

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## Message from the Director:

Hello my OAC Family,

As temperature rise during summer months, it's important that we take extra steps to protect our health, especially our Older Adults who are more vulnerable to heat-related illnesses.

Here are a few essential tips to help you stay cool and safe:

**Stay Hydrated:** Drink plenty of water throughout the day

**Keep Cool Indoors:** Spend time in air-conditioned spaces whenever possible. If your home isn't air conditioned, come to the Senior Center during the peak hours.

**Dress for the weather:** Wear light-colored, loose-fitting clothing and brimmed hats when outdoors.

**Avoid Peak Heat Hours:** Try to stay indoors between 10am and 4pm when the sun is at it's strongest.

**Check on Others:** If you have older neighbors or friends, check in on them regularly. A quick phone call or visit can make a big difference.

Your safety and well being are our top priorities. Please take care of yourself and one another. Let's enjoy the summer while staying safe, healthy, and cool.



Jasmine

# JULY

## 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

## SNAPSHOT

### Trips, Events & Celebrations

- 7/7- Nails with Ellen
- 7/9-Item Bingo w/Assisted Healthcare
- 7/10-Iced tea Party w/Porter Novelli
- 7/18- June Birthday Celebration (Sneaker Ball)
- 7/23- Dominos w/Assisted Healthcare
- 7/25- Wet and Wild outdoor event



### Presentations

- 7/3- Pace Nurses B/P
- 7/10- Pace Nurses B/P
- 7/14- Urinary Tract Infections (NORC)
- 7/15, 22, 29- Paces Nurses
- 7/24 Beat the heat w/Olivia
- 7/29- Vision (Pace RNs)



STAY HYDRATED

### What's New?

- **Cooling Center**  
-When temperature reaches 90 and above, OAC acts as a cooling center. This requires any to come in to beat the heat. Some days we may extend the opening hours.
- **Sing For Hope is back!**  
-They are back with new ideas such as sing along and karaoke. Come join us on Fridays at 11am



## Meal Service

Lunch  
Dinner

## Sunday

12:00 PM- 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, 9AM to 4PM**

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

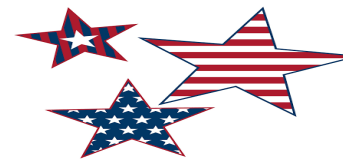
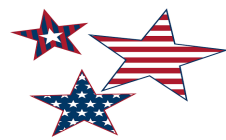
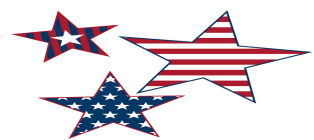
Monday – Friday: 8:00AM-5PM  
Sunday: 8 AM - 3:30 PM




















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



# HENRY STREET SETTLEMENT








## Older Adult Center



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Trip And Events Sign-Ups Are from Monday to Friday Only. 10am To 12pm 2pm-4pm Please See Briana or Olivia.</p> <p><b>All Participants Must Be Pre-Registered <u>BEFORE</u> the Day of Birthday Party</b></p> <p><b>Offered Daily from 8:00 AM – 4:45 PM ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities.</b></p> <p><u>Tech Help w/ Noa Every Monday at 2PM, Wednesday at 11AM, and Friday at 2PM</u></p> <p>NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</p>					
6	7	1	2	3	4
CLOSED	<b>10:30AM-Nails w/Ellen</b> 9:30AM- Ballroom Dance w/ <i>Simon</i> 10:30AM- Yoga w/Susan 1PM- Salsa Partner 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	10AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke 	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.)  	<b>10am-12pm: Pace Nurses</b> 1PM-Art w/Girl 2pm- Chinese Karaoke in Library <b>GROWNYC</b> Bring your own bag	 CLOSED
		8		10	11
		10:00-AfroBeats/w Patricia 12-1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke 	9-4pm- Greenwich House (Library) 10 AM- Self Defense w/Andres 11:30am-Tech Help w/Noa (NORC) <b>1:30pm- Item Bingo w/ Assisted Healthcare</b> 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	<b>10am-12pm: Pace Nurses</b> <b>10am-12pm- Iced Tea Party w/Porter Novelli</b> 1PM-Art w/Girl 2pm- Chinese Karaoke in Library	9-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 11am- Sing for Hope 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
13	14	15	16	17	18
10:30 – 11:30 AM – Line Dancing w/ David 	9:30AM- Ballroom Dance w/ <i>Simon</i> 10:30AM- Yoga w/Susan <b>12-1pm- Presentation: Urinary Tract infection (NORC)</b> 1PM- Salsa Partner 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	10:00AM-AfroBeats/w Patricia 12-1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30-PM- Karaoke	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.)  	1PM-Art w/Girl 2pm- Chinese Karaoke in Library <b>GROWNYC</b> Bring your own bag 	9-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 11am-Sing for Hope 1 PM- Jewelry Class (NORC) <b>1:30pm: Monthly Birthday (Sneaker Ball)</b> 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
20	21	22	23	24	25
10:30 – 11:30 AM – Line Dancing w/ David 	9:30AM-Ballroom Dance w/ <i>Simon</i> 10:30-Yoga w/Susan ( <b>Cancel</b> ) 1PM- Salsa Partner Dance 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.) 	<b>10-12pm-Pace Nurses B/P</b> 10:00-AfroBeats/w Patricia 12-1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke 	10 AM- Self Defense w/Andres <b>12pm- Dominoes w Assisted Healthcare</b> 11:30am- Tech Help w/ Noa (NORC) 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	1PM-Art w/Girl <b>1PM- Presentation: Beat the Heat w/ Olivia</b> 2pm- Chinese Karaoke in Library 	9-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex <b>11AM- Wet and Wild Outdoor Celebration</b> 1PM- Jewelry Class (NORC) 2-3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 
27	28	29	30	31	
10:30 – 11:30 AM – Line Dancing w/ David 	9:30AM-Ballroom Dance w/ <i>Simon</i> 10:30-Yoga w/Susan 1PM- Salsa Partner Dance 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	10:00-AfroBeats/w Patricia <b>12-1pm-Presentation: Vision and aging (PACE)</b> 12-1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	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.)	1PM- Item Bingo 1PM-Art w/Girl 2pm- Chinese Karaoke in Library 	



# JULY 2025 LUNCH & DINNER MENU

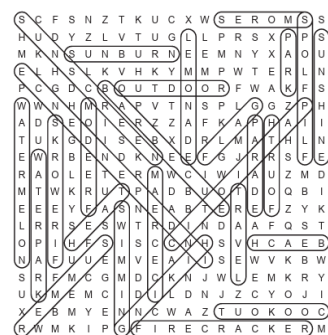
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</p> <p>Cost for Center members: \$1.50</p> <p>Non-Center member : \$5.00</p> <p>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</p> <p><b>The menu is subject to change.</b></p> <p>Plant Based Lunch and Dinner Offered Once a Week</p> <p>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</p>		<p>1</p> <p><b>LUNCH:</b> Black Bean Tacos w/Brown Rice &amp; Zucchini &amp; Peas</p> <p><b>DINNER:</b> Roasted Turkey Breast w/Roasted Sweet Potato Slices &amp; Balsamic Roasted Brussel Sprout</p>	<p>2</p> <p><b>LUNCH:</b> Baked Breaded Cod w/French Fries &amp; Garden Salad</p> <p><b>DINNER:</b> Curried Jamaican Stew w/Rasta Pasta &amp; Carrot Raisin Salad</p>	<p>3</p> <p><b>LUNCH:</b> : Baked Mushroom Chicken w/Brown Rice &amp; Brussel Sprouts</p> <p><b>DINNER:</b> Five Spice Tofu w/Barley &amp; Kale</p> 	<p>4</p>  <p>CLOSED</p>
<p>CLOSED</p> 	<p>6</p> <p>7</p> <p><b>LUNCH:</b> Chicken Alfredo w/Penne &amp; Caesar Salad</p> <p><b>DINNER:</b> Salisbury Steak w/Roasted Potatoes &amp; Vegetables</p>	<p>8</p> <p><b>LUNCH:</b> Cuban Vegan Picadillo w/Brown Rice &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Sweet &amp; Sour Pork w/Egg Noodles &amp; Steamed Vegetables</p>	<p>9</p> <p><b>LUNCH:</b> Beef Lasagna w/Cabbage &amp; Peas Salad</p> <p><b>DINNER:</b> Arroz Con Pollo w/Spanish Style Lima Beans</p>	<p>10</p> <p><b>LUNCH:</b> Baked Tilapia w/Rice Pilaf &amp; Caribbean Slaw</p> <p><b>DINNER:</b> Cheese Pizza w/Garden Salad</p>	<p>11</p> <p><b>LUNCH:</b> Baked Turkey Meatballs w/Egg Noodles &amp; Steamed Vegetables</p> <p><b>DINNER:</b> whole wheat Penne w/ White Beans, Eggplant, Tomatoes &amp; Garden Salad</p>
<p>13</p> <p><b>LUNCH:</b> BBQ Chicken w/Mac &amp; Cheese w/Steamed Cabbage</p>	<p>14</p> <p><b>LUNCH:</b> Lemon Garlic Baked Fish w/Yellow Rice &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Stuffed Peppers w/Wild Rice &amp; Steamed Vegetables</p>	<p>15</p> <p><b>LUNCH:</b> Chicken Fajitas w/Carrot Slaw</p> <p><b>DINNER:</b> Oven Fried Chicken Wings w/Macaroni Cheese &amp; Steamed Vegetables</p>	<p>16</p> <p><b>LUNCH:</b> Shepherd's Pie w/Garden Salad</p> <p><b>DINNER:</b> Baked Flounder w/Quinoa &amp; Steamed Vegetables</p>	<p>17</p> <p><b>LUNCH:</b> Pork Ribs w/Garlic Mash &amp; Southern Greens</p> <p><b>DINNER:</b> Turkey Meatballs w/Roasted Potatoes &amp; Steamed Vegetables</p>	<p>18</p> <p><b>LUNCH:</b> Chicken Adobo w/Brown Rice &amp; Arugula Salad</p> <p><b>DINNER:</b> Vegetable Lasagna &amp; Italian Chickpea Salad</p>
<p>20</p> <p><b>LUNCH:</b> Crispy Tofu Stir-Fry w/Brown Rice &amp; Broccoli &amp; Red Pepper</p> 	<p>21</p> <p><b>LUNCH:</b> Asian Style Whitefish w/Pad Thai &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Turkey Baked Ziti w/Garden Salad</p>	<p>22</p> <p><b>LUNCH:</b> Beef Picadillo w/Cilantro Lime Rice &amp; Refried Pinto Beans</p> <p><b>DINNER:</b> Cheeseburger Bar w/French Fries &amp; House</p> 	<p>23</p> <p><b>LUNCH:</b> Hearty Red Lentil Pasta Sauce w/Pasta &amp; Garden Salad</p> <p><b>DINNER:</b> African Stewed Black Eyed Peas w/Jollof Rice &amp; Garden Salad</p>	<p>24</p> <p><b>LUNCH:</b> Turkey Meatloaf w/Garlic Mash &amp; Steamed Vegetables</p> <p><b>DINNER:</b> General Tso's Chicken w/Lo Mein &amp; Broccoli</p> 	<p>25</p> <p><b>LUNCH:</b> Chicken Gumbo w/Jollof Rice &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Spanish Style Baked Fish w/Barley &amp; Stewed</p>
<p>27</p> <p><b>LUNCH:</b> Baked Falafel w/Quinoa &amp; Steamed Vegetables</p>	<p>28</p> <p><b>LUNCH:</b> Spanish Style Baked Fish w/Orzo &amp; Green Beans</p> <p><b>DINNER:</b> Stewed Chicken Breast w/Mashed Potatoes &amp; Steamed Vegetable</p>	<p>29</p> <p><b>LUNCH:</b> Veggie Chili w/Quinoa, Tortillas &amp; Arugula Salad</p> <p><b>DINNER:</b> Pork Griot w/Coconut Rice &amp; Pigeon Peas &amp; Steamed</p>	<p>30</p> <p><b>LUNCH:</b> Chicken Spaghetti Casserole w/Steamed Vegetables</p> <p><b>DINNER:</b> Korean Lentil Sloppy Joe w/Glazed Sweet Potatoes &amp; Garden Salad</p>	<p>31</p> <p><b>LUNCH:</b> Beef &amp; Pepper Pasta w/Roasted eggplant</p> <p><b>DINNER:</b> Meat Lovers Pizza w/Italian Roasted Vegetables</p>	

- BARBECUE
- BEACH
- COOKOUT
- FIRECRACKER
- FIREWORKS
- FLAG
- FLIP FLOPS
- FOURTH
- FREEDOM
- HEAT
- HIKING
- ICE CREAM
- INDEPENDENCE
- LEMONADE
- OUTDOOR
- PARADE
- PARK
- PATRIOTIC
- S'MORES
- SUMMER
- SUNBURN
- SUNSCREEN
- SUNSHINE
- SWIMMING
- TRAVEL
- WATERMELON
- WATERPARK

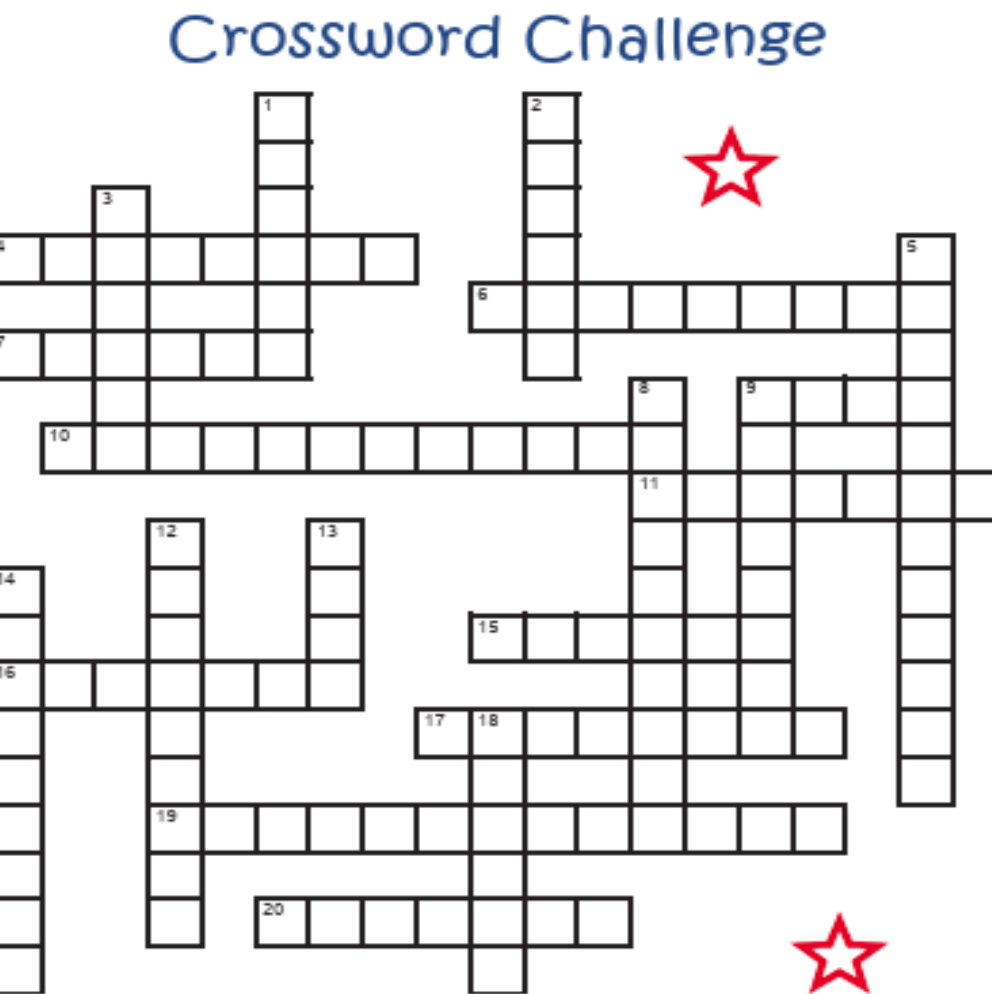


WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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



- ACROSS
- American President who was born on July 4th, Calvin \_\_\_\_.
  - Founding Father and third President of the United States.
  - Public procession that might occur on July Fourth.
  - Red, white and \_\_\_\_.
  - City in which the Declaration of Independence was signed.
  - Nickname for the American flag, stars and \_\_\_\_.
  - Open air meal popular on July Fourth.
  - Symbol of freedom located in the New York City Harbor: Statue of \_\_\_\_.
  - Number of original colonies that declared independence.
  - Fight for American independence: The \_\_\_\_ War.
  - Famous signer of the Declaration of Independence: John \_\_\_\_.



- DOWN
- Patriotic song often sung on Independence Day: Yankee \_\_\_\_.
  - National anthem of the United States: The Star-Spangled \_\_\_\_.
  - The day of the month on which America declared its independence.
  - Founding document of the United States: The Declaration of \_\_\_\_.
  - First President of the United States.
  - Cooking outdoors on a grill.
  - Light show often seen on the 4th of July.
  - Month in 1776 when the Declaration of Independence was signed
  - National bird of the United States.
  - Commonly consumed food on July 4th.

Bald Eagle	Jefferson
Banner	July
Barbecue	Liberty
Blue	Parade
Coolidge	Philadelphia
Doodle	Picnic
Fireworks	Revolutionary
Fourth	Stripes
Hancock	Thirteen
Hot Dog	Washington
Independence	

