

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 7/29/2024

12:00 PM-1:30 PM

<p>Monday California Veggie Burger Baked Red Potato Wedges Whole Wheat Bread Sliced Tomatoes and Cucumbers with Italian Dressing Mandarin Grape Juice 1% low-fat milk</p>	<p>Tuesday Oven Fried Chicken Wings Yellow Rice Steamed Kale Whole Wheat Bread Baked Apples 1% low-fat milk</p>
<p>Wednesday Baked Lamb Chops Brown Rice with Black Beans Steamed Cabbage Whole Wheat Bread Sliced Peaches 1% low-fat milk</p>	<p>Thursday Beef Meatloaf with Mushroom Gravy Mashed Potatoes Steamed Broccoli Whole Wheat Bread Apple 1% low-fat milk</p>
<p>Friday Oven Fried Flounder Corn Niblets Steamed Broccoli Whole Wheat Bread Pears 1% low-fat milk</p>	<p>We hope you enjoy our meals – CHSCC Team.</p>

FUNDED IN PART BY NYC DEPARTMENT FOR THE AGING

Monday

California Veggie Burger (pre-prepared, 4oz), Baked Red Potato Wedges, Whole Wheat Hamburger Bun, Sliced Tomatoes and Cucumbers with Italian Dressing, Canned Mandarin Oranges *, 1% Low Fat Milk, Grape Juice, Unsweetened

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 693

% Daily Value *

Total Fat 20g 25%

Saturated Fat 3.5g 17%

Trans Fat 0g 0%

Cholesterol 10mg 4%

Sodium 911mg 40%

Carbohydrate 104g 38%

Dietary Fiber 18g 65%

Total Sugars 47g

Includes Added Sugars 5g 9%

Protein 28g

Vit. D 3ug 15% * Calcium 434mg 30%

Iron 5mg 25% * Potas 1804mg 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.

Tuesday

Oven Fried Chicken Wings, Whole Wheat Bread, Yellow Rice, Steamed Kale *, Baked Apple, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 683

% Daily Value *

Total Fat 22g 30%

Saturated Fat 6g 32%

Trans Fat 0g 0%

Cholesterol 85mg 28%

Sodium 374mg 9%

Carbohydrate 86g 29%

Dietary Fiber 10g 37%

Total Sugars 35g

Includes Added Sugars 0g 0%

Protein 39g

Vit. D 3ug 15% * Calcium 470mg 35%

Iron 3mg 20% * Potas 1057mg 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.

Wednesday

Baked Lean Lamb Chops, Brown Rice with Black Beans, Steamed Cabbage, Whole Wheat Bread Canned Sliced Peaches, *, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 743

% Daily Value *

Total Fat 16g 20%

Saturated Fat 5g 25%

Trans Fat 0g 0%

Cholesterol 85mg 28%

Sodium 476mg 14%

Carbohydrate 109g 39%

Dietary Fiber 12g 43%

Total Sugars 45g

Includes Added Sugars 0g 0%

Protein 43g

Vit. D 3ug 15% * Calcium 472mg 35%

Iron 4mg 25% * Potas 1411mg 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

Beef Meatloaf with Mushroom Gravy, Instant Mashed Potatoes, Whole Wheat Bread, Steamed Broccoli *, Apple, 1% Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 690

% Daily Value *

Total Fat 22g 29%

Saturated Fat 9g 47%

Trans Fat 1g 0%

Cholesterol 145mg 48%

Sodium 481mg 15%

Carbohydrate 87g 30%

Dietary Fiber 11g 43%

Total Sugars 33g

Includes Added Sugars 0g 0%

Protein 42g

Vit. D 4ug 20% * Calcium 461mg 35%

Iron 5mg 30% * Potas 1069mg 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

Oven Fried Fish, Corn Niblets,
Whole Wheat Bread, Steamed
Broccoli*, Canned Pears *, 1%
Low Fat Milk

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 634

% Daily Value *

Total Fat 17g	22%
Saturated Fat 4g	20%
Trans Fat 0g	0%
Cholesterol 65mg	21%
Sodium 474mg	14%
Carbohydrate 89g	32%
Dietary Fiber 13g	48%
Total Sugars 42g	
Includes Added Sugars 0g	0%
Protein 41g	
Vit. D 6ug 30% *	Calcium 472mg 35%
Iron 4mg 20% *	Potas 1401mg 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](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 (RSP) 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 [nyBenefits.ny.gov](https://www.nyBenefits.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.



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 isvfruitvegies.org.

NYC
Health

Just Say Yes to Fruits and Vegetables

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 7/29/2024

9:00 AM-10:00 AM

Monday Waffles Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Tuesday Hash Browns Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Wednesday Grits Beef Sausage Scrambled Eggs Fruit Oatmeal Coffee, Tea, or Hot Chocolate	Thursday French Toast Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate
Friday Bagel Boiled Egg Cold Cereal Pork or Turkey Bacon Oatmeal Coffee, Tea, or Hot Chocolate	We hope you enjoy our meals – CHSCC Team.

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, 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.

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.

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

AUGUST

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

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

POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY



SUMMER WORD SEARCH



Instructions - Find and circle the Summer words or phrases. The most circled words wins!

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

AIR CONDITIONER	SUNBATHING	SUMMER DAYS	FLIP FLOPS
LAWNMOWER	SUNSCREEN	BASEBALL	SWIMMING
FIREWORKS	CONCERTS	COOKOUT	PICNIC
FESTIVALS	MAY	POOL PARTY	POOL TOYS
HUMIDITY	HIKING	JUNE	JULY