

We Now Offer
Social Services on Sundays
as well as **Monday - Friday**



SENIOR SERVICES

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

September 2017 Calendar

Announcements

Chinese Dancing will be switching from Thursdays to Tuesdays at 1:30 pm

We are adding three new classes: Yoga (on Sundays, 10:30 am), Walk with Ease (on Tuesdays, 10:15 am) and Woman2Woman (a women's discussion group on Wednesdays, 4:30 pm)

We'll hold the membership drive drawing on September 1st and the member forum on September 6th (both at 12:30)

We also have a September raffle. There are 3 prizes: Blu-ray player, coffeemaker and wireless TV headphones. \$1 for 1 ticket, \$2 for 3 tickets

Come Try Out Our Fully Equipped GYM

*Sunday
9—11 AM
Monday-Friday
9—11 AM & 1:30 —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:

Tuesday, 9/19: Whitney Museum
\$2 & You Must Pre-Register
Includes transportation, bagged lunch, guided tour and reception
9:00: Arrive & Check In at the Senior Center
12:30: Return to Senior Center

Wednesday, 9/27: Luncheon Show – Rock and Roll Review
\$55 & You Must Pre-Register
Includes transportation, lunch, music and show
9:30: Arrive & Check In at the Senior Center
3:30: Return to Senior Center

PRESENTATIONS THIS MONTH:

Wednesday, 9/13, 11:00 am:
Nutrition Workshop with Jessica

PARTIES THIS MONTH:

Thursday, 9/28: Birthday Party With DJ Mambo Blue
\$3 & You Must Pre-Register
1:30: Arrive & Check In;
2:00-4:30: Music & Dancing
Free Admission and Birthday Photo & Gift if You were Born in September

OTHER EVENTS THIS MONTH:

Friday, 9/1, 12:30 pm:
Summer Membership Drive Drawing

Wednesday, 9/6, 12:30 pm:
Member Forum

Thursday, 9/7 to Friday, 9/8
Pool Tournament

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 Olivia, Simon 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 align="center">SEPTEMBER 2017 Daily Activities & Events</p> <p>* = NORC-Funded Activity; Activities in Bold are New or Changed</p> <p align="center"><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>					<p>1</p> <p>10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 12:30 Membership Drive Drawing 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
3 CLOSED FOR LABOR DAY	4 CLOSED FOR LABOR DAY	5	6	7 POOL TOURNAMENT	8 POOL TOURNAMENT
<p align="center">Do You Know of a Friend or Neighbor who would Benefit from Regular Visits & Escort by a Senior Companion? We Can Provide That! Please contact Andy Man in the Social Services Office!</p>		<p>10:15 Walk with Ease 10:30 *Chinese Computer Class 11:00 Age-tastic Board Game (Chinese) 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 Pet Visiting with Danielle & Bella 12:30 Member Forum 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>*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>10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
10	11	12	13	14	15
<p>9:00 Open Gym 10:30 Yoga 11:00 Pet Visiting with Stacy and Cali 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>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: "Extremely Loud and Incredibly Close" 4:30 Dinner Bingo</p>	<p>10:15 Walk with Ease 10:30 *Chinese Computer Class 11:00 Age-tastic Board Game (Chinese) 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 2:30 Pool Tournament Awards Celebration 4:30 Dinner Bingo</p>	<p>9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Presentation: Nutrition Myths 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>*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>10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
17	18	19	20	21	22 FALLS PREVENTION DAY
<p>9:00 Open Gym 10:30 Yoga 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>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: "An Unfinished Life" 4:30 Dinner Bingo</p>	<p>9:00 Trip: Whitney Museum 10:15 Walk with Ease 10:30 *Chinese Computer Class 11:00 Age-tastic Board Game (Chinese) 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke 4:30 Woman2Woman Group</p>	<p>*10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:30 Flea Market 4:30 Dinner Bingo</p>	<p>10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>
24	25	26	27	28	29
<p>9:00 Open Gym 10:30 Yoga 10:30 Arts & Crafts Group 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>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: "Moana" 4:30 Dinner Bingo</p>	<p>10:15 Walk with Ease 10:30 *Chinese Computer Class 11:00 Age-tastic Board Game (Chinese) 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>9:30 *Gentle Dance for Arthritis 9:30 Trip: Luncheon Show - Rock and Roll Review 10:30 Restorative Skills 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke 4:30 Woman2Woman Group</p>	<p>*10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 2:00 Party: September Birthdays w/ DJ Mambo Blue 4:45 Dinner Bingo</p>	<p>10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:00 Karaoke</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">SEPTEMBER 2017 LUNCH MENU <i>Served 12:00 PM - 1:00 PM</i> HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON ST 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.</p>			<p>Vegetarian & Kosher Options Available * <i>Menu is subject to change without notice</i> Funded by the NYC Dept For the Aging, HSS and YOUR Contributions</p>		<p>1 Lemon Salmon Brown Rice & Mushrooms Spinach, Carrot & Onion Salad Apple</p>
<p>3 CLOSED FOR LABOR DAY</p> 	<p>4 CLOSED FOR LABOR DAY</p> 	<p>5 Salmon in Garlic Butter Sauce Roasted Vegetable Couscous Chinese-Style Bok Choy Pineapple Juice</p>	<p>6 Chicken Scaloppini Bowtie Noodles Cucumber Dill Salad Strawberries</p>	<p>7 Beef Stroganoff w/ Noodles Broccoli and Red Peppers Pineapple Chunks</p>	<p>8 BBQ Pork Chops Garden Salad Yucca w/ Onions Banana Orange Juice</p>
<p>10 Cornmeal-Crusted Fish Fillet Pesto Pasta w/ Broccoli Tossed Salad w/ Dressing Honeydew Melon Slice</p>	<p>11 Beef Stew Yellow Rice Cucumber Tomato Salad Orange Pineapple Juice</p>	<p>12 Oven Fried Fish Baked Sweet Potato Steamed Broccoli Pineapple Juice</p>	<p>13 Spaghetti Carbonara w/ Green Peas Green Bean Salad Mandarin Orange Slices</p>	<p>14 Chicken Stir Fry w/ Vegetables Brown Rice Cauliflower w/ Carrots & Parsley Banana</p>	<p>15 Mango Chutney Roasted Pork Dominican Moro Sautéed Spinach Apricot Chunks</p>
<p>17 Baked Tilapia Baked Sweet Potato Broccoli & Red Peppers Pineapple Juice</p>	<p>18 Creamy Vegetable Soup Broccoli Cheese Quesadilla Cucumber Tomato Salad Pineapple Juice</p>	<p>19 Sweet & Sour Pork Chop Yellow Rice Spinach, Apple & Red Onion Salad Tossed Salad w/ Dressing Orange</p>	<p>20 Deluxe Cheeseburger w/ Onions on a Whole Wheat Bun Pasta Salad Tossed Salad w/ Dressing Orange</p>	<p>21 Sliced Turkey Braised Collard Greens Garlic Mashed Potatoes Banana</p>	<p>22 Coconut Curried Cod Fish w/ Wild Rice Baby Carrots w/ Parsley Apple</p>
<p>24 Arroz con Pollo // Chicken Breast & Rice Mixed Vegetables Orange Juice</p>	<p>25 Lemon Salmon w/ Brown Rice & Mushrooms Spinach, Carrot & Onion Salad Apple</p>	<p>26 Shepherd's Pie Garden Salad Banana</p>	<p>27 Chicken Scaloppini Bowtie Noodles Cucumber Dill Salad Strawberries</p>	<p>28 Beef Stroganoff w/ Noodles Broccoli and Red Peppers Pineapple Slices</p>	<p>29 BBQ Pork Chops Garden Salad Yucca w/ Onions Banana Orange Juice</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SEPTEMBER 2017 DINNER MENU: Served 4:00 PM - 5:45 PM HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET, LOWER LEVEL Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under Age 60)		Vegetarian & Kosher Options Available <i>* Menu is subject to</i> <i>change without notice</i> Funded by the NYC Dept For the Aging, HSS and YOUR Contributions		1 Orange Glazed Chicken Breast Rice Pilaf Baby Carrots & Parsley Orange Juice
4 CLOSED FOR LABOR DAY 	5 Homemade Hamburger on a Whole Wheat Bun Mixed Green Salad Simple Potato Salad Orange	6 Oven Fried Tilapia Rice with Chickpeas Braised Collard Greens Grape Juice	7 Baked Chicken Leg Brussel Sprouts Parmesan Rosemary Mashed Potatoes Orange Juice	8 White Bean Soup Turkey Meatloaf w/ Mushroom & Peppers Mixed Green Salad Roasted Sweet Potato Fries Apple
11 Chicken w/ Tomato & Rosemary Whole Wheat Ziti Garlic Bread California Blend Vegetables Sliced Peaches	12 Sliced Deli Turkey Cauliflower w/ Carrots & Parsley Homemade Mashed Potatoes Orange	13 Lemon Pepper Tilapia Rice w/ Corn Spinach, Carrot & Onion Salad Apple Juice Watermelon	14 Turkey & Beef Salisbury Steak w/ Mushroom Gravy Oriental Blend Vegetables Red Bliss Potatoes Banana	15 Baked Salmon w/ Cilantro Citrus Sauce Egg Noodles Beet Salad Orange Pineapple
18 BBQ Chicken Baked Potatoes California Blend Vegetables Apple Sauce	19 Chinese-Style Pepper Steak Brown Rice w/ Mushrooms Sautéed Bok Choy Orange	20 Baked Salmon Wild Rice Steamed Broccoli & Cauliflower Banana	21 Curried Chicken Leg White Rice Tossed Salad w/ Dressing Pineapple Juice	22 Vegetable Soup Jumbo Stuffed Shells w/ Meat Sauce Banana Orange Juice
25 Orange Glazed Chicken Breast Rice Pilaf Baby Carrots & Parsley Orange Juice	26 Baked Ziti w/ Vegetables Steamed Broccoli Garlic Bread Fruit Cocktail	27 Oven Fried Tilapia Rice with Chickpeas Braised Collard Greens Grape Juice	28 Sweet & Sour Chicken Leg Baby Spinach Salad Baked Mac & Cheese Pineapple Juice Fruited Jello	29 Glazed Salmon Rice Pilaf Steamed Broccoli Apple Sauce

WANTED: NEW MEMBERS!
BRING A PROSPECTIVE MEMBER
FOR A MEAL & YOU'LL EACH RECEIVE
A FREE LUNCH VOUCHER! THE NEW
MEMBER WILL ALSO GET A GIFT!

WANTED: UPDATED MEMBER
REGISTRATIONS!
HELP US KEEP YOUR MEMBERSHIP
INFORMATION UP-TO-DATE!
PLEASE RENEW YOUR MEMBERSHIP IN
THE OFFICES IF IT'S BEEN MORE THAN
ONE YEAR! RENEWING MEMBERS WILL
RECEIVE A GIFT!

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

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

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