Glazed Pork Chops Egg Noodles Broccoli and Red Peppers Spring Rolls Apple
12	13	14	15	16
Chinese Style Pepper Steak Perfect White Rice Sautéed Bok Choy Pear	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	Smothered Pork Chops Braised Collard Greens Parmesan Rosemary Mashed Potatoes Peaches	Roasted Cornish Hen with Garlic and Rosemary Mashed Potato Normandy Blend Vegetables Orange Cupcake
19	20	21	22	23
Clinton Closed 	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
26	27	28	29	
Asian Style White Fish with Cilantro Wild Rice Asian inspired Asparagus Orange	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	



On-Site Classes

February 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
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. Часы работы: понедельник-пятница с 9:00 до 1:00 pm			1	2
			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 1:00 Arts and Crafts: Water Coloring 2:00 Creating a Culture of Connections w/Cacilda P.
5	6	7	8	9
10:30 Documentary: The Eternal Memory w/ Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: Battle over Microchips 2:00 Computer Class: Brain Games w/Andrew	10:00 Blood Pressure Screening 10:30 Computer Class w/Andrew H. 11:00 Chair Yoga w/Pam Y. 2:00 Movie Tuesday: Crazy Rich Asians w/ Andrew H. 2:15 Pokeno w/Leroy W.	11:00 Horticulture w/Sallie S. 1:00 Line Dancing w/ Karina M. 2:00 Crochet/Knitting Club	11:00 The practice of Mindfulness 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 11:00 Trivia w/Ashley T. 1:00 Arts and Crafts: Valentine's Day Cards 2:00 Creating a Culture of Connections w/Cacilda P.
12	13	14	15	16
10:30 Documentary: Becoming w/ Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: Cyber Attacks 2:00 Computer Class: Brain Games w/Andrew	10:30 Computer Class w/ Andrew H. 11:00 Chair Yoga w/Pam Y. 1:00 Special Poetry Circle: Honoring Black History Month 2:00 Movie Tuesday: Rustin w/ Andrew H. 2:15 Pokeno w/Leroy W.	11:00 Special Valentine's Day Horticulture w/Sallie S. RSVP Required 1:30 Special Valentine's Day Manicure Event w/ Glamour Gals	11:00 Improv Class w/ Andrew H. 1:00 Group Discussions w/ Ashley T. 2:00 Singing Circle w/ Andrew H. 2:00 Bingo w/Leroy W.	10:00 Resistance Training w/Shamiek 11:00 Valentine's Day Party w/ Live Musical Performance by Miz LaLa 1:00: Chocolate Covered Strawberries RSVP Required 2:00 Creating a Culture of Connections w/Cacilda P.
19	20	21	22	23
Clinton CLOSED 	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 Movie Tuesday: The Best Exotic Marigold Hotel w/ Andrew H. 2:15 Pokeno w/Leroy W.	11:00 Horticulture w/Sallie S. 1:00 Line Dancing w/Karina M. 2:00 Crochet/Knitting Club	11:00 Special Chinese New Year Ribbon Dancing RSVP Required 1:00 Group Discussions w/ Ashley T. 2:00 Singing Circle w/Andrew H. 2:00 Bingo w/Leroy W.	10:00 Resistance Training w/Shamiek 1:00 Arts and Crafts: Design your own mug. 2:00 Creating a Culture of Connections w/Cacilda P.
26	27	28	29	
10:30 Documentary: The Rise of the Roman Empire w/Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: Examining the Retail Trends for 2024 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 Movie Tuesday: Everything Everywhere all at once w/ Andrew H 2:15 Pokeno w/Leroy W.	11:00 Horticulture w/Sallie S. 11:00: Health Proxy Presentation w/ Yaneza C. 1:00 Special Afro Jazz Dance 2:00 February Birthday Celebration	11:00 Blood Pressure Presentation w/ Carla R. from Ryan Chelsea Clinic 1:00 Group Discussions w/ Ashley T. 2:00 Improv Class w/Andrew H. 2:00 Bingo w/Leroy W.	

Clinton OAC February 2024 Events

- 02/13** Special Poetry Circle: Honoring Black History Month **1:00 pm**
- 02/14** Special Valentine's Day Horticulture w/Sallie S
(RSVP Required) **11:00 am**
- 02/14** Valentine's Day Manicure with Glamour Gals (RSVP Required) **1:30 pm**
- 02/16** Valentine's Day Party with Live Musical Performance by Miz LaLa **11:00 am**
- 02/16** Arts and Crafts: Chocolate Covered Strawberries (RSVP Required) **1:00 pm**
- 02/22** Special Chinese Ribbon Dancing (RSVP Required) **11:00 am**
- 02/23** Arts and Crafts: Design your own mug RSVP Required (Limited Seating) **1:00 pm**
- 02/28** Special Afro Jazz Dance Class w/ Uniqua S. **1:00 pm**
- 02/28** February Birthday Celebration **2:00 pm**
- 02/29** Blood Pressure Presentation w/ Carla R. From Ryan Chelsea Clinic **11:00 am**

The Clinton Source Corner



Positively Clinton



Social Work Thursday's

With Yaneza Cruz LMSW

Don't let financial burdens affect your health. Come and see Yaneza Cruz our Social Worker, every Thursday. Come by and get the support you need through informative resources and/or linkages within our community. We have a translating service onsite if you need it. Knowledge is power!



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

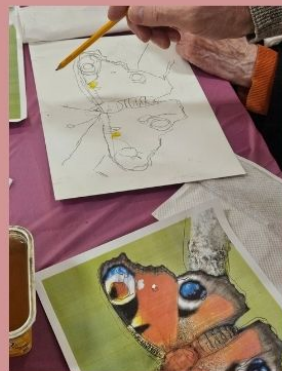
Tele: 212-787-7710

141 West 73rd Street

Woodstock OAC

Tele: 212-575-0693

127 West 43rd Street



Emotional & Mental Wellness Corner

At Clinton, we want to be your support ! Think of the ripple effect of little things that go a long way, and the giving back that keeps giving the ripple effect. We're here for you. If something bothers you, we stand with you. I am on site Monday and Friday from 9 AM to 5 PM.

In February I will be facilitating a group about "Connecting in a World of Disconnection." As usual, the group runs on Friday from 2PM to 3 PM. Looking forward to seeing you!



-Cacilda Pinto, LCSW

Director's Corner

Clinton Members,

First I would like to wish a Happy Lunar New Year to all those which celebrate!

首先我谨向所有庆祝农历新年的人们表示新年快乐

Secondly, throughout the month we have wonderful special events programmed for you. Programs like Chinese Ribbon Dance in honor of Lunar new Year, our annual Valentine's day Party and an afro jazz class in honor of African American Heritage Month. I hope to see all of you in our events. Remember your voluntary donation towards classes, goes a long way.

- Stephanie F.

