

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 6/03/2024

12:00 PM-1:30 PM

<p>Monday Caribbean Rice and Red Beans Zucchini with Onions and Peppers Garden Salad Whole Wheat Bread Pineapples Orange Juice 1% low-fat milk</p>	<p>Tuesday BBQ Beef Ribs Black Beans and Rice California Blend Vegetables Whole Wheat Bread Peaches 1% low-fat milk</p>
<p>Wednesday Oven Fried Chicken French Fries Baby Spinach Salad with Lemon Vinaigrette Whole Wheat Bread Mandarin Oranges Appel Juice 1% low-fat milk</p>	<p>Thursday Meatloaf Mashed Potatoes Green Peas with Pearl Onions Whole Wheat Bread Apple 1% low-fat milk</p>
<p>Friday Baked Tilapia with Garlic Sauce Wild Rice Broccoli and RecPeppers Whole Wheat Bread Orange Grape Juice</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Monday

Caribbean Rice and Red Beans, Whole Wheat Bread, Garden Salad *, Zucchini with Onions and Peppers *, Canned Pineapple *, 1% Low Fat Milk, Orange Juice

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 530

	% Daily Value *
Total Fat 12g	15%
Saturated Fat 5g	26%
Trans Fat 0g	0%
Cholesterol 15mg	6%
Sodium 557mg	17%
Carbohydrate 94g	33%
Dietary Fiber 12g	46%
Total Sugars 56g	
Includes Added Sugars 0g	0%
Protein 24g	
Vit. D 3ug 15% *	Calcium 443mg 35%
Iron 5mg 25% *	Potas 1268mg 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

BBQ Beef Ribs, Black Beans and Rice, Whole Wheat Bread, California Blend Vegetables *, Canned Sliced Peaches *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 758

	% Daily Value *
Total Fat 13g	17%
Saturated Fat 4.5g	21%
Trans Fat 0g	0%
Cholesterol 90mg	30%
Sodium 508mg	16%
Carbohydrate 119g	43%
Dietary Fiber 11g	39%
Total Sugars 65g	
Includes Added Sugars 23g	45%
Protein 43g	
Vit. D 3ug 15% *	Calcium 449mg 35%
Iron 5mg 25% *	Potas 1377mg 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.

Wednesday

Oven Fried Chicken, French Fries (pre-prepared), Whole Wheat Hamburger Bun, Baby Spinach Salad with Lemon Vinaigrette, Canned Mandarin Oranges *, 1% Low Fat Milk, Apple Juice

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 743

% Daily Value *

Total Fat 23g 30%

Saturated Fat 5g 24%

Trans Fat 0g 0%

Cholesterol 90mg 31%

Sodium 650mg 29%

Carbohydrate 90g 33%

Dietary Fiber 8g 30%

Total Sugars 42g

Includes Added Sugars 4g 7%

Protein 47g

Vit. D 4ug 20% * Calcium 586mg 45%

Iron 6mg 35% * Potas 1204mg 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.

Thursday

Beef Meatloaf, Whole Wheat Bread, Green Peas with Pear Onions *, Mashed Potatoes, Apples *, 1% Low Fat Milk, Grape Juice

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 795

% Daily Value *

Total Fat 27g 35%

Saturated Fat 10g 47%

Trans Fat 1g 0%

Cholesterol 145mg 48%

Sodium 578mg 18%

Carbohydrate 100g 36%

Dietary Fiber 14g 49%

Total Sugars 47g

Includes Added Sugars 2g 4%

Protein 44g

Vit. D 3ug 20% * Calcium 454mg 35%

Iron 6mg 30% * Potas 1442mg 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.

Friday

**Baked Fish with Garlic Sauce,
Whole Wheat Bread, Wild Rice,
Broccoli and Red Peppers *,
Orange, 1% Low Fat Milk, Grape
Juice, Unsweetened**

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 674

	% Daily Value *
Total Fat 15g	20%
Saturated Fat 3.5g	19%
Trans Fat 0g	0%
Cholesterol 85mg	28%
Sodium 518mg	16%
Carbohydrate 88g	31%
Dietary Fiber 12g	43%
Total Sugars 40g	
Includes Added Sugars 7g	14%
Protein 55g	
Vit. D 8ug 40% *	Calcium 484mg 40%
Iron 3mg 20% *	Potas 1431mg 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 the Whole Plant

Reduce waste! Cook with all parts of fruits and vegetables.

Part of Plant	Fruit or Vegetable	Ways to Cook
Roots 	Celery root	Roast, mash or stew
Stems 	Asparagus, beets, broccoli, cauliflower, chard, collards, fennel, kale	Braise or sauté; use woody part of asparagus in soup stocks; use peeled broccoli and cauliflower stems in soups or stir-fries
Greens or Tops 	Beets, carrots, cauliflower, celery, fennel, kohlrabi, leeks, onions, radishes, turnips	Sauté, blend in green smoothies, flavor and garnish salads and soups
Flowers 	Arugula, chives, cilantro/coriander, dill, fennel, garlic scapes, lavender, mustard, zucchini	Sauté or add to a salad, use garlic scapes to make pesto
Seeds 	Pumpkin and other winter squashes	Roast and add spices and herbs for flavor
Peels 	Citrus (lime, lemon, orange), potato	Bake potato peels for snacks; use citrus for zest
Rinds 	Watermelon and other melons (cantaloupe, casaba, honeydew)	Shave outer peel and use in place of cucumber in salads
Cobs 	Corn	Simmer to make a stock

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 and search for "farmers markets."
For healthy recipes, visit 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 800-345-3009 or go to 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 Enjoy Fresh Greens



1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

2. Store

- ❖ Before storing:
 - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
 - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
 - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



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[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 6/03/2024

9:00 AM-10:00 AM

<p>Monday Tator Tots Pork or Turkey Sausage Patty Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Tuesday BLT Pork or Turkey Bacon Lettuce Tomato Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Wednesday Grits Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Thursday Croissant Boiled Eggs Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Friday Bagles Pork or Turkey Sausage Patty Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Breakfast

**As of Monday, June 10, 2024,
payment for breakfast is
mandatory. Breakfast is not a
DFTA-funded program;
CHSCC provides the meal.**

9:00 am – 10:00 am

MEMBERS - \$1.00

GUESTS - \$2.00

***PLEASE BRING EXACT CHANGE. THANK YOU.**

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



**SCAN BELOW TO VIEW THE
CHSCC NEWSLETTER**



CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



• **Paint & Sip**

Friday, June 7th & 21st

2:00 pm to 4:00 pm

• **Jewelry Making Class**

Friday, June 14th & 28th

2:00 pm to 4:00 pm

• **Game Night**

Friday, June 14th & 28th

5:00 pm to 7:00 pm

• **Coupons 101**

Thursday, June 20th & 27th

1:30 pm to 3:30 pm

• **Nutrition Presentation**

Monday, June 3rd, 12:30 am to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Memoir (How to Write Your Story) Presentation**

Tuesday, June 4th, 12:30 am to 1:30 pm

- **Colorectal Cancer Study Presentation –
St. Charles Borromeo & Columbia University**

Wednesday, June 5th, 12:30 pm to 1:30 pm

- **AmeriCorps – Senior Volunteer Program Presentation**

Tuesday, June 11th, 12:30 pm to 1:30 pm

- **Spa Day, Presented by Assemblyman Joshua Clennon**

Wednesday, June 12th, 1:00 pm to 3:00 pm

- **Father's Day Celebration**

Friday, June 14th, 12:00 pm to 2:00 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Birthday / Juneteenth Celebration**
New York State Assembly Jordan Wright
Tuesday, June 18th, 12:00 pm to 2:00 pm

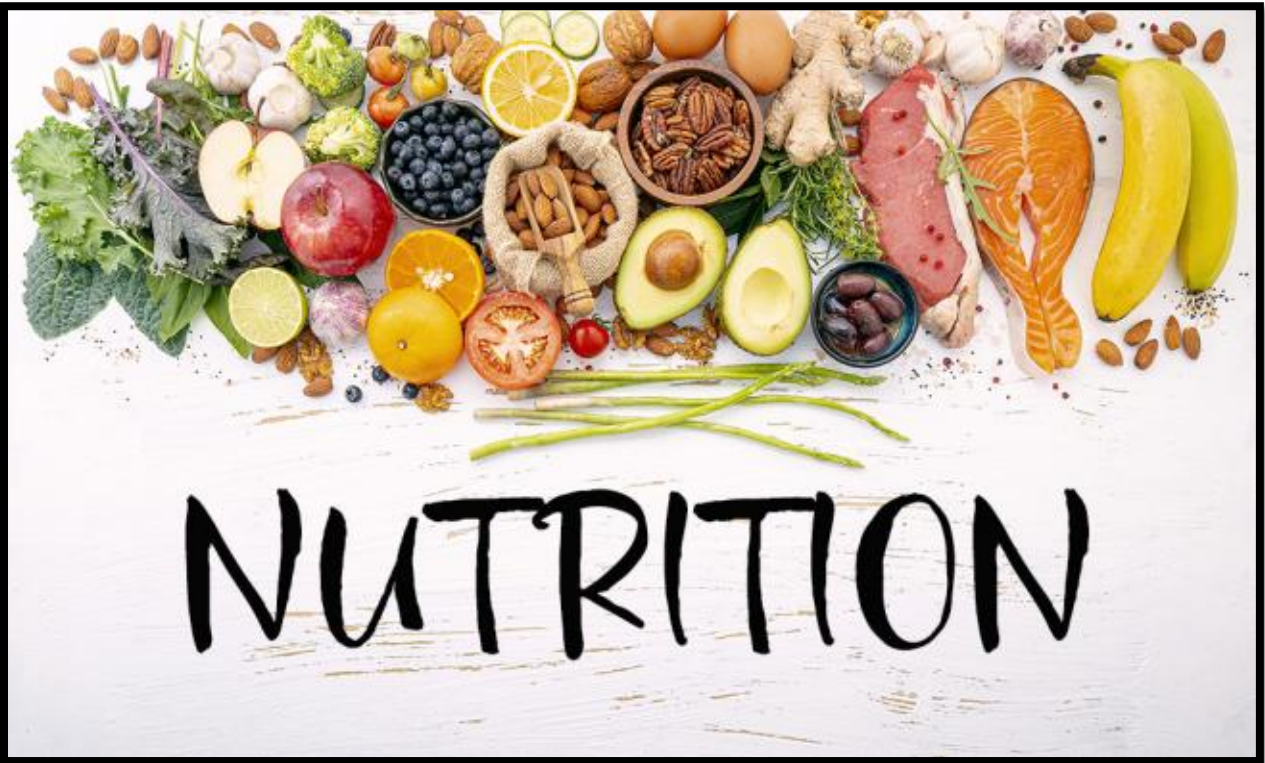
- **Juneteenth - Closed**
Wednesday, June 19th

- **Columbia Presbyterian – Sleep and Brain Health**
Thursday, June 20th, 12:30 pm to 1:30 pm

- **Ohel's Older Adults Services –**
Cultivating Patience Presentation
Tuesday, June 25th, 12:30 pm to 1:30 pm

- **Elder Abuse Presentation - Carter Burden**
Wednesday, June 26th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Presentation

Monday, June 3rd

12:30 pm to 1:00 pm

Funded in part by NYC Dept. for the Aging

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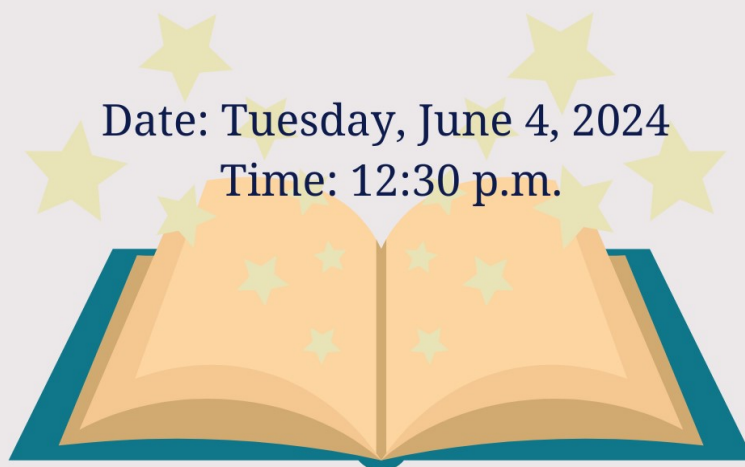
How to
WRITE YOUR STORY

Join the upcoming "How to Write Your Story" presentation led by journalist and writer, Valerie M. Henderson! This presentation will map out ways participants can improve their storytelling skills by using different tools and techniques to craft compelling stories!

memoir writing

memoir writing

Date: Tuesday, June 4, 2024
Time: 12:30 p.m.



Location: Central Harlem Senior
Citizen Center Inc.
34 W 134th St, New York, NY 10037

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Wednesday, June 19, 2024

CLOSED

**The office will resume regular
business hours**

**Thursday, June 20, 20234
9:00 am**

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CENTRAL HARLEM SENIOR
CITIZENS CENTERS PRESENTS

COUPONING 101



Every 3rd & 4th Thursday of the
Month (1:30 - 3:30pm)



THE KENNEDY CENTER
34 West 134th Street
New York, NY 10037



Call For More Information
212-926-4871



JOIN US!

**Come join us and learn about
couponing, how to maximize
savings, and more! Door
Prizes will be given away
each class!!**

What You Will Learn:

- Basic couponing and saving
- Traveling at reduced prices
- How to get free food from
restaurants
- Use receipts for cash back
- Reward programs and more!

Arts and Crafts Room

Please sign up at the front desk

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING



*June
national days
word search
printable
from Always
the Holidays*

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

COCONUT DAY
JUNETEENTH
LGBT PRIDE DAY
GO FISHING DAY
VCR DAY
COLOR TV DAY
MARTINI DAY

SELFIE DAY
EYEWEAR DAY
YOYO DAY
REPEAT DAY
UFO DAY
BLOOD DONOR DAY
GIN DAY

FOOD TRUCK DAY
FATHERS DAY
EGG DAY
WIDOWS DAY
CHEESE DAY
OLIVE DAY
SAFE DAY

Desserts Word Search

A P U D D I N G F D M P L O F
I C E C R E A M U G O S I B R
C O H C O C A T D H U T E R U
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S U N D A E D C O B B L E R S



BROWNIE	FLAN	PIE
CAKE	FRUIT	PUDDING
CHEESECAKE	FUDGE	SMORES
CHOCOLATE	ICE CREAM	SORBET
COBBLER	MILKSHAKE	SUNDAE
COOKIE	MOUSSE	TART
CUPCAKE	PARFAIT	TRIFLE
DOUGHNUT	PASTY	TRUFFLE



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