

Announcements:

Thanks for your feedback at our last Forum. You'll begin to see your fundraising ideas put into place. We've started a 50/50 Raffle on Sundays, Wednesdays & Fridays. We'd like to begin a "Coffee Hour" each morning; please see Olivia or Simon if you're willing to donate rolls, cake, etc. Thanks for your constant support. All monies go back to you in new programming.

Come Try Out Our Fully Equipped GYM

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

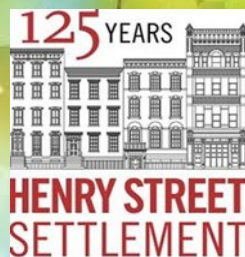
Wellness Coach's Corner

Rachel's Hours:

Tuesdays, 10:00 - 12:00
Wednesdays, 10:30 - 12:30

Ask Rachel any fitness questions & schedule an individual coaching appt.

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



SENIOR SERVICES

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

June 2018 CALENDAR

Celebrations This Month:

Thursday, 6/28: Birthday Party

\$3 & You Must Pre-Register
2:00-4:30: Music & Dance, Special Dessert, Raffles. Free Admission & Birthday Gift if You were Born this month. W/ Cecelia Tenconi.

New Classes

Arm Strengthening (Starts 06/05)

Tuesdays, 10:30 am to 11:00 am

Nylon Flower Making (Starts 06/07)

Thursdays, 1:30 pm to 3:30 pm

We Chat, We Play Group (Starts 06/19)

(In Chinese Only, with Scarlett)

Tuesdays, 11:00 am to 12:00 pm

Social Dancing Lesson (Starts 06/25)

Mondays, 1:30 pm to 2:30 pm

Open Dance, 2:30 pm to 3:30 pm

Trips This Month:

Sunday, 6/10: The Let Go Art Exhibit

Includes a Bag Lunch; \$3 & Pre-Register

11:00: Arrive at the Program

11:30: Vans leave for Exhibit

2:00: Vans Returns to Program

Thursday, 06/14: Power of Aging Festival

Includes a Bag Lunch; \$3 & Pre-Register

9:00: Arrive at the Program

9:30: Vans Leave for Festival

2:00: Vans Return to Program

Wednesday, 06/20: Bronx Zoo

Includes a Bag Lunch; \$3 & Pre-Register

9:30: Arrive at the Program

10:00: Vans Leave for Zoo

2:00: Vans Return to Program

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

Monday—Friday, 1:00—5:00
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.




Something on your mind? Feeling down? Worried? Don't suffer in silence; lets talk! Call Jacque in our CASA program: 212-477-0455 or 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
June 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 Zumba Gold 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Dinner Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp w/ ShapeUp NYC
3 10:30 Yoga 1:00 Dinner Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	4 10:00 Painting & Crafts 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 LES Citizens Dance Parade 2:15 Afternoon at the Movies: "6 Balloons" 4:30 Dinner Bingo	5 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:30 Presentation: Financial Abuse (English & Spanish) 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 2:00 Crafts, Toys & Memories 3:00 Jewelry Making 4:30 Dinner Bingo	6 9:30 *Gentle Dance for Arthritis 10:30 Pet Visiting w/ Danielle & Bella 10:30 Restorative Skills 10:45 Fitness Group 1:00 Crafts, Toys & Memories 1:30 Dinner Bingo w/ 50/50 3:00 Beading Art (Chinese) 3:45 Karaoke 	7 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Jewelry Ceramics 1:30 Nylon Flower Making 2:00 English Computer Class 4:30 Dinner Bingo	8 10:30 Zumba Gold 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Dinner Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp w/ ShapeUp NYC
10 10:30 Yoga 11:00 Trip: The Let Go Art Exhibit 1:00 Dinner Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	11 10:00 Painting & Crafts 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 LES Citizens Dance Parade 2:15 Afternoon at the Movies: "Irreplaceable You" 4:30 Dinner Bingo	12 10:30 *Chinese Computer Class 10:30 Arm Strengthening 1:00 Crochet Corner 1-3:00 Fresh Produce Program 1:30 Qi Gong 2:00 Crafts, Toys & Memories 4:30 Dinner Bingo	13 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 11:30 Presentation: Henry St Settlement & LES History 1:00 Crafts, Toys & Memories 1:30 Dinner Bingo w/ 50/50 1:30 Beading Art (Chinese) 3:45 Karaoke	14 9:00 Trip: Wellness Festival with Food, Music and Exercises 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Jewelry Ceramics 1:30 Nylon Flower Making 2:00 English Computer Class 4:30 Dinner Bingo 	15 10:30 Zumba Gold 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Dinner Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp w/ ShapeUp NYC 
17 10:30 Yoga 1:00 Dinner Bingo w/ 50/50 1:30 English Computer Class w/ Kyle 	18 10:00 Painting & Crafts 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 LES Citizens Dance Parade 2:15 Afternoon at the Movies: "Beauty and the Beast" 4:30 Dinner Bingo	19 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:00 We Chat, We Play (Chinese Only) 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 2:00 Crafts, Toys & Memories 3:00 Jewelry Making	20 9:30 Trip: Bronx Zoo 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 1:00 Crafts, Toys & Memories 1:30 Dinner Bingo w/ 50/50 1:30 Beading Art (Chinese) 3:45 Karaoke	21 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Jewelry Ceramics Final Exhibition 1:30 Nylon Flower Making 2:00 English Computer Class 4:30 Dinner Bingo	22 10:30 Zumba Gold 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Dinner Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp w/ ShapeUp NYC
24 10:30 Yoga 10:30 Arts & Crafts Group 1:00 Dinner Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	25 10:00 Painting & Crafts 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 Social Dance Class 2:00 Manicures: Pre-register 2:30 Open Social Dance 2:15 Afternoon at the Movies: "Benji" 4:30 Dinner Bingo	26 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:00 We Chat, We Play (Chinese Only) 1:00 Performance: Opera Singer 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 2:00 Crafts, Toys & Memories 4:30 Dinner Bingo	27 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 1:00 Crafts, Toys & Memories 1:30 Dinner Bingo w/ 50/50 1:30 Beading Art (Chinese) 3:45 Karaoke	28 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Nylon Flower Making 1:30 Chinese Dancing 2:00 Party: Celebrate Birthdays with Cecilia Tenconi 4:45 Dinner Bingo	29 10:30 Zumba Gold 11:00 Blood Pressure Screening 11:30 Presentation: Fight the Bite: Prevent West Nile Virus 1:30 Jewelry Workshop 1:30 Dinner Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp w/ ShapeUp NYC

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<div><div><div>JUNE 2018 LUNCH MENU</div><div>Served 12:00 PM—1:00 PM</div><div>Funded by the New York City Department For the Aging And YOUR Contributions</div><div>Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine</div><div>Suggested Contribution: \$1.50/meal</div><div>Guests Age 59 or Below: \$3.00 Fee</div><div>Vegetarian & Kosher option available</div><div>** Menu is subject to change without notice</div></div></div>					<div>1</div> <div>Sticky Marmalade Glazed Baby Back Ribs Whole Grain Macaroni & Cheese Mixed Green Salad Banana Ambrosia Fruit Salad</div>
<div>3</div> <div>Homemade Roast Pork Spanish Style Mangu with Onions Baby Carrots w/ Parsley Orange Pineapple Juice</div>	<div>4</div> <div>Stuffed Shells with Cheese Cucumber & Tomato Salad Orange</div>	<div>5</div> <div>Chicken & Broccoli Stir Fry White Rice Broccoli & Red Peppers Cupped Mandarins</div>	<div>6</div> <div>Roast Beef Zucchini Rice Pilaf Baby Spinach Cupped Apricots</div>	<div>7</div> <div>Curry Chicken Salad Classic Macaroni Salad Tossed Salad Ambrosia Fruit Salad Fruit Jell-O</div>	<div>8</div> <div>Lemon Salmon Garlic, Rosemary Roasted Potatoes Roasted Brussel Sprouts Orange</div>
<div>10</div> <div>Beef & Turkey Meatloaf w/ Mushroom Gravy Sweet Baked Yams Braised Collard Greens Cupped Pineapple</div>	<div>11</div> <div>Chicken Noodle Soup Chicken Cacciatore Egg Noodles Garden Salad Frozen Mixed Berries Orange Pineapple Juice</div>	<div>12</div> <div>Baked Flounder w/ Dill Sauce Penne Pasta Stir Fried Kale & Broccoli Banana</div>	<div>13</div> <div>Chicken Scaloppini Yellow Rice Sautéed String Beans Orange Juice</div>	<div>14</div> <div>Italian Meatballs (Turkey & Beef) Bowtie Pasta Garlic Bread California Blend Veggies Baked Apple Crumble</div>	<div>15</div> <div>BBQ Pork Chops Mashed Sweet Potatoes Garden Salad Banana</div>
<div>17</div> <div>Pineapple Glazed Salmon Roasted Veg Couscous Tossed Salad w/ Balsamic Dressing Pineapple Chunks</div>	<div>18</div> <div>Baked Ziti Italian Blend Vegetables Orange Pineapple Juice</div>	<div>19</div> <div>Tomato Soup Tuna Fish Salad Pita Bread Garden Salad Apple</div>	<div>20</div> <div>Chicken Parmesan Whole Wheat Spaghetti Kale, Romaine & Apple Salad Cupped Mandarins</div>	<div>21</div> <div>Deluxe Cheese Burger w/ Onions Whole Wheat Bun Garden Salad Sweet Potato Fries Fruit Cocktail</div>	<div>22</div> <div>Turkey Chili w/ Sweet Potatoes & Corn White Rice Vegetable Mix Cupped Apricots</div>
<div>24</div> <div>Shepherds Pie Brussel Sprouts Pineapple Juice</div>	<div>25</div> <div>Vegetable Soup Broccoli & Cheese Quesadilla Cucumber Tomato Salad Pineapple Juice</div>	<div>26</div> <div>Sweet & Sour Pork Chop Yellow Rice Avocado & Orange Salad Cantaloupe</div>	<div>27</div> <div>Deluxe Cheese Burger w/ Onions Whole Wheat Hamburger Buns Pasta Salad Tossed Salad Orange</div>	<div>28</div> <div>Sliced Deli Turkey Braised Collard Greens Garlic Mashed Potatoes Banana</div>	<div>29</div> <div>Coconut Curried Fish Wild Rice Baby Carrots w/ Parsley Apple</div>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div><div>WANTED: NEW MEMBERS!</div><div>BRING A PROSPECTIVE MEMBER FOR A MEAL & YOU’LL EACH GET A FREE MEAL VOUCHER!!</div><div>IF THEY JOIN, YOU’LL HAVE THE CHANCE TO WIN A PRIZE!</div><div>*****</div><div>IF IT’S BEEN MORE THAN A YEAR SINCE YOU’VE UPDATED YOUR CONTACT, MEDICAL & OTHER INFORMATION WITH US, PLEASE VISIT THE SOCIAL SERVICES OFFICE</div><div>*****</div><div>ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS SUNDAY—FRIDAY 12-1 PM</div><div>MONDAY—FRIDAY 4-5:30 PM</div><div>SENIORS 60+: \$1.50</div><div>SUGGESTED CONTRIBUTION; GUESTS UNDER 60: \$3:00</div><div>*****</div><div>WE NOW OFFER <u>TAKE-HOME MEALS</u> ON FRIDAYS FOR YOU TO ENJOY ON SATURDAYS WHEN WE ARE CLOSED.</div><div>SIGN UP WHEN YOU SIGN IN FOR FRIDAY LUNCH!</div></div>
<div><div>JUNE 2018 DINNER MENU</div><div><i>Served 4:00 PM—5:45 PM</i></div><div>Funded by the New York City Department For the Aging And YOUR Contributions</div><div>Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine</div><div>Suggested Contribution: \$1.50/meal</div><div>Guests Age 59 or Below: \$3.00 Fee</div><div>Vegetarian & Kosher option available</div><div><i>** Menu is subject to change without notice</i></div></div>			Henry Street Settlement Senior Center is funded by the NYC Dept For the Aging, Henry Street Settlement & YOUR Contributions.	<div>1</div> <div>Oven Fried Chicken</div> <div>Wings</div> <div>Potato Salad w/ Egg</div> <div>Avocado & Orange Salad</div> <div>Fruit Cocktail</div> <div>Apricots</div>	
<div>4</div> <div>Baked Fish w/ Garlic Sauce</div> <div>Sweet Baked Yams</div> <div>Baby Carrots w/Parsley</div> <div>Apple Juice</div>	<div>5</div> <div>Vegetarian Lasagna</div> <div>Garlic Bread</div> <div>Mixed Green Salad</div> <div>Apple</div> <div>Ambrosia Fruit Salad</div>	<div>6</div> <div>Arroz con Pollo {Chicken Breast & Rice}</div> <div>Green Beans</div> <div>Orange</div>	<div>7</div> <div>Sweet & Sour Pork Chop</div> <div>Baked Potato</div> <div>Baby Spinach Salad</div> <div>Pineapple Juice</div> <div>Fruited Jell-O</div>	<div>8</div> <div>Baked Asian Style Honey Chicken</div> <div>Rice Pilaf</div> <div>Oriental Blend Veggies</div> <div>Orange Juice</div>	
<div>11</div> <div>Cream of Broccoli Soup</div> <div>Eggplant Parmesan</div> <div>Broccoli tossed w/ Garlic Pears</div>	<div>12</div> <div>Deluxe Cheeseburger w/ Onions</div> <div>Mixed Green Salad</div> <div>Potato Salad</div> <div>Orange</div>	<div>13</div> <div>Baked Fish w/ Garlic Sauce</div> <div>Rice with Chickpea</div> <div>Kale, Romaine & Apple Salad</div> <div>Pear</div>	<div>14</div> <div>Hawaiian Chicken Legs</div> <div>Rosemary Parmesan</div> <div>Mashed Potatoes</div> <div>Brussel Sprouts</div> <div>Orange Juice</div>	<div>15</div> <div>White Bean Soup</div> <div>Baked Flounder</div> <div>Roasted Sweet Potato Fries</div> <div>Mixed Green Salad</div> <div>Apple</div>	
<div>18</div> <div>Turkey Chili</div> <div>Mexican Confetti Rice</div> <div>Cauliflower w/ Carrots & Parsley</div> <div>Orange</div>	<div>19</div> <div>Whole Wheat Ziti w/ Chicken</div> <div>Garlic Bread</div> <div>Green Bean Sauté</div> <div>Orange Juice</div> <div>Sliced Peaches</div>	<div>20</div> <div>Baked Fish w/ Garlic Crumb Crust</div> <div>Rice & Corn</div> <div>Spinach, Carrot & Onion Salad</div> <div>Apple Juice</div>	<div>21</div> <div>Turkey & Beef Salisbury Steak w/ Mushroom Gravy</div> <div>Red Bliss Potatoes</div> <div>Italian Blend Veggies</div> <div>Banana</div>	<div>22</div> <div>Glazed Baby Back Ribs</div> <div>Egg Noodles</div> <div>Kale w/ Tomatoes</div> <div>Orange Juice</div> <div>Pineapple</div>	
<div>25</div> <div>BBQ Chicken</div> <div>Baked Potato</div> <div>Cauliflower Blend Veg-gies</div> <div>Applesauce</div>	<div>26</div> <div>Chinese Style Pepper Steak</div> <div>Brown Rice w/ Mush-rooms</div> <div>Chinese Style Bok Choy</div> <div>Orange</div>	<div>27</div> <div>Baked Salmon</div> <div>Wild Rice</div> <div>Steamed Cauliflower & Broccoli</div> <div>Banana</div>	<div>28</div> <div>Curried Chicken Legs</div> <div>White Rice</div> <div>Tossed Salad</div> <div>Pineapple Juice</div>	<div>29</div> <div>Vegetable Soup</div> <div>Jumbo Stuffed Shells w/ Meat Sauce</div> <div>Creamy Spinach Salad</div> <div>Banana</div>	