

*Message from the Director:*

Happy Holidays!! We have come to the best time of the year, jam-packed with family, friends, and celebrations.

I encourage you to take advantage of the great activities and workshops, make a new friend, share a meal, dance at a party, and celebrate the holidays with the HSS OAC family.

As always, I welcome suggestions and feedback. If there is an activity, trip, or program you would like us to offer, please let us know.

See you around!

*Jasmine*



# HENRY STREET SETTLEMENT OLDER ADULT CENTER

## December 2022

### OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels

212-473-1474

### NEW CASE MANAGEMENT HOURS:

**Theresa: Monday, Wednesday Friday 8:30-4:30 pm**

**Angie: Sunday 8:30-3:30, Tuesday 8:30 am-3 pm, and Thurs 8:30 am-4:30 pm**

**Case management office Lunch hours: 1 PM-2PM daily.**

## SNAPSHOT

### TRIPS & EVENTS

- 12/1-Staten Island Luncheon
- 12/2 & 16<sup>th</sup> Sing for hope
- 12/5 Rockefeller Center 12/12- BRYANT PARK
- 12/13 POOL TOURNAMENT STARTS
- 12/20-CHRISTMAS KARAOKE
- 12/21- YOUTH FOR SENIORS CONCERT
- 12/22-HOLIDAY PARTY
- 12/29- SENIORS' BIRTHDAY PARTY
- 12/3- ABRON ART CENTER SHOW

### PRESENTATIONS

- 12/6- WellCare
- 12/7-COVID Money Survey 12/9-Nutrient w/Brenna

### WHAT'S NEW

- Yaya will begin to take her walking group to another level. Sign up for this adventurous activity.













Meal Service	Sunday	Mon-Fri
Breakfast	8:45 AM-9:30AM	X
Lunch	12PM- 1PM	11:30PM- 12:30PM
Dinner	X	3PM- 4PM

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

**334 Madison Street,  
Lower Level,  
New York, NY 10002  
(212) 349-2770**  
Monday – Friday  
8:30AM-4:30PM  
Sunday  
8:00AM-3:30PM






# DECEMBER 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>In all fairness, Trips, and Events sign-ups will start the second week of the month. This is to give our members time to obtain and view the calendar. This Month Trips and Events sign-ups will start on the sixth. Except for the Staten Island luncheon and Rockefeller Center events.</p>		<p>Please note that Rockefeller Center and Bryant Park w/Yaya is a walking group. This group has Transportation to their destinations, drop off, and left to walk enjoy beautiful Holiday festivities, and be brought back to the Center.</p> <p><b>HIGH IMPACT WALKING</b></p>		1	2
<p>4</p> <p>10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo</p> 	<p>5</p> <p>10:30AM-Yoga w/Susan 10:30AM-Tech Help 11AM- Rockefeller Center w/Yaya 1 PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 2:30 PM Dance Rehearsal</p>	<p>6</p> <p>10 AM- Ballroom Dancing 11AM- Presentation: WellCare 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke</p>	<p>7</p> <p>10 AM- Self Defense w/Andres 11AM-Presentation: Money Survey w/ Rebecca 1 PM- Crafts w/Marcela 1:00 PM- Bingo</p> 	<p>8</p> <p>10AM- Hula Dance w/Jane 1PM- Qigong w/Linda 1:30 PM – Bingo 2PM-Be Flexible w/Linda 2PM -Tech Help</p> 	<p>9</p> <p>9AM- Chess &amp; Backgammon 10:30AM-Presentation: Nutrient w/Brenna 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class</p>
<p>11</p> <p>10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo</p> 	<p>12</p> <p>10:30AM-Yoga w/Susan 10:30AM-Tech Help 11AM-Bryant Park w/Yaya 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 2:30 PM Dance Rehearsal</p> 	<p>13</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 1PM- Pool Tournament Start 3:00 PM- Karaoke</p> 	<p>14</p> <p>10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo 1PM- Pool Tournament Continues</p> 	<p>15</p> <p>10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1PM-Pool Tournaments continue 1:30- Bingo 2 PM-Be Flexible w/Linda 2 PM -Tech Help</p>	<p>16</p> <p>9AM- Chess &amp; Backgammon 11AM-Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class 2:30PM-Pool Tournament Ceremony</p>
<p>18</p> <p>10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo</p> 	<p>19</p> <p>10:30AM-Computer Class (NORC) 10:30AM-Yoga w/Susan 10:30AM-Tech Help 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 2:30 PM Dance Rehearsal</p> 	<p>20</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM-Christmas Karaoke w/Judy</p> 	<p>21</p> <p>10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00PM- Bingo</p> 	<p>22</p> <p>10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1:30- Bingo (Canceled) 2PM-Holiday Party 2 PM-Be Flexible w/Linda 2 PM -Tech Help (Canceled)</p> 	<p>23</p> <p>9AM- Chess &amp; Backgammon 1 PM- Jewelry Class (NORC) Canceled 1:30PM-Bingo (Canceled) 2 PM -Computer Class (Canceled)</p> <p><b>EARLY CLOSURE</b></p>
<p>25</p> <p>MAY YOUR Christmas BE MERRY &amp; BRIGHT</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>26</p> <p>We will be Closed for the Holidays</p> <p>CLOSED FOR THE HOLIDAY</p>	<p>27</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 2PM- 3:00 PM- Karaoke</p>	<p>28</p> <p>10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo</p>	<p>29</p> <p>10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1:30- Bingo (Canceled) 2PM-Seniors' Birthday/New Year Party 2 PM-Be Flexible w/Linda 2 PM -Tech Help (Canceled)</p>	<p>30</p> <p>9AM- Chess &amp; Backgammon 1 PM- Jewelry Class (NORC) Canceled 1:30PM-Bingo (Canceled) 2 PM -Computer Class (Canceled)</p> <p><b>EARLY CLOSURE</b></p>



# DECEMBER 2022 LUNCH AND DINNER MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>All meals are served with</b>  <b>8oz. Fat-Free milk</b>  <b>1 TSP of Trans fat-free margarine,</b>  <b>Whole Wheat bread</b></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 salad: Center members \$1.50            Non-Center member \$5.00</p> <div style="display: flex; justify-content: space-around;">   </div>				<p><b>LUNCH:</b> Baked Ziti w/ Meatballs, Tomato &amp; Cucumber Salad, Fruit Cocktail</p> <p><b>DINNER:</b> Bread Fish w/ Baked Potato, Steamed Carrots, Strawberry Applesauce</p>
<p><b>Breakfast:</b> Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Beef Stroganoff w/ egg Noodles, Broccoli &amp; Cauliflower, Apple Juice</p>	<p><b>LUNCH:</b> Shepherd's Pie w/ Cole Slaw, Orange</p> <p><b>DINNER:</b> Chicken Parmesan, w/ Bow Tie Pasta, Broccoli &amp; toasted Garlic. Pears, Broccoli &amp; Potato Soup</p>	<p><b>LUNCH:</b> Italian Roast Chicken w/ Bow Tie Pasta, Broccoli &amp; Red Pepper, Applesauce</p> <p><b>DINNER:</b> Beef &amp; Broccoli w/ Rice &amp; Red Beans, Normandy Blend, Strawberry Applesauce</p>	<p><b>LUNCH:</b> Beef Fajitas w/ Corn Tortilla, Corn Black Bean &amp; Pepper Salad, Banana</p> <p><b>DINNER:</b> Korean BBQ Chicken w/ Rice &amp; Red Beans, Chinese Cauliflower, Applesauce</p>	<p><b>LUNCH:</b> Ginger Garlic Beef Stew w/ White Rice, Cabbage &amp; Carrot Slaw, Strawberry Applesauce</p> <p><b>DINNER:</b> Veggie Egg Frittata, w/ Cilantro Lime Rice, Green Salad, Pears</p>	<p><b>LUNCH:</b> Eggplant Parmesan, w/ Baby Spinach Salad, Apple</p> <p><b>DINNER:</b> Teriyaki Chicken w/ White Rice, Chinese Mustard Greens, Banana</p>
<p><b>Breakfast:</b> Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Baked Penne w/ Sausage, Chard, &amp; mushroom, California Blend, Apple Juice</p>	<p><b>LUNCH:</b> Breaded Pork Chops w/ Pigeon Peas &amp; Rice, Baby Spinach Salad, Applesauce</p> <p><b>DINNER:</b> Beef &amp; Cheese Lasagna w/ Garlic Bread, Roasted Broccoli, Banana</p>	<p><b>LUNCH:</b> Beef Meatballs w/ Sofrito. Spaghetti, Slice Carrots, Pears</p> <p><b>DINNER:</b> Breaded Chicken w/ White Rice, Italian Cut Green Beans, Apples</p>	<p><b>LUNCH:</b> BBQ Chicken Les w/ Mac &amp; Cheese, Caribbean Cole Slaw, Strawberry Applesauce</p> <p><b>DINNER:</b> Veggie Lo Mein w/ Steamed Spinach,</p>	<p><b>LUNCH:</b> Chicken &amp; Broccoli Stir Fry w/ Yellow Rice, Mixed Veggie, Honeydew Veggie Soup</p> <p><b>DINNER:</b> Veggie Lo Mein, Steamed Spinach, Applesauce, Veggie Soup</p>	<p><b>LUNCH:</b> Eggplant &amp; Lentil Curry w/ Rice Pilaf, Cauliflower &amp; Carrots, Strawberry Applesauce</p> <p><b>DINNER:</b> Salisbury Steak w/ Mushroom Sauce, Egg Noodles, Normandy Blend, Apple Juice</p>
<p><b>Breakfast:</b> Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Sunshine Salad w/ Grilled Chicken, Pasta Primavera, Corn &amp; Peas, Apple Juice</p>	<p><b>LUNCH:</b> Roasted Turkey Breast w/ Pasta Salad, Broccoli &amp; Red Pepper, Banana</p> <p><b>DINNER:</b> Baked Fish w/ Garlic Sauce, Barley, Chickpea Salad w/ Dry Fruit, Baby Carrots</p>	<p><b>LUNCH:</b> Stewed Eggplant w/ White Rice, Broccoli, Applesauce</p> <p><b>DINNER:</b> Baked Chicken Thighs w/ Pasta Salad, Broccoli &amp; Red Pepper, Apple Juice</p>	<p><b>LUNCH:</b> BBQ Pork Chops w/ French Fries, Garden Salad, Cabbage &amp; Beet Salad, Grape Juice</p> <p><b>DINNER:</b> Black Eye Peas &amp; Veggie Stew w/ White Rice, Corn &amp; Peas, Applesauce</p>	<p><b>LUNCH:</b> Beef &amp; Turkey Meatloaf w/ Mushroom Sauce, Garlic Mashed Potatoes, Cabbage &amp; Beet Salad, Strawberry Applesauce</p> <p><b>DINNER:</b> To Be determined</p>	<p><b>LUNCH:</b> Parmesan Chicken w/ Penne Alfredo, Steamed Spinach. Banana</p>
<p><b>CLOSED FOR THE CHRISTMAS HOLIDAYS</b></p> 	<p><b>CLOSED IN OBSERVANCE OF THE CHRISTMAS HOLIDAYS</b></p>	<p><b>LUNCH:</b> Baked Asian Honey Chicken w/ Veggie Lo Mein, Asian Cabbage, Banana</p> <p><b>DINNER:</b> Baked Fish w/ Garlic Sauce, White Rice, Baby Carrots, Grape Juice</p>	<p><b>LUNCH:</b> Tofu w/ Garlic Sesame Sauce w/ Lemon Rice, Broccoli &amp; Toasted Garlic, Apple Juice</p> <p><b>DINNER:</b> Chinese Pepper Steak w/ Spaghetti, Asian Cabbage, Strawberry Applesauce</p>	<p><b>LUNCH:</b> Chicken Breast &amp; Rice, Caesar Salad, Applesauce</p> <p><b>DINNER:</b> To Be determined</p>	<p><b>LUNCH:</b> Codfish w/ Mango &amp; Red Onions, Baby Carrots, Grape Juice</p>

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Christmas Joy



DIRECTIONS: Fill in the crossword grid with the provided words.

**4 Letter Words**

BELL  
SNOW

**5 Letter Words**

ANGEL  
COCOA  
ELVES  
HOLLY

**6 Letter Words**

LIGHTS  
SLEIGH  
TINSEL  
WINTER  
WREATH

**7 Letter Words**

CHIMNEY  
GARLAND  
PAGEANT  
RUDOLPH  
SNOWMAN

**8 Letter Words**

CAROLING  
DECEMBER  
EXCHANGE  
ORNAMENT  
PRESENTS  
REINDEER  
WRAPPING

**9 Letter Words**

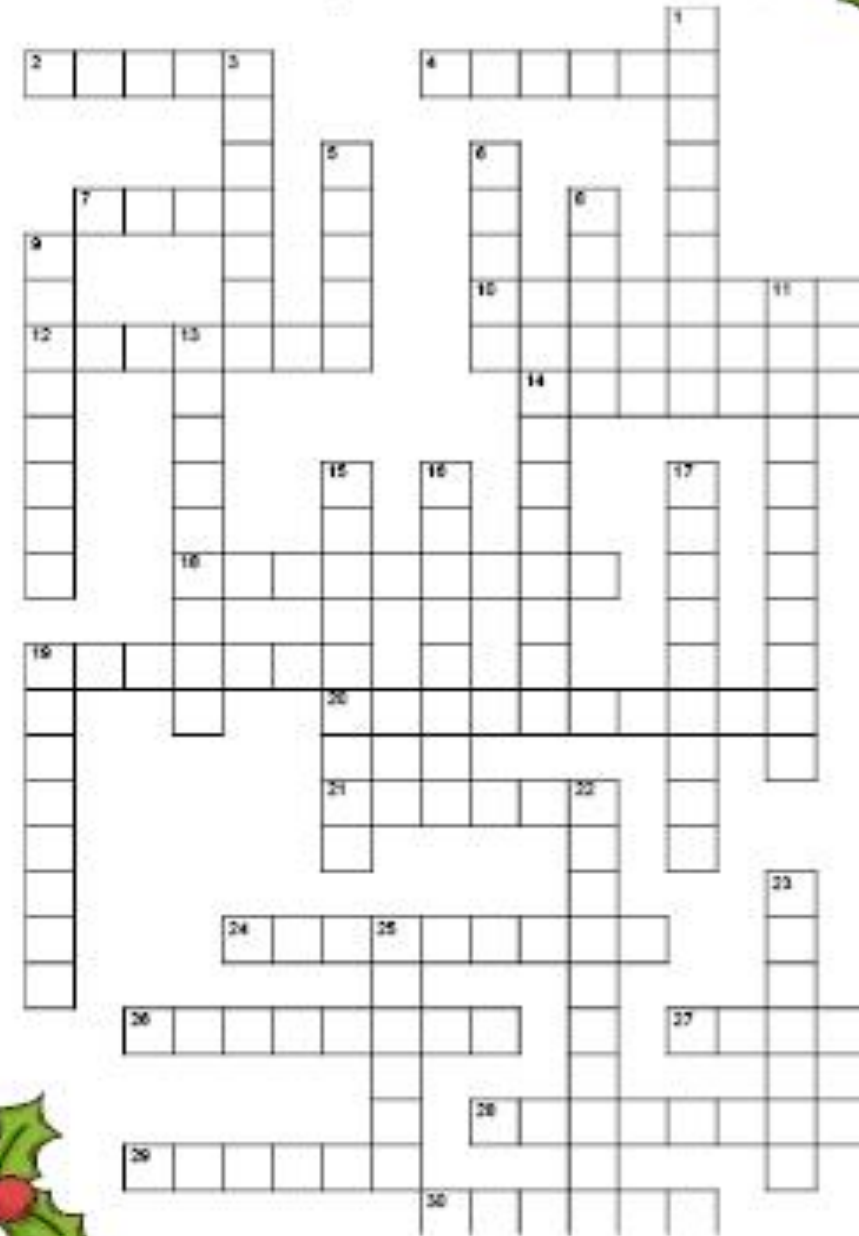
CHESTNUTS  
CHRISTMAS  
EVERGREEN  
FRUITCAKE  
MISTLETOE  
NORTH POLE

**10 Letter Words**

POINSETTIA  
SANTA CLAUS

**11 Letter Word**

GINGERBREAD



# Christmas

word search puzzle

W	T	Q	D	E	C	E	M	B	E	R	M	A	A
P	A	K	B	Q	L	K	V	O	N	B	V	W	F
V	S	J	I	W	P	Y	H	Z	P	R	P	I	E
Q	N	O	R	C	E	O	Y	S	P	I	A	N	H
U	O	Y	T	S	A	N	T	A	F	G	M	T	G
Z	W	X	H	M	J	T	A	B	D	H	Z	E	K
H	O	L	L	Y	M	R	E	S	Q	T	B	R	B
L	N	Y	A	Y	C	H	R	I	S	T	M	A	S
G	H	T	R	E	E	Z	N	X	E	B	E	K	Z
G	X	B	Q	P	Y	I	T	A	W	L	D	H	E
I	E	W	E	M	C	F	H	A	P	P	Y	V	O
E	L	M	K	L	L	K	N	G	H	X	E	C	H
G	C	E	W	E	L	N	B	C	O	O	K	I	E
J	E	S	U	S	U	S	I	R	X	P	S	F	H

CHRISTMAS  
JESUS  
HAPPY  
JOY  
BRIGHT  
WINTER  
HOLLY  
SNOW



DECEMBER  
ELF  
EVE  
SANTA  
COOKIE  
BELLS  
BIRTH  
TREE