

*Message from
the Director:*

The summer is here!
And the HEAT is on!
Please be safe and use
precautions during the
increased temperatures.
Drink plenty of water,
wear light color loose
clothes, and do not
forget the sunscreen.
Our Center is an
authorized cooling site,
so come in and chill out
with us.

See you soon!

If you have suggestions
or ideas about
enhancing our activities
or our current menu, I
encourage you to
participate in our
committees.

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

August 2022

OLDER ADULTS' SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

212-477-0455

Senior Companion
Program

212-473-1474

Meals on Wheels

212-473-1474

SNAPSHOT

TRIPS & EVENTS

- 8/8 AND 8/18 FARMERS MARKET
- 8/12 MUSEUM OF ARTS & DESIGNS
- 8/12 FLEA MARKET
- 8/18 ATLANTIC CITY TRIP
- 8/23 MUSEUM OF NATIVE AMERICAN
- 8/25 BIRTHDAY CELEBRATION
- 8/26 OUTDOOR CARNIVAL

PRESENTATIONS

- 8/9 MT. SINAI "CERVICAL CANCER
- 8/10 NUTRIENT /BRENNA
- 8/17 VNSNY "FALLS PREVENTION"
- 8/23 MT. SINAI "COLORECTAL CANCER"

WHAT'S NEW

- 8/2 EXTRA DAY FOR TECH HELP
- 8/11 HULA DANCE W/JANE

Meal Service

Breakfast

Sunday

8:45 AM-9:30AM

Mon-Fri

X

Lunch

12PM- 1PM

12PM- 1PM

Dinner

X

4 PM- 5PM

SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

DINE IN OR TAKE OUT AVAILABLE

**Located: 334 Madison
Street, Lower Level,
New York, NY 10002**

(212) 349-2770

Monday – Friday 9AM-6PM

Sunday



















8:30 AM-3:30PM



**HENRY STREET
SETTLEMENT**

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AUGUST 2022 ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 	1 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 3:30PM-Dance Rehearsal	2 10 am- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Tech Help 1:30PM-Bingo 3:30PM-English Karaoke 	3 10 AM- Self Defense w/Andres 11:30AM- Tech help 1PM- Crafts w/Marcela 1:30PM- Bingo 	4 10 AM- Hula Dance w/Jane  1pm- Qigong w/Linda 1:30 PM- Bingo 2pm- Be flexible w/Linda 2 PM-Social Media w/Theresa	5 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30- Bingo 1:30PM-Tech Help
7 10AM- Chinese Dancing w/Bing Yu 11 AM- Sunday Chat w/Angie (CANCELLED) 1PM- Bingo 	8 9AM-TRIP: Farmers Market w/Yaya 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan  1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 3:30PM Dance Rehearsal	9 10 AM- Ballroom Dancing 1PM- Presentation: Mt Sinai "Cervical Cancer" NORC 1:15PM-Fashion Art w/Mary 1:30PM-Tech Help 1:30PM-Bingo 3:30PM-English Karaoke	10 10 AM- Self Defense w/Andres 11AM- Presentation: Nutrient w/Brenna 1:30 AM- Tech help 1PM- Crafts w/Marcela 1:30PM- Bingo	11 10 AM- Hula Dance w/Jane  10 AM- VOCAL EASE ROBO CALL 1pm- Qigong w/Linda 1:30 PM – Bingo 2pm-Be Flexible w/Linda 2 PM-Social Media w/Theresa 	12 9AM- Chess & Backgammon 11am- TRIP: Museum of Arts & Designs 1PM- Outdoor Flea Market 1 PM- Jewelry Class (NORC)  1:30PM-Bingo 1:30PM-Tech Help
14 10AM- Chinese Dancing w/Bing Yu 11 AM- Sunday Chat w/Angie 1 PM- Bingo 	15 9AM-Walk it out w/Yaya 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 3:30PM Dance Rehearsal 	16 9am-Trip: Farmers Market 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Tech Help 1:30PM-Bingo 3:30PM-English Karaoke 	17 10 AM- Self Defense w/Andres 11:30 AM- Tech help 1PM- Crafts w/Marcela 1:30PM- Bingo 2PM- Presentation-VNSNY (Falls Prevention)	18 8 AM- Trip: Atlantic City Casino 10 AM- Hula Dance w/Jane 1 PM Qigong w/Linda 1:30 PM- Bingo 2 PM-Be Flexible/Linda 2 PM-Social Media w/Theresa 	19 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 1:30PM-Tech Help  
21 10AM- Chinese Dancing w/Bing Yu 11 AM- Sunday Chat w/Angie 1 PM- Bingo	22 9AM-Walk it out w/Yaya 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 3:30 PM Dance Rehearsal	23 10 AM- Ballroom Dancing 11AM- TRIP: Museum of American Indian 1pm- Presentation: Mt. Sinai "Colorectal Cancer" NORC 1:15PM-Fashion Art w/Mary 1:30PM-Tech Help 1:30PM-Bingo 3:30PM-English Karaoke	24 10 AM- Self Defense w/Andres 11:30 AM- Tech help 1 PM- Crafts w/Marcela 1pm- 1:30 PM- Bingo	25 10 AM- Hula Dance w/Jane  1 PM- Qigong w/Linda 2pm- Birthday Party (in-house)  2 PM-Be Flexible w/Linda 2 PM-Social Media w/Theresa	26 9AM- Chess & Backgammon 11 AM- Seniors' Outdoor Carnival 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 1:30PM-Tech Help
28 10AM- Chinese Dancing w/Bing Yu 11 AM- Sunday Chat w/Angie 1 PM- Bingo	29 9AM-Walk it out w/Yaya 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 3:30 PM Dance Rehearsal	30 3 10 am- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Tech Help 1:30PM-Bingo 3:30PM-English Karaoke 	31 10 AM- Self Defense w/Andres 11:30 AM- Tech help 1 PM- Crafts w/Marcela 1:30 PM- Bingo		

August 2022 Lunch and Dinner Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Meals are served with 8oz. Fat-Free milk </p> <p>1 TSP of Trans fat-free margarine </p> <p>Whole Wheat bread </p>	<p style="text-align: right;">1</p> <p>Lunch: Chicken Salad Pasta Primavera Carrot Salad Fresh Banana Dinner: Salisbury Steak Garlic Mash Potatoes Winter Blend Veggies Strawberry applesauce</p>	<p style="text-align: right;">2</p> <p>Lunch: Pineapple Salmon Vegetable Couscous Blended Veggies Fresh Apple Dinner: Chicken Breast White Rice Red Cabbage Salad Fresh Pineapple</p>	<p style="text-align: right;">3</p> <p>Lunch: Potato and chickpea Vegetable Rice Kale Salad Blueberries Dinner: Breaded Chicken Pasta Salad Four Bean Salad Fresh Peach</p>	<p style="text-align: right;">4</p> <p>Lunch: Sweet and Sour Chicken White Rice Blended Veggies Fresh Pear Dinner: Chickpea Salad Baby Spinach Cantaloupe</p>	<p style="text-align: right;">5</p> <p>Lunch: Breaded Fish Fillets Bowtie Pasta Cauliflower and Carrots Orange Juice Dinner: Codfish Salad Arugula salad w/ beets and Feta Fresh Apples</p>
<p style="text-align: right;">7</p> <p>Lunch: Beef Stew Brown Rice Blended Veggies</p>	<p style="text-align: right;">8</p> <p>Lunch: Ginger Pork Chop Rice w/ Black beans Green Salad Dinner: Turkey Salad Tomato and Cucumber Salad Fresh Peach</p>	<p style="text-align: right;">9</p> <p>Lunch: Chef Salad Spinach Salad Fresh Cantaloupe Dinner: Turkey Meat Sauce Broccoli Fresh Plum</p>	<p style="text-align: right;">10</p> <p>Lunch: Lentil Chili Brown Rice Arugula Salad Fresh Nectarine Dinner: Chicken Salad Macaroni Salad Chickpea Salad w/ Beets & Carrots Strawberries</p>	<p style="text-align: right;">11</p> <p>Lunch: Stuffed Shells & Meat sauce Garlic Bread Green Beans Dinner: Vegetable Lo Mein Baby Carrots Fresh Tangerine</p>	<p style="text-align: right;">12</p> <p>Lunch: Turkey Stuffed Peppers Broccoli & Cauliflower Fresh Strawberries Dinner: Fish w/ Relish Avocado & Orange Salad Fresh Watermelon</p>
<p style="text-align: right;">14</p> <p>Lunch: Grilled Chicken Caesar Salad Peas and Carrots Strawberry Apple Sauce</p>	<p style="text-align: right;">15</p> <p>Lunch: Cheeseburgers Deluxe Baked Fries Corn on the Cob Apple Juice Dinner: Tofu and Vegetable Fried Rice Baby Carrots Fresh Banana</p>	<p style="text-align: right;">16</p> <p>Lunch: Chicken Caesar Salad Dinner Roll Fresh Honey Dew Dinner: Chicken Thighs Spinach Salad Cucumber Salad Fresh Apple</p>	<p style="text-align: right;">17</p> <p>Lunch: Vegetable lasagna Garlic Bread Broccoli w/ Red Peppers Fresh Nectarine Dinner: Pork Loin in Oyster Sauce Yellow Rice Broccoli and Red Peppers Apple Juice</p>	<p style="text-align: right;">18</p> <p>Lunch: Turkey Bean Chili Brown Rice Cauliflower and Carrots Fresh Pineapple Dinner: Chickpea Stew Brown Rice Beet Arugula Salad Fresh Orange</p>	<p style="text-align: right;">19</p> <p>Lunch: Chicken Cobb Salad Dinner Roll Cherry Tomatoes Fresh Strawberries Dinner: Salmon Garden Salad Cauliflower w. Carrots Fresh Plums</p>
<p style="text-align: right;">21</p> <p>Lunch: Baked Eggplant in Meat Sauce Garlic Bread Blended Veggies Fresh Tangerines</p>	<p style="text-align: right;">22</p> <p>Lunch: Tuna Salad w/ Eggs Garden Salad Fresh Apples Dinner: Chicken Salad Avocado Salad Arugula salad Fresh Nectarine</p>	<p style="text-align: right;">23</p> <p>Lunch: Fish w. Lemmon Garlic Butter WW Linguine w/Spinach cream Fresh Grapes Dinner: BBQ Pork Chop Lemmon Rice WW Pita Bread Broccoli Fresh Plums</p>	<p style="text-align: right;">24</p> <p>Lunch: Spaghetti Carbonara Baby Spinach Salad Fresh Banana Dinner: Egg Salad Southwest Quinoa Salad Beet and Feta Salad Fresh Watermelon</p>	<p style="text-align: right;">25</p> <p>Lunch: Baked Chicken Legs Rice and Beans Baby Carrots Fresh Peach Dinner: Chickpea Stew Brown Rice w/ Pigeon Peas Cabbage and Beet Salad Fresh Cantaloupe</p>	<p style="text-align: right;">26</p> <p>Lunch: Ginger Salmon Vegetable Couscous Broccoli Fresh Plum Dinner: Baked Chicken Thigh Rice and Beans Cabbage w/ Shredded Carrots Fresh cantaloupe</p>
<p style="text-align: right;">28</p> <p>Lunch: Chicken Salad Potato Salad Coleslaw Fresh Strawberries</p>	<p style="text-align: right;">29</p> <p>Lunch: Lemmon Chicken Yellow Rice w/ Pigeon Peas Baby Carrots Fresh Pineapples Dinner: Vegetable Baked Ziti Blended Veggies Fresh Watermelon</p>	<p style="text-align: right;">30</p> <p>Lunch: Meat sauce w/ peppers WW Spaghetti Kale Salad Orange Pineapple Juice Dinner: Avocado & Egg Salad Arugula Salad Fresh Tangerine</p>	<p style="text-align: right;">31</p> <p>Lunch: Lentil Stew w/Brown Rice Beet and Arugula Salad Fresh Watermelon Dinner: Baked Chicken Vegetable Fried Rice Baked Cauliflower Fresh Peach</p>	<p>Now offering salads daily as an alternate option to the scheduled lunch. <i>(Please note this is not a DFTA-funded meal)</i> Cost for the salad: Center members pay \$1.50 Non- Center member \$5.00</p> <div style="display: flex; justify-content: space-around;">   </div>	

Activities

Description

Social Media w/Theresa-Create a Facebook and Instagram page and learn diverse ways to connect with friends and Family.

Sunday Chat w/Angie- A support group that discusses hot topics on Sunday mornings. (Refreshments served)

Walk it out w/Yaya- This group meets on Monday mornings, walks, and explores different sceneries throughout the neighborhood. (T-Shirts, step trackers, water, and water bottles provided)

Qigong w/ Linda- It involves using exercises to optimize energy within the body, mind, and spirit to improve and maintain health and well-being.

Returning Activities

Be Flexible w/Linda-This class provides different stretches that are comfortable for your health conditions

Art with Girl –We will be providing instructional art classes. Activities include painting, designing, and sewing.

Crafts w/Marcela- Use your imagination and creativity to make all kinds of decorative items

Chinese Dancing- New instructor with goals to hold dance performances at the end of the year at the Senior Center's events

Self Defense- Former Martial artist Andres Burgos shares defense techniques and orientating crime prevention.

Tech Help- Get technical assistance using your tablet or your smartphone.

Join THE committee

Advisory Committee: All members are welcome to participate in a planning committee. The committee met monthly to discuss ideas for new activities, trips, and menu ideas.