



**HENRY STREET
SETTLEMENT**

SENIOR SERVICES

Henry Street Settlement Senior Center
334 Madison Street, Lower Level, NY, NY 10002 - (212) 349-2770

FEBRUARY 2018 CALENDAR

ANNOUNCEMENTS:

The Center is Closed for the Presidents' Day Weekend on Sunday 2/18 & Monday 2/19.

We are Now Distributing *Weekend (Saturday) Take-Home Meals* during dinner time on Fridays

Due to Valentine's Day Party on 02/14/18, there won't be any activities after 1pm. Also, from 1pm to 4:30pm, the center is open to those registered for the party only. Regular dinner resumes at 4:30pm.

We need your updated medication list. Please bring your list to the Social Worker's Office.

TRIPS:

CABARET LULU - Wednesday, 02/21

\$50 & You Must Pre-Register
Includes transportation, lunch and show
10:00 Arrive & Check In at the Senior Center
3:00: Return to Senior Center

ESSEX MARKET - Thursday, 02/22

\$1 & You Must Pre-Register
Includes transportation and tour
9:00: Arrive & Check In at the Senior Center
11:00: Return to Senior Center

VALENTINE'S DAY PARTY

Wednesday, 02/14: With DJs Mambo & Valentin

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

BIRTHDAY PARTY

Thursday, 02/22: With Cecelia 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 This Month!

PRESENTATIONS:

02/06— Identity Theft
02/09— Heart Health - Hypertension
02/22— Relationships

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 12:30-2:00 @ 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, Karina or Simon

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.

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

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


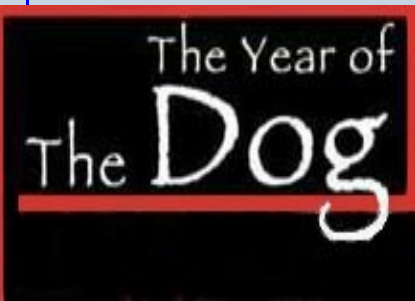
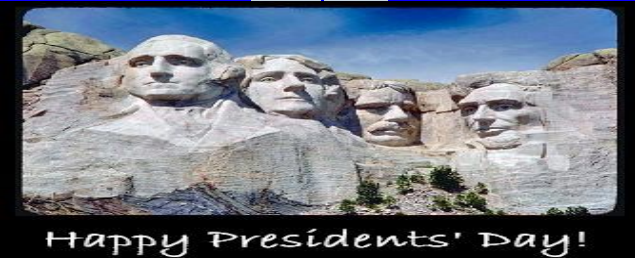
SUNDAY-FRIDAY 12 PM-1 PM
MONDAY-FRIDAY 4 PM-5:45 PM
AGE 60+: \$1.50

SUGGESTED CONTRIBUTION;
GUESTS UNDER 60: \$3:00 FEE

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 12-1 PM
LUNES - VIERNES 4-5:45 PM
MAYORES DE 60 AÑOS O MÁS: \$1.50; INVITADOS: \$3.00

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Come Try Out Our Fully Equipped GYM <i>Sunday</i> 9—11 AM <i>Monday-Friday</i> 9—11 AM & 1:30 —3:30 PM</p>	<p><u>Social Services</u> are Available on Sundays as well as Monday - Friday</p>		<p>1 10:00 *SAIL 10:30 Pet Visiting w/ Danielle and Bella 11:00 Yoga 1:00 *Art Class with Girl 1:30 Chinese Dancing 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>2 10:30 Zumba Gold 10:30 *Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo 3:45 Karaoke 5:00 Senior Boot Camp</p>
<p>4 10:30 Yoga 11:00 Pet Visiting w/ Stacy and Cali 1:00 Theatre Games/Improv 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>5 10:00 Jewelry Workshop 11:00 Voices of Experience Group 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:30 LES Citizens Dance Parade 2:15 Afternoon at the Movies: "Love, Weddings & Marriage" 4:30 Dinner Bingo</p>	<p>6 10:30 *Chinese Computer Class 11:00 *SAIL 11:00 Presentation: Identity Theft 12:30 Performance: Chinese New Year Celebration and Dancing 1:00 Crochet Corner 1:00 *Asian Art 1:30 Qi Gong 4:30 Dinner Bingo</p>	<p>7 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Performance: Orchard Collegiate School Band 1:30 Bingo 1:30 *Beading Art (Chinese) 3:45 Karaoke</p>	<p>8 10:00 *SAIL *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:30 Chinese Dancing 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>9 10:30 Zumba Gold 10:30 *Blood Pressure Screening 11:30 Presentation: Heart Health—Hypertension 1:30 Bingo 3:45 Karaoke 5:00 Senior Boot Camp</p>
<p>11 10:30 Yoga 11:00 Seasonal Crafts 1:00 Theatre Games/Improv 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>12 11:00 Voices of Experience Group 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:30 LES Citizens Dance Parade 2:15 Afternoon at the Movies: "Meet my Valentines" 4:30 Dinner Bingo</p>	<p>13 10:30 *Chinese Computer Class 1:00 Crochet Corner 1:00 *Asian Art 1:30 Qi Gong 3:00 Jewelry Making 4:30 Dinner Bingo</p>	<p>14 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 2:00 Party: Valentine's Day Party with Mambo & Valentin <u>No activities after 1:00pm</u></p>	<p>15 *10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class with Girl 1:30 Chinese Dancing 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>16 10:30 Zumba Gold 10:30 *Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo 3:45 Karaoke 5:00 Senior Boot Camp</p>
<p>18 CENTER IS CLOSED HAPPY PRESIDENT'S DAY!</p> 	<p>19 CENTER IS CLOSED</p> 	<p>20 10:30 *Chinese Computer Class 1:00 Crochet Corner 1:00 *Asian Art 1:30 Qi Gong 4:30 Dinner Bingo</p>	<p>21 9:30 *Gentle Dance for Arthritis 10:00 Trip: Cabaret Lulu 10:30 Restorative Skills 12:30 Member Forum 1:30 Bingo 1:30 *Beading Art (Chinese) 3:45 Karaoke</p>	<p>22 9:00 Trip: Essex Market *10:30 Blood Pressure Screening 10:30 Presentation: Relationships 1:30 Chinese Dancing 11:15 Yoga 1:00 *Art Class with Girl 2:00 Party: Celebrate Birthdays w/ Cecelia Tenconi 4:45 Dinner Bingo</p>	<p>23 10:30 Zumba Gold 10:30 *Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo 3:45 Karaoke 5:00 Senior Boot Camp</p>
<p>25 10:30 Yoga 10:30 Arts & Crafts Group 1:00 Theatre Games/Improv 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>26 11:00 Voices of Experience Group 11:00 Latin Dance 11:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:30 LES Citizens Dance Parade 2:15 Afternoon at the Movies: "Colors of Heaven" 4:30 Dinner Bingo</p>	<p>27 10:30 *Chinese Computer Class 1:00 Crochet Corner 1:00 *Asian Art 1:30 Qi Gong 3:00 Jewelry Making 4:30 Dinner Bingo</p>	<p>28 1:30 Bingo 1:30 *Beading Art (Chinese) 3:45 Karaoke</p>	<p><u>FEBRUARY 2018 Daily Activities & Events</u></p> <p>* = NORC-Funded Activity; * Activities in Bold are New or Changed</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>	

SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<div>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</div>								1 Deluxe Cheeseburger w/ Onions Garden Salad Roasted Sweet Potato Fries Fruit Cocktail Peaches		2 Turkey Chili w/ Sweet Po- tatoes & Corn White Rice Vegetable Mix Canned Apricots	
4 Crusty Shepherds Pie Brussel Sprouts Pineapple Juice		5 Eggplant Parmesan w/ Ricotta Steamed Broccoli & Cauliflower Apple		6 Basic Shepherds Pie Kale with Tomato Banana		7 Teriyaki Chicken Thighs Tossed Salad & Dress- ing Oriental Blend Orange		8 Slice Turkey Brown Gravy Garlic Mashed potatoes Braised Collard Greens Banana		9 Ginger Garlic Beef Stew White Rice Baby Carrots w/ Parsley Apple	
11 Chicken Marsala Baked Potatoes Normandy Blend Cupped Apricots		12 Bean Burrito Mexican Confetti Rice Tossed Salad w/Dressing Applesauce		13 Turkey Meatballs w/ Meat Sauce Whole Wheat Spaghetti String beans w/ Pearl onions		14 Whole Wheat Cheese Pizza Garden Salad Cupped Mandarins		15 Lemon Salmon Rice Pilaf Creamy Spinach Orange Juice		16 Beef Salisbury Steak w/ Mushroom Sauce Wild rice Kale and Tomato	
18 <u>CENTER IS CLOSED</u> 		19 <u>CENTER IS CLOSED</u>		20 Chinese Style Roast Pork Chinese Style Spaghetti Sautéed Bok Choy w/ Garlic Banana		21 Over Fried Chicken Wings Potato Salad w/ Eggs Avocado & Orange Salad		22 Turkey Meatballs w/ Brown gravy Homemade Mashed Potatoes Steamed Carrots Apple		23 Butternut Squash Soup Chicken marsala Wild Rice Steamed Broccoli w/ cauliflower Fruit Cocktail Canned Apricots	
25 Homemade Roast Pork Mangu W/ Onions Baby Carrots with Parsley Orange Pineapple Juice		26 Stuff Shells W/ Cheese Cucumber Tomato Salad Orange		27 Chicken & Broccoli Stir Fry White Rice Broccoli & Red Peppers Cupped Mandarins		28 Beef Lasagna Four Bean Salad Mixed Green Salad Canned Apricots		FEBRUARY 2018 LUNCH MENU Funded by the New York City Department For the Aging And YOUR Contributions Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine Suggested Contribution: \$1.50/meal Guests Age 59 or Below: \$3.00 Fee Vegetarian & Kosher option available ** Menu is subject to change without notice			

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY


PLEASE NOTE:
The Take-Home Weekend Meal for Saturday is Distributed in the Senior Center at Friday Dinner.

5
 Garlic Chicken
 Whole Grain Macaroni & Cheese
 Capri Blend Vegetables
 Orange Juice
 Slice peaches

6
 Turkey Meatloaf w/ Mushrooms & peppers
 Baked Sweet Potato
 Italian Blend Vegetables
 Fruit Cocktail

7
 Jumbo Stuffed Shells w/ Meat Sauce
 Baby Spinach Salad
 Banana
 Orange Pineapple Juice

8
 Curried Chicken Legs
 Brown Rice w/ Beans
 Tossed Salad w/Dressing
 Pineapple Juice

9
 Stewed Cod fish w/ Egg-plant
 Bowtie Noodles
 Steamed Broccoli w/ Cauliflower
 Banana
 Orange Juice

12
 Mushroom Barley Soup
 Vegetable Ratatouille
 Egg Noodles
 Tossed Salad w/ Dressing
 Cupped Pineapple

13
 Stewed Beef
 Boiled Potatoes w/ Carrots
 Normandy Blend
 Fruit Cocktail
 Orange Juice

14
 Sweet & Sour Chicken
 Thighs
 White Rice
 Baby Spinach Salad
 Orange Juice

15
 BBQ Pork
 Yuca w/ Onions
 Roasted Brussels
 Sprouts
 Banana

16
 Cream Of Spinach Soup
 Baked Salmon w Cilantro
 Citrus Sauce
 Roasted Vegetable Cous-cous
 Collard Greens
 Orange

19
CENTER IS CLOSED



20
 Oven Fried Chicken
 Pasta Salad
 Collard Greens w/ Tomatoes
 Orange

21
 Baked Breaded Fish
 Rice Pilaf
 Steamed Kale
 Cupped Pineapple
 Orange

22
 Eggplant Parmesan w/ Ricotta
 Garden Salad
 Orange
 Pineapple Juice

23
 Sticky Marmalade
 Glazed Baby Back Ribs
 Whole Grain Macaroni & Cheese
 Mixed Green Salad
 Banana
 Ambrosia Fruit Salad

26
 Baked Fish w/ Garlic Sauce
 Brown Rice w/ Beans
 Baby Carrots w/ Parsley
 Apple Juice

27
 Vegetarian Lasagna
 Garlic Bread Mixed Green Salad
 Apple
 Ambrosia Fruit Salad

28
 Arroz Con Pollo Chicken and Rice
 Green Beans
 Orange

FEBRUARY 2018 DINNER MENU

Funded by the New York City Department For the Aging
 And YOUR Contributions

Meals served with Vitamin C, 1% Fat Free milk,
 whole grain bread & trans fat-free margarine
 Suggested Contribution: \$1.50/meal
 Guests Age 59 or Below: \$3.00 Fee
 Vegetarian & Kosher option available

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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!

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 MONDAY—FRIDAY 4 PM-5:45 PM**

SENIORS 60+: \$1.50

SUGGESTED CONTRIBUTION;

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