



**HENRY STREET
SETTLEMENT**

Vladeck Cares NORC

March 2026

**CLASSES LOCATED AT HENRY STREET OLDER ADULT CENTER (OAC)
334 MADISON ST LOWER LEVEL UNLESS OTHERWISE NOTED**

Monday

Tuesday

Wednesday

Thursday

Friday

PING PONG, POOL, BINGO , DOMINOS MONDAY - FRIDAY 8:00-4:45 @ OAC

9:00 a.m.

**Scrapbooking
and Creative
Arts**

10:30am

**Older Adult Center
Library**

10:00 a.m.

1:00 p.m.

Move It Move It

1 pm

**301 Henry
Street**

2:00 p.m.

**Tech Help
2 pm**

3:00 p.m.

4:00 p.m.

Crafts Club

10am

**Older Adult Center
Library**

Bead Art

12 pm

**Older Adult Center
Library**

**Tech Help
12 pm**

**March 11 :
Ready NYC**

Emergency

Preparedness

**12 pm
Older Adult Center**

**Mind Body Wellness
with Nurse Beltran**

March 5 and 19

10:30am

NORC

351 Madison Street 1E

Jewelry Class

11 am

**Older Adult Center
Library**

Girl's Art Class

12 pm

**Older Adult Center
Library**



**NORC Nurses on Site Mondays through Thursdays
9:00-4:00 NORC Office 351 Madison St, 1C**



Funded By:





March at Vladeck Cares NORC



SPRING WALKING CLUB IS BACK!

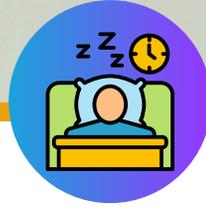
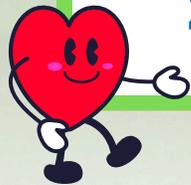
WALK WITH EASE

March 30 to May 8

Commit to three weekly walks for six weeks; group walk Fridays!

Register at NORC office or call us at

212 - 477 - 0455



Sleep Health: Why it matters!

March 25

**12 pm
Older Adult Center
334 Madison Street**

Scrapbooking: Making Your Life Bio

**Mondays @ 10:30
Older Adult Center
334 Madison Street**

CRAFT CLUB



**Tuesdays @ 10:00
Older Adult Center
334 Madison Street**

INTERESTED IN HELPING NORC?



Join our Advisory Board!

Be part of our Leadership Board!

RSVP: 212-477-0455