

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

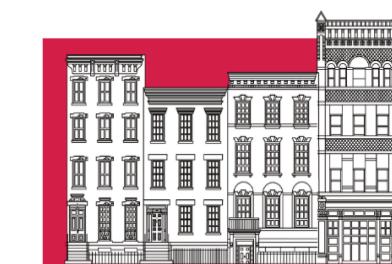
SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

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
	<p>Trips And Events Sign-Ups Are from Monday to Friday Only, 10am To 12pm, 2pm-4pm. **Please see Briana or Olivia.</p> <p>All Participants Must Be Pre-Registered BEFORE the Day of Birthday Party</p> <p>Offered Daily from 8:00 AM 4:45 PM Billiards / Dominos /Board Games Tech Help 2nd Friday of the month /Ping Pong / Gym Facilities.</p> <p>Tech Help w/Noa Every Monday at 2PM, Wednesday at 12PM For Clients of NORC Vladeck Cares Program sponsored activities are indicated as (NORC).</p>				
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: ATTAIN Computer Lab 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: NYPD/ Elder Abuse 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- Nutrient Education 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- Valentines' Day Brunch 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
15 10:30 – 11:30 AM – Line Dancing w/ David 	CLOSED 	16 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	17 10 AM- Self Defense w/Andres 12PM-TRIP: Broadway Play- Hell's Kitchen 12-1pm- Tech Help w/ Noa (NORC) 12PM - Presentation (NORC): Preventing Heart Disease 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)	18 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- Black History Celebration/Red, Black and Green 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-Scrapbooking w/SWI 10:30AM- Yoga w/Susan 12:30pm-Presentation: NYU/Dentistry 1PM – Move It (NORC) 301 Henry St 1:30pm- Lunar New Year Celebration 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: Health Care Protectors 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: Emergency Preparedness 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- Nutrient Education 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: Monthly Birthday Party/Mardi Gras 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</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>				
1 LUNCH: Chinese Style Beef & Broccoli w/Vegetable Lo Mein	LUNCH: Chicken Alfredo w/Penne Pasta & Caesar Salad DINNER: Salisbury Steak w/Herb Roasted Potatoes & Vegetables	LUNCH: Cuban Vegan Picadillo w/Brown Rice & Roasted Vegetables DINNER: Hawaiian Style Sweet & Sour Pork w/Egg Noodles & Sautéed Broccoli	LUNCH: Beef Lasagna w/Braised Cabbage DINNER: Arroz Con Pollo w/Spanish Style Stewed Lima Beans	LUNCH: Spanish Style Codfish & Eggplant w/Brown Rice & Caribbean Slaw DINNER: Cheese Pizza Party w/Henry Street House Salad	LUNCH: Vietnamese Style Turkey Meatballs w/Rice Vermicelli Noodles & Stir Fry Vegetables DINNER: Pasta Primavera w/Penne White Beans Eggplant in Tomato Sauce & Greek Salad
8 LUNCH: BBQ Chicken Breasts w/Baked Macaroni & Cheese w/Steamed Cabbage	LUNCH: Lemon Garlic Baked Salmon w/ Yellow Rice Pilaf & Roasted Rainbow Carrots DINNER: Ground Turkey Baked Ziti w/Cucumber & Tomato Salad	LUNCH: Chicken Fajita Rice Bowl w/Assorted Vegetable Toppings DINNER: Beef Cheeseburgers w/Baked Sweet Potato Fries & Henry Street House Salad	LUNCH: English Shepherd's Pie w/Henry Street House Salad DINNER: Stewed Black Eyed Peas w/Jollof Rice & Steamed Okra	LUNCH: Midwest Dry Rub Pork Spareribs w/Garlic Mashed Potatoes & Southern Collard Greens DINNER: General Tso's Chicken w/Vegetable Lo Mein & Broccoli in Teriyaki Sauce	LUNCH: Valentines Day Brunch DINNER: Peruvian Style Baked Salmon w/Herbed Pearl Barley & Steamed Vegetables
15 LUNCH: Crispy Tofu & Veggie Stir Fry w/Brown Rice & Spring Rolls	CLOSED FOR PRESIDENTS' DAY	LUNCH: Beef Picadillo w/Cilantro Lime Rice & Black Beans DINNER: Braised Pork Griot w/Caribbean Coconut Rice & Roasted Vegetables	LUNCH: Hearty Lentil Bolognese w/Farfalle Pasta & Henry Street House Salad DINNER: Beef Stew w/Oven Roasted Red Bliss Potatoes & Steamed Cauliflower	LUNCH: Herbed Turkey Meatloaf w/Garlic & Thyme Roasted Potatoes & Green Beans Lyonnaise DINNER: Korean Influenced Sloppy Joes w/Glazed Sweet Potato Slices & Marinated Cucumber Salad	LUNCH: Louisiana Style Chicken Gumbo w/ Red Beans & Rice w/Black Eyed Peas DINNER: Assorted Cheese Pizza w/Italian Roasted Vegetables
22 LUNCH: Henry Street House Made Falafel w/Herbed Quinoa & Roasted Broccoli	LUNCH: Chinese New Year Dim Sum Menu DINNER: TBD	LUNCH: Hearty White Bean Veggie Chili w/Quinoa & Henry Street House Salad DINNER: Oven Baked BBQ Chicken Wings w/Baked Macaroni & Cheese w/Steamed Vegetables	LUNCH: Chicken & Pasta Casserole w/Cumin Roasted Cauliflower DINNER: Honey Garlic Glazed Salmon w/Quinoa Pilaf & Sautéed	LUNCH: Italian Roasted Beef w/Peppers & Pasta w/Sautéed Zucchini DINNER: Homemade Turkey meatballs w/Rosemary Roasted Potatoes & Steamed Brussels Sprouts	LUNCH: Vegetable Lasagna w/Italian Chickpea Salad DINNER: Apricot Glazed Pork Chops w/Roasted Sweet Potatoes & Sautéed Eggplant



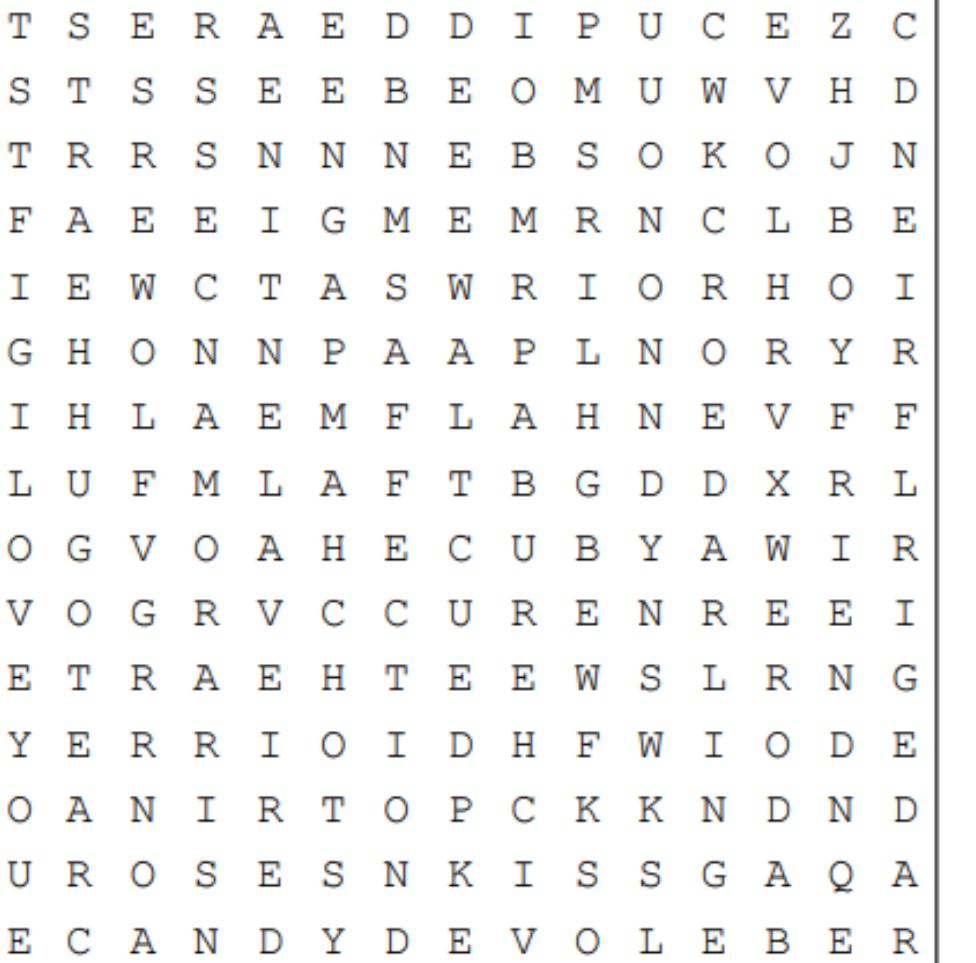
Valentine's Day

February 14th

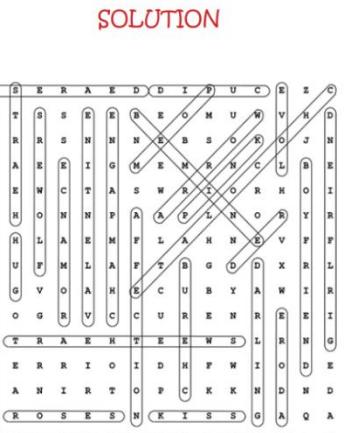
DIRECTIONS:
Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

ADORE
AFFECTION
ARROW
BE MINE
BELOVED
BOYFRIEND
CANDY

CHAMPAGNE
CHERUB
CHOCOLATE
CUPID
DARLING
DEAREST
FLOWERS



	GIFTS	POEM
CHAMPAGNE	GIRLFRIEND	RED
CHOCOLATE	HEARTS	ROMANCE
CUPID	HUG	ROSES
DARLING	I LOVE YOU	SWEETHEART
DEAREST	KISS	VALENTINE
FLOWERS	LOVE	
	PINK	



SOLUTION

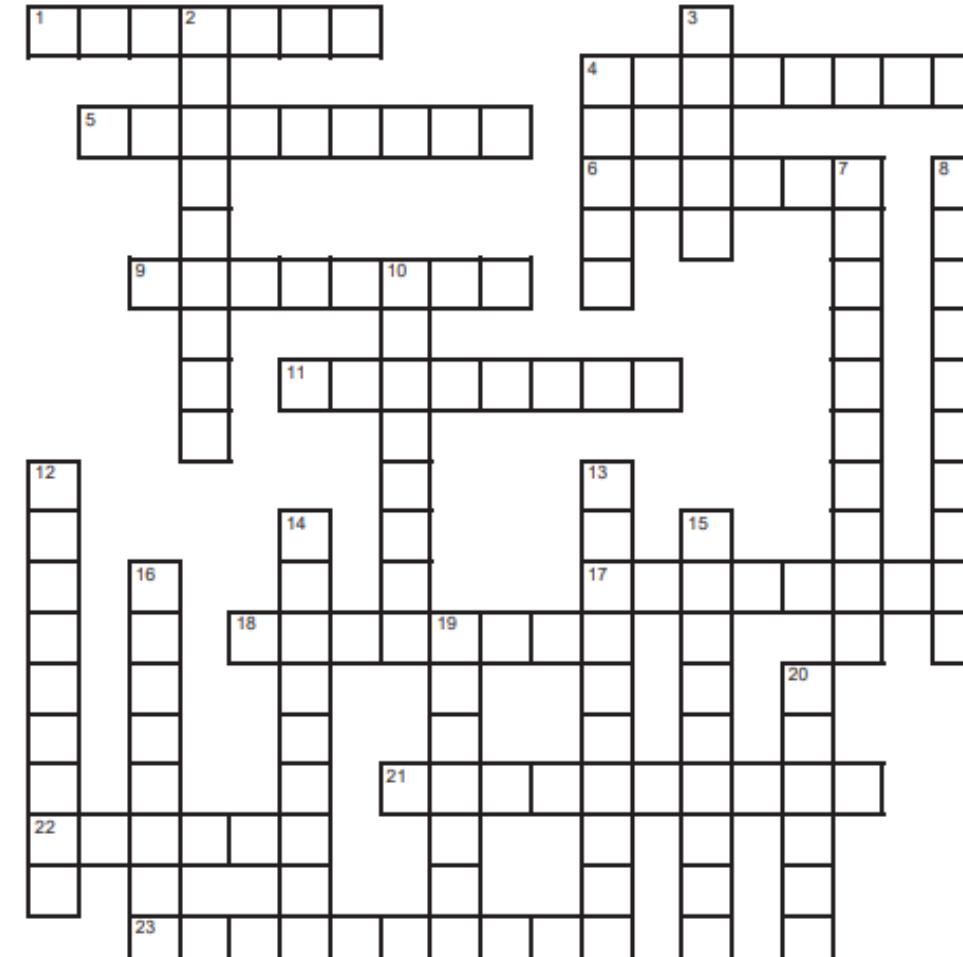
ACROSS

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



SOLUTION