

Come Try Out Our Fully Equipped GYM
Monday-Friday
8:30-11:00 AM &
1:30-3:30 PM

EVENTS REGISTRATION
Monday—Friday
9:30-11:00, 2:30-3:30
Please see our Program
Manager Olivia Johnson

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
請記住，中心沒有設定預留座位

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
你有什麼想法嗎？你心情低落嗎？
如有需要可告知我們，
與Kimberly會面或致電
212-477-0455/212-233-5032



Senior Services

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

"Where Good Friends Meet"

JANUARY 2022 CALENDAR 一月

The Senior Center will be **CLOSED for holiday observances on the following dates:**

Sunday 1/2 (New Year's Holiday), Sunday 1/16 &
Monday 1/17 (Martin Luther King, Jr. Holiday)
老人中心將於1/2, 1/16 & 1/17 關閉

Breakfast service is on **Sunday Only** between 8:45
am-9:30 am. Requested Breakfast contribution is
\$1.00 with Coffee/Tea. 早餐 \$1.00

Lunch service is now 11:30 am-12:15 pm, offering
your choice of Dine-In or Grab & Go/Take-Out;
Seating is Available in Both the Front & Rear
Dining Rooms. 午餐時間：上午 11:30 至下午 12:15

Dinner service is 3:30-4:15 pm in the Center's Front.
Dining Room. Please Note: A **Dinner-To-Go** may
be requested when you sign in for Lunch.
Please always bring your white **DFTA BARCODE**
keytag with you for Easy Contactless Check-In.
晚餐 3:30 PM - 4:15 PM. 請帶 DFTA 卡。

The **Requested Lunch and Dinner contribution** for
meals is once more **\$1.50**. We thank you for your
contributions; they are written into our NYC
contract & help pay for your meals, activities &
services! (*Meals for those younger than 60 are
not subsidized; the meal fee is \$3.50 to cover its
cost.*) 60 歲及以上是 \$1.50。60 歲以下 \$3.50

Coffee, Tea or Hot Chocolate with unlimited refills
during your stay is **\$0.25** cents. A cup can be
purchased at the Reception Desk; the size of any
cup you bring must be approved in advance. 咖啡、
茶或熱巧克力 \$0.25. 請在前台買杯

The HSS Senior Center is open Sunday 8:30 to 3:30 serving Breakfast & Lunch and
Monday to Friday 8:30 to 4:30 serving Lunch & Dinner.
Funded by the NYC Department for the Aging, Henry Street Settlement & Your Contributions
中心於週日 8:30 至 3:30 開放，供應早餐和午餐以及，週一至週五 8:30 至 4:30 供應午餐和晚餐。
由紐約市老齡事務部、亨利街定居點和您的捐款資助

A VACCINATION IS NOW REQUIRED TO ACCESS MOST PUBLIC AREAS AT HENRY STREET SETTLEMENT SENIOR CENTER STARTING 1/17/2022. PLEASE HAVE BOTH YOUR VACCINATION CARD & ID READY AT CHECK-IN. THANK YOU FOR YOUR COOPERATION IN HELPING TO ENSURE YOUR SAFETY AND OURS!

從2022年1月3日開始，每人必須顯出接
種疫苗卡還有身份證。謝謝合作。

CELEBRATIONS THIS MONTH:

Thursday 1/20, 2:00-4:15pm: **BIRTHDAY PARTY** 生日聚會 \$3.00 DJ sponsored by **VNSNY**. Please reserve your spot w/ Olivia by Registering & Purchasing your ticket in Advance. (*All instructor-led programming occurring that day between 2:00 & 4:15 pm will be cancelled.*)

EVENTS:

Tuesday 2/8/22: Potential Trip: to the highly rated Resorts World Casino in February! 賭場旅行! \$1.00 deposit Please list in advance with Olivia if you are interested in joining us on this trip in February!

Friday 1/14: Honoring Dr. Martin Luther King, Jr. 紀念馬丁路德金 11:15 - 12:15 pm
Friday 1/28: Trip: Winter Festival Fun on Governor's Island! 去參觀總督島! For Information/Sign-Up, please see Olivia.

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 8:30 AM - 4:30 PM. Social Services offered in English, Spanish & Chinese (Cantonese & Mandarin) 是否生活在 Vladeck Houses 和需要獲得幫助或支持？訪問我們位於：351 Madison Street 的 NORC/VLADECK CARES 辦公點或者可致電：212-477-0455. 我們開放 週一至週五 上午 8:30 點 至下午 4:30 點。提供的社會服務 英語、西班牙語和中文（粵語和普通話）

Senior Companion Program
Volunteers Visit Seniors in Their Homes, 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 an Hourly Stipend. 長者陪伴計劃 志願者拜訪老人家，護送他們到我們的中心或通過電話探訪。

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 Theresa in the Social Services Office! 你是否知道你的朋友或鄰居需要受益於老年人的定期訪問和護送？我們可以提供！

JANUARY 2022 Daily Activities 一月活動

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

Funded by New York City Department for the Aaina (DFTA), Vladeck Cares/NORC, New York State Office for the Aaina (NYSOFA), Henry Street Settlement and YOUR Contributions

SUNDAY 星期日	MONDAY 週一	TUESDAY 週二	WEDNESDAY 週三	THURSDAY 週四	FRIDAY 星期五
8:45-9:30: Breakfast 早餐 8:45-3:15: Billiards, Dominos, Ping Pong, Computer Lab 活動 10:00-11:00: Yoga w/ Nila from Three Jewels 瑜珈 11:30-12:15: Lunch 午餐 12:30-3:00: Bingo For Zoom Classes: See Page 5 for Links No Smartphone, Computer or Tablet? Join a Zoom class via Telephone. Call (929) 205-6099 & Enter the Zoom Mtg ID listed in this calendar to Join Any Class!	8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 活動 10:30-11:30: Yoga w/ Susan 瑜珈 11:30-12:15: Lunch 午餐 12:30-3:30: Bingo 賓果遊戲 12:30-1:00: Low Impact Healthy Moves 1/17 (livestream) 1:15-1:45: SAIL Exercise (livestream) starting 1/17 1:30-3:30: Beaded Arts w/ Mary (NORC) 串珠藝術 (Onsite & Live on Zoom) 3:30-4:15: Dinner 晚餐 4:00-4:30: High Impact Healthy Moves 1/17 (livestream)	8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 活動 11:30-12:15: Lunch 午餐 12:30-2:15: Bingo 賓果遊戲 12:30-1:30: Beaded Arts w/ Mary 串珠藝術 (Onsite & Live on Zoom) <i>Link on page 5</i> 1:15-1:45: SAIL Exercise (livestream) starting 1/17 2:30-4:30: Karaoke 卡拉OK (Onsite & Live on Zoom) <i>Link on page 5</i> 3:30-4:15: Dinner 晚餐	8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 活動 11:30-12:15: Lunch 午餐 12:30-2:30: Bingo 賓果遊戲 1:00-2:00: Move It Move It w/ Linda (NORC) 運動課 (Vladeck-Remote Only) 1:15-1:45: SAIL Exercise (livestream) starting 1/17 1:30-3:30: Ceramics w/ John 陶瓷課. 課程取消, 直至另行通知 Cancelled 'til further notice 3:30-4:15: Dinner 晚餐	8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 活動 11:30-12:15: Lunch 午餐 11:30-2:00: Coping w/ Covid w/ Project Hope 12:30-2:15: Karaoke 卡拉 12:30-1:30: Be Flexible w/ Linda (Onsite & Live on Zoom) 1:15-1:45: SAIL Exercise (livestream) starting 1/17 1:30-2:30: Arts w/ Linda 藝術課 (Onsite & Live on Zoom) 2:30-4:15: Bingo 賓果遊戲 3:30-4:15: Dinner 晚餐	8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 活動 9:00-11:45: Chess 棋 & Backgammon w/ Andres 9:15-10:15: Zumba w/ Jiali 尊巴舞 (Onsite & Live on Zoom) 10:15-11:15: Chinese Dance w/ Jiali 中國舞 (Onsite & Live on Zoom) 11:30-12:15: Lunch 午餐 12:30-2:15: Bingo 賓果遊戲 2:30-4:30: Karaoke 卡拉OK 3:30-4:15: Dinner 晚餐

JANUARY 2022 Special Events & Schedule Changes 一月活動

2 CLOSED IN CELEBRATION OF THE NEW YEAR HOLIDAY 辦公室將關閉。新年快樂	3	4	5	6	7
9 Yoga w/ Nila - Cancelled 瑜珈課取消	10 2:30: Movie 電影: "Honoring MLK"	11	12	13 11:00-12:00 pm: Robocall Concert Series: Vocal Ease 電話音樂會	14 11:15-12:15pm: Honoring Martin Luther King - Curiosity Stream: "Remembering Dr. King"
16 CLOSED IN CELEBRATION OF DR. MARTIN LUTHER KING DAY 馬丁路德金假期 老人中心將關門	17 CLOSED IN CELEBRATION OF DR. MARTIN LUTHER KING DAY 馬丁路德金假期 老人中心將關門	18	19	20	21
23	24 2:30: Movie 電影: "Selma"	25	26	27 2:00-4:15pm: Birthday Party w/ DJ sponsored by VNSNY 生日聚會! (No instructor-led programs during the party)	28 Outdoor Trip: Governors Island Winter Festival! 去參觀 總督島 Fire Pits, Hot Chocolate, More! (For more Information / Sign-up with Olivia)

30 **Yoga w/ Nila Cancelled**
 瑜伽課程取消

31 **Chinese New Year Celebration**
 慶祝

JANUARY LUNCH MENU 2022 一月午餐菜單

<u>SUNDAY 星期日</u>	<u>MONDAY 週一</u>	<u>TUESDAY 週二</u>	<u>WEDNESDAY 週三</u>	<u>THURSDAY 週四</u>	<u>FRIDAY 星期五</u>
<p>2 CLOSED IN CELEBRATION OF THE NEW YEAR HOLIDAY 辦公室將關閉。新年快樂</p>	<p>3 Balsamic Chicken Thighs White Rice 香醋雞 California Blend Veggies Banana</p>	<p>4 Baked Ziti w/Beef Meatballs 意大利面牛肉丸子 Garlic Bread Italian Blend Veggies Apple Juice</p>	<p>5 Turkey Chili w/Brown Rice 火雞肉醬飯 Corn & Red Peppers Fruit Cocktail</p>	<p>6 BBQ Pulled Pork on a Hamburger Buns 豬肉漢堡 Collard Greens Honeydew</p>	<p>7 Beef & Broccoli w/ White Rice 西蘭花牛肉 Oriental Blend Veggies Apple</p>
<p>9 Breakfast: Muffin & Egg and Coffee or Tea Apricot Glaze Salmon Couscous w/ Roasted Veggies 三文魚 Baby Carrots w/Parsley Oranges</p>	<p>10 Spanish Style Beef Stew 燉牛肉 Yellow Rice & Pigeon Peas Cauliflower & Carrots w/ Parsley Apple Juice</p>	<p>11 Chicken Gumbo w/ White Rice 雞 Baby Carrots w/ Parsley Orange</p>	<p>12 Sweet & Sour Pork Chop 甜酸豬排 w/ White Rice Brussels Sprouts Orange-Pineapple Juice</p>	<p>13 BBQ Chicken Leg 雞腿 w/ Whole Grain Macaroni & Cheese Steamed Broccoli & Cauliflower Apple</p>	<p>14 Black Bean Soup 黑豆湯 Baked Salmon w/ Cilantro Citrus 三文魚 Roasted Veggies & Cous Cous Normandy Blend Veggies Banana</p>
<p>16 CLOSED IN CELEBRATION OF DR.MARTIN LUTHER KING DAY 辦公室將關閉</p> 	<p>17 CELEBRATION OF KING DAY 辦公室將關閉</p>	<p>18 Spaghetti Carbonara w/ Green Peas 綠豌豆意大利面 Garlic Bread Broccoli & Red Peppers Orange Juice</p>	<p>19 Ginger Garlic Beef Stew Brown Rice 薑蒜燉牛肉 Cauliflower & Carrots w/ Parsley Apple Juice</p>	<p>20 Chicken Thighs Stew w/ Ginger & Pumpkin 雞腿 Yellow Rice & Pigeon Peas California Blend Mandarin Orange</p>	<p>21 Chicken Noodle Soup 雞肉麵條湯 Baked Fish w/ Garlic Sauce 烤大蒜魚 Roasted Zucchini Orange</p>
<p>23 Breakfast: Bagel & Egg and Coffee or Tea Chinese Style Pepper Steak w/ White Rice 中式胡椒牛排 Oriental Blend Veggies Banana</p>	<p>24 Baked Asian Style Honey Chicken w/ Lo Mein Noodles 中式蜂蜜雞撈麵 Napa Cabbage Apple</p>	<p>25 Chickpea Stew w/ White & Brown Rice 豆湯 Baby Carrots w/ Parsley Orange-Pineapple Juice</p>	<p>26 Beef & Broccoli w/ White Rice 西蘭花牛肉 Steamed Broccoli w/ Soy Sauce Banana</p>	<p>27 Chicken Cacciatore w/ Whole Wheat Spaghetti 雞意大利面 Steamed Peas & Carrots Applesauce</p>	<p>28 Butternut Squash Soup 南瓜湯 Teriyaki Tilapia 羅非魚 Roasted Potatoes & Oriental Blend Veggies Orange Juice</p>

30
Breakfast: Croissant & Egg and
 Coffee or Tea
 Baked Cod w/ Brown Rice
 & Pigeon Peas 鱈魚
 California Blend Veggies
 Apple Juice

31
 Lemon Chicken w/ Cilantro Lime
 Rice 檸檬雞
 California Blend Veggies
 Apple



JANUARY 2022 LUNCH MENU
 Funded by the NYC 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: \$3.50 Fee
 Vegetarian & Kosher option available
 ** Menu is subject to change without notice



<u>MONDAY 週一</u>	<u>TUESDAY 週二</u>	<u>WEDNESDAY 週三</u>	<u>THURSDAY 週四</u>	<u>FRIDAY 星期五</u>
3 Ginger Garlic Beef Stew 薑蒜 燉牛肉 w/ Brown Rice & Pigeon Peas Mixed Veggies Banana	4 BBQ Pork Chop 烤豬排 w/ Baked Mac & Cheese Steamed Corn on the Cob Orange	5 Baked Fish w/ Garlic Sauce 蒜醬魚 & Egg Noodles Beet, Arugula & Feta Salad	6 Jerk Chicken w/ Rice & Beans 雞 Baby Carrots w/ Parsley Yellow Plantains Pear	7 Penne w/ Rasta Pasta Sauce 意大利面 Steamed Green Beans Orange-Pineapple Juice
10 Breaded Chicken Cutlet 雞 w/ Whole Wheat Spaghetti Apple Juice	11 Shepherd's Pie 牛肉派 Steamed Broccoli & Cauliflower Banana	12 Lemon Grass Curry w/ Broccoli & Tofu 香茅咖哩豆腐西蘭花 w/ Lemon Rice Baby Spinach Salad Orange	13 Balsamic Chicken Thigh 香 醋雞 w/ White Rice California Blend Veggies Orange Pineapple Juice	14 Baked Ziti w/ Beef Meatballs 意大利面牛肉丸子 Baby Carrots w/ Parsley Mandarin Orange
17 CLOSED IN CELEBRATION OF DR. MARTIN LUTHER KING DAY 辦公室將關閉 	18 Teriyaki Beef w/ Lo Mein Noodles 照燒牛肉撈麵 Napa Cabbage Banana	19 Moroccan Chickpea Stew w/ Chard 鷹嘴豆燉肉 Sautéed Bok Choy w/ Garlic Orange	20 Stuffed Peppers w/ Turkey 青椒火雞 Steamed Peas & Carrots Pineapple Juice	21 Baked Fish w/ Sweet & Sour Sauce 糖酸魚 over Rice Pilaf Steamed Carrots & Green Beans Apple

JANUARY DINNER MENU 2022 一月晚餐菜單

Italian Sausage w/ Onions & Peppers & Whole Wheat Spaghetti 意大利香腸洋蔥青椒 California Blend Veggies Mandarin Orange	Baked Mash. Corn Smoker w/ Brown Rice 蘑菇雞 Capri Blend Veggies Applesauce	Eggplant Parmesan w/ Ricotta 茄子意大利醬 Garlic Bread Sautéed Spinach Peach	Chinese Style Pepper Steak 中式椒牛排 w/ Tofu & Veggie Fried Rice Oriental Blend Veggies Pear	Honey Mustard Smoker Drumstick 蜂蜜芥末雞腿 Mashed Sweet Potatoes Normandy Blend Veggies Strawberries
---	--	---	--	--

31
Beef Meatballs w/ Sofrito 牛肉丸 & Brown Rice
Broccoli w/ Toasted Garlic
Apple

Meals served with Vitamin C, 1% Fat Free Milk Whole Grain Bread & Trans-Fat-Free Margarine. Vegetarian & Kosher options available
Requested Contribution: **\$1.50/meal**
Guests Age 59 or Below: **\$3.50 Fee**
**** Menu is subject to change without notice**
Funded by the New York City Department for the Aging, Henry Street Settlement & Your Contributions

2022年1月晚餐菜單
含維生素C,
1% 無脂牛奶、全麥麵包和無反式脂肪人造黃油的餐點。
提供素食和猶太潔食選項
要求捐款: 1.50 美元/餐
59 歲或以下的客人: \$3.50 費用
** 菜單如有更改, 恕不另行通知
由紐約市老齡事務部、亨利街定居點和您的捐款資助

Masks are required at all times when you are inside the Center. Your mask must cover nose & mouth & practice social distancing,

ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS

REQUESTED CONTRIBUTION FOR SENIORS 60+: \$1.50; GUESTS 59 & UNDER: \$3.50

LUNCH: SUNDAY—FRIDAY 11:30AM-12:15PM
DINNER: MONDAY—FRIDAY 3:30PM-4:15 PM
BREAKFAST SERVED SUNDAYS: 8:45 AM –9:30AM

GET YOUR SATURDAY TAKE-HOME MEAL AT FRIDAY'S LUNCH

INVITE A SUS AMIGOS O FAMILIA A CENAR CON NOSOTROS!
DOMINGOS - VIERNES 11:30AM-12:15 PM
LUNES - VIERNES 3:30 PM-4:15PM
MAYORES DE 60 AÑOS O MÁS: \$1.50
INVITADOS: \$3.50

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!

JANUARY 2022 Activities Zoom Links 一月活動

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

Funded by New York City Department for the Aqina (DFTA), Vladeck Cares/NORC, New York State Office for the Aqina (NYSOFA), Henry Street Settlement and YOUR Contributions

SUNDAY 星期日	MONDAY 週一	TUESDAY 週二	WEDNESDAY 週三	THURSDAY 週四	FRIDAY 星期五
	<p><u>10:30-11:30: Yoga w/ Susan 瑜伽</u> Zoom Mtg ID: 816 1734 3528 (Right Click Here, Open Hyperlink)</p> <p><u>1:30-3:30: Beaded Arts w/ Mary (NORC) 串珠藝術</u> (Onsite & Live on Zoom) Zoom Mtg ID: 827 1443 8363 (Right Click Here, Open Hyperlink)</p>	<p><u>12:30-1:30: Beaded Arts w/ Mary 串珠藝術</u> (Onsite & Live on Zoom) Zoom Mtg ID: 899 1834 2286 (Right Click Here, Open Hyperlink)</p> <p><u>2:30-4:30: Karaoke 卡拉OK</u> (Onsite & Live on Zoom) Zoom Mtg ID: 899 1834 2286 (Right Click Here, Open Hyperlink)</p>	<p><u>1:00-2:00: Move It Move It w/ Linda (NORC) 運動課</u> (Vladeck-Remote Only)</p>	<p><u>12:30-2:15: Karaoke 卡拉OK</u> Zoom Mtg ID: 825 6071 4594 (Right Click Here, Open Hyperlink)</p> <p><u>12:30-1:30: Be Flexible w/ Linda (Onsite & Live on Zoom)</u> Zoom Mtg ID: 843 2311 1339 (Right Click Here, Open Hyperlink)</p> <p><u>1:30-2:30: Arts w/ Linda 藝術課</u> Zoom Mtg ID: 868 2744 1374 (Right Click Here, Open Hyperlink)</p>	<p><u>10:00-11:00: Zumba w/ Jiali 尊巴舞</u> Zoom Mtg ID: 854 2138 2410 (Right Click Here, Open Hyperlink)</p> <p><u>11:00-12:00: Chinese Dance w/ Jiali 中國舞</u> Zoom Mtg ID: 883 5413 6286 (Right Click Here, Open Hyperlink)</p> <p><u>2:30-4:30: Karaoke 卡拉OK</u> Zoom Mtg ID: 899 1834 2286 (Right Click Here, Open Hyperlink)</p>

