

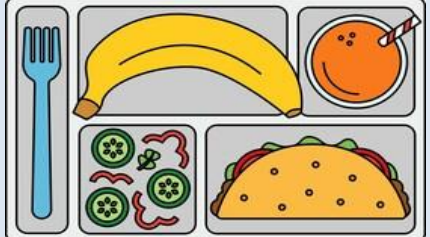


Monday/星期一	Tuesday/星期二	Wednesday/星期三	Thursday/星期四	Friday/星期五
Baked Chicken Breast Mushroom Sauce Brown Rice ½ cup Oriental Blend Veggies Apple 烤雞胸肉 蘑菇醬 糙米 ½ 杯 東方混合蔬菜 蘋果	Tender Pork Medallions w/ Rich Onion Sauce Pasta ½ cup Italian Blend Veggies Orange 嫩豬肉 洋蔥醬 義大利麵 ½ 杯 義大利混合蔬菜 橘子	Beef Meatballs Marinara Sauce Steamed Green Beans Nectarine 牛肉丸 義大利番茄醬 蒸青豆 油桃	Center closed Centro cerrado 中心關閉一天	Cumin Spiced Chickpea & Tomato Stew Brown Rice ½ cup Steamed Carrots Banana 孜然五香鷹嘴豆 番茄燉菜 糙米 ½ 杯 蒸胡蘿蔔 香蕉
Baked Chicken Breast Jerk Sauce Rice & Beans Steamed Cauliflower Apple 烤雞胸肉 肉醬 米飯和豆類 蒸花椰菜 蘋果	Mushroom Sauce Roasted Turkey Breast Homemade Mashed Potatoes Steamed Carrots Orange 蘑菇醬 烤火雞胸肉 自製土豆泥 蒸胡蘿蔔 橘子	Beef Salisbury Steak w/ Mushroom Sauce Sautéed Mushrooms, Peppers & Onions Roasted Sweet Potato Slices Steamed Green Beans Nectarine 索爾茲伯里牛排配蘑菇醬 炒蘑菇 辣椒和洋蔥 烤地瓜片 蒸青豆 油桃	Baked Fish w/ Spanish Sauce Rice w/ Veggies Prince Edward Blend Veggies Applesauce 烤魚配西班牙醬 米飯配蔬菜 愛德華王子混合蔬菜 蘋果醬	Classic Black Bean Stew White Rice ½ cup Steamed Broccoli Banana 經典黑豆燉菜 白飯 ½ 杯 蒸花椰菜 香蕉
Baked Chicken Breast Spanish Sauce Brown Rice ½ cup Steamed Green Beans Apple 烤雞胸肉 西班牙醬 糙米 ½ 杯 蒸青豆 蘋果	Baked Pork Chops Cacciatore Sauce Pasta ½ cup Italian Blend Veggies Orange 烤豬排 卡恰托雷醬 義大利麵 ½ 杯 義大利混合蔬菜 橘子	Beef Hamburger Sautéed Onions & Peppers Whole Wheat Hamburger Bun Normandy Blend Veggies Roasted Potatoes Banana 牛肉漢堡 炒洋蔥和辣椒 全麥漢堡 諾曼第混合蔬菜 烤馬鈴薯 香蕉	Baked Fish Cilantro Sauce Brown Rice ½ cup California Blend Veggies Applesauce 烤魚 香菜醬 糙米 ½ 杯 加州混合蔬菜 蘋果醬	Tasty Whole Wheat Lo Mein w/Chickpeas Steamed Broccoli & Carrots Nectarine 美味的全麥鷹嘴豆撈麵 蒸西蘭花和胡蘿蔔 油桃
Baked Chicken Breast Stewed Tomatoes 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 Roasted Sweet Potato Slices Steamed Broccoli Orange 肉汁 烤火雞胸肉 烤地瓜片 蒸花椰菜 橘子	Beef Meatballs Marinara Sauce Pasta ½ cup Steamed Carrots Nectarine 牛肉丸 義大利番茄醬 義大利麵 ½ 杯 蒸胡蘿蔔 油桃	Baked Fish Mango Sauce Whole Wheat Bread Steamed Green Beans Applesauce 烤魚 芒果醬 全麥麵包 蒸青豆 蘋果醬	Vegetarian Chili Brown Rice ½ cup California Blend Veggies Banana 素食辣椒 糙米 ½ 杯 加州混合蔬菜 香蕉
Chicken Parmesan Pasta ½ Steamed Carrots Apple 巴馬乾酪雞肉 麵食 ½ 蒸胡蘿蔔 蘋果	Turkey Meatloaf w/ Mushroom Gravy Roasted Sweet Potato Slices Steamed Broccoli Orange 火雞肉餅配 蘑菇濃汁 烤地瓜片 蒸花椰菜 橘子	Beefaroni Italian Blend Veggies Banana 比法羅尼牛肉 義大利混合蔬菜 香 蕉		

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



2024

July/Julio/七月



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
 Tel: 646-201-4203
 格蘭街耆老中心

Funded by the NYC 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 <u>9:30am-10:30am</u> 手工藝 Rm : Cafeteria 飯堂
Chinese Calligraphy 中國書法班 <u>10:30am-11:30am</u> Rm. 413	Line Dance 排舞班 <u>10:30am-11:30am</u> Rm. 412	NY Tech Nurses/SPS Nurses 護士量血壓 <u>9:00am – 12:00pm</u> Rm :Cafeteria 飯堂 Date: 7/3, 7/10, 7/17	Tai Chi For Beginners 太極初學者班 <u>9:30am-10:30am</u> Rm :Cafeteria 飯堂	Chinese Gorup Dance 中國群舞 <u>9:30am-10:30am</u> Rm: Cafeteria 飯堂
Bomba & Plena Class /Clase de Bomba & Plena / 拉丁舞課 <u>10:30am-11:30am</u> Rm :Cafeteria 飯堂	Hybrid Computer Class 現場/線上電腦課 Zoom ID: 771 356 1120 Passcode 密碼: uuj688 <u>10:30am-11:30am</u> Cafeteria 飯堂 (English with Chinese subtitle on the screen) (中文投影字幕/英文)	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</u> Cafeteria 飯堂	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	Hybrid Computer Class 現場/線上電腦課 Zoom ID: 771 356 1120 Passcode 密碼: uuj688 <u>1:30pm-2:30pm</u> Rm. 413 (英文/西班牙語投影字幕) (English with Spanish subtitle on the screen)	Chinese Traditional Dance 中國傳統舞 雙週上課 Bi-weekly <u>1:30pm-2:30pm Rm413</u> Date: 7/10/24 and 7/24/24 上課日期	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 Temporary Chinese Dance Practice sessions (for middle autumn festival) <u>2:45pm-3:45pm</u> Rm. 412	Studio paint class with Kelly 繪畫班 <u>4:00pm-5:00pm</u> Rm. Cafeteria 飯堂	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.
請加入我們的講座和特別活動。

July/Julio/七月 2024 Activities and special events calendar

- **7/3/24 - Wednesday / Miércoles / 星期三** -9:30 pm – 12:00 pm – Blood Pressure self-monitoring session/workshop / Sesión/taller de autocontrol de la presión arterial / 血壓自我監測活動 (Cafeteria 飯堂)
- **7/3/24 - Wednesday / Miércoles / 星期三** -1:30 pm – 3:00 pm – Independence Day Celebration / Celebración del Día de la Independencia / 國慶日慶祝活動 (Cafeteria 飯堂) – **No Zumba**
- **7/5/24 - Friday / Viernes / 星期五** -9:30 pm – 12:00 pm – Blood Pressure self-monitoring session/workshop / Sesión/taller de autocontrol de la presión arterial / 血壓自我監測活動 (Cafeteria 飯堂)
- **7/10/24 - Wednesday / Miércoles / 星期三** -11:10 am – 11:45 am – Health Presentation from SPS Nurses / Presentación de salud de enfermeras del SPS / 護士健康講座 (Cafeteria 飯堂) – **Free Style Dance class will start from 10:00 am to 10:50 am / La clase de Baile Estilo Libre comenzará de 10:00 am a 10:50 am / 這天趙老師跳舞課 從早上 10:00 至 10:50**
- **7/11/24 - Thursday / Jueves / 星期四** - 11:15 am – 11:50 am – Elder Abuse Presentation from NYPPD officer / Presentación sobre abuso de ancianos por parte de un oficial de policía de Nueva York / 長者防虐待講座 紐約市警察局警官主講 (Cafeteria 飯堂)
- **7/16/24 - Tuesday / Martes / 星期二** - 1:30 pm – 2:30 pm – Music class showcase / mini-concert / Showcase de clase de música/mini-concierto / 音樂課成果發表 小型演唱會 (Cafeteria 飯堂) – **No Bingo**
- **7/17/24 - Wednesday / Miércoles / 星期三** -11:00 am – 11:30 am – Health Presentation from City Tech Nurses / Presentación de salud de enfermeras del City Tech / 護士健康講座 (Room 413)
- **7/18/24 - 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)
- **7/19/24 - Friday / Viernes / 星期五** -11:00 am – 11:45 am – Hepatitis B Presentation in Cantonese / Presentación de la hepatitis B en cantonés / 乙型肝炎講座 (粵語) (Cafeteria 飯堂)
- **7/19/24 - 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)
- **7/23/24 - Tuesday / Martes / 星期二** - 1:30 pm – 2:30 pm – Vocal Ease Concert / Concierto de facilidad vocal / 百老匯演唱會 (Cafeteria 飯堂) – **No Bingo**
- **7/25/24 - 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)
- **7/30/24 - Tuesday / Martes / 星期二** - 1:30 pm – 3:00 pm – Birthday Celebration for July / Celebración de cumpleaños para Julio / 七月生日慶典 (Cafeteria 飯堂) – **No Bingo**
- **Blood Pressure Screening: Every Wednesday from 9:00 am to 12:00 pm Todos los miércoles de 9:00 am a 12:00 pm / 血壓篩檢：每逢周三 上午 9:00 至 12:00 (7/17 last day / 7/17 último día / 7/17 號最後一天)**
- **Big Apple Walk-A-Thon 2024 (walking competition) ask Tom for more information / Big Apple Walk-A-Thon 2024 (competencia de caminata) pídele a Tom más información / 走路比賽 問葉先生詳細訊息**