



HENRY STREET SETTLEMENT

Vladeck Cares NORC

May 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

Move It Move It

**1 pm
301 Henry Street**

Tech Help

**2 pm
Older Adult Center**

Crafts Club

**10am
Older Adult Center
Library**

Bead Art

**12 pm
Older Adult Center**

Tai Chi

10 am

Tech Help

**12 pm
Older Adult Center**

**Mind Body Wellness
with Nurse Beltran**

May 7 and 21

**10:30am
NORC
351 Madison Street 1E**

Jewelry Class

**11 am
Older Adult Center**

Girl's Art Class

**12 pm
Older Adult Center**

Esperanza

Thursdays

Starts May 7

**10:30am - 12pm
367 Madison Street
Classroom**

9:00 a.m.

10:00 a.m.

1:00 p.m.

2:00 p.m.

3:00 p.m.

4:00 p.m.



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



Funded By:



May at Vladeck Cares NORC

WALK WITH EASE
10:30 Fridays
MEET AT OAC

May 18 to June 28

Register at
NORC office or
call us at

212 - 477 - 0455



PACE NURSING
BLOOD PRESSURE
SCREENS
OAC MAY 5TH 10-12

MAY 14
PREVENTING
HEART
ATTACKS
12 PM
OLDER ADULT
CENTER

Vladeck Cares
NORC
OPEN HOUSE

MAY 8, 2026

NORC OFFICE 351 MADISON ST
11:00-2:00

NORC OFFICE
CLOSED MAY 25TH
FOR MEMORIAL DAY



TALENT IS TIMELESS

Singer? Poet? Dancer?

Join the

Talent is Timeless

Competition!

HENRY STREET OLDER ADULT
CENTER

JUNE 2026

SIGN UP WITH NORC OR OAC