

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Lunch Meals – Week of 5/06/2024

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</p>
<p>Wednesday Beef Meatloaf with Mushroom Gravy Mashed Potatoes Steamed Broccoli Whole Wheat Bread Apple 1% low-fat milk</p>	<p>Thursday Oven Fried Flounder Corn Niblets Vegetable Medley Whole Wheat Bread Pears 1% low-fat milk</p>
<p>Friday</p>  <p>Baked Lamb Chops Rice Pilaf Sauteed Green Beans Whole Wheat Bread Peaches Cake</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

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.

Thursday

Oven Fried Fish, Corn Niblets, Whole Wheat Bread, Vegetable Medley*, 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.

Friday

Baked Lean Lamb Chops, Brown Rice with Black Beans, Whole Wheat Bread, Sauteed Green Beans*, 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.











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 (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 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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NYC
Health

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CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

CHSCC - Breakfast Meals – Week of 5/6/2024

9:00 AM-10:00 AM

<p>Monday French Toast Pork or Turkey Bacon Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Tuesday Waffles Pork or Turkey Sausage Links Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>
<p>Wednesday Grits Boiled Eggs Fruit Oatmeal Coffee, Tea, or Hot Chocolate</p>	<p>Thursday English Muffin Pork or Turkey Sausage Patty Fruit Cream of Wheat Coffee, Tea, or Hot Chocolate</p>
<p>Friday</p>  <p>Croissants Scrambled Eggs 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

Resumes Friday, May 31, 2024

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 10th & 31st

5:00 pm to 7:00 pm

• NYPD 32nd Precinct -SCAM

Tuesday, May 7th, 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 10th, 12:00 pm to 2:00 pm

• **Eastern Stars – Fan Giveaway**

Friday, May 10th, 12:30 pm to 1:30 pm

• **Oak Street – Manicure**

Friday, May 10th, 1:30 pm to 2:30 pm

• **Elder Abuse Presentation - Carter Burden**

Monday, May 13th, 12:30 pm to 1:30 pm

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

Wednesday, May 15th, 12:30 pm to 1:30 pm

• **Columbia Presbyterian – Hearing and Brain Health**

Thursday, May 16th, 12:30 pm to 1:30 pm

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

KENNEDY



- **Couponing 101- Arts & Crafts Room**
Thursday, May 16th, 1:45 pm to 3:30 pm

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

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

- **Couponing 101- Arts & Crafts Room**
Thursday, April 23rd, 1:45 pm to 3:30 pm

- **Memorial Day - Closed**
Monday, May 27th

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 134th 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.

H A P P Y

Mother's Day



Friday, May 10, 2024

12:00 PM-2:00 PM

Menu:

***Baked Lamb Chops**

***Rice Pilaf**

***Sauteed Green Beans**

***Peaches**

***Cake**

Location: Kennedy Center Dining Room

Funded in part by NYC Dept. for the Aging

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.



Manicures



Friday, May 10th

1:30 am to 2:30 pm

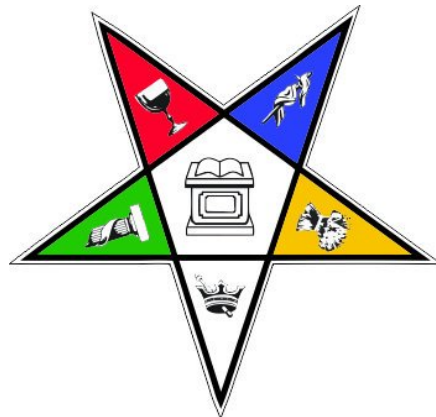
Arts and Crafts Room

Spaces are limited

Please sign up at the front desk

CENTRAL HARLEM SENIOR CITIZENS' CENTERS, INC.

Eastern Stars



Fan Giveaway



Friday, May 10th

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

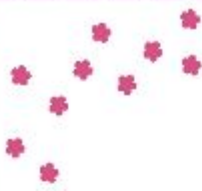
Closed

**The office will resume regular
business hours**

On Tuesday, May 28, 2024

9:00 am

Funded in part by NYC Dept. for the Aging



Mother's Day Word Search

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

CHOCOLATE
 FAMILY
 FLOWERS
 GIFT

LOVE
 MOM
 SUNDAY
 THOUGHTFUL





Mother's Day

Second Sunday of May



APPRECIATION
BEAUTIFUL
BREAKFAST
CANDY
CHARMING
COMFORT
DEVOTED
FLOWERS
FORGIVING
GIFTS

GUIDANCE
HUGS
JEWELRY
JOY
KISSES
LAUGHTER
LOVE
MATERNAL
MOM
MOTHER

NURTURE
PERFUME
PROTECTIVE
SHARE
TELEPHONE
TENDER
THE BEST
WARM
WISE

