



**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**

Announcements

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It's Time to Spring Forward!
Daylight Savings Time starts on
Sunday 3/8 at 2 am.

Remember to move your clocks
ahead 1 hour before you go
to bed Saturday.

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Come join our new programs:
Performing/Acting Class!
Men's Tea Party! (Chinese)
Women's Tea Club! (Chinese)
Men's Café Con Leche! (Spanish)
Women's Coffee Club! (Spanish)

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Dominoes* & Pool*
Offered All Day, Every Day

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We now offer FREE Wi-Fi!

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Please remember, there are
No Reserved Seats here
at our Senior Center.

Monday-Friday 9:00 am to 6:00 pm
Sunday 9:00 am to 3:30 pm
*Please don't come to the
 Center early; we hate to
 keep you waiting outside!*

March 2020 CALENDAR

Nail Painting w/ Anna: Sunday 3/1 & 3/15, 9:30 am
Meet & Greet w/ Betances: Monday 3/2, 11:00 am
Art w/ Jia: Tuesdays 3/3, 3/10, 3/24, 3/31, 10:00 am
Pretty Things w/ Mary: Tuesday 3/3, 3:45 pm
JSY Nutrition Education Workshop: Wednesday 3/4,
 10:30 am

Clothing Giveaway!: Friday 3/6, 10:30-11:30 am

Drawing w/ Will: Sunday 3/8 & 3/29, 11:00 am

Performance w/ Concerts In Motion:
Friday, 3/13, 12:30 pm

Pretty Things w/ Mary: Tuesday, 3/17 3:45 pm

Pool Tournament: W 3/18 & Thu 3/19, 2:00-4:00 pm

CENSUS Questionnaire Assistance w/ Giveaways:
Wednesday 3/25, 11:00 am

PRESENTATIONS:

Your Emotional Health w/ the PACE Nurses:
Thursday 3/5, 11:15 am

Food & Microbiome Longitudinal Investigation w/ NYU Langone Health-Emilia Cobbs:

Senior Safety w/ NYPD PO Daniel Rodriguez:
Wednesday 3/11, 11:30 am

CENSUS 2020 w/ the U.S. Census Bureau: Monday
3/16, 11:00 am

Nutritious Food for Good Health w/ the Herbert Irving Cancer Center: Monday 3/24, 11:00 am

Sleep Therapy w/ Winnie & Hannah from our Social Services Office : Monday 3/30, 11:00 am

The Importance of an Up-to-Date Will and Healthcare Proxy: Tuesday 3/31, 11:00 am

Harriet: The Harriet Tubman Story:

Monday 3/2, \$20 & You Must Pre-Register.
(\$3 reimbursed at Check-In.) Includes transportation
and bagged lunch. 10:00 am: Arrive & Check-In at the
Senior Center. 11:00 am: Departure. 1:20 pm: Pick Up
for Return to Senior Center.

LiGreci's Staaten of Staten Island Luncheon Show:

Friday 3/20, \$55 \$ & You Must Pre-Register.
(\$5 reimbursed at Check-In.) Includes transportation
& bagged meal. 9:30 am: Arrive & Check-In at the Sen-
ior Center. 10:00 am: Departure. 3:30 pm: Pick Up for
Return to Senior Center.

Museum of Illusions NYC: *NO food allowed inside.*

Monday 3/23, \$25.00 & You Must Pre-Register.
(\$5 reimbursed at Check-In) 10:00 am: Breakfast,
Arrive & Check In. 11:00 am: Departure.
1:00 pm: Pick Up for Return to Senior Center.

New Museum: Friday 3/27, \$5 & You Must Pre-Register.

Includes transportation and bagged lunch (\$2 reimbursed at Check-In) 9:30 am: Arrive & Check-In at the Senior Center; 10:00 am: Departure. 12:15 pm: Pick Up for Return to Senior Center.

PARTIES/CELEBRATIONS:

Motown Party: Friday 3/12, \$3 & You Must Pre-Register. 1:30 pm: Arrive & Check In; 2:00-4:30 pm: Music, Dinner & Dancing

Birthday Celebration w/ DJ Valentine:

Friday 3/26, 2:00 pm. \$3 & You Must Pre-Register.
1:30 pm: Arrive & Check In. 2:00-4:30 pm: Music,
 Dinner & Dancing
 Free Admission plus Birthday Photo & Gift if You were
 Born This Month!

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 1:00-2:00

Monday—Friday

10:30-11:30, 1:00-4:00

Please see Olivia, Basi or Karina

Come Try Out Our Fully Equipped GYM

Sunday 9—11 AM

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

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 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!

March 2020 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 Daylight Savings Time Returns. Clocks Spring Forward by 1 Hour at 2:00 am on March 8	11:00: Agestastic Game 11:00: Chinese Men's Tea Party 12:30: News at NORC (Chinese)* 1:00: Sewing/Quilting/Crafts 1:30: Ballroom Dancing 2:15: Afternoon Movie 2:30: Open Ballroom Dance 4:30: Dinner Bingo	10:00: Painting w/ Jia 10:15: Move It, Move It 10:30: Computer (Chinese) 11:00: Blood Pressure 11:00: Chinese Women's Tea Club 1:00: Crochet & Knitting 3:00: Tai Chi w/ Juliet 3:30: Spanish Women's Coffee Club 4:30: Dinner Bingo	10:00: Art w/ Linda 11:00: Be Flexible, Be Comfortable w/ Linda 1:00: Ceramics 1:30: Bingo w/ 50/50 3:45: Karaoke 4:00: Computer Class	11:15: Blood Pressure by Pace Nurse Students 1:00: Art Class w/ Girl* 1:00: Acting Class at Abrons 1:30: Chinese Dancing w/ Dream 1:30: Nylon Flower Making 4:30: Dinner Bingo	10:00: Zumba w/ Dream 11:00: Yoga 11:00: Men's Café Con Leche 11:00: Blood Pressure* 1:30: Jewelry Workshop* 1:30: Bingo w/ 50/50 3:45: Karaoke

March 2020 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <u>Peanut Butter Lover Day!</u> 9:30-11:30: Nail Painting w/ Anna	2 10:00: Trip: Harriet: The Harriet Tubman Story Matinee Performance 11:00: Event: Meet & Greet w/ Betances Health Center 2:15: Movie: "A Fall For Grace"	3 11:00: Be Comfortable Be Flexible w/ Linda 11:20: Presentation: Osteoarthritis by NORC Nurse Nicole* 3:45: Pretty Things w/ Mary	4 10:30: Event: JSY Nutrition Education Workshop w/ Demonstration & Taste Test 12:30: Event: Member Forum	5 11:15: Presentation: Your Emotional Health w/ the PACE Nurses	6 10:30: Event: Clothing Giveaway! Coats, Jackets & More!
8 11:00: Pet Visiting & Photos w/ Amy, Rexi & Whitney 11:00: Drawing w/ Will	9 11: Presentation: Homesharing w/ NY Foundation for Senior Citizens 2:15: Movie: "Faith, Hope & Love"	10 11:00: Presentation: Food & Microbiome Longitudinal Investigation by NYU	11 11:30: Presentation: Senior Safety w/ NYPD PO Daniel Rodriquez	12 10:30: Performance: Singing w/ the Cornelia Connelly Center 4th Graders 1:30: Party: Motown Party	13 12:30: Performance: Concerts in Motion
15 9:30-11:30: Nail Painting w/ Anna	16 11:00: Presentation: What is CENSUS 2020? w/ the U.S. Census Bureau 2:15: Movie: "The Last Face"	17 <u>Happy St. Patrick's Day!</u> 10:00-12:00: Painting w/ Jia 11:00: Performance: Singing w/ the Cornelia Connelly Center 5th Graders 3:45: Pretty Things w/ Mary	18 11:00: Event: Learn Hawai'ian Dance w/ Jane 2:00-4:00: Pool Tournament	19 11:00: Event: Learn Hawai'ian Dance w/ Jane 2:00-4:00: Pool Tournament	20 9:30: Trip: Luncheon Show at LiGreci's Staaten on Staten Island
22 11:00: Sing-A-Long w/ NYISE	23 10:00: Trip: Museum of Illusions 11:00: Presentation: How to Increase Calories the Healthy Way w/ Andrea of Betances 2:15 Movie: "Betty White"	24 11:00: Presentation: Nutritious Eating for Good Health w/ the Herbert Irving Cancer Center	25 11:00: Event: CENSUS 2020: Questionnaire Assistance & Giveaways! w/ the U.S. Census Bureau	26 11:15: Presentation: Fall Prevention w/ PACE Nurses 1:30: Party: Birthday Celebration w/ DJ Valentine	27 11:00: Trip: New Museum
29 10:30: Beading w/ Celeste of NYC Cares 11:00: Pet Visiting & Photos w/ Amy, Rexi & Whitney 11:00: Drawing w/ Will	30 11:00: Presentation: Sleep Therapy w/ Social Workers Winnie & Hannah 2:15: Movie: "Legend"	31 11:00: Presentation: The Importance of an Up-to-Date Will & Healthcare Proxy			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MARCH 2020 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 <i>** Menu is subject to change without notice</i>				
1 Pork Sausage Link Pasta Salad Avocado & Orange Salad Pear	2 Beef and Broccoli w/ Yellow Rice Vegetable Mix Orange Juice Sliced Peaches	3 BBQ Pork Chops Rice w/ Corn Roasted Zucchini Mandarin Orange Slices Pineapple Juice	4 Teriyaki Chicken Legs Chinese Style Spaghetti Oriental Blend Vegetables Apple Juice Pear	5 Turkey Meatloaf Collard Greens Mashed Potatoes Dinner Roll Grape Juice Apple	6 Lentil Soup Codfish Salad w/ Californi Blend Vegetables Yucca w/ Onions Orange-Pineapple Juice Vanilla Pudding
8 Spinach-Stuffed Flounder w/ Couscous Mixed Corn & Peas Mandarin Orange Slices	9 Butternut Squash Soup Chili Lime Chicken Tortilla Wraps Sautéed Onions & Peppers Pear Orange-Pineapple Juice	10 Beef Brisket w/ Tomatoes & Onions Baby Carrots w/ Parsley Mashed Potatoes Cantaloupe Pineapple Juice	11 Chicken Legs w/ Stewed Tomatoes & Yellow Rice Collard Greens Apple Juice Banana	12 Chicken Vegetable Soup Eggplant Bake w/ Meat Sauce Garden Salad Dinner Roll Apple Orange Juice	13 White Bean Soup Tilapia w/ Mushrooms, Peppers & Tomatoes Rice & Beans Steamed Spinach Grape Juice Orange
15 Baked Ziti w/ Meat Sauce Steamed Kale Banana Pineapple Juice	16 Stewed Chicken Breast w/ Dominican Moro Italian Blend Vegetables Orange Juice Sliced Peaches	17 Butternut Squash Soup Shepherd's Pie w/ Beef & Turkey Capri Blend Vegetables Dinner Roll Apple Grape Juice	18 BBQ Chicken Leg Quarters w/ Yellow Rice & Pigeon Peas Baby Spinach Salad Banana Orange-Pineapple Juice	19 Baked Ziti w/ Beef Meatballs Normandy Blend Vegetables Dinner Roll Apple Juice Grape Juice	20 Baked Fish w/ Creamed Corn Sauce California Blend Vegetables Mashed Potatoes Apple Juice Orange
22 Oven Baked Pork Chops Vegetable Mix Yucca w/ Onions Apple	23 Vegetable Lasagna w/ Garlic Bread Garden Salad Apple Tangerine	24 Beef Stew w/ White Rice Italian Blend Vegetables Grape Juice Orange	25 Italian Roast Chicken w/ Brown Rice & Beans Brussels Sprouts Orange Juice	26 Stewed Oxtails w/ Lima Beans & Yellow Rice California Blend Vegetables Orange-Pineapple Juice Jello	27 Chicken Noodle Soup Lemon Garlic Tilapia Yucca w/ Onions Steamed Broccoli Apple Pineapple Juice
29 Chicken Parmesan w/ Spaghetti Roasted Brussels Sprouts Apple Orange-Pineapple Juice	30 Baked Spaghetti w/ Sausage & Garlic Bread Mixed Green Salad Apple Juice Applesauce	31 Turkey Steak w/ Black Beans & Rice Beet Salad Pear Orange Juice			

Monday	Tuesday	Wednesday	Thursday	Friday
	MARCH 2020 Dinner Menu 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 ** Menu is subject to change without notice			
2 Black Bean Soup Chicken Cacciatore w/ Bow Tie Pasta Garden Salad Orange-Pineapple Juice Pear	3 Deluxe Cheeseburger w/ Onions on Bun Mixed Green Salad Orange	4 Baked Salmon w/ Lemon, Tarragon & Thyme Roasted Sweet Fries Tossed Salad Banana Grape Juice	5 Egg Salad Mixed Green Salad Apple Orange Juice	6 White Bean Soup Teriyaki Tilapia w/ Rice & Chickpeas Collard Greens Apple Juice Pear
9 Turkey Bean Chili w/ Mexican Confetti Rice Cauliflower w/ Carrots & Parsley Pear	10 Baked Breaded Fish w/ Wild Rice Cucumber Dill Salad Orange Juice Sliced Peaches	11 Ziti w/ Chicken, Tomato & Rosemary Garlic Bread Green Bean Salad Apple Juice Orange	12 Salisbury Steak w/ Brown Gravy Italian Blend Vegetables Banana Orange Juice	13 Sticky Marmalade- Glazed Baby Back Ribs w/ Egg Noodles Kale w/ Tomato Orange Juice Pear
16 Garlic Chicken w/ Whole Grain Macaroni & Cheese Capri Blend Vegetables Orange Juice Sliced Peaches	17 Corned Beef Brisket Boiled Red Bliss Potatoes Sautéed Cabbage & Carrots Lime Jello	18 Cheese Tortellini Baby Spinach Salad Banana	19 Turkey Pumpkin Chili w/ White Rice Corn & Peppers Frozen Mixed Berries	20 Baked Salmon w/ Baked Red Potato Wedges Steamed Broccoli & Cauliflower Banana Orange Juice
23 Mushroom Barley Soup Vegetable Ratatouille w/ Egg Noodles Tossed Salad Banana Pineapple	24 Turkey Meatloaf Mixed Green Salad Sweet Baked Yams Fruit Cocktail Orange-Pineapple Juice	25 Sweet & Sour Chicken Thighs w/ Yellow Rice Baby Spinach Salad Apple Juice Banana	26 Chinese-Style Roast Pork Loin Chinese-Style Spaghetti Oriental Blend Vegetables Orange	27 Baked Salmon w/ Cilantro Citrus Sauce & Quinoa Sliced Tomatoes & Cucumbers Pineapple
30 Baked Salmon w/ Cilantro Citrus Sauce Sweet Baked Yams Normandy Blend Vegetables Orange	31 BBQ Chicken Baked Potatoes California Blend Vegetables Banana			

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!