<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</thead>
<tbody>
<tr>
<td>SUGGESTED CONTRIBUTION $0.50 FOR BREAKFAST $1.00 FOR LUNCH</td>
<td>SCRAMBLED EGS WITH RED PEPPERS AND ONSIONS WHEATENA WHEAT BREAD HONEYDREW BAKED CHICKEN QUARTERS MASHED POTATOES KALE WITH TOMATO</td>
<td>PEANUT BUTTER RAISIN BRAN CEREAL WHEAT MINI BAGEL CANTALOUPE</td>
<td>TURKEY SAUSAGE PATTY FARINA PANCAKES ORANGE HAWAIIAN CHICKEN LEGS YELLOW RICE STEAMED CARROTS</td>
<td>HARD BOILED EGG TOASTED OATS CEREAL WHEAT MINI BAGEL KIWI APRICOT GLAZED SALMON EGG NOODLES STEAMED SPINACH</td>
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<tr>
<td>SCRAMBLED EGGS WITH RED PEPPERS AND ONIONS WHEATENA WHEAT BREAD HONEYDREW</td>
<td>HARD BOILED EGG PLAIN YOGURT WHOLE GRAIN CEREAL WHEAT BREAD KIWI</td>
<td>PEANUT BUTTER CREAM OF WHEAT WHEAT MINI BAGEL ORANGE</td>
<td>HARD BOILED EGG BLUEBERRY MUFFIN OATMEAL CANTALOUPE</td>
<td>HARD BOILED EGG ENGLISH MUFFIN RAISIN WHEAT BREAD CANTALOUPE BANANA ORANGE PINEAPPLE JUICE VEGETARIAN LASAGNA TOSS SALAD</td>
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<tr>
<td>GRILLED MOZZARELLA WITH TOMATO SANDWICH OATMEAL CANTALOUPE VEGETABLE SOUP LEMON PEPPER TILAPIA BROWN RICE BROCCOLI AND RED PEPPERS</td>
<td>HARD BOILED EGG RAISIN BRAN CEREAL WHEAT MINI BAGEL CANTALOUPE</td>
<td>PEANUT BUTTER RAISIN BRAN CEREAL WHEAT MINI BAGEL ORANGE</td>
<td>BAKED CHICKEN QUARTERS BAKED SWEET POTATO</td>
<td>TURKEY SAUSAGE PATTY FARINA PANCAKES ORANGE HAWAIIAN CHICKEN LEGS YELLOW RICE STEAMED CARROTS</td>
</tr>
<tr>
<td>GREEK YOGURT APPLE BLUEBERRY MUFFIN BANANA GRAPEFRUIT GINGER SCALLION FISH PILETS BROWN RICE STEAMED BROCCOLI WITH SOYA SAUCE</td>
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</tr>
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**June 2018 Menu University Settlement Neighborhood Center**

189 Allen Street Funded by NYC Department for the Aging

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**Northwest Center**

- **Monday**: Scrambled Eggs with red peppers and onions, wheatena, wheat bread, honeydew, baked chicken quarters, mashed potatoes, kale with tomato.
- **Tuesday**: Greek yogurt and apple, blueberry muffin, banana, grapefruit.
- **Wednesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Thursday**: Greek yogurt and apple, blueberry muffin, banana, grapefruit.
- **Friday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.

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**Heard Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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**LeChateau Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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**Hedge Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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**Lentil Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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**Lecont Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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**Leont Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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**Leont Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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**Leont Center**

- **Monday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Tuesday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Wednesday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.

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- **Thursday**: Scrambled eggs with red peppers and onions, wheatena, wheat bread, honeydew.
- **Friday**: Greek yogurt, apple, blueberry muffin, banana, grapefruit.
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</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Open Ballroom Dancing</td>
<td>10:00</td>
<td>Strength &amp; Endurance with James &amp; Reno</td>
<td>10:00</td>
</tr>
<tr>
<td>10:00</td>
<td>Yoga for Strength &amp; Mobility with Chintamani</td>
<td>10:00</td>
<td>Chinese Chorus/中文唱歌班</td>
<td>10:00</td>
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<tr>
<td>10:00</td>
<td>Chinese Folk Dancing</td>
<td>10:00</td>
<td>Qigong with Kenneth</td>
<td>10:00</td>
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<tr>
<td>10:00</td>
<td>Blood Pressure Screening</td>
<td>10:00</td>
<td>Print Coloring</td>
<td>10:00</td>
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<tr>
<td>10:00</td>
<td>Blood Pressure Screening</td>
<td>10:00</td>
<td>Better Bones with James</td>
<td>10:00</td>
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<tr>
<td>10:30</td>
<td>Ballroom Dancing Class</td>
<td>10:00</td>
<td>Swim Level 2</td>
<td>10:00</td>
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<tr>
<td>11:00</td>
<td>Technology Tutor</td>
<td>10:00</td>
<td>Zumba</td>
<td>10:00</td>
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<tr>
<td>11:00</td>
<td>Conserjea Con Juliana</td>
<td>12:00</td>
<td>Waltz with Henry</td>
<td>11:00</td>
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<tr>
<td>11:00</td>
<td>Chinese Chorus/中文唱歌班</td>
<td>12:00</td>
<td>Wellness Together with Bing</td>
<td>11:00</td>
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<tr>
<td>11:00</td>
<td>Blood Pressure Screening</td>
<td>12:00</td>
<td>Hangout Group</td>
<td>11:00</td>
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<tr>
<td>11:00</td>
<td>Latin Music with Vicente</td>
<td>12:00</td>
<td>Samba with Henry</td>
<td>11:00</td>
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<tr>
<td>12:30</td>
<td>Open Body Sculpt with Reno</td>
<td>1:00</td>
<td>Zumba Class with Denise</td>
<td>1:00</td>
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<tr>
<td>1:00</td>
<td>Open Ballroom Dance</td>
<td>1:00</td>
<td>Silk Painting with Leslie</td>
<td>2:00</td>
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<tr>
<td>1:00</td>
<td>Open Ballroom Dance</td>
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<td>1:00</td>
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<td>1:00</td>
<td>Ping Pong</td>
<td>1:00</td>
<td>Open Ballroom Dance</td>
<td>1:00</td>
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<tr>
<td>2:00</td>
<td>English Conversation with Sara</td>
<td>1:00</td>
<td>Photography Class with Janis</td>
<td>1:00</td>
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<tr>
<td>3:00</td>
<td>Swim Level 3</td>
<td>1:00</td>
<td>Knitting Class with Lisa</td>
<td>1:00</td>
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<tr>
<td>3:00</td>
<td>Better Bones with James</td>
<td>1:00</td>
<td>English Conversation Class/Timebank</td>
<td>1:00</td>
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<tr>
<td>3:00</td>
<td>Aquatic Exercise</td>
<td>1:00</td>
<td>Open Ballroom Dancing</td>
<td>1:00</td>
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</tbody>
</table>

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

**Special Events at 189 Allen Street**
- June 15th, A Caring Hand Services presentation Friday 11:00AM
- June 18th, Father's Day Fashion Show and Birthday Party. Monday 1:00PM
- June 20th, Eye Health Presentation Wednesday 11:00AM
- June 20th, Photography Exhibition Wednesday 2:00PM

**June 21st, FIDA Presentation Thursday 11:00AM**
- June 22nd, West Nile Virus Prevention Presentation Friday 11:00AM
- June 25th, Skills in Motion Fall Prevention Presentation Monday 11:00AM
- June 27th, Vision Screening Wednesday 10:00AM

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

**Free Interpretation Service Available By Phone**

**Social Service Hours at 189 Allen Street:**
- Monday - Friday: 8:30AM-1:30 PM

**Free Interpretation Service Available By Phone**

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

**HEART Program***
273 Bowery

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

**Neighborhood Center**
189 Allen Street

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

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