

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

## Announcements

**Daylight Savings Time Ends on Sunday, 11/5 at 2:00 am.**  
Please remember to "Fall Back" and turn your clocks back 1 hour before you go to sleep on Saturday!



We are open **Thanksgiving Day** for a **Holiday Luncheon**. Please purchase a ticket and reserve your spot. Tickets are \$3. There won't be any other activities provided on that day besides the meal service.

## 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



# November 2017 Calendar



## TRIPS:

**Friday, 11/10: Christmas Spectacular**  
\$58 & You Must Pre-Register  
Includes transportation, bagged lunch and Radio City Music Hall show  
9:00: Arrive & Check In at the Senior Center  
1:45: Return to Senior Center

**Thursday, 11/16: Tracing your Roots - Research Your Family History**  
\$2 & You Must Pre-Register  
Includes transportation, bagged lunch and workshop on family history research  
9:30: Arrive & Check In at the Senior Center  
1:45: Return to Senior Center

## OTHER EVENTS:

**Thursday, 11/09: Flea Market**  
**Tuesday, 11/14: Vocal Ease Performance**

## PARTIES:

**Thursday, 11/23: Thanksgiving Dinner**  
\$3 & You Must Pre-Register  
11:30: Door Opens; 12:00-1:30: Meal Service  
**Thursday, 11/30: 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 This Month!

## PRESENTATIONS:

11/01—Nutrition: Hyperlipidemia  
11/07—Understanding Medical Notices  
11/08—Nutrition: Fiber  
11/15—Colon Cancer  
11/16—Sleep Challenges  
11/21—GERD Awareness  
11/30—Your Sexual Health

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.

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**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



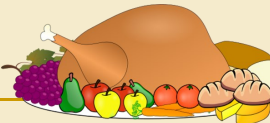
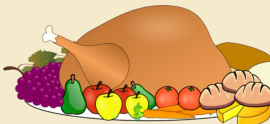
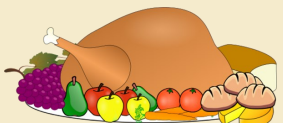
Sunday 1:00—3:00  
Monday—Friday 1:00—4:00  
Please see Olivia, Simon or Cheryl

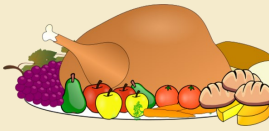
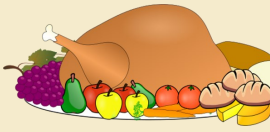

Do You or Someone You Know Take Care of an **ADULT AGE 60+ WITH DEMENTIA**? Shop or Run Errands for Them? Pay Their Bills? Check on Their Safety? You are Not Alone and There is Help & Support Available for You! Call or Stop By the HSS Senior Center Office to Speak with Cathy O'Sullivan Weekdays 9-5.

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><b>NOVEMBER 2017 Daily Activities &amp; Events</b></p> <p>* = NORC-Funded Activity; Activities in Bold are New or Changed</p> <p>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</p>				<p>1 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills <b>10:45 Dancing with Diana</b> <b>11:00 Nutrition Talk: Hyperlipidemia</b> 1:30 Bingo <b>3:45 Karaoke</b></p>	<p>2 10:30 Blood Pressure Screening <b>10:30 Pet Visiting w/ Danielle &amp; Bella</b> 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>3 10:00 Zumba Gold 11:00 Sing-A-Long 10:30 *Blood Pressure Screening 1:30 Bingo <b>3:45 Karaoke</b></p>
<p>5 9:00 Open Gym 1:00 Bingo <del>1:30 English Computer Class w/ Kyle</del></p>	<p>6 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: <b>"Beauty and the Beast"</b> 4:30 Dinner Bingo</p>	<p>7 <b>Election Day</b> 10:30 *Chinese Computer Class <b>11:00 Presentation: Understanding Medical Notices</b> 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p> 	<p>8 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 Pet Visiting w/ Danielle &amp; Bella <b>10:45 Dancing with Diana</b> <b>11:00 Nutrition Talk: Fiber</b> 1:30 Bingo 1:30 *Beading Class (Chinese) <b>3:45 Karaoke</b> 4:00 Woman2Woman Group</p>	<p>9 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl <b>1:30 Flea Market</b> 2:00 English Computer Class w/ Kyle 3:00 Beading Class 4:30 Dinner Bingo</p>	<p>10 <b>9:00 Trip: Christmas Spectacular @ Radio City Music Hall</b> 10:00 Zumba Gold 11:00 Sing-A-Long 10:30 *Blood Pressure Screening 1:30 Bingo <b>3:45 Karaoke</b></p>	
<p>12 9:00 Open Gym <b>11:00 Pet Visiting w/ Stacy &amp; Cali</b> 1:00 Bingo <b>1:00 Open Painting w/ Tina</b> 1:30 English Computer Class w/ Kyle</p>	<p>13 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: <b>"Daughter"</b> 4:30 Dinner Bingo</p>	<p>14 10:30 *Chinese Computer Class <b>11:00 *SAIL Exercise/Staying Active &amp; Independent for Life</b> <b>12:30 Performance: Vocal Ease</b> 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>15 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills <b>10:45 Dancing with Diana</b> <b>11:00 Presentation: Colon Cancer</b> 1:30 Bingo 1:30 *Beading Class (Chinese) <b>3:45 Karaoke</b> 4:00 Woman2Woman Group</p>	<p>16 <b>9:30 Trip: Tracing your Roots-Family History Research</b> <b>10:00 *SAIL Exercise</b> 10:30 Blood Pressure Screening 11:00 Yoga <b>11:00 Presentation: Sleep Challenges</b> 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>17 10:00 Zumba Gold 11:00 Sing-A-Long 10:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class <b>3:45 Karaoke</b></p>	
<p>19 9:00 Open Gym 1:00 Bingo <del>1:30 English Computer Class w/ Kyle</del></p>	<p>20 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: <b>"Take Me"</b> 4:30 Dinner Bingo</p>	<p>21 10:30 *Chinese Computer Class <b>11:00 *SAIL Exercise</b> <b>11:00 Presentation: GERD Awareness</b> 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>22 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 1:30 Bingo 1:30 *Beading Class (Chinese) <b>3:45 Karaoke</b> 4:00 Woman2Woman Group</p>	<p>23 <b>NO ACTIVITIES TODAY</b> <b>OPEN FOR THANKSGIVING DAY HOLIDAY LUNCHEON ONLY</b> <b>PLEASE REGISTER IN ADVANCE</b></p> 	<p>24 <b>CLOSED FOR THANKSGIVING</b></p> 	
<p>26 <b>CLOSED FOR THANKSGIVING</b></p> 	<p>27 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: <b>"The Wedding Party"</b> 4:30 Dinner Bingo</p>	<p>28 10:30 *Chinese Computer Class <b>11:00 *SAIL Exercise</b> 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>29 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 1:30 Bingo 1:30 *Beading Class (Chinese) <b>3:45 Karaoke</b> 4:00 Woman2Woman Group</p>	<p>30 <b>10:00 *SAIL Exercise</b> 10:30 Blood Pressure Screening <b>11:00 Presentation: Your Sexual Health</b> 11:00 Yoga 1:00 *Art Class with Girl <b>2:00 Party: Birthday Celebration w/ DJ Mambo Blue</b> 4:45 Dinner Bingo</p>	<p><b>Do You Know of a Friend or Neighbor who would Benefit from Regular Visits &amp; Escort by a Senior Companion? We Can Provide That! Please contact Andy Man in the Social Services Office!</b></p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>NOVEMBER 2017 LUNCH MENU</b>  <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 &amp; 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 align="center">Vegetarian &amp; 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  Spaghetti Carbonara w/  Green Peas  Green Bean Salad  Cupped Mandarin Orange</p>	<p>2  Chicken Stir Fry w/  Vegetables  Brown Rice  Cauliflower, Carrots &amp;  Parsley  Pears</p>	<p>3  Mango Chutney Roast  Pork  Dominican Moro  Sautéed Spinach  Cupped Apricots</p>
<p>5  Baked Tilapia  Baked Sweet Potato  Broccoli &amp; Red Peppers  Pineapple Juice</p>	<p>6  Butter Squash Soup  Broccoli Cheese  Quesadilla  Cucumber Tomato Salad  Pineapple Juice</p>	<p>7 <b>REMEMBER TO VOTE!!!!</b>  Sweet &amp; Sour Pork Chop  Yellow Rice  Spinach, Apple &amp; Red Onion  Salad  Cantaloupe</p>	<p>8  Deluxe Cheeseburger w/  Onions  Whole Wheat Bun  Pasta Salad  Tossed Salad  Orange</p>	<p>9  Sliced Turkey  Braised Collard Greens  Garlic Mashed Potatoes  Banana</p>	<p>10  Coconut Curried Cod Fish  Wild Rice  Baby Carrots w/ Parsley  Apple</p>
<p>12  Arroz con Pollo / Chicken  Breast &amp; Rice  Steamed Broccoli  Orange Juice</p>	<p>13  Eggplant Parmesan w/  Ricotta  Spaghetti  Steamed Kale  Applesauce</p>	<p>14  Tuna Casserole  Baby Spinach Salad  Corn  Banana</p>	<p>15  Beef Salisbury Steak w/  Mushroom Gravy  Mashed Potato  Kale w/ Tomatoes  Orange</p>	<p>16  Curried Chicken Salad  Pasta Salad  Pita Halves  Garden Salad  Orange Juice</p>	<p>17  Chicken Noodle Soup  Cheese Pizza  Avocado, Orange Salad  Cupped Pears</p>
<p>19  Whole Roasted Chicken  Baked Potato  Tossed Salad w/ Dressing  Cupped Pineapple Chunks</p>	<p>20  Beef &amp; Broccoli  White Rice  Sautéed Spinach  Fruited Jell-O  Orange Juice</p>	<p>21  BBQ Pork Chops  Steamed Green Beans  Yucca w/ Onions  Cupped Pineapple Chunks  Orange Juice</p>	<p>22  Chinese-Style Pepper Steak  Brown Rice  Sautéed Bok Choy w/ Garlic  Banana  Orange Juice</p>	<p>23  <b>THANKSGIVING DAY</b>  <i>Please Register in Advance</i>  Sliced Turkey w/ Dressing  Vegetable Stuffing  Garlic Mashed Potatoes  Green Beans Almandine  Cranberry Sauce</p>	<p>24  <b>CLOSED FOR THANKSGIVING</b></p> 
<p>26  <b>CLOSED FOR THANKSGIVING</b></p> 	<p>27  Stuffed Shells  Cucumber-Tomato Salad  Orange</p>	<p>28  Beef &amp; Turkey Meatloaf  Mushroom Gravy  Mashed Potatoes  Baby Carrots w/ Parsley  Apple</p>	<p>29  Kosher Italian Sausage  Whole Wheat Pasta  Pasta Primavera w/ Cheese  Tossed Salad w/ Dressing  Cantaloupe</p>	<p>30  Chicken Gumbo  White Rice  Cucumber &amp; Chickpea  Salad  Orange</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>NOVEMBER 2017</b> <b>DINNER MENU: Served 4:00 PM - 5:45 PM</b> <b>HENRY STREET SETTLEMENT SENIOR CENTER,</b> <b>334 MADISON STREET, LOWER LEVEL</b> <b>Suggested Contribution: \$1.50/meal</b> <b>(Fee of \$3.00 for those under Age 60)</b>		<b>1</b> Lemon Pepper Tilapia Rice & Corn Spinach w/ Carrot & Onion Salad Apple Juice	<b>2</b> Turkey & Beef Salisbury Steak w/Mushroom Gravy Oriental Blend Veggies Red Bliss Potatoes Banana	<b>3</b> Baked Salmon w/ Cilantro Citrus Sauce Egg Noodles Beet Salad Orange Juice Cupped Pineapple
<b>6</b> BBQ Chicken Baked Potatoes California Blend Veggies Apple Sauce	<b>7</b> Chinese-Style Pepper Steak Brown Rice w/ Mushrooms Sautéed Bok Choy Orange	<b>8</b> Baked Salmon Wild Rice Steamed Broccoli & Cauliflower Banana	<b>9</b> Curried Chicken Legs White Rice Tossed Salad w/ Dressing Pineapple Juice	<b>10</b> Vegetable Soup Jumbo Stuffed Shells w/ Meat Sauce Creamy Spinach Banana Orange Juice
<b>13</b> Tomato Rice Soup Cheese Pizza Cucumber-Tomato Salad Cupped Pineapple	<b>14</b> Beef & Turkey Meatloaf w/ Mushroom Gravy Baked Red Potato Wedges Cauliflower, Carrots & Parsley Fruit Cocktail Chocolate Pudding	<b>15</b> Chicken Jambalaya White Rice Baby Spinach Salad Orange Juice	<b>16</b> BBQ Pork Chop Quinoa Roasted Brussels Sprouts Banana	<b>17</b> Chicken Barley Veg Soup Baked Salmon w/ Cilantro Citrus Sauce Roasted Vegetable Cous- Cous Collard Greens Orange
<b>20</b> Baked Tilapia Baby Carrots w/ Parsley Sweet Baked Yams Sliced Peaches	<b>21</b> Oven Fried Chicken Pasta Salad Brussels Sprouts Orange	<b>22</b> Cornmeal Crusted Tilapia Rice Pilaf Steamed Kale Cupped Pineapple	<b>23</b> <u>THANKSGIVING DAY</u>  <u>CLOSED</u> <u>FOR</u> <u>DINNER SERVICE</u>	<b>24</b> <u>CLOSED FOR</u> <u>THANKSGIVING</u>  
<b>27</b> Baked Fish w/ Garlic Sauce Baby Carrots & Parsley Sweet Baked Yams Apple Juice	<b>28</b> Vegetarian Lasagna Garlic Bread Mixed Green Salad Apple Ambrosia Fruit Salad	<b>29</b> Arroz con Pollo / Chicken Breast & Rice Green Beans Orange	<b>30</b> Sweet & Sour Pork Chop Baby Spinach Salad Baked Potato Pineapple Juice Fruited Jell-O	<b>Vegetarian &amp; Kosher</b> <b>Options Available</b> <i>* Menu is subject to</i> <i>change without notice</i> <b>Funded by the NYC</b> <b>Dept for the Aging,</b> <b>HSS and YOUR</b> <b>Contributions</b>

**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!**

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**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!**

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**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;**

**FEE FOR GUESTS UNDER 60: \$3:00**  
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**GET A DINNER MEAL TO GO**  
**DURING THE LUNCH SERVICE**

**\$2.00 (container included)**  
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**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**