

Message from the Director:

It's April! It is the month of regeneration. Flowers bloom, the days get longer, and the temperatures rise. Although April is known for rainy days, there will be sunshine! It's time to remove the layers and enjoy the sun. You should stop by and spend some time with us.

Last month with the birthday and St. Paddy's celebrations along with the Casino trip, we had a blast! You will notice that this month we have begun scheduling trips. Several OAC members have requested familiar trips; we have added Walmart, and the Madame Tussauds (wax Museum). Please partake in our Presentations on Safety/Scams NYPD, Elder Abuse, and Nutrient Education. We also have new activities like, Calligraphy and SAIL.

Lastly, just a reminder, our sewing group is an extension of our program and welcomes any new participants that would like to learn or sharpen their sewing skills.

As always, if there is an activity or trip you are interested in having here, please stop by and let me know.

See you around,



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

### Trips, Events & Celebrations

- 4/1 - POOL TOURNAMENT CEREMONY
- 4/2- Special Karaoke w/refreshments
- 4/11- Walmart \$10 (NORC)
- 4/12- Vocal Ease (Musical)
- 4/19 –Earth Day Celebration Free event
- 4/23 – Madame Tussauds (Wax Museum) \$10
- 4/26- Monthly Birthday Party \$3

### Presentations

- 4/5- CBN Elder Justice Program
- 4/9- Autism Awareness
- 4/16 – Nutrition Education VNS
- 4/18 – Elder Abuse (NORC)
- 4/24- NYPD/Safety and Scams

### What's New?

- **CALLIGRAPHY W/MR. JIANG**
  - COME LEARN THE ART OF WRITING CHINESE W/ BRUSH STICKS. IT CULTIVATES MINDFULNESS ON A NICE SPRING DAY. EVERY WEDNESDAY FROM 2:00PM-3:00PM!
- **LEARN ENGLISH W/ JENO & COMPANY**
  - COME LEARN OR EVEN PRACTICE YOUR ENGLISH WITH OUR CASE MANAGER JENO FRIDAYS & SUNDAYS AT 10AM
- **ART W/ GIRL & YAYA MET BOX**
  - Join us on your creative journey and create your own masterpiece based on artwork in the MET.
- **S.A.I.L**
  - Stay Active and Independent for Life Enhance your balance, strength, and reduce chances of falling on Tuesdays@2pm and Fridays @10am

## Meal Service

Breakfast  
Lunch  
Dinner

## Sunday

8:45 AM-9:30AM  
12:00 PM- 1PM  
X

## Mon-Fri

X  
11:30 AM- 1:00PM  
3:30PM- 4:45PM

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: 9AM-6PM  
Sunday: 8 AM - 3:30 PM

**Meals: Lunch 11:30 AM to 1:00PM  
Dinner 3:30 PM to 4:45PM**



**HENRY STREET SETTLEMENT**

Older Adult Center



**SUNDAY**                      **MONDAY**                      **TUESDAY**                      **WEDNESDAY**                      **THURSDAY**                      **FRIDAY**

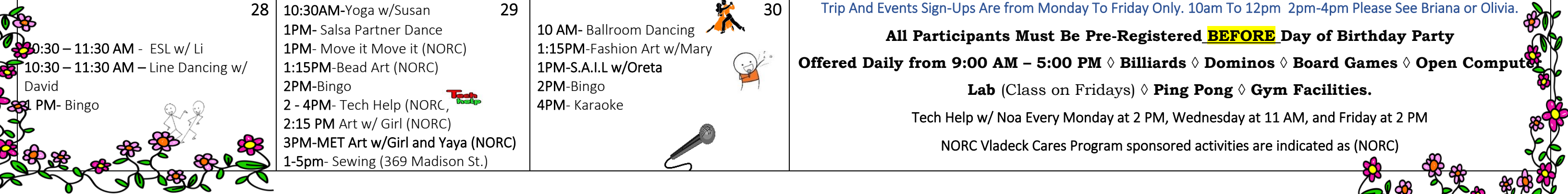
<p><b>CELEBRATE DIVERSITY MONTH</b></p> <p><b>April is Alcohol Awareness Month</b></p> <p><b>APRIL IS NATIONAL AUTISM AWARENESS MONTH</b></p>	<p>1</p> <p>10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-Art w/ Girl (NORC) <b>2:30PM POOL TOURNAMENT CEREMONY</b> 3PM-MET Art w/Girl and Yaya (NORC) 1-5pm- Sewing (369 Madison St.)</p>	<p>2</p> <p>10AM: <b>FOOD BANK DISTRBUTION</b> 1:15PM-Fashion Art w/Mary  1PM-S.A.I.L w/Oreta (Dance) 2:PM- Bingo 4pm- <b>Karaoke w/Refreshments (Motown)</b></p>	<p>3</p> <p>10 AM- Self Defense w/Andres (<b>canceled</b>) 11-1PM -Tech Help w/ Noa (NORC) 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang  1-5pm- Sewing Group (369 Madison St.)</p>	<p>4</p> <p>10AM – Hula Dancing w/ Jane 12:30- <b>PRESENTATION: Diversity</b> 1:30PM – Movement Speaks Flamenco 3:00PM – Bingo</p>	<p>5</p> <p>10 - 12PM - ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11AM- Sing for Hope <b>12:30PM – Presentation: CBN Elder Justice Program</b> 1 PM- Jewelry Class (NORC) 1:30PM - Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)</p>
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<p>7</p> <p>10:30 – 11:30 AM - Learn English w/ Li 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo</p>	<p>8</p> <p>10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance (<b>canceled</b>) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-Art w/ Girl (NORC) 3PM-MET Art w/Girl and Yaya (NORC) 1-5pm- Sewing (369 Madison St.)</p>	<p>9</p> <p>1:15PM-Fashion Art w/Mary <b>12:30pm- Presentation: AUTISM Awareness</b> 1PM-S.A.I.L w/Oreta 2PM-Bingo 4PM-Karaoke</p>	<p>10</p> <p>10 AM- Self Defense w/Andres (<b>canceled</b>) 11-1PM -Tech Help w/ Noa (NORC) 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (369 Madison St.)</p>	<p>11</p> <p><b>10AM- TRIP: Walmart (NORC)</b> 10AM – Hula Dancing w/ Jane 1:30PM – Movement Speaks Flamenco 3PM - Bingo</p>	<p>12</p> <p>10 - 12PM – ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11AM- Sing for Hope <b>12:30PM – Vocal Ease (Musical)</b> 1 PM- Jewelry Class (NORC) 1:30pm- Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)</p>
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<p>14</p> <p>10:30 – 11:30 AM - ESL w/ Li 10:30AM – Line Dancing w/ David 1 PM- Bingo</p>	<p>15</p> <p>10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-Art w/ Girl (NORC) 1-5pm- Sewing (369 Madison St.)</p>	<p>16</p> <p>10 AM- Ballroom Dancing <b>12:30pm Presentation: VNS Nutrition</b> 1PM-S.A.I.L w/Oreta 1:15PM-Fashion Art w/Mary 2:PM-Bingo 4PM- Karaoke</p>	<p>17</p> <p>10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (369 Madison St.)</p>	<p>18</p> <p>10AM – Hula Dancing w/ Jane <b>12:30pm – Presentation- Elder Abuse w/ Martha RN (NORC)</b> 1:30PM – Movement Speaks Flamenco 3PM - Bingo</p>	<p>19</p> <p>10 - 12PM - ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11-12PM – Sing for Hope <b>12:30PM – Greenwich House (library)</b> 1 PM- Jewelry Class (NORC) <b>1:30pm- Earth Day Celebration</b> 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)</p>
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<p>21</p> <p>10:30 – 11:30 AM - ESL w/ Li 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo</p>	<p>22</p> <p><b>Earth Day</b> 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-Art w/ Girl (NORC) 1-5pm- Sewing (369 Madison St.)</p>	<p>23</p> <p>10 AM- Ballroom Dancing <b>11am- Trip: Madame Tussauds</b> 1PM-S.A.I.L w/Oreta 1:15PM-Fashion Art w/Mary 2pm- Bingo 4PM- Karaoke</p>	<p>24</p> <p>10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) <b>12:30PM-Presentation: NYPD/SCAMS</b> 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (369 Madison St.)</p>	<p>25</p> <p>10AM – Hula Dancing w/ Jane 1:30PM – Movement Speaks Flamenco 3PM – Bingo</p>	<p>26</p> <p>10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 1 PM- Jewelry Class (NORC) <b>1:30pm- Monthly Birthday Party</b> 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)</p>
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<p>28</p> <p>10:30 – 11:30 AM - ESL w/ Li 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo</p>	<p>29</p> <p>10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2PM-Bingo 2 - 4PM- Tech Help (NORC), 2:15 PM Art w/ Girl (NORC) 3PM-MET Art w/Girl and Yaya (NORC) 1-5pm- Sewing (369 Madison St.)</p>	<p>30</p> <p>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1PM-S.A.I.L w/Oreta 2PM-Bingo 4PM- Karaoke</p>	<p><b>Trip And Events Sign-Ups Are from Monday To Friday Only. 10am To 12pm 2pm-4pm Please See Briana or Olivia.</b></p> <p><b>All Participants Must Be Pre-Registered <u>BEFORE</u> Day of Birthday Party</b></p> <p><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.</p> <p>Tech Help w/ Noa Every Monday at 2 PM, Wednesday at 11 AM, and Friday at 2 PM</p> <p>NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</p>		
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# APRIL 2024 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p><b>1</b></p> <p><b>LUNCH:</b> Baked Tilapia-Brown Rice-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Turkey Meatballs-Pasta-Seasonal Steamed Vegetables</p>	<p><b>2</b></p> <p><b>LUNCH:</b> Beef Tacos-Yellow Rice-Black Beans-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Veggie Pizza-Pasta Salad</p>	<p><b>3</b></p> <p><b>LUNCH:</b> Salisbury Steak-Mashed Potatoes- Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Turkey and Cheese Sandwich-Cucumber Tomato Salad</p>	<p><b>4</b></p> <p><b>LUNCH:</b> Roasted Pork Loin-Eggs Noodles- Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Pasta Primavera- Steamed Seasonal Vegetables</p>	<p><b>5</b></p> <p><b>LUNCH:</b> Flounder-Steamed Rice-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Stuffed Chicken Breasts- Mac n Cheese-Seasonal Steamed Vegetables</p>
<p><b>7</b></p> <p><b>BREAKFAST:</b> Breakfast pastries-Juice-Milk</p> <p><b>LUNCH:</b> Cheeseburgers-French Fries-Vegetables</p>	<p><b>8</b></p> <p><b>LUNCH:</b> Lentil Bolognese-Spaghetti-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Beef and Broccoli-White Rice-Seasonal Steamed Vegetables</p>	<p><b>9</b></p> <p><b>LUNCH:</b> Fiesta Chicken Bake w/Brown Rice and Beans-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Turkey A La King-Egg Noodles-Vegetables</p>	<p><b>10</b></p> <p><b>LUNCH:</b> Pork Lo Mein-Stir Fry Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> BBQ Chicken-Mac N Cheese-Cole Slaw</p>	<p><b>11</b></p> <p><b>LUNCH:</b> Turkey Meatballs w/Gravy-Roasted Potatoes- Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Teriyaki Chicken-Steamed Rice-Vegetables</p>	<p><b>12</b></p> <p><b>LUNCH:</b> Lemon Baked Cod-Cous Cous-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Pasta Primavera- Steamed Seasonal Vegetables</p>
<p><b>14</b></p> <p><b>BREAKFAST:</b> Breakfast pastries-Juice-Milk</p> <p><b>LUNCH:</b> Spaghetti w/Meat Sauce-Steamed Vegetables</p>	<p><b>15</b></p> <p><b>LUNCH:</b> : Egg Salad Sandwiches-French Fries-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Tilapia-Cous-Cous-Steamed Vegetables</p>	<p><b>16</b></p> <p><b>LUNCH:</b> Beef Fajitas-Mexican Rice-Refried Beans-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Vegetable Lasagna-Seasonal Steamed Vegetables</p>	<p><b>17</b></p> <p><b>LUNCH:</b> Chicken Parm-Pasta-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Beef Cheeseburgers-French Fries-Steamed Vegetables</p>	<p><b>18</b></p> <p><b>LUNCH:</b> Spanish Roasted Pork Loin-Yellow Rice-Steamed Vegetables</p> <p><b>DINNER:</b> Veggie Pizza-Salad</p>	<p><b>19</b></p> <p><b>LUNCH:</b> Baked Salmon-Steamed Rice-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Chicken and Broccoli Alfredo-Pasta</p>
<p><b>21</b></p> <p>Brunch Menu TBD 10AM-1PM</p>	<p><b>22</b></p> <p><b>LUNCH:</b> Oven Fried Chicken-Roasted Potatoes-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Beef Hotdogs-Macaroni Salad-Steamed Vegetables</p>	<p><b>23</b></p> <p><b>LUNCH:</b> 3 Bean Chili-Brown Rice-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Porkchops-Applesauce-Rice-Steamed Vegetables</p>	<p><b>24</b></p> <p><b>LUNCH:</b> Chicken and Broccoli-White Rice-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Tuna Salad Sandwich-Seasonal Salad</p>	<p><b>25</b></p> <p><b>LUNCH:</b> Cheeseburgers-Sweet Potato Fries- Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Black Bean and Cheese Quesadillas-Yellow Rice</p>	<p><b>26</b></p> <p><b>LUNCH:</b> Baked Tilapia-Brown Rice-Seasonal Steamed Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Veggie Meatballs in Marinara-Pasta-Vegetables</p>
<p><b>28</b></p> <p>Brunch Menu TBD 10AM-1PM</p>	<p><b>29</b></p> <p><b>LUNCH:</b> Sesame Chicken-Fried Rice-Stir Fry Vegetables-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Beef Lasagna-Seasonal Steamed Vegetables</p>	<p><b>30</b></p> <p><b>LUNCH:</b> Fish Tacos-Elote Corn Salad-Fruit-Bread-Milk</p> <p><b>DINNER:</b> Veggie Pizza-Salad</p>			

Now offering salads daily as an alternate option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)

Cost for Center members: \$1.50

Non-Center member : \$5.00

All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread

The menu is subject to change.



Plant Based Meals are highlighted



# APRIL

## WORD SEARCH



a d x a l i p c w a i  
 y i g b e e d u j n s  
 k a a i o l a v t h s  
 u m e o h o f d u o e  
 f b z i i u f h l i m  
 a n c k j a o i i i y  
 h d b n g r d o p u i  
 a e e e l b i i o j v  
 m a g f o o l u d p a  
 e a s t e r v i k e x  
 p s a l m e o i o u a  
 b v t o u u n c t o t  
 c u n d e r g r a d s  
 p a s s o v e r u u e  
 e s h o w e r s r y i  
 d a t a b f e d u r n  
 v b l o o m q f s a i  
 e s h p f g z v w x a



### WORDS

- showers
- underground
- daffodil
- tulip
- bloom
- taurus
- diamond
- earth
- easter
- passover
- fool

### It's A Spr - ing Thing!

Complete these words with the letters ing in them.



I could fly like a bird if I had these. \_\_\_ing\_\_\_



I do this along with my favorite song. \_\_\_ing



I have five of these on my hand. \_\_\_ing\_\_\_

I'm careful of the bee because it can do this. \_\_\_ing

My cat's toy is a mouse I pull with this. \_\_\_ing

A telephone makes this sound. \_\_\_ing - \_\_\_ing

A bell makes this sound. \_\_\_ing \_\_\_ - \_\_\_ing \_\_\_



He lives in a castle and wears a crown. \_\_\_ing



# SPRING

