

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director

Hello OAC Family.

As the leaves begin to turn and the air becomes crisp, October arrives, bringing with it a beautiful sense of change, reflection, and coziness.

This is a wonderful time of year to slow down, just a bit and savor the things that truly matter: good company, meaningful connections, and personal wellbeing. I hope you've all enjoyed the final days of summer and are feeling energized for the autumn activities and programs we have planned.

We've focused on this season one of connection and inspiration. Whether you've joining a class, volunteering, or simply having a cup of coffee with a friend, your presence is what makes our community so vibrant.

Thank you for being such an essential and active part of our organization. Please don't hesitate to reach out to me or any of the staff. We look forward to seeing you around.

Take care of each other!!!

Jasmine



OCTOBER 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

- 10/3-Hispanic Heritage Celebration
- 10/15-Item Bingo
- 10/20 Walk for Breast Cancer Awareness
- 10/22- Broadway Show (Buena Vista)
- 10/31- Halloween Birthday Celebration
- 10/6-FREE HAIR CUTS



SNAPSHOT

Presentation

- 10/7, 14, 21, and 28th Blood Pressure screenings with PACE Students 10am to 12pm
- 10/9- Respiratory Virus Season (Virtual Webinar) NYC Health
- 10/14- Health Literacy w/PACE
- 10/21 – Financial Scams w/ Carter Burden
- 10/30 – Nutrition Education



The computer room is closed
Please refer to the Attain Lab at
301 Henry Street

What's New?

- Silver Shield (Starts on 10/23 @ 10am)
-Gain confidence and skills to enhance your personal safety. Highly effective strategies and movement that are adaptable to all ability levels.
- Art from the Heart w/Rose X (Starts 10/20 @ 12PM)
-Unleash your inner artist and discover the profound joy of self-expression. This class is designed for all skill levels-especially beginners-who want to use art as a tool for emotional release, mindfulness, and personal discovery

Meal Service

Lunch
Dinner

Sunday

12:00 PM- 1PM
X

Mon-Fri

11:30 AM- 1:00PM
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 PM to 1:00PM**
(12PM – 1PM Sundays)
Dinner 3:00 PM to 4:00PM




HENRY STREET SETTLEMENT

Older Adult Center



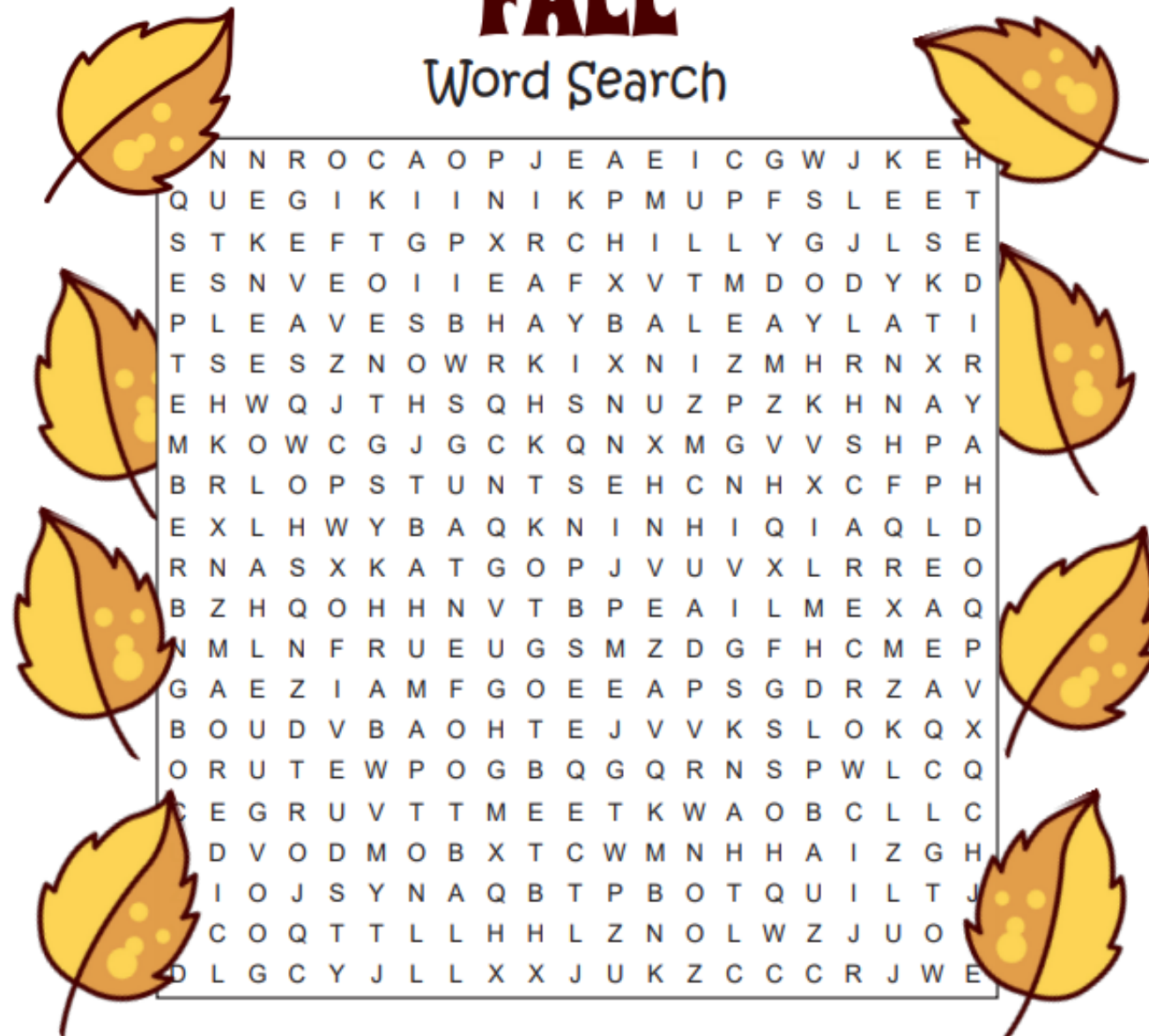
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Trips And Events Sign-Ups Are From Monday to Friday Only, 10am To 12pm, 2pm-4pm. **Please see Briana or Olivia. All Participants Must Be Pre-Registered BEFORE the Day of Birthday Party Offered Daily from 8:00 AM 4:45 PM Billiards / Dominos /Board Games Tech Help 2nd Friday of the month /Ping Pong / Gym Facilities. 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).			<div>1</div> <div>11am-12pm Mindful Masterpieces w/ Bianca in the Library 10 AM- Self Defense w/Andres 12-1pm-Tech Help w/Noa (NORC) 2PM- Calligraphy w/Mr. Jiang 1-5PM- Sewing Group (367 Madison St.)</div> <div></div>	<div>2</div> <div>11AM- Jewelry Class (NORC) 1PM- Art w/Girl 2pm- Chinese Karaoke in Library</div> <div></div>	<div>3</div> <div>9am-5pm Greenwich House (in Library) 9:45-10:45AM: Tai Chi w/ Alex 10:30AM – Walk With Ease (NORC) 1:00PM: Hispanic Heritage Celebration (Outdoors) 1-5pm- Sewing Group (367 Madison St.)</div> <div></div>
<div>5</div> <div>10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo</div> <div></div>	<div>6</div> <div>9:30AM- Ballroom Dance w/Simon 10am-5pm- Free Hair Cuts 10:30AM- Yoga w/Susan 1PM – Walk With Ease (NORC) 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)</div> <div></div>	<div>7</div> <div>10:00AM-AfroBeats/w Patricia 10-12pm-PACE/Blood Pressure 12 1PM-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke</div> <div></div>	<div>8</div> <div>11am-12pm Mindful Masterpieces w/ Bianca in the Library 10AM- Self Defense w/Andres 12-1pm-Tech Help w/Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.) 9am-5pm Greenwich House (in Library)</div> <div></div>	<div>9</div> <div>10am-Parparing for Respiratory Virus Season (Virtual Webinar) 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 2pm- Chinese Karaoke in Library</div> <div></div>	<div>10</div> <div>9am-5pm Greenwich House (in Library) 9:45-10:45AM: Tai Chi w/ Alex 10:30AM – Walk With Ease (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</div> <div></div>
<div>12</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div></div>	<div>13</div> <div>CLOSED</div> <div></div>	<div>14</div> <div>10:00AM-AfroBeats/w Patricia 10-12pm-PACE/Blood Pressure 12-1pm-Bead Art (NORC) 12:30PM- Presentation: Health Literacy w/PACE 3:30PM- Karaoke</div> <div></div>	<div>15</div> <div>11am-12pm Mindful Masterpieces w/ Bianca in the Library 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 1:30PM Item Bingo 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.) 9am-5pm Greenwich House (in Library)</div> <div></div>	<div>16</div> <div>11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 2pm- Chinese Karaoke in Library</div> <div></div>	<div>17</div> <div>9am-5pm Greenwich House (in Library) 9:45-10:45AM: Tai Chi w/ Alex 10:30AM – Walk With Ease (NORC) 1-5pm- Sewing Group (367 Madison St.)</div> <div></div>
<div>19</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div></div>	<div>20</div> <div>9:30AM-Ballroom Dance w/Simon 10 -12pm: Nails w/ Ellen 10:30AM- Yoga w/Susan 1PM- Breast Cancer Awareness Walk 2PM -Art from the Heart w/Rose X 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)</div> <div></div>	<div>21</div> <div>10:00AM-AfroBeats/w Patricia 10-12pm-PACE/Blood Pressure 12PM – Financial Scams w/ Carter Burden 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke</div> <div></div>	<div>22</div> <div>10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 1pm-TRIP: Broadway Show (Buena Vista Social Club) RAFFLED 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.) 9am-5pm Greenwich House (in Library)</div> <div></div>	<div>23</div> <div>10am-New Class: Silver Shield 12PM- Art w/Girl (NORC) 11am Jewelry Class (NORC) 2pm- Chinese Karaoke in Library</div> <div></div>	<div>24</div> <div>9am-5pm Greenwich House (in Library) 9:45-10:45AM: Tai Chi w/ Alex 10:30AM – Walk With Ease (NORC) 1-5pm- Sewing Group (367 Madison St.)</div> <div></div>
<div>26</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div></div>	<div>27</div> <div>9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM – Walk With Ease (NORC) 2PM -Art from the Heart w/Rose X 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)</div> <div></div>	<div>28</div> <div>10:00AM-AfroBeats/w Patricia 10-12pm-PACE/Blood Pressure 12-1pm: -Bead Art (NORC) 3:30PM- Karaoke</div> <div></div>	<div>29</div> <div>10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.) 9am-5pm Greenwich House (in Library)</div> <div></div>	<div>30</div> <div>10AM- New Class: Silver Shield 12PM- Art w/Girl (NORC) 12:30PM - Nutrition Education 11am Jewelry Class (NORC) 1PM- Art w/Girl 2pm- Chinese Karaoke in Library</div> <div></div>	<div>31</div> <div>9am-5pm Greenwich House (in Library) 9:45-10:45AM: Tai Chi w/ Alex 10:30AM – Walk With Ease (NORC) 1:30pm-Birthday Celebration & Halloween Party 1-5pm- Sewing Group (367 Madison St.) Happy Halloween</div> <div></div>

OCTOBER 2025 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal) Cost for Center members: \$1.50 Non-Center member: \$5.00</div> <div> Meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread The menu is subject to change. Plant Based Lunch and Dinner Offered Once a Week</div> <div>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</div>					
			1	2	3
			LUNCH: Beef & Cheese Lasagna w/Cabbage & Peas Salad DINNER: Arroz con Pollo w/Spanish Style Lima Bean Stew	LUNCH: Baked Fish w/Brown Rice & Caribbean Slaw DINNER: Cheese Pizza w/Garden Salad	LUNCH: Turkey Bolognese w/Pasta & Steamed Vegetables DINNER: Penne w/White Beans, Eggplant & Tomatoes w/Garden Salad
5	6	7	8	9	10
LUNCH: BBQ Chicken Breasts w/Macaroni & Cheese and Steamed Cabbage DINNER: Baked Ziti w/Turkey & Garden Salad	LUNCH: Lemon Garlic Baked Fish w/Yellow Rice & Baby Carrots DINNER: Baked Ziti w/Turkey & Garden Salad	LUNCH: Chicken Fajitas w/Whole Wheat Tortillas & Carrot Jicama Slaw DINNER: Beef Hamburger w/French Fries & House Salad	LUNCH: Shepherds Pie w/Garden Salad DINNER: African Stewed Black-Eyed Peas & Okra w/Jollof Rice & Garden Salad	LUNCH: Pork Spare Ribs w/Garlic Mashed Potatoes & Southern Greens DINNER: General Tso's Chicken w/Vegetable Lo Mein & Broccoli w/Teriyaki Sauce	LUNCH: Chicken Adobo w/Wild Rice Pilaf & Arugula Salad DINNER: Spanish Style Baked Fish w/Pearled Barley & Stewed Tomatoes
12	13	14	15	16	17
LUNCH: Crispy Tofu Veggie Stir-Fry w/Brown Rice and Broccoli & Peppers	CLOSED	LUNCH: Beef Picadillo w/Cilantro Lime Rice & Mexican Style Refried Pinto beans DINNER: Pork Griot w/Coconut Rice & Steamed Vegetables	LUNCH: Hearty Red Lentil Pasta Sauce w/Pasta & Garden Salad DINNER: Stewed Beef w/Roasted Potatoes & Steamed Vegetables	LUNCH: Turkey Meatloaf w/Garlic Mashed Potatoes & Steamed Vegetables DINNER: Koren Lentil Sloppy Joes w/Sweet Potato Fries & House Salad	LUNCH: Chicken Gumbo w/Jollof Rice & Steamed Vegetables DINNER: Pizza Bar with Italian Roasted Vegetables
19	20	21	22	23	24
LUNCH: Baked Falafel w/Quinoa and Broccoli & Peppers	LUNCH: Spanish Style Baked Fish w/Orzo & Italian Cut Green Beans DINNER: Stuffed Peppers w/Beef & Wild Rice and Steamed Vegetables	LUNCH: Very Veggie Chili w/Quinoa & Arugula Sald DINNER: Oven Fried Chicken Wings w/Macaroni & Cheese & Steamed Vegetables	LUNCH: Chicken Spaghetti Casserole w/Steamed Vegetables DINNER: Baked Fish w/Quinoa & Steamed Vegetables	LUNCH: Beef & Pepper Pasta w/Zucchini Provencal DINNER: Baked Turkey meatballs w/Roasted Potatoes & Steamed Vegetables	LUNCH: Apricot Glazed Pork Chops w/Roasted Potatoes & Roasted Vegetables DINNER: Vegetable Lasagna w/Italian Chi pea Salad
26	27	28	29	30	31
LUNCH: Turkey Cheese Burger w/French Fries & Carrot Raisin Slaw	LUNCH: Italian Roasted Pork w/Pearled Barley & Honey Roasted Cauliflower DINNER: Baked Chicken Thighs w/Egg Noodles & Steamed Vegetables	LUNCH: Stewed Pinto Beans w/Arroz con Guandules & Steamed Zucchini DINNER: Beef Pot Roast w/Mushrooms Garlic Mashed Potatoes & Roasted Vegetable	LUNCH: Swedish Meatballs w/Garlic Mashed Potatoes & Apple-Beet Salad DINNER: Baked Fish with Rustic Tomato Pasta & Steamed Vegetables	LUNCH: Chicken Tikka Masala w/Brown Rice Briyani & Baby Carrots w/Parsley DINNER: Spaghetti w/Hearty Red Lentil Sauce & Steamed Vegetables	LUNCH: Baked Flounder w/Brown Mushroom Rice & Broccoli DINNER: Savory Turkey Meatloaf w/Roasted Potatoes & Steamed Vegetable

FALL

Word Search

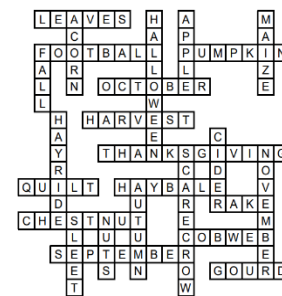


ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

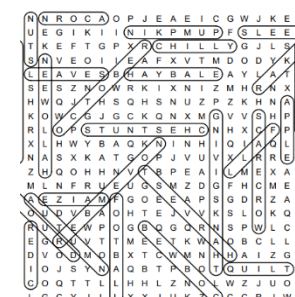
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

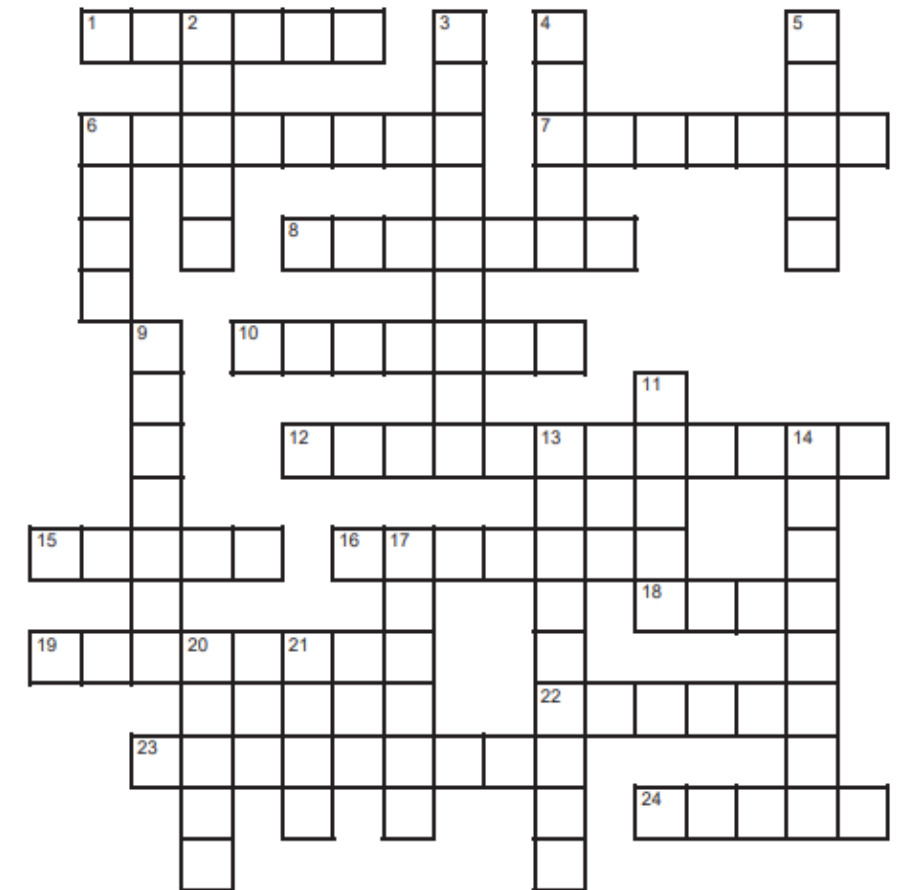
DIRECTIONS:
Find and circle the
vocabulary words in
the grid. Look for
them in all directions
including backwards
and diagonally.



SOLUTION



I LOVE FALL



Acorn
Apple
Autumn
Chestnut
Cider
Cobweb
Fall
Football
Gourd
Halloween
Harvest
Hay Bale
Hayride
Leaves
Maize
November
Nuts
October
Pumpkin
Quilt
Rake
Scarecrow
September
Sleet
Thanksgiving

ACROSS

1. They fall from trees.
6. Popular autumn sport.
7. Jack-o-lantern gourd.
8. The 10th month of the year.
10. The gathering of crops.
12. The fourth Thursday in November.
15. Might be patchwork.
16. Seat at a square dance (two words).
18. Leaf gathering yard tool.
19. They are roasted on an open fire.
22. Halloween decoration made by a spider.
23. The 9th month of the year.
24. Decorative squash.

DOWN

2. Oak tree's fruit.
3. October 31st.
4. Honeycrisp.
5. Also known as corn.
6. The season that follows summer.
9. Fun activity on a farm.
11. Drink made from apples.
13. Used to keep birds off of crops.
14. The 11th month of the year.
17. Another word for the fall season.
20. Semi-frozen rain.
21. What squirrels often gather.

