



SENIOR SERVICES

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

October 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

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

Announcements

A Warm Welcome to Ruby Ng, our
New Senior Center Assistant Direc-
tor! Stop by the Office to say Hello!

Come see Franklin Hampton,
Senior Services' new Full-Time
Nurse. Franklin can check your
glucose levels & blood pressure,
answer your health questions,
register you for a range of health
services at Betances just across
the street & help you manage
your chronic health issues. You'll
find him at the Senior Center M/F
and at NORC Tu/W, 9:00-5:00.

Please Remember There
Are No Reserved Seats In
The Senior Center

TRIPS THIS MONTH:

Wednesday 10/16:
Harbor Boat Ride \$5 & You Must Pre-
Register (\$2 Refund 10/16)
Includes Transportation & Bag Lunch
11:30 am Arrive & Check In @ the SC
Return pickup @ 1:15 pm

Tuesday 10/29:
WALMART (Valley Stream) 9:30: Arrive &
Check In @ Senior Center
Return pickup 3pm \$10 Please pre-register

PRESENTATIONS THIS MONTH:

Tuesday 10/1, 11:00: Elder Abuse
Tuesday 10/8 11:30: FDNY Smart Health Pres.
Thursday 10/10: Pace Nurses: Breast Cancer
Monday 10/14: NORC RN Presentation
Thursday 10/17: Paces Nurse: Depression
Awareness Presentation
Tuesday 10/22 Nutrition Talk: "Food Safety"

PARTIES THIS MONTH:

Thursday 10/3: Hispanic Heritage Celebration
2pm-4:30pm \$3 sign-up starts 9/30 first
come first served. Act Now

Thursday, 10/24:
Birthday Party w/DJ Woody \$3 & You Must
Pre-Register
1:30: Arrive & Check In;
2:00-4:30: Music & Dancing, Raffles
Free Admission and Birthday Photo & Gift if
You were Born This Month!

Thursday, 10/31 Halloween Party 2pm to
4:30pm at the senior center \$3 pre-regis-
tration required

PERFORMANCES & SPECIAL EVENTS:

Thursday 10/3, 2:00pm-4:30pm: Hispanic Her-
itage Celebration w/Entertainment \$3.00
Friday 10/18, 10:00am-1:00 pm: Senior Services
HEALTHFAIR

NEW CLASSES:

QI-Gong w/Edna Juliet Tuesdays at 3pm
Piano School of NY: Musical Theatre Sing

Do you live in the Vladeck
Houses and need some help
or support? Visit HSS' **NORC/**
VLADECK CARES Office at
351 Madison Street or call
212-477-0455. They 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 Take Some Time to
Read our House Rules. Let's All
Live Comfortably Together.

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

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!

October 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	9:00-5:00 Nurse Franklin @ SC 10:00 A Matter of Balance 10:45 Art w/ The Whitney Museum 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 11:00 *Move It, Move It 1:00 Musical Theater Sing 1:00 Crochet & Knitting 2:30-5:30 Fresh Produce Bag Orders & Distribution 3:00 Qi Gong 4:30 Dinner Bingo	10:00 Art w/ Linda 11:00 Be Flexible, Be Comfortable 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	9-5 Nurse Franklin @ SC 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

October 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2019 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), Henry Street Settlement and YOUR Contributions		1 11:15 Pres: Elder Abuse	2	3 1:30 Nylon Flower Making 2:00 Hispanic Heritage Celebration w/ DJ Mambo	4
6 10:30 Pet Visiting: Amy/Rexi 10:30 Drawing w/ Will	7 10:45 Art w/ The Whitney Museum 2:15 Movie: "Unspeakable Acts"	8 11:30am Pres: FDNY	9 1:30pm Advanced Beaded Arts (Chinese)	10 1:30 Nylon Flower Making 11:30am: Presentation: Pace Nurse "Breast"	11
13 10:30 Pet Visiting: Amy/Rexi 10:30 Drawing w/ Will	14 2:15 Movie: "Playing for time" 11:30am: Pres: NORC	15 3:45 Pretty Things 11am Intrepid "the power of Music"	16 Trip: Harbor Boat Tour 1-3pm 1:30pm: Advanced Beaded arts (Chinese)	17	18 10:00-1:00 Betances/ Senior Services Health Fair (Lunch ends 1:45)
20 10:00-1:00 NYU Schools Inter-Professional Screening Event 11:30 Junior League Lunch Ser-	21 2:15 Movie: "My Daddy in Heaven" 11am: The Intrepid "service in the"	22 3:00 Creative Jewelry 11:15am Nutrition Talk:	23	24 2:00 Birthday Party w/ DJ Woody	25
27 10:30 Lily's Arts & Crafts	28 2:15 Movie: Insidious"	29	30	31 2:00 Halloween Costume	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2019 Lunch Menu Funded by the New York City Department For the Aging And YOUR Contributions. Meals served with Vitamin C, 1% 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		1 Sweet & Sour Pork Chops Yellow Rice Spinach, Red Onion Salad Cantaloupe	2 Deluxe Cheeseburger w/ Onions Pasta Salad Tossed Salad w/Dressing Orange	3 Slice Turkey Garlic Mashed Potatoes Braised Collard Greens Banana	4 Coconut Curried Cod Fish Wild Rice Baby Carrots w/Parsley Apple
6 Arroz con Pollo Chicken & Rice Steamed Broccoli Orange Juice	7 Eggplant parmesan Whole Wheat Spaghetti Steamed Kale with Tomatoes Applesauce	8 Tuna Noodle Casserole Baby Spinach Salad Corn & Peas Banana	9 Beef Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Kale w/ Tomatoes Orange	10 Curried Chicken Salad Pita Halves Garden salad Cupped Apricots	11 Chicken Noodle Soup Whole Wheat Cheese Pizza Avocado & Orange Salad Cupped Pears
13 Roasted Chicken Baked Potatoes Tossed Salad w/ Dressing Pineapple Chunks	14 Beef & Broccoli White Rice Sautéed Spinach Cupped Pineapple Fruited Jell-O	15 BBQ Pork chops Steamed Green Beans Yucca w/ Onions Orange	16 Chinese Style Pepper Steak Brown Rice Sautéed Bok Choy w/Garlic Orange	17 Turkey Meatballs w/ Brown Gravy Bowtie Pasta Steamed Carrots Orange	18 Lentil Soup Baked Chicken Quarters Baked Sweet Poatoes Tossed Salad Cupped Apricots
20 Baked Fish Red Bliss potatoes Steamed Broccoli Pear	21 Stuffed Shells w/ Cheese Fresh Slice Tomatoes & Cucumbers Orange	22 Italian Meatballs Beef & Turkey Mashed Sweet Potatoes Zucchini w/ Onions &Peppers Apple	23 Chicken Gumbo White Rice Cucumber Salad Pear	24 Italian Sausage Pasta Primavera Garden Salad Orange	25 Lemmon Salmon Brown Rice w/ Mushrooms Spinach, Apple & Red Onions Salad Apple
27 BBQ Chicken Braised Collard Greens Potato Salad Cupped Pineapple	28 Vegetarian Lasagna Garlic Bread Broccoli w/ Toasted Garlic Cupped Pineapple	29 Chicken Scaloppini Pasta Faggioli Brussel Sprouts Orange	30 Salmon in Garlic butter Sauce Roasted Vegetable Cous- cous Sautéed String Beans Banana	31 Beef Stroganoff/ Noodles California Blend Vegeta- bles Cupped Pineapple	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 2019 Dinner: Served 4:00 - 5:45 pm Suggested Contribution: \$1.50/meal. (Fee of \$3.00 for those under age 60.) Meals served with Vitamin C, Fat Free milk, whole grain bread & fat free margarine.	1 Ginger & Lime Salmon Baked Potatoes Collard Greens w/ Tomatoes	2 Chicken Gumbo White Rice Chickpea Salad w/ Dill Slice Peaches	3 Pernil (Roast Pork) White Rice & Beans Plantains Corn on the Cob Apple Juice	4 Black bean Soup Turkey meatballs Whole Wheat Spa- ghetti Normandy Blend Orange
7 Lemon Salmon Mashed Sweet potato Oriental blend Orange	8 Baked Ziti W/ Meat Sauce Brussel Sprouts Apple	9 Vegetable Lasagna Sautéed Spinach Frozen Mixed Berries	10 Chili Con Carne White Rice Corn & Red Peppers Cupped Pineapple	11 Orange Glazed Chicken Roasted Zucchini Spaghetti Cupped Apricots
14 Pumpkin Harvest Beef Stew Yellow rice Sautéed Broccoli w/ Mushrooms & Pearl Onions Apple	15 Turkey w/ Gravy Egg Noodles Brussel Sprouts Slice Peaches	16 Herbed Pork Loin Mangu Mixed Green Salad Pear Baked Apple w/ Crumble Topping	17 Crusty Shepherds Pie Cucumber Dill Salad Cupped Apricots Orange Juice	18 Lemon Pepper Cod Rice Pilaf Kale with Tomato Cupped Pineapple
21 Chicken Stir Fry w/ Vegetables Brown rice Oriental Blend Banana	22 Baked Fish w/Cream Sauce Babay Carrots w/ Parsley Orange	23 Baked Spaghetti w/ Sausage Garlic Bread Italian Blend Slice Peaches	24 Spanish Style Baked Birthday Chicken Black Beans & Rice Sautéed Spinach Pineapple	25 Cheese Ravioli Garden Salad Apple Juice Banana
28 Lemon Salmon Kale w/ Tomato Red Bliss Potatoes Banana	29 Beef Lasagna Southwestern Quinoa Salad Mixed Green Salad Pineapple Chunks Chocolate Pudding	30 Pork Spare Ribs Mexican Confetti Capri Blend Vegetable Orange	31 Baked Asian Style Honey Chicken Spaghetti Asian Cabbage Fruit Cocktail	Vegetarian & Kosher op- tions available. * Menu is subject to change with- out notice. Funded by the NYC Department For the Aging, Henry Street Settlement and YOUR Contributions.

ENJOY ONE OF OUR DELICIOUS
LUNCH OR DINNER MEALS
SUGGESTED CONTRIBUTION FOR
AGE 60 & BETTER: \$1.50;
GUESTS 59 & UNDER: \$3:00 FEE
SUNDAY 10 AM BREAKFAST
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
PLUS 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 MEAL VOUCHER!
THE NEW MEMBER WILL ALSO
RECEIVE A NEW MEMBER 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!