




Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
		1 Beef Hamburger with Bun Sweet mashed potato Sautéed spinach Lettuce and tomato Whole wheat bread Apple 牛肉漢堡包 馬鈴薯泥 菠菜 番茄 蔬菜 全麥麵包 蘋果	2 Turkey Breast Brown rice Green beans Whole wheat bread Orange 火雞胸肉 糙米飯 綠豆 全麥麵包 柳橙	3 Teriyaki Baked Fish White rice Whole wheat dinner roll Normand blend veggies Kiwi 照燒醬烤魚 白飯 全麥晚餐捲 綜合蔬菜 奇異果
6 Stuffed Cheese with shells Italian Blend vegetables Sautéed Zucchini Banana 貝殼起司 綜合蔬菜 節瓜 香蕉	7 Chinese Style Roast Pork Loin White rice Whole wheat Bread Oriental Blend veggies Applesauce Orange juice 中式豬排 白飯 全麥麵包 綜合蔬菜	8 Turkey Meatloaf with Mushroom Gravy Mashed potato Steamed Broccoli Whole wheat bread Banana 火雞肉丸佐香菇汁 馬鈴薯泥 蒸花 椰菜 全麥麵包 香蕉	9 chicken with black bean sauce Brown rice Italian Blend vegetables Whole wheat bread Orange 黑豆煮雞肉 糙米飯 綜合蔬菜 全麥麵包 柳橙	10 Fish with Tomatoes and Herbs Baked sweet potato Normandy blend veggies Whole wheat bread Orange pineapple juice Pear 番茄魚與香料 烤甜薯 綜合蔬菜
13 Cheese Blintzes (Pre-prepared) Roasted mushrooms Kale Whole wheat bread Apple 起司捲 烤香菇 綠色蔬菜 全麥麵包 蘋果	14 Baked Turkey breast White rice Spinach in Garlic sauce Whole wheat bread Orange 烤火雞胸肉 白飯 菠菜佐大蒜汁 全麥麵包 柳橙	15 Beef with Salisbury Steak with mushroom sauce Roasted mushrooms, Carrots Mashed potato Whole wheat bread Pear 牛肉排佐香菇汁 烤紅蘿蔔 馬鈴薯 泥 全麥麵包 梨子	16 Chicken Parmesan Pasta Italian Blend vegetables Whole wheat bread Kiwi 雞肉起司義大利麵 綜合蔬菜 全麥麵包 奇異果	17 Lemon Pepper Fish Brown Rice Whole wheat bread Kale Banana 檸檬黑椒魚 糙米飯 全麥麵包 綠色蔬菜 香蕉
20 Juneteenth Center closed Centro cerrado 中心關閉一天	21 Chicken Stir-Fry with Vegetables White rice Italian Blend vegetables Whole wheat bread Banana 雞肉炒蔬菜 白飯 綜合蔬菜 全麥麵包 香蕉	22 Beef meatballs in Tomato sauce Bowtie pasta Kale Whole wheat bread Nectarine 番茄牛肉丸 領結義大利麵 綠色蔬菜 全麥麵包 李子	23 Mexican style chicken Thigh and rice Yellow rice Sautéed zucchini Whole wheat bread Orange 墨西哥式雞肉 黃飯 節瓜 全麥麵包 柳橙	24 Staff Development Center closed Centro cerrado 中心關閉一天
27 Vegetable baked Ziti with Whole wheat pasta Whole wheat dinner rolls Steamed green beans Steamed carrots Orange 素食蔬菜起司 全麥義大利麵 全麥起可捲 蒸紅蘿蔔 橘子	28 Chinese style pork Lo Mein Whole wheat bread Oriental blend vegetables Applesauce Orange pineapple juice 中式豬肉撈麵 全麥麵包 綜合蔬菜 蘋果泥 果汁	29 Chicken cacciatore Orzo Steamed broccoli Whole wheat bread Kiwi 燉煮雞肉 蒸花椰菜 全麥麵包 奇異果	30 Beef and turkey Meatloaf With mushroom gravy Mashed potatoes Prince Edward vegetables Whole wheat bread Banana 牛肉火雞肉丸佐香菇汁 馬鈴薯 泥 綜合蔬菜 香蕉	

(ON-SITE)

Lunch/Almuerzo/
堂食午餐

12PM-1:30PM






June/junio/六月
2022

MENU/菜單

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

Funded by the Department for
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
		Salisbury Steak Egg noodles Sautéed Onions and peppers Steamed Broccoli Whole wheat bread Orange pineapple juice Peach 牛肉排佐蛋麵 黑椒洋蔥 蒸花椰菜 全麥麵包 果汁 桃子	Spanish style baked chicken Yellow rice Sautéed zucchini Whole wheat bread Apple juice Banana 西班牙烤雞 黃飯 節瓜 全麥麵包 果汁香蕉	Baked fish with garlic Sauce White rice Steamed spinach Whole wheat bread Kiwi Orange juice 大蒜汁烤魚 白飯 蒸菠菜 全麥麵包 奇異果 果汁
Stuffed Shells with cheese Italian blend vegetables Sautéed zucchini Whole wheat bread Apple juice Pear 貝殼起司 綜合蔬菜 節瓜 全麥麵包 果汁 梨	BBQ chicken Brown rice Steamed broccoli Whole wheat bread Nectarine Orange pineapple juice 烤雞佐糙米飯 蒸花椰菜 全麥麵包 果汁	Beef hamburger with Whole wheat bun Mashed sweet potatoes Sautéed spinach Apple Orange juice 牛肉漢堡 全麥麵包 節瓜 蘋果 果汁	Baked Turkey breast Brown rice Green beans Whole wheat bread Apple juice Banana 烤火雞胸肉 糙米飯 綠豆 全麥麵包 果汁 香蕉	Teriyaki Baked Fish White rice Whole wheat dinner roll Normandy blend veggie Kiwi Orange juice 日式烤魚 白飯 全麥晚餐捲 綜合蔬菜 奇異果
Cheese Blintzes (2) Roasted Mushroom Kale Whole wheat bread Apple juice Orange 起司捲(兩個) 烤香菇 綠色蔬菜 全麥麵包 蘋果汁 橘子	Chinese style Roast Pork loin White rice Oriental vegetable blend Whole wheat bread Banana Orange pineapple juice 中式烤豬肉排 白飯 綜合蔬菜 全麥麵包 果汁 香蕉	Beef and turkey Meatloaf With mushroom gravy Mashed potatoes Steamed broccoli Whole wheat bread Apple Orange juice 牛肉火雞肉丸佐香菇汁 馬鈴薯泥 蒸花椰菜 全麥麵包 蘋果 果汁	Chicken with black bean sauce Brown rice Italian Blend vegetables Whole wheat bread Orange 雞肉佐黑豆 糙米飯 綜合蔬菜 全麥麵包 橘子	Baked fish White rice Normandy blend Whole wheat bread Orange pineapple juice Pear 烤魚佐白飯 綜合蔬菜 全麥麵包 果汁 梨
Juneteenth Center closed Centro cerrado 中心關閉一天	Baked turkey breast Brown rice Steamed spinach Whole wheat bread Apple juice Banana 烤火雞胸肉 糙米飯 蒸菠菜 全麥 麵包	Salisbury steak mashed potatoes Carrots Whole wheat bread Orange pineapple juice Pear 牛肉排 馬鈴薯泥 全麥麵包 果汁	Spanish style baked chicken Pasta Italian Blend Vegetables Whole wheat bread Banana Orange juice 西班牙式烤雞肉 義大利麵 綜合蔬菜 香蕉 果汁	Staff Development Day Center closed Centro cerrado 中心關閉一天
Vegetarian Chili White rice Steamed carrots Whole wheat bread Apple juice Orange 素食蔬菜辣醬佐白飯 蒸紅蘿蔔 全麥麵包 蘋果汁 柳橙	Chicken stir fry vegetables Brown rice Italian blend vegetables Whole wheat bread Orange juice Peach 蔬菜炒雞肉 糙米飯 綜合蔬菜 全麥麵包 果汁 桃子	Beef meatballs with Sofrito Bowtie pasta Stewed Okra and tomatoes Whole wheat bread Applesauce Orange pineapple juice 牛肉丸佐醬汁 領結義大利麵 燉煮蔬菜 全麥麵包 果汁	Baked fish with lemon garlic Butter sauce Barely Green beans Whole wheat bread Apple juice Banana 檸檬大蒜汁烤魚 大麥 綠豆 全麥麵包 果汁	

(Grab-N-Go)

Lunch/Almuerzo/
帶走午餐

12PM-1:30PM



June/junio/六月

2022

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Whole Wheat Bread
Trans-Fat-Free Margarine
1% Low-Fat Milk
Fresh Fruit
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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-9:30am Terrace or Cafeteria 陽台或飯堂 Tai Chi (Beginner) 太極初學者班 9:30am-10:30am	Tai Chi Advance 太極進階班 8am-9am
Breakfast 早餐 9-10am (TBA)	Breakfast 早餐 9-10am (TBA)	Breakfast 早餐 9-10am (TBA)	Breakfast 早餐 9-10am (TBA)	Breakfast 早餐 9-10am (TBA)
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 中國書法班 10:30am-11:30am Rm. 413	Computer Class 電腦課 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 (TBA) 9:00am-12:00pm (Nurse Room)	Advanced English 進階英文班 10:30am-11:30am 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 (TBA) 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
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 寶果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Bingo 寶果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Chinese Painting (TBA) Rm. 413	Bingo 寶果遊戲 1:30pm-3:30pm Rm :Cafeteria 飯堂	Line Dance 排舞班 1:30pm-2:30pm Rm. 413
	Poets & Writers (TBA) 1:30pm-3:00pm Rm. 413	Zumba 有氧舞蹈 1:30pm-2:30pm Rm :Cafeteria Click to join 點我加入 (Zoom) Passcode 密碼: uuj688	The Sound Factory (Music Class) 1:30pm-2:30pm 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(TBA) 1:30pm-2:30pm Rm. 413	Formal Dance 社交舞班 1:30pm-2:30pm Rm. 412	Computer Class 電腦課 小班 3pm-4pm (Cafeteria)	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 only Youtube live/recorded stream link only
WEEKLY CLASS SCHEDULE 每週課表/HORARIO SEMANAL	Ping Pong 乒乓球 (TBA) 2:30pm-3:30pm Rm. 412			

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 6 月份活動派對一覽表 Activities and event calendar for

June/Junio /六月 2022

- **6/11/22 – Wednesday/miércoles/星期三 @ 10:30am 上午 – Medicine Safety (Mandarin) / Seguridad de los medicamentos (chino) / 用藥安全 (中文) – (room 413 / Zoom)**
 - **6/3/22 – Friday/viernes/星期五 @ 10:00am 上午 – Cooking Demo / Demostración de cocina / 烹飪示範 (Cafeteria 飯堂)**
 - **6/3/22 – Friday/viernes/星期五 @ 1:30pm 下午 – Pre Puerto Rican Day Parade / Desfile del Día Pre Puertorriqueño / 波多黎各日慶祝會 (Cafeteria 飯堂)**
 - **6/8/22 – Wednesday/miércoles/星期三 @ 10:30am 上午 – Medicine Safety (English) / Seguridad de los medicamentos (inglés) / 用藥安全 (英文) – (room 413 / Zoom)**
 - **6/9/22 – Thursday/jueves/星期四 @ 10:30am 上午 – Dragon Boat multicultural celebration / Celebración multicultural del Barco Dragón / 端午節慶祝會 (Cafeteria 飯堂)**
 - **6/10/22 – Friday/viernes/星期五 @ 10:00am 上午 – Cooking Demo / Demostración de cocina / 烹飪示範 (Cafeteria 飯堂)**
 - **6/13/22 – Monday/jueves/星期一 @ 10:30am 上午 – General membership meeting / Asamblea general de socios / 老人中心會員大會 (Cafeteria 飯堂)**
 - **6/15/22 – Wednesday/miércoles/星期三 @ 10:00am 上午 – Book Exchange / Intercambio de libros / 讀書書本交換活動 (Terrace 露台)**
 - **6/16/22 – Thursday/jueves/星期四 @ 1:30pm 下午 – Father's day celebration / celebración del día del padre / 父親節慶祝會 (Cafeteria / Terrace 飯堂/露台)**
 - **6/16/22 – Friday/viernes/星期五 @ 11:00am 上午 – DFTA nutrition class / clase de nutrición / 老人局營養課 (room 413 / Zoom)**
 - **6/21/22 – Tuesday/martes/星期二 @ 1:30pm 下午 – LaGringa The American Girl / LaGringa la chica americana / 劇團演出 “美國女孩 ” (Cafeteria 飯堂)**
 - **6/22/22 – Wednesday/miércoles/星期三 @ 9:00am 上午 – Chelsea market trip / Viaje al mercado de Chelsea / 雀兒喜市場之旅**
 - **6/23/22 – Thursday/jueves/星期四 @ 10:30pm 上午 – Bomba Pena class celebration / Celebración de la clase Bomba Pena / 波多黎各舞蹈課程慶祝會 (TBA)**
 - **6/28/22 – Tuesday/martes/星期二 @ 1:30pm 下午 – Painting class celebration / Celebración de la clase de pintura / 繪畫課慶祝會 (room 413)**
 - **6/29/22 – Wednesday/miércoles/星期三 @ 9:00am 上午 – Walmart shopping trip / viaje de compras en Walmart / 沃爾瑪購物之旅**
 - **6/30/22 – Thursday/jueves/星期四 @ 1:30Pm 下午 – June birthday celebration / celebración de cumpleaños de junio / 六月份慶生會 (Cafeteria / Terrace 飯堂/露台)**
 - **Center will close on 6/20 Monday and 6/24 Friday / Centro cerrado el lunes 20/06/2022 y el viernes 24/06/2022 / 中心會在 興 6/20 星期一與 6/24 星期五, 關閉 請注意!**
- ** – Tai Chi for Arthritis/ Tai Chi para la artritis/太極風濕班, 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

Funded by DFTA/老人局資助