



# SENIOR SERVICES

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

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

**Come Try Out Our Fully Equipped GYM**  
Sunday 9-11 AM  
Monday-Friday 9-11 AM & 1:30-3:30 PM

**Announcements:**  
On the first Wednesday of every month, we will have a financial counselor at the Senior Center from 3 pm to 6 pm. Please see Jeremy to book an appointment.  
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There can be No Private Sales conducted in the Senior Center unless they are part of an official event, such as the Flea Market. We appreciate your cooperation.

**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.

## April 2019 CALENDAR

**CELEBRATIONS THIS MONTH:**  
Monday, 4/15: Volunteer Recognition Celebration  
12:30: Ceremony; 1:00 Special Dessert  
Thursday, 4/25: Birthday Party  
\$3; 2:30-4:30: Music & Dance  
Special Dessert, Raffles Free Admission & Birthday Gift if You were Born in April

**NEW CLASSES:**  
Mon, 11:00 - Choral Group w/ Michael  
Tues, 11:00 - Sing Along w/ Emily  
Tues, 11:00 - Walk w/ Ease  
Wed, 10:00 - Be Flexible, Be Comfortable  
Wed, 11:00 - Move it, Move it  
2nd Sunday of the Month, 1:00 to 2:30 pm: Rock Painting (Starts 04/14)

**Trips This Month:**  
Thurs, 4/18: New Museum (Guided Tour) \$3; w/ Bagged Lunch; 10:00: Arrive at Center 10:30: Bus Leaves; 12:45: Bus Returns  
Tues, 4/30: Governors Island \$5; w/ Bagged Lunch; 9:30: Arrive at Center 10:00 Van Leaves; 2:00: Van Returns

**PERFORMANCES/EVENTS THIS MONTH:**  
04/05, 11:00-1:30: The SC Computer Lab will Serve as a Polling Site for Participatory Voting on Carlina Rivera's District Funding  
04/09, 12:30: Concerts in Motion  
04/11, 11:00: Potting Plants (Volunteers)  
04/16, 12:30: Opera Concert  
04/23, 11:00: Lunch Service (Volunteers)  
04/28, 10:00: Multiple Health Screenings

**PRESENTATIONS THIS MONTH:**  
04/11 Cancer Prevention  
04/12 Strategies to Manage Arthritis  
04/18 Coping Skills

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!*

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 12:30-2:00 @ 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 10:30-11:30, 1:00-4:00  
Please see Olivia, Karina or Simon

**Social Services Are Available Sunday - Friday**

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!

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





## April 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	10:30 Happy Hour Yoga <b>11:00 New: Choral Group</b> 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts <b>1:30</b> Ballroom Dancing <b>2:30</b> Open Ballroom Dance 2:15 Afternoon Movie 4:30 Dinner Bingo	10:30 *Chinese Computer Class <b>11:00 New: Sing w/ Emily</b> <b>11:00 New: Walk With Ease</b> 1:00 Crochet Corner 1:30 Qi Gong 1:30 Puppeteering 3:45 "Pretty Things" 4:30 Dinner Bingo	<b>10:00 New: Be Flexible, Be Comfortable</b> <b>11:00 New: Move It, Move It</b> 11:00 "Then & Now" Discussions 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 Computer Class	10:00 Pace Nurse Students (& Blood Pressure) 1:00 *Art Class w/ Nurses <b>1:15-3:15 Chinese Dancing</b> 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

## April 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1</b> <b>11:00 New: Choral Group</b>	<b>2</b> <b>11:00 New: Walk With Ease</b>	<b>3</b> <b>3:00 - 6:00: Financial Counselor available</b>	<b>4</b> <b>11:00 Meditation</b>	<b>5</b> <b>11:00 Participatory Budget Voting Site in Computer Lab</b>
<b>7</b>	<b>8</b>	<b>9</b> <b>12:30 Concerts in Motion</b>	<b>10</b> <b>11:00 School Volunteers</b>	<b>11</b> <b>*11:30 Presentation: Cancer Prevention</b> <b>11:30 Volunteers: Plant Potting</b> 1:00 *Art Class w/ Nurses 1:30 Chinese Dancing 1:30 Nylon Flower Making	<b>12</b> <b>10:45 Yoga</b> <b>*11:30 Presentation: Strategies to Manage Arthritis</b>
<b>14</b> <b>1:00 New: Rock Painting with Sarah</b>	<b>15</b> <b>12:30 Volunteer Recognition Ceremony</b>	<b>16</b> <b>12:30 Opera Concert</b>	<b>17</b>	<b>18</b> <b>10:00 Trip: New Museum</b> <b>10:30 Zumba</b> <b>11:30 Presentation: Coping Skills</b>	<b>19</b> <del>10:00 Dancing w/ Dream</del> <del>1:30 Bingo w/ 50/50</del> <del>3:45 Karaoke</del> <del>5:00 Senior Boot Camp</del>
<b>21</b> <b>11:30 NYJL Volunteers - Lunch Service</b>	<b>22</b> <b>11:00 New: Choral Group</b>	<b>23</b> <b>11:00 School Volunteers</b> <del>1:30 Qi Gong</del>	<b>24</b>	<b>25</b> <del>1:30 Chinese Dancing</del> <b>2:00 Birthday Party w/ DJ Mambo</b>	<b>26</b>
<b>28</b> <b>10:00 - 1:00: Interdisciplinary Health Screening Event</b>	<b>29</b>	<b>30</b> <b>9:30 Trip: Governors' Island</b> <del>1:30 Qi Gong</del>			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Turkey Meatloaf w/ Mushroom Gravy Homemade Mashed Potatoes Steamed Broccoli Apple	<b>2</b> Beef Fajitas w/ Whole Wheat Tortillas Mexican Confetti Rice Cole Slaw Orange	<b>3</b> Chicken Salad Whole Wheat Bread Tossed Salad w/ Dressing Apple Juice	<b>4</b> Oven Fried Tilapia Baked Sweet Potato Steamed Green Beans Orange Fruited Jello	<b>5</b> Garlic Chicken Chinese Style Spaghetti Steamed Broccoli Apple
<b>7</b> Vegetable Lasagna Fresh Sliced Tomatoes and Cucumbers Grape Juice	<b>8</b> Baked Breaded Chicken Cutlet Red Bliss Potatoes Arugula Salad w/ Balsamic Vinegar Orange	<b>9</b> Deluxe Cheeseburger w/ Onions Pasta Salad Cole Slaw Watermelon	<b>10</b> Turkey Meatloaf Garlic Mashed Potatoes Braised Collard Greens Banana	<b>11</b> Tomato Rice Soup Tuna Fish Salad Beets and Baby Carrots w/ Dill Garden Salad Orange	<b>12</b> Arroz con Pollo // Chicken Breast w/ Rice Mixed Vegetables Strawberries
<b>14</b> Baked Breaded Fish Roasted Sweet Potato Fries Tossed Salad w/ Dressing Orange	<b>15</b> Chicken Stir Fry w/ Vegetables Brown Rice Cauliflower w/ Carrots and Parsley Banana	<b>16</b> Cheese Tortellini Italian Blend Vegetables Cantaloupe	<b>17</b> Lemon Chicken Rice Pilaf California Blend Vegetables Orange	<b>18</b> Beef Lasagna Arugula Salad w/ Balsamic Vinegar Roasted Brussels Sprouts Cupped Pineapple	<b>19</b> Spinach Stuffed Flounder Baby Carrots w/ Parsley Baked Potatoes Cupped Pears
<b>21</b> Apricot Glazed Salmon Red Bliss Potatoes Baby Carrots w/ Parsley Cantaloupe	<b>22</b> BBQ Chicken Brown Rice Kale w/ Tomato Cupped Apricots	<b>23</b> Baked Fish Fillet Baked Sweet Potato Broccoli w/ Toasted Garlic Apple Juice	<b>24</b> Lasagna Rollatini Chickpea Salad Roasted Brussels Sprouts Orange	<b>25</b> Oven Roasted Turkey Breast Cheddar and Potato Bake Steamed Broccoli and Cauliflower Banana	<b>26</b> Broccoli Cheese Quesadilla Mexican Confetti Rice Summer Corn and Pepper Salad Tossed Salad w/ Dressing Cupped Peaches
<b>28</b> Spanish Style Beef Stew Brown Rice Garden Salad Cantaloupe	<b>29</b> Shepherd's Pie w/ Beef and Turkey Cucumber Dill Salad Cupped Pineapples	<b>30</b> Vegetable Baked Ziti w/ Whole Wheat Pasta Italian Blend Vegetables Orange		<p align="center"><b>APRIL 2019 LUNCH MENU</b>            Funded by the New York City Department For the Aging            And YOUR Contributions            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>	



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Baked Salmon Sweet Baked Yams Normandy Blend Vegetables Orange	<b>2</b> Beef Lasagna Garlic Bread Sautéed Spinach Cantaloupe	<b>3</b> BBQ Chicken Baked Potatoes California Blend Vegetables Banana	<b>4</b> Spaghetti Carbonara w/ Green Peas Vegetable Mix Cupped Apricots	<b>5</b> Stewed Cod Fish w/ Eggplant Home Fries w/ Peppers and Onions Roasted Broccoli Applesauce
<b>8</b> Salmon in Garlic Butter Sauce Rice Pilaf Garden Salad Cantaloupe	<b>9</b> Orange Glazed Chicken Breast Roasted Sweet Potato Fries Steamed Kale Strawberries	<b>10</b> Vegetarian Lasagna Baby Spinach Salad Cupped Apricots	<b>11</b> BBQ Chicken Leg Quarters Yellow Rice Vegetable Mix Orange	<b>12</b> Baked Fish Fillets Baked Macaroni and Cheese Broccoli and Red Peppers Cupped Pineapple
<b>15</b> Crusty Shepherd's Pie Garden Salad Cantaloupe	<b>16</b> Stewed Codfish w/ Eggplant Home Fries w/ Peppers and Onions Sautéed Spinach Sliced Peaches	<b>17</b> Spanish Style Beef Stew Brown Rice Sautéed String Beans Cupped Pineapple	<b>18</b> Sesame Chicken Chinese Style Spaghetti Broccoli w/ Toasted Garlic Apple	<b>19</b> Shrimp & Broccoli w/ Egg Noodles Oriental Blend Cupped Apricots
<b>22</b> Turkey Salad Baby Spinach Salad Cupped Pineapples	<b>23</b> Chicken Marsala Italian Blend Vegetables Red Bliss Potatoes Cupped Mandarin Orange Slices	<b>24</b> Baked Breaded Fish Wild Rice Steamed Broccoli and Cauliflower Apple	<b>25</b> Teriyaki-Glazed Pork Loin Garlic Mashed Potatoes Red Cabbage Salad Peach	<b>26</b> Lemon Salmon Roasted Vegetable Cous- cous California Blend Vegetables Banana
<b>29</b> Jumbo Stuffed Shells w/ Meat Sauce Cucumber Chickpea Salad Cupped Mandarin Oranges	<b>30</b> Oven Baked Pork Chops Creamy Spinach Yucca w/ Onions Cantaloupe	<b>APRIL 2019 Dinner Menu: Served 4:00 PM - 5:45 PM</b> <b>Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.)</b> <b>Meals served with Vitamin C, Fat Free milk, whole grain bread &amp; fat free margarine. Vegetarian &amp; Kosher options available</b> <b>* Menu is subject to change without notice</b> <b>Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.</b>		

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