

PROJECT FIND COFFEEHOUSE PRESSLINE

PHONE: 646-545-4621 FAX: 646-532-2421

Director: Kathleen Mohamed
Assistant Director: Cesar Perez
Assistant Program Coordinator: Jihad Moore
Cook: Russell Luke
Second Cook: Horace Hedgepeth
Kitchen Aide: Maria Marte
Maintenance: Jaquan Lawren

Social Worker: Karen O'Savio

Center Information

Membership is Free, you must be 60 years old or older
Hours of Operation: Monday thru Friday 8:30 am - 5:00 pm.
Breakfast-Postponed until further notice.
Lunch is served every day from 10:30 am - 12:30 pm for a Voluntary contribution of \$1.75

Project FIND and NYC Department for the Aging strongly caution against taking food from the premises.
Improperly reheated food can cause serious illness.

| Upcoming Events/Trips | Director's Corner |
|---|---|
| Bingo-every Monday Tuesday Tech Day Music and a Meal Dance Party | Dear Members, Welcome Back! Come in for Lunch or a Grab & Go meal. Meet friends or Use the computer lab. Join us on Friday for a dance party. COVID Safety Protocols in Effect. |
| Coffeehouse Corner | <h3 data-bbox="774 1027 1069 1060">Social Worker's Corner</h3> <p data-bbox="801 1060 1042 1092">Karen O'Savio</p> <p data-bbox="801 1092 1042 1125">646-545-4621 ext: 320</p> <p data-bbox="827 1125 1016 1157">Monday - Friday</p> <p data-bbox="827 1157 1016 1190">8:30 AM - 4:30PM</p> <p data-bbox="827 1222 1016 1255">Appt. &Walk- in</p> <p data-bbox="672 1287 1177 1399">Karen O'Savio can provide assistance with SCRIE and DRIE, SNAP, Medical Issues, Legal Assistance, SSI, Medicare Savings Program, Medicare Advantage, Housing Issues, etc.</p> |
| Project FIND Centers | |
| Interpreter Services are available, please speak to the social worker if needed. | |
| <p>Hamilton- 212-787-7710 141 West 73 Street (Mon-Fri: Lunch, Activities) Mon - Fri: 9:00am -5:00pm</p> <p>Woodstock- 212-575-0693 127 West 43 Street (Lunch & Activities) Monday- Friday: 9:00am -5:00pm</p> <p>Clinton- 212-757-2026 530 West 55 Street (Mon-Fri: Lunch and Activities) Mon - Friday 9:00am- 5:00pm</p> | |





www.projectfind.org

<https://twitter.com/FINDaid>

<http://facebook.com/projectfind>

Like us at <http://facebook.com/projectfind>

Project FIND Coffeehouse Senior Center
331 West 42nd Street
New York, NY 10036
(646)545-4621,

E-mail: kmohamed@projectfind.org
cperez@projectfind.org

Grab and Go Lunch Menu

Lunch Served Monday to Friday from 10:30 am - 12:30 pm


October 2021

Suggested Contribution: \$1.75

Fresh Fruit can be requested in place of any dessert

Funded Under Contract with the NYC Department for the Aging

Menu Subject to Change

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|--|
| | | | | 1 |
| All participants must wear a mask And complete a health screening prior to getting meal. |  | | | Coconut Curried Codfish Brown rice with Kidney Beans Sautéed Spinach Canned Pineapple Whole Wheat Bread Milk |
| | | | | |
| 4 | 5 | 6 | 7 | 8 |
| Baked Ziti with Meat sauce California Blend Vegetable Apple Whole Wheat Bread Milk | Lemon Chicken Pasta with Sweet Peas Collard Greens with Tomato Banana Whole Wheat Bread Milk | Spanish Style Beef Stew Black Beans and Rice Sautéed Spinach Canned Pineapple Whole Wheat Bread Milk | Baked Asian Style Honey Chicken Cheddar Baked Potato Oriental Blend Vegetable Canned Mandarin Oranges Whole Wheat Bread Milk | Baked Tilapia Brown Rice with Pigeon Peas Broccoli with Red Peppers Banana Whole Wheat Bread Milk |
| 11 | 12 | 13 | 14 | 15 |
| Honey Mustard Chicken Breast Garlic Rosemary Roasted Potatoes Broccoli with Red Peppers Orange Whole Wheat Bread Milk | Beef and Broccoli Confetti Brown Rice Baby Carrots with Parsley Canned Pineapple Whole Wheat Bread Milk | Beef Meatloaf Mashed Potato Italian Blend Vegetables Canned Apricots Whole Wheat Bread Milk | Chicken Fricassee Brown Rice with Pigeon Peas Baby Carrots with Parsley Apple Whole Wheat Bread Milk | Baked Salmon Orzo with Vegetables Kale with Tomato Canned Mandarin Oranges Whole Wheat Bread Milk |
| 18 | 19 | 22 | 23 | 24 |
| Chili Con Carne Perfect White Rice California Blend Vegetable Pear Milk | BBQ Chicken Quarters Baked Red Potato Wedges Baby Carrots with Parsley Canned Pineapple Whole Wheat Bread Milk | Beef Salisbury Steak with Egg Noodles Collard Greens with Tomato Apple Whole Wheat Bread Milk | Chicken Jambalaya Sautéed Spinach Tangerine Whole Wheat Bread Milk | Baked Fish Brown Rice with Pigeon Peas Italian Blend Vegetable Canned Mandarin Oranges Whole Wheat Bread Milk |
| 25 | 26 | 27 | 28 | 29 |
| Beef and Broccoli Bowtie Pasta California Blend Vegetable Tangerine Whole Wheat Bread Milk | Coconut Curried Chicken Breast Yellow Pigeon Peas and Rice Baby Carrots with Parsley Pear Whole Wheat Bread Milk | Meaty Baked Ziti (Dairy Free) Collard Greens with Tomato Canned Pineapple Whole Wheat Bread Milk | Baked Chicken Quarters O'Brien Potatoes Kale and Lemon Apple Whole Wheat Bread Milk | Baked Fish Oreganata Confetti Brown Rice Italian Blend Vegetable Orange Whole Wheat Bread Milk |

Menu Subject to change



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 New York, NY 10036
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 E-mail: kmohamed@projectfind.org

HOURS OF OPERATION:
 9am-5pm
 Open Computer Lab 8:30am-4:30pm

October 2021

Visit our Website at www.projectfind.org
 Follow us at <https://twitter.com/FINDaid>
 Like us at <http://facebook.com/projectfind>

Activities/Special Events

Subject to change

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--------------------|-----------------------------|--------------------|----------------------------------|--------------------|---|--------------------|---|--------------------|------------------|
| Time | Activity | Time | Activity | Time | Activity | Time | Activity | Time | Activity |
| | | | | | | | | 10:45: AM | Movie and a Meal |
| 4 (Onsite) | | 5 (Onsite) | | 6 (Onsite) | | 7 (Onsite) | | 8 (Onsite) | |
| 10:30 AM | Bingo w/Jihad M. | 11:30 PM | Tech Class w/Jihad M. (In-house) | | | 10:45 AM | Shake Rattle and Roll & Brunch w/Jihad (In-house) | 10:45 AM | Movie and a Meal |
| | | | | | | 1:00pm | Jewerly Making workshop w/Dustee H. | | |
| 11 (Onsite) | | 12 (Onsite) | | 13 (Onsite) | | 14 (Onsite) | | 15 (Onsite) | |
| 10:30 AM | Bingo w/Jihad M. (In-house) | 11:30 PM | Tech Class w/Jihad M. (In-house) | | | 10:45 AM | Shake Rattle and Roll & Brunch w/Jihad (In-house) | 10:45 AM | Movie and Meal |
| | | | | | | | | | |
| 18 (Onsite) | | 19 (Onsite) | | 20 (Onsite) | | 21 (Onsite) | | 22 (Onsite) | |
| 10:30 AM | Bingo w/Jihad M. (In-house) | 11:30 PM | Tech Class w/Jihad M. (In-house) | 12:00 PM | Cutural Art Class w/Sigfrido Benitez(New) | 10:45 AM | Elder Abuse Workshop w/Karen O. Shake Rattle and Roll & Brunch w/Jihad (In-house) | 10:45 AM | Movie and a Meal |
| | | | | | | | | | |
| 25 (Onsite) | | 26 (Onsite) | | 27 (Onsite) | | 28 (Onsite) | | 29 (Onsite) | |
| 10:30 AM | Bingo w/Jihad M. (In-house) | 11:30 PM | Tech Class w/Jihad M. (In-house) | 12:00 PM | Cutural Art Class w/Sigfrido Benitez(New) | 10:45 AM | Shake Rattle and Roll & Brunch w/Jihad (In-house) | 10:45 AM | Movie and a Meal |
| | | | | | | 1:00pm | Jewerly Making workshop w/Dustee H. | | |

Subject to change



Virtual Programing Schedule

Monthly Calendar – Coffeehouse Senior Center - October 2021

Our programs are funded by DFTA, offered on Zoom, and for adults living in New York City age 60+. For help logging into Zoom, please contact the number listed next to the program. We will assist you.

[Click Here for Project FIND Website](#)

Mondays

| Date & Time | Program | Contact # | Login Details |
|---------------------------------|---------------------------------|--------------|---|
| 10:30am-11:30am Every Monday | Bingo w/Jihad M. | 656-545-4621 | Meeting ID: 894 0652 7482 Click here |
| 1:pm-2pm Every Tuesday | BellyBolly Moves w/Andrea B. | 656-545-4621 | Meeting ID 250 786 7284 Click here |

Tuesdays

| Date & Time | Program | Contact # | Login Details |
|---|--------------------------|--------------|---|
| 10:30am-11:30am 10/19/21 10/26/21 | Natural Care w/Carmen C. | 656-545-4621 | Meeting ID: 945 8274 3252 Click here |
| 11:30am12:30pm | Tech Class w/Jihad M. | 656-545-4621 | Meeting ID: 891 2251 9073 Click here |
| 1pm-2pm | Sit to be Fit w/Dayle P. | 646-545-4621 | Meeting ID: 963 6377 4899 Click here |

Wednesdays

| Date & Time | Program | Contact # | Login Details |
|-------------|---------------------------------------|--------------|---|
| 12pm-1pm | Spanish for Beginners w/Natalie N. | 656-545-4621 | Meeting ID: 931 2942 7844 Click here |
| 1pm-2pm | Salsa Class w/Natalie N. | 656-545-4621 | Meeting ID: 931 2942 7844 Click here |

Thursdays

| Date & Time | Program | Contact # | Login Details |
|---|---|--------------|--|
| 11am-12pm 10/7/21 10/21/21 | Variety Concert Workshop. | 656-545-4621 | Meeting ID: 869 9164 0881 Click here |
| 4pm-5pm Every Thursday | Teens Teach Technology <ul style="list-style-type: none"> • Lesson 1: Entertainment • Lesson 2: Scam Emails • Lesson 3: Gmail • Lesson 4: Family Communications Apps | 656-545-4621 | Special Zoom Links: 10/4 Click Here 10/11 Click Here 10/18 Click Here 10/25 Click Here |

Fridays

| Date & Time | Program | Contact # | Login Details |
|--|--|------------------------------|---|
| 12pm-1pm 10/22/21 | Special: Happy Halloween Costume Party/Jihad M. | 212-575-0693 656-545-4621 | Tentative Meeting ID: 851 7620 3702 Click here |
| 12pm-1pm Every Friday | Latin/Spanish Concert Special. | 212-575-0693 656-545-4621 | Meeting ID: 835 6035 3700 Click here |