



**HENRY STREET
SETTLEMENT**

Henry Street Settlement Senior Center
334 Madison St., Lower Level, NY, NY 10002
212-349-2770

“Where Good Friends Meet”

Senior Services



August 2019 CALENDAR



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**
Office 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:

A Financial Planner-Counselor is
at the Senior Center each
1st & 3rd Wednesday of the
month from 2 to 5 pm. A
free & confidential service.

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In cooperation w/ Betances, HSS
Senior Services will be hosting a
Full-Time Nurse beginning mid-
July to provide health screenings
& treatment, health information,
answers to your health
questions and help in managing
your chronic health issues.



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

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SETTLEMENT

CALL 212.473.1474 TO SEE IF YOU QUALIFY.

WE ARE A NYC COOLING CENTER; COME COOL OFF
WITH US IN ANY HEAT EMERGENCY!

*This Month We Celebrate Women's
Equality Day!*

*House Rules are now Posted Around the
Center; Please Read & Observe Them So
We Can All Live Together In Harmony*

PARTIES THIS MONTH:

Thursday 8/08: SUMMER CELEBRATION W/
CREDIT SUISSE VOLUNTEERS: \$3; 2:00-
4:30: Music & Dance (DJ Mambo) w/
Dessert & Raffles

Thursday 8/22: BIRTHDAY PARTY
\$3; 2:00-4:30: Music & Dance (DJ
Woody) w/ Dessert & Raffles; Free Ad-
mission & Birthday Gift if You were
Born This Month

TRIPS THIS MONTH:

Friday 8/16, 3:30: Museum of the
Moving Image \$5 \$2 refundable; Return
to Center 6 pm

Monday 8/19: Coney Island. \$3; Bus
leaves at 10:00 am & Leaves at 4 pm to

Weekly Fresh Food (Produce) Bags Are
Back! Visit Karina for Sign-up, Distribution
& Loose Produce Purchases at Ruth Winds
Way, 256 Madison Street. Tuesdays, 2:30-
5:30

PRESENTATIONS THIS MONTH:

Friday 8/02, 11:30: Acute Dental
Conditions, NYU School of Dentistry

Thursday 8/08, 11:30: What You Need to
Know About Diabetes, PACE Nurses

Thursday 8/15, 11:30: Nutrition Talk,
Centerlight

Tuesday 8/20, 11:30: West Nile Disease &
Preventing Mosquito Bites, NYC DOITT

Tuesday 8/27, 11:30: Preparing for the
Unexpected, NYC Emergency Mgmt

EVENTS/PERFORMANCES

Thursday 8/01, 11:30: Meet & Greet w/
Our New Division Nurse, Franklin!

Wednesday 8/07, 12:30-1:00 pm:
MEMBER FORUM: IT'S YOUR CENTER!
Please share w/ staff your feedback &
ideas on meals, social services, activities,
parties & trips.



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.

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
10:30-11:30, 1:00-4:00
Please see Olivia or Karina

Please Remember That
There Are No Reserved Seats
In The Senior Center

Do You Know of a Friend or
Neighbor who would
Benefit from Regular
Visits & Escort by a
Senior Companion?
We Can Provide That!
Please see
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







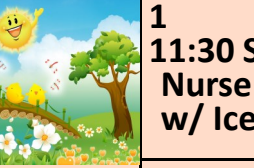
August 2019 Daily Activities



* = 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
10:15 Yoga 1:00 Bingo w/ 50/50 1:00 Computer Class	12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:15 Afternoon Movie 4:30 Dinner Bingo	10:30 *Chinese Computer 11:00 Blood Pressure 1:00 Crochet Corner 2:30 Fresh Produce Bags 3:45 "Pretty Things" 4:30 Dinner Bingo	10:00 Be Flexible, Be Comfortable 11:00 Move It, Move It 1:00-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 Computer Class	10:30 Happy Hour Yoga 11:00 Blood Pressure 1:00 *Art Class w/ Girl 1:30-3:00 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

August 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
						
4	5	6	7	8	9	
	10:30 Movement Speaks/ DVP 2:15 <u>Movie</u> : "Staged Killer"	10:45 Art w/ Ellen	10:00 Rent Freeze Help 12:30 Member Forum 2:00-5:00 Financial Planner-Counselor	11:30 Senior Services' Nurse Welcome Ceremony w/ Ice Cream Sundaes	11:15 <u>Presentation</u> : Acute Dental Conditions 11:00 Yoga 3:30 Jewelry Workshop	
11	12	13	14	15	16	
10:30 <u>Pet Visiting</u> w/ Amy & Rexi 10:30 <u>Drawing</u> w/ Will 11:30 NY Junior League Vols Lunch Service 1:00 Rock Painting w/ Sarah	10:30 Movement Speaks/ DVP 2:15 <u>Movie</u> : "Only Mine"	10:45 Art w/ Ellen	10:00 Rent Freeze Help	11:15 <u>Nutrition Talk</u> w/ Centerlight 3:00-6:00 Arlo Hotel Volunteers Dinner Service	3:30 <u>Trip</u> : Museum of the Moving Image	
18	19	20	21	22	23	
	10:00 <u>Trip</u> : Coney Island 10:30 Movement Speaks/DVP 2:15 <u>Movie</u> : "House of Deadly Secrets"	10:45 Art w/ Ellen 11:30 <u>Presentation</u> : West Nile & Mosquitoes 3:00 Jewelry Making	10:00 Rent Freeze Help 2:00-5:00 Financial Planner-Counselor	2:00 <u>Party</u> : Birthday Party w/ DJ Woody	11:00 Yoga	
25	26	27	28	29	30	
10:30 Lily's Arts & Crafts 11:00 Pet Visiting w/ Amy & Rexi 11:00 Drawing w/ Will	<u>Women's Equality Day</u> 10:30 Movement Speaks/DVP 2:15 <u>Movie</u> : "On The Basis of Sex"	10:45 Art w/ Ellen 11:30 <u>Presentation</u> : Preparing for the Unexpected	10:00 Rent Freeze Help		11:00 Yoga	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
 <p>AUGUST</p>	<p align="center">August 2019 Lunch Menu 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 & 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</p>		 <p align="center">It's SUMMER!</p>	<p>1 Beef Stroganoff w/ Noodles Broccoli & Red Peppers Watermelon</p>	<p>2 BBQ Pork Chops Yucca w/Onions Avocado & Orange Salad Banana Orange Pineapple Juice</p>
<p>4 Baked Fish Fillet w/ Whole Grain Stuffing Pesto Pasta w/ Broccoli Tossed Salad w/ Dressing Honeydew</p>	<p>5 Ginger Garlic Beef Stew w/ Yellow Rice Arugula Salad w/Balsamic Vinegar Orange Pineapple Juice</p>	<p>6 Baked Fish w/ Garlic Sauce Baked Sweet Potato Broccoli w/ Toasted Garlic Strawberries</p>	<p>7 Spaghetti Carbonara w/ Green Peas Green Bean Salad w/ Mandarin Slices Orange</p>	<p>8 Chicken Stir Fry w/ Brown Rice & Vegetables Oriental Blend Banana</p>	<p>9 Mango Chutney Pork Roast Dominican Moro Creamy Spinach Apricot Slices</p>
<p>11 Baked Fish Fillet Baked Potatoes Cauliflower w/Carrots & Parsley Mango</p>	<p>12 Creamy Vegetable Soup Broccoli Cheese Quesadilla Lemony Cucumber & Tomato Salad Tossed Salad w/ Dressing Pineapple Juice</p>	<p>13 Arroz con Pollo (Chicken & Rice) Vegetable Mix Strawberries</p>	<p>14 Deluxe Cheeseburger w/ Onions Pasta Salad Spinach, Apple & Red Onion Salad Orange</p>	<p>15 Sliced Deli Turkey Garlic Mashed Potatoes Braised Collard Greens Banana</p>	<p>16 Sweet & Sour Pork Chop Yellow Rice Baby Spinach Salad Cantaloupe</p>
<p>18 Coconut Curried Cod Fish Wild Rice Baby Carrots w/ parsley</p>	<p>19 Eggplant Parmesan w/ Ricotta Whole Wheat Spaghetti Steamed Kale Watermelon</p>	<p>20 Tuna Noodle Casserole Baby Spinach Salad Banana</p>	<p>21 Beef Salisbury Steak w/ Mushroom Sauce Homemade Mashed Potatoes Kale w/ Tomato Orange</p>	<p>22 Curried Chicken Salad w/ Pita Halves Garden Salad Orange Juice</p>	<p>23 Chicken Noodle Soup Whole Wheat Cheese Pizza Avocado & Orange Salad Peach</p>
<p>25 Whole Roasted Chicken Baked Potatoes Tossed Salad w/ Dressing Pineapple Segments</p>	<p>26 Beef & Broccoli w/ Brown Rice & Mushrooms Sautéed Spinach Fruited Jell-O Orange Juice</p>	<p>27 BBQ Pork Chops Steamed Green Beans Yucca w/Onions Strawberries</p>	<p>28 Turkey Meatballs w/ Brown Gravy Garlic Mashed Potatoes Baby Carrots w/ Parsley Banana</p>	<p>29 Chinese Style Pepper Steak w/ Baked Brown Rice Pilaf Cucumber Chickpea Salad Mango</p>	<p>30 Baked Chicken Thigh Sweet Baked Yams Tossed Salad w/ Dressing Orange</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2019 Dinner Menu: Served 4:00 pm - 5:45 pm Suggested Contribution: \$1.50/meal <i>(Fee of \$3.00 for those under age 60.)</i> Meals served with Vitamin C, Fat Free milk, whole grain bread & fat free margarine. Vegetarian & Kosher options available. <i>* Menu is subject to change without notice</i> Funded by the NYC Department For the Aging, Henry Street Settlement and YOUR Contributions.			1 Baked Chicken Thigh Parmesan-Rosemary Mashed Potatoes Brussel Sprouts Orange Juice	2 White Bean Soup Beef Meatloaf Roasted Sweet Potato Fries Mixed Green Salad Apple
5 Whole Wheat Ziti w/ Chicken, Tomato & Rosemary Garlic Bread California Blend Vegetables Sliced Peaches	6 Salisbury Steak w/ Vegetable Couscous Oriental Blend Veggies Orange	7 Sliced Deli Turkey Baby Spinach Salad Homemade Mashed Potato Watermelon Slice	8 <i>**Party**</i> BBQ Ribs Potato Salad Cole Slaw Watermelon Slice Fruit Juice	9 Salmon in Garlic Butter Sauce w/ Egg Noodles Summer Corn & Peppers Salad Strawberries & Pineapple
12 BBQ Chicken Baked Potato California Blend Vegetables Applesauce	13 Chinese Style Pepper Steak w/ Brown Rice & Mushrooms Chinese Style Bok Choy Pineapple	14 Curried Chicken Leg w/ White Rice Tossed Salad w/ Dressing Grape Juice Banana	15 Jumbo Stuffed Shells w/ Meat Sauce Steamed Kale Strawberries Orange Juice	16 Baked Salmon w/ Wild Rice Steamed Broccoli w/ Soy Sauce Banana
19 Turkey Salad Baby Spinach Salad Apple	20 Beef & Turkey Meatloaf w/ Mushroom Gravy Red Bliss Potatoes Cauliflower w/Carrots & Parsley Fruit Cocktail Orange Juice	21 Chicken Jambalaya w/ White Rice Baby Spinach Salad Mango	22 BBQ Pork Chops w/ Quinoa Roasted Broccoli Sprouts Banana	23 Creamy Vegetable Soup Baked Salmon w/ Lemon, Tarragon & Thyme Roasted Vegetable Cous- cous Collard Greens Orange
26 Broiled Tilapia Parmesan Baby Carrots w/ Parsley Sweet Baked Yams Sliced Peaches	27 Oven Fried Chicken Wings Pasta Salad Baby Carrots w/ Parsley Orange	28 Baked Fish in Sweet & Sour Sauce w/ Zucchini Rice Pilaf Steamed Kale Pineapple Segments	29 Teriyaki Glazed Wings w/ White Rice Garden Salad Watermelon Slice	30 Sweet & Sour Pork w/ Spaghetti & Pineapple Mixed Garden Salad Banana Ambrosia Fruit Salad

ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS
SUGGESTED CONTRIBUTION FOR SENIORS 60+: \$1.50;
GUESTS 59 & UNDER: \$3:00
SUNDAY 10 AM BREAKFAST
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
Be Sure to PICK UP YOUR WEEKEND MEAL at Friday's Lunch

INVITAR A SUS AMIGOS O FAMILIA A CENAR CON NOSOTROS!
DOMINGOS - 10 AM DESAYUNO
DOMINGOS - VIERNES 12 PM-1 PM
LUNES - VIERNES 4 PM-5:45 PM
OBTENGA SU COMIDA CASERA PARA EL SÁBADO EN EL ALMUERZO DEL VIERNES
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)

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!