



Welcome  
欢迎

March  
2024

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

March 2024

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 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 Beef Pot Roast Capri Blend Vegetables Garlic Mashed Potatoes Pear
4	5	6	7	8
Orange and Soy 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
11	12	13	14	15
Chicken Parmesan Whole Wheat Pasta Arugula with Balsamic Vinaigrette Kiwi	Fillet of Sole Florentine Baked Red Potato Wedges Broccoli with Toasted Garlic Pear	Heart Black Eyed Pea and Veggie Stew Wild Rice Pilaf Normandy Blend Apple	Sweet and Sour Meatballs Quinoa Sauteed Green Beans with Onions Orange	Pernil (Roasted Pork Shoulder) Black Beans and Rice Winter Blend Vegetables Honeydew
18	19	20	21	22
Baked Flounder Baked Potato Creamy Spinach Kiwi	Roasted Turkey Breast Brown Rice with Okra Sauteed Asparagus Orange	Creamy Chickpea Potato Curry Rice with Vegetables California Blend Vegetables Honeydew	Apricot-Glazed Pork Chops Egg Noodles Broccoli and Red Peppers Apple	BBQ Chicken Leg Quarters Mashed Sweet Potatoes Okra with Tomatoes Cantaloupe
25	26	27	28	29
Chinese Style Pepper Steak Perfect White Rice Sauteed Bok Choy Pear	Latin 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 Peach	Clinton OAC Closed 




# On-Site Classes

March 2024

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>

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
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				10:15 Resistance Training w/Shamiek 11:00 Spring Cleaning our homes presentation w/Ashley T. 1:00 Arts and Crafts: Acrylic Cherry Blossom painting 2:00 Decluttering your life w/Cacilda P.
4	5	6	7	8
10:30 Documentary: Where is Wendy Williams? Part 1 w/Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: Robots for Seniors w/ Andrew H. 2:00 Computer Class: w/Andrew	10:00 Blood Pressure Screening 11:00 Engagement Hour w/Andrew H. 11:00 Chair Yoga w/Pam Y. 1:15 Belly Dancing w/Samara A. 2:15 Movie Tuesday: Angel Eyes w/ Andrew H. 2:45 Pokeno w/Leroy W.	11:00 Foster Grandparent Presentation 11:00 Horticulture w/Sallie S. 1:30 Line Dancing w/ Karina M. 2:00 Crochet/Knitting Club	11:00 Diabetes Presentation w/ Carla R. 1:00 Group Discussions w/ Ashley T. 2:00 Improv Class w/Andrew H. 2:00 Bingo w/Leroy W.	10:15 Resistance Training w/Shamiek 1:00 Arts and Crafts: Create your own bookmarks (RSVP Required) 2:00 Decluttering your life w/Cacilda P.
11	12	13	14	15
10:30 Documentary: Where is Wendy Williams? Part 2 w/Andrew H. 11:00 Zumba w/ Tia S 1:00 Computer Class: w/Andrew	11:00 Engagement Hour w/Andrew H. 11:00 Chair Yoga w/Pam Y. 1:15 Belly Dancing w/Samara A. 2:15 Movie Tuesday: Viva Las Vegas w/ Andrew H. 2:45 Pokeno w/Leroy W.	9:30 Shopping Trip: East River Plaza (RSVP Required) w/ Ashley 11:00 Horticulture w/Sallie S 1:30 Line Dancing w/ Karina M. 2:00 Crochet/Knitting Club	10:00 Tech Talk: Senior Technology Scams w/ Andrew H. 11:00 Elder Abuse Presentation: Senior Scams w/ Kylee E. From Safe Horizon 1:00 Group Discussions w/ Ashley 2:00 Singing Circle w/ Andrew H. 2:00 Bingo w/Leroy W.	10:15 Resistance Training w/Shamiek 1:00: Arts and Crafts: Colorful Watercolor Criss cross 2:00 Decluttering your life w/Cacilda P. 3:00 Tech Café
18	19	20	21	22
10:30 Documentary: Where is Wendy Williams? Part 3 w/Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: Useful Apps for your phone 2:00 Computer Class: w/Andrew	10:00 Blood Pressure Screening 11:00 Engagement Hour w/Andrew H. 11:00 Chair Yoga w/Pam Y. 1:15 Belly Dancing w/Samara A. 2:15 Movie Tuesday: Miracle Landing on the Hudson w/ Andrew H. 2:45 Pokeno w/Leroy W.	11:00 Colorectal Cancer Presentation w/Mikhalya B. 11:00 Horticulture w/Sallie S. 1:30 Line Dancing w/Karina M. 2:00 Crochet/Knitting Club	11:00 Trivia and Crunchy Taco (RSVP Required) w/Ashley T. 1:00 Group Discussions w/ Ashley 2:00 Improv Class w/Andrew H. 2:00 Bingo w/Leroy W.	10:15 Resistance Training w/Shamiek 1:00 Arts and Crafts: Mardi Gras Mask Making (RSVP Required) 2:00 Decluttering your life w/Cacilda P. 3:00 Tech Café
25	26	27	28	29
10:30 Documentary: Where is Wendy Williams? Part 4 w/Andrew H. 11:00 Zumba w/ Tia S 1:00 Tech Talk: Examining retail trends for 2024 2:00 Computer Class: w/Andrew	11:00 Engagement Hour w/Andrew H. 11:00 Chair Yoga w/Pam Y. 1:15 Belly Dancing w/Samara A. 2:15 Movie Tuesday: Desperately Seeking Susan w/ Andrew H 2:45 Pokeno w/Leroy W.	11:00 Nutrition Presentation: Kidney Health w/ Amelia J. 11:00 Horticulture w/Sallie S. 12:00 Carnival Mask Party w/DJ Peter	11:00 March Birthday Celebration 1:00 Group Discussions w/ Ashley 2:00 Singing Circle w/ Andrew H. 2:00 Bingo w/Leroy W.	Clinton OAC Closed 



# Clinton OAC

## March 2024 Events

- 03/01** Spring Cleaning Our Homes w/ Cacilda P. **11:00 am**
- 03/06** Foster Grandparent Program Presentation  
w/ Americorps Seniors **11:00 am**
- 03/07** Diabetes Presentation w/ Carla R **11:00 am**
- 03/08** Arts and Crafts: Create your own bookmark  
(RSVP Required) **1:00 pm**
- 03/08** Tech Café (Refreshments will be served) **3:00 pm**
- 03/13** Shopping Trip: East River Plaza (RSVP  
Required) Limited Seating **9:30 am**
- 03/14** Elder Abuse Presentation: Technology Scams  
w/ Kylee E. from Safe Horizon **11:00 am**
- 03/20** Colorectal Cancer Presentation w/ Mikhalya B. From  
Mount Sinai **11:00 am**
- 03/21** Trivia and Crunchy Taco (RSVP Required) **11:00 am**
- 03/22** Arts and Crafts: Mardi Gras Mask Making (RSVP  
Required) **1:00 pm**
- 03/27** Nutrition Presentation:  
Kidney Health w/ Amelia J **11:00 am**
- 03/27** Carnival Party w/ Live DJ Peter **12:00 pm**
- 03/28** March Birthday Celebration **11:00 am**



# 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

At Clinton, we want to be your support !  
If something bothers you, we stand with  
you. I am on site Monday and Friday from  
9 AM to 5 PM. Let's Talk

In March I will be facilitating a group  
about "Decluttering Our Homes and  
Minds " As usual, the group runs on Friday  
from 2PM to 3 PM. Looking forward to  
seeing you!

-Cacilda Pinto, LCSW



### Director's Corner

Dear Clinton Members,

Virtual Reality has come to Clinton OAC!  
Starting in March our Tech Café will be  
open to all registered members. Come and  
experience e-gamming and fun virtual  
experiences. Just like a café, coffee and  
baked goods will be served! We look  
forward to seeing you in the virtual world!

- Stephanie F.

