

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## MESSAGE FROM THE DIRECTOR:

To my OAC Family,

As we welcome the month of March, we begin to see signs of change all around us. The days grow a little longer, the air feels a bit softer, and there's a renewed sense of possibility in the season ahead. March reminds us that growth and renewal are not limited by age, but they are long-life gifts.

Our center continues to thrive because of your participation, kindness, and spirit. Together, we create a place where everyone feels valued, respected, and connected.

Thank you for being such an important part of our community. We look forward to sharing a vibrant and joyful March with you.

Love and respect always,

*Jasmine*



## MARCH 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

- 3/17-Saint Patrick's Day Celebration w/Morgan Stanley
- 3/19- Hand made flowers w/Giada
- 3/24- Wind Creek Casino
- 3/27- Monthly Birthday Party

### Presentation

- 3/5- Medical presentation w/ Daniel
- 3/11- Webinar: Tips and Tools for managing your Blood Pressure
- 3/11-NYC Ready Emergency Preparedness
- 3/12 & 3/26-Nutrient Education
- 3/18- NYPD/ SCAMS
- 3/25-NORCS advisory Board Meeting @367 Madison Street
- 3/25- Sleep Health

### What's New?

- **Hand Made Flowers**  
*This class is perfect for anyone who wants a relaxing productive activity. It helps promote good motor skills, reduces stress and anxiety, promotes social connection.*
- **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

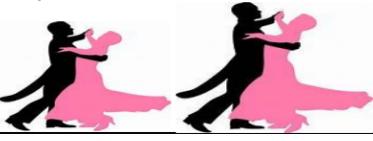
**Meals: Lunch 11:30 PM to 1:00PM  
(12PM –1PM Sundays)  
Dinner 3:00 PM to 4:00PM**



**HENRY STREET  
SETTLEMENT**

Older Adult Center

# March

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|--|---|--|--|
| <p>1</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p>      | <p>2</p> <p>9:30AM-Ballroom Dance w/Simon<br/>10:30AM- Yoga w/Susan<br/>10:30am-12pm-Scra booking w/SWI<br/>1PM – Move It! (NORC) 301 Henry St.<br/>2 - 4PM- Tech Help (NORC)<br/>3PM- Karaoke<br/>1-5pm- Sewing (367 Madison St.)</p>   | <p>3</p> <p>10:00AM-AfroBeats/w Patricia<br/>10am to 11pm- Craft Club (NORC)<br/>12-1pm-Bead Art (NORC)<br/>2- 4PM-Art from the Heart w/Rose X</p>                                      | <p>4</p> <p>10 AM- Self Defense w/Andre<br/>11am-NYCID Fair Fares<br/>12-1pm- Tech Help w/ Noa (NORC)<br/>2PM- Chinese Calligraphy<br/>1-5pm- Sewing Group (367 Madison St.)</p>   | <p>5</p> <p>10:00-11:00AM: Tai Chi w/ Alex<br/>11am Jewelry Class (NORC)<br/>12PM- Art w/Girl (NORC)<br/><b>12:30PM: Presentation: Medical w/ Daniel</b><br/>1:30 to 2:30PM: JAZZ-N-MOTION<br/>2pm- Chinese Karaoke</p>         | <p>6</p> <p>9am-5pm Greenwich House (in Library)<br/>1-5pm- Sewing Group (367 Madison St.)</p>    |
| <p>8</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p>     | <p>9</p> <p>9:30AM-Ballroom Dance w/Simon<br/>10:30AM- Yoga w/Susan (CANCELED)<br/>1PM- Move It (NORC) 301 Henry St<br/>2 - 4PM- Tech Help (NORC)<br/>3PM-Karaoke<br/>1-5pm- Sewing (367 Madison St.)</p>  | <p>10</p> <p>10:00AM-AfroBeats/w Patricia<br/>10am to 11pm- Craft Club (NORC)<br/>12-1pm: -Bead Art (NORC)<br/>1:15PM-Fashion Art w/Mary<br/>2- 4PM - Art from the Heart w/Rose X</p>  | <p>11</p> <p>10 AM- Self Defense w/Andres<br/><b>10:30AM: Webinar: Tips and Tools for Managing Your High Blood Pressure</b><br/>12-1pm- Tech Help w/ Noa (NORC)<br/><b>12:30PM – Presentation: NYC Ready Emergency Preparedness</b><br/>2PM- Chinese Calligraphy<br/>1-5pm- Sewing Group (367 Madison St.)</p>  | <p>12</p> <p>10:00-11:00AM: Tai Chi w/ Alex<br/>11am Jewelry Class (NORC)<br/>12PM- Art w/Girl (NORC)<br/><b>12:30pm-Nutrient Education</b><br/>1PM- Art w/Girl<br/>1:30 to 2:30PM: JAZZ-N-MOTION<br/>2pm- Chinese Karaoke</p>  | <p>13</p> <p>9am-5pm Greenwich House (in Library)<br/>2 – 3:30pm - Tech Help w/ Noa<br/>1-5pm- Sewing Group (367 Madison St.)</p>            |
| <p>15</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p>  | <p>16</p> <p>9:30AM-Ballroom Dance w/Simon<br/>10:30AM- Yoga w/Susan<br/>1PM- Move It (NORC) 301 Henry St<br/>2 - 4PM- Tech Help (NORC)<br/>3PM-Karaoke<br/>1-5pm- Sewing (367 Madison St.)</p>  | <p>17</p> <p>10:00AM-AfroBeats/w Patricia<br/>10am to 11pm- Craft Club (NORC)<br/>12-1pm: -Bead Art (NORC)<br/><b>1:30PM-St. Patrick's Day Celebration w/ Morgan Stanley</b><br/>2- 4PM - Art from the Heart w/Rose X</p>  | <p>18</p> <p>10 AM- Self Defense w/Andres<br/>12-1pm- Tech Help w/ Noa (NORC)<br/><b>12:30pm- NYPD/ Scams</b><br/>2PM- Chinese Calligraphy<br/>1-5pm- Sewing Group (367 Madison St.)</p>  | <p>19</p> <p>10:00-11:00AM: Tai Chi w/ Alex<br/>11am Jewelry Class (NORC)<br/>12PM- Art w/Girl (NORC)<br/><b>12PM – Handmade Flowers w/ Giada</b><br/>1:30 - 2:30PM: JAZZ-N-MOTION<br/>2pm- Chinese Karaoke</p>  | <p>20</p> <p>9am-5pm Greenwich House (in Library)<br/>1-5pm- Sewing Group (367 Madison St.)</p>   |
| <p>22</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p>   | <p>23</p> <p>9:30AM-Ballroom Dance w/Simon<br/>10:30am-12pm-Scrapebooking w/SWI<br/>10:30AM- Yoga w/Susan<br/>1PM – Move It (NORC) 301 Henry St<br/>2 - 4PM- Tech Help (NORC)<br/>3PM-Karaoke<br/>1-5pm- Sewing (367 Madison St.)</p>  | <p>24</p> <p><b>9am Trip: Wind Creek Casino</b><br/>10:00AM-AfroBeats/w Patricia<br/>10am to 11pm- Craft Club (NORC)<br/>12-1pm: -Bead Art (NORC)<br/>1:15PM-Fashion Art w/Mary<br/>2- 4PM - Art from the Heart w/Rose X</p>   | <p>25</p> <p><b>10am NORC Advisory Board meeting</b><br/>10 AM- Self Defense w/Andres<br/>12-1pm- Tech Help w/ Noa (NORC)<br/><b>12:30pm Presentation: Sleep Health</b><br/>2PM- Chinese Calligraphy<br/>1-5pm- Sewing Group (367 Madison St.)</p>  | <p>26</p> <p>10:00-11:00AM: Tai Chi w/ Alex<br/>11am Jewelry Class (NORC)<br/>12PM- Art w/Girl (NORC)<br/><b>12:30pm-Nutrient Education</b><br/>1PM- Art w/Girl<br/>1:30 to 2:30PM: JAZZ-N-MOTION<br/>2pm- Chinese Karaoke</p>   | <p>27</p> <p>9am-5pm Greenwich House (in Library)<br/><b>1:30PM – Monthly Birthday Party</b><br/>1-5pm- Sewing Group (367 Madison St.)</p>  |
| <p>29</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p>   | <p>30</p> <p>9:30AM-Ballroom Dance w/Simon<br/>10:30am-12pm-Scrapebooking w/SWI<br/>10:30AM- Yoga w/Susan<br/>1PM – Move It (NORC) 301 Henry St<br/>2 - 4PM- Tech Help (NORC)<br/>3PM-Karaoke<br/>1-5pm- Sewing (367 Madison St.)</p>  | <p>31</p> <p>10:00AM-AfroBeats/w Patricia<br/>10am to 11pm- Craft Club (NORC)<br/>12-1pm: -Bead Art (NORC)<br/>1:15PM-Fashion Art w/Mary<br/>2- 4PM - Art from the Heart w/Rose X</p>  | <p><b>Trips And Events Sign-Ups Are from Monday to Friday Only, 10am To 12pm, 2pm-4pm.</b><br/><b>**Please see Briana or Olivia.</b><br/>All Participants Must Be Pre-Registered <b>BEFORE</b> the Day of Birthday Party<br/>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.<br/>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> |  |  |

# MARCH 2026 LUNCH & DINNER MENU

| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|--|--|---|---|--|--|
| 1<br><b>LUNCH:</b> Ropa Veija (Cuban Style Sofrito Steak) w/Yellow Rice & Steamed Vegetables | 2<br><b>LUNCH:</b> Braised Pork Chops w/Herbed Barley & Roasted Vegetables<br><b>DINNER:</b> Roasted Chicken Breasts in a Pesto Sauce w/Egg Noodles & Steamed Vegetables                 | 3<br><b>LUNCH:</b> Three Bean Stew w/Rice Pilaf & Henry Street House Salad<br><b>DINNER:</b> Beef Stew w/Scalloped Potatoes & Roasted Cauliflower       | 4<br><b>LUNCH:</b> French Onion Turkey Meatballs w/Garlic Mashed Potatoes & Roasted Carrots<br><b>DINNER:</b> Oven Baked Cod w/Orzo & Pan Roasted Asparagus   | 5<br><b>LUNCH:</b> Chicken Tikka Marsala w/Saffron Rice & Roasted Eggplant<br><b>DINNER:</b> Penne Pasta w/Hearty Primavera Sauce & Caesar Salad               | 6<br><b>LUNCH:</b> Mediterranean Salmon w/Mint Herbed Cous Cous & Greek Salad<br><b>DINNER:</b> Turkey Salisbury Steaks w/Brown Rice & Roasted Vegetables      |
| 8<br><b>LUNCH:</b> BBQ Pulled Pork Sandwiches w/Sweet Potato Fries & Steamed Vegetables      | 9<br><b>LUNCH:</b> Honey Garlic Chicken w/Roasted Red Bliss Potatoes & Baby Spinach Salad<br><b>DINNER:</b> Pepper Steak w/White Rice & Steamed Vegetables                               | 10<br><b>LUNCH:</b> Black Bean Burritos w/Roasted Beet Salad<br><b>DINNER:</b> Open Face Turkey Sandwiches w/Roasted Sweet Potato & Roasted Brussels    | 11<br><b>LUNCH:</b> Italian Roasted Pork Loin w/Gnocchi & Roasted Vegetables<br><b>DINNER:</b> Jamaican Brown Stew Chicken w/ Rasta Pasta & Steamed Cabbage   | 12<br><b>LUNCH:</b> Mushroom Gravy Smothered Chicken Cutlets w/Brown Rice & Steamed Vegetables<br><b>DINNER:</b> Tofu Stir Fry w/5 Spice Barley & Braised Kale | 13<br><b>LUNCH:</b> Breaded Flounder w/Brown Rice & Roasted Vegetables<br><b>DINNER:</b> Chicken Marsala w/Gemelli Pasta & Cucumber-Tomato Salad               |
| 15<br><b>LUNCH:</b> Beef Stroganoff w/Egg Noodles & Steamed Vegetables                       | 16<br><b>LUNCH:</b> Chicken Caciatore w/Penne & Henry Street House Salad<br><b>DINNER:</b> Korean Ground Beef Bulgogi w/White Rice & Asian Cucumber Salad                                | 17<br><b>LUNCH:</b> Vegan Shepherd's Pie w/Irish Flag Salad<br><b>DINNER:</b> Corned Beef w/Potatoes & Cabbage  | 18<br><b>LUNCH:</b> Beef & Cheese Lasagna w/Pan Roasted Peas<br><b>DINNER:</b> Arroz Con Pollo w/Stewed Lima Beans  | 19<br><b>LUNCH:</b> Turkey Meatballs in Marinara w/Spaghetti & Steamed Vegetables<br><b>DINNER:</b> Whole Wheat Pizza Bar w/Henry Street House Salad           | 20<br><b>LUNCH:</b> Baked Salmon w/Brown Rice & Steamed Vegetables<br><b>DINNER:</b> Pasta Primavera w/White Beans, Eggplant, & Tomatoes w/Spring Garden Salad |
| 22<br><b>LUNCH:</b> BBQ Chicken w/Macaroni Salad & Steamed Vegetables                        | 23<br><b>LUNCH:</b> Vegetable Stir Fry w/Brown Fried Rice & Roasted Broccoli<br><b>DINNER:</b> Turkey Baked Ziti w/Roasted Zucchini & Squash   | 24<br><b>LUNCH:</b> Chicken Fajitas Bowl w/Mexican Rice & Carrot Slaw<br><b>DINNER:</b> Beef Cheeseburger Bar w/French Fries & Henry Street House Salad | 25<br><b>LUNCH:</b> Pork Spare Ribs w/Garlic Mashed Potatoes & Henry Street House Salad<br><b>DINNER:</b> Stewed Black Eyed Peas w/Jollof Rice & Steamed Okra   | 26<br><b>LUNCH:</b> Roasted Chicken Pizza w/Roasted Italian Vegetables<br><b>DINNER:</b> Chicken Salad Sandwiches w/Vegetable Pasta Salad                      | 27<br><b>LUNCH:</b> Lemon Garlic Baked Tilapia w/Yellow Rice & Baby Carrots w/Parsley<br><b>DINNER:</b> TBD  |
| 29<br><b>LUNCH:</b> Chicken Adobo w/Wild Rice & Arugula Salad                                | 30<br><b>LUNCH:</b> Asian Style White Fish w/Vegan Pad Thai & Steamed Vegetables<br><b>DINNER:</b> Pollo Guisado (Dominican Style Stewed Chicken) w/Mashed Potatoes & Steamed Vegetables | 31<br><b>LUNCH:</b> Beef Picadillo w/Cilantro Lime Rice & Refried Beans<br><b>DINNER:</b> Roasted Pork w/Coconut Rice & Roasted Squash                  | <p><b>Center members: \$1.50</b><br/> <b>Non-Center member: \$5.00</b><br/> <b>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</b><br/> <b>The menu is subject to change.</b><br/> <b>Plant Based Lunch and Dinner Offered Once a Week</b><br/> <b>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</b></p> |  |  |

# Spring is Here!



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

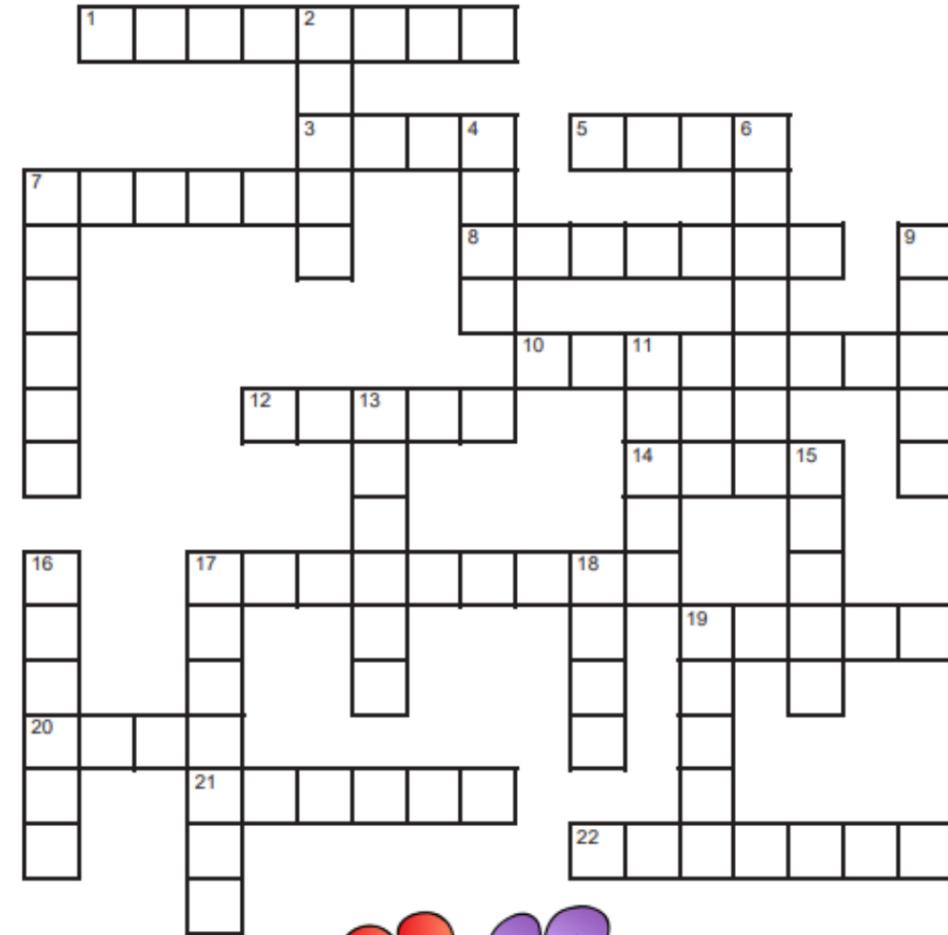


### Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
22. Red insect with black spots.

### Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulip, Umbrella, Worm

- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY

