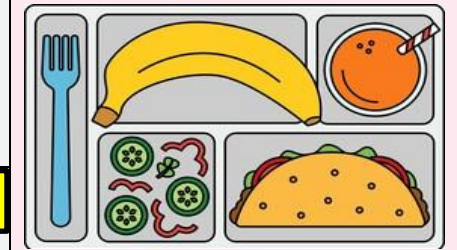


Monday/星期一	Tuesday/星期二	Wednesday/星期三	Thursday/星期四	Friday/星期五
		Hamburgers Sautéed Onions & Peppers 1 Whole Wheat Bun Normandy Blend Roasted Potatoes Tangerines 漢堡 炒洋蔥和辣椒 全麥麵包 諾曼第混合蔬菜 烤馬鈴薯 橘子	Baked Fish Lemon Sauce 2 Mashed Butternut Squash Steamed Cauliflower Nectarine 烤魚 檸檬醬 胡桃南瓜泥 蒸花椰菜 油桃	Lentil Stew w/ Carrots & Turnips 3 California Blend Vegetables Plums 胡蘿蔔燉扁豆和 蘿蔔 加州混合蔬菜 李子
Baked Chicken Breasts Mushrooms Sauce 6 Italian Blend Vegetables Sautéed Sweet Potatoes Apple 烤雞胸肉 蘑菇醬 義大利混合蔬菜 炒地瓜 蘋果	Tender Pork Medallions w/Rich Onion Sauce 7 Bowtie Pasta ½ cup Oriental Blend Vegetables Orange 嫩豬肉配洋蔥醬 領結義大利麵 ½ 杯 東方混合蔬菜 橘子	Beef Meatballs Marinara Sauce 8 Steamed Kale Tangerines 牛肉丸 義大利番茄醬 蒸羽衣甘藍 橘子	Breaded Fish Fillet Rice and Beans 9 Prince Edwards Blend Veggies Roasted Butternut Squash Nectarine 麵包魚片 米和豆類 愛德華茲王子混合蔬菜 烤南瓜 油桃	Cumin Spiced Chickpea & Tomato Stew 10 Brown Rice ½ cup Steamed Carrots Plums 孜然五香鷹嘴豆和番茄燉菜 糙米 ½ 杯 蒸胡蘿蔔 李子
Baked Chicken Cutlet Jerk Sauce 13 Rice and Beans Steamed Red or Green Cabbage Steamed Spinach Apple 烤雞排佐肉醬 米和豆類 蒸紅或綠色捲心菜 蒸菠菜 蘋果	Marinara Sauce Stuffed Shells 14 Steamed Carrots Winter Blend Vegetables Orange 義大利番茄醬 起司貝殼 蒸胡蘿蔔 冬季混合蔬菜 橘子	Beef Salisbury Steak w/ Mushrooms Sauce 15 Sautéed Mushrooms, Peppers, Onions Mashed Butternut Squash Steamed Green Beans Tangerines 索爾茲伯里牛排 配蘑菇醬 炒蘑菇、辣椒、洋蔥 胡桃南瓜泥 蒸青豆	Baked Fish Spanish Sauce 16 Rice w/ Vegetables Prince Edwards Blend Veggies Nectarine 烤魚 西班牙醬 蔬菜飯 愛德華王子混合蔬菜 油桃	Classic Black Bean Stew 17 White Rice ½ cup Steamed Zucchini Plums 經典黑豆燉菜 白飯 ½ 杯 蒸西葫蘆 李子
Baked Breaded Chicken Cutlet Spanish Sauce 20 Brown Rice ½ cup Collard Greens w/ Tomato Apple 烤麵包屑雞排 西班牙醬 糙米 ½ 杯 番茄羽衣甘藍 蘋果	Thanksgiving Special Meal Comida especial de Acción de Gracias 感恩節特別餐	Hamburger Lettuce & Tomato 22 Sautéed Onions & Peppers Whole Wheat Bun Normandy Blend Veggies Roasted Potatoes Tangerines 漢堡 生菜和番茄 炒洋蔥和辣椒 全麥麵包 諾曼第混合蔬菜 烤馬鈴薯 橘子	Thanksgiving Day Acción de gracias 23 Center Closed Centro Cerrado 感恩節 中心關閉一天	Black Friday Viernes Negro 24 Center Closed Centro Cerrado 黑色星期五 中心關閉一天
Baked Chicken Breasts Stewed Tomatoes 27 Brown Rice ½ cup Prince Edward Blend Veggies Apple 烤雞胸肉 燉西紅柿 糙米 ½ 杯 愛德華王子混合蔬菜 蘋果	Au Jus Gravy Roasted Turkey Breast 28 Mashed Butternut Squash Steamed Green Beans Orange 肉汁烤火雞胸肉 胡桃南瓜泥 蒸青豆 橘子	Beef Meatballs Marinara Sauce 29 Pasta ½ cup Steamed Kale Tangerines 牛肉丸 義大利番茄醬 義大利麵 ½ 杯 蒸羽衣甘藍 橘子	Baked Fish Mango Sauce 30 Roasted Sweet Potato Steamed Zucchini Nectarine 烤魚 芒果醬 烤地瓜 蒸西葫蘆 油桃	

(On-Site) 堂食
Lunch/Almuerzo/午餐
 12PM-1:30PM



2023

November/ Noviembre/ 十一月



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 Floor
 New York NY 10002
 646-201-4203
 格蘭街耆老中心

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–9:30am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am–9:30am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am–9:30am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am–9:30am</u> Terrace or Cafeteria 陽台或飯堂	Tai Chi Advance 太極進階班 <u>8am–9:30am</u> Terrace or Cafeteria 陽台或飯堂
Coffee & Tea (咖啡&茶) 9-10am	Coffee & Tea (咖啡&茶) 9-10am	Coffee & Tea (咖啡&茶) 9-10am	Coffee & Tea (咖啡&茶) 9-10am	Coffee & Tea (咖啡&茶) 9-10am
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 :Cafeteria 飯堂	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 :Cafeteria 飯堂	Arts & Crafts / Group Dance <u>9:30am–10:30am</u> 手工藝/中國群舞 Rm: Cafeteria 飯堂
Chinese Calligraphy 中國書法班 <u>10:30am-11:30am</u> Rm. 413		NY Tech Nurses 護士量血壓 <u>9:00am – 12:00pm</u>	Tai Chi For Beginners 太極初學者班 10:00am-11:00am Rm :Cafeteria 飯堂	SPS Nurses 護士量血壓 TBA
Bomba & Plena Class /Clase de Bomba & Plena / 拉丁舞課 <u>10:30am-11:30am</u> Rm :Cafeteria 飯堂	Hybrid 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: uu688 Line Dance 排舞班 <u>10:30am–11:30am Rm. 412</u>	Free Style Dance 社交舞班 <u>10:30am–11:30am</u> Rm. Cafeteria 飯堂	Advanced English 進階英文班 <u>10:30am-11:30am</u> Rm. 413	Chinese Chorus 中國合唱班 <u>10:30am-11:30am</u> Rm.412 Chair Yoga 椅子瑜珈 <u>10:30am-11:30am</u> 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	Zumba 有氧舞蹈 <u>1:30pm–2:30pm Rm: Cafeteria 飯堂</u>	Bingo 賓果遊戲 <u>1:30pm–3:30pm</u> Rm :Cafeteria 飯堂	Line Dance 排舞班 <u>1:30pm-2:30pm</u> Rm. 413
Chinese Painting 中國國畫班 嶺南畫派 <u>1:30pm–2:30pm</u> Rm. 413	Latin Dance Group (Temporary/ 暫時安排) <u>1:30pm-2:30pm</u> Rm. 413	Group Dance Practice (Temporary/ 暫時安排) <u>1:30pm-2:30pm</u> Rm. 413	The Sound Factory (Music Class) 音樂演奏練習 <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
	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> Studio paint class 繪畫班 <u>4:00pm-5:00pm (Kelly) Cafeteria</u>	Chinese Folk-Dance group practice 中國舞練習 <u>2:30pm–4:00pm</u> Rm. 413	

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.

11 月活動表 November / Noviembre 2023

❖ **11/10/23 – Friday / Viernes / 星期五 @ 1:15 pm 下午– GDT Movie Day / Día de la película GDT / 電影放映 (room 412 / 412 教室)**

❖ **11/9/23 – Thursday / Jueves / 星期四 @ 11:00 am – 12:00 pm 上午– Breast Cancer Prevention Presentation in Chinese / Presentación sobre la prevención del cáncer de mama en chino / 乳癌預防中文演講 (Cafetería / 飯堂)**

❖ **11/14/23 – Tuesday / Martes / 星期二 1:30 pm – 3:00 pm 下午– Puerto Rico discovery day celebration / Celebración del Día del Descubrimiento de Puerto Rico / 波多黎各發現日慶祝活動 (Cafetería / 飯堂)**

❖ **11/21/23 – Tuesday / Martes / 星期二 12:00 pm – 1:30 pm 下午– Thanksgiving Meal / Comida de acción de gracias / 感恩節大餐 (Cafetería / 飯堂)**

❖ **11/30/23 – Thursday / Jueves / 星期四 @ 11:00 am – 12:00 pm 上午– Sheila's Mental Wellness class/presentation / Sheila的心理健康課程/講座 (Cafetería / 飯堂)**

❖ **11/30/23 – Thursday / Jueves / 星期四 @ 1:30 pm – 3:00 pm 下午– November Birthday Celebration / Celebración del cumpleaños de noviembre / 十一月生日慶典 (Cafetería / 飯堂)**

Blood Pressure Screening: Every Wednesday 9:00 am – 12:00 pm

Examen de presión arterial: todos los miércoles de 9:00 a. m. a 12:00 p. m.

血壓篩查：每週三 上午 9:00 至中午 12:00

Every Wednesday **City Tech Nurses Health Presentations** from 11:15 am to 11:45 am in Room 413 / Todos los miércoles Presentación de Salud de City Tech Nurses de 11:15 am a 11:45 am en la Sala 413 / 每週三上午 11:15 至 11:45 在 413 室舉辦城市技術大學護理師健康講座

Evidence based class: Walk with ease with Tom / Camina con facilidad con Tom / 與葉先生一起輕鬆行走 – Every Wednesday from 9:30 am to 10:30 am Class dates in November: 11/1, 11/8, 11/15, 11/22 / Todos los miércoles de 9:30 am a 10:30 am Fechas de clases en noviembre: 1/11, 8/11, 15/11, 22/11 / 每週三上午 9:30 至 10:30 十一月課程日期：11/1、11/8、11/15、11/22