

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
2 Cheese Blintzes (2) (pre-prepared) Whole Wheat Bread Kale (HH) Roasted Mushroom Apple 起司麵包捲餅 全麥麵包 綠色蔬菜 烤香菇 蘋果	3 Baked Turkey Breast White Rice Whole Wheat Bread Spinach in Garlic Sauce Orange 烤火雞胸肉 白飯 全麥麵包 菠菜佐大蒜汁 柳橙	4 Beef Salisbury Steak with Mushroom Sauce Roasted Mushroom Mashed Potato (HH) Whole Wheat Bread Carrots Orange 牛肉排佐香菇汁 烤香菇 馬鈴薯泥 紅蘿蔔 柳橙	5 Chicken Parmesan Pasta (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Kiwi 雞肉烤起司 義大利麵 全麥麵包 綜合蔬菜 奇異果	6 Lemon Pepper Fish Brown Rice (1/2 cup) Whole Wheat Bread Kale (HH) Banana 黑椒檸檬魚 糙米飯 全麥麵包 綠色蔬菜 香蕉
9 Vegetarian Lasagna Steamed Broccoli Whole Wheat Bread Steamed Cauliflower Pear 素食千層麵 蒸花椰菜 全麥麵包 梨子	10 Chicken Stir-Fry with Vegetables White Rice Whole wheat Bread Italian Blend Vegetables Banana 乾炒雞肉佐蔬菜 白飯 全麥麵包 綜合蔬菜 香蕉	11 Beef Meatballs in Tomato Sauce Bowtie Pasta Whole Wheat bread Kale (HH) Nectarine 牛肉丸佐番茄醬 領結義大利麵 全麥麵包 綠色蔬菜	12 Mexican Style Chicken Thigh and Rice Yellow Rice Whole Wheat Bread Sautéed Zucchini Orange 墨西哥式雞肉 黃飯 全麥麵包 節瓜 柳橙	13 Baked Fish with Soy Sauce White Rice Whole Wheat Bread Italian Cut Green Beans Kiwi 烤魚佐醬油 白飯 全麥麵包 綠豆 奇異果
16 Vegetable Baked Ziti with Whole Wheat Pasta Steamed Carrots Whole Wheat Dinner Rolls Steamed Green Beans Orange 素食通心麵粉佐全麥義大利麵 蒸紅蘿蔔與綠豆 柳橙	17 Chinese Style Pork Lo Mein Whole Wheat Bread Oriental Blend Vegetables Applesauce Orange Pineapple juice 中國式豬肉撈麵 全麥麵包 綜合蔬菜 蘋果泥 果汁	18 Chicken Cacciatore Orzo Whole Wheat Bread Steamed Broccoli Kiwi 燉煮雞肉 全麥麵包 蒸花椰菜 奇異果	19 Beef and Turkey Meatloaf with Mushroom Gravy Mashed Potato (HH) Whole Wheat Bread Prince Edward Blend Vegetables Banana 牛肉丸佐火雞肉丸 香菇醬汁	20 Baked Fish with Lemon Garlic Butter Sauce Rice and Beans Whole Wheat Bread Sautéed Spinach Pear 檸檬大蒜烤魚 豆飯 全麥麵包 菠菜 梨子
23 Chickpea Stew Brown Rice (1/2 cup) Whole Wheat Dinner Roll Kale (HH) Kiwi 豆類燉煮 糙米飯 全麥晚餐捲 綠色蔬菜 奇異果	24 Jerk Chicken Brown Rice & Red Beans Whole Wheat Bread Steamed Reg & Green Cabbage Banana 燉煮雞肉 糙米飯佐紅豆 全麥麵包 花菜 香蕉	25 Salisbury Steak With Sautéed Onions and Peppers Egg Noodles Whole Wheat Bread Steamed Broccoli Apple 牛肉排佐洋蔥與青椒 雞蛋麵 全麥麵包 蒸花椰菜 蘋果	26 Spanish Style Baked Chicken Yellow Rice Whole Wheat Bread Collard Greens with Tomato Pear 西班牙風味烤雞 黃飯 全麥麵包 綠色蔬菜佐番茄 梨子	27 Baked Fish with Garlic Sauce White Rice Whole Wheat Bread Steamed Spinach Orange 大蒜汁烤魚 白飯 全麥麵包 蒸菠菜 柳橙
30 Memorial Day Center closed Centro cerrado 中心關閉一天	31 BBQ Chicken Brown Rice (1/2 cup) Whole Wheat Bread Steamed Broccoli Banana BBQ烤雞 糙米飯 全麥麵包 蒸花椰菜 香蕉			

(ON-SITE)

Lunch/Almuerzo/
堂吃午餐

12PM-1:30PM



May/mayo/五月

MENU/菜單

2022

All Meals Are Served w/
Whole Wheat Bread
Trans-Fat-Free Margarine
1% Low-Fat Milk
Fresh Fruit
**Menu Subject To Change
Without Notice**

Grand Street Settlement
Grand Coalition of Older Adults
175 Delancey Street, 4th Fl.
NY NY 10002
646-201-4203

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the Aging 老人局資助

Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
2 Cheese Blintzes (2) (pre-prepared) Roasted Mushrooms Whole Wheat Bread Kale (HH) Apple Juice Orange 起司餐包佐烤香菇 全漫麵包佐蔬菜 蘋果汁	3 Chinese Style Roast Pork Loin White Rice Whole Wheat Bread Oriental Blend Vegetables Orange-Pineapple Juice Banana 中式烤豬排肉 白飯 全麥麵包 綜合蔬菜 香蕉	4 Beef and Turkey Meatloaf with Mushroom Gravy Mashed Potato (HH) Whole Wheat Bread Steamed Broccoli Orange juice Apple 牛肉佐火雞肉丸 香菇醬 馬鈴薯泥 全麥麵包 蒸花椰菜	5 Chicken with Black Bean Sauce Brown Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Apple Juice Banana 雞肉佐黑豆汁 糙米飯 全麥麵包 意式綜合蔬菜 蘋果汁 香蕉	6 Baked Fish White Rice Whole Wheat Bread Normandy Blend Vegetables Orange-Pineapple Juice Pear 烤魚 白飯 全麥麵包 綜合蔬菜 柳橙鳳梨汁 梨子
9 Vegetarian Lasagna Steamed Cauliflower Whole Wheat Bread Prince Edward Blend Vegetables Orange juice Apple 素食千層麵 蒸花菜 全麥麵包 綜合蔬菜 柳橙汁 蘋果	10 Baked Turkey Breast Brown Rice (1/2 cup) Whole Wheat Bread Steamed Spinach Apple Juice Banana 烤火雞胸肉 糙米飯 全麥麵包 蒸菠菜 蘋果汁 香蕉	11 Salisbury Steak Carrots Whole Wheat Bread Mashed Potato (HH) Orange-Pineapple Juice Pear 牛肉排 紅蘿蔔 全麥麵包 馬鈴薯泥 柳橙鳳梨汁	12 Spanish Style Baked Chicken Pasta (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Orange juice Banana 西班牙風味烤雞 義大利麵 綜合蔬菜	13 Lemon Pepper Fish Brown Rice (1/2 cup) Whole Wheat Bread Kale (HH) Apple Juice Orange 檸檬黑椒魚 糙米飯 全麥麵包 蘋果汁 柳橙
16 Vegetarian Chili White Rice Whole Wheat Bread Steamed Carrots Apple Juice Orange 素食蔬菜辣醬佐白飯 全麥麵包 蒸紅蘿蔔 蘋果汁 柳橙	17 Chicken Stir Fry With Vegetables Brown Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Orange Juice Peach 乾炒雞肉佐蔬菜 糙米飯 全麥麵包 綜合蔬菜 橙汁 桃子	18 Beef Meatballs With Sofrito Bowtie Pasta Whole Wheat Bread Stewed Okra and Tomato 牛肉丸 領結義大利麵 全麥麵包 燉煮蔬菜番茄	19 Baked Fish with Lemon Garlic Butter Sauce Barley Whole Wheat Bread Green Beans Apple Juice Banana 烤檸檬魚佐大蒜奶油汁 全麥麵包 青豆 蘋果汁 香蕉	20 Mexican Style Chicken Thighs and Rice Yellow Rice Whole Wheat Bread Sautéed Zucchini Orange-Pineapple Juice Pear 墨西哥式烤雞 黃米飯 全麥麵包 節瓜 柳橙鳳梨汁
23 Chickpea Stew Brown Rice (1/2 cup) Whole Wheat Dinner Roll Kale (HH) Apple Juice Orange 豆類燉煮 糙米飯 全麥晚餐捲 蔬菜 蘋果汁 柳橙	24 Chinese Style Pork Lo Mein Whole Wheat Bread Oriental Vegetable Blend Orange Juice Peach 中國式豬肉撈麵 全麥麵包 綜合蔬菜 柳橙汁 桃子	25 Roasted Chicken Breast With Tomato Herbs Sauce (HH) Sofrito Whole Wheat Bread Roasted Potato Steamed Broccoli Orange-Pineapple Juice Apple 烤雞胸肉佐香料 全麥麵包	26 Turkey Stew (Asopao de Pavo) Yellow Rice Whole Wheat Bread Prince Edward Blend Vegetables Apple Juice Nectarine 火雞肉燉煮 黃飯 全麥麵包 綜合蔬菜 蘋果汁	27 Fish with Tomato And Herb Rice and Beans Whole Wheat Bread Sautéed Spinach Orange Juice Pear 番茄魚佐香料 豆飯 全麥麵包 菠菜 柳橙汁 梨子
30 Memorial Day Center closed Centro cerrado 中心關閉一天	31 Jerk Chicken Brown Rice and Red Beans Whole Wheat Bread Steamed Red and green Cabbage Orange Juice Banana 雞肉醬飯 糙米飯佐紅豆 全麥麵包			

(Grab-N-Go)

Lunch/
 Almuerzo/
 帶走午餐

12PM-1:30PM



May/mayo/五月

MENU/菜單

2022

All Meals Are Served w/
 Whole Wheat Bread
 Trans-Fat-Free Margarine
 1% Low-Fat Milk
 Fresh Fruit
 Menu Subject To Change
 Without Notice

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Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂 Tai Chi (Beginner) 太極初學者班 9am-10:00am	Tai Chi Advance 太極進階班 8am-9am Terrace or Cafeteria 陽台或飯堂
Breakfast 早餐 9-10am (TBA 待定)	Breakfast 早餐 9-10am (TBA 待定)	Breakfast 早餐 9-10am (TBA 待定)	Breakfast 早餐 9-10am (TBA 待定)	Breakfast 早餐 9-10am (TBA 待定)
Arts & Crafts 9:30am-10:30am 手工藝 Rm :Cafeteria 飯堂	Arts & Crafts 9:30am-10:30am 手工藝 Rm :413	Arts & Crafts 9:30am-10:30am 手工藝 Rm: 413	Arts & Crafts 9:30am-10:30am 手工藝 Rm : Cafeteria	Arts & Crafts 9:30am-10:30am 手工藝 Rm : Cafeteria
Chinese Calligraphy 10:30am-11:30am 中國書法班 Rm. 413	Computer Class 電腦課 TOM 10:30am-11:30am Rm. Cafeteria (HYBRID) Click to join 點我加入 (Zoom) 447-939-1715 Passcode 密碼: 4ehZCx	NY Tech Nurses 護士量血壓 9:00am-12:00pm (Nurse Room)	Advanced English 進階英文班 Tom 10:30am-11:30am TOM Rm. 413 (HYBRID) Click to join 點我加入 (Zoom) 447-939-1715 Passcode 密碼: 4ehZCx	SPS Nurses 護士量血壓 9:00am-3:00pm (Cafeteria) Latin Dance Group 10:30am-11:30am Rm. 413
	Line Dance 排舞班 10:30am-11:30am Rm. 412	Free Style Dance 社交舞班 10:30am-11:30am Rm. Cafeteria		Chair Yoga 椅子瑜珈 10:30am-11:30am Rm. 412 (HYBRID) Click to join 點我加入 (Zoom) Passcode 密碼: uuj688
LUNCH 午餐 12-1:30 pm Rm :Cafeteria 飯堂	LUNCH 午餐 12-1:30 pm Rm :Cafeteria 飯堂	LUNCH 午餐 12-1:30 pm Rm :Cafeteria 飯堂	LUNCH 午餐 12-1:30 pm Rm :Cafeteria 飯堂	LUNCH 午餐 12-1:30 pm Rm :Cafeteria 飯堂
Bingo 賓果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Bingo 賓果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Chinese Painting (TBA 待定) Rm. 413	Bingo 賓果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Line Dance 排舞班 1:30pm-2:30pm Rm. 413
	Poets & Writers 1:30pm-3:00pm Rm. 413 (HYBRID)	Zumba 有氧舞蹈 1:30pm-2:30pm Rm :Cafeteria	The Sound Factory (Music class) 1:30pm-2:30pm 長者樂團練習 Rm. 413	Chinese dance group Practice 中國舞練習 2:30pm-4:00pm Rm. 413
Chinese Karaoke 中文卡拉 ok bi-weekly 兩周舉行一次 2:00pm-3:00pm Zoom only Click to join 點我加入 (Zoom) Passcode 密碼: 4ehZCx Chinese Macramé 中國結班 1:30pm-2:30pm Rm. 413	Formal Dance 社交舞班 1:30pm-2:30pm Rm. 412		Chinese dance group Practice 中國舞練習 2:30pm-4:00pm Rm. 413	Chinese Chorus 中國合唱班 (Bi-Weekly,) 每兩周舉行一次 2:00pm-3:00pm Youtube 影片 Youtube live/recorded stream only
WEEKLY CLASS SCHEDULE 每週課表/HORARIO SEMANAL	Computer Class 電腦課 小班制 3pm-4pm (Rm :Cafeteria)	Computer Class 電腦課 小班制 3pm-4pm (Rm :Cafeteria)		

Grand Street Settlement: Grand Coalition of older adults
175 Delancey Street, 4th floor
New York, NY 10002
646-201-4203

Please Join us for our workshops and special events.
Unase a nuestras talleres y eventos especiales.
格蘭街耆老中心 5 月份活動派對一覽表 Activities and event calendar 2022 for May

- **5/2/22 – Monday/Lunes/星期一 @ 11am 上午** – NYU home sharing presentation / Presentación de viviendas compartidas de NYU / 紐約大學家庭住房出租計畫講座 – (Cafeteria 飯堂)
- **5/4/22 – Wednesday/miércoles/星期三 @ 10:30am 上午** – Medicine Safety (in Cantonese) / Seguridad de los medicamentos (en Cantonese) / 用藥安全(廣東話講座) (room 413 / Zoom)
- **5/5/22 – Thursday/jueves/星期四 @ 1:30pm 下午** – Mother's day celebration / celebración del día de la madre / 母親節慶祝活動 (Cafeteria / Terrace 飯堂或是露臺)
- **5/6/22 – Friday/viernes/星期五 @ 10:00am 上午** – Cooking Demo / Demostración de cocina / 烹飪示範 (Cafeteria 飯堂)
- **5/6/22 – Friday/viernes/星期五 @ 10:30am 上午** – LES History Month AM Show / LES Historia Mes AM Mostrar / 下東城歷史月活動 影片播放 (Cafeteria 飯堂)
- **5/11/22 – Wednesday/miércoles/星期三 @ 10:30am 上午** –Manhattan District Attorney's Office Older Abuse presentation/ Presentación sobre abuso de personas mayores de la Oficina del Fiscal del Distrito de Manhattan / 紐約曼哈頓檢察廳防止長者虐待講座 (room 413 / Zoom)
- **5/11/22 – Wednesday/miércoles/星期三 @ 11:30am 上午** – CityTech Nurse presentation – Diabetes / Presentación CityTech Enfermera - Diabetes / 紐約城市大學護士講座 – 有關糖尿病 (room 413 / Zoom)
- **5/13/22 – Friday/viernes/星期五 @ 10:30am 上午** – Senior Safety presentation / Presentación de seguridad para personas mayores / 長者道路安全講座 (Room 413)
- **5/19/22 – Thursday/jueves/星期四 @ 1:30pm 下午** – Vocal Ease Concert / Vocal Ease Concierto / Vocal Ease 現場演唱會 (Cafeteria 飯堂)
- **5/20/22 – Friday/viernes/星期五 @ 10:30am 上午** – DFTA Nutrition Class / Clase de nutrición / 老人局營養課程講座 (Cafeteria 飯堂 / Zoom)
- **5/27/22 – Friday/viernes/星期五 @ 1:30pm 下午** – May Birthday Celebration / Celebración del cumpleaños de mayo / 五月份生日慶祝會 (Cafeteria 飯堂)

** **Tai Chi for Arthritis/ Tai Chi para la artritis/大極風濕班**, From 4/5/2022 to 6/8/2022 – Every Tuesdays and Wednesdays/ Todos los martes y miércoles/每逢週二週三 **9:30am – 10:30am** Cafeteria or Terrace

** **Bomba & Plena Dance class/Clase de baile de Bomba y Plena/ 舞蹈課**/10:30am 4/1/22 to 6/17/22 Rm. 413

** **Friday/Viernes – 4/8/22 – 1:30pm - SU-CASA- Abstract Painting Basic/ Pintura Abstracta Básica / 抽象绘画基础** Rm. 412

** **Abuelito Dime tu / 劇團練習 / 9:00am – 11:00am / Monday and Wednesday / Lunes y miércoles / 星期一與星期三**
Date and Location: TBA

Funded by DFTA/老人局資助