

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director.

Hello friends,

As we welcome the month of September, we find ourselves at the threshold between summer's warmth and autumn's golden promise. It's a time that reminds us of both energy of new beginnings and the comfort of familiar routines.

This month, we honor wisdom, resilience, and life experience that each brings to our community. Whether you're exploring a new hobby, staying active with friends, or simply enjoying a quiet morning with a cup of tea, know that these moments are deeply valuable—not just for you, but to all of us who are privileged to walk alongside you.

September is also Healthy Aging Month, a wonderful reminder to invest in our well-being—physically, mentally, and emotionally. Join us for upcoming trips, events, and gatherings at mealtime that are designed to help make you thrive in every season of life.

Let's continue to celebrate connections, kindness and joy of each day. Thank you for being such an essential part of our community.



Jasmine

SEPTEMBER 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

- 9/2-Post Labor Day Celebration w/USTA
- 9/5- Power of Aging
- 9/10- Talent is Timeless (Lincoln Center)
- 9/16- Atlantic City, Tropicana
- 9/18- Brunch @ OAC w/ RoiVant
- 9/26- Monthly Birthday celebration (Dressing Through The Decades)
- 9/30- Walmart (Valley Stream)

SNAPSHOT

Presentation

- 9/11-Moment of Silence
- 9/16 & 9/30- Blood Pressure readings w/PACE
- 9/16 – Stress & The Body w/ PACE
- 9/24- Suicide Prevention w/ Blanca
- 9/25- Scams presented by DFTA

What's New?

- **New Dinner Hours**
-beginning 9/2 Dinner hours hour(s) will change from 3:30pm-4:30pm to 3pm - 4pm

***Bringing meals to the Senior Center Prohibited.** Please do not bring, or order food from the outside to eat at the center. If you want food from the outside, you must eat it before coming to the center.



Meal Service

Lunch
Dinner

Sunday

11:30 AM- 1PM
X

Mon-Fri

11:00 AM- 12:30PM
3:00PM- 4:00PM

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

CASE ASSISTANT HOURS: Monday - Friday, 9 AM to 11:30 AM, & 2PM 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 11:30 AM to 1:00PM**
Dinner 3:00 PM to 4:00PM

TRIP sign-ups begin on the 10th @10am



HENRY STREET SETTLEMENT

Older Adult Center

September

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					
7 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo 	8 9:30AM- 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.)	9 10:00AM-AfroBeats/w Patricia 10AM to 12PM- Nails w/Ellen 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke 	10 9am-5pm Greenwich House (in Library) 10AM-12PM- Talent is Timeless (Lincoln Center) 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.)	11 11am Jewelry Class (NORC) 12:30pm- One Moment of Silence in remembrance of the World Trade Center event 2pm- Chinese Karaoke in Library 	12 9am-5pm Greenwich House (in 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.) 
14 10:30 – 11:30 AM – Line Dancing w/ David 	15 9:30AM- 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.)	16 8AM - TRIP: Tropicana Casino, AC 10-12pm- Blood Pressure w/PACE 12PM- Stress & the Body September Self Care Month (PACE) 10:00AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	17 9am-5pm Greenwich House (in Library) 10 AM- Self Defense w/Andres 11:30am- Tech Help w/ Noa (NORC) 1pm- Item Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	18 11am Jewelry Class (NORC) 11AM- 1PM-Brunch w/Roivant 1PM- Art w/Girl 2pm- Chinese Karaoke in Library 	19 9am-5pm Greenwich House (in Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 1-5pm- Sewing Group (367 Madison St.) 
21 10:30 – 11:30 AM – Line Dancing w/ David 	22 9:30AM-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.)	23 10:00AM-AfroBeats/w Patricia 10-11AM – NORC Advisory Board Meeting 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	24 9am-5pm Greenwich House (in Library) 10 AM- Self Defense w/Andres 11:30am- Tech Help w/ Noa (NORC) 12PM-Presentation: Suicide Prevention w/ Blanca 2PM- Calligraphy w/Mr. Jiang	25 11am Jewelry Class (NORC) 12-1pm-Presentation: SCAMS Sponsored by Aging 2pm- Chinese Karaoke in Library	26 9am-5pm Greenwich House (in Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 1:30pm- Monthly Birthday Celebration 1-5pm- Sewing Group (367 Madison St.)
28 10:30 – 11:30 AM – Line Dancing w/ David 	29 9:30AM-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.)	30 10:00AM-AfroBeats/w Patricia 10AM- TRIP: Walmart 10-12pm- Blood Pressure w/PACE 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	<p>Trips 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 8:00 AM – 4:45 PM Billiards Dominos Board Games Open Computer Lab (Class on Friday) Ping Pong Gym Facilities.</p> <p>Tech Help w/Noa Every Monday at 2PM, Wednesday at 11:30AM For Clients of NORC. NORC Vladeck Cares Program sponsored activities are indicated as (NORC).</p>		

SEPTEMBER 2025 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 CLOSED	2 LUNCH: Beef Picadillo w/Cilantro Lime Rice & Mexican Style Refried Pinto Beans DINNER: Post Labor Day Party Menu	3 LUNCH: Hearty Red Lentil Pasta Sauce w/Pasta & Garden Salad DINNER: Stewed Beef w/Roasted Potatoes & Steamed Vegetables	4 LUNCH: Turkey Meatloaf w/Garlic Mashed Potatoes & Steamed Vegetables DINNER: Koren Lentil Sloppy Joe w/Glazed Sweet Potatoes & Garden Salad	5 LUNCH: Chicken Gumbo w/Jollof Rice & Steamed Vegetables DINNER: Cheese Pizza w/Steamed Vegetables
7 LUNCH: Baked Falafel w/Quinoa & Broccoli & Peppers	8 LUNCH: Spanish Style Baked Fish w/Orzo & Green Beans DINNER: Ground Beef Stuffed Peppers w/Wild Rice & Steamed Vegetables	9 LUNCH: Veggie Chili w/Quinoa & Arugula Salad DINNER: Oven Fried Chicken Wings w/Macaroni & Cheese & Steamed Vegetables	10 LUNCH: Chicken Spaghetti Casserole & Steamed Vegetables DINNER: Baked Fish w/Quinoa & Steamed Vegetables	11 LUNCH: Beef & Pepper Pasta w/Zucchini Provencal DINNER: Baked Turkey Meatballs w/Roasted Potatoes & Steamed Vegetables	12 LUNCH: Apricot Glazed Pork Chops w/Roasted Potatoes & Roasted Eggplant DINNER: Vegetable Lasagna w/Italian Chickpea Salad
14 LUNCH: Turkey Cheeseburger w/Fries & Carrot Raisin Salad	15 LUNCH: Italian Roasted Pork Tenderloin w/Pearled Barley & Honey Garlic Roasted Cauliflower DINNER: Baked Chicken Thighs w/Egg Noodles & Steamed Vegetables	16 LUNCH: Stewed Pinto Beans w/Mexican Style Brown Rice & Zucchini in Tomato Sauce DINNER: Beef Pot Roast w/Mushrooms Garlic Mashed Potatoes & Steamed Vegetables	17 LUNCH: Swedish Meatballs w/Garlic Mashed Potatoes & Beet Salad DINNER: Baked Fish in a Rustic Tomato Broth w/Rasta Pasta & Steamed Vegetables	18 LUNCH: Chicken Tikka Masala w/Brown Rice Briyani w/Chickpeas & Baby Carrots w/Parsley DINNER: Whole Wheat Spaghetti w/Hearty Red Lentil Sauce & Steamed Vegetables	19 LUNCH: Baked Flounder w/Brown Rice & Mushrooms & Broccoli & Peppers DINNER: Savory Turkey Mushroom Meatloaf w/Roasted Potatoes & Steamed Vegetables
21 LUNCH: Chinese Style Pork w/Vermicelli Noodles & Asian Cucumber Salad	22 LUNCH: Garlic Chicken w/Egg Noodles & Steamed Vegetables DINNER: Sofrito Steak w/Peppers & Onions White Rice & Steamed Vegetables	23 LUNCH: Black Bean Tacos w/Pineapple Salsa Brown Rice & Zucchini w/Peas DINNER: Roasted Turkey Breast w/Roasted Sweet Potatoes & Balsamic Roasted Brussel Sprouts	24 LUNCH: Baked Breaded Fish w/French Fries & Garden Salad DINNER: Curried Jamaican Stewed Chicken w/Rasta Pasta & Carrot Apple Raisin Salad	25 LUNCH: Baked Mushroom Chicken w/Brown Rice & Brussel Sprouts DINNER: 5 Spice Tofu w/Barley & Kale	26 LUNCH: Baked Pork Chops w/Mashed Potatoes & Steamed Vegetables DINNER: Chicken Marsala w/Bowtie Pasta & Garden Salad
28 LUNCH: Beef & Broccoli w/Vegetable Lo Mein & Mixed Green Salad	29 LUNCH: Chicken Alfredo w/Penne & Caesar Salad DINNER: Beef Salisbury Steak w/Roasted Potatoes & Vegetables	30 LUNCH: Cuban Vegan Picadillo w/Brown Rice & Broccoli w/Peppers DINNER: Sweet & Sour Pork w/Egg Noodles & Broccoli & Red Peppers	<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 Non-Center member : \$5.00</p> <p> 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>		

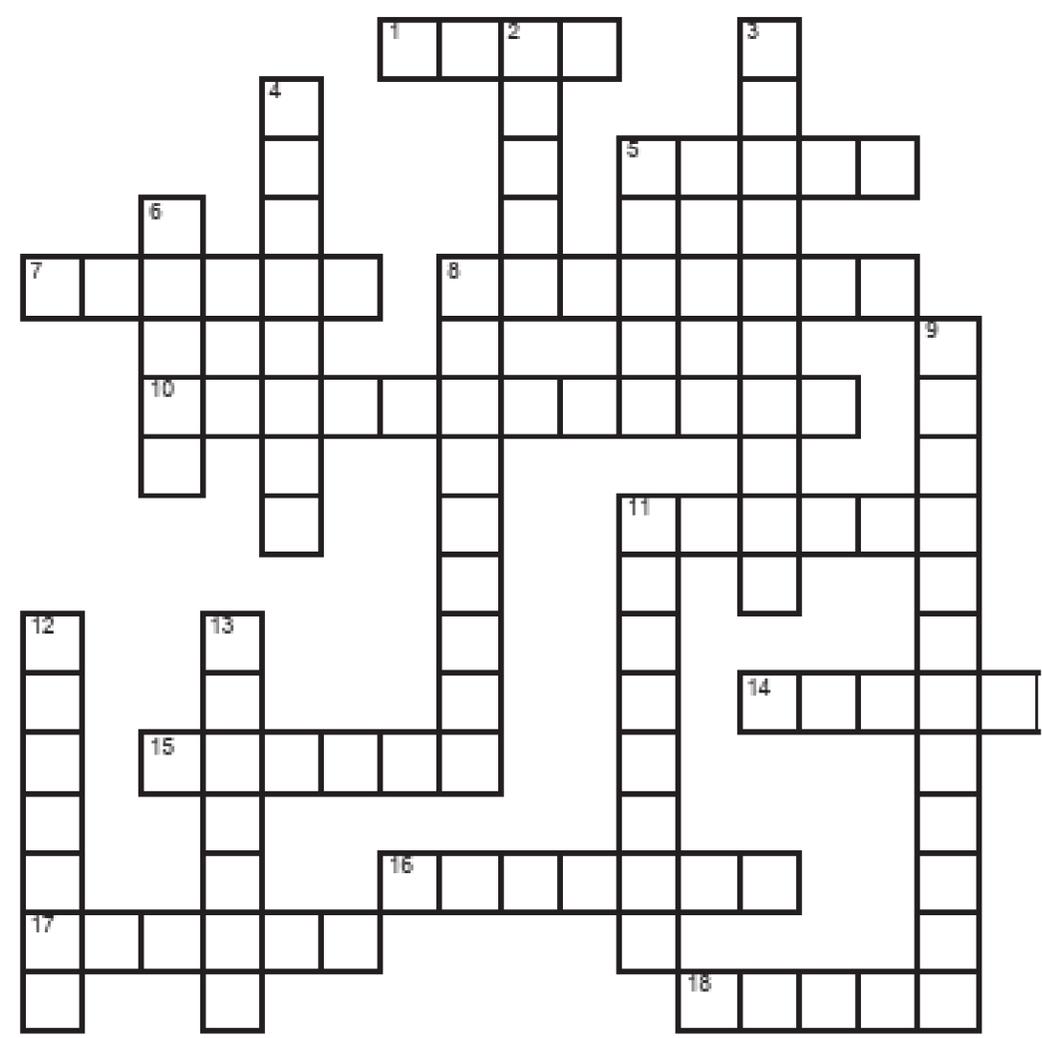
ACROSS

- Season that begins in September.
- Flower associated with September.
- Number of days in September.
- Birthstone for the month of September.
- Celebrated on the second Sunday of September: ___ Day.
- These might get raked into a pile in September.
- September is the ___ month of the year.
- Season that ends in September.
- Where you might pick apples in the fall.
- This might start up in September.
- Fruit of the oak tree.

DOWN

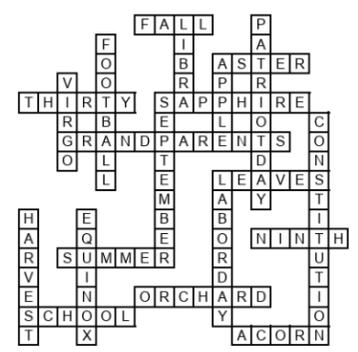
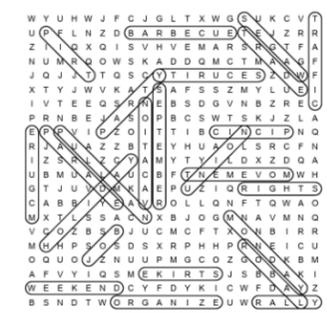
- Astrological sign for the second half of September (pair of scales).
- September 11th.
- Team sport often associated with September.
- Crisp fruit which is often red.
- Astrological sign for the first half of September (maiden).
- Name for this month comes from the Roman word for seventh.
- Celebrated on September 17th: ___ Day.
- First Monday of September.
- Gathering of crops at the end of summer.
- Event which occurs around September 22nd or 23rd.

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|--------------|-------------|
| Acorn | Libra |
| Apple | Ninth |
| Aster | Orchard |
| Constitution | Patriot Day |
| Equinox | Sapphire |
| Fall | School |
| Football | September |
| Grandparents | Summer |
| Harvest | Thirty |
| Labor Day | Virgo |
| Leaves | |



Labor Day

Word Search



- | | | |
|----------|-----------|----------|
| BARBECUE | PARTY | TRAFFIC |
| HOLIDAY | PICNIC | TRIP |
| JOB | PULLMAN | UNION |
| LABOR | RALLY | VACATION |
| MCGUIRE | RIGHTS | WAGES |
| MONDAY | SECURITY | WEEKEND |
| MOVEMENT | SEPTEMBER | |
| ORGANIZE | STRIKE | |
| PARADE | TRADE | |