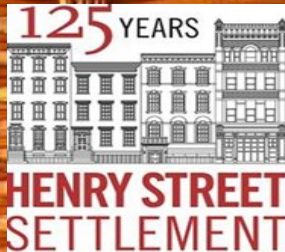


Come Try Out Our Fully Equipped GYM

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



SENIOR SERVICES

Henry Street Settlement Senior Center, 334 Madison St., NY, NY 10002, 212-349-2770
"Where Good Friends Meet"

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

Wellness Coach's Corner Rachel's Hours:

Tuesdays, 10:00 - 12:00
Wednesdays, 10:30 - 12:30
Ask Rachel your fitness questions & schedule an individual coaching appt.



August 2018 CALENDAR



TRIPS THIS MONTH:

- Wednesday, 8/8: Aging Artfully** (Exhibits, Panels and Film Screening)
\$3 & includes lunch to go
Meet at 10:30 am; Return around 5:00 pm
- Tuesday, 8/14: Socrates Sculpture Park** (Includes Ferry from Wall St to Astoria)
\$8 & includes lunch to go
Meet at 9:00 am; Return around 2:00 pm
- Tuesday, 8/28: Walmart** (Shopping, Shopping & More Shopping)
\$10 & includes lunch to go
Meet at 9:00 am; Return around 4:00 pm

PARTIES:

- Thursday, 8/23: Birthdays w/ Woody**
\$3 & You Must Pre-Register
1:30: Check In; 2:00-4:30: Music & Dancing
Free Admission & Gift for August Babies

FLEA MARKET - 8/21, 1:00 TO 3:00 PM

Buy a Table for \$10. This event will be outside in Ruth Winds Way (356 Madison Courtyard)

NEW PROGRAMMING ADDITIONS:

- Collage w/ Rachel:** Tue, 1:30 - 3:00
Come try out this new class - every week you'll create an exciting new project
- Tai Chi for Arthritis:** Evidence-based class, 16 sessions in 8 weeks. Tue & Thu, 10:00 - 11:00
- Computer Classes:** Wed & Sun: 2 hrs each
1 hr curriculum, 1 hr hands-on tech help
- Pampering Mondays:** Facial Massages 8/27, 2:00 - 3:00

CHANGES IN PROGRAMMING:

- Arm Strengthening will be 11:30 am
- Ballroom Dancing will be 1:00 pm
- Open Ballroom Dance will be 2:00 pm

PRESENTATIONS THIS MONTH:

- 8/2, 11:30 - "EB3" by Pace Nurse Students
- 8/15, 11:30 - FitTalk: Everyday Fitness
- 8/29, 11:30 - FitTalk: Exercise: How Much?

TRIP/ EVENT REGISTRATION

Please see Olivia, Karina or Simon
Sundays 1:00-3:00
Mondays-Fridays 10:30-11:30, 1:00-3:00

Haven't Seen a FRIEND at the Center Lately?

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


Henry Street Settlement Senior Center is funded by the NYC Department For the Aging, Corporation & Foundation Grants, Henry Street Settlement & YOUR Contributions.

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!

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 Sad? 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>AUGUST 2018 Daily Activities & Events * = NORC-Funded Activity; Activities in Bold are New or Changed Funded by New York City Department for the Aging (DFTA), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Corporate & Foundation Support, Henry Street Settlement and YOUR Contributions</p>		 <p>AUGUST</p>	<p>1 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 3:30-5:30 - Computer Class</p>	<p>2 10:00 Tai Chi for Arthritis 10:30 Blood Pressure Screening 10:30 Yoga 11:30 *Presentation: "EB3" 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo</p>	<p>3 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke</p>
<p>5 10:30 Yoga 1:00 Bingo w/ 50/50 1-3:00 Computer Class</p>	<p>6 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:15 Afternoon at the Movies: "Amber Alert" 4:30 Dinner Bingo</p>	<p>7 10:00 Tai Chi for Arthritis 10:30 *Chinese Computer Class 11:30 Arm Strengthening 1:00 Crochet Corner 1-3:00 Fresh Produce Program 1:30 Qi Gong 1:30 Collage 3:45 "Pretty Things" 4:30 Dinner Bingo</p>	<p>8 9:30 *Gentle Dance for Arthritis 10:30 Trip: Aging Artfully 10:30 Pet Visiting: Danielle & Bella 10:30 Restorative Skills 10:45 Fitness Group 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 3:30-5:30 - Computer Class</p>	<p>9 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo</p>	<p>10 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke</p>
<p>12 10:30 Yoga 1:00 Bingo w/ 50/50 1:00 New Class: Arts & Crafts w/ Ann 1-3:00 Computer Class</p>	<p>13 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:15 Afternoon at the Movies: "Step Sisters" 4:30 Dinner Bingo</p>	<p>14 9:00 Trip: Sculpture Park 10:00 Tai Chi for Arthritis 10:30 *Chinese Computer Class 11:30 Arm Strengthening 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 1:30 Collage 3:00 Jewelry Making 4:30 Dinner Bingo</p>	<p>15 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 11:30 FitTalk: Everyday Fitness 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 3:30-5:30 - Computer Class</p>	<p>16 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo</p>	<p>17 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke</p>
<p>19 10:30 Yoga 1:00 Bingo w/ 50/50 1-3:00 Computer Class</p>	<p>20 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:15 Afternoon at the Movies: "The Forgotten" 4:30 Dinner Bingo</p>	<p>21 10:00 Tai Chi for Arthritis 10:30 *Chinese Computer Class 11:30 Arm Strengthening 1-3:00 Fresh Produce Program 1-3:00 Flea Market 1:00 Crochet Corner 1:30 Qi Gong 1:30 Collage 3:45 "Pretty Things" 4:30 Dinner Bingo</p>	<p>22 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 3:30-5:30 - Computer Class</p>	<p>23 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Nylon Flower Making 1:30 Chinese Dancing 2:00 Party: Birthdays w/ Woody 4:45 Dinner Bingo</p>	<p>24 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke</p>
<p>26 10:30 Yoga 10:30 Arts & Crafts w/ Lily 1:00 Bingo w/ 50/50 1-3:00 Computer Class</p>	<p>27 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:00 Facial Massages (Registration) 2:15 Afternoon at the Movies "Urban Hymn" 4:30 Dinner Bingo</p>	<p>28 9:00 Trip: Walmart 10:00 Tai Chi for Arthritis 10:30 *Chinese Computer Class 11:30 Arm Strengthening 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 1:30 Collage 3:00 Jewelry Making 4:30 Dinner Bingo</p>	<p>29 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 11:30 FitTalk: Exercise: How much? 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 3:30-5:30 - Computer Class</p>	<p>30 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Nylon Flower Making 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>31 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">AUGUST 2018 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, Cathay Bank, Henry Street Settlement and YOUR Contributions.</p>			<p>1 Spaghetti Carbonara w/ Green Peas Cabbage Carrot Slaw Cupped Mandarin</p>	<p>2 Chicken & Broccoli Stir Fry Rice & Corn Cauliflower w/ Carrots & Parsley Banana</p>	<p>3 Mango Chutney Roast Pork Rice & Beans Sautéed Spinach Cupped Apricots</p>
<p>5 Lemon Pepper Codfish Baked Sweet Potato Capri Vegetable Blend Applesauce Grape Juice</p>	<p>6 Sweet & Sour Pork Chop Yellow Rice Avocado & Orange Salad Cantaloupe</p>	<p>7 Vegetable Soup Broccoli & Cheese Quesadilla Cucumber & Tomato Salad Pineapple Juice</p>	<p>8 Deluxe Cheeseburger w/ Onions Pasta Salad Tossed Salad w/ Dressing Orange</p>	<p>9 Sliced Turkey in Brown Gravy Braised Collard Greens Garlic Mashed Potatoes Banana</p>	<p>10 Coconut Curried Codfish Wild Rice Baby Carrots w/ Parsley Apple</p>
<p>12 Arroz Con Pollo {Chicken & Rice} Braised Collard Greens Orange Juice</p>	<p>13 Baked Salmon w/ Dill Sauce Quinoa Baby Spinach Salad Banana</p>	<p>14 Eggplant Parmesan w/ Ricotta Whole Wheat Spaghetti Cucumber Salad Watermelon</p>	<p>15 Beef Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Kale w/ Tomato Orange</p>	<p>16 Curried Chicken Salad Pita Halves Garden Salad Apple Orange Pineapple Juice</p>	<p>17 Chicken Noodle Soup Cheese Pizza Chickpea Salad w/ Dill Peach</p>
<p>19 Roasted Chicken Baked Potato Sautéed Spinach Cupped Pineapple</p>	<p>20 Beef & Broccoli White Rice Sautéed Bok Choy w/ Garlic Cupped Mandarin Fruit Jell-O</p>	<p>21 Baked Fish w/ Garlic Sauce Pesto Pasta w/ Broccoli Tossed Salad w/ Dressing Honeydew Melon</p>	<p>22 BBQ Pork Chop Yucca w/ Onions Green Bean Sauté Pineapple Chunks Orange</p>	<p>23 Turkey Meatballs in Brown Gravy Mashed Potatoes Baby Carrots w/ Parsley Orange</p>	<p>24 Spaghetti Carbonara w/ Peas Tossed Salad w/ Dressing Ambrosia Fruit Salad Apple Juice</p>
<p>26 Stuffed Shells w/ Cheese Cucumber Dill Salad Orange</p>	<p>27 Chinese Style Pepper Steak Brown Rice Cucumber Salad Strawberries</p>	<p>28 California Turkey Meatloaf in Brown Gravy Smashed Mixed Potatoes & Cauliflower Steamed Broccoli Strawberries</p>	<p>29 Italian Sausage Pasta Primavera Garden Salad Cantaloupe</p>	<p>30 Chicken Gumbo White Rice Corn & Red Peppers Apple</p>	<p>31 BBQ Back Ribs Potato Salad w/ Eggs Collard Greens w/ Tomato Watermelon</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 2018 DINNER MENU <i>Served 4:00 - 5:45 PM</i> HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.) Vegetarian & Kosher Available on Request <i>* Menu subject to change without notice</i>		1 Lemon Salmon Brown Rice w/ Mushrooms Spinach, Apple & Red Onion Salad Apple Juice Watermelon	2 Beef Salisbury Steak w/ Mushroom sauce Red Bliss Potatoes Italian Blend Vegetables Banana	3 Baked Flounder Baked Macaroni & Cheese Braised Red Cabbage w/ Apples Apricots Orange Juice
6 BBQ Chicken Baked Potato California Blend Veggies Applesauce	7 Chinese Style Pepper Steak Brown Rice w/ Mushroom Bok Choy Orange	8 Baked Salmon Wild Rice Steamed Broccoli & Cauliflower Banana	9 Curried Chicken Leg White Rice Tossed Salad w/ Dressing Pineapple Juice	10 Vegetable Soup Jumbo Stuffed Shells w/ Meat Sauce Creamy Spinach Banana
13 Tomato Rice Soup Cheese Pizza Cucumber Tomato Salad Pineapple Chunks	14 Beef & Turkey Meatloaf w/ Mushroom Gravy Baked Potato Wedges Cauliflower w/ Carrots & Parsley Fruit Cocktail Orange Juice	15 Chicken Jambalaya White Rice Baby Spinach Salad Orange Juice	16 BBQ Pork Chop Quinoa Roasted Brussels Sprouts Banana	17 Mushroom Barley Soup Baked Salmon w/ Lemon, Tarragon & Thyme Roasted Vegetable Couscous Collard Greens Orange
20 Baked Flounder Sweet Baked Yams Steamed Red & Green Cabbage Sliced Peaches	21 Chicken & Broccoli Stir Fry Noodles w/ Cabbage Steamed Kale Orange	22 Baked Fish w/ Sweet & Sour Sauce Rice Pilaf Pineapple Chunks	23 Escarole & White Bean Soup Eggplant Parmesan Creamed Spinach Watermelon	24 Oven Baked Pork Chop Garden Salad Yellow Plantains Orange Pineapple Juice Blueberries
27 Coconut Curried Codfish Zucchini Rice Pilaf Roasted Broccoli Cantaloupe	28 Vegetable Ratatouille Egg Noodles Garlic Bread Mixed Green Salad Apple Ambrosia Fruit Salad	29 Arroz con Pollo {Chicken & Rice} Wild Rice Beet Salad Pineapple Juice	30 Sweet & Sour Pork Chop Baked Potatoes Sautéed Spinach Honeydew Melon	31 Orange Glazed Chicken Wild Rice Beet Salad Pineapple Juice

**ENJOY ONE OF OUR DELICIOUS LUNCH
OR DINNER MEALS**
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
SUGGESTED CONTRIBUTION FOR
SENIORS 60+: \$1.50;
GUESTS 59 & UNDER: \$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)
And Be Sure to Pick Up Your
WEEKEND MEAL at Friday's Lunch

WANTED: NEW MEMBERS!
HELP US GROW!! BRING A PROSPECTIVE
MEMBER TO THE SENIOR CENTER.
IF THEY JOIN, THEY'LL GET A GIFT &
YOU'LL BOTH BE ENTERED INTO
RAFFLES FOR A GIFT CARD!
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 GIFT CARD!