

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Hello my OAC family,

As the days grow longer and the sunshine grows warmer, June welcomes us with the vibrant energy of summer. This is a season of renewal and connections. This is a perfect time to step outside, breathe in the fresh air, and embrace all the joys this month has to offer.

At our OAC, we're excited to bring you a calendar full of enriching activities, fun packed outdoor celebration, and meaningful opportunities to engage with one another.

June also brings with it, Father's Day—a time to honor the fathers, grandfathers, and all the father figures who have guided and supported us with strength and wisdom, we celebrate you and thank you for your enduring love and care.

Let's make the most of this beautiful month by continuing to support one another, try something new, and share in the spirit of friendship that makes our center so special.

Wishing you a joyful and sunshine-filled June!



Jasmine

JUNE

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

- 6/3- Mural painted by Chanel
- 6/6- Puerto Rico Celebration
- 6/13- Prom Night
- 6/16- Father's Day Brunch
- 6/20- Juneteenth Celebration
- 6/27- Monthly Birthday Party Hawaiian Style



June is Pride Month

SNAPSHOT

Presentations

- 6/12-B/P and Summer Safety w/ Martha, RN
- 6/18- The story behind Juneteenth
- 6/26- B/P and Knowing the facts about B/P
-



What's New?

- **Mindful Meditation w/Priya**
-IT'S BACK If you are feeling stressed, having trouble relaxing, or want to learn new coping skills, come to this class. There will be different meditation techniques twice this month.
- **New Center Hours**
-starting June 2, the OAC will be opening at 8am and closing at 5pm. This new time will be in place until future notice.



Meal Service

Lunch
Dinner

Sunday

11:30AM- 1PM
X

Mon-Fri

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

334 Madison Street,
Lower Level,
New York, NY 10002
(212) 349-2770

Monday – Friday: **8:00AM-5PM**
Sunday: 8 AM - 3:30 PM
















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



HENRY STREET SETTLEMENT

Older Adult Center



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 – 11:30 AM – Line Dancing w/ David 	2 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Salsa Partner 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.) New Center Hours 8am to 5pm begins	3 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4:00PM- Karaoke Chanel Mural	4 10 AM- Self Defense w/Andres 11:30am-Tech Help w/Noa (NORC) 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	5 2PM- Art w/Girl 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library  GROWNYCBring your own bag	6 9:30 to 4pm: Greenwich House 10:30am Meditation w/Priya 9:45-10:45AM: Tai Chi w/ Alex 11am:Puerto Rican Celebration Outdoors 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
8 10:30 – 11:30 AM – Line Dancing w/ David 	9 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Salsa Partner 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.) 	10 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 1:30pm- Item Bingo 4:00PM- Karaoke 	11 10 AM- Self Defense w/Andres 11:30am-Tech Help w/Noa (NORC) 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	12 10am-12pm-Pace RNs Blood/pressure Presentation: Summer Safety w/Martha, RN (NORC) 1PM- Art w/Girl 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library 	13 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 1:30pm: PROM NIGHT 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 
15 10:30 – 11:30 AM – Line Dancing w/ David 10:30: Crafts w/Crystal 	16 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 11am: Father's Day Brunch 1PM- Salsa Partner 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	17 10:00AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4:00:Special Karaoke Representing Pride Month  Wear your Pride Colors Day	18 10 AM- Self Defense w/Andres 11:30am- Tech Help w/ Noa (NORC) 12:30pm-PRESENTATION:The Story behind Juneteenth 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	19 CLOSED 	20 9:45-10:45AM: Tai Chi w/ Alex 1:30-Juneteenth Celebration 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)  GROWNYCBring your own bag
22 10:30 – 11:30 AM – Line Dancing w/ David 	23 9:30AM-Ballroom Dance w/Simon 10:30-Yoga w/Susan 1PM- Salsa Partner Dance 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	24 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	25 10 AM- Self Defense w/Andres 11:30am- Tech Help w/ Noa (NORC) 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	26 10am-12pm-Pace RNs Blood Pressure/Presentation: Fact or Fiction w/ Pace Nurses 2PM- Art w/Girl 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library	27 9:30 to 4pm: Greenwich House 10:30am Meditation w/Priya 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 1:30pm-June Monthly B'day Party (Hawaiian) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
29 10:30 – 11:30 AM – Line Dancing w/ David 	30 9:30AM-Ballroom Dance w/Simon 10:30-Yoga w/Susan 1PM- Salsa Partner Dance 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	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 BEFORE 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. Tech Help w/ Noa Every Monday at 2PM, Wednesday at 11AM, and Friday at 2PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)			

JUNE 2025 LUNCH & DINNER MENU

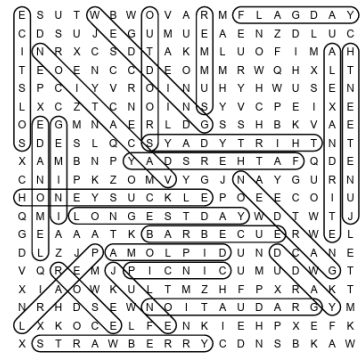
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LUNCH: Chicken & Waffles Fresh Fruit and House Sala 	2 LUNCH: Spaghetti w/Meatballs & Roasted Vegetables DINNER: Baked Salmon w/Herbed Barley & Streamed Vegetables	3 LUNCH: Roasted Chicken Mullets w/ pinto Beans DINNER: Vegetable Fried Rice w/ Tofu & Asian Slaw	4 LUNCH: Beef Stew w/Mashed Potatoes & Steamed Vegetables DINNER: Vietnamese Banh Mi w/ pulled pork and assorted Vegetables	5 LUNCH: Vegetable Rasta Pasta Bowl w/Breadsticks & House salad DINNER: Chicken Tacos w/Yellow Rice & Streamed Vegetables	6 LUNCH: Baked Chicken w/Potato Salad & Steamed Vegetables DINNER: Roast Pork Shoulder w/Arroz Con Guandules & Steamed Vegetables
8 LUNCH: Baked Cod Sandwich w/Tater Tots & Steamed Vegetables 	9 LUNCH: Caribbean Stewed Chicken w/Rice & Peas and Steamed Vegetables DINNER: Eggplant Parmigiana Sandwich w/cucumbers & tomato Salad	10 LUNCH: Ground Beef Tacos w/Yellow Rice & refried Beans DINNER: Assorted Dim Sum Menu	11 LUNCH: Seafood Medley w/Pasta & Steamed Vegetables DINNER: Baked Pork Chops w/White Rice & Steamed Vegetables	12 LUNCH: Spinach & Mushroom Ravioli w/Cream Sauce & Roasted Root Vegetables DINNER: Cobb Salad Bar w/Bread Sticks	13 LUNCH: Shepard's Pie w/Roasted Vegetables DINNER: Baked Tilapia w/Orzo & Steamed vegetables
15 LUNCH: Beef Lo Mein w/Roasted Vegetables 	16 LUNCH: Turkey Salad Sandwich w/ Sweet Potatoes Fries & House Salad: DINNER: BBQ Chicken Wings w/Macaroni Salad & Steamed Vegetables	17 LUNCH: Roasted Pork Burrito Bowl w/Brown Rice & Black Beans DINNER: Ground Turkey Pasta Baked w/ Steamed vegetables	18 LUNCH: Chicken & Broccoli w/Jasmine Rice DINNER: Vegetable Lasagna w/Garlic Bread & Greek Salad	19  CLOSED	20 LUNCH: Smothered Chicken w/Hoppin Johns & Cornbread Muffins DINNER: Assorted Meat Pizza w/Italian House Salad
22 LUNCH: Roasted Vegetable Summer Salad w/Crispy Chickpeas 	23 LUNCH: Baked cod w/Cous Cous & Steamed Vegetables DINNER: Cubana Sandwiches w/Yuca & House salad	24 LUNCH: Vegetable Arepas DINNER: Chicken Salad Sandwiches w/ Macaroni Salad Cole Slaw 	25 LUNCH: Asian Noodle Salad w/ Assorted Toppings DINNER: Roasted Pork Ribs w/Spinach Rice & Steamed Vegetables 	26 LUNCH: Spinach & Roasted Pepper Pizza w/Steamed Vegetables DINNER: Open Face Turkey Sandwich w/Mashed Potatoes & Steamed Vegetables	27 LUNCH: Hawaiian Crab Poke Bowl DINNER: Pineapple Chicken w/ Fried Rice & House Salad 
29 LUNCH: Cheeseburgers w/French Fries & Steamed Vegetables	30 LUNCH: Garlic chicken w/Egg Noodle & Spinach Salad w/Lemon Dressing DINNER: Roasted Turkey Breast w/Roasted Sweet Potatoes Slices & Balsamic Roasted	<div>  <p>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</p> <p>Cost for Center members: \$1.50</p> <p>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 B</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>  </div>			



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

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

- | | | | |
|--------------|-------------|-------------|-------------|
| ALEXANDRITE | GARDEN | LEMONADE | SOLSTICE |
| BARBECUE | GEMINI | LONGEST DAY | STRAWBERRY |
| D-DAY | GRADUATION | OUTDOORS | SUMMER |
| DIPLOMA | HONEYSUCKLE | PEARL | THIRTY DAYS |
| FATHER'S DAY | JUNE | PICNIC | VACATION |
| FLAG DAY | JUNETEENTH | ROSE | WEDDING |



- ACROSS
- 1. Marriage ceremony.
 - 4. Celebrated on June 14th in the US: ____ Day.
 - 6. Certificate presented at a graduation ceremony.
 - 7. Cook outdoors on a grill.
 - 8. Opposite of indoors.
 - 9. June is the ____ month of the year.
 - 12. Astrological sign for the start of June (twins).
 - 13. Celebrated on June 19th to commemorate the ending of slavery.
 - 16. Astrological sign for the end of June (crab).
 - 18. He is celebrated on the third Sunday in June.
 - 19. June 6th, 1944.
 - 20. Red berry that is in season in June.

- DOWN
- 2. Ceremony marking the end of the school year.
 - 3. Time off from school.
 - 5. Drink made from a yellow citrus fruit and sugar.
 - 9. Longest day of the year: Summer ____.
 - 10. Meal eaten outdoors.
 - 11. Sport using a rod and a reel.
 - 14. Number of days in June.
 - 15. Season that begins in June in the Northern Hemisphere.
 - 17. Birth month flower for June.

- | | |
|------------|------------|
| Barbecue | Outdoors |
| Cancer | Picnic |
| D-Day | Rose |
| Diploma | Sixth |
| Father | Solstice |
| Fishing | Strawberry |
| Flag | Summer |
| Gemini | Thirty |
| Graduation | Vacation |
| Juneteenth | Wedding |
| Lemonade | |

