

SENIOR SERVICES

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

DECEMBER 2018 CALENDAR

CENTER CLOSURES:

For the holidays, we will be closed on the following dates:
Sun 12/23, Mon 12/24, Tues 12/25
Sun 12/30, Mon 12/31 & Tues 1/1/19

OTHER EVENTS THIS MONTH:

Violin Performances: A Duet by Raina & Camilla; Rear Dining Room
12/07, 12/14, 12/19 @ 4:15 to 5 pm

Pool Tournament:
12/12 & 12/13, 1:00 to 5:45 pm
Awards Ceremony, 12/18, 2:00 pm

Monday, 12/17, 2:00 to 3:00 pm
Free Hand Massages
Pre-registration needed

TRIPS THIS MONTH:

Thursday, 12/20: New Museum
\$3 & You Must Pre-Register; Includes Transportation, Bagged Lunch & Tour
11:00: Arrive @ Center; 11:30: Bus Leaves
1:45: Bus Returns

PARTIES THIS MONTH:

Thursday, 12/6: Holiday Party courtesy of Fir Tree. Everyone with a ticket must meet in the Senior Center at 2:00 pm for Check In

Thursday, 12/27: Birthday Party w/ DJ Woody; \$3 & You Must Pre-Register
1:30: Arrive & Check In
2:00-4:30: Music & Dancing
Free Admission and Gift for Dec. Babies

PRESENTATIONS THIS MONTH:

Thursday, 12/27, 11:30 am:
Pedestrian Safety

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!

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

Come Try Out Our Fully Equipped GYM

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

Holiday Decorations w/ Olivia | 12/04 at 1:30pm
Main Dining Room

Holiday Post Office
10:30-12:00pm &
1:30-3:00pm
We will mail up to
6 cards for you!
12/04 to 12/11

Haven't Seen a FRIEND at the Center Lately?
Please Let Us Know in the Offices so We Can Make Sure They're OK

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
12:30-2:00 @ 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, Karina or Simon

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

DECEMBER 2018 Daily Activities

* = 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), Henry Street Settlement and YOUR Contributions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 Yoga 1:00 Bingo w/ 50/50 1:00 Computer Class	10:00 Skills in Motion 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 Movie 4:30 Dinner Bingo	10:00 Movement Speaks 10:30 *Chinese Computer Class 1:00 Crochet Corner 1:30 Qi Gong 3:45 "Pretty Things" 4:30 Dinner Bingo	9:30 *Gentle Dance 10:30 Restorative Skills 11:00 Skills in Motion 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 Computer Class	1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo	10:00 Dancing w/ Dream 11:00 Yoga 11:00 Blood Pressure 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp

DECEMBER 2018 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 11:00 Latin Dance 2:15 Movie: "Christmas Chronicles"	4 12:30 Member Forum 1:30 Holiday Decorations w/ Olivia	5 1:30 Advanced Beading 10:30 <u>Pet Visiting</u> : Danielle & Bella	6 3:00-6:00 <u>Party</u> : Off-Site Holiday Celebration w/ Fir Tree (By Ticket Only)	7 10:00 Dancing w/ Dream 1:30 Jewelry Workshop 4:15 Violin Duet
9 12:00 Lunch Service by Volunteers 1:00 Computer Class	10 2:15 Movie: "How the Grinch Stole Christmas"	11	12 1:00 Pool Tournament 1:30 Advanced Beading 4:00 Computer Class	13 10:30-12 <u>Event</u> : Arts & Crafts by 'New Museum' Teaching Artist 1:00 Pool Tournament	14 10-1:00 Games & Lunch Service w/ Student Volunteers 10:45 Yoga 11:00 <u>Presentation</u> : Emotion Triggers 1:30 Jewelry Workshop 4:15 Violin Duet
16 10:30 Arts & Crafts w/ Lily 1:00 Computer Class	17 2:00 Hand Massages (Pre-Registration Needed) 2:15 Movie: "The Holiday"	18 10:30 Movement Speaks Holiday Celebration 2:00 Pool Tournament Awards Ceremony	19 4:15 Violin Duet	20 11:00 <u>Trip</u> : New Museum	21 11:00 Yoga 4:00 Holiday Cards Giveaway by Student Volunteers
23 <u>CLOSED FOR CHRISTMAS WEEKEND</u>	24 <u>CLOSED FOR CHRISTMAS EVE</u>	25 <u>CLOSED FOR CHRISTMAS DAY</u>	26	27 11:00 <u>Presentation</u> : Pedestrian Safety 1:30 <u>Chinese Dancing</u> 2:00 <u>Party</u> : Birthdays w/ DJ Woody	28
30 <u>CLOSED FOR NEW YEAR'S WEEKEND</u>	31 <u>CLOSED FOR NEW YEAR'S EVE</u>	31 <u>CLOSED FOR NEW YEAR'S DAY</u>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Lasagna Roasted Brussel Sprouts Orange Juice 	3 Vegetable Soup Herbed Pork Loin Pasta Pesto w/Broccoli Garden Salad Apple Juice	4 Beef w/ Black Bean Garlic Sauce White Rice Cauliflower & Carrots w/Parsley Banana	5 Baked Salmon w/ Cilantro Citrus Sauce Red Bliss Potatoes Kale w/ Tomatoes Sliced Peaches	6 Vegetable Baked Ziti w/ Whole Wheat Pasta Italian Blend Veggies Orange Pineapple Juice Ambrosia Fruit Salad	7 Over Fried Chicken Wings Bowtie Pasta California Blend Veggies Apple 
9 Teriyaki Beef w/ Brown Rice Broccoli & Red Peppers Pineapple Chunks	10 Chicken Marsala Garlic & Rosemary Roasted Potatoes Baby Carrots & Parsley Baked Apple	11 Fish w/ Tomatoes & Herbs Roasted Veg Couscous Brussels Sprouts & Kale Sliced Peaches	12 Teriyaki Chicken Thighs w/ Yellow Rice Oriental Blend Veggies Orange Pineapple Juice Fruited Jell-O	13 Chinese Style Pepper Steak Brown Rice w/ Mushrooms Sautéed Bok Choy w/ Garlic Pineapple Juice	14 Baked Flounder Home Fries w/ Peppers & Onions Steamed Spinach Banana
16 Italian Roasted Chicken Pasta Primavera Chickpea Salad w/ Tomatoes & Parsley Apple Juice Chocolate Pudding	17 White Bean Soup Chili Con Carne w/ White Rice Baby Spinach Salad Orange	18 Salisbury Beef Steak Mushroom Gravy Egg Noodles California Blend Veggies Banana	19 Chicken Breast & Rice Roasted Brussels Sprouts Sliced Peaches	20 Baked Breaded Fish Baked Sweet Potatoes Broiled Zucchini Ambrosia Salad Orange Pineapple Juice	21 Baked Ziti w/ Meat Sauce Italian Blend Vegetables Orange
23 <u>CLOSED FOR CHRISTMAS WEEKEND</u>	24 <u>CLOSED FOR CHRISTMAS EVE</u> 	25 <u>CLOSED FOR CHRISTMAS DAY</u>	26 Baked Chicken w/ Mexican Confetti Rice Steamed Broccoli Apple 	27 Italian Meatballs (Beef & Turkey) Bowtie Pasta Garlic Bread California Blend Veg Baked Apple	28 BBQ Pork Chops Mashed Sweet Potatoes Garden Salad Banana
30 <u>CLOSED FOR NEW YEAR'S WEEKEND</u>	31 <u>CLOSED FOR NEW YEAR'S EVE</u> 	1/1/2019 <u>CLOSED FOR NEW YEAR'S DAY</u>	<u>CHANUKAH IS 12/02 - 12/10</u> <u>KWANZAA IS 12/26 - 1/1/19</u>	December 2018 Lunch Menu Funded Through the New York City Department For the Aging Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine Suggested Contribution: \$1.50/meal Guests Age 59 or Below: \$3.00 Fee Vegetarian & Kosher option available ** Menu is subject to change without notice	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pineapple Glazed Salmon Red Bliss Potatoes Kale w/ Tomatoes Banana	4 Vegetable Lasagna Chickpea Salad w/ Tomatoes & Parsley Orange Juice Chocolate Pudding	5 Sweet & Sour Pork Chop White Rice Oriental Blend Veggies Orange Pineapple Juice	6 Chicken Gumbo Tossed Salad w/ Dressing Fruit Cocktail	7 Tuna Noodle Casserole Collard Greens Cupped Pears 
10 Chicken Barley Soup Cheese Pizza Baby Spinach Salad Banana	11 Beef & Turkey Meatloaf w/ Mushroom Gravy Cauliflower & Mashed Potatoes	12 Breaded Fish Quinoa Avocado & Orange Salad Cupped Apricots	13 Chicken Fricassee Wild Rice Normandy Blend Veggies Orange	14 Swedish Meatballs (Beef & Turkey) w/ Brown Gravy Egg Noodles Cauliflower & Carrots w/ Parsley Orange Pineapple Juice
17 Chicken Marsala Fettuccini w/ Sauce Italian Blend Veg Apple Juice	18 Lemon Garlic Tilapia Wild Rice Collard Greens & Tomatoes Cupped Peaches	19 Deluxe Cheese Burger w/ Onions on Whole Wheat Bun Garden Salad Banana Ambrosia Fruit Salad	20 Chicken Gumbo w/ White Rice Baby Spinach Salad Pineapple Juice	21 Black Bean Soup Turkey Meatballs Whole Wheat Spaghetti California Blend Veggies
24 <u>CLOSED FOR CHRISTMAS EVE</u>	25  <u>CLOSED FOR CHRISTMAS DAY</u>	26 Turkey Meatloaf w/ Mushrooms and Peppers Baked Sweet Potato Italian Blend Veggies Fruit Cocktail	27 Jumbo Stuffed Shells w/ Meat Sauce Baby Spinach Salad Banana Orange Pineapple Juice	28 Curried Chicken Legs Brown Rice w/ Beans Tossed Salad Pineapple Juice
31 <u>CLOSED FOR NEW YEAR'S EVE</u>	1/1/2019  <u>CLOSED FOR NEW YEAR'S DAY</u>		December 2018 Dinner Menu Funded Through the New York City Department For the Aging Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine Suggested Contribution: \$1.50/meal Guests Age 59 or Below: \$3.00 Fee Vegetarian & Kosher option available ** Menu is subject to change without notice	

ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS
SUGGESTED CONTRIBUTION FOR SENIORS 60+: \$1.50;
GUESTS 59 & UNDER: \$3:00
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
(BREAKFAST SERVED SUNDAYS 10 AM)
GET YOUR TAKE-HOME MEAL FOR SATURDAY AT FRIDAY LUNCH

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 OUR CENTER GROW!
BRING A PROSPECTIVE MEMBER FOR A MEAL & YOU'LL EACH RECEIVE A FREE LUNCH VOUCHER! THE NEW MEMBER WILL ALSO RECEIVE 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!