

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 7/8/2024

12:00 PM-1:30 PM

<p>Monday California Veggie Burger Mixed Green Salad Broccoli and Red Peppers Whole Wheat Bread Banana 1% low-fat milk</p>	<p>Tuesday Baked Turkey Wings Yellow Rice Creamed Spinach Whole Wheat Bread Peaches 1% low-fat milk</p>
<p>Wednesday Baked Ziti with Cheese Italian Blend Vegetables Tossed Salad with Dressing Whole Wheat Bread Apples Grape Juice 1% low-fat milk</p>	<p>Thursday BBQ Chicken Baked Macaroni and Cheese Italian Cut Green Beans Whole Wheat Bread Orange 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

California Veggie Burger (pre-prepared, 4oz), Mixed Green Salad *, Whole Wheat Hamburger Bun, Broccoli and Red Peppers, Banana, 1% Low Fat Milk, Orange Pineapple Juice

Nutrition Facts

Serving Size 1

Amount Per Serving

Calories 729

% Daily Value *

Total Fat 29g 37%

Saturated Fat 4.5g 24%

Trans Fat 0g 0%

Cholesterol 10mg 4%

Sodium 742mg 32%

Carbohydrate 95g 34%

Dietary Fiber 20g 73%

Total Sugars 37g

Includes Added Sugars 3g 6%

Protein 28g

Vit. D 3ug 15% * Calcium 482mg 40%

Iron 2mg 20% * 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.

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 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.

Thursday

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.

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... Flavor Food Without Salt

Spices

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

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

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.

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

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.

 <p>Aromatic ingredients: Onions, garlic, carrots, peppers, celery, ginger.</p>	 <p>Savory: Tomatoes, cooked potatoes, celery, mushrooms.</p>
 <p>Citrus and vinegars: Juice and zest balance and brighten.</p>	 <p>Peppers: Jalapenos, dried chilis, poblanos.</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 800-342-3009 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

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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

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 7/8/2024

9:00 AM-10:00 AM

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

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.

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 Crudité's 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



Summer Fun

Word Search



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

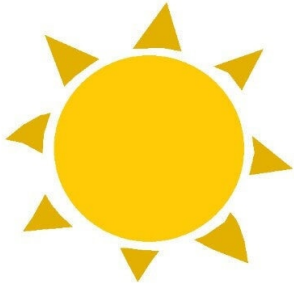
BEACH
BARBECUE
SWIM
POPSICLES

ICE CREAM
MOVIES
CAMP
HIKING

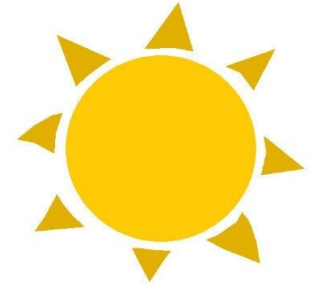
SURFING
PICNIC
LEMONADE
BIKE

TRAVEL
LAKE
TENT
FIREWORKS





Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

ONESTOPWORDSEARCH