


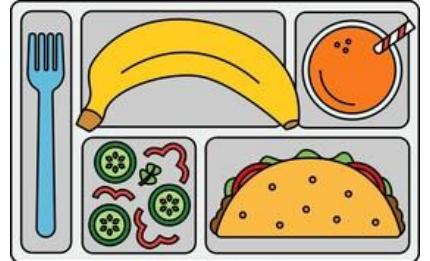


Monday 星期一	Tuesday 星期二	Wednesday 星期三	Thursday 星期四	Friday 星期五
			Turkey Breast Brown Rice Green Beans Orange 火雞胸肉 糙米 青豆 橙	Teriyaki Baked Fish White Rice Normandy Blend Veggies Kiwi 燒烤魚 白米 諾曼第混合蔬菜 奇異果
Labor Day Center Closed Centro Cerrado 勞動節 中心關閉一天	Chinese Style Roast Pork Loin White Rice Oriental Blend Veggies Applesauce/Orange Juice 中式烤豬裡脊肉 白米 東方混合蔬菜 蘋果醬/橙汁	Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Steamed Broccoli Banana 火雞肉餅蘑菇肉汁 土豆泥西蘭花 香蕉	Chicken w/ Black Bean Sauce Brown Rice Italian Blend Veggies Orange 雞肉黑豆醬 糙米 義大利混合蔬菜 橙	Fish w/ Tomatoes and Herbs Baked Sweet Potato Normandy Blend Veggies Orange Pineapple Juice 魚番茄和草藥 烤紅薯 蔬菜混合 橙鳳梨汁
Cheese Blintzes Kale Roasted Mushrooms Apple 乳酪布林茨 綠色蔬菜 烤蘑菇 蘋果	Baked Turkey Breast White Rice Spinach in Garlic sauce Orange 烤火雞胸肉 白米 菠菜 橙	Beef Salisbury Steak w/ Mushroom Sauce Roasted Mushrooms Carrots Mashed Potatoes Pear 索爾茲伯里牛排蘑菇醬 胡蘿蔔和土豆泥 梨	Chicken Parmesan Pasta Italian Blend Veggies Kiwi 雞肉帕爾馬乾酪 義大利麵食 義大利混合蔬菜 奇異果	Lemon Pepper Fish Brown Rice Kale Banana 檸檬胡椒魚 糙米 綠色蔬菜 香蕉
Spring Vegetable Lasagna Steamed Broccoli Steamed Cauliflower Pear 春季蔬菜千層面 蒸西蘭花 花椰菜 梨	Chicken Stir Fry w/Veggies White Rice Italian Blend Veggies Banana 雞肉炒 白米 義大利混合蔬菜 香蕉	Beef Meatballs in Tomato Sauce Bowtie Pasta Kale Nectarine 醬牛肉丸 蝴蝶結義大利面 甘藍 油桃	Mexican Style Chicken Thighs Yellow Rice Sautéed Zucchini Orange 墨西哥風味雞腿 黃米 炒西葫蘆 橙	Baked Fish w/ Soy sauce White Rice Italian Cut Green Beans Kiwi 醬油烤魚 白米 義大利青豆 奇異果
Vegetable Baked Ziti w/Whole Wheat Pasta Dinner Roll Steamed Carrots Steamed Green Beans Orange 蔬菜烤苜蓿 蒸胡蘿蔔和青豆 橙	Chinese Style Pork Lo Mein Oriental Blend Veggies Applesauce Orange Pineapple Juice 中式豬裡脊肉 東方蔬菜 蘋果醬和柳丁鳳梨汁	Chicken Cacciatore Orzo Steamed Broccoli Kiwi 雞肉燉煮 奧爾佐 蒸西蘭花 奇異果	Beef and Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Prince Edward Blend Veggies Banana 蘑菇肉汁佐牛肉肉餅 土豆泥 蔬菜 香蕉	Baked Fish w/Lemon Garlic Butter Sauce Rice and Beans Sautéed Spinach Pear 大蒜醬烤魚 大米和豆類 炒菠菜和梨

(On-Site/ Grab-N-Go)

Lunch/Almuerzo/
堂食/帶走午餐

12PM-1:30PM



September/Septiembre/九月

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
Tai Chi Advance 太極進階班 <u>8am-9am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am-9am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am-9am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am-9am</u> Tai Chi (Beginner) 太極初學者班 <u>9:30am-10:30am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am-9am</u> 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 <u>9:30am-10:30am</u> 手工藝 Rm :Cafeteria 飯堂	Arts & Crafts <u>9:30am-10:30am</u> 手工藝 Rm :413	Arts & Crafts <u>9:30am-10:30am</u> 手工藝 Cafeteria 飯堂	Arts & Crafts <u>9:30am-10:30am</u> 手工藝 Rm: Cafeteria 飯堂	Arts & Crafts / Chinese Group Dance <u>9:30am-10:30am</u> 手工藝/中國群舞 Rm : Cafeteri 飯堂
Chinese Calligraphy 中國書法班 <u>10:30am-11:30am</u> Rm. 413	Computer Class 電腦課 <u>10:30am-11:30am</u> Rm. Cafeteria (HYBRID/現場線上) Zoom ID: 771 356 1120 Passcode 密碼: uuj688	NY Tech Nurses 護士量血壓 (TBA) <u>9:00am-12:00pm</u> (Nurse Room/ Cafeteria)	Advanced English 進階英文班 <u>10:30am-11:30am</u> Rm. 413 (HYBRID/現場線上) Zoom ID: 771 356 1120 Passcode 密碼: uuj688	SPS Nurses 護士量血壓 (TBA) <u>9:00am-12:00pm</u> (Nurse Room/Cafeteria)
	Line Dance 排舞班 10:30am-11:30am Rm. 412	Free Style Dance 社交舞班 10:30am-11:30am Rm. Cafeteria 飯堂 Chinese Chorus 中國合唱班 (Bi-Weekly) 10:30am-11:30am Rm.413 <u>Date: 9/14, 9/21</u>		Chair Yoga 椅子瑜珈 10:30am-11:30am Rm. 412 Bomba Plana Class 波多黎各舞蹈 10:30am-11:30am Rm. 413
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 <u>1:30pm-3:30pm</u> Rm :Cafeteria 飯堂	Bingo 賓果遊戲 <u>1:30pm-3:30pm</u> Rm :Cafeteria 飯堂		Bingo 賓果遊戲 <u>1:30pm-3:30pm</u> Rm :Cafeteria 飯堂	Line Dance 排舞班 1:30pm-2:30pm Rm. 413
Special Chinese Painting 特別中國畫班 <u>1:30pm-3:30pm</u> Rm. 413	Poets & Writers 英文詩詞寫作 (TBA) <u>1:30pm-3:00pm</u> Rm. 413	Zumba 有氧舞蹈 Hybrid <u>1:30pm-2:30pm</u> Rm: Cafeteria Zoom ID: 771 356 1120 Passcode 密碼: uuj688	The Sound Factory (Music Class) <u>1:30pm-2:30pm</u> Rm. 413	Chinese Folk Dance group practice 中國舞練習 <u>2:30pm-4:00pm</u> Rm. 413
Chinese Karaoke 中文卡拉 ok Class Date: 9/12 <u>2:00pm-3:00pm (Zoom only)</u> Zoom ID: 771 356 1120 Passcode 密碼: uuj688	Formal Dance 社交舞班 <u>1:30pm-2:30pm</u> Rm. 412	Computer Class 電腦課 小班 <u>3pm-4pm (Cafeteria)</u>	Chinese Folk Dance group practice 中國舞練習 <u>2:30pm-4:00pm</u> Rm. 413	
WEEKLY CLASS SCHEDULE 每週課表/HORARIO SEMANAL				

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 9 月份活動派對一覽表

Activities and event calendar for September/Septiembre 九月 2022

- **9/7/22 – Wednesday/Miércoles /星期三 @ 11:00am 上午 –DFTA nutrition class / clase de nutrición / 老人局營養課 (Cafeteria 飯堂 / Zoom)**
- **9/9/22 – Friday/viernes/星期五 @ 10:30am 上午 – Moon Festival / Festival de la Luna / 中秋節慶祝會 (Cafeteria 飯堂)**
- **9/14/22 – Wednesday/Miércoles /星期三 @ 11:00am 上午 – Cooking Demo / Demostración de cocina / 烹飪示範 (Cafeteria 飯堂)**
- **9/16/22 – Friday/viernes/星期五 @ 1:30pm 下午 – September birthday celebration / celebración de cumpleaños de septiembre / 九月份慶生會 (Cafeteria 飯堂)**
- **9/23/22 – Friday/viernes/星期五 @ 1:30pm 下午 – Hispanic heritage month celebration / celebración del mes de la herencia hispana / 西班牙傳統文化慶祝活動 (Cafeteria 飯堂)**
- **9/28/22 – Wednesday/Miércoles /星期三 @ 10:30am 上午 – Grandparent AM show/ Grand parent AM show / 祖父母月 AM show (Cafeteria 飯堂)**
- **9/29/22 – Thursday/jueves/星期四 @ 10:30am 上午 – Cooking Demo / Demostración de cocina / 烹飪示範 (Cafeteria 飯堂)**
- **9/30/22 – Friday/viernes/星期五 @ 10:45am 上午 – Elder Abuse Presentation / Presentación de abuso de ancianos / 預防長者虐待講座 (Cafeteria / Terrace 飯堂)**

**** Tai chi for arthritis / Tai chi para la artritis / 太極風濕班 Starts from 9/6/2022 – 11/22/2000**
Class dates in September / Fechas de clases en septiembre / 九月份上課時間: **9/6, 9/7, 9/13, 9/20, 9/21, 9/27, 9/28**

Ask Tom Yeh (646)201-4233 about the trips / Pregúntale a Tom Yeh (646)201-4233 sobre los viajes / 找葉先生詢問
9/14/2022, 9/21/2022 shopping trip to Walmart and **9/2/2022** trip to The American Museum of Nature History

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

Funded by DFTA/老人局資助