<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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</thead>
<tbody>
<tr>
<td><strong>SUGGESTED</strong></td>
<td><strong>CONTRIBUTION</strong></td>
<td><strong>NEW YEAR’s DAY CENTER CLOSED</strong></td>
<td><strong>HARD BOILED EGG FRENCH TOAST</strong></td>
<td><strong>PEANUT BUTTER WHEAT MINI BAGEL</strong></td>
<td><strong>HARD BOILED EGG CORN MUFFIN WHEATENA</strong></td>
</tr>
<tr>
<td><strong>$0.50 FOR</strong></td>
<td><strong>BREAKFAST</strong></td>
<td><strong>WHEAT BREAD OATMEAL CORN MUFFIN BANANA</strong></td>
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<td><strong>$1.00 FOR</strong></td>
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**PORK SAUSAGE PATTY**

- **ENGLISH MUFFIN**
- **OATMEAL**
- **Mandarin**
- **plum YOGURT**
- **BEEF and BROCCOLI**
- **BROWN RICE**
- **STEAMED CARROTS**

**Chicken CHOW MEIN**

- **STEAMED BOK CHOY**
- **RED BELL PEPPERS**
- **STEAMED SPINACH**
- **CHICKEN**
- **WHEAT MINI BAGEL**
- **CREAM OF WHEAT SOUP**
- **RAISIN BRAN CEREAL**

**Monday**

- **Hard boiled egg**
- **bacon**
- **fruit**
- **whole grain BREAD**
- **Wheat BAGEL**
- **vegetables**
- **baked sweet potato with herbs**

**Tuesday**

- **turkey sausage**
- **oatmeal**
- **breakfast**
- **Mandarin**
- **plum YOGURT**
- **baked sweet potato with herbs**
- **baked chicken**
- **blackeye peas**

**Wednesday**

- **turkey sausage**
- **oatmeal**
- **breakfast**
- **Mandarin**
- **plum YOGURT**
- **baked sweet potato with herbs**
- **baked chicken**
- **blackeye peas**

**Thursday**

- **turkey sausage**
- **oatmeal**
- **breakfast**
- **Mandarin**
- **plum YOGURT**
- **baked sweet potato with herbs**
- **baked chicken**
- **blackeye peas**

**Friday**

- **turkey sausage**
- **oatmeal**
- **breakfast**
- **Mandarin**
- **plum YOGURT**
- **baked sweet potato with herbs**
- **baked chicken**
- **blackeye peas**

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**HEART Program**

HEART classes are designed to engage adults age 50 and over, and include fitness, aquatic exercise, and creative arts and technology. All classes are taught by certified instructors. Please call or visit to register. Scholarships available!

**HEART Program Pricing Information**

**Seasonal Package Special (3 - 6 courses for 8-week session):**

- Includes up to 2 pool, 2 fitness, and 2 art & technology classes!
- Age 60+: $100; Age 50-59: $150

**Standard Pricing for 8-week session:**

- Age 60+: 1 class = $36/session, 2 classes = $50/session
- Age 50-59: 1 class = $46/session, 2 classes = $80/session

**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 trained staff can help you apply for benefits you are entitled to, protect your housing rights, and find programs and services you want. Call (212) 505-1995 for assistance, or visit us at 189 Allen Street.

**The Creative Center**

The Creative Center provides opportunities for artistic expression to seniors at all stages in the aging continuum through arts activities and experiences. Our Artist-in-Residence programs bring the experience of making art to elders, enabling them to live better and healthier lives. Call (646) 465-5313 for more information, or to register.
**HEART Program**
273 Bowery

**LEARN @ University Settlement**
Longevity through Education, Art, Recreation, and Nutrition

**Neighborhood Center**
189 Allen Street

*Classes at HEART require a small fee. Scholarships are available!**

**Breakfast is served from 8:30AM-9:30AM, Lunch is served at 12 Noon, Monday-Friday at the Center.**

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

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<table>
<thead>
<tr>
<th>Sunday</th>
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<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>2-3 Swim Level 1</td>
<td>9-10 Computer Lab</td>
<td>10-11 Yoga for Strength &amp; Mobility with Chintamani</td>
<td>10-11 Strength &amp; Endurance with Demetra</td>
<td>9-10 Computer Lab</td>
<td>9-10 Computer Lab</td>
</tr>
<tr>
<td>3-4 Swim Level 2</td>
<td>10-11 Men &amp; Strength &amp; Endurance</td>
<td>10-11 Tai Chi with David</td>
<td>10-11 Computer Lab Blood Pressure Screening</td>
<td>10-11 Manicures</td>
<td>10-11 Strength &amp; Endurance with Poltia</td>
</tr>
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<td>9-10 Computer Lab</td>
<td>10-11 Blood Pressure Screening</td>
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<td>10-11 Tai Chi with David</td>
<td>10-11 English Conversation with Dr. Barrett</td>
<td>10-12 English Conversation with Marissa &amp; Anny</td>
</tr>
<tr>
<td>10-11 Coffee Chat</td>
<td>10-11 Chinese Chorus</td>
<td>10-11 Chinese Chorus</td>
<td>10-11 Aquatic Exercise Level 2</td>
<td>10-11 Aquatic Exercise Level 2</td>
<td>10-12 Aquatic Exercise</td>
</tr>
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<td>10-11 Blood Pressure Screening</td>
<td>10-11 Mens Strength &amp; Endurance</td>
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<td>10-11 English Conversation with Marissa &amp; Anny</td>
<td>10-11 Ballroom Dance Class</td>
<td>10-13 Yoga with Chintamani</td>
</tr>
<tr>
<td>11:30-11:30 Aquatic Exercise Level 1</td>
<td>11-12 Better Bones with Power Swim Level 2</td>
<td>11-12 Aquatic Exercise Level 1</td>
<td>11-12 Aquatic Exercise Level 2</td>
<td>11-12 Yoga with Chintamani</td>
<td>11-2 Computer Lab</td>
</tr>
<tr>
<td>12-1 Zumba</td>
<td>11-12 Zumba</td>
<td>12-1 Qigong (Bone Health) with Kenneth</td>
<td>11-12 Qigong (Bone Health) with Kenneth</td>
<td>11-12 Qigong (Bone Health) with Kenneth</td>
<td>12-1 Pilates with Mary</td>
</tr>
<tr>
<td>1-3 Knitting with Lisa</td>
<td>12-1 Open Body Sculpt with Roman</td>
<td>12-1 Computer Lab</td>
<td>1-3 Silk Painting with Leslie</td>
<td>1-3 Cantonese Choir with Mr. Lam</td>
<td>1-3 Cantonese Choir with Mr. Lam</td>
</tr>
<tr>
<td>1-3 Hangout Group</td>
<td>1-3 Hangout Group</td>
<td>1-3 Chinese Karaoke</td>
<td>1-3 Tai Chi with Becky</td>
<td>1-3 Better Bones with Roman</td>
<td>1-3 Open Ballroom Dancing</td>
</tr>
<tr>
<td>1-3 Cantonese Choir with Mr. Lam</td>
<td>1-3 Open Ballroom Dance Zumba with Demetra</td>
<td>1-1 Free Tuesdays with US</td>
<td>1-3 Latino Club</td>
<td>2-3 Open Ballroom Dancing</td>
<td>1-4 Ping Pong</td>
</tr>
<tr>
<td>2-3 Swim Level 2</td>
<td>1-3 Open Ballroom Dance</td>
<td>1-3 Open Ballroom Dance</td>
<td>1-3 Tai Chi with Becky</td>
<td>2-3 Open Ballroom Dancing</td>
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</tr>
<tr>
<td>3-4 Waltz with Ly</td>
<td>1-3 Knitting Group</td>
<td>2-3 Knitting Group</td>
<td>2-3 Computer Lab</td>
<td>1-2 Hangout Group Fan Dance</td>
<td>1-2 Hangout Group Fan Dance</td>
</tr>
<tr>
<td>3-4 Latin/Ballroom Choreography with Ly</td>
<td>2:30-5 Movie and Popcorn</td>
<td>2:30-5 Movie and Popcorn</td>
<td>2:30-5 Computer Lab</td>
<td>12-1 Basic Gentle Yoga with Chintamani</td>
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</tr>
<tr>
<td>3-4 Bing’s Group</td>
<td>1-2 iPad Group</td>
<td>3-4 iPad Group</td>
<td>3-4 Swim Level 1</td>
<td>2-3 Zumba with Demetra</td>
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**Special Events at 189 Allen Street**

- January 1st, New Year’s Day. Center Closed.
- January 7th, New Year’s Eve and Birthday Party. Wednesday 1PM.
- January 8th, Safety Presentation (In Spanish). Thursday 11AM.
- January 9th, Costco Shopping. Friday 9AM.
- January 13th, Trip Bowling. Tuesday 9AM.
- January 14th, NY FIDA Plan Presentation. Wednesday 11AM.
- January 15th, Metropolitan Museum of Art. 9AM.
- January 15th, Home Attendant Through Medicaid Presentation. Thursday 11AM.
- January 21st, Registering To Have Social Security Account Presentation. Wednesday 11AM.
- January 22nd, Vigorous Mind Presentation. Thursday 11AM.
- January 26th, Nutrition Lecture "Reading Food Label". Monday 11AM.
- January 27th, Hearing Devices Demo Workshop. Tuesday 10:30AM.

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**Seniors with housing questions can come to Project Home at 189 Allen Street, Monday-Friday, 9AM-5PM for housing consultation.**