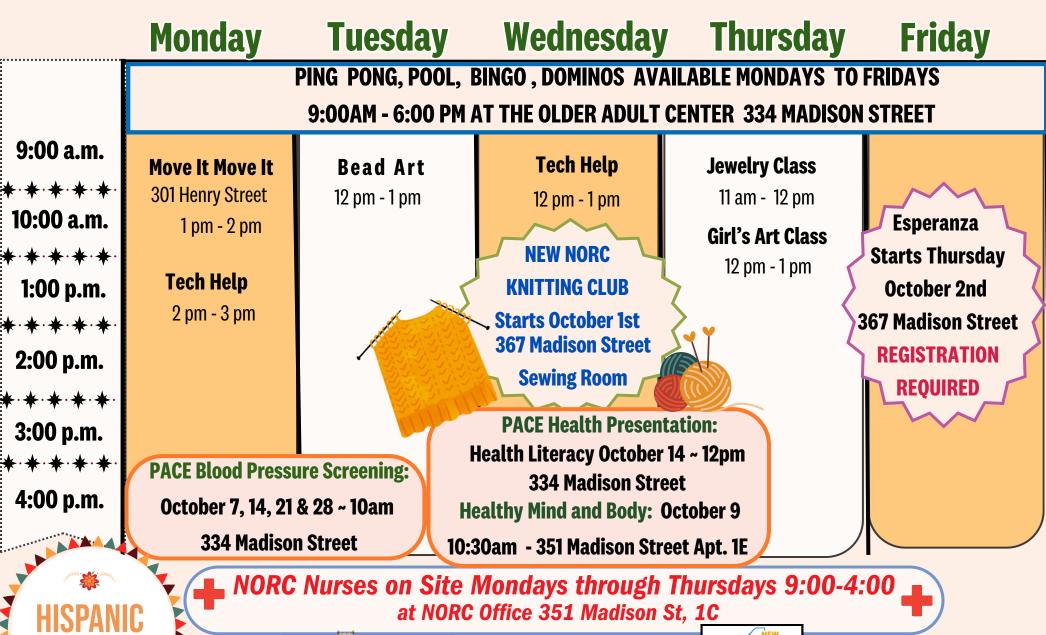
Vladack Cares NORC Activities October 2025

CLASSES LOCATED AT HENRY STREET OLDER ADULT CENTER 334 MADISON ST LOWER LEVEL



Department for

Office for the Aging

the Aging

HENRY STREET SETTLEMENT

Funded By:

October 2025 Events



Welcome our NORC students!

Here to help you provide support

September 2025 to May 2026

Ariany

Brenda

Jhan

Kalman

Delaiah

Shoshana

Elaine



Commit to walking three times a week from September 22- October 31

In-Person Walks with HSS Staff
Mondays afternoon outside OAC @ 1:00
Friday Morning outside OAC @ 10:30
Weekly Check In Call with Student

Sign Up Today with NORC Staff!

IMPROVE YOUR ARTHRITIS & OSTEOPOROSIS PAIN GAIN STRENGTH AND BALANCE

STRECHING, WARM UPS, AND EXERCISE SAFETY

Case Management assistance available by appointment only

afternoons 1:00 to 4:00

To make an appointment:

- Speak with NORC Front Desk in Apartment 1B
- Call us at 212-477-0455
- Schedule directly with your NORC case manager



9:00AM - 12:00 Noon