

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

**Come Try Out Our
Fully Equipped GYM**

Sunday
9—11 AM
Monday-Friday
9—11 AM & 1:30 —3:30 PM

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



Don't Forget to Move Your
Clocks Ahead 1 Hour
When You Go To Sleep On
Saturday, 3/10—Daylight
Savings Time Returns on
Sunday, 3/11 at 2 AM!



**HENRY STREET
SETTLEMENT**

SENIOR SERVICES

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

MARCH 2018 CALENDAR

TRIPS:

NEW MUSEUM - Wednesday, 03/14
\$2 & You Must Pre-Register
Includes Transportation, Lunch & Tour
11:00 Arrive & Check In at the Center
2:30: Return to the Center

CASINO - Tuesday, 03/27
\$20 & You Must Pre-Register
Includes Transportation, \$20 play back
after 40 points, \$10 food voucher and
lunch to go
9:30: Arrive & Check In at the Center
5:00: Return to Center

PRESENTATIONS:

03/08: National Kidney Day
03/20: Nutrition and Diabetes
03/22: Spring Awakening

*Please don't forget to bring your most
updated medication list to Social
Services

BIRTHDAY PARTY

Thursday, 03/22: With DJ Mambo
\$3 & You Must Pre-Register
1:30: Arrive & Check In
2:00-4:30: Music & Dancing
Many Raffle Prizes
Free Admission, Birthday Photo & Gift if You
Were Born This Month!

ANNOUNCEMENTS:

03/14 & 15: Pool Tournament with the Awards
Ceremony on 03/20 at 2:30 PM
03/23: Performance by Vocal Ease at 12:30 PM in
the Main Dining Room
Membership Drive Prize Drawing on 05/02/18:
Three \$100 gift cards giveaway
1 for a Renewing Member (must be at least
1 year since you last renewed)
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
Stop by Social Services to find out more

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 2018 Daily Activities & Events * = 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>				1 *10:30 Blood Pressure Screens 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 2:00 English Computer Class 4:30 Dinner Bingo	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 w/ Shape Up NYC
4 10:30 Yoga 11:00 Pet Visiting w/ Stacy & Cali 1:00 Bingo 1:30 English Computer Class w/ Kyle	5 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: "45 Years" 4:30 Dinner Bingo	6 10:30 *Chinese Computer Class 10:30 Theatre Games/Improv 1:00-3:00 Fresh Produce Bag Pick-Up & Sign-Up 1:00 Crochet Corner 1:00 *Asian Art 1:30 Qi Gong 4:30 Dinner Bingo	7 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 Pet Visiting w/ Danielle & Bella 11:00 Voices of Experience Chorus 1:30 Bingo 1:30 *Beading Art (Chinese) 3:45 Karaoke	8 *10:30 Blood Pressure Screens 10:30 Yoga 11:20 Presentation: National Kidney Day—Pace Nursing Students 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 2:00 English Computer Class 4:30 Dinner Bingo	9 10:30 Zumba Gold 10:30 *Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo 3:45 Karaoke 5:00 Senior Boot Camp w/ Shape Up NYC
11 10:30 Yoga 11:00 Seasonal Crafts 1:00 Bingo 1:30 English Computer Class w/ Kyle	12 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: "Vengeance" 4:30 Dinner Bingo	13 10:30 *Chinese Computer Class 10:30 Theatre Games/Improv 1:00 Crochet Corner 1:00 *Asian Art 1:30 Packer Students Visit, Spanish 1:00-3:00 Fresh Produce Bag Pick-Up & Sign-Up 1:30 Qi Gong 3:00 Jewelry Making 4:30 Dinner Bingo	14 POOL TOURNAMENT 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Voices of Experience Chorus 11:00 Trip: New Museum 1:30 Bingo 1:30 *Beading Art (Chinese) 3:45 Karaoke	15 POOL TOURNAMENT *10:30 Blood Pressure Screens 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 2:00 English Computer Class 4:30 Dinner Bingo	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 w/ Shape Up NYC
18 10:30 Yoga 1:00 Bingo 1:30 English Computer Class w/ Kyle	19 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: "Alive" 4:30 Dinner Bingo	20 10:30 *Chinese Computer Class 11:00 Presentation: Diabetes and Nutrition 1:00-3:00 Fresh Produce Bag Pick-Up & Sign-Up 1:00 Crochet Corner 1:00 *Asian Art 1:30 Qi Gong 2:30 Pool Tournament Awards 4:30 Dinner Bingo	21 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Voices of Experience Chorus 1:30 Bingo 1:30 *Beading Art (Chinese) 3:45 Karaoke	22 *10:30 Blood Pressure Screens 11:00 Yoga 11:20 Presentation: Spring Awakening 1:30 Chinese Dancing 1:00 *Art Class w/ Girl 2:00 Party: Celebrate Birthdays & St. Patrick w/ DJ Mambo 4:45 Dinner Bingo	23 10:30 Zumba Gold 10:30 *Blood Pressure Screening 12:30 Performance: Vocal Ease 1:30 Jewelry Workshop 1:30 Bingo 3:45 Karaoke 5:00 Senior Boot Camp w/ Shape Up NYC
25 10:30 Yoga 10:30 Arts & Crafts Group 1:00 Bingo 1:30 English Computer Class w/ Kyle	26 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: "1922" 4:30 Dinner Bingo	27 10:30 *Chinese Computer Class 10:00 Trip: Casino 1:00-3:00 Fresh Produce Bag Pick-Up & Sign-Up 1:00 Crochet Corner 1:00 *Asian Art 1:30 Qi Gong 3:00 Jewelry Making 4:30 Dinner Bingo	28 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Voices of Experience Chorus 1:30 Bingo 1:30 *Beading Art (Chinese) 3:45 Karaoke	29 *10:30 Blood Pressure Screens 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 2:00 English Computer Class 4:30 Dinner Bingo	30 10:30 Zumba Gold 10:30 *Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo 3:45 Karaoke 5:00 Senior Boot Camp w/ Shape Up NYC

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 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				1 Chicken Cacciatore Bowtie Noodles California Blend Veg Apple	2 Lemon Salmon Garlic Rosemary Roasted Potatoes Roasted Brussels Sprouts Orange
4 Beef & Turkey Meatloaf w/ Mushroom Gravy Sweet Baked Yams Braised Collard Greens Pineapple Chunks	5 Cream of Broccoli Soup Eggplant Parmesan Broccoli Toasted w/ Garlic Pears	6 Garlic Butter Salmon Quinoa w/ Black Beans & Corn Kale & Broccoli Stir Fry Banana	7 Chicken Scaloppini Yellow Rice Sautéed String Beans Orange Juice	8 Italian Meatballs {Beef & Turkey} Bowtie Noodles Garlic Bread California Blend Veggies Baked Apple Crumble	9 BBQ Pork Chops Mashed Sweet Potatoes Garden Salad Banana
11 Baked Flounder Roasted Veg Couscous Tossed Salad w/ Dressing Pineapple Chunks	12 Baked Ziti Italian Blend Vegetables Orange Pineapple Juice	13 Mango-licious Tilapia Orzo Steamed Broccoli Banana	14 Chicken Parmesan Whole Wheat Spaghetti Kale, Romaine, Apple & Red Cabbage Salad Mandarin Segments	15 Deluxe Cheeseburger w/ Onions Garden Salad Roasted Sweet Potato Fries Fruit Cocktail	16 Turkey Chili w/ Corn & Sweet Potatoes White Rice Vegetable Mix Apricot Slices
18 Crusty Shepherds Pie Brussel Sprouts Pineapple Juice	19 Eggplant Parmesan Steamed Broccoli & Cauliflower Apple	20 Basic Shepherds Pie Kale w/ Tomato Banana	21 Teriyaki Chicken Tossed Salad w/ Dressing Oriental Blend Veggies Orange	22 Sliced Turkey w/ Gravy Garlic Mashed Potatoes Braised Collard Greens Banana	23 Ginger Garlic Beef Stew White Rice Baby Carrots w/ Parsley Apple
25 Chicken Marsala Baked Potatoes Normandy Blend Veggies Sliced Apricots	26 Bean Burrito w/ Whole Wheat Tortilla Mexican Confetti Rice Tossed Salad w/ Dressing Applesauce	27 Turkey Meat Sauce Whole Wheat Spaghetti String Beans w/ Pearl Onions Sliced Peaches	28 Whole Wheat Cheese Pizza Garden Salad Cupped Mandarins	29 Lemon Salmon Rice Pilaf Creamy Spinach Orange Juice	30 Beef Salisbury Steak w/ Mushroom Sauce Wild Rice Kale & Tomatoes Baked Apple

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MARCH 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				1 Sweet & Sour Pork Chops Baby Spinach Salad Baked Potatoes Pineapple Juice Fruited Jell-O	2 General Tso's Chicken Rice Pilaf Oriental Blend Orange Juice
5 Black Bean Soup Chicken Cacciatore Egg Noodles Garden Salad Frozen Mixed Berries Orange Pineapple Juice	6 Hamburger Mixed Green Salad Potato Salad Orange	7 Baked Fish w/ Cream Sauce Rice w/ Chickpeas Braised Collard Greens Apple Pear	8 Hawaiian Chicken Legs Brussels Sprouts Parmesan Rosemary Mashed Potatoes Orange Juice	9 White Bean Soup Baked Salmon w/ Lemon, Tarragon & Thyme Roasted Sweet Potato Fries Mixed Green Salad Apple	
12 Turkey & Bean Chili Mexican Confetti Rice Cauliflower w/ Carrots & Parsley Orange	13 Whole Wheat Ziti w/ Chicken, Tomato & Rosemary Garlic Bread Sautéed Green Beans Orange Juice Sliced Peaches	14 Baked Salmon w/ Cilantro Citrus Sauce Rice w/ Corn Spinach w/ Carrots & Onions Apple Juice	15 Turkey & Beef Salisbury Steak w/ Mushroom Gravy Italian Blend Veggies Red Bliss Potatoes Banana	16 Sticky Marmalade Glazed Baby Back Ribs Egg Noodles Steamed Kale Orange Juice Pineapple Chunks	
19 Garlic Chicken Whole Grain Macaroni & Cheese Capri Blend Veggies Orange Juice Sliced Peaches	20 Turkey Meatloaf w/ Mushrooms & Peppers Baked Sweet Potato Italian Blend Veggies Fruit Cocktail	21 Jumbo Stuffed Shells w/ Meat Sauce Baby Spinach Salad Banana Orange Pineapple Juice	22 Split Pea Soup Corned Beef Brisket Boiled Red Bliss Potatoes Steamed Cabbage Fruited Lime Jell-O	23 Stewed Codfish w/ Eggplant Bowtie Noodles Steamed Broccoli & Cauliflower Banana Orange Juice	
26 Mushroom Barley Soup Vegetable Ratatouille Egg Noodles Tossed Salad w/ Dressing Pineapple Chunks	27 Stewed Beef Boiled Potatoes w/ Carrots Normandy Blend Veggies Fruit Cocktail Orange Juice	28 Sweet & Sour Chicken White Rice Baby Spinach Salad Orange Juice	29 BBQ Pork Chops Yucca w/ Onions Roasted Brussels Sprouts Banana	30 Cream Of Spinach Soup Baked Salmon w/ Cilantro Citrus Sauce Roasted Veg Couscous Orange	

THE MEMBERSHIP DRIVE

RAFFLE IS BACK!!!

THREE \$100 GIFT CARD PRIZES:

NEW MEMBER

RENEWING MEMBER

(must not have re-registered within the last 12 months)

MOST SUCCESSFUL RECRUITER

(get one raffle ticket for EACH person you recruit who joins the Center)

PLEASE JOIN US OR RENEW YOUR

MEMBERSHIP IN SOCIAL SERVICES

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 FEE

WE NOW OFFER TAKE-HOME MEALS

ON FRIDAYS FOR YOU TO ENJOY

WHILE WE ARE CLOSED ON

SATURDAYS. SIGN UP WHEN YOU

SIGN IN FOR FRIDAY LUNCH!