

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

MESSAGE FROM THE DIRECTOR:

Happy June to my OAC family,

As we celebrate the month of June, we take a moment to honor and recognize the fathers, grandfathers, and father figures who have played such meaningful roles in our lives and communities.

Father's Day is a time to reflect on strength, guidance, wisdom, and love that fathers share generously. To all the fathers in our center, we extend our heart felt gratitude for the many ways you contribute to your families and to our community. Your presence, experiences, and voices enrich our center each day.

We are asking all our father's and father figures who are members to come and attend our Father's Day celebration Monday the 22nd beginning at 1:30pm

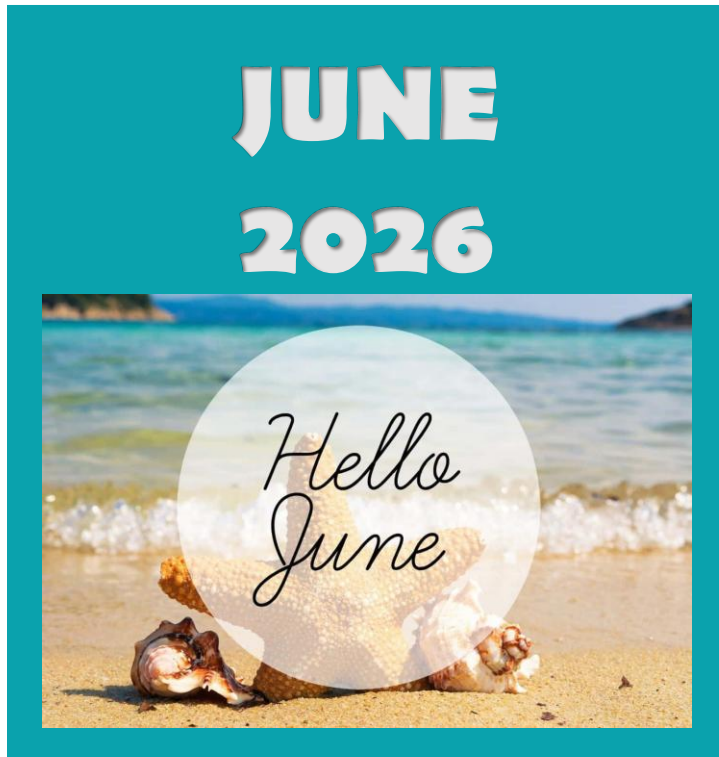
This month is also filled with other celebrations such as, Puerto Rican Heritage, Juneteenth, and Gay Pride.

See staff for pre-registrations. I'll be seeing you around.

Love and respect,



Jasmine



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

- 6/4 – Brunch
- 6/12 – Puerto Rican Heritage Celebration
- 6/18- Nails w/Ellen
- 6/18 – Juneteenth Celebration
- 6/22 – Father's Day Celebration
- 6/23 – Pride Month Acknowledgment
- 6/26 – Birthday Party
- 6/30- Broadway Play (Wicked)



Presentation

Greenwich House Presenting
Sigourney

- 6/5- Anxiety
- 6/10-Alzheimer and Dementia
- 6/17- PTSD

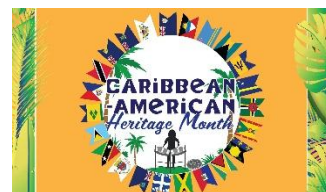
- 6/8-Texting tips and tricks w/ Noa
- 6/15-Webinar: Headaches and Migraines
- 6/16- PACE



WHAT'S NEW?

- **Everyday Royalty w/ Salome**

(Extra)ordinary: Everyday Royalty
Join teaching artist Salome for our new art residency, (Extra)ordinary: Everyday Royalty! Held Mondays & Wednesdays from 12PM–2PM, this fun and creative class will explore photography, painting, collage, sewing, embroidery, and more — no experience needed!



Meal Service

Lunch
Dinner

Sunday

12:00 PM- 1PM
X

Mon-Fri

11:30 AM- 1:00PM
3:00PM- 4:00PM

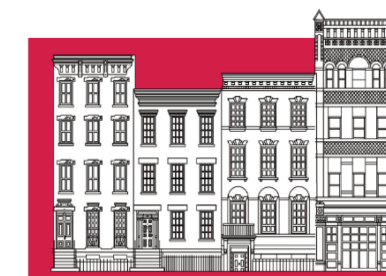
SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

CASE ASSISTANCE HOURS: Monday - Friday, 9 AM to 5PM

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:30AM-Ballroom Dance w/Simon 1 10:30AM- Yoga w/Susan 12 – 2PM – Everyday Royalty w/ Salome (Library) 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.)	2 10:00AM-AfroBeats/w Patricia 11AM- Fair Fares IDNYC w/ Davina 12-1pm: - Bead Art (NORC) 1:15PM-Fashion Art w/Mary 	3 9am- Greenwich House 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 12 – 2PM – Everyday Royalty w/ Salome (Conference Room) 1-5pm- Sewing Group (367 Madison st)	4 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 11am – 1PM: Brunch supported by Winged Keel 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION	5 9am-5pm Greenwich House (in Library) 10:30Am Walking Club 12:30; Presentation: Anxiety (GH) 2-3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St) 
7 10:30 – 11:30 AM – Line Dancing w/ David 	8 9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 12 – 2PM – Everyday Royalty w/ Salome (Library) 1PM- Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) Presentation: Texting tips and tricks 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm-Sewing(367MadisonSt.) 	9 10:00AM-AfroBeats/w Patricia 10- 12pm- PACE/ Blood pressure 12-1pm: -Bead Art (NORC) 	10 9am- Greenwich House 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 12:30pm- Presentation: Alzheimer and Dementia (GH) 12 – 2PM – Everyday Royalty w/ Salome (Conference Room) 1-5pm- Sewing Group (367 Madison St.)	11 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1:30 - 2:30PM: JAZZ-N-MOTION 	12 9am-5pm Greenwich House (in Library) 10:30am Walking Club 1:30 – 4PM: Puerto Rican Heritage Celebration Supported by Munich Re 1-5pm- Sewing Group (367 Madison St)
14 10:30 – 11:30 AM – Line Dancing w/ David  <p>PR Parade DAY</p>	15 9:30AM-Ballroom Dance w/Simon 10am: Webinar: Headaches and Migraines 10:30AM- Yoga w/Susan 12 – 2PM – Everyday Royalty w/ Salome (Library) 1PM: Move it (NORC) 301 Henry Street 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)	16 10:00AM-AfroBeats/w Patricia 12pm- PACE/ Blood pressure 12-1pm: -Bead Art (NORC) 12pm- Presentation: PACE/Headaches 1:15PM-Fashion Art w/Mary	17 9am- Greenwich House 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 12:30pm- Presentation: PTSD (GH) 1:30pm-Item Bingo 12 – 2PM – Everyday Royalty w/ Salome (Conference Room) 1-5pm- Sewing Group (367 Madison St)	18 10:00-11:00AM: Tai Chi w/ Alex 10am to 11:30am Nails w/ Ellen 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 1:30 – 4PM: Juneteenth Celebration 1:30 to 2:30PM: JAZZ-N-MOTION	19 
21 First Day Of Summer 10:30 – 11:30 AM – Line Dancing w/ David 	22 9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 12 – 2PM – Everyday Royalty w/ Salome (Library) 1PM – Move It (NORC) 301 Henry St 1:30- FATHER'S DAY Celebration 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)	23 10:00AM-AfroBeats/w Patricia 10- 12pm- PACE/ Blood pressure 12-1pm: -Bead Art (NORC) 1:30 PM: Pride acknowledgement 	24 9am- Greenwich House 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 12 – 2PM – Everyday Royalty w/ Salome (Conference Room) 1-5pm- Sewing Group (367 Madison St)	25 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	26 9am-5pm Greenwich House (in Library) 10:30- Walking Club 1:30 – 4PM: June Birthday Party (Caribbean Themed) 1-5pm- Sewing Group (367 Madison St)
28 10:30 – 11:30 AM – Line Dancing w/ David	29 9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 12 – 2PM – Everyday Royalty w/ Salome (Library) 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.)	30 10:00AM-AfroBeats/w Patricia 12-1pm: -Bead Art (NORC) 12:30pm- TRIP: Broadway Play (Wicked) 1:15PM-Fashion Art w/Mary 	Trips And Events Sign-Ups Are from Monday to Friday Only, 10am To 12pm, 2pm-4pm. **Please see Briana or Olivia. All Participants Must Be Pre-Registered BEFORE the Day of Birthday Party Offered Daily from 8:00 AM 4:45 PM Billiards / Domiños /Board Games Tech Help 2 nd 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 such as (NORC).		

JUNE 2026 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 LUNCH: Garlic Chicken w/Egg Noodles & House Salad DINNER: Sofrito Steak w/Peppers & Onions, White Rice & Steamed Vegetables	2 LUNCH: Black Bean Taco Bowl w/Pineapple Salsa Mexican Rice & Zucchini DINNER: Turkey Sandwich w/Sweet Potato Fries & Roasted Vegetables	3 LUNCH: Baked Flounder w/Baked Potato & Cole Slaw DINNER: Curried Jamaican Chicken w/Rasta Pasta & Cabbage	4 LUNCH: OAC Brunch DINNER: 5 Spice Tofu w/Barley & Kale	5 LUNCH: BBQ Pulled Pork w/Mashed Potatoes & Steamed Carrots DINNER: Chicken Marsala w/Linguine & House Salad
7 LUNCH: Beef & Broccoli w/White Rice	8 LUNCH: Chicken Alfredo Pasta Bake w/Caesar Salad DINNER: Salisbury Steak w/Roasted Potatoes & Steamed Vegetables	9 LUNCH: Cuban Vegan Picadillo w/Cilantro Rice & Roasted Vegetables DINNER: Arroz Con Pollo w/Steamed Lima Beans	10 LUNCH: Beef & Cheese Lasagna Rolls w/Sauteed Peas DINNER: Whole Wheat Cheese Pizza w/House Salad	11 LUNCH: Honey Glazed Salmon w/Rice Pilaf & Steamed Asparagus DINNER: Sweet & Sour Pork w/Egg Noodles & Roasted Vegetables	12 LUNCH: Turkey Meatballs w/Spaghetti & Steamed Vegetables DINNER: Puerto Rican Heritage Celebration Meal
14 LUNCH: BBQ Chicken w/Macaroni Salad & Steamed Vegetables	15 LUNCH: Lemon Garlic Baked Fish w/Yellow Rice & Steamed Carrots DINNER: Ground Turkey Baked Ziti w/House Salad	16 LUNCH: Chicken Fajita Bowl w/Brown Rice & Roasted Vegetables DINNER: Beef Cheeseburgers w/French Fries & Steamed Vegetables	17 LUNCH: Beef Shepherd's Pie w/House Salad DINNER: General Tso's Chicken w/Lo Mein & Steamed Vegetables	18 LUNCH: Pork Spareribs w/Mashed Potatoes & Collard Greens DINNER: Smothered Chicken w/Black Eyed Peas, Red Rice & Cornbread	19 CLOSED
21 LUNCH: Tofu Stir Fry w/Lo Mein & Roasted Broccoli	22 LUNCH: Sweet Chili Salmon w/Fried Rice & Steamed Vegetables DINNER: Stewed Chicken Breast w/Garlic Mashed Potatoes & Sauteed Spinach	23 LUNCH: Beef Picadillo w/Cilantro Lime Rice & Refried Beans DINNER: Roasted Pork Chops w/Coconut Rice & Steamed Vegetables	24 LUNCH: Breaded Fish Sandwich w/French Fries & Cole Slaw DINNER: Braised Beef w/Roasted Potatoes & Steamed Vegetables	25 LUNCH: Turkey Meatloaf w/ Garlic Mashed Potatoes & Steamed Vegetables DINNER: Hearty Red Lentil Pasta Sauce w/Garden Salad	26 LUNCH: Chicken Gumbo w/White Rice & Roasted Vegetables DINNER: Oven Baked Chicken Wings w/Macaroni & Cheese & Steamed Vegetables
28 LUNCH: Baked Falafel w/Quinoa & Roasted Vegetables	29 LUNCH: Baked Cod w/Creamy Orzo & Steamed Green Beans DINNER: Vegetable Lasagna Rolls w/Garden Salad	30 LUNCH: Very Veggie Chili w/Brown Rice & House Salad DINNER: Meat Lovers Pizza w/Roasted Italian Vegetables	<p>Center members: \$1.50 Non-Center member: \$5.00 under 60 All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread The menu is subject to change. Plant Based Lunch and Dinner Offered Once a Week ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</p>		

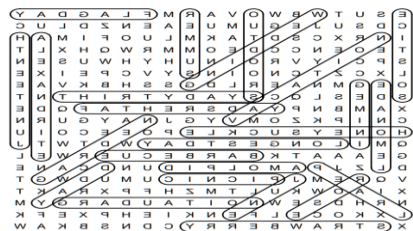


DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

E S U T W B W O V A R M F L A G D A Y
 C D S U J E G U M U E A E N Z D L U C
 I N R X C S D T A K M L U O F I M A H
 T E O E N C C D E O M M R W Q H X L T
 S P C I Y V R O I N U H Y H W U S E N
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- | | | | |
|--------------|-------------|-------------|-------------|
| ALEXANDRITE | GARDEN | LEMONADE | SOLSTICE |
| BARBECUE | GEMINI | LONGEST DAY | STRAWBERRY |
| D-DAY | GRADUATION | OUTDOORS | SUMMER |
| DIPLOMA | HONEYSUCKLE | PEARL | THIRTY DAYS |
| FATHER'S DAY | JUNE | PICNIC | VACATION |
| FLAG DAY | JUNETEENTH | ROSE | WEDDING |

SOLUTION



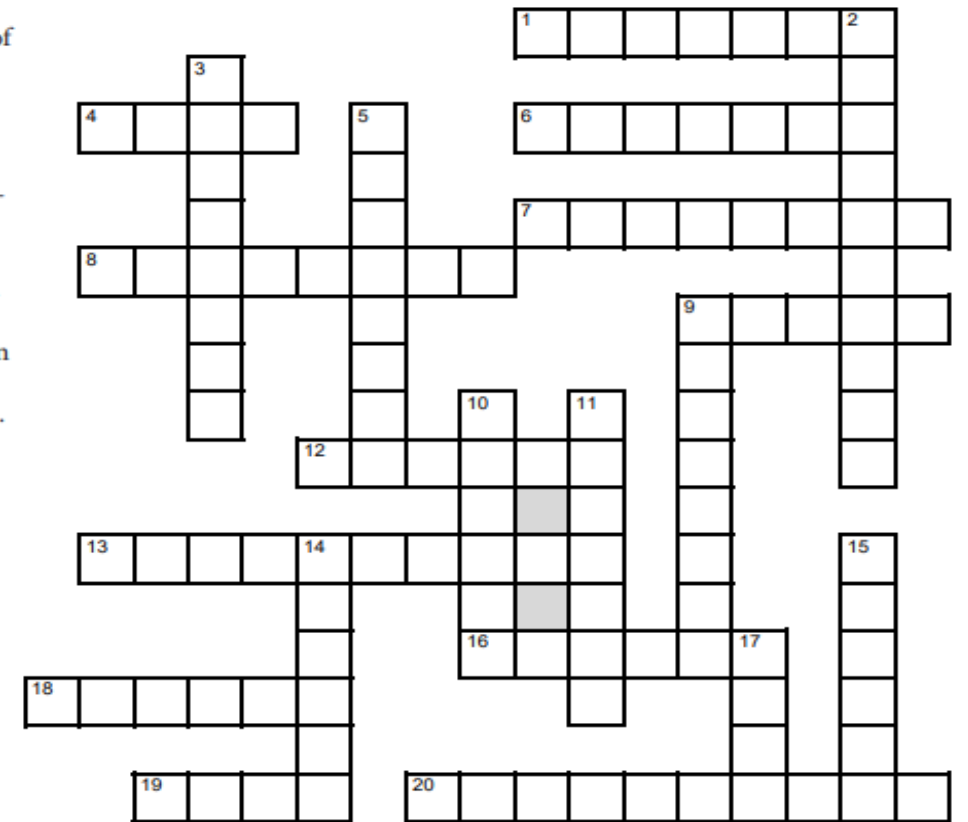
ACROSS

1. Marriage ceremony.
4. Celebrated on June 14th in the US: ___ Day.
6. Certificate presented at a graduation ceremony.
7. Cook outdoors on a grill.
8. Opposite of indoors.
9. June is the ___ month of the year.
12. Astrological sign for the start of June (twins).
13. Celebrated on June 19th to commemorate the ending of slavery.
16. Astrological sign for the end of June (crab).
18. He is celebrated on the third Sunday in June.
19. June 6th, 1944.
20. Red berry that is in season in June.

DOWN

2. Ceremony marking the end of the school year.
3. Time off from school.
5. Drink made from a yellow citrus fruit and sugar.
9. Longest day of the year: Summer ___.
10. Meal eaten outdoors.
11. Sport using a rod and a reel.
14. Number of days in June.
15. Season that begins in June in the Northern Hemisphere.
17. Birth month flower for June.

- | | |
|------------|------------|
| Barbecue | Outdoors |
| Cancer | Picnic |
| D-Day | Rose |
| Diploma | Sixth |
| Father | Solstice |
| Fishing | Strawberry |
| Flag | Summer |
| Gemini | Thirty |
| Graduation | Vacation |
| Juneteenth | Wedding |
| Lemonade | |



SOLUTION

