

## Message from the

### Director:

May is Older Americans Month! The year's theme is *Aging Unbound*. This is the term that defines our center! You all are aging without limits and changing the perception of what getting older looks like. At last month's spring fling party, I struggled to keep up with everyone on the dance floor. Older Americans Month is also a time to acknowledge and celebrate all your contributions and accomplishments to your community.

May is also Mental Health Awareness Month! Join us on May 18<sup>th</sup> in the courtyard to learn all about Henry Street programs that can help support your mental wellness.

And lastly, **HAPPY MOTHER'S DAY** to all the Women who have made a difference in the lives of others (including pet moms)! Whether you are a parent, a neighbor, a teacher, or an aunt, you have impacted the growth and development of another.



Jasmine

# HENRY STREET SETTLEMENT OLDER ADULT CENTER



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, 9 am to 5 pm**

**Lunch hours: 1 PM-2 PM**

## SNAPSHOT

### Trips and Events

- **5/4-CINCO DE MAYO CELEBRATION**
- **5/5 AND 5/19- SING FOR HOPE**
- **5/10- BELLY DANCE DEMO**
- **5/14- MOTHER'S DAY CELEBRATION**
- **5/15 ADVISORY BOARD MEETING**
- **5/17- BRONX ZOO**
- **5/18- MENTAL HEALTH AWARENESS RESOURCE FAIR**
- **5/19- GOVERNORS ISLAND**
- **5/23- CONEY ISLAND (LUNA PARK)**
- **5/26- BIRTHDAY PARTY/OLDER AMERICANS CELEBRATION**
- **5/31- ART EXHIBITION**

### Presentations

- **5/4-PACE: STROKE AWARENESS**
- **5/9-NUTRIENT W/BRENNA**
- **5/24- NYPD: SENIOR SAFETY**
- **5/31- HEALTH PRESENTATION W/ DR. WANG**

### What's New

- **NAIL PAINTING-** COME BY AND GET YOUR NAILS PAINTED WITH ELLEN
- **PARTY- CINCO DE MAYO AND "AGING UNBOUND"**
- **WALK WITH YAYA-** THIS MONTH THEY WILL BE GOING TO THE BRONX ZOO AND CONEY ISLAND'S LUNA PARK
- **SEWING GROUP-** LEARN NEW SEWING SKILLS OR PRACTICE NEW ONES. EVERY MON WED AND FRI. GROUP IS HELD ACROSS THE STREET AT 359 MADISON STREET
- **TECH SUPPORT-** DUE TO HIGH DEMAND, WE HAVE INCREASED TECH HELP TO 3 DAYS A WEEK. EVERY MONDAY, WEDNESDAY AND FRIDAYS.

## Meal Service

**Breakfast**

**Lunch**

**Dinner**

## Sunday

**8:45 AM-9:30AM**

**12 PM- 1PM**

**X**

## Mon-Fri

**X**

**11:30PM- 1:00PM**

**3:30PM- 5PM**

**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 9:00AM-6pm:  
Sunday 8:00 AM-3:30 PM**

**Meals: Lunch 11:30 am to 1 PM  
Dinner: 3:30PM to 5:00 PM**



**HENRY STREET  
SETTLEMENT**



**Older Adult Center**






# May




Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-registration required: Project Cart Transportation requires \$1 each way Flea Market- If you would like a table	Coney Island (Luna Park) Bronx Zoo Cinco De Mayo celebration Birthday/Older American celebration	Free Free Free \$3.00	<b>Offered Daily from 9:00 AM – 5:45 PM Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym facilities.</b> Tech Help w/Noa Every Monday 2 pm, Wednesday 11 AM, and Friday 2 PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)		
	1 10:30AM-Yoga w/Susa 1 PM- Salsa Partner Dance 1 PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:00PM-Art w/ Girl (NORC) @3pm 1-6 pm- Sewing group	2  10 AM –Pantry Distribution 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke 	3  9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo 1-6 pm- Sewing group 	4 10 AM- Hula Dance w/Jane <b>12:30AM-Presentation:(NORC) Stroke Awareness</b> 1 PM- Qigong w/Linda 1:30 PM – Bingo 2 PM-Be Flexible w/Linda	5 9 AM-SAIL/Move to Music <b>11 Am- Sing for Hope</b> 1 PM- Jewelry Class (NORC) <b>1:30pm-Cinco De Mayo</b> 1-6 pm- Sewing group 
7 10AM-Creative Painting w/Yaya 1 PM- Bingo 	8 10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 2:00 PM Art w/ Girl (NORC) @ 3 pm 1-6 pm- Sewing group 	9 10 AM- Ballroom Dancing <b>11:30 am Presentation: Nutrient w/Brenna</b> 1:30PM-Bingo 3:30 PM- Karaoke 	10 9am-SAIL/Move to Music 10 AM- Self Defense w/Andres <b>1 pm- Belly Dance Sponsored by VNS</b> 1 PM- Crafts w/Marcela 1:00 PM- Bingo 1-6 pm- Sewing group 	11 10 AM- Hula Dance w/Jane <b>11 Am: Nail Painting</b> 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda 	12 The Center will be closed for Staff Development Day.  <b>Closed</b>
14  10AM-Painting w/Yaya 1 PM- Bingo	15 10:30AM-Yoga w/Susan 12pm- Advisory Board Meeting 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl (NORC) @3pm 1-6 pm- Sewing group	16 10 AM- BallroomDancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo <b>1:30pm-Outdoor Free Market</b> 3:30 PM- Karaoke 	17 9 AM-SAIL/Move to Music <b>10AM Trip: Bronx Zoo</b> 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo 1-6 pm- Sewing group 	18 10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 2 PM-Be Flexible w/Linda <b>3 PM Mental Health Awareness Event</b> <b>#breakthestigma</b> 	19 9 AM-SAIL/Move to Music <b>10AM- Trip: Governor's Island</b> <b>11 AM- Sing for Hope</b> 1 PM- Jewelry Class (NORC) 1-6 pm- Sewing group 
21 10am-Painting w/Yaya 1pm- Bingo 	22 10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl (NORC) @3pm 1-6 pm- Sewing group 	23 10 AM- BallroomDancing <b>10AM-Trip: Coney Island</b> <b>12:30: Video on the Progress of Older Americans</b> 1:15PM-Fashion Art 1:00PM-Bingo 3:30 PM- Karaoke	24 9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres <b>12:30 NYPD: Senior Safety</b> 1 PM- Crafts w/Marcela 1:00 PM- Bingo 1-6 pm- Sewing group 	25 10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1:30 PM – Bingo 2 PM-Be Flexible w/Linda 	26 10 AM-SAIL Graduation 1 PM- Jewelry Class (NORC) <b>1:30 PM: Older Americans Celebration "Aging unbound"/ Birthday Party</b> 1-6 pm- Sewing group
28 10am-Painting w/Yaya 1pm- Bingo 	29 <b>Closed</b> 	30 10 AM- BallroomDancing 1:15PM-Fashion Art 1:00PM-Bingo 3:30 PM- Karaoke 	31 9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres <b>12:30 pm- Health Education w/Dr. Wang</b> 1 PM- Crafts w/Marcela <b>2 PM-Art Exhibition</b> 1-6 pm- Sewing group 	 	





# MAY 2023 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><b>LUNCH:</b> Roast Turkey Breast w/ Pasta Salad, Broccoli &amp; Red Pepper, Banana</p> <p><b>DINNER:</b> Baked Fish w/ Garlic Sauce, Barley Chickpea Dried Fruit Salad, Pineapple Juice</p>	<p><b>LUNCH:</b> Eggplant &amp; Lentil Stew w/ Brown Rice, Sauteed String Beans, Sliced Apples</p> <p><b>DINNER:</b> Baked Chicken Thighs w/ Penne, Broccoli &amp; Red Pepper, Pears</p>	<p><b>LUNCH:</b> BBQ Pork Chops w/ French Fries, Garden Salad, Fruit Cocktail</p> <p><b>DINNER:</b> Black Eye Pea &amp; Veggie Stew w/ Brown Rice, Corn &amp; Peas, Apple Juice</p>	<p><b>LUNCH:</b> Beef &amp; Turkey Meatloaf w/ Mushroom Sauce, Garlic Mashed Potato, Cabbage &amp; Beets Salad Mandarin Orange</p> <p><b>DINNER:</b> Penne Alfredo w/ Chicken, Creamed Spinach, Banana</p>	<p><b>LUNCH:</b> Chicken Fajitas w/ Yellow Rice, Garden Salad, Grape Juice</p> <p><b>DINNER:</b> Chicken &amp; Beef Tacos w/ Tortilla, Salsa, Cheese, Guacamole, Lettuce</p>
<p><b>Breakfast:</b> Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Chicken Stir Fry/ Veggies w/ Brown Rice &amp; Pigeon Peas, Sliced Carrots, Banana</p>	<p><b>LUNCH:</b> Baked Pork Chops w/ Brown Rice &amp; Red Beans, Broccoli &amp; Red Peppers, Apple Juice</p> <p><b>DINNER:</b> Caribbean BBQ Chicken w/ Chickpea Salad, Broccoli &amp; Cauliflower, Apple Juice</p>	<p><b>LUNCH:</b> Asian Honey Chicken w/ Lo Mein, Asian Cabbage, Banana</p> <p><b>DINNER:</b> Baked Salmon w/ Brown Rice, Sliced Carrots, Strawberry Applesauce</p>	<p><b>LUNCH:</b> Tofu In Garlic Soy Sesame Sauce w/ Lemon Rice, Broccoli &amp; Toasted Garlic, Slice Apple</p> <p><b>DINNER:</b> Chinese Pepper Steak w/ Lo Mein, Napa Cabbage Strawberry</p>	<p><b>LUNCH:</b> Baked Chicken w/ White Rice, Caesar Salad, Pears</p> <p><b>DINNER:</b> Baked Ziti W Cheese, Garlic Bread, Baby Spinach Salad, Peaches</p>	<p><b>LUNCH:</b> Codfish Salad w/ Mangu &amp; Red Onions, Cucumber Salad, Peaches</p> <p><b>DINNER:</b> Baked Pork Chops w/ Rice Pilaf, Roasted Broccoli, Grape Juice</p>
<p><b>Breakfast:</b> Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Baked Chicken Thighs w/ Rice Pilaf, Baby Carrots &amp; Parsley, Orange Pineapple Juice</p>	<p><b>LUNCH:</b> Breaded Chicken w Rice &amp; Beans, California Blend, Fruit Cocktail</p> <p><b>DINNER:</b> Bread Fish w/ Baked Potato, Sliced Carrots, Applesauce</p>	<p><b>LUNCH:</b> Baked Salmon w/ Baked Mac &amp; Cheese, Cauliflower, Mandarin Orange</p> <p><b>DINNER:</b> Baked Chicken Thighs w/ Brown Rice, Asian Cabbage, Orange Juice</p>	<p><b>LUNCH:</b> Ginger Garlic Beef Stew w/ Rice &amp; Corn, Mustard Greens, Slices Apple</p> <p><b>DINNER:</b> Grilled Chicken w/ Macaroni Salad, Beets Feta &amp; Arugula Salad</p>	<p><b>LUNCH:</b> Chinese Chicken Patty w/ Zucchini Brown Rice Pilaf, Broccoli &amp; Red Pepper, Orange Juice</p> <p><b>DINNER:</b> Spanish Beef Stew w/ Pigeon Peas Rice, Baby Carrot, Apple Juice</p>	<p><b>LUNCH:</b> Ginger &amp; Lime Salmon w/ Spaghetti, Creamy Spinach, Apricots</p> <p><b>DINNER:</b> Veggie Lasagna w/ Garlic Bread, Four Bean Salad, Grape Juice</p>
<p><b>Breakfast:</b> Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> General Tso's Chicken, Veggie Fried Rice, Baby Carrot, Ambrosia</p>	<p><b>LUNCH:</b> Baked Chicken Thighs w/ Bowtie Pasta, Baby Carrots &amp; Parsley, Pineapple Tidbits</p> <p><b>DINNER:</b> Stuffed Shells w/ Cheese, Garlic Bread, Beets, Apple &amp; Kale Salad, Mandarin Orange</p>	<p><b>LUNCH:</b> Sweet &amp; Sour Fish w/ Egg Noodles, Winter Blend, Mandarin Orange,</p> <p><b>DINNER:</b> Baked Chicken Thighs w/ Mac &amp; Cheese, Sauteed String Beans, Banana</p>	<p><b>LUNCH:</b> Baked Egg Omelet w/ Red Beans &amp; Brown Rice, Mixed Veggie,</p> <p><b>DINNER:</b> Bread Fish Filets w/ Bowtie Pasta, Baby Carrots, Peaches</p>	<p><b>LUNCH:</b> Baked Ziti w/ Beef Meatballs, Tomato &amp; Cucumber Salad, Fruit Cocktail</p> <p><b>DINNER:</b> Honey Mustard Chicken w/ Black Beans &amp; Rice, Broccoli &amp; Red Pepper</p>	<p><b>LUNCH:</b> Baked Veggie Alfredo Pasta, Sauteed String Beans, Peaches</p> <p><b>DINNER:</b> Pineapple Chicken Kabobs w/ Pineapple Coconut Rice, Garden Salad, Grape Juice</p>
<p><b>Breakfast:</b> Pancakes, 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>CLOSED</b></p>	<p><b>LUNCH:</b> Italian Roast Chicken w/ Bowtie Pasta, Broccoli &amp; Red Pepper Salad, Pineapple Tidbit</p> <p><b>DINNER:</b> Beef &amp; Broccoli w/ Red Beans &amp; Brown Rice, Normandy Blend, Apricots</p>	<p><b>LUNCH:</b> Chicken Fajitas w/ Tortilla, Corn, Black Bean, &amp; Pepper Salad</p> <p><b>DINNER:</b> Korean BBQ Chicken w/ Rice &amp; Red Beans, Cauliflower, Pineapple Tidbits</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 a salad: Center members \$1.50! Non-Center member \$5.00</p>  	