

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



# 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 12:30-2:00 @ 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 Know of a Friend or Neighbor who would Benefit from Regular Visits & Escort by a Senior Companion? We Can Provide That!**  
 Please contact Jeremy Rivera in the Social Services Office!

**Social Services Are Available Sunday - Friday**

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

### Announcements

Due to Presidents' Day, we will be **Closed on Sunday 2/17 & Monday 2/18.**

We are starting three new classes: Art Relaxation on Mondays, and Brain Games and Breathwork Meditation on Sundays.

February is Black History & Heart Awareness Month!

Our next Member Forum is on 02/13 at 12:30 pm in the Main Dining Room

**Wednesday, 02/27:** Enjoy a Special Dinner Menu Starting at 4:00 pm Thanks to a Very Generous Senior Center Member who Wishes to Remain Anonymous

### PARTIES:

**Thursday, 02/14:** Valentine's Day Party w/ DJ Kuora by PIMCO \$3 & You Must Pre-Register  
 1:30: Arrive & Check In  
 2:00-4:30: Music & Dancing

**Thursday, 02/28:** Mardi Gras Birthday Party w/ DJ Mambo by Fir Tree \$3 & You Must Pre-Register  
 1:30: Arrive & Check In  
 2:00-4:30: Music & Dancing  
 Free Admission, Birthday Photo & Gift if You were Born This Month!

### PERFORMANCES:

02/07, 12:30pm Chinese New Year Celebration w/ Special Entertainment

### TRIPS:

**Tuesday, 02/19:** American Indian Museum \$3 & You Must Pre-Register  
 Includes transportation and bagged meal  
 11:00: Check in; Bus Leaves 11:30  
 1:00: Return to Senior Center

**Tuesday, 02/26:** Catskills Casino Resort \$20 (\$20 Playback and \$10 Food Voucher)  
 Includes transportation and bagged lunch  
 9:00: Check in; Bus leaves center at 10:00  
 4:00: Bus leaves casino; Be back around 6:00

### PRESENTATIONS:

02/07— Money Smart for Older Adults  
 02/08— Sneaky Sodium (NORC)  
 02/12— Avoid Common Frauds  
 02/21— Beating the Winter Blues  
 02/27— Know the 10 Signs

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

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



### **MEALS ON WHEELS**

ARE YOU ELIGIBLE FOR HOME-DELIVERED MEALS? IF YOU ARE:

- Homebound
- Unable to shop or cook
- Recently discharged from the hospital
- Lack cooking facilities
- Have dietary restrictions a home care worker cannot meet

**HENRY STREET SETTLEMENT**

CALL 212.473.1474 TO SEE IF YOU QUALIFY.

# FEBRUARY 2019 Daily Activities

\* = NORC-Funded Activity; Activities in Bold Color 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 <b>11:00 New Class: Art Relaxation</b> 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	<b>10:00 Pace Nurse Students</b> 10:00 A Matter of Balance 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

## FEBRUARY 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Come Try Out Our Fully Equipped GYM</b> Sunday 9-11 AM & Monday-Friday 9-11 AM & 1:30-3:30 PM		 <b>BLACK HISTORY Month</b>	 Happy Valentine's Day	 February is American Heart Month	
3	4 2:15 Movie: "Like Father"	5	6	7 11:00 <u>Presentation</u> : Money Smart for Adults 12:30 <u>Performance</u> : Chinese New Year Celebration <del>1:30 Chinese Dancing</del>	8 10:45 Yoga 11:30 <u>Presentation</u> : Sneaky Sodium (NORC)
10	11 2:15 Movie: "Seven Pounds"	12 11:30 <u>Presentation</u> : Avoid Common Frauds <del>3:45 "Pretty Things"</del>	13 12:30 Member Forum	14 11:30 Children - cards/singing <del>1:30 Chinese Dancing</del> 2:00 <u>Party</u> : Valentine's Day Party w/ DJ Kuora by PIMCO 4:45 <u>Dinner Bingo</u>	15
17 	18 	19 11:00 <u>Trip</u> : American Indian Museum	20 <del>11:00 Skills in Motion</del>	21 <u>Presentation</u> : Beating the Winter Blues	22
24 10:30 Arts & Crafts w/ Lily <u>New Classes</u> : 11:15 Brain Games 1:30 Breathwork Meditation	25 <del>11:00 Skills in Motion</del> 2:15 Movie: "Before I Wake"	26 9:00 <u>Trip</u> : Catskills Casino Resort 3:00 Creative Jewelry Making <del>3:45 "Pretty Things"</del>	27 <del>11:00 Skills in Motion</del> <u>Presentation</u> : Know the 10 Signs	28 <del>1:30 Chinese Dancing</del> 2:00 <u>Party</u> : Mardi Gras Birthday Celebration w/ DJ Mambo by Fir Tree 4:45 <u>Dinner Bingo</u>	 Happy Valentine's Day

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>FEBRUARY 2019 Lunch Menu</b>  Funded Through the New York City Department For the Aging  Meals served with Vitamin C, 1% Fat Free milk,  whole grain bread &amp; trans fat-free margarine  Suggested Contribution: \$1.50/meal  Guests Age 59 or Below: \$3.00 Fee  Vegetarian &amp; Kosher option available  ** Menu is subject to change without notice</p>					<p>1  Turkey Chili w/ Sweet Potatoes &amp; Corn  Mexican Confetti Rice  Mixed Vegetables  Cupped Apricots</p>
<p>3  Apricot Glazed Salmon  Baked Potatoes  Steamed Kale  Apple Juice</p>	<p>4  Dill Soup  Eggplant Parmesan  Garlic Bread  Broccoli w/ Toasted Garlic  Cupped Pears</p>	<p>5  Salmon in Garlic Butter Sauce  Quinoa w/ Black Beans &amp; Corn  Stir Fry Kale &amp; Broccoli  Fruit Cocktail</p>	<p>6  Chicken Scaloppini w/ Yellow Rice  Garden Salad  Orange Juice</p>	<p>7  Chinese-Style Roast Pork w/ Stir Fry Lo Mein  Oriental Blend Veggies  Ambrosia Fruit Salad</p>	<p>8  Sliced Turkey w/ Brown Gravy  Mashed Sweet Potatoes  Garden Salad  Banana</p>
<p>10  Baked Flounder  Roasted Vegetable  Couscous  Tossed Salad Dressing  Cupped Pineapple</p>	<p>11  Bean Burrito w/ Whole Wheat Tortilla  Mexican Confetti Rice  Tossed Salad  Cupped Mandarins</p>	<p>12  Turkey Meatballs w/ Whole Wheat Spaghetti in Meat Sauce  Sautéed String Beans  Cupped Pineapples</p>	<p>13  Whole Wheat Cheese Pizza  Green Bean Salad  Garden Salad  Orange</p>	<p>14  Lemon Salmon w/ Wild Rice  Creamy Spinach  Apple Juice</p>	<p>15  Beef &amp; Broccoli w/ Brown Rice &amp; Mushrooms  Kale &amp; Tomatoes  Sliced Peaches</p>
<p>17 <b>CENTER IS CLOSED</b></p>  <p>Happy Presidents' Day!</p>	<p>18 <b>CENTER IS CLOSED</b></p> 	<p>19  Chinese-Style Roast Pork Loin w/ Stir Fry Lo Mein  Baby Carrots &amp; Parsley  Banana</p>	<p>20  Oven Fried Chicken Wings  Potato Salad  Sautéed Spinach  Orange Juice</p>	<p>21  Turkey Meatloaf w/ Mushrooms &amp; Peppers  Mashed Potatoes  Steamed Peas &amp; Carrots  Apple</p>	<p>22  Chicken Marsala w/ Egg Noodles  Broccoli w/ Tossed Garlic  Fruit Cocktail</p>
<p>24  Jumbo Stuffed Shells w/ Meat Sauce  Garlic Bread  Tossed Salad  Orange/Pineapple Juice</p>	<p>25  Coconut Curry Chicken w/ White Rice  Broccoli &amp; Tomatoes  Four Bean Salad  Orange</p>	<p>26  Cheese Ravioli in Sauce  Garlic Bread  Kale &amp; Tomatoes  Apple</p>	<p>27  Roast Beef w/ Yellow Rice &amp; Pigeon Peas  California Blend Veggies  Grape Juice</p>	<p>28  Chicken Shawarma w/ Rice Pilaf  Israeli Salad  Strawberry Apple Sauce</p>	

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FEBRUARY 2019 Dinner Menu</b> Funded Through the New York City Dept. 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 <b>** Menu is subject to change without notice</b>				<b>1</b> Sticky Marmalade Glazed Baby Back Ribs Egg Noodles Steamed Kale Orange Juice
<b>4</b> Garlic Chicken Whole Grain Macaroni & Cheese Broccoli w/ Roasted Garlic Orange Juice	<b>5</b> Cheese Tortellini in Sauce Baby Spinach Salad Banana	<b>6</b> Pumpkin Turkey Chili w/ White Rice Corn w/ Red Peppers Fruit Cocktail	<b>7</b> Chicken Teriyaki w/ Whole Wheat Spaghetti Bok Choy Orange/Pineapple Juice	<b>8</b> Stewed Codfish w/ Eggplant (Bacalao Fresco y Berenjena) Baked Potatoes Cauliflower & Carrots w/ Parsley Grape Juice
<b>11</b> Spanish Style Beef Stew w/ Yellow Rice Normandy Blend Vegetables Pineapple Chunks	<b>12</b> Mushroom Barley Soup Vegetable Ratatouille s/ Egg Noodles Garden Salad Fruit Cocktail	<b>13</b> Sweet & Sour Chicken Thighs Sweet Baked Yams Sautéed Bok Choy w/ Garlic Orange Juice	<b>14</b> Seafood Medley Soup Shrimp Stir Fry w/ White Rice Long Stemmed Broccoli Orange	<b>15</b> Lemon Salmon Quinoa Cucumber Chickpea Salad Orange
<b>18</b> <u>CENTER IS CLOSED</u> 	<b>19</b> Baked Chicken Wings Pasta Salad Braised Collard Greens Orange	<b>20</b> Baked Salmon w/ Rice Pilaf Mixed Green Salad Pineapple Chunks	<b>21</b> Baked Flounder Baked Sweet Potato Baby Spinach Salad Sliced Peaches	<b>22</b> Sweet & Sour Ribs Whole Grain Macaroni & Cheese Kale w/ Tomatoes Banana
<b>25</b> Curried Cod Fish w/ Brown Rice Baby Carrots w/ Parsley Apple Juice	<b>26</b> Chicken & Broccoli Stir Fry w/ Wild Rice Oriental Blend Veggies Orange	<b>27</b> Shrimp Soup BBQ Ribs Yellow Rice & Beans Sautéed Green Beans Special Dessert	<b>28</b> Pan Roasted Ginger Garlic Swordfish Herb Tossed Red Bliss Potatoes Creamy Spinach Cupped Mandarins	

**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!**