

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

MARCH 2024 - WEEKLY PROGRAMS												
	SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Dining Rooms	1:30 2:00	Sunday Craft Social Collage Workshop w/ Christopher	11:00 1:00 2:00 3:30	Music to Dine For w/Dianne Piano Lessons w/ Koji (1-3 by appointment) Spanish (Hybrid) Poetry Class (Hybrid)	1:00	Mosaic Art	1:00 3:30	Sing-Along w/Ted Piano Recital w/ Koji	1:00 4:00	Watercolor Painting & Drawing Therapeutic Horticulture	1:00 2:00 3:30	Sing-Along w/ Ted Theater Workshop (Hybrid) Piano Recital w/ Koji
Multi-Purpose Room	3:15	Tech Café – Games and VR! (Starting March 17 th)	1:00	Jewelry Design w/ Uniqua							11:00	Painting w/ Oksana
Computer Room		Computer Lab 9:30am to 4:30pm		Computer Lab 9:30am to 5:00pm	12:00 3:00	Computer Class Computer Lab w/ Leader	12:00 3:00	Computer Class Computer Lab w/ Leader		Computer Lab 9:30am to 5:00pm	12:00 3:00	Computer Class Computer Lab w/ Leader
Annex 111A W71 Street		CLOSED	1:00 3:00	Tai-Chi w/ PinPin Su Papier-mâché w/ Paul	11:30 3:00	Life Model Drawing Qi Gong w/ Ken (Hybrid)	11:00 12:30	Zumba Gold Fusion Fitness (Hybrid)	1:00 3:00	Belly Dancing (Hybrid) Meditative Movement (Hybrid)	11:00 2:30	Life Model Drawing Active Boomers Yoga
Virtual on Zoom	10:00 11:00 12:00	Strength & Balance Be Kind to Your Self Care Reiki Meditation	1:00	Chinese Brush Painting								

MARCH 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 Dan to reserve your spot! DYoung@projectfind.org 212-787-7710

Tuesdays 3/5 & 3/19 from 12:00pm-2:00pm

Location: Hamilton Center - Multipurpose Room
Accepting appointments on 3/4 & 3/18 respectively

Sundays 3/10 & 3/24 from 1:00pm-3:00pm

Location: Hamilton Center - Multipurpose Room
Accepting appointments 3/8 & 3/22 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, Mar 17 *Nutrition for Sleep*

Sunday, Mar 24 *Diabetes Nutrition*

Irish Step Dance Performance

Thursday, March 14 at 12:30pm

Large Dining Room

The New York Studio of Irish Step Dance returns this year with another exciting soft shoe Irish step dance performance! Dancers will conduct a Q&A segment along with the performance to answer your questions about Irish step dance and their experiences.

Salsa Dance Lessons

1:30pm after Irish Step

Stick around after the Irish Step to learn some moves of your own! Join instructors from The Tommy Experience and try some Salsa Dancing.



Juilliard Gluck Student Performances

Juilliard students return for another series of Sunday performances at Hamilton OAC.

Sunday, March 17 at 12:30pm – *Turning Keys*

Featuring actor, dancer, vocalist, and piano

CANCELLATIONS & CHANGES

FRIDAY 3/29 Center Closed for Good Friday

Zumba Gold Cancelled 3/27

Chinese Brush Painting Cancelled 3/18 & 25

Spanish Class on hold beginning 3/11, return date to be announced.

Theater Workshop on hold beginning 3/8, return date to be announced.

Stay Active and Independent for Life (SAIL) session cancelled.

Discussion Group on hold until further notice

REGISTRATION POLICY

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.

MARCH 2024 – MONTHLY PROGRAMS

Message from the Director

Greetings Hamilton Members,

I hope you are enjoying the last bit of winter as we move toward spring. As some of you have noticed, we have brought back a collection of new Spring Music and Arts classes for a limited time. This includes Collage on Sundays, Painting on Fridays, and Jewelry Making & Piano on Mondays. We hope you enjoy these fresh and new series!

Funding to continue these new series, and all our operations, relies on our reporting to the city and NYC Aging. This comes in the form of our sign in sheets and information consent forms. As our funders increase pressure for accurate reporting, we kindly ask that you write as legibly as possible on sign in sheets and supply your full name on Zoom if virtual.

If you have been attending classes and have yet to fill out an application to formally join the center, please stop by at your earliest convenience. If you attend Zoom only, we encourage you to stop by to fill out the application or send myself an email at dyoung@projectfind.org for one to be set to you electronically.

Thank you all for helping us make the center the best place possible for all of you!

Daniel Young
Senior Program Director

WOMEN’S HISTORY MONTH

E	I	N	O	I	T	A	V	O	N	N	I	S	I
Q	C	E	L	E	B	R	A	T	I	O	N	T	N
U	M	A	C	H	I	E	V	E	M	E	N	T	C
A	M	F	E	Y	T	I	S	R	E	V	I	D	L
L	L	E	E	M	I	T	C	V	T	C	E	A	U
I	I	M	P	I	P	I	I	E	O	G	F	M	S
T	B	I	A	N	E	O	B	E	A	O	E	C	I
Y	E	N	C	O	T	L	W	R	R	I	M	I	O
E	R	I	T	N	I	S	F	E	S	I	Y	I	N
Y	A	S	I	R	E	F	Y	I	R	Y	T	T	V
Y	T	M	V	O	U	N	I	T	N	M	N	H	M
I	I	M	I	S	E	E	I	S	V	L	E	M	S
O	O	O	S	R	E	S	P	E	C	T	M	N	V
L	N	C	M	T	V	A	I	E	P	C	A	F	T

FEMINISM	INCLUSION	CELEBRATION
EMPOWERMENT	SUFFRAGE	ACTIVISM
DIVERSITY	EQUALITY	ACHIEVEMENT
RESPECT	LIBERATION	INNOVATION

Cancer Information Presentation

Tuesday, March 12 at 12:30pm

Large Dining Room

Welcome back, Mikhalya Brown from Mt. Sinai’s Cancer Institute for a general cancer information session! Presenter will be going over commonly occurring cancers and screenings for them.

Tech Café

Sundays at 3:15 in Multipurpose Room starting 3/17

Ever wondered about all the fuss with Virtual Reality? Wanted to play the video games but no clue where to start? Try our new Tech Café activity led by game savvy young interns and experience the fun and excitement of virtual reality with Oculus headsets and Wii Gaming!

Social Services Presentation

Friday, March 22 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 month’s presentation will focus on **common and recent scams**. You can also join us via Zoom ID: **830 1181 0031**

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>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>832 7164 3029 Spanish 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: Tereena Mitchell Kitchen Aide: Rowland Brown, Jim Burns, Devonte Jetter Maintenance: Eddie Lisboa Jr., Jana Bell Maturity Works: Michael Villane, Gloria Anderson, Leslie Evans 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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<http://facebook.com/projectfind>

March 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 Orange and Soy Glazed Tofu White Rice Roasted Broccoli Canned Mandarin Oranges
3	4	5	6	7	8
Cranberry Chicken Lemon Whole Wheat Orzo Kale with Tomato Banana	Baked Fish Marsala w/Mushrooms Baked Brown Rice Pilaf Italian Cut Green Beans Grapefruit	Eggplant Bake with Turkey Meat Sauce Creamed Spinach Pear	Comforting Lentil and Bean Chili Cous Cous Sauteed Asparagus Orange	Pernil (Roasted Pork Shoulder) Caribbean Rice and Red Beans Carrot Tzimmes Watermelon	Ginger and Lime Salmon Egg Noodles Normandy Blend Apple
10	11	12	13	14	15
Baked Lean Lamb Chop Baked Potato Broccoli and Red Peppers Banana	Bright and Lemony 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	Chicken with Peach Sauce Cilantro Lime Brown Rice Broccoli with Teriyaki Sauce Applesauce	Cheese Lasagna Rollups Tomato Sauce Baby Carrots and Parsley Canned Pears
17	18	19	20	21	22
Happy St. Patrick's Day! Corn Beef Cabbage Boiled Potatoes Green Apple Soda Bread	Chicken Parmesan with Sauteed Onions and Garlic Whole Wheat Pasta Primavera Braised Red Cabbage with Apples Pear	Coconut Curried Fish Pasta Winter Blend Vegetables Cantaloupe	Finger Lickin' BBQ Tofu Fingers Lemon Rice Italian Blend Vegetables Orange	Pork Spare Ribs Mashed Sweet Potatoes Normandy Blend Apple	Jerk Chicken Barley and Brown Rice Bake Broccoli with Toasted Garlic Watermelon
24	25	26	27	28	29
Beef Meatloaf Baked Potato Braised Collard Greens Banana	Pineapple Glazed Salmon Steamed Corn on the Cob Normandy Blend Cantaloupe	Baked Mushroom Chicken Quinoa Steamed Okra Orange	Cuban Style Split Pea Soup Caribbean Rice and Red Beans Broccoli and Red Peppers Pear	BBQ Pork Chop Glazed Sweet Potatoes Brussels Sprouts Watermelon	Center Closed for Good Friday
31					
Beef Pot Roast Baked Potato Steamed Kale Grapes					



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March 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
					Cheese Manicotti Tomato Sauce Kale Salad with Lemon Banana Orange Juice
2	4	5	6	7	8
No Dinner	Ginger Sherry Pork Chop Capri Blend Vegetables Roasted Sweet Potato Fries Canned Pears Grape Juice	Shanghai Style Sweet and Sour Tofu Baked Brown Rice Pilaf Garden Salad Honeydew Apple Juice	Baked Marinated Fish Quinoa Italian Blend Vegetables Cantaloupe Pineapple Juice	Falafel Traditional Hummus Broccoli and Red Peppers Steamed Carrots and Green Beans Grapefruit Orange Juice	Beef and Broccoli Egg Noodles Creamed Spinach Kiwis Orange Pineapple Juice
10	11	12	13	14	15
No Dinner	Italian Roasted Pork Loin Quinoa Normandy Blend Apple Pineapple Juice	Hearty Summer Minestrone Soup Baby Carrots with Parsley Creamy Spinach Honeydew Orange Pineapple Juice	Beef Salisbury Steak Italian Blend Vegetables Parmesan Rosemary Mashed Potatoes Orange Grape Juice	Ital Stew (Kidney Bean and Vegetable Stew) Brown Rice with Okra Steamed Green Beans Strawberries Orange Juice	Fish Curry with Peas and Tomato Quinoa and Wheat Berry Pilaf Sauteed Spinach Banana Apple Juice
17	18	19	20	21	22
No Dinner	Creamy Coconut Curry w/ Tofu, Broccoli, and Carrots Jollof Rice Italian Blend Vegetables Applesauce Orange Pineapple Juice	Beef Stroganoff with Noodles Broccoli and Red Peppers Kiwis Apple Juice	Ginger Sherry Pork Chop Baked Brown Rice Pilaf Prince Edward Blend Vegetable Canned Sliced Peaches Orange Juice	Baked Ziti with Ricotta Steamed Sliced Carrots Honeydew Grape Juice	Baked Marinated Fish Baked Red Potato Wedges Garden Salad Orange Pineapple Juice
24	25	26	27	28	29
No Dinner	Turkey with Gravy Garlic Mashed Potatoes Kale with Tomato Banana Pineapple Juice	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	Center Closed for Good Friday