

Message from the Director:

Happy Holidays!!  
Thank you to all who spent their Thanksgiving with us. It was such a lovely luncheon, and as usual, the kitchen, Ann and her team did an outstanding job with the food. Older Adult Services staff from Meals on Wheels, the Senior Companion Program, volunteers, and my team did a fantastic job on the decorations. The dining rooms were exquisite. Thank you to all!!!!

It is the season to be thankful and the season of giving. As we review the past eleven months, let's remember all of the new adventures, friendship connections, skills, and dance moves acquired.  
I encourage you to take some time to reflect on this past year. Although there were challenges, there were also achievements, and great stories were created. I want to share my most memorable events with you as we close 2023. We partied! Boy, did we party! We celebrated our differences. Our cultural celebrations this year were very emotional for me, hearing our members' positive feedback and appreciation. We will always continue to recognize and celebrate the differences in our community, the Lower East Side. The trips! Of course, the trips! So many trips this year. From the Museums, Broadway shows, City Landmarks, shopping trips to Walmart, and always popular Casino trips. My most memorable trip was to Coney Island and riding the cyclone with a few of you. I will always hold on to that memory and thank you. December is filled with more celebrations. Let us close out this year with the same energy and excitement displayed this past year.

Jasmine

HENRY STREET SETTLEMENT OLDER ADULTS CENTER



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



SCAN TO  
ACCESS OUR  
CALENDAR  
ONLINE

SNAPSHOT

Trips, Events & Celebrations

- 12/4- Christmas tree lighting
- 12/8- Gingerbread House Making
- 12/11- Walmart trip
- 12/12-Rockerfeller Center Trip
- 12/14- Monthly Birthday Party
- 12/21- Christmas Party
- 12/26 Kwanzaa Celebration
- 12/28- New Year Celebration
- 1/5- Three Kings Celebration

Presentations

- 12/6 and 12/20 -Greenwich Houses
- 12/14- NYPD/Holiday Safety
- 12/18- Town Hall Meeting

What's New



































- GINGERBREAD HOUSE MAKING: COME OUT TO BUILD & DECORATE GINGERBREAD HOUSES SPONSORED BY CHANEL
- HOLIDAY CARD MAKING: COME OUT TO MAKE SPECIALIZED HOLIDAY CARDS FOR YOUR SPECIAL LOVED ONES . CRYSTAL IS A SKILLFUL ARTIST THAT HELPS BRING

Meal Service	Sunday	Mon-Fri
Breakfast	8:45 AM-9:30AM	X
Lunch	11:30 AM- 1PM	11:30 AM- 1:00PM
Dinner	X	3:00PM- 4:30PM
SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.		
CASE MANAGEMENT HOURS: Monday - Friday, 9 AM to 5 PM		

334 Madison Street,  
Lower Level,  
New York, NY 10002  
(212) 349-2770  
Monday – Friday: 8:30AM-5PM  
Sunday: 8 AM - 3:30 PM  
Meals: Lunch 11:30 AM to 1:00PM  
Dinner 3:00 PM to 4:30PM





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Trip And Events Sign-Ups Are from Monday To Friday Only. 10am To 12pm 2pm-4pm Please See Briana or Olivia. All Participants Must Be Pre-Registered <b>BEFORE</b> Day of Birthday Party  <b>Offered Daily from 9:00 AM – 5:00 PM</b> ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities. Tech Help w/ Noa Every Monday at 2 PM, Wednesday at 11 AM, and Friday at 2 PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)			  		1 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya 1 PM- Jewelry Class (NORC) 1:30PM- Bingo 2PM - Tech Help w/ Noa  1-5pm- Sewing Group (369 Madison St.)
3 1 PM- Bingo 	4 11AM: Tree Lighting Christmas Carol 1PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC)  2pm- Bingo 2:15PM-Art w/ Girl 1-5pm- Sewing (369 Madison St.) YOGA W/ SUSAN CANCELED	5 10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke  BALLROOM DANCING CANCELED	6 10 AM- Self Defense w/Andres  11AM-Tech Help w/ Noa 12:30PM - Presentation: Greenwich Houses 1PM – Cha Cha Class (NORC) 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)	7 9AM- Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 1:30 PM –Movement Speaks Flamenco 2:30pm- Move to Music S.A.I.L. (NORC) 3pm- Late Bingo  *Hanukkah Starts at Night fall	8 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya 1 PM- Jewelry Class (NORC) 1pm-3pm- Gingerbread Houses w/ Chanel 2PM Tech Help w/ Noa  1-5pm- Sewing Group (369 Madison St.)
10 1 PM- Bingo 	11 9AM- Walmart Trip 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC)  2pm-Bingo 2:15 PM Art w/ Girl 1-5pm- Sewing (369 Madison St.)	12 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 1-4PM- Women’s Pool Tournament 	13 9AM- Rockefeller Center 10 AM- Self Defense w/Andre  11AM- Tech Help w/ Noa 1PM – Cha Cha Class (NORC) 2PM- Bingo 1-4- Men’s Pool Tournament 1-5pm- Sewing Group (369 Madison St.)	14 9AM- Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 11AM Presentation: NYPD/Holiday Safety 1:30PM- Monthly Birthday Party 2:30pm- Move to Music S.A.I.L. (NORC) 1-4PM- Men’s Pool Tournamen 	15 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya 1 PM- Jewelry Class (NORC) 2PM - Tech Help w/ Noa  1-5pm- Sewing Group (369 Madison St.) *Hanukkah Ends at Night Fall
17 10AM – 12PM Holiday Card Making w/ Crystal. 1 PM- Bingo 	18 10:30AM-Yoga w/Susan 12:30PM: Town Hall Meeting NYC Office of Public Safety 1PM- Salsa Partner Dance (Canceled) 1:15PM-Bead Art (NORC) 2pm-Bingo 2pm- Tech Help (NORC)  2:15 PM Art w/ Girl 2:30PM- Pool Tournament Ceremony 1-5pm- Sewing (369 Madison St.)	19 10 AM- Ballroom Dancing  1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 	20 10AM - Self Defense w/Andres 10AM – Nails w/ Ellen 11AM- Tech Help w/ Noa 12:30PM - Presentation: Greenwich Houses 1PM – Cha Cha Class (NORC)  2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)	21 9AM- Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 1:30 PM –Movement Speaks Flamenco (canceled) 1:30PM – Christmas Party 2:30pm- Move to Music S.A.I.L. (NORC)	22 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya  1 / 2 DAY Closing at 1:00PM
24 CLOSED FOR OBSERVATION  CHRISTMAS EVE	25 	26 10AM- Ballroom Dancing  1:15PM-Fashion Art w/Mary 1:30PM-Kwanzaa Celebration 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 	27 10AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 1PM – Cha Cha Class (NORC)  2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)	28 9AM- Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 1:30 PM – New Years Celebration 2:30pm- Move to Music S.A.I.L. (NORC)	29 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya  1 / 2 DAY Closing at 1:00PM
31 CLOSED FOR OBSERVATION  NEW YEARS EVE	1 	JANUARY 2 10AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 	3 10AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 1PM – Cha Cha Class (NORC)  2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)	4 9AM- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 2:30pm- Move to Music S.A.I.L. (NORC) 3pm- Late Bingo 	5 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya 1 PM- Jewelry Class (NORC) 1:30PM – Three Kings Day Celebration 2PM - Tech Help w/ Noa  1-5pm- Sewing Group (369 Madison St.)



## DECEMBER 2023 LUNCH AND DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now offering salads daily as an alternate option to the scheduled lunch. (Please note this is not a DFTA funded meal) Cost for salad: Center members \$1.50! Non- Center member \$5.00 <b>Plant Based Meals are highlighted.</b></p> 			<p>All meals are served with. 8oz. Fat Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread <b>The menu is subject to change.</b></p>		<p><b>LUNCH:</b> Fish &amp; Salsa Relish w/ Yellow Rice, Asparagus, Pineapple</p> <p><b>DINNER:</b> Beef w/ Black Beans &amp; Garlic Sauce, Brown Rice &amp; Red Beans, Bok Choy, Peaches</p>
<p><b>BREAKFAST:</b> Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Beef Stew w/ Coconut Rice &amp; Pigeon Pea, Romaine, Kale, Black Olives, Pepper Salad, Grapes</p>	<p><b>LUNCH:</b> Asian Honey Chicken w/ White Rice, Baby Carrots, Apples</p> <p><b>DINNER:</b> Deluxe Cheeseburger &amp; Onions w/ Buns, Garden Salad, Pineapple</p>	<p><b>LUNCH:</b> Apricot Glazed Pork Chops w/Yellow Rice &amp; Pigeon Peas, Sliced Carrots, Bananas</p> <p><b>DINNER:</b> Chicken Breast, Mushrooms, &amp; Peppers w/ Yellow Rice&amp; Pigeon Peas, Baby Carrots, Orange</p>	<p><b>LUNCH:</b> Sweet &amp; Sour Tofu w/ Cuban Black Bean &amp; Brown Rice, Brussels Sprouts, Fruit Cocktail</p> <p><b>DINNER:</b> Sweet Orange Glazed Salmon w/Roasted Veggie &amp; Couscous, Broccoli, Peaches</p>	<p><b>LUNCH:</b> Deluxe Cheeseburger &amp; Onions w/ Buns, Sweet Potato Fries, Mandarin Orange</p> <p><b>DINNER:</b> BBQ Pulled {Pork w/ Buns, Home Fries, Peppers &amp; Onions, Winter Blend</p>	<p><b>LUNCH:</b> Apricot Glazed Salmon w/ Spaghetti, Broccoli &amp; Red Pepper, Peaches</p> <p><b>DINNER:</b> Black Beans &amp; Sweet Potato Chili w/ Pumpkin Rice, Arugula Salad Banana</p>
<p><b>BREAKFAST:</b> Danishes, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Beef Sloppy Joe w/ Buns, Broccoli &amp; Red Pepper, Orange</p>	<p><b>LUNCH:</b> Beef &amp; Broccoli w/ White Rice, Baby Carrots, Apples</p> <p><b>DINNER:</b> BBQ Tofu Fingers w/ Brown Rice, Baby Carrots, Applesauce</p>	<p><b>LUNCH:</b> Meat Sauce w/ Spaghetti, Broccoli &amp; Red Pepper, Pineapple</p> <p><b>DINNER:</b> Turkey Salad w/Pasta Salad, Coleslaw, Orange</p>	<p><b>LUNCH:</b> Stewed White Beans w/, Broen Rice, Cauliflower Blend, Apples</p> <p><b>DINNER:</b> Egg Salad w/ Baby Spinach Salad, Orange</p>	<p><b>LUNCH:</b> Chicken Salad w/ Penne Primavera Salad, Normandy Blend, Applesauce</p> <p><b>DINNER:</b> Cheese Pizza w/ Romaine, Kale, Peppers Black Olives &amp; Fata Salad</p>	<p><b>LUNCH:</b> Breaded Fish w/ Home Fries, Caesar Salad, Grapes</p> <p><b>DINNER:</b> BBQ Chicken w/ Mac &amp; Cheese, Mixed Green Salad, Watermelon</p>
<p><b>BREAKFAST:</b> Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</p> <p><b>LUNCH:</b> Breaded Chicken w/ Penne &amp; Sweet Peas, Caesar Salad, Mandarin Orange</p>	<p><b>LUNCH:</b> BBQ Chicken Legs w/ Mac &amp; Cheese, Broccoli, Mushrooms, &amp; Pearl Onions</p> <p><b>DINNER:</b> Balsamic Chicken Thighs w/Black Beans Rice, Broccoli &amp; Red Pepper, Peaches</p>	<p><b>LUNCH:</b> Stuffed Pepper w/ Beef, Green Beans, Orange</p> <p><b>DINNER:</b> BEEF &amp; Potato Pastelon w/ Mixed Greens Salad, Pineapple</p>	<p><b>LUNCH:</b> Baked Veggie Sausage, Kale, Mushrooms w/ Penne, Escarole, Orange &amp; Fennel Salad, Grapes</p> <p><b>DINNER:</b> Salmon in Garlic Butter Sauce w/ Linguine Asparagus, Peas, &amp; Spinach, Apples</p>	<p><b>LUNCH:</b> Cabb Salad w/ Grilled Chicken, Pineapple</p> <p><b>DINNER:</b> Baked Ham, Candied Yams, Mixed Greens Salad, Grapes</p>	<p><b>LUNCH:</b> Garlic Parmesan Crusted Fish w/ Linguine, Winter, Banana</p> <p><b>DINNER:</b> No Dinner will be Served Half Day</p>
<p><b>CLOSED IN OBSERVANCE OF THE CHRISTMAS HOLIDAY</b></p>	<p><b>CLOSED FOR THE CHRISTMAS HOLIDAYS</b></p> 	<p><b>LUNCH:</b> Salisbury Steak w/ Mushroom Sauce, Garlic Mashed Potato, Cauliflower &amp; Carrots, Pears</p> <p><b>DINNER:</b> Baked Fish w/ Jollof Rice, Garden Salad, Sweet Potato Pie</p>	<p><b>LUNCH:</b> Curried Chickpeas w/ veggie, Brown Rice, Baby Spinach Salad. Banana</p> <p><b>DINNER:</b> Turkey Meatballs w/ Spaghetti, Sliced Carrots, Fruit Cocktail</p>	<p><b>LUNCH:</b> Chicken Thighs Stew w/ Ginger &amp; Pumpkin, Broccoli&amp; Cauliflower, Applesauce</p> <p><b>DINNER:</b> Oven Fried Chicken Wings w/ Mac &amp; Cheese, Cauliflower, Banana</p>	<p><b>LUNCH:</b> Salmon w/ salsa Relish w/ Yellow Rice, Asparagus, Pineapple</p> <p><b>DINNER:</b> No Dinner will be Served Half Day</p>
<p><b>CLOSED IN OBSERVANCE OF THE New Year</b></p>					