

Message from the Director:

Happy February! Hang in there – it won't be long until Spring has sprung! Last month we had a fantastic time with all of the festivities. There was great food, great people, and so so much dancing. We have some exciting new programming this month, and I encourage you to join one of our new groups. As always if there is an activity you are interested in having here, please stop by and let me know. See you around!

Jasmine



HENRY STREET SETTLEMENT OLDER ADULT CENTER

FEBRUARY 2023

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

CASE MANAGEMENT HOURS:

Sunday Thru Friday 9am to 4pm

Case management office Lunch hours:

1 PM-2PM daily.

SNAPSHOT

Trips and Events

- 2/3 AND 2/14 SING FOR HOPE PERFORMANCE
- 2/10- 70'S THEME PARTY
- 2/14-VALENTINE'S DAY CELEBRATION
- 2/17- BLACK HISTORY CELEBRATION
- 2/23-BIRTHDAY/MARDI GRAS

Presentations

- 2/8-HEALTHY EATING
- 2/22-EXERCISES
- 2/7-NUTRITION WORKSHOP W/BRENNA

What's New

- SALSAL PARTNER DANCE CLASS MONDAYS AT 1 PM- learn or practice your salsa dance moves
- HENRY STREET SPIRIT DAY 2/9 show your Henry Street pride and wear your Henry street swag
- WOMEN'S WELLNESS GROUP MONDAYS AT 1 PM A supportive and encouraging working on developing and practicing self-care skills.

Meal Service

Breakfast

Sunday

8:45 AM-9:30AM

Mon-Fri

X

Lunch

12PM- 1PM

11:30PM- 12:30PM

Dinner

X

3PM- 4PM

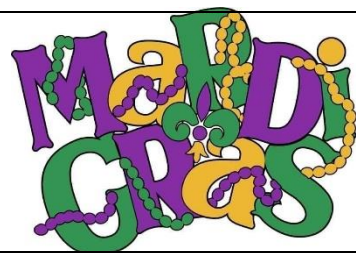
SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

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






















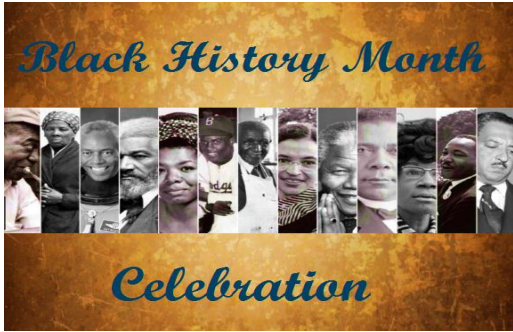

HENRY STREET SETTLEMENT

Older Adult Center



FEBRUARY 2023



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Please Pre-register for the following events: Birthday Party \$3.00 Valentine's Day Party FREE</p>	<p>Offered Daily from 8:30 AM – 5:30 PM: Billiards ♦ Dominos ♦ Computer Lab ♦ Ping Pong ♦ Gym facilities Tech Help Every Monday at 10:30 and Thursday at 2 PM</p>		<p>1 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo</p> 	<p>2 10AM- Hula Dance w/Jane 1pm-Qigong w/Linda 1:30PM – Bingo 2pm-Be Flexible w/Linda</p> 	<p>3 9AM- Chess & Backgammon 11AM- Sing for Hope 1 PM- Jewelry Class (NORC) 2:00PM-Bingo 2 PM -Computer Class</p>	
<p>5 10AM- Chinese Dancing w/Bing Yu 10AM: Creative Painting 1 PM- Bingo</p> 	<p>6 10:30AM-Yoga w/Susa 1PM- Salsa Partner Dance (NEW) 1 PM- Move it Move it (NORC) 1PM- Women's Wellness Group 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 2:30 PM Dance Rehearsal</p> 	<p>7 10 AM- Ballroom Dancing 10:30AM-Presentation: Nutrition 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke/Valentines</p> 	<p>8 10 AM- Self Defense w/Andres 12:30pm-Presentation: Healthy Eating 1 PM- Crafts w/Marcela 1:00 PM- Bingo</p> 	<p>9 10AM- Hula Dance w/Jane 1PM- Qigong w/Linda 1:30 PM – Bingo 2PM-Be Flexible w/Linda</p> <p>Henry Street Spirit Day!!</p> 	<p>10 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1PM: 70's Theme Party 2 PM -Computer Class</p> 	
<p>12 10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo</p> 	<p>13 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance (NEW) 1PM- Women's Wellness Group 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 2:30 PM Dance Rehearsal</p> 	<p>14 10 AM- Ballroom Dancing 11:AM- Sing for Hope 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 1PM- Valentine's Day Celebration 3:00 PM- Karaoke (Canceled)</p> <p>Food Bank Pantry Distribution</p> 	<p>15 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo</p> 	<p>16 10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda</p> 	<p>17 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30PM-Black History Celebration 2 PM -Computer Class</p> 	
<p>19 10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo</p> 	<p>20 HAPPY PRESIDENTS DAY CLOSED</p>	<p>21 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke/ Mardi Gras</p> 	<p>22 10 AM- Self Defense w/Andres 12:30PM-Presentation: Exercises 1 PM- Crafts w/Marcela 1:00 PM- Bingo</p>	<p>23 10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 2PM- B'day part/ Mardi Gras 2 PM-Be Flexible w/Linda</p> 	<p>24 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class</p>	
<p>26 10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo</p> 	<p>27 10:30AM-Computer Class (NORC) 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance (NEW) 1PM- Women's Wellness Group 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 2:30 PM Dance Rehearsal</p>	<p>28 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke/ 70's Songs</p> 	<p>Black History Month Celebration</p> 			<p>Celebrate Black Culture on Friday the 17th with a traditional African dance performance.</p> 

happy Valentine's day

FEBRUARY 2023 LUNCH and DINNER MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
			1	2	3	
			<p>LUNCH: Beef Meatballs w/ Sofrito, Spaghetti, Slice Carrots, Orange Juice</p> <p>DINNER: Spanish Baked Fish w/ Yuca & Onions, Avocado Salad, Applesauce</p>	<p>LUNCH: Chicken & Broccoli Stir Fry w/ Yellow Rice, Mixed Veggies, Apple Juice,</p> <p>DINNER: Veggie Lo Mein, Spinach, Veggie Soup, Grape Juice</p>	<p>LUNCH: Eggplant & Lentil Curry w/ Pilaf Rice, Cauliflower & Carrots, Banana</p> <p>DINNER: Baked Chicken Thighs w/ Mac & Cheese, Sautéed String Beans, Strawberry Applesauce</p>	
5	6	7	8	9	10	
<p>Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Sunshine Salad w/ Grilled Chicken, Pasta Primavera, Corn & Peas, Grape Juice</p>	<p>LUNCH: Roasted Turkey Breast w/ Pasta Salad, Broccoli & red Pepper, Applesauce</p> <p>DINNER: Baked Fish w/ Garlic Sauce, Barley Chickpeas Salad & Dried Fruit, Grape Juice</p>	<p>LUNCH: Eggplant & Lentil Curry w/ Brown Rice, Sautéed String Beans, Grape Juice, Chicken Noodle Soup</p> <p>DINNER: Baked Chicken Thighs w/ Pasta Salad, Broccoli & Red Pepper, Strawberry Applesauce</p>	<p>LUNCH: BBQ Pork Chops w/ Black Beans & Rice, Garden Salad, Applesauce</p> <p>DINNER: Black Eye Peas & Veggie Stew w/ Brown Rice, Corn & Peas, Grape Juice</p>	<p>LUNCH: Beef & Turkey Meatloaf w/ Mushroom Gravy, Garlic Mashed Potatoes, Grape Juice</p> <p>DINNER: Chicken Alfredo Penne, Garlic Bread, Creamed Spinach, Applesauce</p>	<p>LUNCH: Baked Salmon & Cilantro w/ Citrus Sauce, Cilantro Lime Rice. Corn Niblett's, Strawberry Applesauce</p> <p>DINNER: Beef Salisbury Steak & Mushroom Sauce, Garlic Mashed Potatoes, Normandy Blend, Grape Juice</p>	
12	13	14	15	16	17	
<p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Chicken Stir Fry & Veggie w/ Brown Rice & Pigeon Peas, Slice Carrots, Grape Juice</p>	<p>LUNCH: Pork Chops w/ Brown Rice & Red Beans, Broccoli & Red Pepper, Strawberry Applesauce</p> <p>DINNER: Caribbean BBQ Chicken w/ Chickpea Salad, Broccoli & Cauliflower, Grape Juice</p>	<p>LUNCH: Baked Fish w/ Garlic Sauce, Brown Rice, Steamed Spinach, Applesauce</p> <p>DINNER: Asian Honey Chicken w/Veggie Lo Mein, Asian Cabbage, Grape Juice</p>	<p>LUNCH: Tofu in Garlic Sauce w/ Lemon Rice, Broccoli & Toasted Garlic, Strawberry Applesauce</p> <p>DINNER: Chinese Pepper Steak w/ Lo Mein, Napa Cabbage, Applesauce</p>	<p>LUNCH: Baked Chicken w/ White Rice, Caesar Salad, Grape Juice</p> <p>DINNER: Baked Ziti w/ Cheese, Garlic Bread, Baby Spinach Salad, Strawberry Applesauce</p>	<p>LUNCH: Codfish w/ Mangu & Onions, Cucumber Salad, Applesauce</p> <p>DINNER: Baked Chicken w/ Jollof Rice, Green Salad, Grape Juice</p>	
19			21	22	23	
<p>Breakfast: Croissants, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Chicken Thigh w/ Rice Pilaf, Baby Carrots, Grape Juice</p>			<p>LUNCH: Baked Salmon w/ Mac & Cheese, Cauliflower Mash, Applesauce</p> <p>DINNER: Chicken Thigh w/ Brown Rice, Asian Cabbage, Grape Juice</p>	<p>LUNCH: Ginger Garlic Beef Stew w/ Rice & Corn, Mustard Greens, Grape Juice</p> <p>DINNER: Spanish Beef Stew w/ Rice & Red Beans, Strawberry Applesauce</p>	<p>LUNCH: Chinese Chicken Patty w Zucchini Brown Rice Pilaf, Broccoli & Red Pepper, Strawberry Applesauce</p> <p>DINNER: BBQ Pork Chops w/ French Fries, Garden Salad, Grape Juice</p>	<p>LUNCH: Ginger Lime Salmon w/ Spaghetti, Creamy Spinach, Grape Juice, Veggie Chicken Soup</p> <p>DINNER: Veggie Lasagna w/ Garlic Bread, Four Bean Salad, Applesauce</p>
26	27	28	<p>All meals are served with 8oz. Fat Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread</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></p> <p>Cost for the salad: Center members \$1.50 Non-Center member \$5.00</p>	
<p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: General Tso's Chicken w/ Veggie Rice, Baby Carrots, Grape Juiced</p>	<p>LUNCH: Chicken Thighs w/ Bowtie, Baby Carrots, Applesauce</p> <p>DINNER: Stuffed Shell & Cheese w/ Garlic Bread, Kale, Beets, Apple Salad, Grape Juice</p>	<p>LUNCH: Sweet & Sour Fish w/ Egg Noodles, Winter Blend, Mandarin Orange</p> <p>DINNER: Chicken Thighs w/ Mac & Cheese, Sauteed String Beans, Banana</p>				

BLACK HISTORY WORD SEARCH



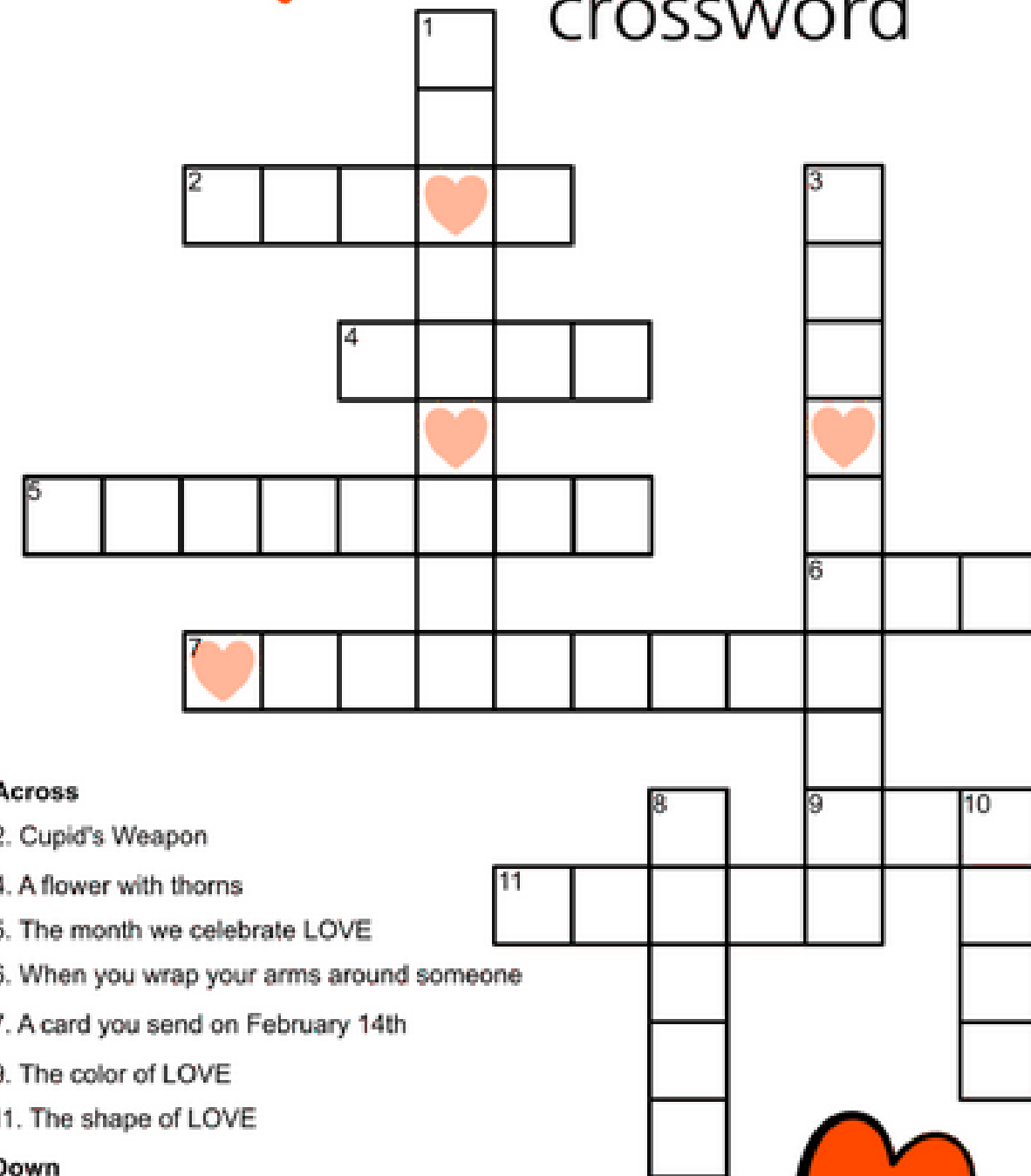
BLACK HISTORY MONTH WORD SEARCH

AFRICAN
BOYCOTT
CIVIL RIGHTS
DISCRIMINATION
DIVERSITY
EQUALITY
FREEDOM
HERITAGE
HISTORY
INTEGRATION
JUSTICE
LUTHER KING JR
MARCH
PEACE
RACISM
RIOTS

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



Valentine crossword



Across

2. Cupid's Weapon
4. A flower with thorns
5. The month we celebrate LOVE
6. When you wrap your arms around someone
7. A card you send on February 14th
9. The color of LOVE
11. The shape of LOVE

Down

1. A Sweet Treat
3. His honey, baby, _____
8. Full of Joy
10. When two people go out

