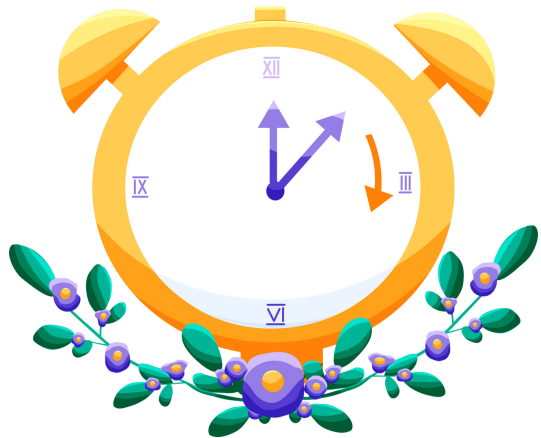




## Special Announcements



For Mental Health Services, please speak to the Program Staff.



Other Project FIND  
Older Adult Centers

### Clinton OAC

530 W. 55th St./212 757-2026

### Coffeehouse OAC

331 W. 42nd St./646-545-4621

### Hamilton OAC

141 W.73 St. /212-787-7710



### Woodstock OAC's Social Worker

If you need help with case assistance such as  
entitlement & benefits, please see Christie!



Interpreter services are available if needed.  
Please connect with the program staff.



**MARCH 2024**  
Woodstock Older Adult Center



### HOURS OF OPERATION

8am to 4pm

### Our Team

Program Director – Chenal T.

Program Coordinator – Jocelyn D.B.

Manager – Food Service – Tyiesha R.

Social Worker – Christie R.

Cook – TBD

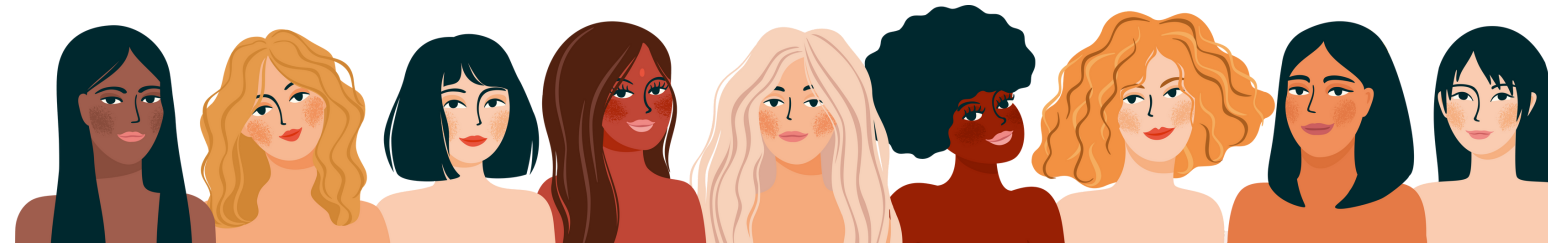
Kitchen Aides – Tamika B., Arthur W.,  
Quohn B.

Administrative Assistant – Kevin L.

Front Desk – Carolyn S.

Maintenance – Justin F.

Senior Aide Workers – Edith G., Milon L.,  
& Patricia H.



127 WEST 43 ST, NY, NY 10036

212-575-0693

[WWW.PROJECTFIND.ORG](http://WWW.PROJECTFIND.ORG)

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**Woodstock Older Adult Center**  
**House Rules/Code of Conduct**

**LEVEL 1**

1. No Smoking or Drinking alcoholic beverages on the premises.
2. No playing personal radios or similar devices without headsets.
3. No pets allowed in the center, except for service dog(service proof required)
4. No Cursing, loud arguing, or shouting.
5. Personal cleanliness and proper hygiene must be maintained at all times.
6. No shaving, haircutting, bathing, or washing of clothing in the restrooms.
7. Footwear must be worn. Feet must be kept off the furniture.
8. No lying down or sleeping on benches, chairs or tables.
9. You must be fully clothed at all times.
- 10 Eating and Drinking is only permitted in the dining room.
- 11 Deposit all litter in the appropriate receptacles.
- 12 No Large carts or excessive baggage allowed on the premises.

**LEVEL 2**

1. Cooperate with bi-annual fire drills.
2. Report all accidents, incidents, and problems to the onsite Director and/or program staff.
3. No use of racial or ethnic epithets.

**LEVEL 3**

1. No physical violence (no/hitting/slapping, punching, pushing/shoving, kicking) allowed
2. No weapons (knives, guns, weighted objects, knuckle rings, and the like) are permitted on the premises.
3. No verbal or physical threats/harassment are allowed.
4. Participants and guests are required to follow staff instructions when an emergency response is activated and in progress.

**PLEASE NOTE:** Failure to adhere to the rules may result in being banned either temporarily or permanently from the Center.

**Code Enforcement Procedure**

Verbal Warning: Level 1 - Onsite staff will verbally address senior participants to remind them of the code of conduct that must be adhered to.

Written Warning: Level 2 - The Program Director will give a written warning.

Temporary Bans: Temporary Bans range from 1 week to 2 months depending on the level of offense. The Program Director will discuss appropriate time frames with the Director/Assistant Director of Community Services on a case-by-case basis.

Permanent Bans: The Program Director will discuss prospective Permanent Bans with the Director/Assistant Director of Community Services on a case-by-case basis.

# LUNCH March 2024

Project FIND and NYC Aging strongly caution against taking food from the premises, reheating your food improperly can cause serious illness.

Mon	Tue	Wed	Thu	Fri	Sat
				1 Baked Flounder OR Chicken & Broccoli Stir Fry, Baked Sweet Potato	2 Brown Gravy Italian Style Pork Loin OR Baked Chicken Qtrs. Mashed Potatoes, Steamed Spinach
4 Baked Asian Style Honey Chicken, White Rice, Broccoli & Red Peppers	5 Beef Pot Roast Garlic Mashed Potatoes Capri Blend Vegetables	6 Cumin Spiced Chickpea & Tomato Stew, Yellow Rice, Baby Spinach Salad w/Lemon Vinaigrette	7 Pork Spare Ribs OR BBQ chicken Leg Qtrs., Baked Macaroni & Cheese, Cooked Cabbage w/Carrots	8 Coconut Curry Fish OR Chicken Salad California Blend Vegetables	9 Chicken Fricassee Pasta w/Sweet Peas Prince Edward Blend Vegetables
11 Stewed Pork Chops OR Baked Chicken Qtrs., Dominican Moro Sauteed Spinach	12 WW Cheeseburger w/Onions, Arugula Salad w/Balsamic Vinaigrette, Baked Fries	13 Black Bean Tacos w/Pineapple Salsa, Rice w/Corn, Capri Blend Vegetables	14 Mexican Style Chicken Thighs & Rice Winter Blend Vegetables	15 Baked Salmon Dill Lemon Sauce OR Lemon Chicken Beets & Baby Carrots with Dill, Penne	16 Garlic Chicken Baked Potato Green Bean Salad
18 Yellow Rice Mushroom Gravy Baked Chicken Qtrs. Broccoli & Red Peppers	19 Beef Stroganoff w/Noodles, Italian Blend Vegetables	20 Lasagna Roll Ups w/Creamy Tofu RicottaHomemade Tomato Sauce, Zucchini w/Onions & Peppers	21 Oven Fried Chicken Baked Fries Cole Slaw	22 Brown Rice Baked Fish w/Lemon Garlic Butter Sauce Prince Edward Blend Vegetables	23 Mushroom Gravy Baked Chicken Qtrs. Smashed Red Potatoes Steamed Collard Greens
25 Macaroni & Cheese Oven Fried Chicken Creamy Spinach	26 Maple Chipotle Pork Chops OR Caesar Salad w/Grilled Chicken Prince Edward Blend Vegetables	27 Scallion Ginger Tofu Stir Fry, Yellow Rice & Pigeon Peas, Asian Inspired Asparagus,	28 Crusty Shepherd's Pie Sauteed String Beans WW Dinner Roll	29 Baked White Fish w/Garlic Crumb Crust Pasta Salad California Blend Vegetables	30 BBQ Chicken Leg Qtrs. Mexican Corn Confetti Salad, Steamed Red or Green Cabbage

## Notes

Lunch is from  
**12:30pm - 1:30pm**

Suggested contribution  
of **\$1.75**

All meals are served with  
Milk, Bread & Fruit  
and/or Fruit Juice

All items are subject to  
change



Woodstock OAC  
127 West 43rd Street  
212-575-0693



# BREAKFAST March 2024

Project FIND and NYC Aging strongly caution against taking food from the premises, reheating your food improperly can cause serious illness.

Mon	Tue	Wed	Thu	Fri	Sat
				1 Apple Raisin Oatmeal Homemade Turkey Sausage Patty French Toast	2 Scrambled Eggs w/Red Peppers & Onions Toasted Oats Cereal
4 Cheesy Home Fries, Apple Raisin Oatmeal, Homemade Turkey Sausage Patty	5 Hard Boiled Egg Home Fries w/Peppers & Onions Oatmeal	6 Baked Breaded Chicken Cutlet Waffles Cheerios	7 Baked Egg Omelette Bran Muffin Oatmeal	8 Hard Boiled Egg Raisin Bran Cereal	9 Cheesy Grits Scrambled Eggs Homemade Breaded Fish
11 Bran Flakes Cereal WW English Muffin Spinach Mozzarella Quiche	12 Grits WW English Muffin BLT	13 WW Cinnamon French Toast, Hard Boiled Egg, Raisin Bran Cereal	14 Apple-Raisin Oatmeal Egg a la Mexicana WW Bread	15 WW Grilled Mozzarella & Tomato Sandwich Cheerios	16 Cheesy Grits, Hard Boiled Egg Home Fries w/Peppers & Onions
18 WW Grilled Cheese Oatmeal	19 Cinnamon Raisin Bagel Hard Boiled Egg Fiber One Cereal	20 Baked Breaded Chicken Cutlet Cinnamon French Toast, Cream of Wheat	21 Veggie Sausage Patty Raisin Bran Cereal	22 Omelette w/Peppers & Onions Multigrain Cheerios	23 Grits Home Fries Homemade Turkey Sausage Patty
25 Grits WW Grilled Cheese	26 Egg a la Mexicana WW English Muffin Multigrain Cheerios	27 Farina Homemade Turkey Sausage Patty	28 Waffles Apple Raisin Oatmeal, Baked Breaded Chicken Cutlet	29 Cheesy Grits Home Fries w/Peppers & Onions Salmon Cakes	30 Ham Scrambled Eggs

## Notes

**Breakfast is from  
9am - 10am**

Suggested contribution  
of **\$1.25**

All meals are served with  
Milk, Bread & Fruit  
and/or Fruit Juice

All items are subject to  
change



Woodstock OAC  
127 West 43rd Street  
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# WOODSTOCK OLDER ADULT CENTER

Special Activities & New Classes

127 West 43rd St, NY NY 10036 212.575.0693

# March

 <p><b>Silver Fitness Class w/Janine</b> Beginning Friday, March 15th @ 1:15pm</p>	<p><b>Monday Hit Movies</b></p> <p>3/4- Fast X</p> <p>3/11 - Creed III</p> <p>3/18 - Coming 2 America</p> <p>3/25 - Predators</p>	 <p><b>Thursday Documentaries</b></p> <p>3/7- Malcolm X</p> <p>3/14- Andre the Giant</p> <p>3/21- When We Were Kings</p> <p>3/28- Robin Williams: Come Inside My Mind</p>	 <p>On <u>International Woman's Day</u> we are launching <u><b>Crochet Class w/Patricia!!!</b></u> Come in and learn about a variety of Crochet techniques! <b>Beginning Friday, March 8th @ 1pm</b></p>	 <p><b>SHAKE YOUR Shamrocks!</b> <u>Saint Patrick's Day Party</u> Tuesday, March 12th 12:30pm - 2:30pm w/Live DJ!</p>	
<p><b>Colon Cancer Workshop w/Mikayla on Tuesday</b> March 19th @ 11am</p> <p> <b>Jazzercise w/Larry</b> Beginning Tuesday, Mar., 5th @ 10am</p>	<p><b>Mindful Movements w/Sloka</b> Beginning Saturday, March 9th @ 10am</p> 	 <p>Join us for our <b>FOOD DEMOS</b> Friday, March 8th @ 1pm Monday, March 11th @11am</p>	 <p><b>March Birthdays Celebration</b> Tuesday March 26th @ 12:30pm</p>  <p><b>Glamour Girls Spa Day Manicures</b> March 8th @ 11:45am</p>	 <p><u>Try one of our Piano classes:</u> <b>Piano Basics w/Mark</b> Mondays @ 11am <b>Piano Intermediate w/Richard</b> Wednesdays @9:30am <b>Piano Advanced w/Koji</b> Fridays @ 10:30am</p>	 <p><b>Julliard Live Performances Series is back at Woodstock!</b> Wednesday, March 6th @ 2:30pm</p>
<p><i>Special Announcements</i></p> <ul style="list-style-type: none"><li>○ Please note changes to Meal Times.</li><li>○ Must complete Consent form to participate in classes.</li><li>○ March is National Nutrition Month! Come and check out one of our new Exercise Classes!</li></ul>		 <p><b>Name - PF Guest</b> <b>Password - Hope4NYC</b></p>		<p><b>SOCIAL SERVICES PRESENTATION</b> Tuesday, March 26th at 11:15am Multipurpose Room This month <b>Woodstock's own Social Worker, Christie Rollie</b>, will be presenting on <b>HEAP benefits and how to apply</b>. Don't miss it! Get valuable information on how to attain a cooling benefit!</p>	





# WOODSTOCK OLDER ADULT CENTER

## Activity Calendar

127 West 43rd St, NY NY 10036 212.575.0693

# March

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am - 9:30am/11:30am - 1pm Computer Lab (Leader/Open)	8am - 9:30am/11:30am - 1pm Computer Lab (Leader/Open)	8am - 9:30am/11:30am - 1pm Computer Lab (Leader/Open)	8am - 9:30am/11:30am - 1pm Computer Lab (Leader/Open)	9:30am - Crochet Class w/Patricia (start 3/8)	10am - Everybody Moves w/Rachel
10am - Computer Basics Training w/Henry	10am - Computer Basics Training w/Henry	9:30am - Piano Lessons w/Richard	9:30am - Gifted Hands Workshop on (3/7 & 3/21)	10:30am - Piano Lessons w/Koji	10am - Mindful Movements w/Sloka (start 3/9)
11am - Piano Basics w/Mark	10:am - Jazzercise w/Larry (start 3/5)	9:30am - Chair Yoga w/Lynn (3/27)	9:30am- Documentaries	11am - Creative Writing w/Carolyn	11am - Zumba Gold & Line Dancing Class w/Josie
11am - Just Say Yes: Food Demo (3/11)	11am - Colon Cancer Workshop w/Mikayla (3/19)	10am - Computer Basics Training w/Henry	10am - Computer Basics Training w/Henry	11:45 - Manicures by Glamour Girls (3/8)	12pm - Musical Performance by Koji
12pm- Hlt Movies	11am - HEAP Benefits Workshop w/Christie (3/26)	10am - Nutrition Workshop w/Amelia (3/6 & 3/13)	10:45am - Dancercize w/Francesca	12:30pm-2pm -Computer Lab	1:15pm - Saturday Jamboree
1pm - Poetry & Art w/Maggie	11:30am - Su Casa: Spotlight Club w/Taylor	11:30am - Su Casa: Spotlight Club w/Taylor	1:15pm- Chair Yoga & Meditation w/Rupali	12:45pm - Name That Tune w/Maggie	2:15pm - Groove with Us
1pm - Fused Glass Jewelry Class w/Naomi (3/4 & 3/18)	12:30pm - Saint Patricks Party w/DJ (3/12)	1pm - Carol's Crochet Corner	2:15pm - Line Dancing w/Josie	1pm - Art Class w/Sigfrido	
2:15pm- Groove with Us	12:30pm - March B-days Celebration (3/26)	1:30pm - Wednesday Karaoke Party w/Jocelyn	2:30pm- Leisure Card Games	1pm - Grow NYC: Food Demo (3/8)	
	1:30pm - Therapeutic Horticulture w/Catherine	2:15pm - Groove with Us		1:15pm - Silver Fitness w/Janine (start 3/15)	
	2:30pm - Performances by Julliard: Series(3/6)			2:15pm - Sit to be Fit w/Dayle	
Older adults 60 years of age and older are encouraged to register for membership. Membership allows you to participate in all programs and services without pause. If you do not register for membership two weeks after the date of your initial visit, you will be prohibited from participating in all classes or services, onsite and virtually, except for meals and information and referral services. This is a mandate from our funder, NYC Aging. Project FIND older adult centers require that eligible persons provide at minimum: first and last name, date of birth (DOB), and one emergency contact. Proof of age is required, however eligible persons that do not have proper identification with a DOB can sign a Declaration of Age form.				<b>Zoom Meeting ID</b> <b>993 4718 2222</b> <b>(Dancercize, Jazzercise, Line Dancing, Piano Basics, &amp; Sit to be Fit)</b>  <b>897 8892 1153</b> <b>(Everybody Moves &amp; Zumba Gold )</b>	

Funded by NYC Aging