



SENIOR SERVICES

Henry Street Settlement Senior Center, 334 Madison St., NY, NY 10002, 212-349-2770

JUNE 2017 CALENDAR



MEMBER DRIVE!

- Renew Your Membership if it's been More Than 1 Year Since You Joined & You'll Receive a Gift **PLUS** a Chance to Win a \$100 Gift Card!
- Bring In a Potential New Member for Lunch & You'll Each Receive a Free Lunch Voucher!
 - If Your Friend Joins, You'll Receive a NYS Lottery Scratch-Off Ticket and *They'll* Receive A Gift! **PLUS** You'll *Each* Have a Chance to Win a \$100 Gift Card!
- That's 3 \$100 Gift Cards We will Hold a Drawing for:
 - 1 for a Renewing Member
 - 1 for Anyone Bringing In a New Member (& You Get An Additional Chance for Each New Member You Bring In!)
 - 1 for a New Member

Help Our Center Grow!

Trips
Thursday 6/8, 11 am
Tony Bennett Exhibit

Thursday 6/22, 8:30
Sands Casino

Parties
Thursday 6/15, 2:30
Mothers' & Fathers' Day Party Sponsored by Credit Suisse with DJ Mambo Blue

Thursday 6/29, 2:30
April Birthday Party with Cecelia Tenconi

Don't Forget Our Pool Tournament
Wednesday 6/14 — Thursday 6/15

Come Try Out Our Fully Equipped GYM

Monday-Friday
9 AM—11 AM
1:30 PM—3:30 PM

Haven't Seen a FRIEND at the Center Lately? Please Let Us Know in the Offices so We Can Make Sure They're OK

Do you live in the Vladeck Houses and need some help or support? Visit our **NORC/VLADECK CARES** Office at 351 Madison Street or call 212-477-0455. We are open Monday - Friday 9 AM-5 PM.




Mondays: Chinese News 12:30-2 @ NORC 351 Madison
Tuesdays: Chinese Computer Class, 10:30-11:30 @ 334 Madison HSS Senior Center Computer Room


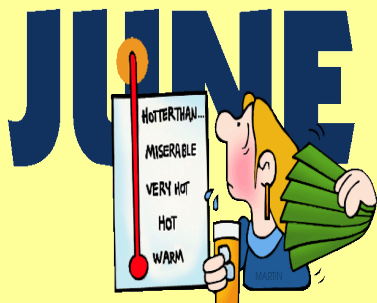
TRIPS/ EVENTS REGISTRATION

Sunday 11:00—1:00
Monday—Friday 1:00—4:00
Please see Simon, Olivia or Cheryl

Do You or Someone You Know Take Care of an **ADULT AGE 60+ WITH DEMENTIA**? Shop or Run Errands for Them? Pay Their Bills? Check on Their Safety? You are Not Alone and There is Help & Support Available for You! Call or Stop By the HSS Senior Center Office to Speak with Cathy O'Sullivan Weekdays 9-5.

Something on your mind? Feeling down? Worried? Don't suffer in silence; lets talk! Speak with our Staff about meeting with **Jacqué** in our **CASA** Program or call 212-477-0455 / 212-233-5032

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">JUNE 2017 Daily Activities & Events</p> <p><i>* = NORC-Funded Activity; Activities in Bold are New or Changed Funded by New York City Department for the Aging (DFTA), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions</i></p>				<p>1 10:00 Tai Chi for Arthritis 1:00 *Art Class with Girl 1:30 English as Second Language 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>2 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 3:00 Beading Class 4:15 Karaoke</p>
<p>4 10:00 Pet Visiting with Betsy & Melville 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>5 10:30 A Matter of Balance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:30 Computer for Beginners 2:30 Social Media for Beginners 2:15 Afternoon at the Movies "Grease" 4:30 Dinner Bingo</p>	<p>6 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 2:00 Contemporary Dancing 4:30 Dinner Bingo</p>	<p>7 10:00 Pet Visiting with Danielle & Bella 10:00 Tai Chi for Arthritis 11:00 Presentation: With All My Heart: Diabetes 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>8 10:00 Tai Chi for Arthritis *10:30 Blood Pressure Screening 11:00 Yoga 11:00 Trip: Tony Bennett Exhibit 1:00 *Art Class with Girl 1:30 English as Second Language 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>9 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 4:15 Karaoke</p>
<p>11 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>12 10:30 A Matter of Balance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:30 Computer for Beginners 2:30 Social Media for Beginners 2:15 Afternoon at the Movies "And Still I Rise" 4:30 Dinner Bingo</p>	<p>13 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 11:00 Presentation: GOLES Senior Housing 1:00-3:00 Crochet Corner 1:00-3:00 GOLES Clinic 2:00 Contemporary Dancing 4:30 Dinner Bingo</p>	<p>14 POOL TOURNAMENT 10:00 Tai Chi for Arthritis 11:00 Presentation: Project CART Senior Transportation Program 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>15 POOL TOURNAMENT *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:30 English as Second Language 2:00 English Computer Class w/ Kyle 2:30-4:30 Party: Fathers' & Mothers' Day w/ DJ Mambo 4:30 Dinner Bingo</p>	<p>16 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 3:00 Beading Class 4:15 Karaoke</p>
<p>18 10:30 Blood Pressure Screening 12-1 Father's Day Celebration 1:00 Bingo 1:30 English Computer Class </p>	<p>19 10:30 A Matter of Balance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:30 Computer for Beginners 2:30 Social Media for Beginners 2:15 Afternoon at the Movies "The Break-Up" 4:30 Dinner Bingo</p>	<p>20 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 2:00 Contemporary Dancing 4:30 Dinner Bingo</p>	<p>21 10:00 Tai Chi for Arthritis 11:00 Nutrition Talk: How Much Protein Do You Really Need? 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>22 8:30 Trip: Sands Casino *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:30 English as Second Language 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>23 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 4:15 Karaoke</p>
<p>25 10:30 Blood Pressure Screening 10:30 Blood Pressure 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>26 10:30 A Matter of Balance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:30 Computer for Beginners 2:30 Social Media for Beginners 2:15 Afternoon at the Movies "Born to Run" 4:30 Dinner Bingo</p>	<p>27 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 11:00 Presentation: FIDA (Dual Eligible) Health Program 1:00-3:00 Crochet Corner 2:00 Contemporary Dancing 4:30 Dinner Bingo</p>	<p>28 10:00 Tai Chi for Arthritis 11:00 Performance: Abrons Center Adult Vocal Chorus 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke</p>	<p>29 10:00 Tai Chi for Arthritis *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:30 English as Second Language 2:00 English Computer Class w/ Kyle 2:30-4:30 Party: June Birthdays w/ Cecelia Tenconi 4:30 Dinner Bingo</p>	<p>30 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 4:15 Karaoke</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">JUNE 2017 LUNCH MENU <i>Served 12:00 PM - 1:00 PM</i> HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.) Vegetarian & Kosher Options Available on Request * Menu is subject to change without notice Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.</p>				<p>1 Turkey Meatballs Whole Wheat Spaghetti Baby Carrots w/ Parsley Apple</p>	<p>2 Chicken Cacciatore Bowtie Pasta Tossed Salad w/ Dressing Orange</p>
<p>4 Tilapia w/ Fresh Salsa Relish Baked Sweet Potato Steamed Broccoli Orange Pineapple Juice</p>	<p>5 Stuffed Shells w/ Cheese Cucumber Tomato Salad Orange</p>	<p>6 Beef & Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Baby Carrots w/ Parsley Banana</p>	<p>7 BBQ Chicken Baked Macaroni & Cheese Garden Salad Cantaloupe</p>	<p>8 Baked Salmon w/ Lemon, Tarragon and Thyme Rice Pilaf Spinach, Carrots & Onion Salad Orange</p>	<p>9 Chicken Marsala Garlic Rosemary Roasted Potatoes Kale w/ Tomato Apple</p>
<p>11 Kosher Italian Sausage Pasta Primavera w/ Cheese Tossed Salad w/ Dressing Canned Pineapple</p>	<p>12 Baked Ziti w/ Beef Meatballs Baby Spinach Salad Banana</p>	<p>13 Salmon w/ Garlic Sauce Marinated Beet Salad Roasted Vegetable Couscous Pineapple Juice</p>	<p>14 Baked Breaded Fish Fillet Pesto Pasta w/ Garlic Cucumber Dill Salad Strawberries</p>	<p>15 Teriyaki Beef Chinese-Style Spaghetti Broccoli & Red Peppers Pineapple</p>	<p>16 BBQ Pork Chops Spinach, Carrots, & Onion Salad Yucca w/ Onions Banana</p>
<p>18 Beef Stew (Spanish Style) w/ White Rice Tossed Salad w/ Dressing Honeydew Melon</p>	<p>19 Broccoli & Cheese Quesadilla Mexican Confetti Rice Cucumber Tomato Salad Banana</p>	<p>20 Oven Fried Fish Baked Sweet Potato Steamed Broccoli Apple Juice</p>	<p>21 Spaghetti Carbonara w/ Green Peas Green Bean Salad Mandarin Orange Sections</p>	<p>22 Chicken Stir Fry w/ Vegetables Brown Rice Cauliflower w/ Carrots & Parsley Banana</p>	<p>23 Sweet & Sour Pork Chinese-Style Spaghetti Sautéed Spinach Apricot Sections Orange Juice</p>
<p>25 Vegetarian Baked Ziti Broccoli & Red Peppers Pineapple Juice</p>	<p>26 Creamy Vegetable Soup Broccoli Cheese Quesadilla Cucumber Tomato Salad Pineapple Juice</p>	<p>27 Sweet & Sour Pork Arroz con Habichuelas Spinach, Carrots & Onion Salad Cantaloupe</p>	<p>28 Deluxe Hamburgers Pasta Salad Tossed Salad w/ Dressing Orange</p>	<p>29 Sliced Turkey Braised Collard Greens Garlic Mashed Potatoes Banana</p>	<p>30 Coconut Curry Cod Fish Wild Rice Cole Slaw Apple</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">JUNE 2017 DINNER MENU <i>Served 4:00 PM - 5:45 PM</i> HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.) Vegetarian & Kosher Options Available on Request * Menu is subject to change without notice Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.</p>			<p>1 Oven Fried Chicken Pasta Salad Four Bean Salad Apple Juice</p>	<p>2 Shepherd's Pie Garden Salad Banana</p>
<p>5 Baked Fish w/ Garlic Sauce Sweet Baked Yams Sautéed Spinach Banana</p>	<p>6 Orange Glazed Chicken Rice Pilaf Tossed Salad w/ Dressing Apple Ambrosia Fruit Salad</p>	<p>7 Beef Stew (Spanish Style) w/ Yellow Rice Green Beans Orange</p>	<p>8 Beef Lasagna Garlic bread Baby Spinach Salad Pineapple Juice Fruited Jell-O</p>	<p>9 Sweet & Sour Pork Chops Baked Potatoes Baby Carrots w/ Parsley Orange Juice</p>
<p>12 Chicken Cacciatore Pasta Primavera Garden Salad Apple Fruit Cocktail</p>	<p>13 Deluxe Cheeseburger w/ Onions Homemade Potato Salad Garden Salad Orange Fruit Jell-O</p>	<p>14 Salisbury Steak w/ Mushroom Gravy Garlic Mashed Potatoes Broccoli w/ Roasted Garlic Apple Juice Applesauce</p>	<p>15 Pernil Arroz Con Gandules Platanus Maduros Ensalada Watermelon</p>	<p>16 Oven Fried Fish Roasted Vegetable Couscous Broccoli & Red Peppers Apple</p>
<p>19 Beef Lasagna Garlic Bread California Blend Vegetables Pineapple Juice Peach Sections</p>	<p>20 Turkey Meatloaf w/ Mushroom Gravy Red Bliss Potatoes Cauliflower w/ Carrots & Parsley Orange</p>	<p>21 Lemon Pepper Fish Rice w/ Corn Spanish, Carrots & Onion Salad Apple Juice Watermelon</p>	<p>22 Pineapple Glazed Salmon Homemade Mashed Potato Oriental Blend Vegetables Banana</p>	<p>23 Salisbury Steak w/ Mushroom Gravy Egg Noodles Mixed Vegetable Pineapple</p>
<p>26 BBQ Chicken Baked Potato California Blend Vegetables Cantaloupe</p>	<p>27 Beef & Broccoli Brown Rice w/ Mushrooms Sautéed Bok Choy Orange</p>	<p>28 Baked White Fish in Garlic Crumb Crust Wild Rice Steamed Broccoli & Cauliflower Banana</p>	<p>29 BBQ Pork Chop Baked Macaroni & Cheese Broccoli w/ Cauliflower Ambrosia Fruit Salad</p>	<p>30 Jumbo Stuffed Shells w/ Meat Sauce Spinach, Carrots & Onion Salad Banana Orange Juice</p>

WANTED: NEW MEMBERS!
 BRING A PROSPECTIVE MEMBER
 FOR A MEAL & YOU'LL EACH GET
 A FREE MEAL VOUCHER!!
 IF THEY JOIN, YOU'LL GET A
 FREE SCRATCH-OFF TICKET &
 THEY'LL GET A GIFT!
 YOU'LL ALSO BOTH BE ENTERED INTO
 RAFFLES FOR \$100 GIFT CARDS!

**WANTED: UPDATED MEMBER
 REGISTRATIONS!**
 PLEASE COME TO THE OFFICE TO
 RENEW YOUR MEMBERSHIP IF
 YOU'VE BEEN A MEMBER FOR
 MORE THAN ONE YEAR!
 WHEN YOU RE-REGISTER, YOU'LL GET
 A GIFT PLUS BE ENTERED INTO A
 RAFFLE FOR A \$100 GIFT CARD!

**ENJOY ONE OF OUR DELICIOUS LUNCH
 OR DINNER MEALS**
 SUNDAY—FRIDAY 12 PM-1 PM
 MONDAY—FRIDAY 4 PM-5:45 PM
 SENIORS 60+: \$1.50
 SUGGESTED CONTRIBUTION;
 GUESTS UNDER 60: \$3:00

**INVITE A SUS AMIGOS O FAMILIA
 A CENAR CON NOSOTROS!**
 DOMINGOS - VIERNES 12 PM-1 PM
 LUNES - VIERNES 4 PM-5:45 PM
 MAYORES DE 60 AÑOS O MÁS: \$1.50
 INVITADOS: \$3.00

**GET A DINNER MEAL TO GO
 DURING THE LUNCH SERVICE
 \$2.00 (container included)**