



**HENRY STREET  
SETTLEMENT**

**Senior Services**

Henry Street Settlement Older Adult Center  
334 Madison St., Lower Level, 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. Social Services offered in English, Spanish & Chinese (Cantonese & Mandarin)

**Come Try Out Our Fully Equipped GYM**  
*Monday-Friday*  
9:00-11:00 AM &  
1:30-3:30 PM

# November 2021 CALENDAR

## EVENTS REGISTRATION

*Monday—Friday*  
10:30-11:30, 1:00-4:00  
Please see our Program Manager Olivia Johnson

*The Senior Center will be CLOSED on Friday 11/26 for the Thanksgiving Holiday.*

HSS Senior Center lunch is distributed from our service window between 12 pm & 1 pm in the HSS Senior Center Front Dining Room. Dinner is offered between 4:00 pm & 5:30 pm. For both meals you have the choice of either Grab & Go/Take-Out or Dining-In, with seating available in Both the Front and Rear Dining Rooms.

Please bring your white **DFTA BAR CODE** key tag with you for Easy Contactless Check-In.

Lunch & Dinner Special - Meal Discount Extended

The suggested meal contribution continues at \$.50 cents for a limited time! We also offer Coffee & Tea in the Front Dining Room every Sunday from 9:00 am to 2:45 pm & Mondays-Fridays from 9:00 am to 5:45 pm for \$.25 cents with unlimited refills.

We Wish You A Very Happy Thanksgiving!!!

## CELEBRATIONS THIS MONTH:

**Tuesday 11/9: FALL FESTIVAL; 1:00-3:00** at Ruth Winds Way Courtyard  
Music & Dance (DJ Mambo) w/ Dessert & Raffles  
*(All Senior Center programs occurring between 1:30 pm & 3:30 pm that day will be cancelled and the Center will be closed for those 2 hours. All programs will resume at 3:45pm)*

**Thursday 11/18: BIRTHDAY PARTY \$3.00;** 2:00-4:30: Music & Dance w/ DJ Mambo! Dessert & Raffles; Free Admission & Birthday Gift if You were born This Month

**Thursday 11/25; 11:00 - 1:00: \$3.00;** Thanksgiving Day Holiday Luncheon  
*Please purchase a ticket to reserve your spot. There will be no activities that day aside from the holiday luncheon celebration.*

*Please sign up with our Program Manager Olivia Johnson.*

Reminder- Daylight Savings Time Ends on Sunday November 7<sup>th</sup> at 2:00 am.  
*Don't forget to "Fall Back" an hour.*

Senior Companion Program Volunteers Visit Seniors in Their Home, Escort Them To Our Center or Visit With Them Over the Phone.  
**Want to Learn More? Contact the Senior Companion Program Office at 212-473-1474.**

Volunteers Participate in Monthly Training & May Be Eligible for a Hourly Stipend.

**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 Kimberly or Theresa in the Social Services Office!

Like & Subscribe to our **YouTube** channel to get the latest updates and events!  
**YOUTUBE - CLICK HERE!!**

Add us on **WeChat**. Simply download the App on your smartphone and scan the QR code on the right!



Follow and Like us on **Facebook** - [www.facebook.com/HenryStreetSettlement](http://www.facebook.com/HenryStreetSettlement)

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

Something on your Mind? Feeling Down? Worried? Don't suffer in silence; Let's Talk!

Speak to our Staff about meeting with Kimberly in our **CASA Program** or call 212-477-0455/212-233-5032

**The Senior Center is open Sunday 9:00 to 3:30 serving Breakfast & Lunch and Monday—Friday 9:00 to 6:00 serving Lunch & Dinner.**

**Funded by the NYC Department for the Aging, Henry Street Settlement & Your Contributions**



**HENRY STREET  
SETTLEMENT**

## **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

CALL 212.473.1474 TO SEE IF YOU QUALIFY.

## November 2021 Daily Activities

Activities in Bold are New or Changed; NORC-Funded Activities are Marked as Such


*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
<p>9:00-10:00: Breakfast            9:00-3:15: Billiards, Dominos, Ping Pong, Computer Lab            10:00-11:00: Yoga w/ Nila (Three Jewels)            12:00-1:00: Lunch (Dine-In or Grab &amp; Go)            1:15-3:15: Bingo (<b>starting 11/14</b>)</p> <p><b>For Zoom Classes:</b>  <b>No Smartphone, Computer or Tablet? Join a Zoom class via Phone.</b>  <b>Call (929) 205-6099 &amp; Enter the Zoom Mtg ID to Join</b></p>	<p>9:00-10:00: Breakfast            9:00-11:00 &amp; 1:30-3:30: GYM            9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab            11:00-12:00: Yoga w/ Susan            12:00-1:00: Lunch (Dine-In or Grab &amp; Go)            1:30-3:30: Beaded Arts w/ Mary (<b>NORC</b>)            1:30-3:30: Holiday Cardmaking w/ Marcela            2:30-4:30: Afternoon Movies            4:00-5:30: Dinner (Dine-In)            4:00-5:30: Bingo</p>	<p>9:00-11:00 &amp; 1:30-3:30: GYM            9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab            12:00-1:00: Lunch (Dine-In or Grab &amp; Go) (<b>On 11/9, Lunch Service Ends at 12:40</b>)            1:00-2:00: Beaded Arts w/ Mary            1:15-3:15: Karaoke            2:00-3:00: <b>Chinese Computer Class w/ Jingting NEW!</b>            4:00-5:30: Dinner (Dine-In)            4:00-5:30: Bingo</p>	<p>9:00-11:00 &amp; 1:30-3:30: GYM            9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab            12:00-1:00: Lunch (Dine-In or Grab &amp; Go)            1:00-2:00: Move It Move It w/ Linda (<b>NORC</b>)            1:30-3:30: Holiday Cardmaking w/ Marcela            1:30-3:30: Ceramics w/ John            4:00-5:30: Dinner (Dine-In)            4:00-5:30: Bingo</p>	<p>9:00-11:00 &amp; 1:30-3:30: GYM            9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab            12:00-1:00: Lunch (Dine-In or Grab &amp; Go)            12:00-2:00: Project Hope on Coping w/ Covid-19            1:00-2:00: Be Flexible w/ Linda (<i>Onsite &amp; Live on Zoom</i>)            Zoom Mtg ID: 843 2311 1339 (<b>Right Click Here, Open Hyperlink</b>)            1:15-3:15: Karaoke            2:00-3:00: Arts w/ Linda            3:30-5:30: Bingo            4:00-5:00: Chinese Dance Rehearsal (<i>Virtual</i>)            Zoom Mtg ID: 816 6732 6275 (<b>Right Click Here, Open Hyperlink</b>)            4:00-5:30: Dinner (Dine-In)</p>	<p>9:00-10:45: Chess w/ Andres            9:00-11:00 &amp; 1:30-3:30: GYM            9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab            10:00-11:00: Zumba w/ Jiali (<i>Virtual</i>)            Zoom Mtg ID: 869 1395 7452 (<b>Right Click Here, open Hyperlink</b>)            10:45-11:45: Backgammon            11:00-12:00: Chinese Dance w/ Jiali (<i>Virtual</i>)            Zoom Mtg ID: 837 4715 4778 (<b>Right Click Here, open Hyperlink</b>)            12:00-1:00: Lunch (Dine-In or Grab &amp; Go)            1:15-3:15: Bingo            3:30-5:30: Karaoke            4:00-5:30: Dinner (Dine-In)</p>

## November 2021 Special Events & Schedule Changes

	<b>1</b> 2:15: <u>Movie: "Rudy"</u>	<b>2</b> 11:00-12:00: Presentation: <b>Curiosity Stream: "Nutrients"</b>	<b>3</b>	<b>4</b>	<b>5</b>
<b>7</b>	<b>8</b> 2:15: <u>Movie: "Selena"</u>	<b>9</b> <b>1:00-3:00: <i>Fall Festival</i></b> in the Ruth Winds Way Courtyard w/ DJ Mambo! ( <i>Bingo &amp; Computer Class Cancelled/</i> )	<b>10</b> 12:20: <b>Member Forum</b>	<b>11</b> 11:00-12:00: <b>Vocal Ease RoboCall Concert Series</b>	<b>12</b> 11:00-12:00: Presentation: <b><i>Scam Prevention: Don't Be a Victim w/ VNSNY</i></b>
<b>14</b>	<b>15</b> 2:15: <u>Movie: "La Bamba"</u>	<b>16</b>	<b>17</b>	<b>18</b> 11:30: <b>Presentation on <i>Diabetes</i> by PACE Student Nurses</b> ( <i>Onsite &amp; Live on Zoom</i> ) Zoom Mtg ID: 838 9158 9640 ( <b>Right Click Here, Open Hyperlink</b> ) 2:30-4:45: <b>Birthday Party w/DJ Mambo</b> ( <i>Bingo &amp; Karaoke Cancelled</i> )	<b>19</b>
<b>21</b>	<b>22</b> 2:15: <u>Movie: "ADRIFT"</u>	<b>23</b>	<b>24</b>	<b>25</b> 11:00-1:00: <b>Thanksgiving Day Holiday Luncheon</b> ( <i>No program activities; Please Register in Advance w/ Olivia</i> )	<b>26</b> <b>CLOSED IN CELEBRATION OF THANKSGIVING HOLIDAY</b>
<b>28</b> <b>National French Toast Day!</b>	<b>29</b> <b>National Lemon Cream Pie Day!</b> 2:15: <u>Movie: "Little Italy"</u>	<b>30</b>			

<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Breakfast</b> Hard-Boiled Egg Muffin, Bagel w/ Cream Cheese, Pancake or Croissant	<b>1</b> BBQ Pulled Pork w/ Potato Salad Sautéed String Beans A Mandarin Orange	<b>2</b> Beef Stroganoff over Egg Noodles Normandy Blend Veggies Pineapple Chunks	<b>3</b> Deluxe Cheeseburger w/ Onions Baked Red Potato Wedges Roasted Brussels Sprouts	<b>4</b> Cranberry Chicken over Rice & Beans Baby Spinach Salad A Banana	<b>5</b> Fish Cake w/ Alfredo Sauce Home Fries w/ Peppers & Onions Roasted Zucchini Pear Slices
<b>7</b> Chicken Stir Fry w/ Veggies over Lo Mein Noodles Normandy Blend Veggies A Banana	<b>8</b> Beef Salisbury Steak w/ Mushroom Sauce over Garlic Mashed Potatoes Cauliflower w/ Carrots & Parsley An Apple	<b>9</b> Beef & Turkey Meatloaf w/ Mushroom Gravy over White Rice California Blend Veggies A Banana	<b>10</b> Baked Penne w/ Sausage over Ricotta Garden Salad Mandarin Orange Slices	<b>11</b> BBQ Beef Ribs w/ Baked Mac & Cheese Braised Cabbage w/ Apple Honeydew Melon Slice	<b>12</b> Baked Tilapia w/ a Garlic Crumb Crust Couscous w/ Lemon & Peas Fresh Tomatoes & Cucum- bers Pineapple Juice
<b>14</b> Beef & Turkey Swedish Meatballs over Egg Noodles Winter Blend Veggies An Orange	<b>15</b> Pumpkin Turkey Chili over Brown Rice California Blend Veggies An Orange	<b>16</b> Turkey Meat Sauce over Whole Wheat Spaghetti Italian Blend Veggies Cantaloupe Melon Slice	<b>17</b> Chinese-Style Pepper Steak over White Rice & Asian Cabbage Orange-Pineapple Juice	<b>18</b> Chicken Stir Fry over Lo Mein Noodles Normandy Blend Veggies A Banana	<b>19</b> Salmon Cakes over Rotini w/ Tomatoes & Black Olives Apple Juice
<b>21</b> Tasty Beef Sloppy Joe w/ A Wheat Bun Baked Fries Cauliflower & Carrots Orange-Pineapple Juice	<b>22</b> Spanish Baked Chicken over Yellow Rice & Pigeon Peas Yellow Plantains Mixed Veggies	<b>23</b> Chinese-Style Pork over White Rice California Blend Veggies An Apple	<b>24</b> Vegetarian Lasagna w/ Garlic Bread Broccoli w/ Toasted Garlic Orange-Pineapple Juice	<b>25 Thanksgiving Day Meal:</b> <u>Please Pre-Register for Dine-In or Take Out w/ Olivia Johnson.</u> A Parker House Roll w/ Butter; Sliced Turkey w/ Gravy & Vegetable Stuffing; Cranberry Sauce w/ Orange Zest; Mashed Sweet Potato; Green Beans. Apple Cider w/ Lunch. Coffee & Tea w/ a Slice of Pumpkin Cheesecake for Dessert.	<b>26</b> <b>CLOSED IN OBSERVANCE OF THANKSGIVING</b> 
<b>28</b> Chicken Jambalaya Brussels Sprouts Honeydew Melon Slice	<b>29</b> Jerk Chicken w/ Rice & Beans Garden Salad Yellow Plantains A Banana	<b>30</b> Baked Breaded Lamb Chop Rice Pilaf w/ Zucchini Brussels Sprouts Honeydew Melon Slice		<b>November 2021 Lunch Menu</b> Funded Through the New York City Dept. for the Aging, Henry Street Settlement & Your Contributions All Meals Served Include Vitamin C, a 1/2-Pint of 1% Fat Free Milk, Whole Grain Bread & Trans-Fat-Free Margarine. Vegetarian & Kosher Options Are Available. <b>SUGGESTED MEAL CONTRIBUTION FOR AGE 60 &amp; BETTER:</b> \$.50. (This Discount Will Run Through 12/31/2021); <b>MEAL FEE GUESTS 59 &amp; UNDER: \$3:00</b>	

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>1</b> <i>Chicken Alfredo over Penne Broccoli w/ Toasted Garlic An Orange</i>	<b>2</b> <i>Smothered Pork Chops w/ Homemade Mashed Potatoes California Blend Veggies Cantaloupe Melon Slice</i>	<b>3</b> <i>Turkey Meat Sauce over Cheese Tortellini Cauliflower w/ Carrots &amp; Parsley A Banana</i>	<b>4</b> <i>Chicken Jambalaya Brussels Sprouts Applesauce</i>	<b>5</b> <i>Baked White Fish w/ Garlic over Baked Brown Rice Pilaf Baby Carrots w/ Parsley Honeydew Melon Slice</i>
<b>8</b> <i>BBQ Pulled Pork w/ Potato Salad Sautéed String Beans Orange-Pineapple Juice</i>	<b>9</b> <i>Beef Stroganoff w/ Egg Noodles Normandy Blend Veggies Cantaloupe Melon Slice</i>	<b>10</b> <i>Deluxe Cheeseburger w/ Onions Baked Red Potato Wedges Roasted Brussels Sprouts A Banana</i>	<b>11</b> <i>Cranberry Chicken w/ Rice &amp; Beans Baby Spinach Salad Orange Juice</i>	<b>12</b> <i>Fish Cake w/ Alfredo Sauce Home Fries w/ Peppers &amp; Onions Roasted Zucchini Honeydew Melon Slice</i>
<b>15</b> <i>Beef Salisbury Steak w/ Mushroom Sauce over Garlic Mashed Potatoes Cauliflower &amp; Carrots w/ Parsley An Apple</i>	<b>16</b> <i>Baked Penne w/ Sausage, Peas &amp; Ricotta Garden Salad A Mandarin Orange</i>	<b>17</b> <i>Beef &amp; Turkey Meatloaf w/ Mushroom Gravy over White Rice California Blend Veggies A Banana</i>	<b>18</b> <i>BBQ Beef Ribs w/ Mac &amp; Cheese Braised Red Cabbage w/Apple</i>	<b>19</b> <i>Baked Tilapia w/ a Garlic Crumb Crust Couscous w/ Lemon &amp; Peas Fresh Sliced Tomatoes &amp; Cucumbers An Orange</i>
<b>22</b> <i>Pumpkin Turkey Chili over Brown Rice California Blend Veggies An Orange</i>	<b>23</b> <i>Turkey Meat Sauce over Whole Wheat Spaghetti Italian Blend Veggies Cantaloupe Melon Slice</i>	<b>24</b> <i>Chinese-Style Pepper Steak over White Rice Asian Cabbage A Banana</i>	<b>25</b> <i>Chicken Stir Fry w/ Veggies over Lo Mein Normandy Blend Veggies Orange-Pineapple Juice</i>	<b>26</b>  <b><u>CLOSED IN OBSERVANCE OF THANKSGIVING</u></b>
<b>29</b> <i>Spanish-Style Baked Chicken over Yellow Rice &amp; Pigeon Peas Mixed Veggies &amp; Yellow Plantains A Banana</i>	<b>30</b> <i>Chinese-Style Pork w/ White Rice California Blend Veggies An Apple</i>	<b>November 2021 Dinner:</b> Funded Through the New York City Dept. for the Aging, Henry Street Settlement & Your Contributions All Meals Served Include Vitamin C, a 1/2-Pint of 1% Fat Free Milk, Whole Grain Bread & Trans-Fat-Free Margarine. Vegetarian & Kosher Options Are Available.		

**ENJOY ONE OF OUR DELICIOUS HOMEMADE MEALS**

**SUGGESTED MEAL CONTRIBUTION FOR AGE 60 & BETTER: \$.50**  
*(THIS DISCOUNT THROUGH 12/31);*  
**MEAL FEE GUESTS 59 & UNDER: \$3:00**

**BREAKFAST IS SERVED SUNDAY, 9:00-10:00 AM**  
**LUNCH IS SERVED SUNDAY - FRIDAY 12:00-1:00 PM**  
**DINNER IS SERVED MONDAY - FRIDAY 4:00-5:30 PM**

**COFFEE & TEA ARE AVAILABLE ALL DAY; PLEASE CONTRIBUTE \$.25 FOR YOUR CUP**  
\*\*\*\*\*

**INVITAR A SUS AMIGOS O FAMILIA A CENAR CON NOSOTROS!**  
**MAYORES DE 60 AÑOS O MÁS: \$.50 INVITADOS: \$3.00**

**DESAYUNO: DOMINGO, 9:00-10:00**  
**COMIDA: DOMINGO-VIERNES, 12:00-1:00**  
**CENA: LUNES-VIERNES, 4:00-5:30**  
\*\*\*\*\*

**PREFER TO EAT AT HOME? YOU CAN STILL PICK UP A MEAL "TO GO" DURING LUNCH SERVICE FOR \$2.00 (container included)**  
\*\*\*\*\*

**WANTED: NEW MEMBERS TO HELP OUR CENTER GROW!**  
FOR EVERY FRIEND YOU BRING TO JOIN AS A MEMBER, YOU'LL HAVE A CHANCE TO WIN A \$50 GIFT CARD  
EACH NEW MEMBER WILL ALSO BE ENTERED TO WIN A \$50 GIFT CARD, **PLUS** RECEIVE A GIFT BAG!  
\*\*\*\*\*

**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! EACH EXISTING MEMBER WHO RENEWS WILL BE ENTERED TO WIN A GIFT CARD AS WELL, **PLUS** RECEIVE A GIFT BAG!