

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 5/27/2024

12:00 PM-1:30 PM

<p>Monday- Closed</p> 	<p>Tuesday Baked Turkey Wings Yellow Rice Creamed Spinach Whole Wheat Bread Peaches 1% low-fat milk</p>
<p>Wednesday BBQ Chicken Baked Macaroni and Cheese Italian Cut Green Beans Whole Wheat Bread Orange 1% low-fat milk</p>	<p>Thursday Baked Ziti with Cheese Italian Blend Vegetables Tossed Salad with Dressing Whole Wheat Bread Apples Grape Juice 1% low-fat milk</p>
<p>Friday Baked Basa with Cream Sauce Wild Rice California Blend Vegetables Whole Wheat Bread Fruit Cocktail Apple Juice</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Monday- Closed



Tuesday

Baked Turkey Wings, Whole Wheat Bread, Yellow Rice, Creamed Spinach *, Canned Sliced Peaches *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 682

% Daily Value *

Total Fat 17g 23%

Saturated Fat 7g **38%**

Trans Fat 0g **0%**

Cholesterol 95mg 32%

Sodium 518mg 16%

Carbohydrate 96g 33%

Dietary Fiber 9g **33%**

Total Sugars 41g

Includes Added Sugars 0g **0%**

Protein 38g

Vit. D 4ug 20% * Calcium 686mg 50%

Iron 10mg 50% * Potas 1801mg 40%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Wednesday

Baked Macaroni and Cheese, BBQ Chicken Leg Quarters, Whole Wheat Bread, Italian Cut Green Beans *, Orange, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 710

% Daily Value *

Total Fat 18g	22%
Saturated Fat 6g	28%
Trans Fat 0g	0%
Cholesterol 95mg	30%
Sodium 607mg	20%
Carbohydrate 95g	34%
Dietary Fiber 12g	42%
Total Sugars 40g	
Includes Added Sugars 9g	18%
Protein 47g	
Vit. D 3ug 15% *	Calcium 479mg 35%
Iron 3mg 20% *	Potas 1046mg 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Thursday

Baked Ziti with Cheese, Homemade Tomato Sauce (1 cup), Whole Wheat Bread, Italian Blend Vegetables *, Tossed Salad with Dressing *, Apple, 1% Low Fat Milk, Grape Juice, Unsweetened

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 829

% Daily Value *

Total Fat 19g	24%
Saturated Fat 7g	35%
Trans Fat 0g	0%
Cholesterol 35mg	12%
Sodium 654mg	22%
Carbohydrate 130g	45%
Dietary Fiber 19g	69%
Total Sugars 50g	
Includes Added Sugars 4g	8%
Protein 40g	
Vit. D 3ug 15% *	Calcium 748mg 60%
Iron 3mg 15% *	Potas 772mg 15%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Friday

**Baked Fish with Cream Sauce,
Wild Rice, Whole Wheat Bread,
California Blend Vegetables,
Fruit Cocktail *, 1% Low Fat Milk,
Apple Juice**

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 580

% Daily Value *

Total Fat 12g 18%

Saturated Fat 4g 19%

Trans Fat 0g 0%

Cholesterol 65mg 22%

Sodium 375mg 9%

Carbohydrate 82g 30%

Dietary Fiber 9g 33%

Total Sugars 44g

Includes Added Sugars 0g 0%

Protein 42g

Vit. D 7ug 50% * Calcium 465mg 40%

Iron 2mg 15% * Potas 1144mg 30%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.












We hope you enjoy our meals – CHSCC Team.

WWW.CHSCC.ORG

212-926-4871

Easy Ways to... Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 <p>Make a three bean salad.</p>	 <p>Spread nut butter on apple or banana slices.</p>	 <p>Choose fish twice a week.</p>
 <p>Add beans to sautéed greens and eat with brown rice.</p>	 <p>Add nuts to vegetables and salads.</p>	 <p>Eat lean meat and poultry in the right portions – about the size of your palm.</p>
 <p>Make a bean dip to enjoy with vegetables.</p>	 <p>Snack on a handful of unsalted nuts or seeds.</p>	 <p>Bring a hard boiled egg with you for an easy snack.</p>

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)
 For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for "farmers markets."
 For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).


















Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-5009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

Easy Ways to... Eat Enough Fiber

Fiber may lower your risk of heart disease. Most adults need **28 grams** of fiber each day. Look at how easy it is!

Instead of...		Eat...
 Half a bagel = 1 gram of fiber		 1/2 cup oatmeal = 4 grams of fiber
 A glass of juice = 1 gram of fiber		 One medium orange = 3 grams of fiber
 A handful of chips = 1 gram of fiber		 A handful of nuts = 4 grams of fiber
 A cup of white rice = 1/2 gram of fiber		 1/2 cup of brown rice and 1/2 cup of beans = 11 grams of fiber
 A pudding cup = 1/2 gram of fiber		 1 1/2 cup blueberries = 6 grams of fiber
Total Fiber: 4 grams		Total Fiber: 28 grams

Tips for Eating More Fiber:

- Eat whole fruits and vegetables instead of juices, which have little to no fiber.
- Fruit and vegetable skins contain a lot of fiber. Wash and eat the peel.
- Check the Nutrition Facts label and choose foods with at least 10% of Daily Value for fiber.
- Read the ingredients list and choose foods with whole grains listed first.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

Just Say Yes
to Fruits and
Vegetables

NYC
Health

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 5/27/2024

9:00 AM-10:00 AM

<p>Monday</p> 	<p>Tuesday</p> <p>English Muffin Pork or Turkey Sausage Patty Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Wednesday</p> <p>Grits Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Thursday</p> <p>Scrambled Eggs Beef Sausage Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Friday</p> <p>Waffles Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• Paint & Sip

Friday, 10th & 31st

2:00 pm to 4:00 pm

• Game Night

Friday, May 10th & 31st

5:00 pm to 7:00 pm

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

WAL★MART®



Wednesday, June 5, 2024

Fee: \$20.00

***No Refunds**

***Fee includes round-trip transportation**

Departing from Kennedy Center

34 West 134th Street

9:30 am

Leaving Walmart at

2:00 pm

***Payment due by Friday, May 24, 2024**

Please sign up in the office:

Marna Little

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Wednesday, June 19, 2024

Showtime 2:00 pm

Mezzanine 3 Seats-Fee: \$99

Mezzanine 4 Seats-Fee: \$79

Marquis Theatre

210 W 46th Street, NY, NY 10036

Money is due by Friday, May 17, 2024

***\$20 due as soon as possible. Tickets go fast!!**

***Final payment of \$79/\$50 due Friday, May 17, 2024**

***No refunds/First come, first serve**

Please sign up in the office with:

Marna Little

SCAN BELOW TO VIEW THE CHSCC NEWSLETTER



YOUR OPINION MATTERS

NYC Aging wants you to participate in our **SERVICE NEEDS ASSESSMENT** survey to build an age-inclusive city. As the number of older New Yorkers 60+ continues to grow, the valuable information we get from you will be used to better serve you and inform our programming and advocacy.

Whether you or your caregiver are using our services currently or will in the future, your opinion matters to us. And by completing the survey, you may be entered into our drawing and may **WIN A \$50 GIFT CARD!**

You can access the survey by using the QR code below or type this link into your browser: on.nyc.gov/agingsurvey.



For more information call Aging Connect at **212-AGING-NYC (212-244-6469)**



Name: _____ Date: _____

MEMORIAL DAY WORD SEARCH

N V P U L O C N D D Y K R F S Z X
Z T A F I G O M T L M G Q A C X N
W N R C Q O A F Q K A C E M L W A
M X A Y A M S R E N R I I I Y H V
G R D L W S T E F A I T L L W R Y
E A E C J P G E L R N O A Y B J Z
F E C Q Z U U D A E E I I H K K O
P S U G E F A O G T S R R O D O X
J C Q I K Z R M S E E T O L J N T
M R B Y Y H D P B V X A M I R F Z
G E C R O F R I A Z S P E D O L O
Q A H Q D M S O X H F I M A N C M
N H P Y I S X F Z A R M Y Y O P O
A L Y F Z L I B M L N D E K H B N
F X N W L O Q S E R V I C E A R D
D E C O R A T I O N W L O R E H A
P G S T U O K O O C Q V B W U V Y

COAST GUARD	PATRIOTIC	DECORATION	AIR FORCE
MEMORIAL	MARINES	SERVICE	COOKOUT
FREEDOM	VETERAN	HOLIDAY	FAMILY
MONDAY	PARADE	FLAGS	HONOR
NAVY	ARMY	HERO	MAY

NAME: _____

DATE: _____

Memorial Day Word Search Challenge

Freedom Monument Marines Battle
Memory Soldier Decoration
Holiday Flowers Memorial Tribute
Cemetery Troops Patriot
Sacrifice Salute Brotherhood
Honor America Country



G	K	X	S	A	C	R	I	F	I	C	E	M	L	J	M	S	O	L	D	I	E	R
Q	K	M	H	Q	Z	E	O	O	C	O	Q	G	R	T	A	Q	X	I	N	M	U	U
E	K	T	V	L	I	S	A	W	Z	U	K	N	U	R	R	Q	F	X	O	Y	V	L
Z	H	S	Q	A	Z	V	M	P	C	N	M	T	M	T	I	I	P	J	T	C	F	U
X	O	F	J	O	Q	B	E	Z	E	T	M	E	E	I	N	P	B	T	S	Z	W	J
N	N	N	U	P	L	B	R	X	M	R	O	F	M	O	E	R	V	U	M	Z	S	Y
L	O	C	V	F	F	S	I	O	E	Y	N	T	O	O	S	G	V	O	T	W	D	J
L	R	W	R	M	K	R	C	Q	T	U	U	E	R	T	R	P	K	S	C	E	V	P
E	V	P	Z	A	H	K	A	F	E	H	M	Y	Y	O	X	I	A	C	D	P	W	S
H	N	O	V	O	O	R	N	R	R	Z	E	S	D	W	O	F	A	T	F	J	Q	W
B	B	F	C	L	L	B	V	E	Y	W	N	R	E	I	D	P	C	L	R	X	J	Y
G	R	C	X	D	I	A	N	E	O	C	T	U	H	C	O	J	S	I	D	I	R	O
Y	L	H	T	Y	D	T	Y	D	S	X	W	F	L	O	W	E	R	S	P	S	O	V
D	E	C	O	R	A	T	I	O	N	P	L	S	G	L	O	U	B	Z	C	E	D	T
G	A	P	L	B	Y	L	H	M	Q	G	U	I	J	D	I	D	J	Z	M	J	J	F
D	H	U	L	X	B	E	D	Q	V	F	I	G	V	W	M	S	A	L	U	T	E	X