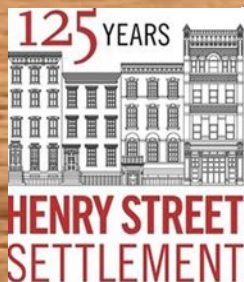


Haven't Seen a **FRIEND** at the Center Lately?  
Please Let Us Know in the Offices so We Can Make Sure They're OK



# SENIOR SERVICES

Henry Street Settlement Senior Center, 334 Madison St., NY, NY 10002, 212-349-2770  
"Where Good Friends Meet"

## October 2018 Calendar

### TRIPS THIS MONTH:

**Thursday, 10/11: Cactus Store; \$2**  
Includes transportation, guided tour and arts potting demo  
9:30: Meet up at Center; Van Leaves 10:00  
11:30: Van Returns to Center

**Monday, 10/22: Crab Shanty; \$35**  
Includes breakfast, charter bus transportation and three-course meal  
9:15: Meet up at Center & Eat Breakfast  
Bus Leaves at 10:30 & Returns at 2:30

### PERFORMANCES THIS MONTH:

**Tuesday, 10/02, 1:00 pm:**  
Sing For Your Seniors; Broadway Encore  
**Friday, 10/12, 12:30pm**  
Vocal Ease: Your All-Time Favorites  
**Tuesday, 10/30, 12:30pm**  
Hispanic Heritage Celebration

### OTHER EVENTS:

**Friday, 10/05, 10:00 am: HEALTH FAIR!!!**

### PARTIES THIS MONTH:

**Thursday, 10/25: Birthday Party With DJ Valentin; \$3**  
1:30: Arrive & Check In  
2:00-4:30: Music & Dancing  
Free Admission if You are an October Baby  
**Wednesday, 10/31: Halloween Costume Party With DJ Kuora; \$3**  
1:30: Arrive & Check In  
2:00-4:30: Music & Dancing  
Prize for Best Costume

### PRESENTATIONS THIS MONTH:

**Nutrition: Water & Hydration, 10/09**  
**Important Vaccinations to Know, 10/12**

### NEW CLASSES

**Skills in Motion: Mondays & Wednesdays**  
**Movement Speaks: Tuesdays**  
**Papermaking: only on 10/07 & 10/14**  
**Senior Boot Camp is Back: Fridays**

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 @ 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, Simon 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 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

### Come Try Out Our Fully Equipped GYM

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

**Social Services** are Available on **Sundays** as well as **Monday - Friday**

**Sunday 9:00 am to 3:30 pm**  
**Monday through Friday 9:00 am to 6:00 pm**  
*Please do not come to the Center early; we hate to keep you waiting outside!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Vegetarian &amp; Kosher Options Available</b> <i>* Menu is subject to change without notice</i> <b>Funded by the NYC DFTA, HSS and YOUR Contributions</b>	1 <b>10:00 New: Skills in Motion</b> 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:15 Afternoon at the Movies: <b>“Til Death Do Us Part”</b> 4:30 Dinner Bingo	2 <b>Pace Nurse Students</b> <b>10-11:30 New: Movement Speaks</b> 10:30 *Chinese Computer Class 1:00 Crochet Corner <b>1:00 Performance: Sing for Your Seniors; Broadway Encore</b> 1-3:00 Fresh Produce Program <b>2:00 Qi Gong</b> 3:45 “Pretty Things” 4:30 Dinner Bingo	3 9:30 *Gentle Dance for Arthritis <b>10:30 Pet Visiting: Danielle &amp; Bella</b> 10:30 Restorative Skills <b>11:00 New: Skills in Motion</b> 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class	4 <b>Pace Nurse Students</b> 11:00 Dance-Exercise w/ Larissa 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo	5 <b>HEALTH FAIR: 10 to 12:30</b> 10:00 Dancing w/ Dream 11:00 Yoga 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke <b>5:00 Senior Boot Camp is Back!</b>
7 <b>10-12:00 Computer Class</b> <del>10:30 Yoga</del> <b>11:00 Papermaking Class</b> 1:00 Bingo w/ 50/50	8 <b>10:00 New: Skills in Motion</b> 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:15 Afternoon at the Movies: <b>“Quincy”</b> 4:30 Dinner Bingo	9 <b>Pace Nurse Students</b> <b>10-11:30 New: Movement Speaks</b> 10:30 *Chinese Computer Class <b>11:30 Nutrition Presentation: Water &amp; Hydration</b> 1-3:00 Fresh Produce Program 1:00 Crochet Corner 2:00 Qi Gong 4:30 Dinner Bingo	10 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills <b>11:00 New: Skills in Motion</b> 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class	11 <b>Pace Nurse Students</b> <b>9:30 Trip: The Cactus Store</b> 11:00 Dance-Exercise w/ Larissa 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 3:00 “Pretty Things” 4:30 Dinner Bingo	12 10:00 Dancing w/ Dream <del>11:00 Yoga</del> 11:00 Blood Pressure Screening <b>11:30 *Presentation: Important Vaccinations to know</b> <b>12:30 Performance: Vocal Ease</b> 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke <b>5:00 Senior Boot Camp</b>
14 10:30 Yoga <b>11:00 Papermaking Class</b> 1:00 Bingo w/ 50/50 <b>1:00 Arts &amp; Crafts w/ Ann</b> 1-3:00 Computer Class	15 <b>10:00 New: Skills in Motion</b> 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:15 Afternoon at the Movies: <b>“Set It Up”</b> 4:30 Dinner Bingo	16 <b>Pace Nurse Students</b> <b>10-11:30 New: Movement Speaks</b> 10:30 *Chinese Computer Class 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 3:45 “Pretty Things” 4:30 Dinner Bingo	17 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills <b>11:00 New: Skills in Motion</b> 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class	18 <b>Pace Nurse Students</b> 11:00 Dance-Exercise w/ Larissa 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo	19 <b>10:30 Restorative Skills</b> 10:00 Dancing w/ Dream 11:00 Yoga 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke <b>5:00 Senior Boot Camp</b>
21 10:30 Yoga 1:00 Bingo w/ 50/50 1-3:00 Computer Class	22 <b>9:15 Trip: Crab Shanty</b> <b>10:00 New: Skills in Motion</b> 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:00 Makeup Pre Registration 2:15 Afternoon at the Movies <b>“Message from the King”</b> 4:30 Dinner Bingo	23 <b>Pace Nurse Students</b> <b>10-11:30 New: Movement Speaks</b> 10:30 *Chinese Computer Class 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 4:30 Dinner Bingo	24 <del>9:30 *Gentle Dance for Arthritis</del> <del>10:30 Restorative Skills</del> <b>11:00 New: Skills in Motion</b> 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class	25 <b>Pace Nurse Students</b> 11:00 Dance-Exercise w/ Larissa 1:00 *Art Class w/ Girl 1:30 Nylon Flower Making <del>1:30 Chinese Dancing</del> <b>2:00 Party: Birthdays w/ DJ Valentin</b> 3:00 “Pretty Things” <b>4:45 Dinner Bingo</b>	26 10:00 Dancing w/ Dream 11:00 Yoga 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke <b>5:00 Senior Boot Camp</b>
28 10:30 Yoga <b>10:30 Arts &amp; Crafts w/ Lily</b> 1:00 Bingo w/ 50/50 1-3:00 Computer Class	29 <b>10:00 New: Skills in Motion</b> 11:00 Latin Dance 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 1:00 Ballroom Dancing 2:00 Open Ballroom Dance 2:15 Afternoon at the Movies: <b>“House of Deadly Secrets”</b> 4:30 Dinner Bingo	30 <b>Pace Nurse Students</b> <b>10-11:30 New: Movement Speaks</b> 10:30 *Chinese Computer Class <b>12:30 Performance: Hispanic Heritage Celebration</b> 1-3:00 Fresh Produce Program 1:00 Crochet Corner 1:30 Qi Gong 4:30 Dinner Bingo	31 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills <b>11:00 New: Skills in Motion</b> 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) <b>2:00 Party: Halloween Costume w/ DJ Kuora</b> 3:45 Karaoke <del>4:00-6:00 - Computer Class</del>	<b>OCTOBER 2018 Daily Activities &amp; Events</b>  * = 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>	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Vegetarian &amp; Kosher Options Available</b> <i>* Menu is subject to change without notice</i> Funded by the NYC Dept For the Aging, HSS and YOUR Contributions	<b>1</b> Bean Burrito w/ Whole Wheat Tortilla Yellow Rice Tossed Salad w/ Dressing Pineapple Juice	<b>2</b> Butternut Squash Soup Sliced Turkey Red Bliss Potatoes Green Bean Salad Banana	<b>3</b> Baked Mushroom Chicken w/ Quinoa Creamy Spinach Orange Pineapple Juice	<b>4</b> Pineapple Glazed Salmon w/ Wild Rice Broccoli & Red Peppers Orange Juice	<b>5</b> Crusty Shepherds Pie Garden Salad Sliced Peaches Pineapple Juice
<b>7</b> Oven Roasted Chicken Shawarma Smashed Mixed Potatoes & Cauliflower Vegetable Mix Orange	<b>8</b> Vegetable Lasagna Cucumber Tomato Salad Cupped Pineapple	<b>9</b> Hamburgers on Whole Wheat Bun Baby Spinach Salad Roasted Potato Fries Apple	<b>10</b> BBQ Chicken Leg Whole Grain Macaroni & Cheese Tossed Salad w/ Dressing Cupped Mandarin Slices	<b>11</b> Broiled Fish Parmesan w/ Yellow Rice Roasted Brussels Sprouts Apple Sauce	<b>12</b> Turkey Meatloaf w/ Mushroom Gravy Garlic Mashed Potatoes Steamed Green Beans Orange
<b>14</b> Beef Stew w/ White Rice Tossed Salad w/ Dressing Orange Pineapple Juice	<b>15</b> Mushroom Barley Soup Cheese Pizza Spinach, Apple & Red Onion Salad Orange	<b>16</b> Beef Meatloaf w/ Mushroom Gravy Egg Noodles Cauliflower w/ Carrots & Parsley Apple Juice Fruited Jell-O	<b>17</b> Chicken & Cabbage Soup Chicken Salad Pita Halves Cucumber Salad Cupped Apricots Orange Juice	<b>18</b> Turkey Meatballs w/ Tomato Whole Wheat Spaghetti Baby Carrots w/ Parsley Banana	<b>19</b> Baked White Fish w/ Garlic Crumb Crust Baked Sweet Potato Normandy Blend Vegetables Cupped Pears
<b>21</b> Beef Lasagna Brussels Sprouts Orange Juice	<b>22</b> Vegetable Soup Herbed Pork Loin Pesto Pasta w/ Broccoli Garden Salad Apple Juice	<b>23</b> Beef w/ Black Bean Garlic Sauce White Rice Cauliflower w/ Carrots & Parsley Banana	<b>24</b> Baked Salmon w/ Cilantro Citrus Sauce Red Bliss Potatoes Kale w/ Tomatoes Sliced Peaches	<b>25</b> Baked Vegetable Ziti w/ Whole Wheat Pasta Italian Blend Vegetables Orange Pineapple Juice Ambrosia Fruit Salad	<b>26</b> Oven Fried Chicken Wings Bowtie Pasta California Blend Vegetables Apple
<b>28</b> Teriyaki Beef Brown Rice Broccoli & Red Peppers Cupped Pineapple	<b>29</b> Chicken Marsala Garlic & Rosemary Roasted Potatoes Baby Carrots & Parsley Baked Apple	<b>30</b> Fish w/ Tomatoes & Herbs Roasted Vegetable Cous-Cous Brussels Sprouts & Kale Sliced Peaches	<b>31</b> Teriyaki Chicken w/ Yellow Rice Oriental Blend Vegetables Orange Pineapple Juice Fruited Jell-O	<b>OCTOBER 2018 LUNCH MENU</b> <i>Served 12:00 PM - 1:00 PM</i> HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON ST 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, Cathay Bank, Henry Street Settlement and YOUR Contributions.	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div>ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS</div> <div>SUNDAY—FRIDAY 12 PM-1 PM MONDAY—FRIDAY 4 PM-5:45 PM (BREAKFAST SERVED SUNDAYS 10 AM)</div> <div>SUGGESTED CONTRIBUTION FOR SENIORS 60+: \$1.50; GUESTS 59 &amp; UNDER: \$3:00 *****</div> <div>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 *****</div> <div>GET A DINNER MEAL TO GO DURING THE LUNCH SERVICE \$2.00 (container included) And Be Sure to Pick Up Your WEEKEND MEAL at Friday’s Lunch *****</div> <div>WANTED: NEW MEMBERS - HELP OUR CENTER GROW! BRING A PROSPECTIVE MEMBER FOR A MEAL &amp; YOU’LL EACH RECEIVE A FREE LUNCH VOUCHER! THE NEW MEMBER WILL ALSO RECEIVE A GIFT! *****</div> <div>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!</div>
1 Beef Meatloaf w/ Mushroom Gravy Baked Potato Normandy Blend Fruit Cocktail	2 Baked Ziti w/ Cheese Roasted Brussels Sprouts Apple Juice Rice Pudding	3 Baked White Fish w/ Garlic Crumb Crust Italian Blend Vegetables Roasted Sweet Potato Fries Orange	4 Vegetable Lasagna Sautéed Spinach Cupped Pineapple	5 Chicken Parmesan w/ Spaghetti Zucchini w/ Onions & Peppers Banana Orange Pineapple Juice	
8 Beef & Pumpkin Harvest Stew Wild Rice Sautéed Broccoli w/ Mushroom & Pearl Onions Apple	9 Turkey Chili w/ Sweet Potatoes & Corn Egg Noodles Roasted Brussels Sprouts Cupped Pears	10 Mango Chutney Roast Pork Yellow Rice & Pigeon Peas Garden Salad Orange Juice Baked Apple Crumble	11 Shepherd’s Pie Baby Spinach Salad Banana	12 Lemon Pepper Cod Baked Sweet Potato Steamed Kale Cupped Pineapple	
15 Chicken Stir Fry w/ Oriental Blend Vegetables Brown Rice Sliced Peaches	16 Baked Fish Parmesan Baked Potato Sautéed Spinach Orange	17 Baked Ziti w/ Meat Sauce Garlic Bread Roasted Brussels Sprouts Pineapple Juice Ambrosia Fruit Juice	18 Spanish-Style Baked Chicken Rice & Beans Avocado & Orange Salad Banana	19 Cheese Ravioli Italian Blend Vegetables Apple Juice Apricot	
22 Pineapple Glazed Salmon Red Bliss Potatoes Kale w/ Tomato Banana	23 Vegetable Lasagna Chickpea Salad w/ Tomatoes & Parsley Orange Juice Chocolate Pudding	24 Sweet & Sour Pork Chops w/ White Rice Oriental Blend Vegetables Orange Pineapple Juice	25 Chicken Gumbo Tossed Salad w/ Dressing Fruit Cocktail	26 Tuna Noodle Casserole Collard Greens Cupped Pears	
29 Chicken Barley & Vegetable Soup Cheese Pizza Baby Spinach Salad Banana Fruited Jell-O	30 Beef & Turkey Meatloaf w/ Mushroom Gravy Mashed Cauliflower & Potato Creamed Spinach Applesauce	31 Breaded Fish w/ Quinoa Avocado & Orange Salad Apricot	<div>OCTOBER 2018</div> <div>DINNER MENU: <i>Served 4:00 PM - 5:45 PM</i></div> <div>HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET, LOWER LEVEL</div> <div>Suggested Contribution: \$1.50/meal</div> <div>(Fee of \$3.00 for those under Age 60)</div>		