

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the  
Director:

As we embrace the heart of summer, we hope you are enjoying the sunshine, staying cool, and finding joy in the small moments that make each day special. As we welcome August, we have more great programs, workshops, and social activities planned to keep you feeling engaged, healthy, and connected. Whether you join us for a friendly game, a nutritious meal, or simply to catch up with friends, your presence makes our center feel like home. Please remember to drink plenty of water, wear your sun hats, and take time for yourself. Enjoy your August!

See you around!

Jasmine



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



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

Snapshot

Trips, Events, and Celebrations

Presentations/  
What's New

**8/5- Ice Cream Social:** Whether you like sprinkles, syrup, or just a scoop of vanilla, there's something here for everyone. Let's celebrate the joy of summer—one scoop at a time!

**8/18- Farmers Market Trip to Union Square:** Wear comfortable shoes, bring a reusable shopping bag, and don't forget your water bottle and hat. Let's savor the flavors of summer—together!

**8/12- Hula Party sponsored by Macy's** (outdoor). we're bringing the tropics to the Lower East Side! Put on your leis and join us for a vibrant Hula Party full of music, dancing, and sunshine vibes.

**8/19- Crab Shanty**-City Island's legendary Crab Shanty! Enjoy a fun-filled outing with friends and feast on mouthwatering seafood favorites in a cozy nautical setting.

**8/22- Lake Welch Trip:** Ready for a refreshing day surrounded by nature? Join us for a relaxing getaway to beautiful Lake Welch Beach in Harriman State Park!

**8/29- Monthly Birthday party Theme Red, white and Blue** You're invited to our Monthly Birthday Party—and this month we're going out with a Red, White, and Blue celebration! Let's honor our August birthday stars with patriotic pride and festive flair.

**8/1- Freedom of Expression: The Visual Voices of Henry Street Settlement.** Art opening at Abrons Art Center

**8/5- Blood Pressure Workshop:** Fact and Fiction

**8/21- Flea market** (outdoor) if you're interested in having a table, please sign up with Olivia

Meal Service

Sunday

Mon-Fri

Lunch  
Dinner

11:30 AM- 1PM  
X

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

SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

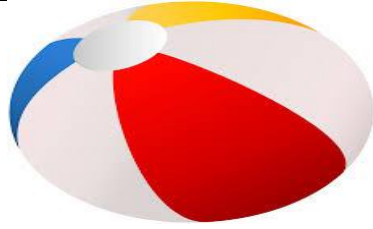





CASE MANAGEMENT HOURS: Monday - Friday, 9 AM to 5 PM



HENRY STREET  
SETTLEMENT

Older Adult Center

# August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Offered Daily from 9:00 AM – 4:45 PM ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab ♦ Ping Pong ♦ Gym Facilities.</b> <b>Trip and Party Sign-up: Starting the Week of August 4th - August 8<sup>th</sup> from 11am-12pm</b>					<sup>1</sup> 9 am - Greenwich House (in Library) 2 – 3:30 PM - Tech Help w/ Noa 1-5 pm- Sewing Group (367 Madison St.) 4PM-6PM-Art Gallery opening and Abrons
<sup>3</sup> 10:30 – 11:30 AM – Line Dancing w/ David 1PM- Bingo 	<sup>4</sup> 9AM- Ballroom Dance w/Simon 10:30AM-Yoga w/Susan 2-4 PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	<sup>5</sup> 10am-12PM- PACE NURSES B/P 11:30am- Ice Cream Social w/ lunch 12:30pm:Presentation:Health 12PM-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	<sup>6</sup> 9am - Greenwich House (in Library) 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	<sup>7</sup> 11Am- Jewelry Class (NORC) 1PM-Art w/ Girl 1:30pm-Dominos Scratch off 2pm- Karaoke In the Library	<sup>8</sup> 9am - Greenwich House (in Library) 12:30 PM: Vocal Ease (Computer room Rehearsal) 2 – 3:30PM – Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) Computer Room closes from 11:30am to 1pm
<sup>10</sup> 10:30 – 11:30 AM – Line Dancing w/ David 	<sup>11</sup> 9AM- Ballroom Dance w/Simon 10:30AM-Yoga w/Susan 10:30- Nails / Ellen 2-4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	<sup>12</sup> 10am-12PM- PACE NURSES B/P 10:30-AfroBeats/w Patricia 1PM- Outdoor Hula Party w/ Macys 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	<sup>13</sup> 9am- Greenwich House (in Library) 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	<sup>14</sup> 10AM- American Museum of Natural History 11am- Grow NYC Pantry 11Am- Jewelry Class (NORC) 1PM-Art w/ Girl 2pm- Karaoke in Library	<sup>15</sup> 9am - Greenwich House (in Library) 1 PM- Jewelry Class (NORC) 2 – 3:30pm – Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
<sup>17</sup> 10:30 – 11:30 AM – Line Dancing w/ David 	<sup>18</sup> 9AM- Ballroom Dance w/Simon 10am-Union Square Farmers Market 10:30AM-Yoga w/Susan 2-4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	<sup>19</sup> 10AM-TRIP: Crab Shanty 10:30-Afro Beats/w Patricia 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	<sup>20</sup> 9am - Greenwich House (in Library) 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 12:30-Presentation: Stress Management PT. 1 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	<sup>21</sup> 10am- Union Square Farmers Market w/Andy 11Am- Jewelry Class (NORC) 1PM-Art w/ Girl 1PM-3:30pm -Flea Market (356 Courtyard) 2pm- Karaoke In the Library	<b>CENTER CLOSED</b> Join us on a bus trip to LAKE WELCH, In Harriman, NY. Must Sign up: first come first served  
<sup>24</sup> 10:30 11:30 AM Line Dancing w/ David  <sup>31</sup> 10:30 11:30 AM Line Dancing w/David	<sup>25</sup> 9AM-Ballroom Dance w/Simon 10am- Union Square Farmers Market 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 2-4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	<sup>26</sup> 10:30-AfroBeats/Patricia 12PM-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 1:30pm- Bingo Scratch off 3:30PM- Karaoke	<sup>28</sup> 9am - Greenwich House (in Library) 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 12:30-Presentation: Stress Management PT. 2 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	<sup>29</sup> 10am- Union Square Farmers Market w/Andy 11Am- Jewelry Class (NORC) 11am- Grow NYC Pantry 1PM-Art w/Girl 2pm- Karaoke In Library	<sup>29</sup> 9am to - Greenwich House (in Library) 1:30pm- Monthly Birthday Celebration (White Affair) 2 -3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)

# August

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</b> <b>The menu is subject to change.</b> <b>Plant Based Lunch and Dinner Offered Once a Week</b>  ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)					<b>1</b>  <b>LUNCH:</b> Apricot Glazed Porkchops w/Roasted Potatoes & Roasted Eggplant  <b>DINNER:</b> Vegetable Lasagna w/Italian Chickpea Salad
<b>3</b>  <b>LUNCH:</b> Turkey Burgers w/Cheese Baked Fries & Steamed Vegetables	<b>4</b>  <b>LUNCH:</b> Italian Roasted Pork Tenderloin w/Barley & Roasted Cauliflower  <b>DINNER:</b> Baked Chicken Thighs w/Egg Noodles & Mixed Vegetables	<b>5</b>  <b>LUNCH:</b> Stewed Pinto Beans Rice w/Pigeon Peas & Zucchini in Tomato Sauce  <b>DINNER:</b> Beef Pot Roast w/Mushrooms Garlic Mashed Potatoes & Steamed Vegetables	<b>6</b>  <b>LUNCH:</b> Swedish Meatballs w/Garlic Mashed Potatoes & Beet Salad  <b>DINNER:</b> Baked Fish w/Rustic Tomato Sauce w/Rasta Pasta & Steamed Vegetables	<b>7</b>  <b>LUNCH:</b> Chicken Tikka Masala w/Brown Rice Biryani w/Chickpeas & Baby Carrots w/Parsley  <b>DINNER:</b> Whole Wheat Spaghetti w/Hearty Red Lentil Sauce & Steamed Vegetables	<b>8</b>  <b>LUNCH:</b> Baked Flounder w/Brown Rice w/Mushrooms & Broccoli & Peppers  <b>DINNER:</b> Savory Turkey Mushroom Meatloaf w/Roasted Potatoes & Steamed Vegetables
<b>10</b>  <b>LUNCH:</b> Chinese Style Pork w/Chinese Noodles & Asian Cucumber Salad	<b>11</b>  <b>LUNCH:</b> Garlic Chicken w/Egg Noodles & Baby Spinach Salad  <b>DINNER:</b> Sofrito Steak w/Peppers & Onions White Rice & California Blend Vegetables	<b>12</b>  <b>LUNCH:</b> Black Bean Tacos w/Pineapple Salsa Brown Rice w/Zucchini & Peas  <b>DINNER:</b> Roasted Turkey Breast w/Roasted Sweet Potatoes & Balsamic Roasted Brussel Sprouts	<b>13</b>  <b>LUNCH:</b> Baked Catfish w/French Fries & Garden Salad  <b>DINNER:</b> Curried Jamaican Stewed Chicken w/Rasta Pasta & Carrot Slaw	<b>14</b>  <b>LUNCH:</b> Baked Mushroom Chicken w/Brown Rice & Brussel Sprouts  <b>DINNER:</b> Five Spiced Tofu w/Barley & Kale	<b>15</b>  <b>LUNCH:</b> Baked Pork Chops w/Instant Mashed Potatoes & Garden Salad  <b>DINNER:</b> Chicken Marsala w/Pasta & Garden Salad
<b>17</b>  <b>LUNCH:</b> Beef & Broccoli w/Vegetable Lo Mein & Mixed Green Salad	<b>18</b>  <b>LUNCH:</b> Chicken Alfredo w/Penne & Caesar Salad  <b>DINNER:</b> Salisbury Steak w/Roasted Potatoes & Vegetables	<b>19</b>  <b>LUNCH:</b> Cuban Vegan Picadillo w/Brown Rice & Steamed Vegetables  <b>DINNER:</b> Sweet & Sour Pork w/Egg Noodles & Broccoli & Peppers	<b>20</b>  <b>LUNCH:</b> Beef Lasagna w/Cabbage & Pea Salad  <b>DINNER:</b> Arroz Con Pollo (Rice w/Chicken Breast) w/Spanish Style Stewed Lima Beans	<b>21</b>  <b>LUNCH:</b> Baked Cod w/Baked Rice Pilaf & Caribbean Slaw  <b>DINNER:</b> Cheese Pizza w/Garden Salad	<b>22</b>  <b>CENTER CLOSED</b>
<b>24</b>  <b>LUNCH:</b> BBQ Chicken w/Mac & Cheese & Cabbage	<b>25</b>  <b>LUNCH:</b> Lemon Garlic Baked Tilapia w/Yellow Rice & Baby Carrots w/Parsley  <b>DINNER:</b> Baked Ziti w/Turkey & Garden Salad	<b>26</b>  <b>LUNCH:</b> Chicken Fajitas w/Whole Wheat Tortillas & Carrot Jicama Slaw  <b>DINNER:</b> Beef Hamburger Bar w/Baked Fries & Garden Salad	<b>27</b>  <b>LUNCH:</b> Shepherd's Pie w/Garden Salad  <b>DINNER:</b> African Stewed Black Eyed Peas w/Okra Jollof Rice & Garden Salad	<b>28</b>  <b>LUNCH:</b> Chicken Adobo w/Wild Rice Pilaf & Arugula Salad  <b>DINNER:</b> General Tso's Chicken w/Vegetable Lo Mein & Broccoli w/Teriyaki Sauce	<b>29</b>  <b>LUNCH:</b> Crispy Tofu & Veggie Stir Fry w/Brown Rice & Broccoli & Peppers  <b>DINNER:</b> Spanish Style Baked Cod w/Barley & Stewed Tomatoes



ADVENTURE  
AMUSEMENT PARK  
AUGUST  
BACK TO SCHOOL  
BACKYARD  
BICYCLE  
CAMPFIRE  
CAMPING  
CORN ON THE COB  
FARMERS MARKET  
FIREFLY  
FLOWERS  
FRUIT  
FUN  
GRILLING  
HOT  
HUMID  
LAKE  
PLAYGROUND  
POPSICLE  
RELAXATION  
ROAD TRIP  
SAILBOAT  
STATE FAIR  
SUMMER  
SUNFLOWER  
SUNNY



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



AROMA  
BARBECUE  
BURGERS  
CHARCOAL  
CHICKEN  
CLEAN  
DECK  
EAT  
FAMILY  
FAST  
FIRE  
FLAVOR  
FOODS  
FORKS  
FRIENDS  
GAS  
GRILL  
JUICES  
MEAL  
MEATS  
PATIO  
PORK  
RIBS  
ROLL  
SALAD  
SCORCH  
SIZZLE  
SKEWER  
SMELL  
SMOKE  
STEAK



## COOKOUT WORD SEARCH PUZZLE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.  
Find and circle each word.

