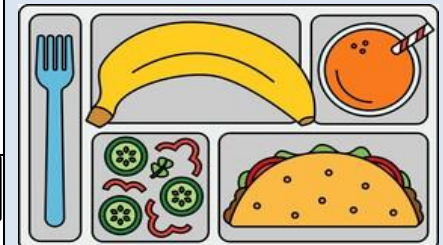


Monday/星期一	Tuesday/星期二	Wednesday/星期三	Thursday/星期四	Friday/星期五
				
<b>Chicken Stir Fry w/ Veggies</b> White Rice ½ cup Steamed Green Beans Apple 雞肉炒蔬菜 白飯 ½ 杯 蒸青豆 蘋果	<b>Cheese Lasagna Roll-ups</b> Steamed Broccoli Steamed Carrots Orange 起司千層麵卷 蒸花椰菜 蒸胡蘿蔔 橘子	<b>Beef Hamburger</b> Sautéed Onions & Peppers Whole Wheat Hamburger Bun Normandy Blend Veggies Roasted Potatoes Tangerines (2) 牛肉漢堡 炒洋蔥和辣椒 全麥漢堡麵包 諾曼第混合蔬菜 烤馬鈴薯 橘子 (2)	<b>Baked Fish w/Lemon Sauce</b> Mashed Butternut Squash Steamed Cauliflower Nectarine 烤魚 配檸檬醬 胡桃南瓜泥 蒸花椰菜 油桃	<b>Black Eyed Pea Masala</b> Brown Rice ½ cup Steamed Kale Plum 黑眼豌豆瑪莎拉 糙米 ½ 杯 蒸羽衣甘藍 李子
<b>Baked Chicken Breasts</b> Mushrooms Sauce Italian Blend Veggies Sautéed Sweet Potatoes Apple 烤雞胸肉 蘑菇醬 義大利混合蔬菜 炒地瓜 蘋果	<b>Tender Pork Medallions w/ Rich Onion Sauce</b> Bowtie Pasta ½ cup Oriental Blend Veggies Orange 嫩豬肉 洋蔥醬 領結義大利麵 ½ 杯 東方混合蔬菜 橘子	<b>Beef Meatballs</b> Marinara Sauce Pasta ½ cup Steamed Kale Tangerines (2) 牛肉丸 義大利番茄醬 義大利麵 ½ 杯 蒸羽衣甘藍 橘子 (2)	<b>Breaded Fish Fillet</b> Rice & Beans Prince Edward Blend Veggies Roasted Butternut Squash Nectarine 麵包屑魚片 米飯和豆類 愛德華王子混合蔬菜 烤南瓜 油桃	<b>Lentil Curry w/ Carrots &amp; Turnips</b> Brown Rice ½ cup California Blend Veggies Plums (2) 扁豆咖哩配胡蘿蔔和蘿蔔 糙米 ½ 杯 加州混合蔬菜 梅子 (2)
<b>Baked Breaded Chicken Cutlet</b> Jerk Sauce Rice & Beans Steamed Red or Green Cabbage Steamed Spinach Apple 烤麵包屑 雞排 米飯和豆類 蒸紅或綠色捲心菜 蒸菠菜 蘋果	<b>Marinara Sauce</b> Stuffed Shells (2) Steamed Carrots Winter Blend Veggies Orange 義大利番茄醬 起司貝殼 (2) 蒸胡蘿蔔 冬季混合蔬菜 橘子	<b>Beef Salisbury Steak w/ Mushroom Sauce</b> Sautéed Mushroom, Peppers and Onions Mashed Butternut Squash Steamed Green Beans Tangerines (2) 索爾茲伯里牛排配蘑菇醬 炒蘑菇 辣椒和洋蔥 胡桃南瓜泥 蒸青豆 橘子 (2)	<b>Baked Fish</b> Spanish Sauce Rice & Vegetables Prince Edward Veggies Nectarine 烤魚 西班牙醬 米和蔬菜 愛德華王子蔬菜 油桃	<b>Cumin Spiced Chickpea &amp; Tomato Stew</b> Brown Rice ½ cup Steamed Carrots Plums (2) 孜然五香鷹嘴豆和番茄燉菜 糙米 ½ 杯 蒸胡蘿蔔 梅子 (2)
<b>Baked Breaded Chicken Cutlet</b> Spanish Sauce 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	<b>Baked Pork Chops</b> Cacciatore Sauce Pasta ½ cup Italian Blend Veggies Steamed Spinach ¼ cup Orange 烤豬排 卡恰托雷醬 義大利麵 ½ 杯 義大利混合蔬菜 蒸菠菜 ¼ 杯 橘子	<b>Beef Hamburger</b> Lettuce & Tomato Sautéed Onions & Peppers Whole Wheat Hamburger Bun Normandy Blend Veggies Roasted Potatoes Tangerines (2) 牛肉漢堡 生菜和番茄炒洋蔥和辣椒 全麥漢堡麵包 諾曼第混合蔬菜 烤馬鈴薯 橘子 (2)	<b>Baked Fish</b> Cilantro Sauce Brown Rice ½ cup California Blend Veggies Steamed Spinach ¼ cup Nectarine 烤魚 香菜醬 糙米 ½ 杯 加州混合蔬菜 蒸菠菜 ¼ 杯 油桃	<b>Classic Black Bean Stew</b> White Rice ½ cup Steamed Zucchini Plums (2) 經典黑豆燉菜 白飯 ½ 杯 蒸西葫蘆 梅子 (2)
	<b>Baked Breaded Chicken Cutlet</b> Spanish Sauce 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		<b>Baked Fish</b> Cilantro Sauce Brown Rice ½ cup California Blend Veggies Steamed Spinach ¼ cup Nectarine 烤魚 香菜醬 糙米 ½ 杯 加州混合蔬菜 蒸菠菜 ¼ 杯 油桃	<b>Vegetables Lo Mein w/ Crispy Tofu</b> Steamed Carrots Steamed Zucchini Plums (2) 蔬菜撈麵 脆皮豆腐 蒸胡蘿蔔 蒸西葫蘆 梅子 (2)

**(On-Site) 堂食**  
**Lunch/Almuerzo/午餐**  
 12:00PM-1:30PM



**2024**  
 March / Marzo / 三月



**MENU/菜單**

All Meals A1'  
 're 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 4<sup>th</sup> Floor  
 New York NY 10002  
 Tel: 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
<b>Tai Chi Advance 太極進階班</b> <u>8am-9:30am</u>  Terrace or Cafeteria 陽台或飯堂	<b>Tai Chi Advance 太極進階班</b> <u>8am-9:30am</u>  Terrace or Cafeteria 陽台或飯堂	<b>Tai Chi Advance 太極進階班</b> <u>8am-9:30am</u>  Terrace or Cafeteria 陽台或飯堂	<b>Tai Chi Advance 太極進階班</b> <u>8am-9:30am</u>  Terrace or Cafeteria 陽台或飯堂	<b>Tai Chi Advance 太極進階班</b> <u>8am-9:30am</u>  Terrace or Cafeteria 陽台或飯堂
<b>Coffee &amp; Tea (咖啡&amp;茶) 9-10am</b>	<b>Coffee &amp; Tea (咖啡&amp;茶) 9-10am</b>	<b>Coffee &amp; Tea (咖啡&amp;茶) 9-10am</b>	<b>Coffee &amp; Tea (咖啡&amp;茶) 9-10am</b>	<b>Coffee &amp; Tea (咖啡&amp;茶) 9-10am</b>
<b>Arts &amp; Crafts</b> <u>9:30am-10:30am</u> 手工藝 Rm :Cafeteria 飯堂	<b>Arts &amp; Crafts</b> <u>9:30am-10:30am</u> 手工藝 Rm :Cafeteria 飯堂	<b>Arts &amp; Crafts</b> <u>9:30am-10:30am</u> 手工藝 Rm :Cafeteria 飯堂	<b>Arts &amp; Crafts</b> <u>9:30am-10:30am</u> 手工藝 Rm :Cafeteria 飯堂	<b>Arts &amp; Crafts / Group Dance</b> <u>9:30am-10:30am</u> 手工藝/中國群舞 Rm: Cafeteria 飯堂
<b>Chinese Calligraphy 中國書法班</b> <u>10:30am-11:30am</u> Rm. 413	<b>NY Tech Nurses 護士量血壓</b> <u>9:00am – 12:00pm Rm :Cafeteria 飯堂</u> <b>Evident Based Sail Program 長者健身課程</b> <u>9:30am – 10:20am Rm :Cafeteria 飯堂</u>	<b>Evident Based Sail Program 長者健身課程</b> <u>9:30am – 10:20am Rm :Cafeteria 飯堂</u>	<b>Tai Chi For Beginners 太極初學者班</b> <u>9:30am-10:30am</u> Rm :Cafeteria 飯堂	<b>SPS Nurses 護士量血壓</b> <u>9:00am – 12:00pm Rm :Cafeteria 飯堂</u>
<b>Bomba &amp; Plena Class /Clase de Bomba &amp; Plena / 拉丁舞課</b> <u>10:30am-11:30am</u> Rm :Cafeteria 飯堂	<b>Hybrid Computer Class 現場/線上電腦課</b> Zoom ID: 771 356 1120 Passcode 密碼: uuj688 <u>10:30am-11:30am Cafeteria 飯堂</u> (Chinese/English 中文/英文) <b>Line Dance 排舞班</b> <u>10:30am-11:30am Rm. 412</u>	<b>Free Style Dance 社交舞班</b> <u>10:30am-11:30am</u> Rm. Cafeteria 飯堂	<b>Advanced English 進階英文班</b> <u>10:30am-11:30am</u> Rm. 413	<b>Chinese Chorus 中國合唱班</b> <u>10:30am-11:30am</u> Rm.412 <b>Chair Yoga 椅子瑜珈</b> <u>10:30am-11:30am</u> Rm. 413
<b>LUNCH 午餐 12-1:30 pm</b> Rm :Cafeteria 飯堂	<b>LUNCH 午餐 12-1:30 pm</b> Rm: Cafeteria 飯堂	<b>LUNCH 午餐 12-1:30 pm</b> Rm: Cafeteria 飯堂	<b>LUNCH 午餐 12-1:30 pm</b> Rm: Cafeteria 飯堂	<b>LUNCH 午餐 12-1:30 pm</b> Rm: Cafeteria 飯堂
<b>Bingo 賓果遊戲</b> <u>1:30pm-3:30pm</u> Rm :Cafeteria 飯堂	<b>Bingo 賓果遊戲</b> <u>1:30pm-3:30pm</u> Rm :Cafeteria 飯堂	<b>Hybrid Zumba 現場/線上有氧舞蹈</b> Zoom ID: 771 356 1120 Passcode 密碼: uuj688 <u>1:30pm-2:30pm</u> Cafeteria 飯堂	<b>Bingo 賓果遊戲</b> <u>1:30pm-3:30pm</u> Rm :Cafeteria 飯堂	<b>Line Dance 排舞班</b> <u>1:30pm-2:30pm</u> Rm. 413
<b>Chinese Painting 中國國畫班 嶺南畫派</b> <u>1:30pm-2:30pm</u> Rm. 413	<b>Hybrid Computer Class 現場/線上電腦課</b> Zoom ID: 771 356 1120 Passcode 密碼: uuj688 <u>1:30pm-2:30pm</u> Rm. 413 (English/Spanish 英文/西班牙語)	<b>Chinese Traditional Dance 中國傳統舞 雙週上課 Bi-weekly</b> <u>1:30pm-2:30pm Rm413</u> <b>Date: 3/13/24 and 3/27/24 上課日期</b>	<b>The Sound Factory (Music Class)</b> 音樂演奏練習 <u>1:30pm-2:30pm</u> Rm. 413	<b>Chinese Folk-Dance group practice 中國舞練習</b> <u>2:30pm-4:00pm</u> Rm. 413
<b>Temporary Chinese Dance Practice sessions</b> <u>2:45pm-3:45pm</u> Rm. 413	<b>Formal Dance 社交舞班</b> <u>1:30pm-2:30pm Rm. 412</u>	<b>Studio paint class with Kelly 繪畫班</b> <u>4:00pm-5:00pm</u> Rm. Cafeteria 飯堂	<b>Chinese Folk-Dance group practice 中國舞練習</b> <u>2:30pm-4:00pm Rm. 413</u>	<b>WOMEN'S HISTORY MONTH</b>

## 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.

March / Marzo / 三月

2024

- **3/1/24 - Friday / Viernes / 星期五** -10:45 am – 11:45 pm – MLTC Long Term Care Presentation / Presentación sobre cuidados a largo plazo / 長期護理講座 (Cafeteria 飯堂)
- **3/1/24 - Friday / Viernes / 星期五** -1:15 pm – 3:15 pm – Social Friday - Dancing Music and snacks / Viernes Social - Baile Música y bocadillo / 社交星期五 - 舞蹈音樂和點心 (Cafeteria 飯堂)
- **3/8/24 – Friday / Viernes / 星期五** - 1:15 pm – 2:45 pm – GDT Movie Day / Dia de PELLICULA / 電影放映 (rm. 412 教室)
- **3/13/24 – Wednesday / Miércoles / 星期三** -1:30 pm – 3:00 pm – Birthday Celebration for March and 3:00 pm – 5:00 pm DFTA intergenerational Reach Out and Play / 1:30 pm – 3:00 pm Celebración de cumpleaños de marzo y 3:00 pm – 5:00 pm DFTA se acerca y juega (intergeneracional) / 1:30 pm -3:00 pm 三月份慶生會與 3:00 pm – 5:00 pm DFTA 世代桌上遊戲活動 (Cafeteria 飯堂) - No Zumba
- **3/14/24 - Thursday / Jueves / 星期四** -1:30 pm – 2:30 pm – Vocal Ease Concert / concierto vocal / Vocal Ease 演唱會 (Cafeteria 飯堂)
- **3/15/24 – – Friday / Viernes / 星期五** -11:00 am - 12:00 pm – Saint Patrick's Day / día de San Patricio / 聖派崔克節活動 (Cafeteria 飯堂) – **Raffles and special treats for lunch**
- **3/15/24 – – Friday / Viernes / 星期五** -1:45 pm - 4:45 pm – AAPI training / día de San Patricio / AAPI 訓練課程 (Cafeteria 飯堂) - **Raffles**
- **3/21/24 - Thursday / Jueves / 星期四** -11:00 am - 12:00 pm – Mental Wellness Presentation / Presentación de bienestar mental / 心理健康講座 (Cafeteria 飯堂)
- **3/22/24 - Friday / Viernes / 星期五** -9:30 am – 10:30 am – Mental Wellness Discussion Group / Grupo de discusión sobre bienestar mental / 心理健康討論小組 (room 413 教室)
- **3/26/24 – Tuesday / Martes / 星期二** -1:30 pm - 3:00 pm – Women's History Month celebration / Celebración del Mes de la Historia de Mujeres / 慶祝女性歷史月活動 (Cafeteria 飯堂) **Has DJ, No Bingo**
- **3/28/24 – Thursday / Jueves / 星期四** - 11:00 am – 11:45 am – DFTA Nutrition Class / Clase de nutrición del DFTA / 老人局營養課 (Cafeteria 飯堂)
- **3/28/24 – Thursday / Jueves / 星期四** - 1:30 pm – 3:00 pm – Easter Celebration / Celebración de Pascua / 復活節慶祝活動 (Cafeteria 飯堂) - **Has DJ, No Bingo**
- **Blood Pressure Screening: Every Tuesday and Friday in March from 9:00 am to 12:00 pm / • Examen de presión arterial: todos los martes y viernes de Marzo de 9:00 a. m. a 12:00 p. m. / 血壓篩檢：三月 每週二和週五上午 9:00 至 12:00**
- **Evidence-based exercise class SAIL Program: Starting on 3/12, Every WEDNESDAY AND THURSDAY from 9:30 am to 10:15am / Clase de ejercicio basada en evidencia Programa SAIL: A partir del 12/03, todos los MIÉRCOLES Y JUEVES de 9:30 am a 10:15 am / 長者有氧運動課程 SAIL 計畫：3月12日開始，每週三和週四上午 9:30 至 10:15**

Funded by NYC AGING / 老人局贊助