

Monday 星期一

Tuesday 星期二

Wednesday 星期三

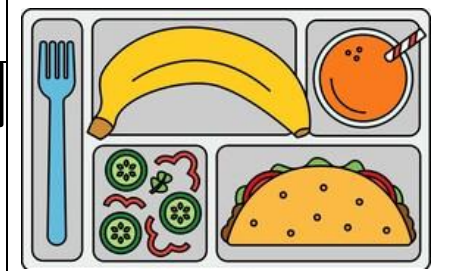
Thursday 星期四

Friday 星期五

(On-Site/ Grab-N-Go)

**Lunch/Almuerzo/
堂食/帶走午餐**

12PM-1:30PM



**July/Julio/七月
2022**

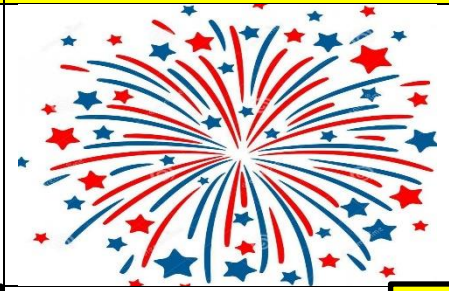
MENU/菜單

**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



1
Baked Fish with Lemon
Garlic Butter Sauce
Rice and Beans
Whole Wheat Bread
Sautéed Spinach
Pear
檸檬烤魚佐大蒜奶油
豆飯 全麥麵包 菠菜 梨子

4
**The 4th of July
Center closed
Centro cerrado**
中心關閉一天

5
Chinese Style Pork
Lo Mein
Whole Wheat Bread
Oriental Blend Vegetables
Apple Sauce
Orange Pineapple Juice
中式烤豬排撈麵
全麥麵包 綜合蔬菜 橘子鳳梨汁

6
Chicken Cacciatore
Orzo
Whole Wheat Bread
Steamed Broccoli
Kiwi
燉雞肉 全麥麵包
蒸花椰菜 奇異果

7
Beef and Turkey Meatloaf
with Mushroom Gravy
Whole Wheat Bread
Mash Potatoes
Prince Edward Blend Vegetables
Banana
牛肉火雞肉丸 全麥麵包 馬鈴薯
泥 香蕉

8
Baked Fish with Lemon
Garlic Butter Sauce
Rice and Beans
Whole Wheat Bread
Sautéed Spinach
Pear
檸檬烤魚佐大蒜奶油
豆飯 全麥麵包 菠菜 梨子

11
Chickpea Stew
Brown Rice
Whole Wheat Dinner Roll
Kale
Kiwi
雞豆燉煮 糙米飯 晚餐捲
全麥麵包 綠色蔬菜
奇異果

12
Jerk Chicken
Brown Rice and Red Beans
Whole Wheat Bread
Steamed Red or Green Cabbage
Banana
燉雞肉 糙米飯佐紅豆 全麥麵包
蒸花菜 香蕉

13
Salisbury Steak
Sautéed Onions and
Peppers
Egg Noodles
Whole Wheat Bread
Steamed Broccoli
Apple
牛肉排佐黑椒洋蔥 蛋麵
全麥麵包 蒸花椰菜 蘋果

14
Spanish Style Baked
Chicken
Whole Wheat Bread
Yellow Rice
Collard Greens with Tomato
Pear
西班牙烤雞 全麥麵包
黃飯 綠色蔬菜佐番茄 梨子

15
Baked Fish with Garlic
Sauce
White Rice
Whole Wheat Bread
Steamed Spinach
Orange
烤魚佐大蒜奶油
豆飯 全麥麵包 菠菜 橘子

18
Vegetarian Chili
Whole Wheat Bread
Corn
Italian Cut Green Beans
Pear
素食肉醬 全麥麵包
玉米 綠豆 梨子

19
BBQ Chicken
Brown Rice
Whole Wheat Bread
Steamed Broccoli
Banana
BBQ 烤雞 糙米飯 全麥麵包
蒸花椰菜 香蕉

20
Beef Hamburger
Hamburger Bun, Whole
Wheat
Lettuce and Tomato
Mashed Sweet Potatoes
Sautéed Spinach
Apple
牛肉漢堡 全麥麵包 生菜番茄
馬鈴薯泥 菠菜 蘋果

21
Turkey Breast
Brown Rice
Whole Wheat Bread
Green Beans
Orange
火雞胸肉 糙米飯 全麥麵包
綠豆 橘子

22
Teriyaki Baked Fish
White Rice
Whole Wheat Dinner Roll
Normandy Blend
Kiwi
照燒醬烤魚 白飯 全麥晚餐捲
組合蔬菜 奇異果

25
Stuffed Shells with
Cheese
Whole Wheat Bread
Italian Blend Vegetables
Sautéed Zucchini
Banana
貝殼起司 全麥麵包 綜合蔬菜 節瓜
香蕉

26
Chinese Style Roast Pork
Loin
White Rice
Whole Wheat Bread
Oriental Blend
Apple Sauce
Orange Juice
中式烤豬肉排 白飯 全麥麵包
綜合蔬菜 橘子汁

27
Turkey Meatloaf with
Mushroom Gravy
Whole Wheat Bread
Mashed Potatoes
Steamed Broccoli
Banana
火雞肉丸佐香菇汁
全麥麵包 馬鈴薯泥
蒸花椰菜 香蕉

28
Chicken with Black Bean
Sauce
Brown Rice
Whole Wheat Bread
Italian Blend Vegetables
Orange
雞肉佐黑豆 糙米飯 全麥麵包

29
Fish with Tomato and
Herbs
Whole Wheat Bread
Baked Sweet Potato
Normandy Blend
Orange Pineapple Juice
Pear
番茄魚佐香料 全麥麵包 甜薯 綜合蔬
菜 果汁

| 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-9:00am Tai Chi (Beginner) 太極初學者班 9:30am-10:30am 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 |
| 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 飯堂 | Arts & Crafts / Chinese Group Dance 9:30am-10:30am 手工藝/中國群舞 Rm : Cafeteri 飯堂 |
| 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/ Cafeteria) | 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-12:00pm (Nurse Room/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 |
| Special Chinese Painting (TBA) 1:30pm-3:30pm Rm. 413 | Poets & Writers (TBA) 1:30pm-3:00pm Rm. 413 | Zumba 有氧舞蹈 Hybrid 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 | 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 7 月份活動派對一覽表 Activities and event calendar for
July/Julio /七月 2022

- **7/11/22 – Friday/viernes/星期五 @ 10:30am 上午 – Cooking Demo / Demostración de cocina / 烹飪示範 (Cafeteria 飯堂)**
- **7/11/22 – Friday/viernes/星期五 @ 1:30pm 下午 – The 4th of July Independence Day celebration / La celebración del Día de la Independencia del 4 de julio / 美國國慶慶祝活動 (Cafeteria 飯堂)**
- **7/15/22 – Friday/viernes/星期五 @ 1:30pm 下午 Vocal Ease Concert / Vocal Ease Concierto / Vocal Ease 現場演唱會 (Cafeteria 飯堂)**
- **7/22/22 – Friday/viernes/星期五 @ 11:00am 上午 – Summer Safety for Seniors (in Cantonese) / Seguridad de verano para personas mayores (en cantonés) / 長者暑期安全 (粵語) (Cafeteria/ Zoom)**
- **7/22/22 – Friday/viernes/星期五 @ 1:30pm 下午 – July birthday celebration / celebración de cumpleaños de Julio / 七月份慶生會 (Cafeteria / Terrace 飯堂/露台)**
- **7/26/22 – Tuesday/martes/星期二 @ 1:30pm 下午 – National ice cream day celebration / celebración del día nacional del helado / 冰淇淋日慶祝活動 (Cafeteria 飯堂)**
- **7/27/22 – Wednesday/Miércoles /星期三 @ 11:00am 上午 - DFTA nutrition class / clase de nutrición / 老人局營養課 (room 413 / Zoom)**
- **7/29/22 – Friday/viernes/星期五 @ 10:30pm 上午 – Cooking Demo / Demostración de cocina / 烹飪示範 (Cafeteria 飯堂)**

- **Center will close on 7/4 Monday / Centro cerrado el lunes 7/4/2022 中心會在 7/4 號關閉一日**

** 7/13/2022 Wednesday / Miércoles / 週三 8:30am Walmart Shopping Trip / Viaje de compras en Walmart / 沃爾瑪購物之旅

** 7/20/2022 Wednesday / miércoles / 週三 8:30am Chelsea Market Trip / Viaje al mercado de Chelsea / 切爾西市場之旅
Ask Tom Yeh (646)201-4233 about the trips / Ask Tom Yeh (646)201-4233 about the trips / 找葉先生詢問資訊

** (TBA) 10:30am GDT Grand Diversity Team Movie Day / Dia de PELLICULA/電影日

Funded by DFTA / 老人局資助