

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 7/1/2024

12:00 PM-1:30 PM

<p>Monday Brown Rice and Black Beans Mixed Green Salad Steamed Carrots Whole Wheat Bread Orange 1% low-fat milk</p>	<p>Tuesday BBQ Chicken Hamburger Hot Dog Macaroni Salad Coleslaw Watermelon Ice Tea & Lemonade</p>
<p>Wednesday Italian Sausage in Tomato Sauce Whole Wheat Spaghetti Tossed Salad with Dressing Whole Wheat Bread Pears 1% low-fat milk</p>	<p>Thursday-CLOSED</p> 
<p>Friday Baked Salmon Wild Rice Normandy Blend Vegetables Whole Wheat Bread Mandarin Oranges</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Monday

Brown Rice with Black Beans,
Whole Wheat Bread, Mixed
Green Salad *, Steamed Carrots
*, Orange, 1% Low Fat Milk,
Apple Juice

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 646

% Daily Value *

Total Fat 21g 26%

Saturated Fat 3.5g 18%

Trans Fat 0g 0%

Cholesterol 10mg 4%

Sodium 494mg 15%

Carbohydrate 101g 36%

Dietary Fiber 17g 62%

Total Sugars 35g

Includes Added Sugars 0g 0%

Protein 22g

Vit. D 3ug 15% * Calcium 498mg 40%

Iron 4mg 20% * Potas 1141mg 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 Chicken
- Hamburger
- Hot Dog
- Macaroni Salad
- Coleslaw
- Watermelon
- Ice Tea & Lemonade

Wednesday

Homemade Tomato Sauce (1 cup), Italian Sausage, Whole Wheat Bread, Whole Wheat Spaghetti, Tossed Salad with Dressing *, Canned Pears *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 673

% Daily Value *

Total Fat 17g 24%

Saturated Fat 4g 19%

Trans Fat 0g 0%

Cholesterol 75mg 26%

Sodium 832mg 29%

Carbohydrate 101g 36%

Dietary Fiber 16g 59%

Total Sugars 50g

Includes Added Sugars 2g 4%

Protein 37g

Vit. D 3ug 15% * Calcium 451mg 35%

Iron 4mg 25% * Potas 984mg 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-CLOSED



We will be
CLOSED
for the
4 th of July



Friday

Baked Salmon, Whole Wheat Bread, Wild Rice, Normandy Blend *, Canned Mandarin Oranges *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 589

% Daily Value *

Total Fat 13g 20%

Saturated Fat 3.5g 17%

Trans Fat 1g 0%

Cholesterol 60mg 20%

Sodium 464mg 14%

Carbohydrate 79g 29%

Dietary Fiber 9g 34%

Total Sugars 42g

Includes Added Sugars 0g 0%

Protein 40g

Vit. D 130% * Calcium 422mg 35%
14ug

Iron 2mg 15% * Potas 1091mg 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

212-926-4871

Easy Ways to... Flavor Food Without Salt

Spices

- Try adding a little pinch at a time.
- Sauté for 30 seconds in oil to release aroma.

	Cinnamon: Use in oatmeal to add sweetness.		Cumin: Add to beans or meat.
	Paprika: Use in a spice rub for chicken, meat or tofu.		Turmeric: Add to rice, chicken or vegetables for color.

Herbs

- Add dried and hard fresh herbs (like rosemary) at the beginning of cooking and soft fresh herbs (like parsley) towards the end of cooking.
- One teaspoon of dried herbs is equal to one tablespoon of fresh herbs.

	Basil: Add to tomato sauce and pasta.		Cilantro: Mix into rice, beans or salsa.
	Parsley: Sprinkle on grains, salads or stir-fries as a final touch.		Thyme: Add to roasted vegetables.

Fruits and Vegetables

- Caramelize aromatic and savory vegetables, herbs and/or spices before adding other ingredients by cooking on medium-high heat until they become brown and sweet.
- Add vinegar at the beginning and citrus juice at the end of cooking for the best flavor and balance.
- When adding spicy peppers, remove ribs and seeds for just a little spice.

	Aromatic ingredients: Onions, garlic, carrots, peppers, celery, ginger.		Savory: Tomatoes, cooked potatoes, celery, mushrooms.
	Citrus and vinegars: Juice and zest balance and brighten.		Peppers: Jalapenos, dried chilis, poblanos.

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 800-342-3009 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... Freeze Fruits and Vegetables

Freeze 	Blanch  (quick boil)	Cook 
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing
Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash *remove pits	Artichokes Asparagus Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Eggplant Green beans Leafy greens Okra Onions Parsnips Peppers Summer squash Zucchini	Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash
Freezing Tips	Blanching Steps	Ways to Cook
<ul style="list-style-type: none"> Wash all fruits and vegetables before freezing. Store food in a container with a tight-fitting lid. Write the date on the container before freezing. Food will keep for about six months. 	<ul style="list-style-type: none"> Boil enough water to cover all produce in the pot. Clean produce. Chop into even-sized pieces. Place produce in boiling water and boil until just tender (one to five minutes). Rinse under cold water until cool. Strain in colander, place in sealed container and freeze. 	<ul style="list-style-type: none"> Bake or roast Sauté Boil Steam Poach

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 800-342-3009 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).

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 7/1/2024

9:00 AM-10:00 AM

<p>Monday Waffles Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Tuesday BLT Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Wednesday Grits Beef Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Thursday-CLOSED</p>  <p>We will be CLOSED for the 4th of July</p>
<p>Friday French Toast 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.

KENNEDY



- **Paint & Sip**

Friday, July 5th & 19th

2:00 pm to 4:00 pm

- **Jewelry Making Class**

Friday, July 12th & 26th

2:00 pm to 4:00 pm

- **Game Night**

Friday, July 12th & 26th

5:00 pm to 7:00 pm

- **Coupons 101**

Thursday, July 18th & 26th

1:30 pm to 3:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **FDNY Fire Safety Education Presentation**
Tuesday, July 9th, 12:30 am to 1:30 pm

- **Health Benefits Presentation**
Thursday, July 11th, 12:30 pm to 1:30 pm

- **Ohel's Older Adults Services**
Mental Health Presentation
Tuesday, July 16th, 12:30 pm to 1:30 pm

- **City Island Trip**
Wednesday, July 17th, 11:00 am to 3:00 pm

- **Birthday Celebration**
Tuesday, July 23rd, 12:00 pm to 2:00 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

How to
WRITE YOUR STORY

Join the upcoming "How to Write Your Story" workshops led by journalist and writer, Valerie M. Henderson! These workshops will help participants improve their storytelling skills by using different tools and techniques to craft compelling stories!

Dates:

- Monday, July 1, 2024
- Monday, July 15, 2024
- Monday, July 22, 2024
- Monday, July 29, 2024

memoir writing

memoir writing

Time: 2:30 pm - 3:30 pm



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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Kennedy

4th of July Celebration



Tuesday, July 2, 2024

LUNCH MENU

12:00 pm - 1:30 pm

- * BBQ Chicken * Hot Dog**
- * Hamburger * Macaroni Salad**
- * Coleslaw * Watermelon**
- * Ice Tea & Lemonade**

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Holiday Hours:

Wednesday, July 3, 2024

Closing at 2:00 pm

Thursday, July 4, 2024

Closed

**The office will resume regular
business hours**

Friday, July 5, 2024

at 9:00 am

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

City Island



Wednesday, July 17, 2024

Fee: \$21.00

***No Refunds**

Departing from Kennedy Center

34 West 134th Street at 11:00 am

Departing from City Island at 3:00 pm

***Payment due by Friday, July 12, 2024**

Please sign up in the office:

Marna Little

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

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Holiday Hills

43 Candee Rd, Prospect, CT 06712

Wednesday, August 21, 2024

Fee: \$120.00

***Fee includes Roundtrip Transportation,
Buffet, Drinks, Entertainment & Activities**

Final payment is due by **Friday, July 26th**

***\$40 Deposit due AS SOON AS POSSIBLE**

***Second payment of \$40 due Friday, June 28th**

***Final payment of \$40 due Friday, July 26th**

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

Bus departs from Kennedy Center

34 West 134th Street at 8:00 am

Please sign up in the office: Marna Little

(Details on the back)

9:00 am - 12:00 pm (UNLIMITED BUFFET)

Old Fashioned Sugar, Cinnamon, Glazed and Jelly Donuts, Assorted Fresh Fruit and Cheese Danish, Fresh Corn, Blueberry and Bran Muffins, Assorted Fresh Bagels with Cream Cheese and Sweet Butter

12:00 pm - 2:00 pm (UNLIMITED BUFFET)

New England Clam Chowder and Oyster Crackers, Assorted Fresh Cheeses and Snack Crackers, Fresh Vegetable Crudités with Dip

12:00 pm - 3:00 pm

**Cherrystone Clams on the Half-Shell
Lemon Wedges, Cocktail Sauce, Wine Vinegar**

11:30 am - 3:30 pm (UNLIMITED BUFFET)

Chilled Relish Tray with Radishes, Olives, Carrots and Celery, Freshly Baked Breads and Rolls with Sweet Butter, Grilled Hummel Hot Dogs and Sauerkraut, Grilled .1/4 lb. Hamburgers, Cheeseburgers, Thinly Sliced Tomatoes and Onions, Pickles, Relishes, Mustard and Ketchup, Boneless Breast of Chicken with Wine Sauce, Baked Chicken, Italian Sausage with Onions & Peppers, Creamy Mashed Potatoes, New England Baked Beans, Fresh Cole Slaw, Fresh Summer Squash, Green Garden Salad with Tomato Wedges & Cucumbers, Salad Dressings – Vinaigrette, Russian, French & House, Three Cheese Baked Penne, Corn on the Cob with Butter, Chilled Watermelon Wedges, Decorated Sheetcake, Apple Pie

ENTERTAINMENT

**Raffle with Great Prizes, Disc Jockey with Music and Dancing, Bocci, Horseshoes, Shuffleboard, 9 Hole Mini Golf, Ice Cream Treats from the Ice Cream Truck, Heated Pools, Lifeguards on duty all day at the pools
Bingo Games with prizes awarded to ALL winners**

Available ALL DAY: Coke, Orange, Sprite, Diet Coke, Root Beer, Gatorade, Lemonade, Iced Tea, Fruit Punch, Coffee, Tea, Milk, Ice Water, Potato Chips, Crackers and Pretzels



4TH OF JULY PICNIC

WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and
DIAGONALLY. Find and circle each word.



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

BEANS
BROWNIES
CAKE
CHICKEN
CHIPS
COBBLER
COLESLAW

COOKIES
CORN
CUPCAKES
FRENCH FRIES
FRUIT
HAMBURGERS
HOT DOGS

ICE CREAM
ICE TEA
LEMONADE
PASTA
PIE
POPSICLES
PUNCH

RIBS
SALAD
STEAK
VEGETABLES
WATERMELON
WINGS

NAME: _____

DATE: _____



JULY

WORD SEARCH

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

WATERMELON

FLIP FLOPS

FIREWORKS

HUMIDITY

VACATION

SWIMMING

CAMPFIRE

SUMMER

BEACH

SUNNY

JULY

HOT

ICE CREAM

BASEBALL

CAMPING

DRINKS

BAKING

SHORTS

PICNIC



COOL2BKIDS