



SEPTEMBER 2021 WEEKLY PROGRAMS

Additional Information on Special Events Page

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		WEEKEND
Large Dining Room (LDR)	11:30	Music to Dine For	2:30	Poetry Writing and Analysis (2:30-4:00)	12:00 1:00	Chess (1st/3rd week) Sing-A-Long with Ted			4:00	Piano with Koji	WEEKEND CLASSES ARE VIRTUAL ONLY SATURDAY: <i>10am Martial Arts</i> <i>11am Tai Chi (see note)</i> SUNDAY <i>11am Be Kind to Your-Self-Care</i> *** Activities may end before the hour to allow for room and Zoom transitions.
Small Dining Room (SDR)	12:00 2:00	Abstract Art Spanish	11:00 1:00	Coffee Talk: A Morning Chat Group Art Recyclables	11:30 3:00	Abstract Art Movie Show	12:00 1:00 3:00 4:00	Men's Group Art Class (water-based) Contemporary Poetry Gardening	10:00 1:00	Art Recyclables Theater Workshop	
Computer Room (CR)	9:00 11:00 12:00 1:30 3:00	Open Lab (9-11am) Tech Talk Open Lab (12-1:30pm) Computer Lab w/David Open Lab (3-4:30pm)	9:00 11:00 12:00 1:30 3:00	Open Lab (9-11am) Tech Talk Open Lab (12-1:30pm) Computer Lab w/David Open Lab (3-4:30pm)	9:00 11:00 12:00 1:30 3:00	Open Lab (9-11am) Tech Talk Open Lab (12-1:30pm) Computer Lab w/David Open Lab (3-4:30pm)	9:00 11:00 12:00 1:30 3:00	Open Lab (9-11am) Tech Talk Open Lab (12-1:30pm) Computer Lab w/David Open Lab (3-4:30pm)	9:00 11:00 12:00 1:30 3:00	Open Lab (9-11am) Tech Talk Open Lab (12-1:30pm) Computer Lab w/David Open Lab (3-4:30pm)	
The Annex 111A W71 Street (ANX)	11:00 2:00 3:00	Nutrition (2x/month) Strength & Balance Art Studio	1:00 2:00 3:15	Healthy Aging Discussion Group Qigong (see note) Art Studio	2:00 3:00	KinesioMoves Art Studio	11:00 3:00	BellyBolly Moves Meditative Movement	10:00 11:00 1:00 2:00	Walking Club (Starts 9/17) Life Model Drawing Strength & Balance Art Studio	
Virtual on Zoom (ZM)	10:00 1:00 1:00 1:00	Chair Yoga Age Perfect Pilates Concerts in Motion: Motown, Soul and R&B Chinese Brush Painting	1:00	Concerts in Motion: Motown, Soul and R&B	11:30 2:00 3:00 4:00	Zumba Gold Ancient Medicinal Remedies w/Ramona Chair Dance Awareness through Movement	1:00 1:00	Concerts in Motion: Motown, Soul and R&B Yoga Philosophy	11:00 1:00 4:00	Nutrition (2X/month) Concerts in Motion: Motown, Soul and R&B Reiki	

SEPTEMBER 2021 SPECIAL EVENTS

Saturdays, September 4th & 25th at 11am
 Time for Music & Art
 Speaker: Kwanda Simmons-Pryor
 Zoom ID: [860 9280 6210](#)

A musical and art curated class where we discuss a particular artist, the music that relates to that genre of art as well as understanding how they co-exist. Music and Art is a language we all understand, and we hope is that it not only leads to new information but also evokes emotion.

Tuesday, September 21st at 1pm
 Elder Abuse Workshop w/Carder Burden
 Speaker: Jeff Boulware
 Location: LDR

Elder abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. The abuse occurs at the hands of a caregiver or a person the elder trusts. Learn to identify the risks and help.

Tuesday, September 28th at 11am
 Medicare Basics
 Speaker: Medicare Rights Organization
 Zoom ID: [964 8502 3812](#)

Medicare provides health coverage and access to 60 million older adults and people with disabilities. While it is a lifeline for many, there are critical gaps in the benefit that MRO helps address.

Thursday, September 30 at 1pm
 Benefits & Entitlement Assistance
 Speaker: LiveOnNYC
 Location: LDR

LiveOn will help screen you for eligibility, assist you with an application, submit your application to HRA for you SNAP, Medicaid/Medicare, Cash Voucher, HEAP, & SCRIE/DRIE.

Thursday, September 30 at 4pm
 Identifying Scam Emails
 Speaker: Teens Teaching Technology
 Zoom ID: [833 4580 9425](#)

What are scam emails? How do you avoid them? Find out the indicators of suspicious emails and what to do next.

Thursday, September 30th, at 12-1pm
Falls Prevention Workshop
 w/Columbia Occupational Therapy Students
 Location: ANX

In recognition of National Falls Prevention Awareness Week, we are hosting students from the Occupational Therapy master's program at Columbia University. They will provide education, screening, and practical falls prevention solutions.

Nutrition Kitchen

- **Fri., 9/10, 11am (ZM)** – *Shake Up Your Nutrition – Healthier Smoothies*
- **Mon., 9/20, 11am (ANX)** – *Organic v Not Organic: Discussion of the Differences*
- **Fri., 9/24, 11am (ZM)** – *Ancient Grains*
- **Mon., 9/27, 11am (ANX)** – *The Role of the FDA & USDA in Food Production and Security*

Nutrition Zoom ID: 978 4901 0079

Wellness Fair

Thursday, September 23rd, 3–5pm
Location: The Annex
(On Site Only)

Come for brief presentations and talks with experts on various topics including:

- Sleeping Well in Stressful Times
- Joyful Nutrition 101
- Cancer Prevention

Notes, Cancellations & Changes:

- The Center will be closed for Labor Day on 9/6
- Jennifer B. will return to teach **Chair Yoga & Yoga Philosophy** on Zoom Only on 9/9

- **Awareness Through Movement** returns on 9/8
- **Zumba Gold** is cancelled on 9/15
- **Concert in Motion** is cancelled on 9/28

- **Qigong** will resume on Tuesdays at 2pm on 9/14
- **Tai Chi** will resume on Saturdays at 11am on 9/18

COVID safety distancing and proper mask wearing remain in effect.



Programs Funded by New York City Department for the Aging

Directory of Activity Zoom Meeting IDs (listed alphabetically)	Hamilton Senior Center Staff
<p>963 9014 6417Abstract Art w/Susan M. 952 8127 4571Age Perfect with Pilates w/Dallas F. 948 2786 3175Ancient Medicinal Remedies w/Ramona M. 967 7133 8697Art Class w/Geoffrey G. 985 6549 2345Art Recyclables w/Susan M. 939 3224 9569Awareness Through Movement w/Madeline R. 922 2568 0498Be Kind to Your-Self Care w/Sokie L 953 6784 4270Belly Bolly w/Andrea B. 969 7486 1805Chair Dance w/Jessica C. 928 9664 9919Chair Yoga w/Jennifer B. 964 8502 3812Chinese Brush Painting w/Jade L. 964 8502 3812Concerts in Motion: Motown, Soul, and R&B 937 0002 2038Qigong & Tai Chi w/Ken G. 992 2796 2078Gardening w/Gwenn F. 848 4913 3601Healthy Aging Discussion Group w/Rachel E. 922 2568 0498KinesoMoves w/Rachel E. 921 7391 1462Martial Arts w/David S. 958 4682 3235Meditative Movement w/Thea P. 860 5155 3747Movie Show w/Johnnie A. 978 4901 0079Nutrition Kitchen (various Registered Dietitians) 947 2193 9596Poetry w/Chocolate W. 937 0002 2038Qigong/Tai Chi w/Ken G. 967 6404 7290Reiki w/Boshko B. 952 2711 0937Spanish w/Edwin D. 950 3733 1227Strength & Balance w/Rachel 912 7458 7162Theater Workshop w/Edwin D. 884 0727 6250Walking Club 982 1005 0053Yoga Philosophy w/Jennifer B. 980 7867 7502Zumba Gold w/Tia H.</p>	<p>Director: Melissa Johnson-Bowen Senior Assistant Director: Daniel Young Social Work: Irene Friedland Program Coordinator (Health & Wellness): Rachel Eisenman Program Coordinator (Education & Recreation): Johnnie Abreu Assistant Program Coordinator (Data): Jose Hernandez Receptionist: Ramona Mitchell Food Service Manager: Garriet Johnson Cook: Tyiesha Robinson Kitchen Aides: Sharon Headen, Latoya Scott Maintenance: Eddie Lisboa Jr., Anthony Thomas</p>
	<p style="text-align: center;">Check Out Our Other Project FIND Centers</p> <p><u>Coffeehouse</u>: 331 West 42nd St. between 8th and 9th Ave. (646-545-4621) Monday to Friday: Lunch (10:30am-12:30pm) and Activities Operation Hours: 9am-5pm</p> <p><u>Clinton</u>: 530 West 55th St. (212-757-2026) Monday to Friday: Lunch (12pm-1:15pm) and Activities Operation Hours: 9am-5pm</p> <p><u>Woodstock</u>: 127 West 43rd St. (212-575-0693) Monday to Friday: Lunch (11am – 1pm) and Activities Operation Hours: 9am-5pm</p>



Project FIND Hamilton Senior Center
 141 West 73rd Street
 New York, NY 10023
 Ph: 212-787-7710, Fax 212-580-1092

September 2021 Lunch Menu

www.projectfind.org
<https://twitter.com/FINDaid>
<http://facebook.com/projectfind>

E-mail: mbowen@projectfind.org
dyoung@projectfind.org

Lunch Served from 11:00-1:30pm
 Bread, Milk and Coffee or Tea Served Daily
 Voluntary Contribution of \$1.75

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Rosemary Chicken Yellow Rice and Pigeon Peas Collard Greens with Tomato Pear	Basil Quinoa Stuffed Peppers Red Bliss Potatoes Sautéed String Beans Peach	Teriyaki Baked Fish Egg Noodles California Blend Vegetables Honeydew
6	7	8	9	10
Center Closed Labor Day	Italian Roasted Pork Brown Rice with Pigeon Peas Sautéed Spinach Orange	Sewed Catfish (Bacalao Fresco Guisado) Yuca with Onions Stewed Okra and Tomatoes Plum	Baked Chicken Thigh Brown Rice with Mushrooms Italian Blend Vegetables Cantaloupe	Bean Burrito with Whole Wheat Tortilla Steamed Carrots and Green Beans Kiwi
13	14	15	16	17
Fish with Mushrooms, Peppers, and Tomatoes Stewed Baked Yams Kale with Tomato Pear	Arroz con Pollo (Chicken Breast and Rice) Baby Carrots with Parsley Plum	Eggplant Parmesan Egg Noodles Roasted Zucchini Cantaloupe	Spanish Style Catfish Pasta Broccoli and Red Peppers Apple	California Turkey Meatloaf Cous Cous California Blend Vegetables Honeydew
20	21	22	23	24
Vegetable Biryani with Chickpeas Italian Blend Vegetables Cantaloupe	Chinese Style Roast Pork Loin Egg Noodles Baby Carrots with Parsley Banana	Baked Fish Marsala with Mushrooms Baked Brown Rice Pilaf Normandy Blend Kiwi	BBQ Chicken Leg Quarters Baked Sweet Potato Beets and Baby Carrots with Dill Orange	Baked Fish with Cream Sauce Cous Cous Broccoli and Red Peppers Honeydew
27	28	29	30	
BBQ Chicken Leg Quarters Steamed Corn on the Cob Collard Greens Watermelon	Stewed Codfish (Bacalao Fresco Guisado) Black Beans and Rice Corn and Peas Orange	Eggplant Parmesan Egg Noodles Broccoli with Toasted Garlic Cantaloupe	Arroz con Pollo (Chicken Breast and Rice) Baked Ziti with Ricotta Garden Salad Honeydew	