

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 ect.) 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

Mon-Fri

Lunch

12:00 PM- 1PM

11:30 AM- 1:00PM

Dinner

X

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







January



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 2 nd Friday of the month / Ping Pong / Gym Facilities. Tech Help w/Noa Every Monday at 2PM, Wednesday at 12PM For Clients of NORC Vladeck Cares Program sponsored activities are indicated as (NORC).				 1 Closed	2 <i>Happy New Year</i> Closed
4 10:30 – 11:30 AM – Line Dancing w/ David 	5 9:30AM-Ballroom Dance w/ <i>Simon</i> 10am-12pm- Crafts Club NORC/SWI 10:30AM- Yoga w/Susan 1PM – Move It! (NORC) 301 Henry St. 2 - 4PM- Tech Help (NORC) 3PM- Karaoke 1-5pm- Sewing (367 Madison St.) 	6 10:00AM-AfroBeats/w Patricia 12-1pm-Bead Art (NORC) 1:30PM – Three Kings Day Celebration 2- 4PM - Art from the Heart w/Rose X 	7 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.) 	8 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke in Library 	9 9:45-10:45AM: Tai Chi w/ Alex 9am-5pm Greenwich House (in Library) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 
11 10:30 – 11:30 AM – Line Dancing w/ David 	12 9:30AM-Ballroom Dance w/ <i>Simon</i> 10am-12pm- Crafts Club NORC/SWI 10-5pm – Pablo’s Free Haircuts 10:30AM- Yoga w/Susan 1PM- Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)	13 10:00AM-AfroBeats/w Patricia 10am- NORC Chinese speaking case manager(s) and students (Paper Flowers) 12-1pm: -Bead Art (NORC) Canceled 1:15PM-Fashion Art w/Mary 2- 4PM - Art from the Heart w/Rose X	14 10 AM- Self Defense w/Andres 12:30pm: Medicare/Medicaid w/German 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)	15 11am Jewelry Class (NORC) Canceled 12PM- Art w/Girl (NORC) 12:30pm-Nutrition Ed: Tips on how to Eat Healthier 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke in Library	16 9:45-10:45AM: Tai Chi w/ Alex 10am to 12pm Nails w/Ellen 9am-5pm Greenwich House (in Library) 1-5pm- Sewing Group (367 Madison St.) 
18 	19 	20 10:00AM-AfroBeats/w Patricia 10am- NORC Chinese speaking case manager(s) and students Paper Flowers 12-1pm: -Bead Art (NORC) Canceled 2- 4PM - Art from the Heart w/Rose X Pool Tournament Starts	21 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)	22 11am Jewelry Class (NORC) Canceled 12PM- Art w/Girl (NORC) 12:30pm- Nutrition Ed: Iodine and Thyroid Health 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke in Library	23 9:45-10:45AM: Tai Chi w/ Alex 9am-5pm Greenwich House (in Library) 1-5pm- Sewing Group (367 Madison St) Pool Tournament Ends
25 10:30 – 11:30 AM – Line Dancing w/ David 	26 9:30AM-Ballroom Dance w/Simon 10am-12pm- Crafts Club w/ NORC/SWI 10-5pm – Pablo’s Free Haircuts 10:30AM- Yoga w/Susan 1PM – Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 2:30pm: Pool Tournament Ceremony 3PM- Karaoke 1-5pm- Sewing (367 Madison St.)	27 10:00AM-AfroBeats/w Patricia 10am- NORC Chinese speaking case manager(s) and students (Library 12:00pm-2pm- Healthcare Protector 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary 2- 4PM - Art from the Heart w/Rose X	28 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St)	29 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 12:30pm: Presentation: Thyroid Awareness Month (NORC) 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke in Library	30 9:45-10:45AM: Tai Chi w/ Alex 9am-5pm Greenwich House (in Library) 1:30pm: Monthly Birthday Party 1-5pm- Sewing Group (367 Madison St

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) Cost for Center members: \$1.50 Non-Center member: \$5.00 All 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 ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</p>				New Years Day 1 	Happy New Year 2 
4 LUNCH: Crispy Tofu & Broccoli Stir Fry w/Brown Rice	5 LUNCH: Miso Glazed Flounder w/Vegan Pad Thai & Steamed Vegetables DINNER: Low Country Stewed Chicken w/Mashed Potatoes & Braised Kale	6 LUNCH: Beef Picadillo w/Cilantro Lime Rice & Refried Pinto Beans DINNER: Roasted Pork Loin w/Coconut Rice & Steamed Vegetables	7 LUNCH: Red Lentil Pasta Sauce w/Farfalle & Garden Salad DINNER: Irish Beef Stew w/Roasted Potatoes & Vegetables	8 LUNCH: Turkey Meatloaf w/Garlic Mashed Potatoes & Steamed Vegetables DINNER: Korean Lentil Sloppy Joes w/Sweet Potato Fries & House Salad	9 LUNCH: Chicken Gumbo w/Cajun Rice & Steamed Vegetables DINNER: Assorted Pizzas w/Italian Blend Vegetables
11 LUNCH: Baked Falafel w/Quinoa & Broccoli w/Peppers	12 LUNCH: Spanish Style Salmon in Brava Sauce w/Orzo & Italian Cut Green Beans DINNER: Stuffed Peppers w/Beef & Wild Rice & Roasted Vegetables	13 LUNCH: Very Veggie Chili w/Quinoa & House Salad DINNER: Oven Baked Chicken Wings w/Macaroni Salad & Steamed Vegetables	14 LUNCH: Chicken Spaghetti Casserole w/Roasted Vegetables DINNER: Baked Stuffed Flounder w/Quinoa & Roasted Cauliflower	15 LUNCH: Beef & Pepper Pasta w/Zucchini Provencal DINNER: Turkey Meatballs w/Baked Potatoes & Steamed Vegetables	16 LUNCH: Apricot Glazed Pork Chops w/Roasted Potatoes & Roasted Eggplant DINNER: Vegetable Lasagna w/Italian Chickpea Salad
18 	19 Dr. Martin Luther King Jr. Day 	20 LUNCH: Stewed Pinto Beans w/Mexican Rice & Zucchini in Tomato Sauce DINNER: Beef Pot Roast w/Garlic Mashed Potatoes & Roasted Vegetables	21 LUNCH: Swedish Meatballs w/Garlic Mashed Potatoes & House Salad DINNER: Baked Salmon in a Rustic Tomato Sauce w/Pasta Primavera & House Salad	22 LUNCH: Butter Chicken w/Saffron Rice & Roasted Tri-Color Carrots DINNER: Spaghetti w/Lentil Bolognese & Roasted Eggplant	23 LUNCH: Baked Flounder w/Brown Rice w/Mushrooms & Roasted Broccoli DINNER: Savory Turkey Meatloaf w/Mushroom Gravy Roasted Potatoes & Steamed Vegetables
25 LUNCH: Garlic Ginger Glazed Pork w/Chow Mein Noodles & Asian Cucumber Salad	26 LUNCH: Creamy Garlic Chicken w/Egg Noodles & Baby Spinach Salad DINNER: Sofrito Steak w/White Rice & California Blend Vegetables	27 LUNCH: Black Bean Tacos w/Brown Rice & Beet Salad DINNER: Roasted Turkey Breast w/Baked Sweet Potatoes & Roasted Brussel Sprouts	28 LUNCH: Baked Cod Sandwich w/Sweet Potato Fries & House Salad DINNER: Jamaican Stewed Beef w/Yellow Rice & Steamed Vegetables	29 LUNCH: Baked Mushroom Chicken w/Brown Rice Pilaf & Steamed Brussel Sprouts DINNER: Five Spice Tofu w/Barley & Kale	30 LUNCH: Baked Pork Chops w/Mashed Potatoes & Garden Salad DINNER: Chicken Marsala w/Gemelle Pasta & Vegan Caesar Salad

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.

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

SOLUTION

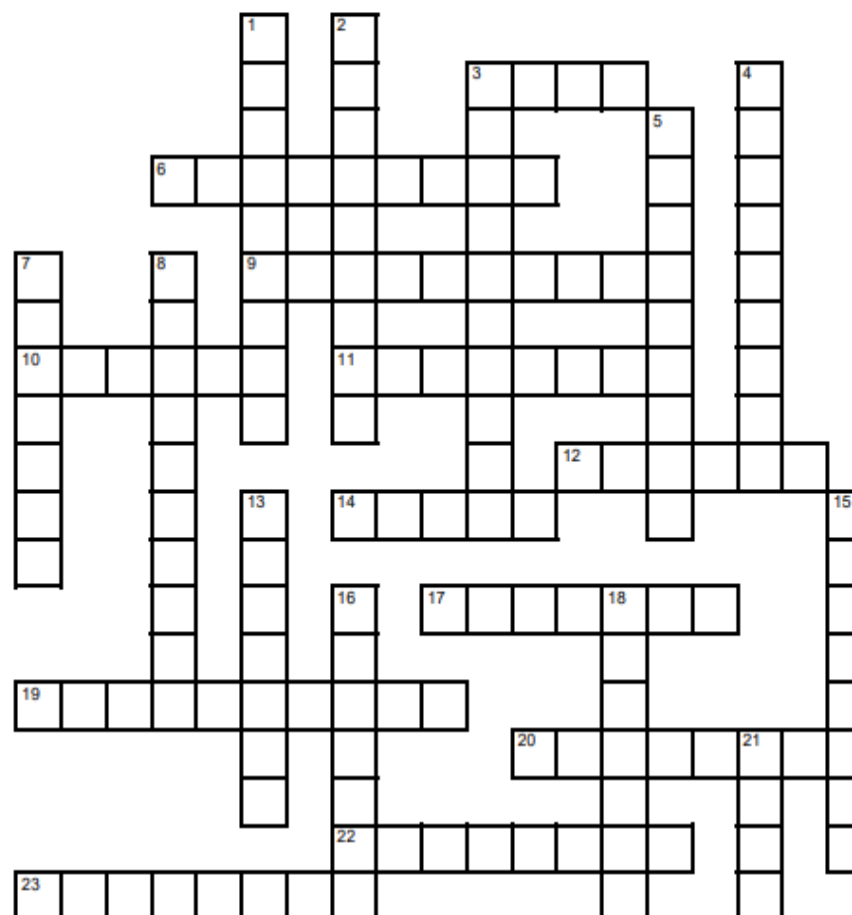


ACROSS

- Wintry precipitation common in January
- January's birth flower
- Restlessness from staying indoors
- Season in full swing during January
- Zodiac sign for late January birthdays
- January's birthstone
- Icy coating on January mornings
- Frosty figure built after fresh snowfall
- Wintertime activity on frozen ponds
- Comforting chocolate drink for cold days
- Christian feast day on January 6th
- Cozy coverings for chilly nights

DOWN

- Zodiac sign for early January birthdays
- Arctic mammal taking January swims
- Unique ice crystals falling from winter skies
- Cozy spot for gathering on cold evenings
- Popular destination for winter sports enthusiasts
- January 1st celebration
- Winter plunge for warm relaxation
- First month of the new year
- Severe January snowstorm
- Frozen water droplets hanging from roofs
- Hand warmers for snowy days
- 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