

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**CHSCC - Lunch Meals – Week of 4/29/2024**

**12:00 PM-1:30 PM**

|  |  |
|--|--|
| <p><b>Monday</b><br/>Rasta Pasta<br/>Broccoli and Peppers<br/>Whole Wheat Bread<br/>Apricots<br/>Orange Pineapple Juice<br/>1% low-fat milk</p>              | <p><b>Tuesday</b><br/>Baked Pork Chops<br/>Brown Rice with Kidney Beans<br/>Sauteed Spinach<br/>Whole Wheat Bread<br/>Baked Apples</p>           |
| <p><b>Wednesday</b><br/>Pepper Flank Steak<br/>Yellow Rice<br/>Garden Salad<br/>Whole Wheat Bread<br/>Fruit Cocktail<br/>Appel Juice<br/>1% low-fat milk</p> | <p><b>Thursday</b><br/>Baked Chicken<br/>Roasted Potatoes<br/>Collard Greens with Tomato<br/>Whole Wheat Bread<br/>Pears<br/>1% low-fat milk</p> |
| <p><b>Friday</b><br/>Baked Marinated Cod Fish<br/>Home Fries with Peppers and Onions<br/>California Blend Vegetables<br/>Whole Wheat Bread<br/>Orange</p>    | <p><b>We hope you enjoy our meals –<br/>CHSCC Team.</b></p>  |

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

**Monday**

Rasta Pasta, Rasta Pasta Sauce, Whole Wheat Bread, Broccoli and Red Peppers \*, Canned Apricots \*, 1% Low Fat Milk, Orange Pineapple Juice

**Nutrition Facts**

Serving Size 1

Amount Per Serving

**Calories 746**

% Daily Value \*

**Total Fat 15g 20%**

Saturated Fat 5g **26%**

Trans Fat 0g **0%**

**Cholesterol 15mg 4%**

**Sodium 416mg 11%**

**Carbohydrate 129g 46%**

Dietary Fiber 20g **72%**

Total Sugars 50g

Includes Added Sugars 0g **0%**

**Protein 32g**

Vit. D 3ug 15% \* Calcium 440mg 35%

Iron 4mg 20% \* Potas 1193mg 25%

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

**Tuesday**

Baked Pork Chops, Brown Rice with Kidney Beans, Whole Wheat Bread, Sauteed Spinach \*, Baked Apple, 1% Low Fat Milk

**Nutrition Facts**

Serving Size 1

Amount Per Serving

**Calories 788**

% Daily Value \*

**Total Fat 26g 37%**

Saturated Fat 7g **35%**

Trans Fat 0g **0%**

**Cholesterol 110mg 37%**

**Sodium 517mg 15%**

**Carbohydrate 93g 32%**

Dietary Fiber 15g **56%**

Total Sugars 36g

Includes Added Sugars 0g **0%**

**Protein 52g**

Vit. D 3ug 15% \* Calcium 635mg 50%

Iron 8mg 50% \* Potas 1627mg 35%

\* 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

Pepper Flank Steak, Whole Wheat Bread, Yellow Rice, Garden Salad \*, Fruit Cocktail \*, 1% Low Fat Milk, Apple Juice

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 631**

% Daily Value \*

**Total Fat 13g 16%**

Saturated Fat 5g 27%

Trans Fat 0g 0%

**Cholesterol 60mg 19%**

**Sodium 356mg 9%**

**Carbohydrate 89g 31%**

Dietary Fiber 7g 28%

Total Sugars 44g

Includes Added Sugars 0g 0%

**Protein 43g**

Vit. D 3ug 15% \* Calcium 409mg 30%

Iron 4mg 25% \* Potas 1324mg 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.

## Thursday

Baked Chicken Quarters, Roasted Potatoes, Whole Wheat Bread, Collard Greens with Tomato \*, Canned Pears \*, 1% Low Fat Milk

### Nutrition Facts

Serving Size 1

Amount Per Serving

**Calories 692**

% Daily Value \*

**Total Fat 23g 34%**

Saturated Fat 6g 29%

Trans Fat 0g 0%

**Cholesterol 90mg 30%**

**Sodium 403mg 10%**

**Carbohydrate 88g 31%**

Dietary Fiber 13g 47%

Total Sugars 42g

Includes Added Sugars 1g 3%

**Protein 39g**

Vit. D 3ug 15% \* Calcium 572mg 45%

Iron 5mg 25% \* Potas 991mg 25%

\* 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 Marinated Fish, Home Fries with Peppers and Onions, Whole Wheat Bread, California Blend Vegetables \*, Orange, 1% Low Fat Milk**

**Nutrition Facts**

**Serving Size 1**

**Amount Per Serving**

**Calories 496**

**% Daily Value \***

**Total Fat 9g 14%**

Saturated Fat 2g **11%**

Trans Fat 0g **0%**

**Cholesterol 60mg 20%**

**Sodium 384mg 10%**

**Carbohydrate 71g 25%**

Dietary Fiber 13g **46%**

Total Sugars 32g

Includes Added Sugars 0g **0%**

**Protein 37g**

Vit. D 4ug 25% \* **Calcium 470mg 35%**

Iron 2mg 15% \* **Potas 1139mg 25%**

\* 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](http://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](http://nyc.gov) and search for "farmers markets."  
 For healthy recipes, visit [jsyfruitveggies.org](http://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 800-542-3009 or go to [myBenefits.ny.gov](http://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, Whittier 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 =<br><b>1 gram of fiber</b>           |    |  1/2 cup oatmeal =<br><b>4 grams of fiber</b>                                 |
|  A glass of juice =<br><b>1 gram of fiber</b>       |    |  One medium orange =<br><b>3 grams of fiber</b>                                |
|  A handful of chips =<br><b>1 gram of fiber</b>     |    |  A handful of nuts =<br><b>4 grams of fiber</b>                                |
|  A cup of white rice =<br><b>1/2 gram of fiber</b> |   |  1/2 cup of brown rice<br>and 1/2 cup of beans =<br><b>11 grams of fiber</b> |
|  A pudding cup =<br><b>1/2 gram of fiber</b>      |  |  1 1/2 cup blueberries =<br><b>6 grams of fiber</b>                         |
| <b>Total Fiber: 4 grams</b>  |   | <b>Total Fiber: 28 grams</b>  |

### 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 4/29/2024**

**9:00 AM-10:00 AM**

|   |   |
|---|---|
| <p><b>Monday</b><br/>Boiled Eggs<br/>Pork or Turkey Sausage Patty<br/>Fruit<br/>Oatmeal<br/>Coffee, Tea, or Hot Chocolate</p> | <p><b>Tuesday</b><br/>Tater Tots<br/>Pork or Turkey Sausage Bacon<br/>Boiled Egg<br/>Fruit<br/>Oatmeal<br/>Coffee, Tea, or Hot Chocolate</p>  |
| <p><b>Wednesday</b><br/>Fish<br/>Grits<br/>Pork or Turkey Bacon<br/>Fruit<br/>Oatmeal<br/>Coffee, Tea, or Hot Chocolate</p>   | <p><b>Thursday</b><br/>Croissant<br/>Scrambled Eggs<br/>Beef Sausage Links<br/>Fruit<br/>Cream of Wheat<br/>Coffee, Tea, or Hot Chocolate</p> |
| <p><b>Friday</b><br/>Hash Browns<br/>Pork or Turkey Sausage Links<br/>Fruit<br/>Oatmeal<br/>Coffee, Tea, or Hot Chocolate</p> | <p><b>We hope you enjoy our meals –<br/>CHSCC Team.</b></p>   |

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**KENNEDY**



**• Paint & Sip**

**Resumes Friday, May 31, 2024**

**Friday, April 5<sup>th</sup> & 19<sup>th</sup>  
2:00 pm to 4:00 pm**

**• Jewelry Making Class**

**Resumes Friday, June 14, 2024**

**2:00 pm to 4:00 pm**

**• Game Night**

**Friday, May 10<sup>th</sup> & 31<sup>st</sup>  
5:00 pm to 7:00 pm**

**• Colorectal Cancer Study Presentation –  
St. Charles Borromeo & Columbia University  
Wednesday, May 1<sup>st</sup>, 12:30 pm to 1:30 pm**

**• Walmart Trip**

**Wednesday, May 8th, 9:30 pm to 2:00 pm**



**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**KENNEDY**



**• Mother's Day Celebration**

**Friday, May 10<sup>th</sup>, 12:00 pm to 2:00 pm**

**• Eastern Stars – Fan Giveaway**

**Friday, May 10<sup>th</sup>, 12:30 pm to 1:30 pm**

**• Oak Street – Manicure**

**• Friday, May 10<sup>th</sup>, 1:30 pm to 2:30 pm**

**• Elder Abuse Presentation - Carter Burden**

**Monday, May 13<sup>th</sup>, 12:30 pm to 1:30 pm**

**• Ohel's Older Adults Services – Loneliness Presentation**

**Wednesday, May 15<sup>th</sup>, 12:30 pm to 1:30 pm**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**KENNEDY**



- **Columbia Presbyterian – Hearing and Brain Health**  
Thursday, May 16<sup>th</sup>, 12:30 pm to 1:30 pm

- **Birthday Celebration /**  
**National Older Americans Month Celebration**  
Tuesday, May 21<sup>st</sup>, 12:00 pm to 1:30 pm

- **Virtual Nutrition Presentation**  
Wednesday, May 22<sup>nd</sup>, 11:30 am to 12:00 pm  
Meeting ID: 853 8855 1219                      Passcode: chscc

- **Memorial Day - Closed**  
Monday, May 27<sup>th</sup>

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

**WAL★MART®**



**Wednesday, May 8, 2024**

**Fee: \$20.00**

**\*No Refunds**

**\*Fee includes round-trip transportation**

**Departing from Kennedy Center**

**34 West 134<sup>th</sup> Street**

**9:30 am**

**Leaving Walmart at**

**2:00 pm**

**\*Payment due by Friday, May 5, 2024**

**Please sign up in the office:**

**Marna Little**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**



**Friday, May 10, 2024**

**12:00 PM-2:00 PM**

**Location: Kennedy Center Dining Room**

**Funded in part by NYC Dept. for the Aging**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**



## **Manicures**



**Friday, May 10<sup>th</sup>**

**1:30 am to 2:30 pm**

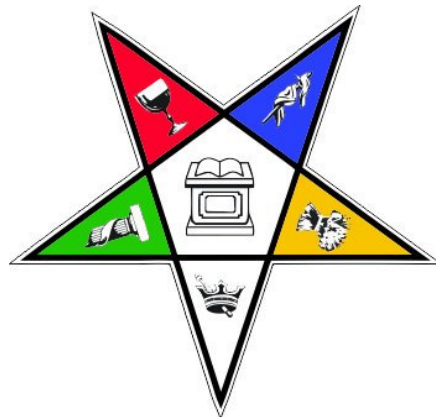
**Arts and Crafts Room**

**Spaces are limited**

**Please sign up at the front desk**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**

# **Eastern Stars**



## **Fan Giveaway**



**Friday, May 10<sup>th</sup>**

**12:30 pm to 1:30 pm**

**CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.**



**Holiday Hours:**

**Friday, May 24, 2024**

**Closing early at 2:00 pm**

**Monday, May 27, 2024**

**Closed**

**The office will resume regular  
business hours**

**On Tuesday, May 28, 2024**

**9:00 am**

**Funded in part by NYC Dept. for the Aging**

# OLDER AMERICANS MONTH

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

INSPIRATION

INVOLVEMENT

GENERATIONS

EXPERIENCE

CONNECTED

COMMUNITY

SUCCESES

STRENGTH

CREATIVE

SUPPORT

SERVICE

SHARING

WISDOM

LEGACY

ACTIVE

JOYS



## RUNNERS WORLD

P C C F O R M  
A H A T S C S  
C A D A P R T  
E F E P R A R  
J I N E I M I  
O N C R N P D  
G G E Y T S E

- SPRINT     CRAMPS     CADENCE  
 PACE     TAPER     FORM  
 JOG     STRIDE     CHAFING

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SOLUTION ON PAGE #252