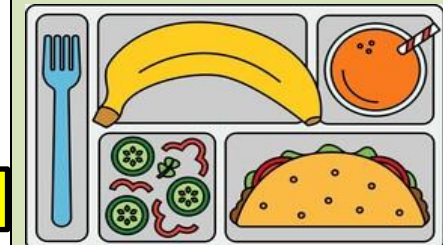


Monday/星期一	Tuesday/星期二	Wednesday/星期三	Thursday/星期四	Friday/星期五
		NEW YEAR DAY CENTER CLOSED CENTRO CERRADO 中心關閉一日	1 Baked Fish Cilantro Sauce Brown Rice ½ cup California Blend Veggies Applesauce 烤魚香菜醬 糙米 ½ 杯 加州混合蔬菜 蘋果醬	2 Smokey Black Bean & Sweet Potato Chili Whole Wheat Bread Steamed Broccoli & Carrots Nectarine 煙燻黑豆和甜馬鈴薯辣椒 全麥麵包 蒸西蘭花和胡蘿蔔 油桃
6 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	7 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	8 Beef Meatballs Marinara Sauce Steamed Carrots Nectarine 牛肉丸 番茄醬 蒸胡蘿蔔 油桃	9 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	10 Vegetarian Chili Brown Rice ½ cup California Blend Veggies Banana 素辣椒 糙米 ½ 杯 加州混合蔬菜 香蕉
13 Baked Chicken Breast BBQ Sauce Pasta ½ cup Steamed Carrots Apple 烤雞胸肉 燒烤醬 義大利麵 ½ 杯 蒸胡蘿蔔 蘋果	14 Turkey Meatloaf w/ Mushroom Gravy Roasted Sweet Potato Slices Steamed Broccoli Orange 火雞肉餅配蘑菇汁 烤地瓜片 蒸花椰菜 橘子	15 Beefaroni Italian Blend Veggies Banana 牛肉比法羅尼 義大利混合蔬菜 香蕉	16 Baked Fish Stewed Tomato Sauce Pasta ½ cup Steamed Green Beans Applesauce 烤魚 燉番茄醬 義大利麵 ½ 杯 蒸青豆 蘋果醬	17 Mediterranean Stewed Chickpeas Brown Rice ½ cup Prince Edward Blend Veggies 地中海燉菜 鷹嘴豆 糙米 ½ 杯 愛德華王子混合蔬菜
20 MLK DAY CENTER CLOSED CENTRO CERRADO 中心關閉一日	21 Apricot-Glazed Pork Chops Steamed Green Beans Whole Wheat Bread Orange 杏釉豬排 蒸青豆 全麥麵包 橘子	22 Beef Hamburger Sautéed Onions & Peppers Normandy Blend Veggies Roasted Potatoes Nectarine 牛肉漢堡 炒洋蔥和辣椒 諾曼第混合蔬菜 烤馬鈴薯 油桃	23 Baked Fish Lemon Sauce Roasted Sweet Potato Slices Steamed Cauliflower Applesauce 烤魚檸檬醬 烤地瓜片 蒸花椰菜 蘋果醬	24 Aromatic Lentil Stew w/ Carrots & Turnips Brown Rice ½ cup California Blend Veggies Banana 芳香燉扁豆 胡蘿蔔和蕪菁 糙米 ½ 杯 加州混合蔬菜 香蕉
27 Baked Chicken Breasts Mushroom Sauce Brown Rice ½ cup Italian Blend Veggies Applesauce 烤雞胸肉 蘑菇醬 糙米 ½ 杯 義大利混合蔬菜 蘋果醬	28 Tender Pork Medallions w/ Rich Onion Sauce Homemade Mashed Potatoes Oriental Blend Veggies Orange 嫩豬肉配洋蔥醬 自製土豆泥 東方混合蔬菜 橘子	29 Beef Meatballs Marinara Sauce Pasta ½ cup Steamed Green Beans Nectarine 牛肉丸 番茄醬 義大利麵 ½ 杯 蒸青豆 油桃	30 Apricot Glazed Fish Roasted Sweet Potatoes Slices Prince Edward Veggies Applesauce 杏釉魚 烤地瓜片 愛德華王子蔬菜 蘋果醬	31 Cumin Spiced Chickpea & Tomato Stew Brown Rice ½ cup Steamed Carrots Banana 孜然五香鷹嘴豆和番茄燉菜 糙米 ½ 杯 蒸胡蘿蔔 香蕉

**(On-Site) 堂食
Lunch/Almuerzo/午餐**

12:00PM-1:30PM



2025
January / Enero / 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
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 (Individual Project) <u>9:30am-10:30am</u> 手工藝 Rm :Cafeteria 飯堂	Arts & Crafts Workshop <u>9:00am-10:00am</u> 手工藝 Rm :Cafeteria 飯堂	Arts & Crafts (Individual Project) <u>9:30am-10:30am</u> 手工藝 Rm :Cafeteria 飯堂	Arts & Crafts Workshop <u>9:00am-10:00am</u> 手工藝 Rm :Cafeteria 飯堂	Arts & Crafts Workshop <u>9:00am-10:00am</u> 手工藝 Rm : Cafeteria 飯堂
Latin Dance Practice 拉丁舞練習 9:30 am – 10:30 am Cafeteria 飯堂	NY Tech Nurses BP Screening 護士量血壓 TBA Line Dance 排舞班 10:30am-11:30am Rm. 412	SPS Nurses BP Screening 護士量血壓 TBA Latin Dance Exercise class 拉丁舞運動課 9:30 am – 10:15 am Rm :Cafeteria 飯堂	Tai Chi For Beginners 太極初學者班 <u>9:30am-10:30am</u> Rm :Cafeteria 飯堂	Chinese Group Dance 中國群舞 <u>9:30am-10:30am</u> Rm: Cafeteria 飯堂
Chinese Calligraphy 中國書法班 <u>10:30am-11:30am</u> Rm. 413	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 12-1:15 pm Rm :Cafeteria 飯堂	LUNCH 午餐 12-1:15 pm Rm: Cafeteria 飯堂	LUNCH 午餐 12-1:15 pm Rm: Cafeteria 飯堂	LUNCH 午餐 12-1:15 pm Rm: Cafeteria 飯堂	LUNCH 午餐 12-1:15 pm Rm: Cafeteria 飯堂
Bingo 賓果遊戲 <u>1:15pm-2:45pm</u> Rm :Cafeteria 飯堂	Bingo 賓果遊戲 <u>1:15pm-2:45pm</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>1:15pm-2:45pm</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	Formal Dance 社交舞班 <u>1:30pm-2:30pm</u> Rm. 412 Chinese Dance Practice sessions <u>2:45pm-4:00pm</u> Rm :Cafeteria 飯堂	Chinese Traditional Dance 中國傳統舞 Weekly Class now <u>1:30pm-2:30pm</u> Rm413	The Sound Factory (Music Class) 音樂演奏練習 <u>1:30pm - 2:30pm</u> Rm. 413	Chinese Folk-Dance group 中國舞練習 <u>3:00pm-4:00pm</u> Rm. Cafeteria 飯堂
Mahjong and Card Games 麻將 1/2 <u>3:00 pm – 5:00 pm Rm. Cafeteria 飯堂</u>				
		Studio paint class with Kelly 繪畫班 <u>3:00pm-4:30pm</u> Rm. Cafeteria 飯堂	Chinese Folk-Dance group 中國舞練習 <u>3:00pm – 4:00pm</u> Rm. Cafeteria 飯堂	

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。

January / Enero / 一月 Activities and special events

1/11/25 – Wednesday / Miércoles / 星期三 - Center Closed / Centro Cerrado / 中心關閉一天

• **1/13/25 - Friday / Viernes / 星期五**-1:15 pm – 2:45 pm – Three Kings Celebration / Celebración de Reyes Magos / 三王慶典 (Cafeteria 飯堂)

• **1/9/25 - Thursday / Jueves / 星期四** -11:00 am – 11:45 am – NYC Aging Nutrition Class / Clase de nutrición del NYC Aging / 老人局營養課 (Cafeteria 飯堂)

• **1/10/25 - Friday / Viernes / 星期五**-1:15 pm – 2:45 pm – GDT Movie Day / Dia de PELICULA / 電影放映 (Cafeteria 飯堂)

• **1/17/25 - Friday / Viernes / 星期五**-11:15 am – 11:45 am – MLK Day AM event / Evento del Día de MLK por la mañana / 馬丁路德金紀念日上午活動 (Cafeteria 飯堂)

• **1/20/25 – Monday / Lunes / 星期一 - Center Closed / Centro Cerrado / 中心關閉一天**

• **1/24/25 - Friday / Viernes / 星期五 – Lunar New Year Celebration / Celebración del Año Nuevo Lunar / 農曆新年慶祝活動 TBA**

• **1/30/25 - Thursday / Jueves / 星期四**-11:15 am – 11:45 am – Glaucoma Month Video Presentation / Presentación en vídeo del Mes del Glaucoma / 青光眼月影片講座 (Cafeteria 飯堂)

• **1/31/25 - Friday / Viernes / 星期五** 1:15 pm – 2:45 pm – Birthday Celebration for January / Celebración de cumpleaños para enero / 一月份生日慶祝活動 (Cafeteria 飯堂)

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