

Message from the Director:

As we begin the New Year, we strongly encourage you all to get boosted and vaccines for all concurring illnesses. If you are sick, please stay home and contact your Primary Physician. This winter will be very cold and unpredictable. If you need help making appointments, contact our Social Service Staff.

Stay tuned with each other. If there is someone that you haven't seen, or heard from, please let us know. Let's start this New Year Healthy and Happy!!

See you around!

Jasmine



HENRY STREET SETTLEMENT OLDER ADULT CENTER

January 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

New Case management hours:
Monday, Wednesday Friday 8:30-4:30 pm
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	PRESENTATIONS	WHAT'S NEW
<ul style="list-style-type: none"> 1/6-Three Kings Celebration 1/13&1/20-Sing for Hope 1/27-SENIOR B'DAY CELEBRATION/ ROARING 20'S THEME 1/30-CHINESE NEW YEAR PERFORMANCE DANCE 	<ul style="list-style-type: none"> 1/11 Mount Sinai (Breast Cancer) 1/18- HYPERTENSION (AFTER THE HOLIDAYS) 1/19 NUTRIENT W/BRENNA 1/25- DIABETES 	<ul style="list-style-type: none"> Dance rehearsals @ 367 Madison St. Women's Wellness Group (Support)

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





JANUARY 2023

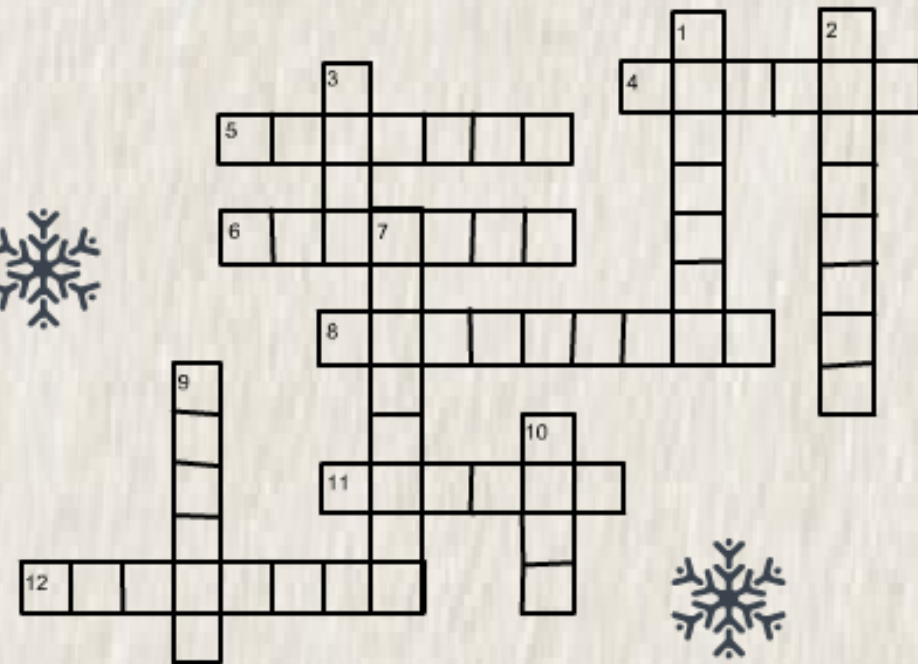


Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>The Center will be Closed on NEW YEAR DAY and the following Monday</p>	<p>3</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary Classes) 1:00PM-Bingo 1:30PM- Chinese Dance Rehearsal (367 Madison St.)</p>	<p>4</p> <p>10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo 2pm-Tech Help</p> 	<p>5</p> <p>10 AM- Hula Dance w/Jane 1 pm- Qigong w/Linda 1:30 PM – Bingo 2 pm-Be Flexible w/Linda</p>	<p>6</p> <p>9AM- Chess & Backgammon 11am- 3 Kings Day 1 PM- Jewelry Class (NORC) 2:00PM-Bingo 2 PM -Computer Class</p> 
<p>8</p> <p>10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo</p> 	<p>9</p> <p>10:30AM-Yoga w/Susan 11:30AM-Tech Help 1 PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 2:30 PM Dance Rehearsal</p> 	<p>10</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 2PM- Chinese Dance Rehearsal (367 Madison St.) 1:00PM-Bingo 3:00 PM- Karaoke</p> 	<p>11</p> <p>10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 12:30-Presentation: Stomach Cancer 1:00 PM- Bingo 2pm-Tech Help</p>	<p>12</p> <p>10 AM- Hula Dance w/Jane 1 pm- Qigong w/Linda 1:30 PM – Bingo 2 pm-Be Flexible w/Linda</p> 	<p>13</p> <p>9AM- Chess & Backgammon 11AM- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class</p>
<p>15</p> <p>10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo</p> 	<p>16</p> <p>CLOSED IN OBSERVANCE OF MLK DAY</p>  	<p>17</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 1:30PM- Chinese Dance Rehearsal (367 Madison St.) 3:00 PM- Karaoke</p> 	<p>18</p> <p>10 AM- Self Defense w/Andres 12:30-Presentation: Hypertension 1 PM- Crafts w/Marcela 1:00 PM- BINGO 2pm-Tech Help</p> 	<p>19</p> <p>10 AM- Hula Dance w/Jane 10:30-Presentation: Nutrient w/Brenna 12:30pm- Women's Wellness 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda</p>	<p>20</p> <p>9AM- Chess & Backgammon 11AM-Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class</p>
<p>22</p> <p>10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo</p> 	<p>23</p> <p>10:30AM-Computer Class (NORC) 10:30AM-Yoga w/Susan 11:30AM-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>24</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 1:30PM- Chinese Dance Rehearsal (367 Madison St.) 3:00 PM- Karaoke</p>	<p>25</p> <p>Pajama Day- Wear your comfy pj's for a special surprise. 10 AM- Self Defense w/Andres 12:30pm-Presentation: Diabetes 1 PM- Crafts w/Marcela 2PM-Tech Help 1 PM- Bingo</p> 	<p>26</p> <p>10 AM- Hula Dance w/Jane 2:30pm- Women's Wellness 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda</p>	<p>27</p> <p>9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30pm- Seniors B'day Party/ Roaring 20's (dress to impress) Bingo and Comp. class Canceled</p> 
<p>29</p> <p>10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo</p>	<p>30</p> <p>10:30AM-Computer Class (NORC) 11:30AM-Yoga w/Susan 10:30AM-Tech Help 1PM- Chinese New Year Performances 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl</p>	<p>31</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke</p> 	<p>Due to unpredictable weather, No trips are scheduled for this month.</p>		

JANUARY 2023 LUNCH AND DINNER MENU

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
1  <u>CLOSED FOR THE NEW YEAR HOLIDAY</u>	2 <u>CLOSED IN CELEBRATION OF THE NEW YEAR HOLIDAY</u> 	3 LUNCH: Baked Salmon w/ Mac & Cheese, Cauliflower Mash, Applesauce, Lentil Soup DINNER: Caribbean BBQ w/ Chickpeas Salad, Broccoli & Cauliflower, Grape Juice	4 LUNCH: Ginger Garlic Beef Stew w/ Rice & Corn, Mustard Greens, Strawberry Applesauce DINNER: Baked Fish w/ Garlic Sauce, Brown Rice, Steam Spinach, Apple Juice	5 LUNCH: Chinese Style Chicken Patties w/Brown Rice Pilaf & zucchini, Broccoli & Red Peppers, Grape Juice DINNER: pepper Steak w/ Veggie Lo Mein, Napa Cabbage, Applesauce	6 LUNCH: Ginger & Lime Salmon w/ Spaghetti, Creamy Spinach, Apricots, Veggie Soup w/ Chicken DINNER: Baked Ziti, w/Cheese, Baby Spinach Salad, Apple Juice	
8 Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: General Tso's Chicken w/ Veggie Rice, Baby Carrots, Ambrosia Fruit Salas	9 LUNCH: Baked Pork Chops w/Red Bean & Brown Rice, Broccoli & Red Peppers, Apple Juice DINNER: Bread Fish w/ Baked Potatoes, Sliced Carrots, Applesauce	10 LUNCH: Tofu in Garlic Soy Sesame Sauce, Lemon Rice, Broccoli & Toasted Garlic, Apple Juice DINNER: Baked Chicken w/ Brown Rice, Asian Cabbage, Grape Juice	11 LUNCH: Asian Honey Chicken w/ Veggie Lo Mein, Asian Cabbage, Banana DINNER: Spanish Beef Stew, Rice & Red Beans, Baby Carrots, Apple Juice	12 LUNCH: Baked Ziti w/ Beet Meatballs, Tomato & Cucumber Salad, Apple Sauce DINNER: Grilled Chicken Breast w/ Macaroni Salad, Beet, Feta & Arugula Salad, Strawberry Applesauce	13 LUNCH: Cod Fish w/ Mangu & Red Onions, Asian Cucumber Salad, Strawberry Applesauce DINNER: Veggie Lasagna w/ Garlic Bread, Four Bead Salad, Grape Juice	
WE WILL BE CLOSED ON						
		16	17 LUNCH: Baked Fish w/ Sweet & Sour Sauce, Egg Noodles, Winter Blend, Banana DINNER: Stuff Shells w/ Garlic Bread, Kale Beets, & Apple Salad,	18 LUNCH: Baked Egg Omelet w/ Brown Rice, Mixed Veggies, Strawberry Applesauce DINNER: Honey Mustard Chicken Breast w/ Breast, Rice & Black Beans, Apples Juice	19 LUNCH: Chicken Breast w / White Rice, Caesar Salad, Applesauce DINNER: Bread Fish Fillets w/ Bowtie Pasta, Slice Carrots, Apple Juice	20 LUNCH: Baked Veggie Alfredo Pasta w/ Sauteed String Beans, Grape Juice DINNER: Pork Chops w/ Rice Pilaf, Roasted Broccoli, Applesauce
22 Breakfast: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Beef Stroganoff w/ Egg Noodles, Broccoli & Cauliflower, Apple Juice	23 LUNCH: Shepherd w/ Broccoli & Red Peppers, Applesauce DINNER: Chicken Parmesan w/ Bowtie Pasta, Broccoli & Toasted Garlic, Apple Juice	24 LUNCH: Italian Roast Chicken w/ Bowtie Pasta, Broccoli & Red Pepper, Strawberry Applesauce DINNER: Beef & Broccoli w/ Brown Rice, Normandy Blend, Apricots	25 LUNCH: Beef Fajitas w/ Tortilla, Corn, Black Bean, & Pepper Salad DINNER: Veggie Egg Frittata w/ Brown Rice & red Beans, Green Bean Salad	26 LUNCH: Chicken Breast w/ White Rice, Caesar Salad, Applesauce DINNER: Korean BBQ Chicken w/ Rice & Red Beans, Cauliflower, Strawberry Applesauce	27 LUNCH: Eggplant Parmesan w/ Garlic Brad, Baby Spinach, Strawberry Applesauce DINNER: Teriyaki Chicken Legs w/ Brown Rice, Mustard Greens, Apple Juice	
29 Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Baked Penne w/ Sausage, Chard & Mushroom, Apple Juice	30 LUNCH: Breaded Pork Chops w/ Brown Rice & Pigeon Peas, Baby Spinach Salad, Applesauce DINNER: Breaded Chicken Cutlets w/ Brown Rice, Italian Cut Green Beans, Apple Juice	31 LUNCH: BBQ Chicken Legs w/ Mac & Cheese, Caribbean Coleslaw, Applesauce DINNER: Beef & Cheese Lasagna w/ Garlic Breas, Roasted Broccoli, Banana	All meals are served with 8oz. Fat Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread	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  		

Winter Crossword Puzzle



Down:

- 1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
- 2. The twelfth month of the year in the northern hemisphere usually considered the first month of winter.
- 3. Burning
- 7. A severe snowstorm with high winds.
- 9. Shake slightly and uncontrollably as a result of being cold.
- 10. Make or become liquefied by heat.

Across:

- 4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
- 5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
- 6. A large floating mass of ice detached from a glacier or ice sheet and carried out to sea.
- 8. (of an animal or plant) spend the winter in a dormant state.
- 11. An outer garment extending either to the waist or the hips typically having sleeves and a fastening down the front.
- 12. Wood that is burnt as fuel.

WINTER Word Search

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

WORD LIST

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|----------|----------|---------------|---------|---------|
| BLANKET | EARMUFFS | GLOVES | MITTENS | SNOW |
| BLIZZARD | EGGNOG | HOT CHOCOLATE | SCARF | SNOWMAN |
| COLD | FREEZING | ICE | SKATES | SWEATER |