

We Now Offer
Social Services on Sundays
as well as **Monday - Friday**

Announcements

Chinese August Moon Festival,
10/3. Moon Cakes & Chinese
Dancers. Help us celebrate!

HSS Senior Services Health Fair
10/6, 10 am - 12 pm. Flu Shots,
Screenings, Giveaways, Info!

October is Domestic Violence
Awareness month. Please join
us for a 10/11/17 presentation
and a 10/12/17 collage project.

Don't forget to register to
vote. Applications must be
postmarked no later than
10/13. Please go to the Social
Services office for help with
registration.

Please come in costume to our
10/31 Halloween party!

Come Try Out Our Fully Equipped GYM

Sunday

9—11 AM

Monday-Friday

9—11 AM & 1:30 —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



SENIOR SERVICES

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

October 2017 Calendar

TRIPS THIS MONTH:

Tuesday, 10/17: Empire City Casino

\$30 & You Must Pre-Register
Includes Charter Coach bus, bagged lunch,
\$10 slot play, \$5 food credit and other offers
8:30: Arrive & Check In at the Senior Center
9:00: Leave Center; 4:00: Depart Casino

Wednesday, 10/25: Museo Del Barrio

\$2 & You Must Pre-Register
Includes transportation, lunch and entrance
10:00: Arrive & Check In at the Senior Center
10:30: Leave Center; 1:30: Depart museum

PARTIES THIS MONTH:

**Thursday, 10/26: Birthday Party With
Cecilia Tenconi**

\$3 & You Must Pre-Register
1:30: Arrive & Check In
2:00-4:30: Music & Dancing
Free Admission, Birthday Photo & Gift if You
were Born in This Month

PARTIES THIS MONTH:

Tuesday, 10/31: Halloween Party

\$3 & You Must Pre-Register
1:30: Arrive & Check In
2:00-4:30: Music, Dancing & Costume
Contest

PRESENTATIONS THIS MONTH:

Tuesday, 10/03, 11:00am:
Financial Basics

Wednesday, 10/04, 11:00am:
Understanding Medical Notices, Errors

Wednesday, 10/11, 11:00am:
Domestic Violence Awareness

Tuesday, 10/17, 11:00am:
Your Voice Counts - Get Out the Vote

Wednesday, 10/18, 11:00am:
Colon Cancer

Tuesday, 10/24/17, 11:00am:
Falls Prevention Workshop

Wednesday, 10/25/17, 11:00am:
Common Scams

Monday—Friday 9:00am to 6:00pm

Sunday 9:00am to 3:30pm

Please do not come to the Center early; we hate to keep you waiting outside!

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

Monday—Friday 1:00—4:00

Sunday 1:00—3:00

Please see Olivia, Simon 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; let's 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
1 9:00 Open Gym 10:30 Yoga 11:00 Pet Visiting with Stacy and Cali 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class	2 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: “Finding Altamira” 4:30 Dinner Bingo	3 10:30 *Chinese Computer Class 11:00 Presentation: Financial Basics 12:30 Mid-Autumn Festival Dance Performance 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo	4 10:30 Pet Visiting with Danielle & Bella 11:00 Presentation: Understanding Medical Notices, Errors & Fraud 1:30 Bingo 4:00 Karaoke	5 9:30-4 PACE Nursing Students *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo	6 10:00-12:00 Health Fair in Ruth Winds Way 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 4:00 Karaoke
8 9:00 Open Gym 10:30 Yoga 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle	9 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: “Immigrant” 4:30 Dinner Bingo	10 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo	11 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Presentation: Domestic Violence Awareness 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	12 9:30-4 PACE Nursing Students *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:00 Domestic Violence Awareness Collage Project 2:00 English Computer Class w/ Kyle	13 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:00 Karaoke
15 9:00 Open Gym 10:30 Yoga 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle	16 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: “What the Health” 4:30 Dinner Bingo	17 8:30 Trip: Empire City Casino 10:15 Walk with Ease 10:30 *Chinese Computer Class 11:00 Presentation: Your Voice Counts - Get Out The Vote 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo	18 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Presentation: Colon Cancer 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	19 9:30-4 PACE Nursing Students *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo	20 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:00 Karaoke
22 9:00 Open Gym 10:30 Yoga 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle	23 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: “A Stoning in Fulham County” 4:30 Dinner Bingo	24 10:15 Walk with Ease 10:30 *Chinese Computer Class 11:00 Presentation: Falls Prevention Workshop 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo	25 9:30 *Gentle Dance for Arthritis 10:00 Trip: Museo del Barrio 10:30 Restorative Skills 11:00 Presentation: Common Scams 1:30 Bingo 4:00 Karaoke 4:30 Woman2Woman Group	26 9:30-4 PACE Nursing Students *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 2:00 Party: October Birthdays w/ Cecilia Tenconi 4:45 Dinner Bingo	27 10:00 Zumba Gold 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 4:00 Karaoke
29 9:00 Open Gym 10:30 Yoga 10:30 Arts & Crafts Group 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle	30 11:00 Latin Dance 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: “Deep Blue Sea” 4:30 Dinner Bingo	31 10:15 Walk with Ease 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 2:00 Party: Halloween & Costumes w/ DJ Mambo Blue 4:45 Dinner Bingo	<u>OCTOBER 2017 Daily Activities & Events</u> * = NORC-Funded Activity; Activities in Bold are New or Changed <i>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>		<i>Do You Know of a Friend or Neighbor who would Benefit from Regular Visits & Escort by a Senior Companion? We Can Provide That! Please contact Andy Man in the Social Services Office!</i>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Shepherd's Pie Steamed Broccoli Chocolate Pudding Orange Juice	2 Tuna Noodle Casserole Baby Spinach Salad Corn Banana	3 Beef Salisbury Steak w/ Mushroom Sauce Mashed Potatoes Kale w/ Tomato Orange	4 Curried Chicken Salad Pasta Salad Pita Halves Garden Salad Orange Juice	5 Chicken Noodle Soup Cheese Pizza Avocado & Orange Salad Cupped Pears	6 Lemon Salmon Brown Rice & Mushrooms Spinach, Carrot & Onion Salad Apple
8 Whole Roasted Chicken Baked Potatoes Tossed Salad w/ Dressing Pineapple Chunks	9 Beef & Broccoli White Rice Sautéed Spinach Fruited Jell-O Orange Juice	10 BBQ Pork Chop Steamed Green Beans Yucca w/ Onions Pineapple Chunks Orange Juice	11 Chinese Style Pepper Steak Brown Rice Sautéed Bok Choy w/Garlic Banana Orange Juice	12 Turkey Meatballs Brown Gravy w/ Home- made Mashed Potatoes Steamed Carrots Apple	13 Lentil Soup Baked Chicken Baked Sweet Potatoes Tossed Salad w/ Dressing Orange Pineapple Juice
15 Tilapia w/ Fresh Salsa Relish Red Bliss Potatoes Steamed Broccoli Orange Pineapple Juice	16 Stuffed Shells w/ Cheese Cucumber Tomato Salad Orange	17 Beef & Turkey Meatloaf w/ Gravy Baby Carrots w/ Parsley Mashed Potatoes Apple	18 Kosher Italian Sausage Whole Wheat Pasta Primavera w/ Cheese Tossed Salad w/ Dressing Cantaloupe	19 Chicken Gumbo White Rice Cucumber Chickpea Salad Orange	20 Lemon Salmon Brown Rice w/ Mushrooms Spinach w/ Carrot & Onion Salad Apple
22 BBQ Chicken Warm Potato Salad Braised Collard Greens Pineapple Chunks	23 Vegetarian Lasagna Garlic Bread Broccoli w/Toasted Garlic Pears	24 Salmon In Garlic Butter Sauce Roasted Vegetable Couscous Sautéed String Beans Orange Juice	25 Chicken Scaloppini Bowtie Noodles Roasted Brussels Sprouts Banana	26 Beef Stroganoff w/ Noodles California Blend Vegetables Pineapple Chunks	27 BBQ Pork Chops Baked Potatoes Garden Salad Banana Orange Juice
29 Cornmeal Crusted Tilapia Pesto Pasta w/ Broccoli Tossed Salad w/ Dressing Honeydew Melon	30 Beef Stew w/ Yellow Rice California Blend Vegetables Orange Pineapple Juice	31 Oven Fried Tilapia Baked Sweet Potato Steamed Broccoli Pineapple Juice	OCTOBER 2017 LUNCH MENU <i>Served 12:00 PM - 1:00 PM</i> HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON ST Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.) Vegetarian & Kosher Options Available on Request <i>* Menu is subject to change without notice</i> Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.		Vegetarian & Kosher Options Available <i>* Menu is subject to change without notice</i> Funded by the NYC Dept For the Aging, HSS and YOUR Contributions

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
2 Tomato Rice Soup Cheese Pizza Cucumber Tomato Salad Pineapple Cup	3 Beef & Turkey Meatloaf w/ Mushroom Gravy Red Bliss Potatoes Cauliflower w/ Carrots & Parsley Fruit Cocktail Chocolate Pudding	4 Chicken Jambalaya White Rice Baby Spinach Salad Orange Juice	5 BBQ Pork Chops Quinoa Roasted Brussels Sprouts Banana	6 Chicken Barley Vegetable Soup Baked Salmon w/ Cilantro Citrus Sauce Roasted Vegetable Couscous Collard Greens Orange	<p><u>WANTED: NEW MEMBERS!</u> BRING A PROSPECTIVE MEMBER FOR A MEAL & YOU'LL EACH RECEIVE A FREE LUNCH VOUCHER! THE NEW MEMBER WILL ALSO GET A GIFT! *****</p> <p><u>WANTED: UPDATED MEMBER REGISTRATIONS!</u> HELP US KEEP YOUR MEMBERSHIP INFORMATION UP-TO-DATE! PLEASE RENEW YOUR MEMBERSHIP IN THE OFFICES IF IT'S BEEN MORE THAN ONE YEAR! RENEWING MEMBERS WILL RECEIVE A GIFT! *****</p> <p><u>ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS</u> SUNDAY—FRIDAY 12 PM-1 PM MONDAY—FRIDAY 4 PM-5:45 PM SENIORS 60+: \$1.50 SUGGESTED CONTRIBUTION; GUESTS UNDER 60: \$3:00 *****</p> <p>GET A DINNER MEAL TO GO DURING THE LUNCH SERVICE \$2.00 (container included) *****</p> <p>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</p>
9 Baked Tilapia Baby Carrots w/ Parsley Sweet Baked Potatoes Sliced Peaches	10 Oven Fried Chicken Pasta Salad Brussel Sprouts Orange	11 Cornmeal Crusted Tilapia Rice Pilaf Steamed Kale Pineapple Cup	12 Eggplant Parmesan Tomato Soup Garlic Bread Garden Salad Pear Slices	13 Lentil Soup Sweet & Sour Pork w/ Pineapples Brown Rice w/ Mushrooms Mixed Salad Banana	
16 Baked Fish w/ Garlic Sauce Baked Sweet Yams Apple Juice	17 Vegetarian Lasagna Garlic Bread Mixed Green Salad Apple Ambrosia Fruit Salad	18 Arroz con Polla Green Beans Orange	19 Sweet & Sour Pork Chop Baby Spinach Salad Baked Potatoes Pineapple Juice Fruited Jell-O	20 Orange Glazed Chicken Rice Pilaf Baby Carrots w/ Parsley Orange Juice	
23 Black Bean Soup Chicken Cacciatore Egg Noodles Garden Salad Cantaloupe	24 Hamburger Mixed Green Salad Potato Salad Orange	25 Oven Fried Tilapia Rice w/ Chick Peas Braised Collard Greens Grape Juice	26 Baked Chicken Brussel Sprouts Parmesan Rosemary Mashed Potatoes Orange Juice	27 White Bean Soup Turkey Loaf w/ Mush- room & Peppers Mixed Green Salad Roasted Sweet Potato Fries Apple	
30 Whole Wheat Ziti w/ Chicken Tomato & Rosemary Garlic Bread California Blend Veggies Sliced Peaches	31 Sliced Turkey Brown Gravy Cauliflower w/ Carrots & Mashed Potatoes Orange	<p align="center"><u>OCTOBER 2017</u> DINNER MENU: <i>Served 4:00 PM - 5:45 PM</i> HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET, LOWER LEVEL Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under Age 60)</p>		<p>Vegetarian & Kosher Options Available * Menu is subject to change without notice Funded by the NYC Dept For the Aging, HSS and YOUR Contributions</p>	