

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

MESSAGE FROM THE DIRECTOR:

Happy New Year! As we welcome 2026, I want to extend my sincere thanks to each of you for being such an important part of our Older Adult Center community. The start of a new year is a wonderful time to reflect, reconnect, and look ahead with optimism and we are excited for all that lies ahead.

January brings fresh opportunities to stay active, learn something new, and enjoy meaningful time together. This month, we are pleased to offer a variety of programs focused on wellness, creativity, and social connection, all designed with your interests and well-being in mind. Whether you join us for fitness classes, educational workshops, games, or special events, we hope you'll find something that inspires and energizes you.

Our center continues to thrive because of your participation, kindness, and support for one another. On behalf of our dedicated staff and volunteers, thank you for making this a welcoming and vibrant place for all.

We look forward to seeing you throughout the month and sharing another great year together. Wishing you a healthy, happy, and fulfilling 2026!!!!

Warm regards,

Jasmine

JANUARY 2026

Bring on the NEW YEAR!

OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

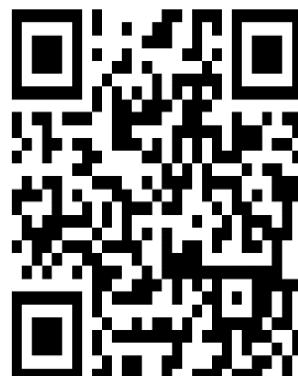
Vladeck Cares NORC

212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels
212-473-1474



SCAN TO
ACCESS OUR
CALENDAR
ONLINE

SNAPSHOT

Trips, Events & Celebration

- 1/6-Three Kings Celebration
- 1/13, 20, 27-NORC Chinese speaking Case Managers
- 1/20-Pool Tournament Starts
- 1/26- Pool tournament Ceremony

Presentation

- 1/14- Medicare/Medicaid w/German
- 1/15, 22- Nutrition Ed. W/ Amelia
- 1/29- Health Pres.: Thyroid Awareness Month (NORC)

What's New?

- **Jazz-n-Motion**
-Gentle jazz style movements to music (Broadway Pop, and Latin etc.) that build strength, balance and coordination while introducing Jazz Dance in a fun supportive setting. Every Thursday starting 1/8 @ 1:30pm to 2:30pm



Meal Service

Sunday

Lunch 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



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JANUARY 2026 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<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</p> <p>Non-Center member: \$5.00</p> <p>All 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>			<p>New Years Day</p> <p>CLOSED</p>	<p>1</p> <p>Happy New Year</p> <p>CLOSED</p>
4	<p>LUNCH: Crispy Tofu & Broccoli Stir Fry w/Brown Rice</p> <p>DINNER: Low Country Stewed Chicken w/Mashed Potatoes & Braised Kale</p>	<p>5</p> <p>LUNCH: Miso Glazed Flounder w/Vegan Pad Thai & Steamed Vegetables</p> <p>DINNER: Roasted Pork Loin w/Coconut Rice & Steamed Vegetables</p>	<p>6</p> <p>LUNCH: Beef Picadillo w/Cilantro Lime Rice & Refried Pinto Beans</p> <p>DINNER: Irish Beef Stew w/Roasted Potatoes & Vegetables</p>	<p>7</p> <p>LUNCH: Red Lentil Pasta Sauce w/Farfalle & Garden Salad</p> <p>DINNER: Korean Lentil Sloppy Joes w/Sweet Potato Fries & House Salad</p>	<p>8</p> <p>LUNCH: Turkey Meatloaf w/Garlic Mashed Potatoes & Steamed Vegetables</p> <p>DINNER: Assorted Pizzas w/Italian Blend Vegetables</p>
11	<p>LUNCH: Baked Falafel w/Quinoa & Broccoli w/Peppers</p> <p>DINNER: Stuffed Peppers w/Beef & Wild Rice & Roasted Vegetables</p>	<p>12</p> <p>LUNCH: Spanish Style Salmon in Brava Sauce w/Orzo & Italian Cut Green Beans</p> <p>DINNER: Oven Baked Chicken Wings w/Macaroni Salad & Steamed Vegetables</p>	<p>13</p> <p>LUNCH: Very Veggie Chili w/Quinoa & House Salad</p> <p>DINNER: Baked Stuffed Flounder w/Quinoa & Roasted Cauliflower</p>	<p>14</p> <p>LUNCH: Chicken Spaghetti Casserole w/Roasted Vegetables</p> <p>DINNER: Baked Stuffed Flounder w/Quinoa & Roasted Cauliflower</p>	<p>15</p> <p>LUNCH: Beef & Pepper Pasta w/Zucchini Provencal</p> <p>DINNER: Turkey Meatballs w/Baked Potatoes & Steamed Vegetables</p>
18	<p>CLOSED</p> <p>Dr. Martin Luther King Jr. Day</p> <p>CLOSED</p>	<p>19</p> <p>LUNCH: Stewed Pinto Beans w/Mexican Rice & Zucchini in Tomato Sauce</p> <p>DINNER: Beef Pot Roast w/Garlic Mashed Potatoes & Roasted Vegetables</p>	<p>20</p> <p>LUNCH: Swedish Meatballs w/Garlic Mashed Potatoes & House Salad</p> <p>DINNER: Baked Salmon in a Rustic Tomato Sauce w/Pasta Primavera & House Salad</p>	<p>21</p> <p>LUNCH: Butter Chicken w/Saffron Rice & Roasted Tri-Color Carrots</p> <p>DINNER: Spaghetti w/Lentil Bolognese & Roasted Eggplant</p>	<p>22</p> <p>LUNCH: Baked Flounder w/Brown Rice w/Mushrooms & Roasted Broccoli</p> <p>DINNER: Savory Turkey Meatloaf w/Mushroom Gravy Roasted Potatoes & Steamed Vegetables</p>
25	<p>LUNCH: Garlic Ginger Glazed Pork w/Chow Mein Noodles & Asian Cucumber Salad</p> <p>DINNER: Sofrito Steak w/White Rice & California Blend Vegetables</p>	<p>26</p> <p>LUNCH: Creamy Garlic Chicken w/Egg Noodles & Baby Spinach Salad</p> <p>DINNER: Roasted Turkey Breast w/Baked Sweet Potatoes & Roasted Brussel Sprouts</p>	<p>27</p> <p>LUNCH: Black Bean Tacos w/Brown Rice & Beet Salad</p> <p>DINNER: Jamaican Stewed Beef w/Yellow Rice & Steamed Vegetables</p>	<p>28</p> <p>LUNCH: Baked Cod Sandwich w/Sweet Potato Fries & House Salad</p> <p>DINNER: Five Spice Tofu w/Barley & Kale</p>	<p>29</p> <p>LUNCH: Baked Mushroom Chicken w/Brown Rice Pilaf & Steamed Brussel Sprouts</p> <p>DINNER: Chicken Marsala w/Gemelle Pasta & Vegan Caeser Salad</p>
					<p>30</p>

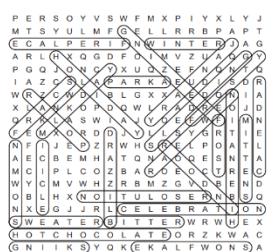
January

BITTER
BLIZZARD
CALENDAR
CELEBRATION
FIREPLACE
FREEZING
FROST
FROSTY
HIBERNATION
HOLIDAY
HOT CHOCOLATE
ICICLE
INDOOR
JANUARY
MITTENS
MLK DAY
NEW YEAR
PARKA
POLAR
RESOLUTION
SCARF
SKIING
SLEDDING
SNOWFLAKE
SNOWMAN
SWEATER
WINTER

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



SOLUTION

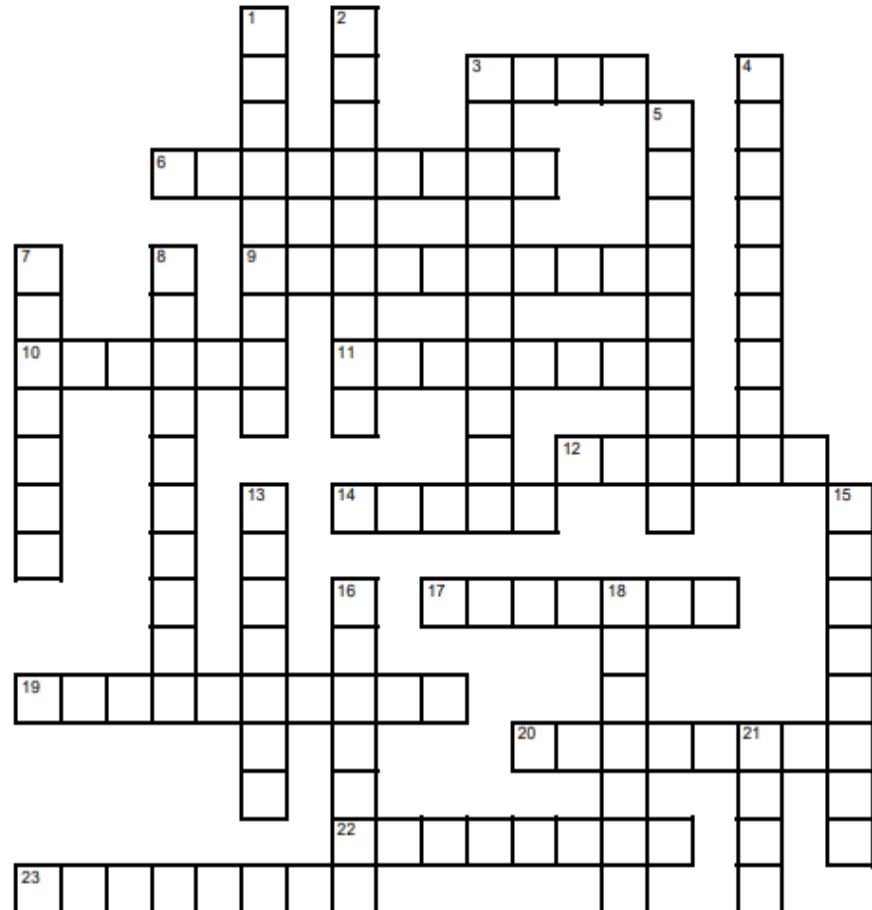


ACROSS

3. Wintry precipitation common in January
6. January's birth flower
9. Restlessness from staying indoors
10. Season in full swing during January
11. Zodiac sign for late January birthdays
12. January's birthstone
14. Icy coating on January mornings
17. Frosty figure built after fresh snowfall
19. Wintertime activity on frozen ponds
20. Comforting chocolate drink for cold days
22. Christian feast day on January 6th
23. Cozy coverings for chilly nights

DOWN

1. Zodiac sign for early January birthdays
2. Arctic mammal taking January swims
3. Unique ice crystals falling from winter skies
4. Cozy spot for gathering on cold evenings
5. Popular destination for winter sports enthusiasts
7. January 1st celebration
8. Winter plunge for warm relaxation
13. First month of the new year
15. Severe January snowstorm
16. Frozen water droplets hanging from roofs
18. Hand warmers for snowy days
21. Typical January weather condition



SOLUTION



Aquarius	Hot Springs
Blankets	Ice Skating
Blizzard	Icicles
Cabin Fever	January
Capricorn	Mittens
Carnation	New Year
Cold	Polar Bear
Epiphany	Ski Resort
Fireplace	Snow
Frost	Snowflakes
Garnet	Snowman
Hot Cocoa	Winter