

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



**HENRY STREET
SETTLEMENT**

SENIOR SERVICES

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

Announcements

**Daylight Savings Time Ends
on Sunday, 11/5 at 2:00 am.**

Please remember to "Fall
Back" and turn your clocks
back 1 hour before you go to
sleep on Saturday!



We are open **Thanksgiving
Day** for a **Holiday Luncheon**.
Please purchase a ticket and
reserve your spot. Tickets
are \$3. There won't be any
other activities provided on
that day besides the meal
service.

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



November 2017 Calendar



TRIPS:

Friday, 11/10: Christmas Spectacular
\$58 & You Must Pre-Register
Includes transportation, bagged lunch and
Radio City Music Hall show
9:00: Arrive & Check In at the Senior Center
1:45: Return to Senior Center

**Thursday, 11/16: Tracing your Roots -
Research Your Family History**
\$2 & You Must Pre-Register
Includes transportation, bagged lunch and
workshop on family history research
9:30: Arrive & Check In at the Senior Center
1:45: Return to Senior Center

OTHER EVENTS:

Thursday, 11/09: Flea Market
Tuesday, 11/14: Vocal Ease Performance

PARTIES:

Thursday, 11/23: Thanksgiving Dinner
\$3 & You Must Pre-Register
11:30: Door Opens; 12:00-1:30: Meal Service
**Thursday, 11/30: Birthday Party With
DJ Mambo Blue**
\$3 & You Must Pre-Register
1:30: Arrive & Check In;
2:00-4:30: Music & Dancing
Free Admission and Birthday Photo & Gift
if You were Born This Month!

PRESENTATIONS:

11/01—Nutrition: Hyperlipidemia
11/07—Understanding Medical Notices
11/08—Nutrition: Fiber
11/15—Colon Cancer
11/16—Sleep Challenges
11/22—GERD Awareness
11/30—Your Sexual Health

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



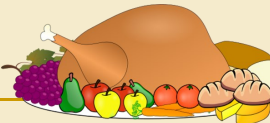
Sunday 1:00—3:00
Monday—Friday 1:00—4:00
Please see Olivia, Simon or Cheryl


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

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!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<p>NOVEMBER 2017 Daily Activities & Events</p> <p><i>* = NORC-Funded Activity; Activities in Bold are New or Changed</i></p> <p><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></p>				<p>1 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Dancing with Diana 11:00 Nutrition Talk: Hyperlipidemia 1:30 Bingo 3:45 Karaoke</p>	<p>2 10:30 Blood Pressure Screening 10:30 Pet Visiting w/ Danielle & Bella 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>3 10:00 Zumba Gold 11:00 Sing-A-Long 10:30 *Blood Pressure Screening 1:30 Bingo 3:45 Karaoke</p>
<p>5 9:00 Open Gym 11:00 Pet Visiting w/ Stacy & Cali 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class w/ Kyle</p>	<p>6 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "Beauty and the Beast" 4:30 Dinner Bingo</p>	<p>7 Election Day 10:30 *Chinese Computer Class 11:00 Presentation: Understanding Medical Notices 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p> 	<p>8 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 Pet Visiting w/ Danielle & Bella 10:45 Dancing with Diana 11:00 Nutrition Talk: Fiber 1:30 Bingo 1:30 *Beading Class (Chinese) 3:45 Karaoke 4:00 Woman2Woman Group</p>	<p>9 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:30 Flea Market 2:00 English Computer Class w/ Kyle 3:00 Beading Class 4:30 Dinner Bingo</p>	<p>10 9:00 Trip: Christmas Spectacular @ Radio City Music Hall 10:00 Zumba Gold 11:00 Sing-A-Long 10:30 *Blood Pressure Screening 1:30 Bingo 3:45 Karaoke</p>	
<p>12 9:00 Open Gym 11:00 Blood Pressure Screening 1:00 Bingo 1:00 Open Painting w/ Tina 1:30 English Computer Class w/ Kyle</p>	<p>13 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "Daughter" 4:30 Dinner Bingo</p>	<p>14 10:30 *Chinese Computer Class 11:00 *SAIL Exercise/Staying Active & Independent for Life 12:30 Performance: Vocal Ease 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 2:30 Pool Tournament Awards Celebration 4:30 Dinner Bingo</p>	<p>15 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Dancing with Diana 11:00 Presentation: Colon Cancer 1:30 Bingo 1:30 *Beading Class (Chinese) 3:45 Karaoke 4:00 Woman2Woman Group</p>	<p>16 9:30 Trip: Tracing your Roots-Family History Research 11:00 *SAIL Exercise 10:30 Blood Pressure Screening 11:00 Yoga 11:00 Presentation: Sleep Challenges 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>17 10:00 Zumba Gold 11:00 Sing-A-Long 10:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 3:45 Karaoke</p>	
<p>19 9:00 Open Gym 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class w/ Kyle</p>	<p>20 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "Take Me" 4:30 Dinner Bingo</p>	<p>21 10:30 *Chinese Computer Class 11:00 *SAIL Exercise 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>22 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Presentation: GERD Awareness 1:30 Bingo 1:30 *Beading Class (Chinese) 3:45 Karaoke 4:00 Woman2Woman Group</p>	<p>23 NO ACTIVITIES TODAY</p> <p>OPEN FOR THANKSGIVING DAY HOLIDAY LUNCHEON ONLY</p> <p>PLEASE REGISTER IN ADVANCE</p> 		
<p>26 9:00 Open Gym 10:30 Arts & Crafts Group 11:00 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class w/ Kyle</p>	<p>27 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "The Wedding Party" 4:30 Dinner Bingo</p>	<p>28 10:30 *Chinese Computer Class 11:00 *SAIL Exercise 1:00-3:00 Crochet Corner 1:30 Chinese Dancing 4:30 Dinner Bingo</p>	<p>29 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 1:30 Bingo 1:30 *Beading Class (Chinese) 3:45 Karaoke 4:00 Woman2Woman Group</p>	<p>30 11:00 *SAIL Exercise 10:30 Blood Pressure Screening 11:00 Presentation: Your Sexual Health 11:00 Yoga 1:00 *Art Class with Girl 2:00 Party: Birthday Celebration w/ DJ Mambo Blue 4:45 Dinner Bingo</p>	<p>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!</p>	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NOVEMBER 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.</p>		<p align="center">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</p>	<p>1 Spaghetti Carbonara w/ Green Peas Green Bean Salad Cupped Mandarin Orange</p>	<p>2 Chicken Stir Fry w/ Vegetables Brown Rice Cauliflower, Carrots & Parsley Pears</p>	<p>3 Mango Chutney Roast Pork Dominican Moro Sautéed Spinach Cupped Apricots</p>
<p>5 Baked Tilapia Baked Sweet Potato Broccoli & Red Peppers Pineapple Juice</p>	<p>6 Butter Squash Soup Broccoli Cheese Quesadilla Cucumber Tomato Salad Pineapple Juice</p>	<p>7 REMEMBER TO VOTE!!!! Sweet & Sour Pork Chop Yellow Rice Spinach, Apple & Red Onion Salad Cantaloupe</p>	<p>8 Deluxe Cheeseburger w/ Onions Whole Wheat Bun Pasta Salad Tossed Salad Orange</p>	<p>9 Sliced Turkey Braised Collard Greens Garlic Mashed Potatoes Banana</p>	<p>10 Coconut Curried Cod Fish Wild Rice Baby Carrots w/ Parsley Apple</p>
<p>12 Arroz con Pollo / Chicken Breast & Rice Steamed Broccoli Orange Juice</p>	<p>13 Eggplant Parmesan w/ Ricotta Spaghetti Steamed Kale Applesauce</p>	<p>14 Tuna Casserole Baby Spinach Salad Corn Banana</p>	<p>15 Beef Salisbury Steak w/ Mushroom Gravy Mashed Potato Kale w/ Tomatoes Orange</p>	<p>16 Curried Chicken Salad Pasta Salad Pita Halves Garden Salad Orange Juice</p>	<p>17 Chicken Noodle Soup Cheese Pizza Avocado, Orange Salad Cupped Pears</p>
<p>19 Whole Roasted Chicken Baked Potato Tossed Salad w/ Dressing Cupped Pineapple Chunks</p>	<p>20 Beef & Broccoli White Rice Sautéed Spinach Fruited Jell-O Orange Juice</p>	<p>21 BBQ Pork Chops Steamed Green Beans Yucca w/ Onions Cupped Pineapple Chunks Orange Juice</p>	<p>22 Chinese-Style Pepper Steak Brown Rice Sautéed Bok Choy w/ Garlic Banana Orange Juice</p>	<p>23 THANKSGIVING DAY <i>Please Register in Advance</i> Sliced Turkey w/ Dressing Vegetable Stuffing Garlic Mashed Potatoes Green Beans Almandine Cranberry Sauce</p>	<p>24 Lentil Soup Baked Chicken Roasted Sweet Potatoes Steamed Broccoli Orange-Pineapple Juice</p>
<p>26 Tilapia w/Fresh Salsa Relish Red Bliss Potatoes Steamed Broccoli Orange-Pineapple Juice</p>	<p>27 Stuffed Shells Cucumber-Tomato Salad Orange</p>	<p>28 Beef & Turkey Meatloaf Mushroom Gravy Mashed Potatoes Baby Carrots w/ Parsley Apple</p>	<p>29 Kosher Italian Sausage Whole Wheat Pasta Pasta Primavera w/ Cheese Tossed Salad w/ Dressing Cantaloupe</p>	<p>30 Chicken Gumbo White Rice Cucumber & Chickpea Salad Orange</p>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2017 DINNER MENU: Served 4:00 PM - 5:45 PM HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET, LOWER LEVEL Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under Age 60)		1 Lemon Pepper Tilapia Rice & Corn Spinach w/ Carrot & Onion Salad Apple Juice	2 Turkey & Beef Salisbury Steak w/Mushroom Gravy Oriental Blend Veggies Red Bliss Potatoes Banana	3 Baked Salmon w/ Cilantro Citrus Sauce Egg Noodles Beet Salad Orange Juice Cupped Pineapple
6 BBQ Chicken Baked Potatoes California Blend Veggies Apple Sauce	7 Chinese-Style Pepper Steak Brown Rice w/ Mushrooms Sautéed Bok Choy Orange	8 Baked Salmon Wild Rice Steamed Broccoli & Cauliflower Banana	9 Curried Chicken Legs White Rice Tossed Salad w/ Dressing Pineapple Juice	10 Vegetable Soup Jumbo Stuffed Shells w/ Meat Sauce Creamy Spinach Banana Orange Juice
13 Tomato Rice Soup Cheese Pizza Cucumber-Tomato Salad Cupped Pineapple	14 Beef & Turkey Meatloaf w/ Mushroom Gravy Baked Red Potato Wedges Cauliflower, Carrots & Parsley Fruit Cocktail Chocolate Pudding	15 Chicken Jambalaya White Rice Baby Spinach Salad Orange Juice	16 BBQ Pork Chop Quinoa Roasted Brussels Sprouts Banana	17 Chicken Barley Veg Soup Baked Salmon w/ Cilantro Citrus Sauce Roasted Vegetable Cous- Cous Collard Greens Orange
20 Baked Tilapia Baby Carrots w/ Parsley Sweet Baked Yams Sliced Peaches	21 Oven Fried Chicken Pasta Salad Brussels Sprouts Orange	22 Cornmeal Crusted Tilapia Rice Pilaf Steamed Kale Cupped Pineapple	23 <u>THANKSGIVING DAY</u> <u>CLOSED</u> <u>FOR</u> <u>DINNER SERVICE</u>	24 Sweet & Sour Soup Pork w/ Pineapple Brown Rice w/ Mushrooms Mixed Green Salad Banana Ambrosia Fruit Salad
27 Baked Fish w/ Garlic Sauce Baby Carrots & Parsley Sweet Baked Yams Apple Juice	28 Vegetarian Lasagna Garlic Bread Mixed Green Salad Apple Ambrosia Fruit Salad	29 Arroz con Pollo / Chicken Breast & Rice Green Beans Orange	30 Sweet & Sour Pork Chop Baby Spinach Salad Baked Potato Pineapple Juice Fruited Jell-O	Vegetarian & Kosher Options Available <i>* Menu is subject to</i> <i>change without notice</i> Funded by the NYC Dept for the Aging, HSS and YOUR Contributions

WANTED: NEW MEMBERS!
BRING A PROSPECTIVE MEMBER
FOR A MEAL & YOU'LL EACH RECEIVE
A FREE LUNCH VOUCHER! THE NEW
MEMBER WILL ALSO GET A GIFT!

WANTED: UPDATED MEMBER
REGISTRATIONS!

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!

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;

FEE FOR GUESTS UNDER 60: \$3:00

GET A DINNER MEAL TO GO
DURING THE LUNCH SERVICE

\$2.00 (container included)

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