



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!

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!

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
 Friday 6/23, 10:30
Luau Lunch Sponsored by Barclay Bank
 Thursday 6/29, 2:30
June Birthday Party with Cecelia Tenconi
 Don't Forget Our **Pool Tournament**
 Tuesday 6/13 — Wednesday 6/14

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
JUNE 2017 Daily Activities & Events * = 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				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	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
4 10:00 Pet Visiting with Betsy & Melville 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle	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	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	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	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	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
11 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle	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	13 POOL TOURNAMENT 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	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	15 *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	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 4:30 Karaoke
18 10:30 Blood Pressure Screening 12-1 Father's Day Celebration 1:00 Bingo 1:30 English Computer Class with Kyle 	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	20 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 11:00 Sing-A-Long (no class 6/23) 1:00-3:00 Crochet Corner 2:00 Contemporary Dancing 4:30 Dinner Bingo	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	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	23 10:00 Zumba Gold 10:30-1:00 Party: Luau Lunch 11:00 Sing-A-Long 1:00 Painting w/ Acrylics 1:30 Bingo 1:30 Beading Class 3:30 *Blood Pressure Screening 4:15 Karaoke
25 10:30 Blood Pressure Screening 1:00 Bingo 1:30 English Computer Class with Kyle	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	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	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	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	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

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>We Now Offer Social Services on Sundays as well as Monday through Friday!</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 Pineapple Glazed Salmon Wild Ginger Orange Rice Polynesian mixed vegeta- bles Ambrosia</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 <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>EVERY TIME YOU EAT IS AN OPPORTUNITY TO NOURISH YOUR BODY.</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 Salisbury Steak w/ Mushroom Gravy Egg Noodles Mixed Vegetable Pineapple</p>	<p>23 Sweet & Sour Pork Chinese-Style Spaghetti Sautéed Spinach Apricot Sections Orange Juice</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)