

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## MESSAGE FROM THE DIRECTOR:

As we welcome the beautiful month of May, we take a moment to celebrate the love, strength, and lasting impact of mothers and mother figures in our lives. Mother's Day is a time of reflection, appreciation, and connection, honoring not only those who raised us, but also the nurturing spirit that lives within our community every day.

Here at the Older Adult Center, we are proud to recognize the many stories' experiences, and legacies that each of you bring. Whether you are a mother, grandmother, caregiver, mentor, or cherished friend, your role in shaping lives and spreading kindness does not go unnoticed.

Throughout the month, we look forward to sharing special moments together from meaningful conversations and creative activities to celebrations filled with music, laughter, and fellowship. These opportunities remind us of the importance of staying connected and lifting one another up.

On behalf of our entire team, we wish you a joyful and heartfelt Mother's Day.

*Jasmine*

# MAY 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

- 5/8- NORC Open House
- 5/12-Mother's Day Brunch and celebration
- 5/15- Monthly Birthday Party
- 5/20- Item Bingo
- 5/20 – AgeStrong NYC Advocacy Day - CityHall
- 5/21- Museum of Sex
- 5/22 – Memorial Day Celebration
- 5/27-Health and Fitness Day @ Foley Park



### Presentation

- 5/5- B/P w/PACE Nurses
- 5/5-Happy feet Webinar
- 5/5- Elder Law Legal Services w/ Daniel
- 5/7-UJCES Healthcare
- 5/13- Greenwich House/ Emotions w Sigourney
- 5/14-(NORC) Heart Attack Prevention
- 5/19- SCAMS w/NYPD
- 5/21- Nutrient Education
- 5/29- Greenwich House/Presentation w/ Sigourney
- 5/27- Med-rite w/Daniel



## 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

**Lunch 11:30pm to 1pm Mon. thru Friday  
(12PM – 1PM Sundays)  
Dinner 3:00 PM to 4:00PM Monday  
Through Friday**




# HENRY STREET SETTLEMENT

## Older Adult Center

# MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p><b>Trips And Events Sign-Ups Are from Monday to Friday Only, 10am To 12pm, 2pm-4pm.</b>  <b>**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).</p>			 <p><b>HAPPY MOTHER'S DAY!</b></p>		 <p><b>MENTAL HEALTH AWARENESS MONTH MAY</b></p>	<p>1 9am-5pm Greenwich House 10 – 11:30AM – Item Bingo 10:30am= Walking Club 1-5pm- Sewing Group (367 Madison St.)</p> 
<p>3 10:30 – 11:30 AM – Line Dancing w/ David</p>	<p>4 9:30AM-Ballroom Dance w/Simon 9:30-Nails w/Ellen 1PM- Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)</p> 	<p>5 10:00AM-AfroBeats/w Patricia 10am to 11pm- Craft Club (NORC) 10am-12pm- PACE B/P 10:30am: HAPPY FEET Webinar w/ Janilee James-Coutou, MD 12-1pm: -Bead Art (NORC) 12:30pm- Elder Law legal Services w/Daniel 1:30 PM – Cinco De Mayo Celebration 1:15PM-Fashion Art w/Mary</p> 	<p>6 9am- Greenwich House 10 AM- Self Defense w/Andre 11AM- NYCID Fair Fares 12-1pm-Presentation /w Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison st)</p> 	<p>7 10:00-11:00AM: Tai Chi w/ Alex 11am: Presentation: UJCES/Healthcare 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION</p> 	<p>8 9am-5pm Greenwich House (in Library) 10AM: Stroke Awareness Webinar 10:30Am Walking Club 11AM- NORC Open House 351 Madison St. 2-3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St)</p> 	
<p>10 10:30 – 11:30 AM – Line Dancing w/ David</p> 	<p>11 9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm-Sewing(367MadisonSt.)</p> 	<p>12 10:00AM-AfroBeats/w Patricia 5/12-Post Mother's Day Brunch - KPMG 10am to 11pm- Craft Club (NORC) 12-1pm: -Bead Art (NORC) 1:30pm to 4pm-Mother's Day Celebration continues</p> 	<p>13 9am- Greenwich House 10 AM- Self Defense w/Andres 12:30pm- GH Presentation: Emotions w/Sigourney 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)</p>	<p>14 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 12:30pm to 1:30pm-Presentation: (NORC) Heart Attack Prevention 1:30 - 2:30PM: JAZZ-N-MOTION</p>	<p>15 9am-5pm Greenwich House (in Library) 10:30am Walking Club 1:30-4pm- Monthly Birthday Celebration Featuring Newberger a Black &amp; Gold affair 1-5pm- Sewing Group (367 Madison St)</p>	
<p>17 10:30 – 11:30 AM – Line Dancing w/ David</p> 	<p>18 9:30AM-Ballroom Dance w/Simon 10:30am-12pm-Scrapebooking w/SWI 10:30AM- Yoga w/Susan 1PM – Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)</p>	<p>19 10:00AM-AfroBeats/w Patricia 10am to 11pm- Craft Club (NORC) 12:30- Presentation: SCAM Safety w/ Officer Rodriquez 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary</p> 	<p>20 9am- Greenwich House 10 AM- Self Defense w/Andres 11AM - Age Strong NYC Advocacy Day 12-1pm- Tech Help w/ Noa (NORC) 1:30pm-Item Bingo 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St)</p> 	<p>21 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 1PM- TRIP: Museum of Sex 1:30 to 2:30PM: JAZZ-N-MOTION</p>	<p>22 9am-5pm Greenwich House (in Library) 10:30am Walking Club 1:30pm to 4pm- Memorial Day Celebration 1-5pm- Sewing Group (367 Madison St)</p> 	
<p>24 10:30-11:30 AM-Line Dancing w/David</p> <p>31 10:30-11:30AM-Line Dancing w/ David</p>	<p>25</p>  <p><b>WE WILL BE CLOSED FOR Memorial Day HONORING ALL WHO SERVED</b></p>	<p>26 10:00AM-AfroBeats/w Patricia 10am to 11pm- Craft Club (NORC) 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary</p> 	<p>27 8am: Health &amp; fitness Day @ Foley Square Park 9am- Greenwich House 10 AM- Self Defense w/Andres 11am- Med-rite w/Daniel 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St)</p>	<p>28 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1:30 to 2:30PM: JAZZ-N-MOTION</p>	<p>29 9am-5pm Greenwich House (in Library) 10:30- Walking Club 12:30pm-GH Presentation: w/Sigourney 1-5pm- Sewing Group (367 Madison St)</p>	

# MAY 2026 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Center members: \$1.50</b> <b>Non-Center member: \$5.00</b> <b>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</b> <b>The menu is subject to change.</b> <b>Plant Based Lunch and Dinner Offered Once a Week</b> <b>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</b>					<b>1</b> <b>LUNCH:</b> Turkey Chili w/White Rice & Steamed Vegetables  <b>DINNER:</b> Whole Wheat Pasta w/White Beans, Eggplant & Tomatoes
<b>3</b> <b>LUNCH:</b> Baked Chicken Wings w/Macaroni & Cheese w/Steamed Vegetables	<b>4</b> <b>LUNCH:</b> Lemon Garlic Baked Salmon w/Yellow Rice & Steamed Vegetables  <b>DINNER:</b> Ground Turkey Bolognese w/Penne & House Salad	<b>5</b> <b>LUNCH:</b> Ground Beef Bolillo Sandwiches w/French Fries & House Salad  <b>DINNER:</b> Chicken Fajitas w/Whole Wheat Tortillas & Roasted Vegetables	<b>6</b> <b>LUNCH:</b> Shepherds Pie w/Garden Salad  <b>DINNER:</b> Black Eyed Peas Stew w/Jollof Rice & Okra	<b>7</b> <b>LUNCH:</b> Pork Spare Ribs w/Garlic Mashed Potatoes & Collard Greens  <b>DINNER:</b> General Tso's Chicken w/Vegetable Fried Rice & Roasted Broccoli	<b>8</b> <b>LUNCH:</b> Chicken Adobo w/Wild Rice & Roasted Vegetables  <b>DINNER:</b> Baked Fish w/Pearled Barley & Roasted Carrots
<b>10</b> <b>LUNCH:</b> Crispy Tofu Veggie Stir Fry w/Brown Rice & Steamed Vegetables	<b>11</b> <b>LUNCH:</b> Sweet Chili Salmon w/Lo Mein & Roasted Vegetables  <b>DINNER:</b> Stewed Chicken Breasts w/Mashed Potatoes & Roasted Vegetables	<b>12</b> <b>LUNCH:</b> Mothers Day Brunch Special  <b>DINNER:</b> Roasted Pork Chops w/Coconut Rice & Steamed Cabbage	<b>13</b> <b>LUNCH:</b> Hearty Lentil Pasta Sauce w/Spaghetti & House Salad  <b>DINNER:</b> Beef Stew w/Roasted Potatoes & Steamed Vegetables	<b>14</b> <b>LUNCH:</b> Turkey Meatloaf w/Garlic Mashed Potatoes & Steamed Vegetables  <b>DINNER:</b> Philly Cheesesteak w/French Fries & House Salad	<b>15</b> <b>LUNCH:</b> Chicken Gumbo w/White Rice & Steamed Vegetables  <b>DINNER:</b> Whole Wheat Cheese Pizza w/Italian Roasted Vegetables
<b>17</b> <b>LUNCH:</b> Chicken Parm w/Orzo & Steamed Green Beans	<b>18</b> <b>LUNCH:</b> Cod Escabeche w/Orzo & Steamed Green Beans  <b>DINNER:</b> Stuffed Peppers w/Beef & Wild Rice w/Steamed Vegetables	<b>19</b> <b>LUNCH:</b> 3 Bean Veggie Chili w/Quinoa & House Salad  <b>DINNER:</b> Oven Baked Wings w/Yellow Rice & Steamed Vegetables	<b>20</b> <b>LUNCH:</b> Chicken Pasta Casserole w/Steamed Vegetables  <b>DINNER:</b> Baked Salmon w/Quinoa & Steamed Carrots	<b>21</b> <b>LUNCH:</b> Butternut Squash Ravioli w/Roasted Root Vegetables  <b>DINNER:</b> Baked Turkey Meatballs w/Roasted Potatoes & Steamed Vegetables	<b>22</b> <b>LUNCH:</b> Apricot Glazed Pork Chops w/Mashed Potatoes & Roasted Eggplant  <b>DINNER:</b> Memorial Day BBQ Style Dinner
<b>24</b> <b>LUNCH:</b> Turkey Burger w/French Fries & House Salad		<b>26</b> <b>LUNCH:</b> Stewed Pinto Beans w/Mexican Rice & Stewed Zucchini  <b>DINNER:</b> Beef Pot Pie w/Roasted Vegetables	<b>27</b> <b>LUNCH:</b> Swedish Meatballs w/Mashed Potatoes & Roasted Beets  <b>DINNER:</b> Baked Flounder w/Rasta Pasta & Steamed Vegetables	<b>28</b> <b>LUNCH:</b> Chicken Tikka Masala w/Brown Rice & Baby Carrots  <b>DINNER:</b> Lentil & Vegetable Baked Ziti w/Steamed Vegetables	<b>29</b> <b>LUNCH:</b> Baked Flounder w/Brown Rice & Steamed Broccoli  <b>DINNER:</b> Turkey Meatloaf w/White Rice & Roasted Vegetables
<b>31</b> <b>LUNCH:</b> Sweet & Sour Pork w/Lo Mein & Asian Cucumber Salad					

# Memorial Day

## Word Search

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

- AMERICAN
- ANTHEM
- CEMETERY
- CEREMONY
- COMMEMORATE
- DECORATION
- FALLEN
- FLAGS
- FLOWERS
- FREEDOM
- GRAVE



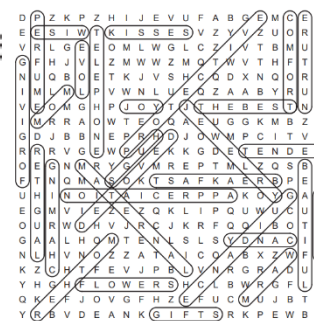
# Happy Mothers Day



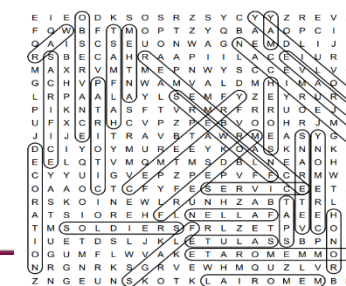
- HALF MAST
- HEROES
- HOLIDAY
- HONOR
- MAY
- MEMORIAL
- OBSERVANCE
- PATRIOTIC

- REMEMBRANCE
- SACRIFICE
- SALUTE
- SERVICE
- SOLDIERS
- TAPS
- VETERANS
- WAR

SOLUTION



SOLUTION



- APPRECIATION
- BEAUTIFUL
- BREAKFAST
- CANDY
- CHARMING
- COMFORT
- DEVOTED
- FLOWERS
- ORGIVING
- GIFTS



- GUIDANCE
- HUGS
- JEWELRY
- JOY
- KISSES
- LAUGHTER
- LOVE
- MATERNAL
- MOM
- MOTHER
- NURTURE
- PERFUME
- PROTECTIVE
- SHARE
- TELEPHONE
- TENDER

- THE BEST
- WARM
- WISE

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