

DINING MENU

August- September

Breakfast: 8:15–9 AM

Check in from 8-9

Lunch: 11:30–12:30 PM

Check in from 9:15-12:10 for regular lunch or cottage cheese. Check in for veggie burgers from 9:15-11:10.

Dinner:

5:30-6:30 PM

Check in from 4:30-6:30.

A donation of \$1 for breakfast and \$1.50 for lunch and dinner is suggested.

AUG 27 / SUN	AUG 28 / MON	AUG 29 / TUES	AUG 30 / WED	AUG 31 / THURS	SEPT 1 / FRI	SEPT 2 / SAT
Breakfast Fresh Fruit Cottage cheese Oatmeal Multigrain bread Lunch Black bean & sweet potato chili Brown rice Mediterranean salad Dinner Baked salmon Sautéed spinach Barley, corn, and black bean salad	Breakfast Fresh Fruit Pepper & onion Frittata Multigrain bread Lunch Coconut curry chicken w/ broccoli & tomato Brown rice Chickpea & tomato salad Dinner Turkey Shepard's pie Broccoli & red peppers Multigrain bread	Breakfast Fresh Fruit Banana French toast Yogurt Granola Lunch Tuna nicoise salad w/ potatoes & green beans W.W. pita Dinner Tomato soup w/ grilled cheese Spinach & red onion salad	Breakfast Fresh Fruit Hard boiled egg Grits Lunch W.W. spaghetti w/ Bolognese Broccoli & red peppers Dinner Chicken sausage Garlic mashed potatoes Zucchini & peas W.W. roll	Breakfast Fresh Fruit Cottage cheese Multigrain cereal W.W. English muffin Lunch Acadian Red Fish w/ mushrooms, peppers, & tomatoes Quinoa pilaf Romaine, carrot, & beet salad Dinner Curried tofu w/ broccoli Couscous	Breakfast Fresh Fruit Potato & pea frittata Oatmeal Lunch Baked ziti w/ meat sauce Sautéed spinach W.W. dinner roll Dinner Chicken cacciatore W.W. spaghetti Broccoli & red peppers	Breakfast Fresh Fruit Hard boiled egg Wheetena Carrot raisin scone Lunch Baked chicken thigh Cheesy Polenta Sautéed greens beans Dinner Baked ziti Braised kale & tomato Multigrain bread

We reserve the right to change the menu as needed, based on product availability or other circumstances.

DAILY CENTER INFORMATION UPDATE VIA PHONE

A reminder to all members: You may call the Center's main number of 212-218-0319 after 8:00pm each evening to hear about any changes and/or class cancellations for the next day, as well as the next day's menu.

CENTER STAFF

- Jessica Balboni, Director
- Alicia Bloomer, Supervising Social Worker
- Kristina Bustos, Arts & Wellness Coordinator
- Laura DiPaola, Assistant Director of Social Services
- Ariana Elezaj, Assistant Director of Administration
- Audrey Faison, Generalist
- Jocelyn Rodman, Generalist
- Rebecca Sullivan, Assistant Director of Arts & Wellness

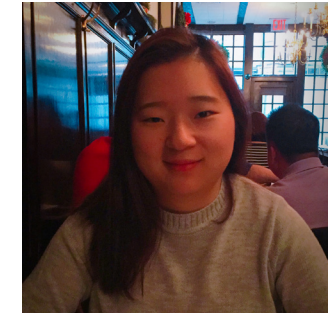
LENOX HILL NEIGHBORHOOD HOUSE

CENTER @ LENOX HILL NEIGHBORHOOD HOUSE



AUGUST NEWSLETTER: This Month at the Center

Welcome Jocelyn Rodman



This summer, we welcomed a new staff member to the Center—generalist Jocelyn Rodman. Many of you may recognize her from when she worked as an intern at the Center from 2016 to 2017. Jocelyn graduated from Baruch College with a Master of Public Administration, she is fluent in Mandarin-Chinese, and she loves going hiking in her spare time. She became interested in working with older adults through spending time with her grandmother. "I'm very excited and honored to join members and staff at this amazing community." Please say hello when you see her around the Center. Welcome, Jocelyn!

Stay healthy with our August wellness talks and nutrition events!

Diabetes Health Talk with Hospital for Special Surgery, August 1, 10:00-11:00am, Garden Room.

Seasonal Grain Bowls with Lynn Loflin, August 2, 2:00-3:00pm, Center Kitchen. Learn how to prepare seasonal grain bowls and hear about the nutritional value of five different grains.

Individual Nutrition Consultations, August 4, 9:00am-12:00pm, Vista Room. Sign-up at the front desk for a 30-minute, one-on-one consultation with nutrition intern Abbey Riser from New York University.

Yoga for Digestive Health Workshop with Cob Dixon, August 9, 2:00-3:00pm, Garden Room. Lecture and interactive acupressure exercise.

Substance Misuse Prevention Talk with Dr. Olga Hillas from St. John's University, August 24, 11:00am-12:00pm, Vista Room. Managing multiple prescription drugs can be a difficult task. Come get your questions answered during this presentation and learn how you can safely manage your medications.

Save the Date: SAIL Exercise Program (with Don Blanford) begins Wednesday, September 6. SAIL stands for Staying Active and Independent for Life. In this three-month evidence-based fitness program, you will do a fitness test at the beginning of the class and then again after three months so you can see the progress you made during the class. Pre-register at the front desk—all levels welcome!

Looking for ways to stay active while still beating the heat?

Walk around inside a museum! Admissions can be pricey, but many NYC museums have designated free days or times. Here are some suggestions to get you started.

The Frick: Pay what you wish Wednesdays 2:00 to 6:00pm (you must be in line before 5:00pm to be guaranteed admission). Current exhibitions of note: Divine Encounter: Rembrandt's Abraham and the Angels, and The Pursuit of Immortality: Masterpieces from the Scher Collection of Portrait Medals. Location: 1 E70th Street, at 5th Avenue.

Neue Galerie: First Friday of every month 6:00 to 8:00pm. Current exhibitions of note: Austrian Expressionist painter Richard Gerstl, and Austrian Masterworks from the Galerie Collection. Location: 1048 5th Avenue at corner of E86th Street.

The Society of Illustrators: Free on Tuesdays from 5:00 to 8:00pm. Current exhibitions of note: The Art of Spider-Man (closes August 26). Location: 128 E63rd Street at the corner of Lexington Avenue.

Museum of Chinese in America: Free first Thursday of every month. Current exhibitions of note: Sour, Sweet, Bitter, Spicy: Stories of Chinese Food and Identity in America. Location: 215 Centre Street.

Jewish Museum: Free every Saturday, pay-as-you-wish every Thursday 5:00 to 8:00pm. Current exhibitions of note: Florine Stettheimer: Painting Poetry, and Using Walls, Floors, and Ceilings: Vivian Suter. Location: 1109 5th Avenue at the corner of 92nd Street.

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July- August



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CENTER @ LENOX HILL NEIGHBORHOOD HOUSE

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for regular lunch or cot-
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Dinner:
5:30-6:30 PM
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*A donation of
\$1 for breakfast
and \$1.50 for
lunch and dinner
is suggested.*

JULY 30 / SUN	JULY 31/ MON	AUGUST 1 / TUES	AUGUST 2 / WED	AUGUST 3 / THURS	AUGUST 4 / FRI	AUGUST 5 / SAT	AUG 13 / SUN	AUG 14/ MON	AUG 15 / TUES	AUG 16/ WED	AUG 17 / THURS	AUG 18 / FRI	AUG 19 / SAT
<p>Breakfast Fresh Fruit Cottage cheese Multigrain cereal Multigrain bread</p> <p>Lunch Baked garlic breadcrumb catfish Yellow plantains Braised collard greens</p> <p>Dinner W.W. spaghetti Bolognese Zucchini & peas</p>	<p>Breakfast Fresh Fruit Hard boiled egg Grits Multigrain bread</p> <p>Lunch Eggplant parmesan Sautéed string beans Multigrain bread</p> <p>Dinner Chicken sausage w/ Cuban black beans and yellow rice</p>	<p>Breakfast Fresh Fruit Potato spinach frittata Multigrain bread</p> <p>Lunch Rosemary chicken Broccoli & red peppers Roasted potatoes Multigrain bread</p> <p>Dinner Tilapia w/ braised collard greens Barley</p>	<p>Breakfast Fresh Fruit Hardboiled egg Granola Yogurt</p> <p>Lunch Spinach mozzarella quiche Broccoli, green beans, corn, & peas</p> <p>Dinner Italian stuffed peppers w/ turkey and rice Garden salad</p>	<p>Breakfast Fresh Fruit Cinnamon French toast Oatmeal</p> <p>Lunch Chicken Caesar salad with parmesan and creamy dressing Multigrain bread</p> <p>Dinner Curried tofu w/ broccoli Brown rice Mediterranean salad</p>	<p>Breakfast Fresh Fruit Scrambled eggs W.W. English muffin</p> <p>Lunch Baked tilapia Tabbouleh salad Corn & peas</p> <p>Dinner Shepard's pie w/ beef and turkey Cabbage & carrot slaw W.W. dinner roll</p>	<p>Breakfast Fresh Fruit Cottage cheese Wheatena Blueberry scones</p> <p>Lunch Swiss steak Barley Zucchini, corn, & tomatoes</p> <p>Dinner Escarole and white bean soup Turkey & cheese sandwich Baby spinach salad</p>	<p>Breakfast Fresh Fruit Cottage cheese Wheetena Multigrain bread</p> <p>Lunch Baked Italian chicken thigh Cheesy Polenta Cauliflower w/ carrots</p> <p>Dinner BBQ Turkey meatloaf Quinoa pilaf Zucchini & peas</p>	<p>Breakfast Fresh Fruit Scrambled eggs Multigrain bread</p> <p>Lunch Roasted tilapia Rice pilaf Braised collard greens</p> <p>Dinner W.W. vegetable lasagna Romaine, carrot, beet, chickpea salad</p>	<p>Breakfast Fresh Fruit Yogurt Cinnamon French Toast</p> <p>Lunch Classic Hamburger Cabbage carrot slaw Lettuce & tomato W.W. bun</p> <p>Dinner Chesapeake catfish Barley, black bean, & corn salad Garden salad</p>	<p>Breakfast Fresh Fruit Cottage cheese Multigrain cereal W.W. mini bagel</p> <p>Lunch Potato & pea frittata Chickpea salad Multigrain bread</p> <p>Dinner BBQ chicken Steamed kale with tomatoes Bulgur pilaf</p>	<p>Breakfast Fresh Fruit Potato Spinach frittata W.W. English muffin</p> <p>Lunch Beef pepper steak w/ broccoli & red peppers Yucca & onions Multigrain bread</p> <p>Dinner Minestrone soup W.W. pizza w/ broccoli Spinach salad</p>	<p>Breakfast Fresh Fruit Yogurt Oatmeal Multigrain bread</p> <p>Lunch Acadian red fish Couscous peas & lemon Baked zucchini</p> <p>Dinner Arroz con pollo Red cabbage salad W.W. roll</p>	<p>Breakfast Fresh Fruit Omelet Carrot raisin scone</p> <p>Lunch Spinach mozzarella quiche Lima bean succotash Multigrain bread</p> <p>Dinner Beef chili Brown rice Mediterranean salad</p>

AUGUST 6/ SUN	AUGUST 7/ MON	AUGUST 8 / TUES	AUGUST 9 / WED	AUG 10 / THURS	AUG 11 / FRI	AUG 12 / SAT	AUG 20 / SUN	AUG 21/ MON	AUG 22 / TUES	AUG 23 / WED	AUG 24 / THURS	AUG 25 / FRI	AUG 26 / SAT
<p>Breakfast Fresh Fruit Hard boiled egg W.W. mini bagel</p> <p>Lunch Turkey Bolognese W.W. Spaghetti Garden Salad</p> <p>Dinner Baked chicken thigh Cauliflower w/ carrots & parsley W.W. dinner roll</p>	<p>Breakfast Fresh Fruit Cinnamon French Toast Hard boiled egg</p> <p>Lunch Pasta primavera with local vegetables Baby spinach salad Multigrain bread</p> <p>Dinner Chicken cacciatore Kale salad Bulgur pilaf</p>	<p>Breakfast Fresh Fruit Frittata with peppers and onions W.W. English muffins</p> <p>Lunch Tilapia with corn and potato sauce Broccoli Bulgur with corn and peas</p> <p>Dinner BBQ Turkey meatloaf Mashed potatoes Green beans</p>	<p>Breakfast Fresh Fruit Cottage cheese Wheatena Multigrain bread</p> <p>Lunch Spinach mozzarella quiche Green salad W.W. Roll</p> <p>Dinner Italian roasted chicken thigh Mac & cheese Stewed zucchini</p>	<p>Breakfast Fresh Fruit Potato spinach frittata Oatmeal Multigrain bread</p> <p>Lunch Chicken curry salad w/ apples and peas Baby spinach salad Barley</p> <p>Dinner W.W. pasta w/ pesto & broccoli Meatballs Multigrain bread</p>	<p>Breakfast Fresh Fruit Hardboiled egg Turkey bacon W.W. mini bagel</p> <p>Lunch Baked catfish Orzo w/ corn and peas Garden salad</p> <p>Dinner Veggie burgers Lettuce & tomato Coleslaw W.W. bun</p>	<p>Breakfast Fresh Fruit Yogurt Blueberry scones</p> <p>Lunch W.W. spaghetti bolognese Lima bean succotash</p> <p>Dinner Salmon frittata w/ potato & peas Red cabbage salad W.W. roll</p>	<p>Breakfast Fresh Fruit Hard boiled egg Wheetena Multigrain bread</p> <p>Lunch BBQ Turkey meatloaf Beet, arugula, feta salad Yellow plantains</p> <p>Dinner Baked chicken thigh Polenta Corn & black bean salad</p>	<p>Breakfast Fresh Fruit Yogurt Homemade granola</p> <p>Lunch Chicken sausage Louisiana beans & rice Romaine, carrot, beet salad</p> <p>Dinner Pepper steak w/ broccoli & tomatoes Bulgur</p>	<p>Breakfast Fresh Fruit Cinnamon French toast Oatmeal</p> <p>Lunch Mushroom soup Chicken Caesar salad Multigrain bread</p> <p>Dinner Spinach feta pie Mediterranean salad W.W. roll</p>	<p>Breakfast Fresh Fruit Cottage cheese Multigrain cereal</p> <p>Lunch Tuna fish salad Kale, romaine, apple, & red cabbage salad Multigrain bread</p> <p>Dinner Chicken stir fry Brown rice Garden salad</p>	<p>Breakfast Fresh Fruit Scrambled eggs Multigrain cereal W.W. English muffin</p> <p>Lunch Eggplant parmesan Zucchini, corn, & tomatoes W.W. roll</p> <p>Dinner Beef & vegetable stew Green beans W.W. roll</p>	<p>Breakfast Fresh Fruit Frittata Multigrain bread</p> <p>Lunch Chesapeake catfish Spinach, hardboiled egg, mushroom, & red onion salad Mashed yucca w/ red onions</p> <p>Dinner Roasted chicken Quinoa pilaf Lima bean succotash</p>	<p>Breakfast Fresh Fruit Hard boiled egg Multigrain cereal W.W. mini bagel</p> <p>Lunch Classic Hamburger Lettuce & tomato Savory potato salad W.W. bun</p> <p>Dinner Squash & leek lasagna Romaine, carrot, beet, & chickpea salad W.W. roll</p>