


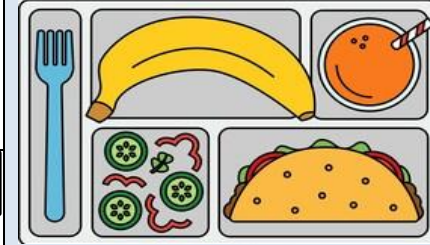


Monday/星期一	Tuesday/星期二	Wednesday/星期三	Thursday/星期四	Friday/星期五
			Baked Fish Stewed Tomato Sauce Pasta ½ cup Steamed Green Beans Applesauce 烤魚燉番茄醬 義大利麵 ½ 杯 蒸青豆 蘋果醬	Mediterranean Stewed Chickpeas Brown Rice ½ cup Prince Edward Blend Veggies Nectarine 地中海燉菜 鷹嘴豆 糙米 ½ 杯 愛德華王子混合蔬菜 油桃
Chicken Stir Fry w/ Veggies White Rice ½ cup Steamed Broccoli Apple 雞肉炒 蔬菜 白飯 ½ 杯 蒸花椰菜 蘋果	Apricot-Glazed Pork Chops Whole Wheat Bread Steamed Green Beans Orange 杏釉豬排 全麥麵包 蒸青豆 橘子	Beef Hamburger Sautéed Onions & Peppers Normandy Blend Veggies Roasted Potatoes Nectarine 牛肉漢堡 炒洋蔥 & 胡椒 諾曼第混合蔬菜 烤馬鈴薯 油桃	Baked Fish Lemon Sauce Roasted Sweet Potatoes Slices Steamed Cauliflower Applesauce 烤魚 檸檬醬 烤甜洋芋片 蒸花椰菜 蘋果醬	Aromatic Lentil Stew with 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
Baked Chicken Breasts Mushroom Sauce Brown Rice ½ cup Italian Blend Veggies Apple 烤雞胸肉 蘑菇醬 糙米 ½ 杯 義大利混合蔬菜 蘋果	Tender Pork Medallions w/ Rich Onions Sauce Mashed Potatoes Oriental Blend Veggies Orange 嫩豬肉 洋蔥醬 馬鈴薯泥 東方混合蔬菜 橘子	Beef Meatballs Marinara Sauce Pasta ½ cup Steamed Green Beans Nectarine 牛肉丸 義大利番茄醬 義大利麵 ½ 杯 蒸青豆 油桃	Apricot Glazed Fish Prince Edward Veggies Roasted Sweet Potatoes Slices Applesauce 杏釉魚 愛德華王子蔬菜 烤甜 洋芋片 蘋果醬	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 Breasts Jerk Sauce Rice & Beans Steamed Cauliflower Apple 烤雞胸肉 混蛋醬 米飯和豆類 蒸花椰菜 蘋果	Mushroom Sauce Roasted Turkey Breast Mashed Potatoes Steamed Carrots Orange 蘑菇醬 烤火雞胸肉 馬鈴薯泥 蒸胡蘿蔔 橘子	Beef Salisbury Steak w/ Mushroom Sauce Sautéed Mushrooms, Peppers & Onions Roasted Potatoes Slices Steamed Green Beans Sautéed Onions & Peppers Normandy Blend Veggies Roasted Potatoes Banana 牛肉漢堡 炒洋蔥和辣椒 諾曼第混合蔬菜 烤馬鈴薯 香蕉	Baked Fish Spanish Sauce Rice w/Veggies Prince Edwards Veggies Applesauce 烤魚 西班牙醬 米飯配蔬菜 愛德華王子蔬菜 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 Breaded Chicken Cutlet Spanish Sauce Brown Rice ½ cup Sautéed Onions & Peppers Apple 烤麵包屑 雞排 西班牙醬糙米 ½ 杯 炒洋蔥和辣椒 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		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	Smokey Black Bean & Sweet Potato Chili Whole Wheat Bread Steamed Broccoli Steamed Carrots Nectarine 煙燻黑豆 & 地瓜辣椒 全麥麵包 蒸花椰菜 蒸胡蘿蔔 油桃

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



2024

August/Agosto/八月



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 教室	Line Dance 排舞班 <u>10:30am-11:30am</u> Rm. 412 教室	Latin Dance Practice 拉丁舞練習 9:30 am – 10:30 am Rm. 413 教室	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
Latin Dance Exercise 拉丁舞運動 TBA 待定 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 教室	Chinese Chorus 中國合唱班 <u>10:30am-11:30am</u> Rm.412 教室 Chair Yoga 椅子瑜珈 <u>10:30am-11:30am</u> Rm. 413 教室
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 教室	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 Weekly Now <u>1:30pm-2:30pm</u> Rm413 教室	The Sound Factory (Music Class) 音樂演奏練習 <u>1:30pm-2:30pm</u> Rm. 413 教室	Chinese Folk-Dance group practice 中國舞練習 <u>2:30pm-4:00pm</u> Rm. 413 教室
	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 4:00pm-5:00pm Rm. Cafeteria 飯堂	Chinese Folk-Dance group practice 中國舞練習 <u>2:30pm-4:00pm</u> Rm. 413 教室	

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

August/ Agosto / 八月 2024 Activities and special events calendar

- **8/2/24 - Friday / Viernes / 星期五** –1:30 pm – 2:30 pm – National Watermelon Day Celebration / Celebración del Día Nacional de la Sandía / 西瓜節慶祝活動 (Cafeteria 飯堂)
- **8/9/24 - Friday / Viernes / 星期五** –11:00 am – 11:45 am – Elder Abuse Prevention presentation / Presentación sobre prevención del abuso de personas mayores / 預防虐待長者講座 (Cafeteria 飯堂)
- **8/9/24 - Friday / Viernes / 星期五** –1:30 pm – 3:00 pm – Dominican Day Parade Celebration / Celebración del Desfile del Día de la República Dominicana / 多明尼加日遊行慶祝活動 (Cafeteria 飯堂)
- **8/15/24 - Thursday / Jueves / 星期四** - 11:15 am – 11:50 am – DFTA Nutrition Class / Clase de nutrición del DFTA / 老人局營養課 (Cafeteria 飯堂)
- **8/16/24 - Friday / Viernes / 星期五** –1:30 pm – 2:45 pm – GDT Movie Day / Dia de PELLICULA / 電影放映 (Cafeteria 飯堂)
- **8/22/24 - Thursday / Jueves / 星期四** - 11:15 am – 11:50 am – DFTA Nutrition Class / Clase de nutrición del DFTA / 老人局營養課 (Cafeteria 飯堂)
- **8/23/24 - Friday / Viernes / 星期五** –1:30 pm – 3:00 pm – End of Summer Celebration / Celebración de fin de verano / 夏季結束慶祝活動 (Cafeteria 飯堂)
- **8/30/24 - Friday / Viernes / 星期五** –1:30 pm – 3:00 pm – Birthday Celebration for August / Celebración de cumpleaños para Agosto / 八月生日慶典 (Cafeteria 飯堂)

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

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