

## ANNOUNCEMENTS:

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

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We are Now Distributing  
Weekend (Saturday)  
Take-Home Meals on Fridays  
3:30-4:00 & 5:00-5:30 pm.

\*\*\*\*\*

Due to our Valentine's Day  
Party on Wednesday,  
02/14, there will be no  
regular activities after 1pm.  
Also, the Center is open  
only to those registered for  
the party from 1:00 pm to  
4:30 pm. Regular dinner  
service will resume at  
4:30 pm.

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Already a registered member?

We need your updated  
medication list. Please bring  
your list to the Social Services  
Office. Your pharmacist will  
happily provide you with a  
free print-out.

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**HENRY STREET  
SETTLEMENT**

# SENIOR SERVICES

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

## FEBRUARY 2018 CALENDAR

### TRIPS:

**CABARET LULU - Wednesday, 02/21**  
\$50 & You Must Pre-Register  
Includes Transportation, Lunch & Show  
10:00 Arrive & Check In at the Center  
3:00: Return to Center

**ESSEX MARKET - Thursday, 02/22**  
\$1 & You Must Pre-Register  
Includes Transportation, Tour &  
Demonstration  
9:00: Arrive & Check In at the Center  
11:00: Return to Center

### PRESENTATIONS:

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

### 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

(Party Sold Out!)

### BIRTHDAY PARTY

Thursday, 02/22: With Cecelia Tenconi  
\$3 & You Must Pre-Register  
1:30: Arrive & Check In  
2:00-4:30: Music & Dancing  
50/50 Raffle  
Free Admission, Birthday Photo & Gift if You  
Were Born This Month!

Monday—Friday 9:00 am to 6:00 pm  
Sunday 9:00 am to 3:30 pm

*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.

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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

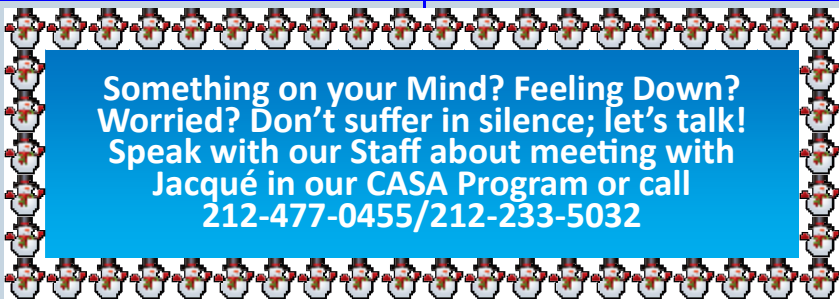


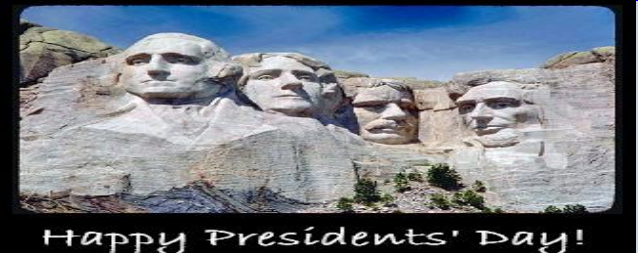
Sunday 1:00—3:00  
Monday-Friday 1:00-4:00  
Please see Olivia, Karina or Simon

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



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

SUNDAY		MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>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</p>						<b>1</b> Deluxe Cheeseburger w/ Onions Garden Salad Roasted Sweet Potato Fries Fruit Cocktail Peaches	<b>2</b> Turkey Chili w/ Sweet Potatoes & Corn on White Rice Vegetable Mix Cupped Apricots
<b>4</b> Crusty Shepherds Pie Brussels Sprouts Pineapple Juice		<b>5</b> Eggplant Parmesan w/ Ricotta Steamed Broccoli & Cauliflower Apple		<b>6</b> Chinese-Style Roast Pork Chinese-Style Spaghetti Sautéed Bok Choy w/ Garlic Banana	<b>7</b> Teriyaki Chicken Thighs Tossed Salad & Dressing Oriental Blend Vegetables Orange	<b>8</b> Sliced Turkey in Brown Gravy Garlic Mashed Potatoes Braised Collard Greens Banana	<b>9</b> Ginger Garlic Beef Stew w/ White Rice Baby Carrots w/ Parsley Apple
<b>11</b> Chicken Marsala Baked Potatoes Normandy Blend Vegetables Cupped Apricots		<b>12</b> Bean Burrito Mexican Confetti Rice Tossed Salad w/Dressing Applesauce		<b>13</b> Turkey Meatballs w/ Meat Sauce Whole Wheat Spaghetti String Beans w/ Pearl Onions	<b>14</b> Whole Wheat Cheese Pizza Garden Salad Cupped Mandarins 	<b>15</b> Salmon w/ Lemon & Herbs Rice Pilaf Creamy Spinach Orange Juice	<b>16</b> Beef Salisbury Steak w/ Mushroom Sauce Wild Rice Kale w/ Tomato
<b>18</b> <u>CENTER IS CLOSED</u>  <p>Happy Presidents' Day!</p>		<b>19</b> <u>CENTER IS CLOSED</u>		<b>20</b> Basic Shepherds Pie Kale w/ Tomato Banana	<b>21</b> Oven-Fried Chicken Wings Potato Salad w/ Egg Avocado & Orange Salad	<b>22</b> Turkey Meatballs w/ Brown Gravy Homemade Mashed Potatoes Steamed Carrots Apple	<b>23</b> Butternut Squash Soup Chicken Marsala w/ Wild Rice Steamed Broccoli w/ Cauliflower Fruit Cocktail Cupped Apricots
<b>25</b> Homemade Roast Pork Mangu (Plantains) w/ Onions Baby Carrots w/ Parsley Orange Pineapple Juice		<b>26</b> Stuffed Shells w/ Cheese Cucumber-Tomato Salad Orange		<b>27</b> Chicken & Broccoli Stir Fry w/ White Rice, Broccoli & Red Peppers Cupped Mandarins	<b>28</b> Beef Lasagna Four Bean Salad Mixed Green Salad Cupped Apricots	<b>FEBRUARY 2018 LUNCH MENU</b> 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	



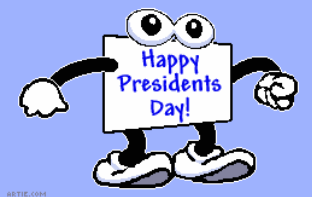
## MONDAY



5  
Garlic Chicken  
Whole Grain Macaroni  
& Cheese  
Capri Blend Vegetables  
Orange Juice  
Sliced Peaches

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

19  
**CENTER IS CLOSED**



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

## TUESDAY

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

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

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

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

## WEDNESDAY

**PLEASE NOTE:**  
*The Take-Home  
Weekend Meal for  
Saturday is  
Distributed in the  
Senior Center each  
Friday 3:30-4, 5-5:30*

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

14  
**DINNER OPENS 4:30 PM**  
Sliced Leg of Lamb  
Butternut Squash  
Mashed Potatoes  
Green Beans Almandine

21  
Baked Breaded Fish  
Rice Pilaf  
Steamed Kale  
Cupped Pineapple

28  
Arroz Con Pollo //  
Chicken and Rice  
Green Beans  
Orange

## THURSDAY

1  
Turkey & Beef Salisbury  
Steak w/ Mushroom  
Gravy  
Italian Blend Vegetables  
Red Bliss Potatoes  
Banana

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

15  
BBQ Pork  
Yucca w/ Onions  
Roasted Brussels  
Sprouts  
Banana

22  
Eggplant Parmesan w/  
Ricotta  
Garden Salad Orange  
Pineapple Juice

### 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  
\*\* Menu is subject to change without notice

## FRIDAY

2  
Sticky Marmalade Glazed  
Baby Back Ribs w/ Egg  
Noodles  
Steamed Kale  
Orange Juice  
Cupped Pineapple

9  
Stewed Codfish w/  
Eggplant  
Bowtie Noodles  
Steamed Broccoli w/  
Cauliflower  
Banana  
Orange Juice

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

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

### 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;  
GUESTS UNDER 60: \$3:00

\*\*\*\*\*

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

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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