

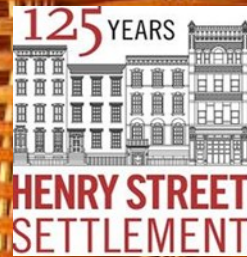
The Senior Center will be
Closed Wednesday 7/4
For Independence Day

As we gear up for a new
fiscal year, please come to
the Office and share with
us your ideas to help the
program grow and expand.
How can we better serve
you? How can we improve
our programming, etc.? Perhaps
you would like a new class
or activity—if so, please see
us. We love feedback, good
and bad, from all of you! Your
input is very important to us!
Enjoy the summer and stay
hydrated!

**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



SENIOR SERVICES

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



July 2018 CALENDAR



TRIPS THIS MONTH:

Friday, 7/13: BBQ in the HSS Garden
\$5 & You Must Pre-Register
Includes Food & Music
10:00am to 3:00pm

Friday, 7/20: "Lion King Experience"
Includes a Bag Lunch & Transportation
\$18 & You Must Pre-Register
10:30: Arrive; 2:00: Bus Returns to Program

Monday, 7/23: HSS Exhibit Guided Tour
\$2 (refundable); Arrive Center at 10:30am

PRESENTATIONS THIS MONTH:

Thursday, 7/5, 11:30
Elder Abuse

Tuesday, 7/10, 11:30
What is an MLTC?

Friday, 7/13, 11:30
Hot Weather Safety

Tuesday, 7/17, 11:00
End of Life Issues

Tuesday, 7/24, 11:00
Asphalt's 'Skills in Motion' Demo

PARTIES THIS MONTH:

Thursday, 7/26: Birthdays w/ DJMambo
\$3 & You Must Pre-Register
1:30: Check In; 2:00-4:30: Music & Dancing
Free Admission and Birthday Photo & Gift
if You were Born in July

NEW PROGRAMMING ADDITIONS:

Sunday (monthly), 11:00 to 12:00

Pet Visiting w/ Juliet and Layla

Mondays, 1:30 to 2:30

Ballroom Dancing w/ Lukas

Tuesdays, 1:30 to 3:00

Collage with Rachel (Starts 7/10)

Tuesdays (1st and 3rd only), 3:45 to 5:45pm

"Pretty Things" w/ Mary

Wednesdays, 11:00 to 12:00:

Your Rights Trivia w/ Michelle (7/11)

Wednesdays, 1:00 to 3:00:

Beginners' Ceramics w/ John (7/11)

07/30 (Last Monday of Month, 2:00 to 3:00)

Hand Massages, Register 7/16



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 @ 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 Simon, Olivia or Karina

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 sad? 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 10:30 Yoga 11:00 Pet Visiting w/ Juliet & Layla 1:00 Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	2 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:15 Afternoon at the Movies: "End Day" 4:30 Dinner Bingo	3 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:00 We Chat, We Play (Chinese) 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 3:45 New Class: "Pretty Things" 4:30 Dinner Bingo		5 10:30 Blood Pressure Screening 10:30 Yoga 11:30 *Presentation: 'Elder Abuse' by Pace Nurse Students 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 2:00 English Computer Class 4:30 Dinner Bingo	6 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp
8 10:30 Yoga 1:00 Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	9 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:15 Afternoon at the Movies: "The Do Over" 4:30 Dinner Bingo	10 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:00 We Chat, We Play (Chinese) 11:30 Presentation: What's an MLTC? 1:00 Crochet Corner 1-3:00 Fresh Produce Program 1:30 Qi Gong 1:30 New Class: Collage 3:00 Jewelry Making 4:30 Dinner Bingo	11 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 11:00 Your Rights w/ Michelle 1-3:00 New Class: Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke	12 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 2:00 English Computer Class 4:30 Dinner Bingo	13 10:00 Trip: BBQ at HSS Garden 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 11:30 *Presentation: Hot Weather Safety 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp
15 10:30 Yoga 1:00 Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	16 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:15 Afternoon at the Movies: "Amber Alert" 4:30 Dinner Bingo	17 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:00 Presentation: End of Life 11:00 We Chat, We Play (Chinese) 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 1:30 New Class: Collage 3:45 New Class: "Pretty Things" 4:30 Dinner Bingo	18 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 11:00 Your Rights w/ Michelle 1-3:00 New Class: Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading(Chinese) 3:45 Karaoke	19 10:30 Blood Pressure Screening 11:00 Yoga 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 2:00 English Computer Class 4:30 Dinner Bingo	20 10:30 Dancing w/ Dream 11:00 Trip: Lion King Experience 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp
22 10:30 Yoga 1:00 Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	23 10:30 Trip: HSS Exhibit Guided Tour 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:15 Afternoon at the Movies: "The Good Neighbor" 4:30 Dinner Bingo	24 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:00 We Chat, We Play (Chinese) 11:00 Demo: Skills in Motion 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 1:30 New Class: Collage 3:00 Jewelry Making 4:30 Dinner Bingo	25 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 10:45 Fitness Group 11:00 Your Rights w/ Michelle 1-3:00 New Class: Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke	26 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 English Computer Class 2:00 Party: Birthdays w/ DJ Mambo 4:45 Dinner Bingo	27 10:30 Dancing w/ Dream 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp
29 10:30 Yoga 10:30 Arts & Crafts Group 1:00 Bingo w/ 50/50 1:30 English Computer Class w/ Kyle	30 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:00 Hand Massages - Registration 2:15 Afternoon at the Movies "When We First Met" 4:30 Dinner Bingo	31 10:30 *Chinese Computer Class 10:30 Arm Strengthening 11:00 We Chat, We Play (Chinese) 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 1:30 New Class: Collage 3:00 Jewelry Making 4:30 Dinner Bingo		<u>JULY 2017 Daily Activities & Events</u> * = 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	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Arroz con Pollo / Chicken Breast & Rice Braised Collard Greens Orange Juice	2 Baked Salmon Lemon Dill Sauce Quinoa Baby Spinach Salad Banana	3 Eggplant Parmesan Whole Wheat Spaghetti Cucumber Salad Watermelon	4 Closed in Celebration of <u>Independence Day</u> 	5 Curry Chicken Salad Pita Salad Garden Salad Orange Juice	6 Chicken Noodle Soup Whole Wheat Cheese Pizza Chickpea Salad with Dill Peach
8 Whole Roasted Chicken Baked Potatoes Sautéed Spinach Pineapple Chunks	9 Beef & Broccoli White Rice Sautéed Bok Choy w/ Garlic Mandarin Slices Fruited Jell-O	10 BBQ Pork Chops Steamed Green Beans Yucca w/ Onions Pineapple Chunks Orange Juice	11 Chinese Style Pepper Steak Brown Rice Cucumber Salad Strawberries	12 Turkey Meatballs in Brown Gravy Mashed Potatoes Baby Carrots w/ Parsley Orange	13 Spaghetti Carbonara w/ Peas Tossed Salad Apple Juice Ambrosia Fruit Salad
15 Fish w/ Fresh Salsa Relish Red Bliss Potatoes Steamed Broccoli Orange Pineapple Juice	16 Stuffed Shells w/ Cheese Cucumber Dill Tomato Salad Orange	17 Beef & Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes w/ Cauliflower Steamed Broccoli Strawberries	18 Kosher Italian Sausage Pasta Primavera w/ Cheese Garden Salad w/ Dressing Cantaloupe	19 Chicken Gumbo White Rice Corn w/ Red Peppers Apple	20 Sticky Marmalade Glazed Baby Back Ribs Potato Salad w/ Eggs Collard Greens w/ Tomatoes Watermelon
22 Lemon Salmon Brown Rice w/ Mushrooms Spinach, Carrots & Onion Salad Apple	23 Vegetable Lasagna Garden Salad Orange	24 Ginger & Lime Salmon Roasted Vegetable Cous- cous Chinese Style Bok Choy Pineapple Juice	25 Chicken Legs w/ Stewed Tomatoes Bowtie Noodles Cucumber Dill Salad Strawberries	26 Beef Stroganoff w/ Noodles Broccoli & Red Peppers Pineapple Chunks	27 BBQ Pork Chops Macaroni Salad Avocado & Orange Salad Banana
29 Baked Fish w/Garlic Sauce Pesto Pasta w/ Broccoli Tossed Salad w/ Dressing Honeydew	30 Spanish Style Beef Stew Yellow Rice Cucumber Chickpea Salad Orange Pineapple Juice	31 Baked Fish Baked Sweet Potato Steamed Broccoli Pineapple Juice	<u>JULY 2017 LUNCH MENU: Served 12:00 PM - 1:00 PM</u> 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.		

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Tomato Rice Soup Whole Wheat Cheese Pizza Cucumber Tomato Salad Pineapple Chunks	3 Beef 7 Turkey Meatloaf w/ Mushroom Gravy Baked Red Bliss Potato Cauliflower & Carrots w. Parsley Fruit Cocktail Orange Juice	4 <div> <div>Closed in Celebration of Independence Day</div>  </div>	5 BBQ Pork Chops Quinoa Roasted Brussels Sprouts Banana	6 Mushroom Barley Soup Baked Salmon w/ Lemon, Tarragon & Thyme Roasted Vegetable Cous-cous Collard Greens Orange
9 Baked Flounder Baked Sweet Yams Steamed Red & Green Cabbage Sliced Peaches	10 Chicken & Broccoli Stir Fry Noodles & Cabbage Steam Kale Orange	11 Baked Fish w/ Sweet & Sour Sauce Brussel Sprouts Rice Pilaf Pineapple Chunks	12 Escarole w/ White Bean Soup Eggplant Parmesan w/ Ricotta Creamed Spinach Watermelon	13 Pork Chop Spaghetti Yellow Plantains Garden Salad Orange Pineapple Juice Blueberries
16 Coconut Curried Cod Fish Zucchini Rice Pilaf Roasted Broccoli Cantaloupe	17 Vegetarian Ratatouille Garlic Bread Egg Noodles Mixed Green Salad Apple Ambrosia Fruit Salad	18 Arroz Con Pollo / Chicken & Rice Green Beans Orange Pineapple Juice	19 Sweet & Sour Pork Chop Sautéed Spinach Baked Potato Honeydew	20 Orange Glazed Chicken Wild Rice Beet Salad Pineapple Juice
23 Hamburger Cole Slaw Potato Salad w/ Egg Peach	24 Chicken Cacciatore Egg Noodles Garden Salad Cantaloupe	25 Stewed Cod Fish w/ Eggplant Zucchini Rice Pilaf Braised Collard Greens Grape Juice	26 Baked Chicken Legs Parmesan Rosemary Mashed Potatoes Brussel Sprouts Orange Juice	27 Turkey Meatloaf w/ Mushrooms & Peppers Home Fries w/ Peppers & Onions Mixed Green Salad Apple
30 Chicken w/ Whole Wheat Ziti, Tomato & Rosemary Garlic Bread California Blend Veggies Sliced Peaches	31 Sliced Turkey w/ Brown Gravy Mashed Sweet Potatoes Cauliflower & Carrots w/ Parsley Orange	JULY 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.		

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 59 & UNDER: \$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)

WANTED: NEW MEMBERS!
 HELP US GROW!! BRING A PROSPECTIVE
 MEMBER TO THE SENIOR CENTER.
 IF THEY JOIN, THEY’LL GET A GIFT &
 YOU’LL BOTH BE ENTERED INTO
 RAFFLES FOR A GIFT CARD!
 THE MORE FOLKS YOU HAVE JOIN,
 THE MORE RAFFLE TICKETS YOU’LL EARN!

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 GIFT CARD!