

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director

Hello my OAC family,

As we step into the vibrant month of April, I want to take a moment to reflect on the strength, wisdom, and experiences each of you bring to our community. This month symbolizes renewal, growth, and time to embrace new opportunities, no matter where you are in life's journey.

April is a wonderful reminder that no matter our age, we continue to have the power to grow, learn, and make meaningful connections. Whether it's through discovering a new hobby, enjoying time with loved ones, or simply taking a moment for self-care, this is a month to celebrate the joy of living fully.

We are committed to supporting you every step of the way, providing programs and services that help you stay engaged, healthy, and connected. Let's embrace the beauty of this season together, and remember, every day brings a chance to experience something new, big or small.

Wishing you a month filled with hope, health, and happiness!!!

Jasmine



APRIL 2025



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

- 4/9- Brooklyn Cyclones baseball game (see Andy)
- 4/23- Broadway Play (see Yaya)
- 4/23-NYCHA Recertification Van
- 4/20- Crafts with Crystal Easter Special
- 4/25-Monthly Birthday party (Spring fling)

SNAPSHOT

Presentations

- 4/3-Colon Cancer Awareness
- 4/9-Nutrient Education w/Brenna
- 4/16- Narcan Training



What's New?

- **Nutrient Education w/Brenna**
-Starting Wednesday 4/9 this class will help promote healthy eating habits. It will also support lifelong nutrient awareness. Every second Wednesday of the month
- **Tai Chi Fridays**
-This class has been moved from Thursday to Fridays
- **Scrapbook w/ Fiona**
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.

Meal Service

Sunday

Mon-Fri

Lunch
Dinner

11:30 AM- 1PM
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
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 <u>BEFORE</u> the Day of Birthday Party Offered Daily from 9:00 AM – 4:45 PM ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities. <u>Tech Help w/ Noa Every Monday at 2PM, Wednesday at 11AM, and Friday at 2PM</u> NORC Vladeck Cares Program sponsored activities are indicated as (NORC)					
6 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo  	7 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Salsa Partner 2 - 3PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	8 10-12pm: NORC Creative Arts Corner (Interns) 10:00AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4PM- Karaoke April Fool's Day!	2 10AM- Self Defense w/Andres 11:45-12:45PM- Jewelry Making (NORC) 12-1PM- Tech Help w/ Noa (NORC) 1 – 2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/ Ms. Guo 1-5pm- Sewing Group (367 Madison St.) 	3 10am-12pm Blood Pressure w/Pace 12PM-Art w/Girl (NORC) 12:pm-Presentation- Colon Cancer (NORC) 2pm- Chinese Karaoke in Library	4 9am-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 
13 10:30 – 11:30 AM – Line Dancing w/ David 	14 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Salsa Partner 2 - 3PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	15 10-12pm: NORC Creative Arts Corner (Interns) 10:00AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1PM – 4:30PM – Pool Tournament 1:15PM-Fashion Art w/Mary 4PM- Karaoke 	9 10 AM- Self Defense w/Andres 11:45-12:45PM- Jewelry Making (NORC) 12PM – TRIP: Brooklyn Cyclones 12:30pm- Nutrition Ed w/Brenna 12-1PM- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/ Ms. Guo 1-5pm- Sewing Group (367 Madison St.)	10 10am-12pm Blood Pressure w/Pace 12PM-Art w/Girl (NORC) 2pm- Chinese Karaoke in Library  Pantry (bring your own bag)	11 9am-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 
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20 10:30 – 11:30 AM – Line Dancing w/ David 10AM – Crafts w/ Crystal Happy Easter! 	21 9:30AM-Ballroom Dance w/Simon 10:30-Yoga w/Susan 1PM- Salsa Partner Dance 1:30PM – Pool Ceremony 2 – 3PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	22 10-12pm: NORC Creative Arts Corner (Interns) 10:00AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4PM- Karaoke  Earth Day	23 9am-NYCHA Van for Recertification 10 AM- Self Defense w/Andres 11:30am- TRIP: Broadway Play 11:45-12:45PM- Jewelry Making (NORC) 12-1PM- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/ Ms. Guo 1-5pm- Sewing Group (367 Madison St.)	24 12PM-Art w/Girl (NORC) 12:30pm- Presentation: Stress Awareness 2pm- Chinese Karaoke in Library  Pantry (bring your own bag)	25 9am-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 1:30PM – Monthly Birthday Party (Spring Fling theme) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
27 10:30 – 11:30 AM – Line Dancing w/ David 	28 9:30AM-Ballroom Dance w/Simon 10:30-Yoga w/Susan 1PM- Salsa Partner Dance 2 - 3PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	29 10-12pm: NORC Creative Arts Corner (Interns) 10:00AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4PM- Karaoke	30 10 AM- Self Defense w/Andres 11:45-12:45PM- Jewelry Making (NORC) 12-1PM- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/ Ms. Guo 1-5pm- Sewing Group		

APRIL 2025 LUNCH & DINNER MENU

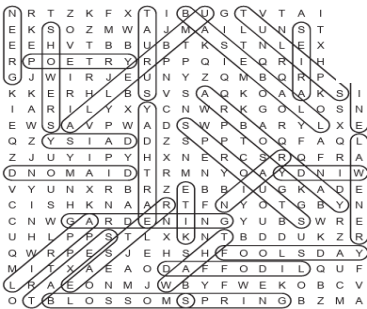
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal) Cost for Center members: \$1.50 Non-Center member : \$5.00</p> <p>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</p> <p>The menu is subject to change.</p> <p>Plant Based Lunch and Dinner Offered Once a Week</p> <p>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</p>		1	2	3	4
		<p>LUNCH: Sante Fe Chicken Rice Bowl w/Roasted Corn</p> <p>DINNER: Curried Chickpeas w/Quinoa & Steamed Vegetables</p>	<p>LUNCH: Turkey Pepperoni Pizza w/Steamed Vegetables</p> <p>DINNER: Pepper Steak w/Egg Noodles & Steamed Vegetables</p>	<p>LUNCH: Vegetable Lasagna w/Tomato-Cucumber Salad</p> <p>DINNER: BBQ Chicken w/Macaroni & Cheese & Braised Cabbage</p>	<p>LUNCH: Lemon Baked Cod w/Orzo & Steamed Vegetables</p> <p>DINNER: Baked Pork Chops w/Rice Pilaf & Steamed Vegetables</p>
6	7	8	9	10	11
<p>LUNCH: Sloppy Joes w/Tater Tots & Steamed Vegetables</p>	<p>LUNCH: Baked Catfish Nuggets w/Wild Rice & Steamed Vegetables</p> <p>DINNER: Chicken Marsala w/Spaghetti & Steamed Vegetables</p>	<p>LUNCH: Beef Taco Bar w/Assorted Toppings & Steamed Vegetables</p> <p>DINNER: Vegetable Stir Fry w/Vegetable Dumplings</p>	<p>LUNCH: Roasted Pork Loin w/Mashed Potatoes & Steamed Vegetables</p> <p>DINNER: Turkey Burger Bar w/Sweet Potato Fries & Salad</p>	<p>LUNCH: Garlic Sesame Tofu w/Brown Fried Rice & Steamed Broccoli</p> <p>DINNER: Baked Salmon w/Roasted Potatoes & Steamed Vegetables</p>	<p>LUNCH: Turkey Baked Ziti w/Baked Zucchini Sticks</p> <p>DINNER: BBQ Chicken Pizza w/Steamed Vegetables</p>
13	14	15	16	17	18
<p>LUNCH: Baked Catfish w/Brown Rice & Steamed Vegetables</p>	<p>LUNCH: French Onion Turkey Meatballs w/Brown Rice & Steamed Vegetables</p> <p>DINNER: Baked Chicken Wings w/ Mashed Potatoes & Steamed Vegetables</p>	<p>LUNCH: 3 Bean Chili Bowl w/assorted Toppings</p> <p>DINNER: Beef & Broccoli w/Vegetable Fried Rice</p>	<p>LUNCH: BBQ Pork Ribs w/Potato Salad & Corn on the Cob</p> <p>DINNER: Baked Cod Sandwich w/Sweet Potato Fries & Cole Slaw</p>	<p>LUNCH: Chicken Guisado w/Yellow Rice & Steamed Vegetables</p> <p>DINNER: Veggie Burger Bar w/French Fries & Salad</p>	<p>LUNCH: Stuffed Flounder w/Spaghetti & Steamed Vegetables</p> <p>DINNER: Curried Beef w/Mashed Potatoes & Steamed Vegetables</p>
20	21	22	23	24	25
<p>LUNCH: Baked Chicken Sandwich w/Home Fries & Steamed Vegetables</p> <p>Happy Easter 😊</p>	<p>LUNCH: Mediterranean Baked Tilapia w/Barley & Roasted Vegetables</p> <p>DINNER: Mongolian Beef w/Brown Rice & Steamed Vegetables</p>	<p>LUNCH: Roasted Zucchini & Squash Burrito Rice Bowl w/Assorted Toppings</p> <p>DINNER: Baked Turkey Breast w/Roasted Potatoes & Steamed Vegetables</p> <p>EARTH DAY</p>	<p>LUNCH: Chicken Florentine w/Pasta & Steamed Vegetables</p> <p>DINNER: Stewed Pork w/Rice & Steamed Vegetables</p>	<p>LUNCH: Fish & Chips w/Steamed Vegetables</p> <p>DINNER: Tofu Stir Fry w/Rice Noodles & Vegetable Spring Rolls</p>	<p>LUNCH: Turkey Bolognese w/Pasta & Steamed Vegetables</p> <p>DINNER: Chicken Pizza Party w/House Salad</p>
27	28	29	30	 	
<p>LUNCH: Catfish Sandwich w/French Fries & Steamed Vegetables</p>	<p>LUNCH: Pasta Primavera w/Garlic Bread</p> <p>DINNER: Beef Stew w/Brown Rice & Steamed Vegetables</p>	<p>LUNCH: Chicken Parmesan w/Orzo & Steamed Vegetables</p> <p>DINNER: Baked Tilapia w/Rice Pilaf & Steamed Vegetables</p>	<p>LUNCH: Cheeseburgers w/French Fries & Green Salad</p> <p>DINNER: Turkey Pot Pie w/Steamed Vegetables</p>		

- APRIL
- ARBOR DAY
- ARIES
- BASEBALL
- BLOSSOMS
- DAFFODIL
- DAISY
- DIAMOND
- EARTH DAY
- EASTER
- FOOL'S DAY
- GARDENING
- GREEN
- KITE
- POETRY
- RAIN
- RENEWAL
- SHOWERS
- SPRING
- SPROUTS
- SUNSHINE
- TAURUS
- TAXES
- THAW
- TULIPS
- UMBRELLA
- WINDY



WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



- OFLO
- BTfurTYLE
- ARSSG
- TPAEILRLACR
- ERTDYAHA
- ADRGNE
- ANIR
- LAGUH
- LUIPT
- RENGE
- RECYCEL
- RTSEAE



WORD SCRAMBLE
DIRECTIONS:
Unscramble each set
of letters to discover
a vocabulary word
relating to the lovely
month of April.

- LLAMUBER
- LNAPT
- UBNYN
- UORPTS
- ATNREU
- PALRI
- OEKJ
- OLFERW
- SEBLAABL
- NSPRGI
- OLMBO
- NIOBR

SOLUTION			
OFLO	FOOL	LLAMUBER	UMBRELLA
BTfurTYLE	BUTTERFLY	LNAPT	PLANT
ARSSG	GRASS	UBNYN	BUNNY
TPAEILRLACR	CATERPILLAR	UORPTS	SPROUT
ERTDYAHA	EARTH DAY	ATNREU	NATURE
ADRGNE	GARDEN	PALRI	APRIL
ANIR	RAIN	OEKJ	JOKE
LAGUH	LAUGH	OLFERW	FLOWER
LUIPT	TULIP	SEBLAABL	BASEBALL
RENGE	GREEN	NSPRGI	SPRING
RECYCEL	RECYCLE	OLMBO	BLOOM
RTSEAE	EASTER	NIOBR	ROBIN