

Vladack Cares NORC Activities November 2025

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

Monday

Tuesday

Wednesday

Thursday

Friday

OLDER ADULT CENTER
334 MADISON STREET

PING PONG, POOL, BINGO , DOMINOS
AVAILABLE

MONDAYS TO FRIDAYS
9:00AM - 6:00 PM

9:00 a.m.

Move It Move It
301 Henry Street
1 pm - 2 pm

Bead Art
12 pm - 1 pm

Tech Help
12 pm - 1 pm

Esperanza
10:30 am - 12 pm
**REGISTRATION
REQUIRED**

Jewelry Class
11 am - 12 pm

Girl's Art Class
12 pm - 1 pm

Mind & Body

Thursday
November 6 & 20
10:30 am-11:30 am

351 Madison Street 1E

PACE
Health Presentation:
Diabetes Awareness
November 18 ~ 12pm
Older Adult Center

10:00 a.m.

1:00 p.m.

Tech Help
2 pm - 3 pm

**PACE Blood
Pressure Screening:**
Nov. 18 & 25
Older Adult Center
10 am - 12 pm



2:00 p.m.

3:00 p.m.

4:00 p.m.

+ NORC Nurses on Site Mondays through Thursdays 9:00-4:00
at NORC Office 351 Madison St, 1C

Funded By:



NYC Department for
the Aging



GIVE
THANKS

Autumn

happy
Thanksgiving

NORC IS
THANKFUL FOR
YOUR
CONTINUED
SUPPORT

OFFICE CLOSED
NOVEMBER
27 AND 28

Fall

VLADECK NORC OFFICE

WALK IN HOURS:

9:00AM – 12:00 Noon

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

Vladack Cares NORC Activities 十一月活動

課程位於 **HENRY STREET OLDER ADULT CENTER 334** 麥迪遜街

星期一 星期二 星期三 星期四 星期五

GIVE
THANKS

和乒乓球, 英式撞球, 賓果, 骨牌. 早上九點至下午六點 星期二至星期五

9:00 a.m.

运动起来
301 亨利街

串珠課
12 pm - 1 pm

技術幫助 Noa
12 pm - 1 pm

珠寶課
11 am - 12 pm

10:00 a.m.

1 pm - 2 pm

PACE 血壓:

NORC 針織

藝術 Girl

1:00 p.m.

技術幫助 Noa
2 pm - 3 pm

11月
18日和 25日

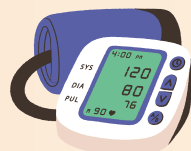
367 麥迪遜街
縫紉室
1 pm - 2 pm

12 pm - 1 pm

2:00 p.m.

10am

334 麥迪遜街



3:00 p.m.

身心健康
11月6日20日

PACE 健康簡報:
糖尿病認知
十一月十八日

12pm

351 麥迪遜街

4:00 p.m.

10:30am
351 麥迪遜街 - 1E



護士間時-星期一至星期四 上午九點到下午四點
請注意: 護士地址 **351 麥迪遜街-1C**



Funded By:



HENRY STREET
SETTLEMENT

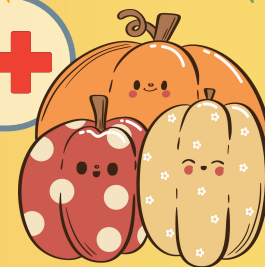
Vladack Cares NORC



Department for
the Aging



Office for the Aging





我們感謝您
一直以來
的支持

辦公室已關閉
十一月
二十七 和二十八

Case Management assistance available
by appointment only
afternoons 1:00 to 4:00

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VLADECK NORC OFFICE

WALK IN HOURS:

9:00AM – 12:00 Noon

Vladack Cares NORC Actividades Noviembre 2025

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

Lunes

Martes

Miércoles

Jueves

Viernes

Centro de Adultos Mayores

334 Madison Street

PING PONG, BILLAR, BINGO , DOMINOS

Lunes a Viernes Disponible 9:00am- 6:00 pm

9:00 a.m.

Muévelo Muévelo

1 pm - 2 pm

301 Henry Street

Ayuda técnica con

Noa

2 pm - 3 pm

10:00 a.m.

**Arte con
cuentas**

12 pm - 1 pm

**PACE Presión
arterial**

Noviembre 18 Y 25

10am

Older Adult Center



Ayuda técnica con

Noa

12 pm - 1 pm

Tejido de punto

367 Madison Street

Sala de costura

1 pm - 2 pm

Clase de joyería

11 am - 12 pm

Girl's Clase de arte

12 pm - 1 pm

Mente y cuerpo

sanos:

Noviembre 6 Y 20

351 Madison Street

Apt. 1E

PACE

**Presentación de Salud:
Concienciacion sobre la
diabetes**

November 18 ~ 12pm

Older Adult Center

**+ NORC Nurses on Site Mondays through Thursdays 9:00-4:00
at NORC Office 351 Madison St, 1C**

Funded By:



**HENRY STREET
SETTLEMENT**

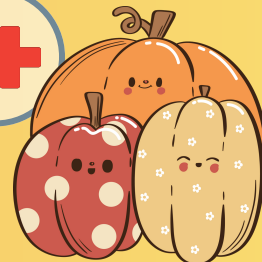
Vladack Cares NORC

NYC

**Department for
the Aging**



Office for the Aging



GIVE
THANKS

Autumn

Happy
Thanksgiving

NORC
ESTA
AGRADECIDO
POR SU APOYO

OFFICINA
CERRADO
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