
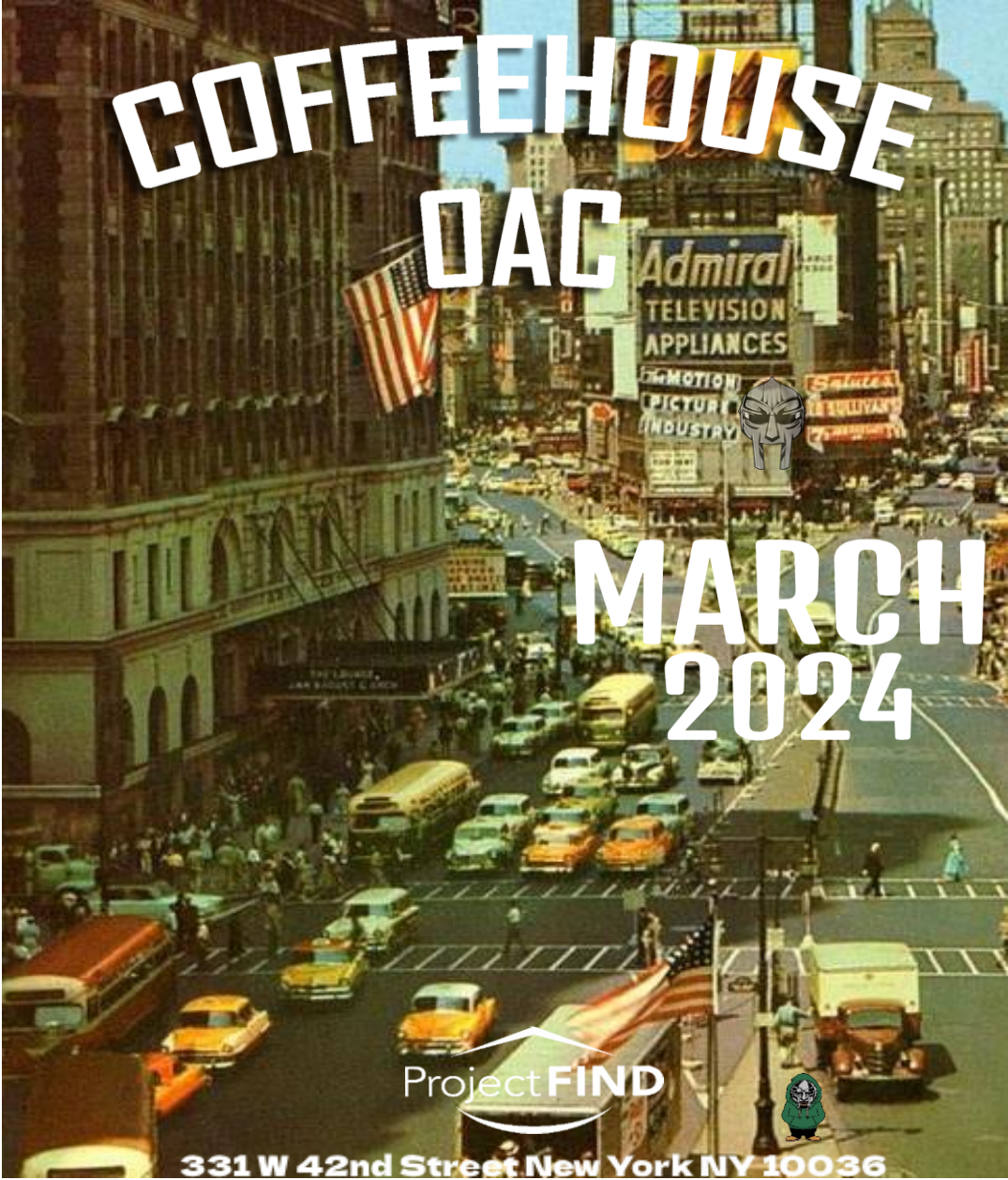


PROJECT FIND COFFEEHOUSE PRESSLINE	
PHONE: 646-545-4621	
Director: Aaron De Broux Food Service Mgr. Nilda Torres Social Worker: Karen O'Savio Cook: Russell Luke Second Cook: Maria Marte Kitchen Aide: Eunice Alvarez Maintenance: Lawrence Moore Program Coordinator: Ian Essel Program Assistant: Jose Hernandez	
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
Coffeehouse Corner	
Interpreter Services are available if need please speak to the social worker if needed.	
Project FIND Centers	
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	Social Worker's Corner 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.
March 2024	Website: www.projectfind.org





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
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

March 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		Tuesday		Wednesday		Thursday		Friday	
Time	Activity	Time	Activity	Time	Activity	Time	Activity	Time	Activity
								9:30am 10:30am 12:00pm 1:00pm 2:00pm	Music Hour with Ian Nutrition Ed Presentation with Amelia Tea with Technology Blood Pressure Screening Leisure Pool Table
4		5		6		7		8	
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 12pm 1:00pm 2:00pm	Horticulture Gardening with Hilda Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour	9:30am 10:30am 12:30pm 2:00pm	Chair Yoga with Rupali Line Dancing with Josie Sing Off Leisure Pool Table	10:30am 12:00pm 1:00pm 2:00pm	Tai Chi with Jean Self Defense with Frank Mask Making with Freda 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
11		12		13		14		15	
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 12pm 1:00pm 2:00pm	Horticulture Gardening with Hilda Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour	9:30am 10:30am 12pm 12:30pm 2:00pm	 Chair Yoga with Rupali Line Dancing with Josie Interventions for Fall Prevention Sing Off Leisure Pool Table 	10:30am 12:00pm 12:00pm 1:00pm 2:00pm	Tai Chi with Jean Self Defense with Frank Mask Making with Freda B. Jewelry Making with Dustee H. 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
18		19		20		21		22	
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 12pm 1:00pm 2:00pm	Horticulture Gardening with Hilda Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour	9:30am 10:30am 11:30am 12:30pm 2:00pm	Chair Yoga with Rupali Line Dancing with Josie Active Directive Presentation Sing Off Leisure Pool Table	10:30am 12:00pm 1:00pm 2:00pm	Tai Chi with Jean Self Defense with Frank(FINAL SESSION) Mask Making with Freda 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
25		26		27		28		29	
Time	Activity	Time	Activity		Activity		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 12pm 1:00pm 2:00pm	Horticulture Gardening with Hilda Belly Dancing with Katherine Blood Pressure Screening Leisure Game Hour	9:30am 10:30am 10:30am 2:00pm	Chair Yoga with Rupali Line Dancing with Josie Sing Off Leisure Pool Table	10:30am 12:00pm 12:00pm 2:00pm	Tai Chi with Jean Mask Making with Freda B. Jewelrv Making with Dustee H. Leisure Game Hour	9:30am 10:30am 12:00pm 1:00pm 2:00pm	Music Hour with Ian Nutrition Ed Presentation Tea with Technology Blood Pressure Screening 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

Breakfast Menu

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

March 2024

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1
				English Muffin, Whole Wheat Cheddar Cheese Oatmeal Banana Orange Pineapple Juice
4	5	6	7	8
Waffles (preprepared) Baked Egg Omelette Cheerios Canned Mandarin Oranges Apple Juice	Hard Boiled Egg Home Fries with Peppers and Onions Cantaloupe Orange Juice	Salmon Cakes Grits Canned Sliced Peaches Grape Juice (unsweetened)	Omelette with Spinach and Parmesan Cheese Whole Wheat Mini Bagel Grits Banana Orange Pineapple Juice	Grilled Mozzarella and Tomato Sandwich (whole wheat) Oatmeal Grapefruit Apple Juice
11	12	13	14	15
Baked Egg Omelette Cheesy Grits Orange Juice Banana	Egg a la Mexicana Salmon Cake Bran Flakes Cereal Apple Juice Applesauce	Grilled Mozzarella and Tomato Sandwich (whole wheat) Oatmeal (1/2 cup) Orange Pineapple Juice Canned Apricots	Hard Boiled Egg Home Fries with Peppers and Onions English Muffin, Whole Wheat Plain Non-Fat Yogurt Canned Apricots	Homemade Pork Breakfast Sausage Patty Plain French Toast (preprepared) Multigrain Cheerios Grape Juice unsweetened Grapefruit
18	19	20	21	22
Hard Boiled Egg Cream Of Wheat (1/2 cup) Bran Muffin (preprepared) Orange Juice Apple	English Muffin, Whole Wheat Cheddar Cheese Cheerios Apple Juice Canned Apricots	Waffles (preprepared) Cottage Cheese Raisin Bran Cereal Grape Juice, unsweetened Cantaloupe	Chinese Style Pork Sausage (preprepared) Grits (1 cup) Home Fries with Peppers and Onions Orange Pineapple Juice Banana	Grilled Mozzarella and Tomato Sandwich (whole wheat) Plain Non-Fat Yogurt Bran Flakes Cereal Canned Sliced Peaches Orange
25	26	27	28	29
Cinnamon French Toast Creamy Apple-Raisin Oatmeal Grape Juice, Unsweetened Canned Pears	Hard Boiled Egg Grits (1/2 cup) Home Fries with Peppers and Onions Orange Pineapple Juice Cantaloupe	Baked Breaded Chicken Cutlet Farina Waffles (preprepared) Grape Juice, unsweetened Honeydew	Whole Wheat English Muffin BLT Cream Of Wheat (1/2 cup) Orange Juice Banana	Omelette with Peppers and Onions Reduced Fat Cream Cheese Mini Whole Wheat Bagel Fiber One Cereal Apple Juice Canned Apricots




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Lunch Menu

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Milk and Bread Served with Meal

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Baked Fish Oreganata ALT: Baked Chicken Quarters Pasta Baby Spinach Salad with Lemon Vinaigrette Watermelon
4 California Veggie Burger Garlic Bread Broccoli with Toasted Garlic Roasted Sweet Potato Fries Cantaloupe	5 Caribbean Style BBQ Chicken Baked Potato Collard Greens with Tomato Orange	6 Chili Con Carne ALT: Spinach Mozzarella Quiche Perfect White Rice Vegetable Mix Honeydew	7 Chicken Jambalaya with Brown Rice Baby Carrots and Parsley Pear	8 Baked Salmon Dill Lemon Sauce ALT: Baked Chicken Quarters Arroz con Gandules (Brown Rice with Pigeon Peas) Italian Blend Vegetables Banana
11 Black Bean Fajitas Arroz con Gandules (Brown Rice with Pigeon Peas) Tossed Salad with Dressing Watermelon	12 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Kale with Tomato Orange	13 Baked Flounder ALT: Brown Stew Chicken Whole Wheat Pasta Vegetable Mix Cantaloupe	14 Beef Meatballs in Tomato Sauce Bowtie Pasta Cabbage Carrot Slaw Pear	15 BBQ Pulled Pork ALT: Baked Asian Style Honey Chicken Yellow Rice Capri Blend Vegetables Honeydew
18 Veggie Burgers (preprepared) Basic Pasta Salad Cole Slaw Cantaloupe	19 Beef Pot Roast Baked Fries (preprepared) Baby Spinach Salad with Lemon Vinaigrette Banana	20 Italian Sausage Whole Wheat Spaghetti Baby Carrots and Parsley Kiwis	21 Baked Fish ALT: Chicken and Broccoli Stir Fry Bowtie Pasta Creamed Spinach Watermelon	22 Arroz con Pollo Chicken Breast and Rice Broccoli and Red Peppers Orange
25 Chickpeas Whole Wheat Pasta Primavera with Cheese Garlic Bread Italian Blend Vegetables Watermelon	26 Pork Spare Ribs ALT: BBQ Chicken Leg Quarters Baked Macaroni and Cheese Steamed Collard Greens Banana	27 Beef Meatloaf with Mushroom Gravy Broccoli with Toasted Garlic Garlic Mashed Potatoes Orange	28 Baked Chicken Quarters Baked Sweet Potato Baby Spinach Salad with Lemon Vinaigrette Cantaloupe	29 Baked Turkey Wings ALT: Fish with Creole Sauce Penne Pasta Boiled Southern Greens Honeydew 