



**HENRY STREET
SETTLEMENT**

OLDER ADULT CENTER

BECOME A MEMBER TODAY!

JOIN US The Henry Street Settlement Older Adult Center, formerly the Good Companions Senior Center, is open for delicious meals and a wealth of educational, recreational, and social activities!
Open every day except Saturday



**HENRY STREET SETTLEMENT
OLDER ADULT CENTER**
334 Madison Street
Lower Level
New York, NY 10002
henrystreet.org
212.349.2770

**A SPACE TO CONNECT ON THE
LOWER EAST SIDE FOR AGES 60+**

MONDAY–FRIDAY: 9 a.m. to 6 p.m.
SUNDAY: 8:30 a.m. to 3:30 p.m.

EAT

Lunch
11:30 a.m.–1 p.m.
(Monday–Friday)
Dinner
3:30–4:45 p.m.
(Monday–Friday)
Sunday Breakfast
8:45–9:30 a.m.
Sunday Lunch
Noon–1 p.m.

LEARN

Bilingual computer classes
Arts & crafts
Health & wellness workshops
Sewing group

EXPLORE

Trips to museums, shopping centers, movie theaters & more
Live presentations

MOVE

Dance classes
Self defense
Yoga
Zumba
Fitness education
Fully equipped gym

THRIVE

Social worker & case management services
Discussion groups
Health screenings
Positive aging workshops

PLAY

Bingo & dominos
Ping-pong
Billiards
Cultural & holiday celebrations
Parties with live music
Bilingual karaoke
Music & singing

MEMBERSHIP IS FREE



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BIENVENIDO! 欢迎!

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CENTRO PARA ADULTOS MAYORES 60 años y mayores

Abierto de lunes a viernes de
9 a.m. a 6 p.m. y domingo
de 8:30 a.m. a 3:30 p.m.

COMIDAS

DESAYUNO

domingo
de 8:45 a 9:30 a.m.

ALMUERZO

lunes a viernes
de 11:30 a.m. a 1 p.m.

domingo

de 12 a 1 p.m.

CENA

lunes a viernes
de 3:30 a 4:45 p.m.

PROGRAMA DOMINICAL

Desayuno, Almuerzo,
Actividades

RECREACIÓN

Ejercicio, Danza,
Yoga y Manualidades

SERVICIOS SOCIALES

Trabajadora Social
Bilingüe, Beneficios
y Derechos

顯利街老人中心 給60歲以上的長者交流的地方

營業時間

週一至週五：

9 AM 至 6 PM

週日：

8:30 AM 至 3:30 PM

餐點

早餐：8:45 至 9:30 AM

(週日)

午餐：11:30 AM 至 1 PM

(週一至週五)

午餐：12 至 1 PM

(週日)

餐點

晚餐：3:30 至 4:45 PM
(週一至週五)

娛樂

健身、舞蹈、太極拳、
旅行以及手工活動

社工服務

提供懂多種語言的社
工，協助辦理各種福利
及權益相關的申請及
事務