

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## Message from the Director:

Dear OAC Family,

As we enter the month of December, I want to take a moment to extend my heartfelt appreciation to each of you. This season invites reflection—on the challenges we have overcome, the connections we have made, and the joys that brighten our days.

December can be a time of celebration, but it can also bring moments of quiet or even loneliness. Please remember that you are not alone. Our doors are open, and our programs, gatherings and support services are here to ensure you feel valued, engaged, and connected.

As we look toward the New year, I hope this season brings you peace, warmth, and moments of joy, whether shared with loved one, enjoyed in a favorite tradition, or discovered in something new. Thank you for being an essential part of our community and for allowing us to be part of your journey.

Henry Street Settlement OAC would like to give our sincere condolences to The Family of:

Candida Silva 12/9/44-11/26/25 May She Rest in Peace

Jasmine

# DECEMBER 2025



## OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels



SCAN TO  
ACCESS OUR  
CALENDAR  
ONLINE

## SNAPSHOT

### Trips, Events & Celebration

- 12/2- L.E.S. Holiday Light Ceremony
- 12/8-Holiday Crafts w/Students
- 12/9 thru 11/12- Pool Tournament
- 12/10- WALMART Valley Stream
- 12/11- Cookie Decorating w/Macys
- 12/12, 18<sup>th</sup>, and 23<sup>rd</sup> Craft and Cocoa events
- 12/16- Radio City Music Hall Christmas show
- 12/19- Birthday/Christmas Celebration

### Presentation

- 12/2-AIDS Awareness
- 12/5, 12, 19, and 26th- Women's Social Group
- 12/17- Arthritis and B/P screenings w/Healthcare Protectors
- 12/18- Nutrient Education w/Amelia



### What's New?

- Online Shopping 101  
*-Come attend this class to learn the basics of online shopping and avoid the dangers of it as well.*
- Silver Shield  
*-Gain confidence and skills to enhance your personal safety. Highly effective strategies and movement that are adaptable to all ability levels.*



## 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

<div>          </div>	<div>          </div>	<div>          </div>	<div>          </div>	<div>          </div>	<div>          </div>
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>  </div>	<div> <div>1</div> <div>           9:30AM- Ballroom Dance w/<i>Simon</i>            10am- FREE HAIR CUTS            10:30AM- Yoga w/Susan            2 - 4PM- Tech Help (NORC)            3PM - Karaoke            1-5pm- Sewing (367 Madison St.)         </div> <div>  </div> </div>	<div> <div>2</div> <div>           10:00AM-AfroBeats/w Patricia            10am- 12pm- Pace Blood Pressure screenings            12- 1PM-Bead Art (NORC)  <b>12:30pm-Presentation: (PACE) AIDS Awareness Month</b>            1:15PM-Fashion Art w/Mary            2- 4PM - Art from the Heart w/Rose X  <b>4PM – L.E.S Holiday Light Ceremony</b> </div> </div>	<div> <div>3</div> <div> <b>11am-12pm Grieving Support Group w/ Bianca in the Library</b>            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>	<div> <div>4</div> <div>           10am- Silver Shield            11am Jewelry Class (NORC)            12PM- Art w/Girl (NORC)            2pm- Chinese Karaoke in Library         </div> <div>  </div> </div>	<div> <div>5</div> <div>           9:45-10:45AM: Tai Chi w/ Alex            9am-5pm Greenwich House (in Library)  <b>2PM-3PM- Women’s Social w/Bianca</b>            9am-1pm – VIBE w/ Turo            2 – 3:30pm - Tech Help w/ Noa            1-5pm- Sewing Group (367 Madison St.)         </div> </div>
<div> <div>7</div> <div>           10:30 – 11:30 AM – Line Dancing w/ David         </div> <div>  </div> </div>	<div> <div>8</div> <div>           9:30AM-Ballroom Dance w/<i>Simon</i>            10:30AM- Yoga w/Susan  <b>1PM- HOLIDAY CRAFTS w/ STUDENTS</b>            2 - 4PM- Tech Help (NORC)            3PM- Karaoke            1-5pm- Sewing (367 Madison St.)         </div> </div>	<div> <div>9</div> <div>           10:00AM-AfroBeats/w Patricia            12-1pm-Bead Art (NORC)            2- 4PM - Art from the Heart w/Rose X         </div> <div> <b>Pool Tournaments Starts. See Felix Morales for participation</b> </div> </div>	<div> <div>10</div> <div>           11am-12pm Mindful Masterpieces w/ Bianca in the Library  <b>10am- TRIP: WALMART</b>            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>11</div> <div>           10am- Silver Shield            11am Jewelry Class (NORC)            12PM- Art w/Girl (NORC)            1PM- Art w/Girl  <b>1:30PM – Cookie Decorating w/ Macys.</b>            2pm- Chinese Karaoke in Library         </div> </div>	<div> <div>12</div> <div>           9:45-10:45AM: Tai Chi w/ Alex            9am-5pm Greenwich House (in Library)            2-3:30PM- Tech Help w/Noa  <b>2pm-3pm- Women’s Social w/Bianca</b>            9am-1pm – VIBE w/ Turo            1-5pm- Sewing Group (367 Madison St.)  <b>1:30 – 4PM: Crafts &amp; Cocoa Event</b> </div> <div> <b>Pool Tournaments Ends</b> </div> </div>
<div> <div>14</div> <div>           10:30 – 11:30 AM – Line Dancing w/ David            10:30:AM-Crafts w/Crystal         </div> <div>           Hanukkah Begins         </div> </div>	<div> <div>15</div> <div>           9:30AM-Ballroom Dance w/<i>Simon</i>            10-5pm – Pablo’s Free Haircuts            10:30AM- Yoga w/Susan            2 - 4PM- Tech Help (NORC)            3PM-Karaoke            1-5pm- Sewing (367 Madison St.)         </div> </div>	<div> <div>16</div> <div>           10:00AM-AfroBeats/w Patricia  <b>12PM-TRIP: Radio City Music Hall Xmas Show</b>            12-1pm: -Bead Art (NORC)            1:15PM-Fashion Art w/Mary            2- 4PM - Art from the Heart w/Rose X         </div> </div>	<div> <div>17</div> <div>           10 AM- Self Defense w/Andres            12-1pm- Tech Help w/ Noa (NORC)  <b>12:30-2:30 Presentation: Arthritis w/Health Care Protectors</b>            2PM- Chinese Calligraphy            1-5pm- Sewing Group (367 Madison St.)            9am-5pm Greenwich House (in Library)         </div> </div>	<div> <div>18</div> <div>           10am- Silver Shield            12PM- Art w/Girl (NORC)  <b>12:30- Nutrient Education: Food Safety Tips for the Holidays</b>            11am Jewelry Class (NORC)            2pm- Chinese Karaoke in Library  <b>1:30 – 4PM: Crafts &amp; Cocoa Event</b> </div> </div>	<div> <div>19</div> <div>           9:45-10:45AM: Tai Chi w/ Alex            9am-5pm Greenwich House (in Library)  <b>1:30PM – December Birthday/Holiday Party</b>  <b>2pm-3pm- Women’s Social w/Bianca</b>            1-5pm- Sewing Group (367 Madison St.)         </div> </div>
<div> <div>21</div> <div>           10:30 – 11:30 AM – Line Dancing w/ David         </div> </div>	<div> <div>22</div> <div>           9:30AM-Ballroom Dance w/<i>Simon</i>            10:30AM- Yoga w/Susan            10am-12pm Nails w/Ellen            2 - 4PM- Tech Help (NORC)  <b>3PM- Karaoke</b>            1-5pm- Sewing (367 Madison St.)         </div> </div>	<div> <div>23</div> <div>           10:00AM-AfroBeats/w Patricia            12-1pm: -Bead Art (NORC)            2- 4PM - Art from the Heart w/Rose X  <b>1:30 – 4PM: Crafts &amp; Cocoa Event</b> </div> </div>	<div> <div>24</div> <div>           10 AM- Self Defense w/Andres            12-1pm- Tech Help w/ Noa (NORC)         </div> <div>           1 / 2 DAY         </div> </div>	<div> <div>25</div> <div>  </div> </div>	<div> <div>25</div> <div>  </div> </div>
<div> <div>28</div> <div>           10:30 – 11:30 AM – Line Dancing w/ David         </div> <div>  </div> </div>	<div> <div>29</div> <div>           9:30AM-Ballroom Dance w/<i>Simon</i>            10:30AM- Yoga w/Susan            2 - 4PM- Tech Help (NORC)  <b>3PM- Karaoke</b>            1-5pm- Sewing (367 Madison St.)         </div> </div>	<div> <div>30</div> <div>           10:00AM-AfroBeats/w Patricia            12-1pm: -Bead Art (NORC)            1 – 2PM – Online Shopping 101 w/ Briana            2- 4PM - Art from the Heart w/Rose X         </div> </div>	<div> <div>31</div> <div>           10 AM- Self Defense w/Andres            12-1pm- Tech Help w/ Noa (NORC)         </div> <div>           1 / 2 DAY            Closed January 1<sup>st</sup> </div> </div>	<div> <div>           Trips And Events Sign-Ups Are from Monday to Friday Only, 10am To 12pm, 2pm-4pm. <b>**Please see Briana or Olivia.</b>            All Participants Must Be Pre-Registered <b>BEFORE</b> the Day of Birthday Party Offered Daily from 8:00 AM 4:45 PM Billiards / Dominos /Board Games Tech Help 2<sup>nd</sup> Friday of the month /Ping Pong / Gym Facilities.            Tech Help w/Noa Every Monday at 2PM, Wednesday at 11:30AM For Clients of NORC Vladeck Cares Program sponsored activities are indicated as (NORC).         </div> </div>	



# DECEMBER 2025 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 <b>LUNCH:</b> Spanish Style Steamed Flounder w/Creamy Orzo & Italian Cut Green Beans <b>DINNER:</b> Stuffed Peppers w/Beef & Wild Rice w/Steamed Vegetables	2 <b>LUNCH:</b> Very Veggie Chili w/Quinoa & Roasted Vegetables <b>DINNER:</b> Oven Baked Chicken Wings w/Baked Macaroni & Cheese & Steamed Vegetables	3 <b>LUNCH:</b> Chicken Spaghetti Casserole w/California Blend Vegetables <b>DINNER:</b> Baked Salmon in a Butter Sauce w/Herbed Quinoa & Steamed Vegetables	4 <b>LUNCH:</b> Italian Beef & Peppers Rotini Pasta w/Roasted Zucchini <b>DINNER:</b> BBQ Turkey Meatballs w/Rosemary & Garlic Roasted Potatoes w/Roasted Vegetables	5 <b>LUNCH:</b> Baked Pork Chops w/Roasted Potatoes & Roasted Vegetables <b>DINNER:</b> Roasted Root Vegetable Lasagna w/Italian Chickpea Salad
7 <b>LUNCH:</b> Turkey Burger w/Cheese Baked Fries & Steamed Vegetables	8 <b>LUNCH:</b> Italian Roasted Pork w/Pearled Barley & Squash Pilaf & Roasted Vegetables <b>DINNER:</b> Kalamata Olive & Tomato Baked Chicken w/Greek Briam Style Roasted Zucchini & Potatoes	9 <b>LUNCH:</b> Stewed Pinto Beans w/Mexican Rice & Roasted Vegetables <b>DINNER:</b> Henry Street Beef Pot Roast w/Baked Potatoes & Peas w/Mushrooms	10 <b>LUNCH:</b> Swedish Turkey Meatballs w/Garlic Parmesan Mashed Potatoes & Steamed Vegetables <b>DINNER:</b> Baked Salmon w/Rustic Tomato Sauce w/Garlic Tomato Creamy Pasta & Steamed Vegetables	11 <b>LUNCH:</b> Chicken Tikka Masala w/Brown Rice Briyani & Roasted Baby Carrots <b>DINNER:</b> Hearty Red Lentil Sauce Pasta Bake w/Thyme Roasted Butternut Squash	12 <b>LUNCH:</b> Baked Flounder w/Rice Pilaf & Roasted Broccoli w/Peppers <b>DINNER:</b> Herbed Turkey Meatloaf w/Mushroom Gravy w/Savory Garlic Roasted Potatoes & Green Beans Lyonnaise
14 <b>LUNCH:</b> Roasted Pork w/Chow Mein & Asian Cucumber Salad	15 <b>LUNCH:</b> Roasted Garlic Chicken w/Sundried Tomato Egg Noodles & Creamed Spinach <b>DINNER:</b> Sofrito Steak & Peppers White Rice Bowl w/Various Vegetable Toppings	16 <b>LUNCH:</b> Black Bean Burritos w/Brown Rice, Pineapple Salsa & Roasted Beets <b>DINNER:</b> Cajun Roasted Pulled Turkey Breast w/Maple Roasted Sweet Potato Slices w/Steamed	17 <b>LUNCH:</b> Breaded Cod Sandwich w/Sweet Potato Fries & Broccoli Slaw <b>DINNER:</b> Brown Stewed Jamaican Chicken w/Rasta Pasta & Pineapple Slaw	18 <b>LUNCH:</b> Roasted Chicken in Mushroom Gravy w/Cauliflower Rice & Brussel Sprouts <b>DINNER:</b> Southern Style Braised Tofu Bowl w/Barley & Braised Kale	19 <b>LUNCH:</b> BBQ Pork Chops w/Roasted Red Bliss Potatoes & Steamed Vegetables <b>DINNER:</b> Chicken Marsala w/Cheese Tortellini & Italian Roasted Vegetable Salad
21 <b>LUNCH:</b> Chinese Style Beef & Broccoli w/Lo Mein & Roasted Vegetables	22 <b>LUNCH:</b> Chicken Alfredo w/Gemelle Pasta & Vegan Caesar Salad <b>DINNER:</b> Salisbury Steak Florentine w/Roasted Cheesy Potatoes & Pan-Seared Vegetables	23 <b>LUNCH:</b> Cuban Vegan Picadillo w/Cilantro Lime Brown Rice & Roasted Yellow Squash <b>DINNER:</b> Sweet & Sour Maui Style Pork w/Herbed Egg Noodles & Hawaiian Stir Fry Broccoli	24 <b>LUNCH:</b> Beef & Cheese Lasagna w/Roasted Root Vegetables 1 / 2 DAY	25 	26 
28 <b>LUNCH:</b> Sweet & Sour Turkey meatballs w/Udom Noodles & Capri Blend Vegetables	29 <b>LUNCH:</b> Lemon Garlic Baked Salmon w/Rice Pilaf & Steamed Vegetables <b>DINNER:</b> Ground Turkey Pasta Bake w/Greek Salad	30 <b>LUNCH:</b> Chicken Fajitas w/Whole Wheat Tortillas & Roasted Corn Medley w/Peppers <b>DINNER:</b> Beef Cheeseburger Bar w/Various Cheese Fries & Various Toppings w/Henry Street House Salad	31 <b>LUNCH:</b> General Tso's Chicken w/Fried Rice & Broccoli w/Teriyaki Sauce 1 / 2 DAY Closed January 1 <sup>st</sup>	<p><b>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</b></p> <p><b>Cost for Center members: \$1.50</b> <b>Non-Center member: \$5.00</b></p> <p><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></p> <p><b>Plant Based Lunch and Dinner Offered Once a Week</b> <b>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</b></p>	

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

# Christmas Treats

## Word Search

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

- BUCHE DE NOEL
- CANDY CANE
- CHOCOLATE
- CLOVES
- COOKIES
- CRANBERRIES
- EGGNOG
- FRUITCAKE




- |             |                |
|-------------|----------------|
| FUDGE       | ORANGES        |
| GINGERBREAD | PUMPKIN PIE    |
| GOOSE       | SCRUMPTIOUS    |
| GRAVY       | STUFFING       |
| HAM         | SUGARPLUMS     |
| MINCEMEAT   | SWEET POTATOES |
| NUTS        | TURKEY         |

### SOLUTION


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

# Christmas Vocabulary


DIRECTIONS: Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.




1→




4→




5→




6→




8→




10→




18→




19→




7↓




3↓




13↓




9↓




15→




11↓



14→



17↓



12→

BELL	SANTA CLAUS
CANDLE	SCARF
CANDY CANE	SKATE
FIRE	SLEIGH
HAT	SNOWFLAKE
HOLLY	SNOWMAN
MITTENS	STOCKING
ORNAMENT	SWEATER
PRESENT	TREE
REINDEER	WREATH