

The Senior Center will be Closed Tuesday 7/4 For Independence Day



SENIOR SERVICES

Henry Street Settlement Senior Center, 334 Madison St., NY, NY 10002, 212-349-2770

Programming Changes

We now have a new Latin Dance class on Mondays at 11am in the Main Dining Room.

Gentle Dance for Arthritis and Restorative Skills have now moved to Wednesdays at 9:30 am & 10:30 am respectively.

Enjoy the summer and stay hydrated!

Come Try Out Our Fully Equipped GYM

Monday-Friday
9 AM—11 AM
1:30 PM—3:30 PM

Haven't Seen a FRIEND at the Center Lately?

Please Let Us Know in the Offices so We Can Make Sure They're OK

TRIPS THIS MONTH:

Friday, 7/7: Spirit Cruises
\$66 & You Must Pre-Register
Includes Transportation, Food and Music
10:30: Arrive & Check In at the Program
3:00: Return to Program

Wednesday, 7/26: WalMart in Valley Stream
Includes a Bag Lunch
\$10 & You Must Pre-Register
9:00: Arrive at the Program
5:00: Bus Returns to Program

PARTIES THIS MONTH:

Thursday, 7/27: Birthday Party With DJ Mambo Blue
\$3 & You Must Pre-Register
2:30-4:30: Music & Dance
Free Admission and Birthday Photo & Gift if You were Born in July

PERFORMANCES THIS MONTH:

Thursday, 7/13 at 1 pm in the Main Dining Room:
The MazelTones

PRESENTATIONS THIS MONTH:

Wednesday, 7/5:
Diabetes: With All My Heart
Wednesday, 7/12:
NYC Family Justice Center
Tuesday, 7/18:
Project CART Free Senior Transportation Program
Wednesday, 7/19:
Nutrition: Staying Well Hydrated
Wednesday, 7/25:
Emergency Preparedness

July 2017 CALENDAR

Do you live in the Vladeck Houses and need some help or support? Visit our **NORC/VLADECK CARES** Office at 351 Madison Street or call 212-477-0455. We are open Monday - Friday 9 AM-5 PM.

Mondays: Chinese News 12:30-2 @ NORC 351 Madison
Tuesdays: Chinese Computer Class, 10:30-11:30 @ 334 Madison HSS Senior Center Computer Room

TRIPS/ EVENTS REGISTRATION

Sunday 1:00—3:00
Monday—Friday 1:00—4:00
Please see Simon, Olivia or Cheryl

Do You or Someone You Know Take Care of an **ADULT AGE 60+ WITH DEMENTIA**? Shop or Run Errands for Them? Pay Their Bills? Check on Their Safety? You are Not Alone and There is Help & Support Available for You! Call or Stop By the HSS Senior Center Office to Speak with Cathy O'Sullivan Weekdays 9-5.




Something on your mind? Feeling down? Worried? Don't suffer in silence; let's talk! Speak with our Staff about meeting with **Jacqué** in our **CASA** Program or call 212-477-0455 / 212-233-5032





Monday—Friday 9:00am to 6:00pm
Sunday 9:00am to 3:30pm



Please do not come to the Center early; we hate to keep you waiting outside!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 10:00 Pet Visiting with Betsy & Melville 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>3 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies "Safe Haven" 4:30 Dinner Bingo</p>		<p>5 9:30 *Gentle Dance for Arthritis 10:00 Pet Visiting with Danielle & Bella 10:30 Restorative Skills 11:00 Presentation: Diabetes: With All My Heart 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>6 *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>7 10:00 Zumba Gold 10:30 Trip: Spirit Cruises 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
<p>9 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>10 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies "Night Crawler" 4:30 Dinner Bingo</p>	<p>11 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 4:30 Dinner Bingo</p>	<p>12 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Presentation: NYC Family Justice Center 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>13 *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:00 Performance: The MazelTones 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>14 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
<p>16 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>17 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies "War on Everyone" 4:30 Dinner Bingo</p>	<p>18 10:30 *Chinese Computer Class 11:00 Presentation: Project CART 1:00-3:00 Crochet Corner 4:30 Dinner Bingo</p>	<p>19 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Presentation: Staying Well Hydrated 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>20 *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>21 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
<p>23 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>24 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies "In Your Eyes" 4:30 Dinner Bingo</p>	<p>25 10:30 *Chinese Computer Class 11:00 Presentation: Emergency Preparedness 1:00-3:00 Crochet Corner 4:30 Dinner Bingo</p>	<p>26 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Trip: Walmart 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>27 *10:30 Blood Pressure Screening 11:00 Yoga 2:30 Party: July Birthdays w/ DJ Mambo Blue 4:30 Dinner Bingo</p>	<p>28 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
<p>30 10:30 Arts & Crafts Group 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>31 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies "Daddy Day Care" 4:30 Dinner Bingo</p>			<p align="center">JULY 2017 Daily Activities & Events</p> <p align="center">* = NORC-Funded Activity; Activities in Bold are New or Changed <i>Funded by New York City Department for the Aging (DFTA), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions</i></p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Arroz con Pollo / Chicken Breast and Rice Mixed Vegetables Orange Juice	3 Eggplant Parmesan with Ricotta Whole Wheat Spaghetti Steamed Kale Watermelon	4 Closed in Celebration of Independence Day 	5 Beef Salisbury Steak w/ Mushroom Sauce Homemade Mash Potato's Kale & Tomatoes Orange	6 Curry Chicken Salad Pita Salad Garden Salad Orange Juice	7 Chicken Noodle Soup Whole Wheat Cheese Pizza Avocado & Orange Salad Peach
9 Whole Roasted Chicken Baked Potatoes Tossed Salad W/ Dressing Pineapple Chunks	10 Beef & Broccoli White Rice Sautéed Spinach Fruited Jell-O Orange Juice	11 BBQ Pork Chops Steamed Green Beans Yucca W/ Onions Pineapple Chunks Orange Juice	12 Chinese Style Pepper Steak Broun Rice Cucumber Salad Banana Orange Juice	13 Homemade Tomato Sauce Turkey Meatballs Whole Wheat Spaghetti Baby Carrots W/ Parsley Apple	14 Baked Chicken Legs Red Bliss Potatoes Tossed Salad W/ Dressing Orange
16 Tilapia with Fresh Salsa Relish Baked Sweet Potato Steamed Broccoli Orange Pineapple Juice	17 Stuffed Shells W/Cheese Cucumber Tomato Salad Orange	18 Beef & Turkey meatloaf W/Mushroom Gravy Mashed Potatoes Baby Carrots W/Parsley Strawberries	19 Kosher Italian Sausage Pasta Primavera W/Cheese Tossed Salad W/Dressing Cantaloupe	20 Chicken Gumbo White Rice Beet Salad W/Yogurt Dressing Orange	21 Lemon Salmon Brown Rice W/Mushroom Spinach, Carrots & Onion Salad Apple
23 BBQ Chicken Warm Potato Salad Braised Collard Greens Pineapple Chunks	24 Beef Lasagna Garden Salad Fruit Cocktail Orange	25 Salmon In Garlic Butter Sauce Roasted Vegetable Cous-cous Chinese Style Bok Choy Pineapple Juice	26 Chicken Scaloppini Bowtie Noodles Cucumber Dill Salad Strawberries	27 Beef Stroganoff W/Noodles Broccoli & Red Peppers Pineapple Chunks	28 BBQ Pork Chops Yucca W/Onions Garden Salad Banana Orange Juice
30 Cornmeal Crusted Fish Fillet Pesto Pasta W/Broccoli Tossed Salad W/Dressing Honeydew	31 Beef Stew Yellow Rice Cucumber Tomato Salad Orange Pineapple Juice	JULY 2017 LUNCH MENU: Served 12:00 PM - 1:00 PM HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET Suggested Contribution: \$1.50/meal // (Fee of \$3.00 for those under age 60.) Vegetarian & Kosher Options Available on Request <i>* Menu is subject to change without notice</i> Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.			We Now Offer Social Services on Sundays as well as Monday through Friday!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Tomato Rice Soup Whole Wheat Chees Pizza Cucumber Tomato Salad Canned Pineapple	4 Closed in Celebration of Independence Day 	5 Chicken Jambalaya White Rice Baby Spinach Salad Orange Juice	6 BBQ Pork Chops Quinoa Roasted Brussels Sprouts Banana	7 Barley Soup Baked Salmon with Cilantro Citrus Sauce Roasted Vegetable Cous- cous Collard Greens Orange
10 Baked Tilapia Sweet Baked Yams Baby Carrots W/Parsley Slice Peaches	11 Oven Fried Chicken Pasta Salad Brussel Sprouts Orange	12 Cornmeal Crust Fish Fillet Rice Pilaf Steamed kale Pineapple Chunks	13 Eggplant Parmesan with Ricotta Garden Salad Watermelon	14 Sweet & Sour Pork Chops Spaghetti Mixed Green Salad Banana Ambrosia Fruit Salad
17 Baked Fish W/Garlic Sauce Baby carrots W/Parsley Sweet Baked Yams Apple Juice	18 Vegetarian Lasagna Garlic bread Mixed Green Salad Apple Ambrosia Fruit Salad	19 Arroz con pollo {Chicken & Rice} Green Beans Orange	20 Sweet & Sour Pork Chop Baby Spinach Salad Baked Potatoes Pineapple Juice Fruited Jell-O	21 Orange Glaze Chicken Baby Carrots W/ Parsley Rice Pilaf Orange Juice
24 Black Bean Soup Chicken Cacciatore Egg Noodles 23 Garden Salad Cantaloupe	25 Hamburger Mixed Green Salad Potato Salad Orange	26 Oven Fried Tilapia Rice with Chickpeas Braised Collard Greens Grape Juice	27 Baked Chicken Legs Parmesan Rosemary Mashed Potatoes Brussel Sprouts Orange Juice	28 White Bean Soup Turkey Meatloaf W/ Mushrooms & Peppers Roasted Sweet Potato Fries Mixed Green Salad Apple
31 Whole Wheat Ziti with- Chicken Tomato & Rose- mary Garlic Bread California Blend Vegeta- bles Slice Peaches	JULY 2017 DINNER MENU: Served 4:00 PM - 5:45 PM HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET Suggested Contribution: \$1.50/meal // (Fee of \$3.00 for those under age 60.) Vegetarian & Kosher Options Available on Request * Menu is subject to change without notice Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.			

WANTED: NEW MEMBERS!
**BRING A PROSPECTIVE MEMBER
 FOR A MEAL & YOU'LL EACH GET
 A FREE MEAL VOUCHER!!**
**IF THEY JOIN, THEY'LL GET A GIFT &
 YOU'LL BOTH BE ENTERED INTO
 RAFFLES FOR \$100 GIFT CARDS!**
**THE MORE FOLKS YOU HAVE JOIN,
 THE MORE RAFFLE TICKETS YOU'LL EARN!**

**WANTED: UPDATED MEMBER
 REGISTRATIONS!**
**PLEASE COME TO THE OFFICE TO
 RENEW YOUR MEMBERSHIP IF
 YOU'VE BEEN A MEMBER FOR
 MORE THAN ONE YEAR!**
**WHEN YOU RE-REGISTER, YOU'LL GET
 A GIFT PLUS BE ENTERED INTO A
 RAFFLE FOR A \$100 GIFT CARD!**

**ENJOY ONE OF OUR DELICIOUS LUNCH
 OR DINNER MEALS**
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
SENIORS 60+: \$1.50
SUGGESTED CONTRIBUTION;
GUESTS UNDER 60: \$3:00

**INVITE A SUS AMIGOS O FAMILIA
 A CENAR CON NOSOTROS!**
DOMINGOS - VIERNES 12 PM-1 PM
LUNES - VIERNES 4 PM-5:45 PM
MAYORES DE 60 AÑOS O MÁS: \$1.50
INVITADOS: \$3.00

**GET A DINNER MEAL TO GO
 DURING THE LUNCH SERVICE
 \$2.00 (container included)**