



LEARN @University Settlement

www.universitysettlement.org

Longevity through Education, Art, Recreation and Nutrition

HEART PROGRAM 273 BOWERY	MELTZER 94 E 1ST Street	Neighborhood Center 189 Allen Street
Classes at HEART require a small fee. Scholarships are available!	Lunch is served from 12pm to 1pm from Monday – Friday	Breakfast is served from 8:30AM – 9:30AM, Lunch is Served At 12PM –1PM from Monday –Friday

Calendar subject to change. Call for updated information: (212)473-8217 for Neighborhood Center, (212) 475-5008 for HEART and (212) 253-5624 for Meltzer

Sunday

Tuesday

Wednesday

Thursday

Friday

Monday

- 9:30 Tai Chi with Annie
- 10:00 Resistance Band workout with Mary
- 10:00 Coloring Book Club
- 10:30 Ballroom Dancing Class
- 11:00 Computer Lab
- 10:30 Cell Phone Class With Alyssa
- 1:00 Open Ballroom Dancing
- 1:00 Better Bones With James
- 1:30 Paint with Glue
- 2:00 Dominoes Games, Card Games,
- 3:00 Spanish Class/ Timebank

- 9:00 CHN Nurse Hours/ Blood pressure
- 10:00 Yoga for Strength & Mobility with Chintamani
- 10:00 Chinese Folk Dancing
- 11:00 Walk with Ease
- 10:00 Arts & Craft with Omi
- 10:45 Tai Chi with Annie
- 10:30 Beyond basic computer lab
- 11:15 Ipad Class
- 11:00 Basic Gentle Yoga with Chintamani
- 11:00 Swim Level 2
- 11:00 Aquatic Exercise Level 1
- 1:00 Open Ballroom Dance
- 12:30 Open Body Sculpt with Reno
- 12:30 Blood Pressure Screening w/ Nurse
- 12:30 Silk Painting
- 2:00 Dominoes Games, Card Games, Mah Jong
- 3:00 Chinese Karaoke/Timebank

- 10:00 Strength & endurance with James & Reno
- 10:00 Chinese Chorus/中文合唱
- 10:00 Blood Pressure
- 10:00 Chinese Folk Dance
- 10:00 Blood Pressure with Cherise
- 11:00 Better Bones with James
- 11:00 Swim Level 2
- 11:00 Zumba Class with Denise
- 12:00 Zumba
- 1:00 Open Ballroom Dance
- 1:00 Chinese Karaoke/中文拉OK
- 1:00 Cha Cha with Henry
- 1:30 Sewing with Margaret
- 2:00 Dominoes Games/Jewelry Club
- 2:00 Hangout Group
- 3:00 Ping Pong

- 9:30 Computer Lab
- 10:00 Walk with Ease
- 10:00 Blood Pressure Screening
- 10:00 Zumba
- 10:00 Pilates with Mary
- 10:00 Aquatic Exercise level 2
- 11:00 Swim Level 3
- 11:00 Qigong Bone Health) With Kenneth
- 11:00 Latino Club with Vicente
- 1:00 Silk Painting
- 1:00 Open Ballroom Dance
- 1:00 Movie Day
- 1:30 Classic Movies
- 1:30 Blood Pressure
- 2:00 Aging Gracefully with Cherise
- 3:00 English Conversation Class/ Timebank

- 9:30 Computer Lab
- 10:00 Movie Friday
- 10:00 Strength & Endurance (group) with Reno
- 10:00 Ipad Class
- 10:30 Ballroom Dance Class
- 11:00 Latin Music with Vicente
- 11:30 Aquatic Exercise
- 11:30 Pilates with Mary
- 1:00 Open Ballroom Dancing
- 1:00 Knitting Class with Lisa
- 1:00 Bingo
- 1:00 Waltz with Henry
- 1:00 Cantonese Choir with Mr.Lem

Saturday

- 10:00 Hangout Group
- 12:00 Yoga with Lydia
- 1:00 Dance Fitness with Denise

Special Events At 189 Allen Street

- October 14th Metro Card Van
- October 16th Food Pantry
- October 17th Wellcare Health Plan Presentation
- October 30th Halloween /Birthday Party

Special Events At Meltzer (94 E 1st Street)

- October 1st City Island
- October 30th Birthday Party

Social Service Hours at 189 Allen Street

Monday - Friday 9:30AM - 12 Noon

Free Interpretation Service Available By Phone

WIFI Available

Anyone with questions can come to Project Home at 189 Allen Street, Monday-Friday, 9AM–5PM for Housing Consultation.

October 2019 Menu University Settlement Neighborhood Center
189 Allen Street Funded by NYC Department for the Aging

Monday	Tuesday	Wednesday	Thursday	Friday
<p>SUGGESTED CONTRIBUTION</p> <p>\$.50 FOR BREAKFAST \$1.00 FOR LUNCH</p> <p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>1</p> <p>Scrambled Eggs Farina Raisin Bran Cereal Wheat Germ Orange</p> <p>BBQ Chicken Leg Quarters Macaroni and Cheese Kale Applesauce Orange Juice</p>	<p>2</p> <p>Peanut Butter Home Fries Apple Juice Canned Pineapple</p> <p>Beef Lasagna Steamed Green Beans Orange</p>	<p>3</p> <p>Hard Boiled Egg Wheat Germ Frozen Mixed berries Orange Pineapple Juice</p> <p>Baked chicken Quarters Yellow Rice and Pigeon Peas Avocado and Orange salad Carrots Banana</p>	<p>4</p> <p>Pork Breakfast Cheerios Pancakes Apple</p> <p>Baked Tilapia Broccoli and Red Peppers Red Bliss Potatoes Orange Pineapple Juice pear</p>
<p>7</p> <p>Peanut Butter Oatmeal Mini Bagel Canned Oranges</p> <p>Baked Fish with Black Bean Mashed potatoes Broccoli and Cauliflower Apple</p>	<p>8</p> <p>Plain Yogurt English Muffin Apple Juice Banana</p> <p>Baked Pork Chops Stewed Lentils White Rice Collard Greens Pear</p>	<p>9</p> <p>Scrambled Eggs with Swiss Raisin Bran Cereal Red Peppers and Onions Farina Pear</p> <p>Baked Chicken Quarters Garden Salad Sweet Baked Yams Orange</p>	<p>10</p> <p>Pork breakfast Sausage Patty Cheerios Frozen Mixed Berries</p> <p>Ginger Scallion Fish Fillets Brown Rice Steamed Kale Banana</p>	<p>11</p> <p>Hard Boiled egg Blueberry Muffin Orange</p> <p>Pork Spare Ribs Chinese Style Rice Chinese Style Bok choy Steamed Carrots Apple Juice</p>
<p>14</p> <p>Grilled Cheese Cheerios Apple Juice Pear</p> <p>Baked Chicken Quarters White Rice Broccoli and Red Peppers Chickpea Stew Apple</p>	<p>15</p> <p>Plain Yogurt English Muffin Frozen Mixed Berries Orange pineapple Juice</p> <p>Beef Stew Brussel Sprouts Mashed Potatoes Orange</p>	<p>16</p> <p>Hard Boiled Egg Cream of wheat Orange</p> <p>Pernil Yellow Rice and pigeon Peas Beet Salad Banana Orange pineapple Juice</p>	<p>17</p> <p>Pork Breakfast Sausage Patty French Toast Banana Vegetable Juice</p> <p>Lemon Pepper Tilapia Egg Noodles Collard Greens whit Tomato</p>	<p>18</p> <p>Hard Boiled Egg Blueberry Muffins Apple Orange Juice</p> <p>Sweet and Sour Chicken Thighs Potatoes and Carrots Chinese Style bok Choy Frozen Mixed Berries</p>
<p>21</p> <p>Scrambled Eggs with Red Peppers and Onions Frozen Mixed Berries</p> <p>Turkey Meatballs Spaghetti Collard Greens with Tomato Apple</p>	<p>22</p> <p>Peanut Butter Mini Bagel Banana Orange Pineapple Juice</p> <p>Salmon Quinoa with Black Beans and Corn Tossed Salad Orange</p>	<p>23</p> <p>Hard Boiled Egg Corn Muffin Apple Juice Pear</p> <p>Teriyaki Chicken Legs Potatoes and Carrots Broccoli and Red Peppers Grapefruit</p>	<p>24</p> <p>Plain Yogurt Pancakes Canned Pineapple Orange Juice</p> <p>Pork Spare Ribs Chinese Style Rice Chinese Style Bok Choy Canned Peaches</p>	<p>25</p> <p>Grilled Cheese Bran Flakes Cereal Orange</p> <p>Spanish Style baked Chicken Black Beans and Rice Steamed Green Beans Banana Orange Pineapple Juice</p>
<p>28</p> <p>Hard Boiled Egg Cheerios Orange</p> <p>Stewed Pork Chops Sauteed Spinach Yuca with Onions Apple Juice Grapes</p>	<p>29</p> <p>Pork breakfast Sausage patty Mini Bagel Canned peaches</p> <p>Baked Tilapia with Tomatoes Red Bliss Potatoes Steamed Broccoli Pear</p>	<p>30</p> <p>Hard Boiled Egg Bran Muffin Apple Juice Banana</p> <p>Baked Chicken Quarters Stewed Pinto Beans Cabbage with Shredded Carrots Canned Peaches</p>	<p>31</p> <p>Grilled Cheese Farina Orange Juice Pear</p> <p>Baked Fish Fillets Rotini with Tomatoes and Black Olives Beet Salad Orange</p>	



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Neighborhood Center and Meltzer Center



At both Neighborhood Center and Meltzer Center, adults 60 and over can enjoy meals, health ,wellness art and technology classes. Mental health service and social services are offered by multi-lingual professional staff. We offer volunteer and inter-generational opportunities, as well as day trips and special events. Join US!

Meals on Wheels: We deliver 7 hot meals weekly to homebound adult 60 and over. Kosher, Vegetarian, and frozen options are also available. Please call for more information.

Neighborhood Center

189 Allen Street
New York, NY 10002
212-473-8217
8AM –5PM M-F



HEART

HEART Class are designed to engage adults age 50 and over through fitness, swimming, creative arts, and technology. Classes are taught by certified instructors.

HEART Pricing Information

Standard Pricing for 8 weeks Session:

1 Class = \$43, 2 Classes = \$70, 3 Classes = \$95, 4 Classes = \$110
5 Classes = \$120 6 Classes = \$130 7+ Classes = +10 per class

Base price *include up to 2 water based classes.

Taking more than 2 water classes? Each class costs additional \$15 on top of base price.

Project Home

If you are at risk of losing your housing or have a housing question, Project home can offer assistance and long-term support. Our staff can help you apply for benefits you are entitle to, protect your housing rights, and find programs and services. Call (212) 505-1995 or visit us at 189 Allen St.

The Creative Center

The Creative Center Arts Workshop Program provides daily free of charge workshop in visual, performing and literary arts to adults living with cancer or other Chronic illnesses. Please call (646) 465-5313 or email info@thecreativecenter.org for more information on how to register .

