

**Club 76 Older Adult Center: 120 West 76<sup>th</sup> Street NY, NY, 10023 (212) 712-0170**


<https://www.jasa.org/services/older-adult-centers#manhattan>

## SEPTEMBER 2023 ACTIVITIES

HYBRID events are in-person and on Zoom/ ZOOM events are on zoom only

Program Hours: 8am to 4pm Mon-Fri

**Hot Kosher Lunch served Mon-Fri 12:00PM-1:00PM**

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>Calendar is subject to change</li> <li>New activities are highlighted in orange</li> </ul>				<p>1.</p> <p><b>11am-12pm Pilates</b> <b>12pm-1pm -Special Lunch</b></p> <p><b>12-3:00 PM-West Indian Hispanic Heritage Month BBQ</b> wear a shirt or flag representing your country (location to be determined)</p>
<p>4.</p>  <p><b>In observance of Labor Day</b> <b>JASA CLUB 76 OAC</b> <b>Will be closed</b></p>	<p>5.</p> <p><b>11am-12pm</b> Tai Chi for Arthritis (Hybrid) <b>12 pm-1:00 pm-</b> Lunch <b>1230pm-130pm</b> Current Events (Zoom) <b>2pm-3pm:</b> Jewelry w/ Wilhelmina</p>	<p>6.</p> <p><b>10:30am-11:30am</b> Walking Group (meet at Club 76) <b>11am-12 pm</b> Drama/Community Theater Workshop <b>12pm-1pm-</b> Lunch <b>1pm-2pm</b> Tech Drop In Hour (Hybrid) <b>1pm-2pm</b> Pilates Class <b>1:30pm-3pm</b> Chess w/ Jonathan</p>	<p>7.</p> <p><b>1030am-12pm</b> Hybrid Movie (TBD) <b>12pm-1pm-</b> Lunch <b>12:30- Advance Directive Discussion</b> <b>1pm-2:30pm</b> Creative Writing with Royal Alvis (Hybrid) <b>1pm-2pm</b> Jewelry w/ Uniqua <b>2pm-3pm</b> Leisure Games</p>	<p>8.</p> <p><b>11am-12pm Pilates</b> <b>12pm-1pm -Special Lunch &amp; Learn</b> <b>1pm-1:30pm</b> Meditation (Hybrid) <b>1:30pm-2:30pm Jeopardy (with Jonathan)</b></p>

<p><b>11.</b>  <b>10am-11am:</b> Chair Yoga (Hybrid)  <b>11am-12pm</b> Toning w/ Tobi (Hybrid)  <b>12pm-1pm-</b> Lunch  <b>1pm-2pm</b> Bingo  <b>2pm-3pm</b> Technology Class/w Ronen</p>	<p><b>12.</b>  <b>10AM-2PM</b>  <b>FLU CLINIC W/Joseph Pharmacy</b>  <b>11am-12pm</b> Tai Chi for Arthritis (Hybrid)  <b>12pm-1pm-</b> Lunch  <b>1230pm-130pm</b> Current Events (Zoom)  <b>2pm-3pm</b> Knitting w/ Judith (Hybrid)</p>	<p><b>13.</b>  <b>10:30am-11:30am</b> Walking Group (meet at Club 76)  <b>11am-12pm</b> Drama/Community Theater Workshop  <b>12pm-1pm -</b> Lunch  <b>1pm-2pm</b> Tech Drop In Hour (Hybrid)  <b>1pm-2pm-</b>Pilates Class  <b>1:30-3pm</b> Chess w/ Jonathan   <b>11AM-3PM-National Senior Center Month Open House</b></p>	<p><b>14.</b>  <b>11am-12pm</b> Karaoke Hour  <b>12pm-1pm-</b> Lunch  <b>1:00-2:00PM-Plant therapy</b>  <b>1pm-2:30pm</b> Creative Writing with Royal Alvis (zoom)  <b>2pm-3pm</b> Leisure Games</p>	<p><b>15.</b>  <b>11am-12pm Pilates</b>  <b>12pm-1pm -Special Lunch &amp; Learn</b>  <b>1pm-1:30pm</b> Meditation (Hybrid)</p>
<p><b>18.</b>  <b>10am-11am</b> Chair Yoga (Hybrid)  <b>11am-12pm</b> Toning w/ Tobi (Hybrid)  <b>12pm-1pm-</b> Lunch  <b>1pm-2pm</b> Bingo  <b>2pm-3pm</b> Technology Class w/Ronen  <b>2:15 pm-3:15 pm</b> Advisory Board Meeting</p>	<p><b>19.</b>  <b>11am-12pm</b> Tai Chi for Arthritis (Hybrid)  <b>12pm-1pm-</b> Lunch  <b>1pm-2pm</b> Advisory board meeting</p>	<p><b>20.</b>  <b>10:00 AM-Hearing Loss &amp; Falls (Hybrid)</b>  <b>10:30am-11:30am</b> Walking Group (meet at Club 76)  <b>11am-12 pm</b> Drama/Community Theater Workshop  <b>12pm-1 pm-</b> Lunch  <b>1pm-2pm</b> Tech Drop In Hour (Hybrid)  <b>1pm-2pm</b> Pilates Class  <b>1:30-3pm</b> Chess w/ Jonathan</p>	<p><b>21.</b>  <b>10am-12pm</b> Coffee &amp; Paint (Hybrid)  <b>12pm-1pm-</b> Lunch  <b>1pm-2:30pm</b> Creative Writing with Royal Alvis (Hybrid)  <b>1pm-2pm</b> Jewelry w/ Uniqua  <b>2pm-3pm</b> Leisure Games   <b>World Alzheimer Day</b></p>	<p><b>22.</b>  <b>11am-12pm Pilates</b>  <b>12pm-1pm -Special Lunch</b>  <b>1pm - Columbia OT Students-Fall Prevention workshop</b></p>
<p><b>25.</b></p>  <p><b>In observance of Yom Kippur JASA CLUB 76 OAC Will be closed</b></p>	<p><b>26..</b>  <b>11am-12pm</b> Tai Chi for Arthritis (Hybrid)  <b>12pm-1pm-</b> Lunch  <b>1230pm-130pm</b> Current Events (Zoom)  <b>2pm-3pm</b> Knitting w/ Judith (Hybrid)</p>	<p><b>27..</b>  <b>10:30am-11:30am</b> Walking Group (meet at Club 76)  <b>11am-12 pm</b> Drama/Community Theater Workshop  <b>12pm-1pm-</b> Lunch  <b>1pm-2pm</b> Tech Drop In Hour (Hybrid)  <b>1pm-2pm</b> Pilates Class  <b>1:30-3pm</b> Chess w/ Jonathan</p>	<p><b>28.</b>  <b>Apple Picking Trip (TBD)</b>  <b>1030am-12pm</b> Hybrid Movie (TBD)  <b>12pm-1pm-</b> Lunch  <b>1pm-2:30pm</b> Creative Writing with Royal Alvis (Hybrid)  <b>2pm-3pm</b> Leisure Games</p>	<p><b>29.</b>  <b>11am-12pm Pilates</b>  <b>12pm-1pm -Special Lunch</b>  <b>1pm-September Birthday Party</b>  <b>Theme: 60' &amp; 70's Theme</b>  <b>Wear your favorite outfit in that era</b>  <b>DJ will playing all the 60's &amp; 70's best songs</b></p>

**Club 76 OAC \* 120 West 76th St. N.Y, N.Y., 10023 \* (212) 712-0170**

**SEPTEMBER 2023 MENU**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>NOTE: Menu is subject to change*</b></p> <p><b>*For Grab and Go meals, members must register in advance To pick up Grab and GO meals, please pick up before 330pm.*</b></p> <p><b>NOTE: Milk is distributed for those who would like it taken home.</b></p>				<p>09/01/2023</p> <p><b>*NOTE: Hot meal menu might differ on Fridays*</b></p> <p>Apricot Glazed Chicken Gefilte fish Sweet Noodle Kugel Roasted Butternut Squash Fruit</p> <p><b>1% Low Fat Milk</b></p>
Monday	Tuesday	Wednesday	Thursday	Friday
<p>09/04/2023</p> <p><b>CLOSED</b></p>	<p>09/05/2023</p> <p><b>BBQ Grilled Chicken Cutlet</b> Baked Breaded Fish <b>Egg Barley with Onions</b> <b>Grilled vegetables</b> <b>Whole wheat bread</b> Fruit</p> <p><b>1% Low Fat Milk</b></p>	<p>09/06/2023</p> <p><b>Falafel Balls</b> Vegetable Cutlet <b>Toss Salad with Dressing</b> <b>Whole wheat bread</b> Fruit</p> <p><b>1% Low Fat Milk</b></p>	<p>09/07/2023</p> <p><b>Meatballs</b> Tuna Noodle Casserole <b>Spaghetti</b> <b>Normandy Blend Veg</b> <b>Whole wheat bread</b> Fruit</p> <p><b>1% Low Fat Milk</b></p>	<p>09/08/2023</p> <p><b>*NOTE: Hot meal menu might differ on Fridays*</b></p> <p><b>Rosemary Chicken</b> Gefilte fish <b>Potato Kugel</b> <b>Moroccan Vegetables</b> <b>Challah bread</b> Fruit</p> <p><b>1% Low Fat Milk</b></p>

Monday	Tuesday	Wednesday	Thursday	Friday
<b>09/11/2023</b> <b>Chicken Shawarma</b> Falafel Balls <b>Tabouleh</b> <b>Israeli Salad Humus</b> <b>Whole wheat bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>	<b>09/12/2023</b> <b>Yankee Pot Roast</b> Baked Breaded Fish <b>Barley</b> <b>Normandy Blend Veg</b> <b>Whole Wheat Bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>	<b>09/13/2023</b> <b>Chickpea Stew</b> Vegetable Cutlet <b>Basmati Rice</b> <b>Toss Salad with Dressing</b> <b>Whole Wheat Bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>	<b>09/14/2023</b> <b>Poached Salmon</b> Grilled Chicken Cutlet <b>Quinoa</b> <b>Roasted Root Vegetables</b> <b>Whole Wheat bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>	<b>09/15/2023</b> *NOTE: Hot meal menu might differ on Fridays*  <b>Sweet and Sour Chicken</b> Gefilte Fish <b>Orzo with Vegetables</b> <b>Roasted Zucchini</b> <b>Challah Bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>
<b>09/18/2023</b> <b>Turkey &amp; Turkey Pastrami</b> Tuna Salad <b>Pasta Salad</b> <b>3 bean Salad</b> <b>Rye Bread</b> <b>Fruit</b> <b>Soup Du Jour</b>  <b>1% Low Fat Milk</b>	<b>09/19/2023</b> <b>Pepper Steak</b> Asian Tofu <b>Brown Rice</b> <b>Oriental blend vegetable</b> <b>Whole wheat bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>	<b>09/20/2023</b> <b>Vegetable Cutlet</b> ChickPea Salad <b>Baked Sweet Potato</b> <b>California Blend Veg</b> <b>Whole wheat bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>	<b>09/21/2023</b> <b>Moroccan Fish</b> Meatloaf <b>Brown Rice</b> <b>Roasted String Bean</b> <b>Whole Wheat Bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>	<b>09/22/2023</b> *NOTE: Hot meal menu might differ on Fridays*  <b>Roast Chicken</b> Gefilte Fish <b>Kasha with Noodles</b> <b>Steamed Cabbage</b> <b>Challah Bread</b> <b>Fruit</b>  <b>1% Low Fat Milk</b>

<p><b>09/25/2023</b></p> <p><b>CLOSED</b></p>	<p><b>09/26/2023</b></p> <p><b>Roast Turkey</b>  Vegetable Cutlet  <b>Mashed Sweet Potato</b>  <b>Steamed Green Beans</b>  <b>Whole wheat bread</b>  <b>Fruit</b></p> <p><b>1% Low Fat Milk</b></p>	<p><b>09/27/2023</b></p> <p><b>Rib Eye Roast</b>  Baked Breaded Fish  <b>Mash Potato with Gravy</b>  <b>Normandy blend veg</b>  <b>Whole wheat bread</b>  <b>Fruit</b></p> <p><b>1% Low Fat Milk</b></p>	<p><b>09/28/2023</b></p> <p><b>Baked Salmon</b>  Chicken Salad  <b>Wild Rice</b>  <b>Grilled Vegetables</b>  <b>Whole wheat bread</b>  <b>Fruit</b></p> <p><b>1% Low Fat Milk</b></p>	<p><b>09/29/2023</b></p> <p><b>*NOTE: Hot meal menu might differ on Fridays*</b></p> <p><b>Italian Roast Chicken</b>  Gefilte Fish  <b>Spinach Noodle Kugel</b>  <b>Roasted Zucchini</b>  <b>Challah Bread</b>  <b>Fruit</b></p> <p><b>1% Low Fat Milk</b></p>
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