

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## Message from the Director:

### My OAC family

As we step into the shortest yet busiest month of the year, I would like to thank each of you for the kindness, wisdom, and sense of community you bring to our organization every day. Even in the heart of winter, your presence reminds us that warmth is something we create together.

February is often associated with love, friendship, and reflection. It's a wonderful time to reach out to one another, attend a OAC class or event. This month is filled with cultural festivities and social events such as, Valentine Day Brunch, Chinese New Year celebration, Black history celebration and our monthly birthday party. Your participation and feedback help us shape what we do, and we are grateful for your trust and involvement.

On behalf of our entire team, thank you being such an important part of our community. We wish you good health, comfort, and joy throughout February and beyond.

Love and respect always,

*Jasmine*



## FEBRUARY 2026



### 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

- 2/13-Valentine's Day Brunch
- 2/18- Broadway Play "Hell's Kitchen"
- 2/20-Black History Celebration
- 2/23- Chinese New Year Celebration
- Birthday celebration/Mardi Gras



### Presentation

- 2/3- Attain Lab
- 2/11- NYPD /Elder Abuse
- 2/12- 2/26 Nutrient Ed/Cholesterol 101 and Mediterranean Diet
- 2/18- NORC – Preventing Heart Disease
- 2/23- NYU /Dentistry
- 2/24- Healthcare Protectors
- 2/25-Emergency Preparedness



### 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

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



# FEBRUARY



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Trips And Events Sign-Ups Are from Monday to Friday Only, 10am To 12pm, 2pm-4pm. **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 12PM For Clients of NORC Vladeck Cares Program sponsored activities are indicated as (NORC).					
1 10:30 – 11:30 AM – Line Dancing w/ David 	2 9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 10:30am-12pm-Scrapbooking w/SWI 1PM – Move It! (NORC) 301 Henry St. 2 - 4PM- Tech Help (NORC) 3PM- Karaoke 1-5pm- Sewing (367 Madison St.) 	3 10:00AM-AfroBeats/w Patricia 10am to 11pm- Paper Flowers (NORC) 12-1pm-Bead Art (NORC) 12PM – Presentation: <b>ATTAIN Computer Lab</b> 2- 4PM - Art from the Heart w/Rose X 	4 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 11am- IDNYC Fair fares w/Davina 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.) 	5 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 9:45-10:45AM: Tai Chi w/ Alex 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke in Library 	6 9am-5pm Greenwich House (in Library) 1-5pm- Sewing Group (367 Madison St.) 
8 10:30 – 11:30 AM – Line Dancing w/ David 	9 9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 3PM-Karaoke (Sweetheart songs) 1-5pm- Sewing (367 Madison St.)	10 10:00AM-AfroBeats/w Patricia 10am to 11pm- Paper Flowers (NORC) 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary 2- 4PM - Art from the Heart w/Rose X	11 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 12:30pm: <b>NYPD/ Elder Abuse</b> 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)	12 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 12:30pm- <b>Nutrient Education</b> 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke in Library	13 9:30am to 11:00 am Nails w/Ellen 9am-5pm Greenwich House (in Library) 11am- <b>Valentines' Day Brunch</b> 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
15 10:30 – 11:30 AM – Line Dancing w/ David 	16 <b>CLOSED</b> 	17 10:00AM-AfroBeats/w Patricia 10am to 11pm- Paper Flowers (NORC) 12-1pm: -Bead Art (NORC) 2- 4PM - Art from the Heart w/Rose X  Chinese New Year Starts	18 10 AM- Self Defense w/Andres 12PM-TRIP: <b>Broadway Play- Hell's Kitchen</b> 12-1pm- Tech Help w/ Noa (NORC) 12PM - Presentation (NORC): <b>Preventing Heart Disease</b> 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)	19 10:00-11:00AM: Tai Chi w/ Alex 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	20 9am-5pm Greenwich House (in Library) 1:30- <b>Black History Celebration/Red, Black and Green</b> 1-5pm- Sewing Group (367 Madison St)
22 10:30 – 11:30 AM – Line Dancing w/ David 	23 9:30AM-Ballroom Dance w/Simon 10:30am-12pm-Scrapebooking w/SWI 10:30AM- Yoga w/Susan 12:30pm-Presentation: <b>NYU/Dentistry</b> 1PM – Move It (NORC) 301 Henry St 1:30pm- <b>Lunar New Year Celebration</b> 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	24 10:00AM-AfroBeats/w Patricia 10am to 11pm- Paper Flowers (NORC) 11am- Presentation: <b>Health Care Protectors</b> 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary 2- 4PM - Art from the Heart w/Rose X	25 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 12pm: <b>Emergency Preparedness</b> 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St)	26 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 12:30pm- <b>Nutrient Education</b> 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke in Library	27 9am-5pm Greenwich House (in Library) 1:30pm: <b>Monthly Birthday Party/Mardi Gras</b> 1-5pm- Sewing Group (367 Madison St) 



# FEBRUARY 2026 LUNCH & DINNER MENU

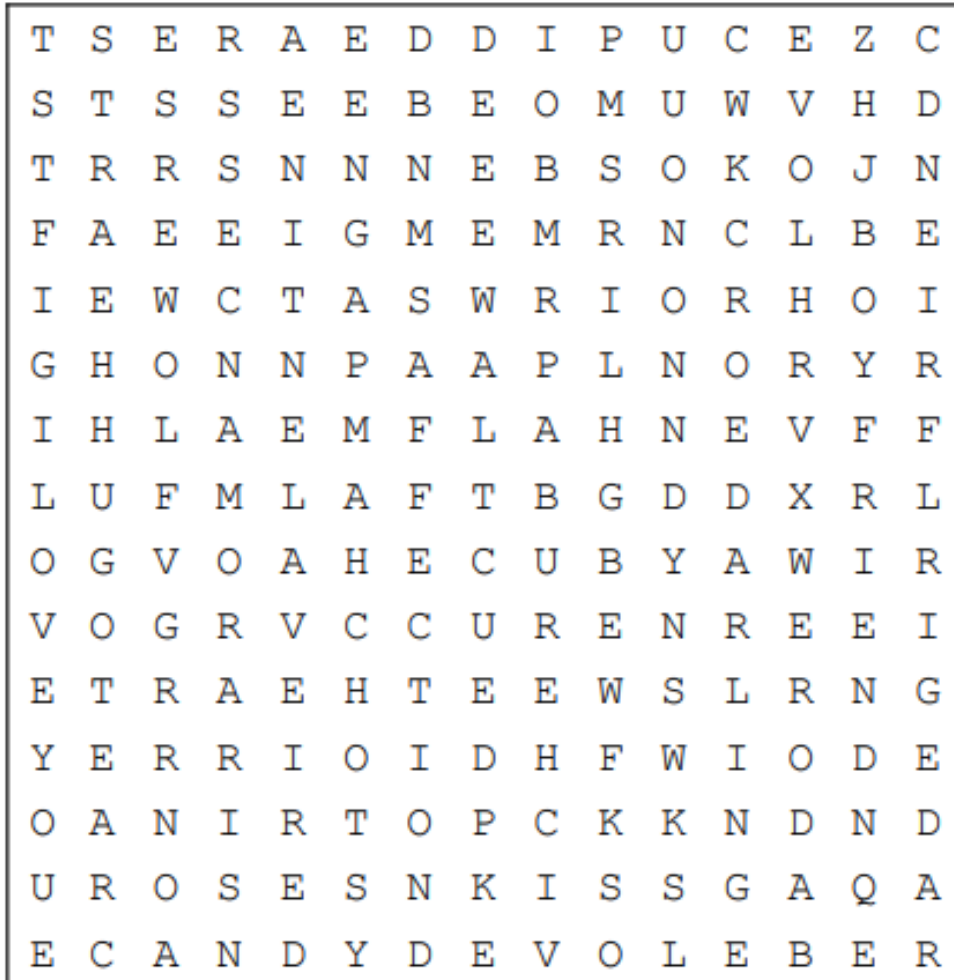
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</p> <p>Cost for Center members: \$1.50 Non-Center member: \$5.00</p> <p>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans 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>1</p> <p><b>LUNCH:</b> Chinese Style Beef &amp; Broccoli w/Vegetable Lo Mein</p>	<p>2</p> <p><b>LUNCH:</b> Chicken Alfredo w/Penne Pasta &amp; Caesar Salad</p> <p><b>DINNER:</b> Salisbury Steak w/Herb Roasted Potatoes &amp; Vegetables</p>	<p>3</p> <p><b>LUNCH:</b> Cuban Vegan Picadillo w/Brown Rice &amp; Roasted Vegetables</p> <p><b>DINNER:</b> Hawaiian Style Sweet &amp; Sour Pork w/Egg Noodles &amp; Sautéed Broccoli</p>	<p>4</p> <p><b>LUNCH:</b> Beef Lasagna w/Braised Cabbage</p> <p><b>DINNER:</b> Arroz Con Pollo w/Spanish Style Stewed Lima Beans</p>	<p>5</p> <p><b>LUNCH:</b> Spanish Style Codfish &amp; Eggplant w/Brown Rice &amp; Caribbean Slaw</p> <p><b>DINNER:</b> Cheese Pizza Party w/Henry Street House Salad</p>	<p>6</p> <p><b>LUNCH:</b> Vietnamese Style Turkey Meatballs w/Rice Vermicelli Noodles &amp; Stir Fry Vegetables</p> <p><b>DINNER:</b> Pasta Primavera w/Penne White Beans Eggplant in Tomato Sauce &amp; Greek Salad</p>
<p>8</p> <p><b>LUNCH:</b> BBQ Chicken Breasts w/Baked Macaroni &amp; Cheese w/Steamed Cabbage</p>	<p>9</p> <p><b>LUNCH:</b> Lemon Garlic Baked Salmon w/ Yellow Rice Pilaf &amp; Roasted Rainbow Carrots</p> <p><b>DINNER:</b> Ground Turkey Baked Ziti w/Cucumber &amp; Tomato Salad</p>	<p>10</p> <p><b>LUNCH:</b> Chicken Fajita Rice Bowl w/Assorted Vegetable Toppings</p> <p><b>DINNER:</b> Beef Cheeseburgers w/Baked Sweet Potato Fries &amp; Henry Street House Salad</p>	<p>11</p> <p><b>LUNCH:</b> English Shepherd's Pie w/Henry Street House Salad</p> <p><b>DINNER:</b> Stewed Black Eyed Peas w/Jollof Rice &amp; Steamed Okra</p>	<p>12</p> <p><b>LUNCH:</b> Midwest Dry Rub Pork Spareribs w/Garlic Mashed Potatoes &amp; Southern Collard Greens</p> <p><b>DINNER:</b> General Tso's Chicken w/Vegetable Lo Mein &amp; Broccoli in Teriyaki Sauce</p>	<p>13</p> <p><b>LUNCH:</b> Valentines Day Brunch</p> <p><b>DINNER:</b> Peruvian Style Baked Salmon w/Herbed Pearled Barley &amp; Steamed Vegetables</p>
<p>15</p> <p><b>LUNCH:</b> Crispy Tofu &amp; Veggie Stir Fry w/Brown Rice &amp; Spring Rolls</p>	<p>16</p> <p>CLOSED FOR PRESIDENTS'DAY</p>	<p>17</p> <p><b>LUNCH:</b> Beef Picadillo w/Cilantro Lime Rice &amp; Black Beans</p> <p><b>DINNER:</b> Braised Pork Griot w/Caribbean Coconut Rice &amp; Roasted Vegetables</p>	<p>18</p> <p><b>LUNCH:</b> Hearty Lentil Bolognese w/Farfalle Pasta &amp; Henry Street House Salad</p> <p><b>DINNER:</b> Beef Stew w/Oven Roasted Red Bliss Potatoes &amp; Steamed Cauliflower</p>	<p>19</p> <p><b>LUNCH:</b> Herbed Turkey Meatloaf w/Garlic &amp; Thyme Roasted Potatoes &amp; Green Beans Lyonnaise</p> <p><b>DINNER:</b> Korean Influenced Sloppy Joes w/Glazed Sweet Potato Slices &amp; Marinated Cucumber Salad</p>	<p>20</p> <p><b>LUNCH:</b> Louisiana Style Chicken Gumbo w/ Red Beans &amp; Rice w/Black Eyed Peas</p> <p><b>DINNER:</b> Assorted Cheese Pizza w/Italian Roasted Vegetables</p>
<p>22</p> <p><b>LUNCH:</b> Henry Street House Made Falafel w/Herbed Quinoa &amp; Roasted Broccoli</p>	<p>23</p> <p><b>LUNCH:</b> Chinese New Year Dim Sum Menu</p> <p><b>DINNER:</b> TBD</p>	<p>24</p> <p><b>LUNCH:</b> Hearty White Bean Veggie Chili w/Quinoa &amp; Henry Street House Salad</p> <p><b>DINNER:</b> Oven Baked BBQ Chicken Wings w/Baked Macaroni &amp; Cheese w/Steamed Vegetables</p>	<p>25</p> <p><b>LUNCH:</b> Chicken &amp; Pasta Casserole w/Cumin Roasted Cauliflower</p> <p><b>DINNER:</b> Honey Garlic Glazed Salmon w/Quinoa Pilaf &amp; Sautéed</p>	<p>26</p> <p><b>LUNCH:</b> Italian Roasted Beef w/Peppers &amp; Pasta w/Sautéed Zucchini</p> <p><b>DINNER:</b> Homemade Turkey meatballs w/Rosemary Roasted Potatoes &amp; Steamed Brussel Sprouts</p>	<p>27</p> <p><b>LUNCH:</b> Vegetable Lasagna w/Italian Chickpea Salad</p> <p><b>DINNER:</b> Apricot Glazed Pork Chops w/Roasted Sweet Potatoes &amp; Sautéed Eggplant</p>



# Valentine's Day

February 14th

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



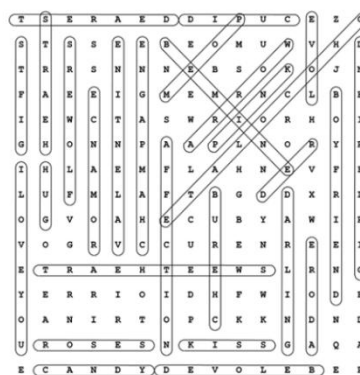
ADORE  
AFFECTION  
ARROW  
BE MINE  
BELOVED  
BOYFRIEND  
CANDY  
CHAMPAGNE  
CHERUB  
CHOCOLATE  
CUPID  
DARLING  
DEAREST  
FLOWERS

GIFTS  
GIRLFRIEND  
HEARTS  
HUG  
I LOVE YOU  
KISS  
LOVE  
PINK

POEM  
RED  
ROMANCE  
ROSES  
SWEETHEART  
VALENTINE



**SOLUTION**

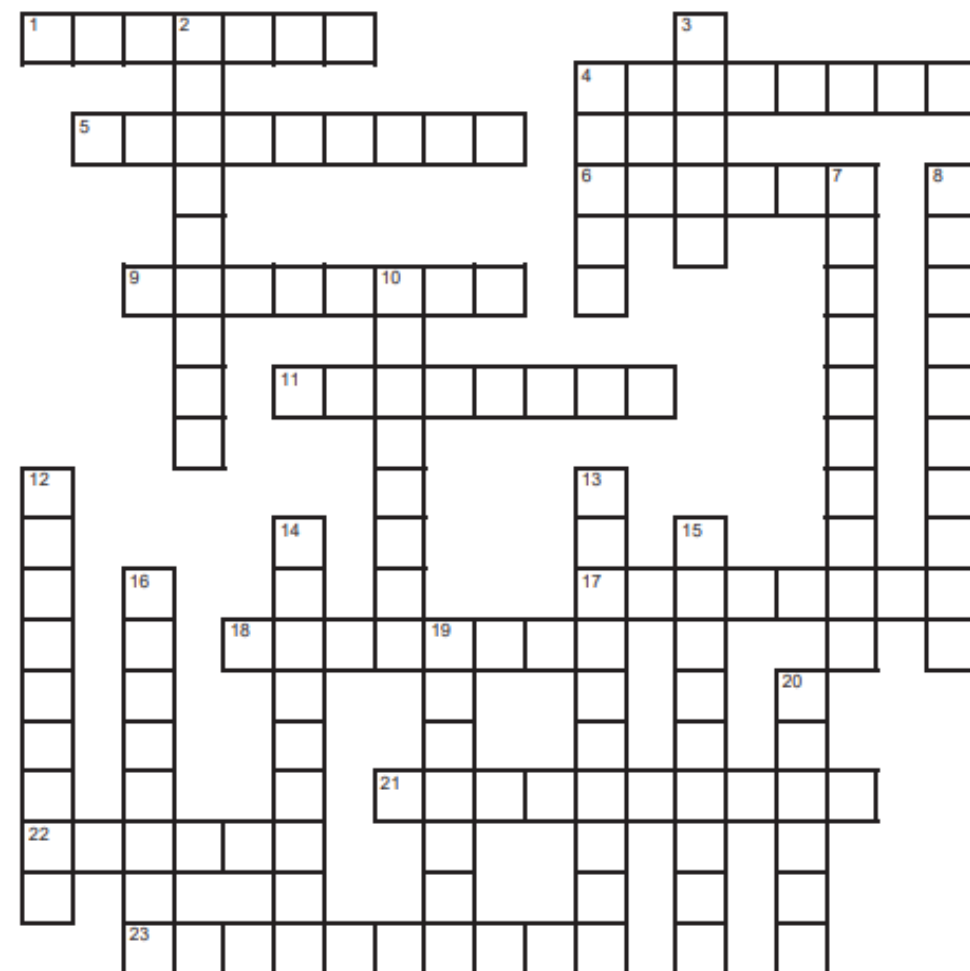
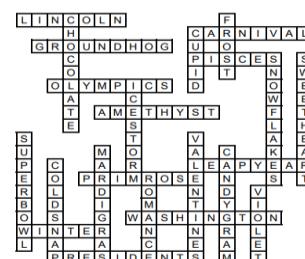


## ACROSS

1. Famous president born in February
4. Festive celebration before Lent
5. Weather-predicting animal on February 2nd
6. Zodiac sign for late February birthdays
9. Winter sports event often held in February
11. February's purple birthstone
17. Special February with 29 days
18. Early-blooming February flower
21. President honored on Presidents' Day
22. Chilly season in February
23. Leaders celebrated in mid-February

## DOWN

2. Sweet treat often given on Valentine's Day
3. Icy coating on February windows
4. Love-spreading cherub with bow and arrow
7. Delicate ice crystals falling in February
8. Affectionate term for a Valentine
10. Freezing February weather event
12. Major football game in early February
13. Love-filled holiday on February 14th
14. Colorful celebration before Ash Wednesday
15. Sweet message delivered on Valentine's Day
16. Sudden drop in February temperatures
19. Love in the air during Valentine's season
20. Purple flower associated with February



AMETHYST	ICE STORM	ROMANCE
CANDYGRAM	LEAP YEAR	SNOWFLAKES
CARNIVAL	LINCOLN	SUPER BOWL
CHOCOLATE	MARDI GRAS	SWEETHEART
COLD SNAP	OLYMPICS	VALENTINE'S
CUPID	PISCES	VIOLET
FROST	PRESIDENTS	WASHINGTON
GROUNDHOG	PRIMROSE	WINTER