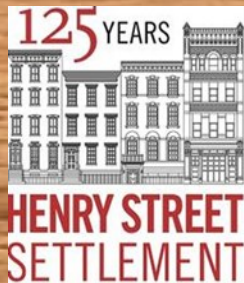


Daylight Savings Time on 11/4: Set your clock one hour back before bed on Saturday night.



SENIOR SERVICES

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

Announcements

There are No Reserved Seats in the Senior Center. Should your favorite seat be taken, please take another & help make everyone feel welcome!

To participate in Karaoke, please register w/ Omayra or Basi on Wednesdays & Fridays between 1:00pm & 3:30pm in the Rear Dining Room.

Due to Thanksgiving, we will be closed on 11/23 & 11/25. On 11/22, we will open for lunch service only. Please register in advance as we're limited to 100 people.

Come Try Out Our Fully Equipped GYM

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



November 2018 Calendar



TRIPS THIS MONTH:

Wednesday, 11/14: NYC Transit Museum
\$3 & You Must Pre-Register
Transportation, bagged lunch & Admission
10:00: Check In at Center; 10:30: Bus Leaves
1:00: Bus returns

Monday, 11/26: Walmart Holiday Shop Trip
\$10 & You Must Pre-Register
Transportation, bagged lunch
9:30: Check In at Center; 10:00: Bus Leaves
3:00: Bus returns; 4:00: Back at Center

OTHER EVENTS THIS MONTH:

Sunday, 11/11, 10:30 am to 1:30 pm
Inter-professional Health Screenings
Free Giveaways and Information

Monday, 11/26, 2:00 to 3:00 pm
Free Massages, Pre-registration needed

Tuesday, 11/27, 12:30 pm:
Sing for Your Seniors-Broadway Encore

PARTIES THIS MONTH:

Friday, 11/09: Welcome Winter Party
w/ DJ Woody; \$3 & You Must Pre-Register
1:30: Arrive & Check In;
2:00-4:30: Music & Dancing

Thursday, 11/22: Thanksgiving Luncheon
\$3 & You Must Pre-Register
11:30: Door Opens; 12:00-1:30: Meal Service

Thursday, 11/29: Birthday Party w/ DJ Mambo; \$3 & You Must Pre-Register
1:30: Arrive & Check In;
2:00-4:30: Music & Dancing
Free Admission and Gift for Nov. Babies

PRESENTATIONS THIS MONTH:

11/06—Fire Safety
11/13—Nutrition: Hydration
11/15—Emergency Preparedness
11/29—Nutrition: Healthy Eating

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 9:00 - 5:00.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NOVEMBER 2018 Daily Activities & Events</p> <p>* = 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</p>		<p align="center"><i>Do You Know of a Friend or Neighbor who would Benefit from Regular Visits & Escort by a Senior Companion? We Can Provide That! Please contact Jeremy Rivera in the Social Services Office!</i></p>		<p>1 Pace Nurse Students 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</p>	<p>2 10:00 Dancing w/ Dream 10:30 Restorative Skills 11:00 Yoga 11:00 Blood Pressure Screening 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp</p>
<p>4 10:30 Yoga 1:00 Bingo w/ 50/50 1-3:00 Computer Class</p> 	<p>5 10:00 Skills in Motion 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: "Lion" 4:30 Dinner Bingo</p>	<p>6 Pace Nurse Students 10-11:30 Movement Speaks 10:30 *Chinese Computer Class 11:30 Presentation: Fire Safety 1:00 Crochet Corner 1:30 Qi Gong 3:45 "Pretty Things" 4:30 Dinner Bingo</p>	<p>7 9:30 *Gentle Dance for Arthritis 10:30 Pet Visiting: Danielle & Bella 10:30 Restorative Skills 11:00 Skills in Motion 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class</p>	<p>8 Pace Nurse Students 10:00 Jewelry Workshop 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</p>	<p>9 10:00 Dancing w/ Dream 10:45 Yoga 11:00 Blood Pressure Screening 11:30 Presentation: Pre-Diabetes 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 2:00 Party: Welcome Winter w/ DJ Woody 3:45 Karaoke 5:00 Senior Boot Camp</p>
<p>11 10:30 Yoga 10:30 Inter-professional Event (Free Health Screenings & Giveaways) 1:00 Bingo w/ 50/50 1:30-3:30 Computer Class</p>	<p>12 10:00 Skills in Motion 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: "Lincoln" 4:30 Dinner Bingo</p>	<p>13 10-11:30 Movement Speaks 10:30 *Chinese Computer Class 11:30 Nutrition: Hydration 1:00 Crochet Corner 1:30 Qi Gong 4:30 Dinner Bingo</p>	<p>14 9:30 *Gentle Dance for Arthritis 10:00 Trip: NYC Transit Museum 10:30 Restorative Skills 11:00 Skills in Motion 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class</p>	<p>15 11:00 Presentation: Emergency Preparedness 1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo</p>	<p>16 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 5:00 Senior Boot Camp</p>
<p>18 10:30 Yoga 10:30 Arts & Crafts w/ Lily 1:00 Bingo w/ 50/50 1-3:00 Computer Class</p>	<p>19 10:00 Skills in Motion 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: "Holiday Baggage" 4:30 Dinner Bingo</p>	<p>20 Pace Nurse Students 10-11:30 Movement Speaks 10:30 *Chinese Computer Class 1:00 Crochet Corner 1:30 Qi Gong 3:45 "Pretty Things" 4:30 Dinner Bingo</p>	<p>21 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Skills in Motion 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class</p>	<p>22 NO ACTIVITIES TODAY 11:30-1:30 OPEN FOR THANKSGIVING DAY HOLIDAY LUNCHEON ONLY PLEASE REGISTER IN ADVANCE</p> 	<p>23 CLOSED FOR THANKSGIVING WEEKEND</p> 
<p>25 CLOSED FOR THANKSGIVING WEEKEND</p> 	<p>26 9:30 Trip: Walmart 10:00 Skills in Motion 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 Regular Massages - Preregister 2:15 Afternoon at the Movies "A Question of Faith" 4:30 Dinner Bingo</p>	<p>27 Pace Nurse Students 10-11:30 Movement Speaks 10:30 *Chinese Computer Class 12:30 Performance: Sing for Your Seniors; Broadway Encore 1:00 Crochet Corner 1:30 Qi Gong 4:30 Dinner Bingo</p>	<p>28 9:30 *Gentle Dance for Arthritis 10:30 Restorative Skills 11:00 Skills in Motion 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 - Computer Class</p>	<p>29 11:00 Nutrition: Healthy Eating 1:00 *Art Class w/ Girl 1:30 Nylon Flower Making 1:30 Chinese Dancing 2:00 Party: Birthdays w/ DJ Mambo 4:45 Dinner Bingo</p>	<p>30 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 5:00 Senior Boot Camp</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">NOVEMBER 2018 LUNCH MENU <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.</p>		<p align="center">Vegetarian & Kosher Options Available * <i>Menu is subject to change without notice</i> Funded by the NYC Dept For the Aging, HSS and YOUR Contributions</p>		<p>1 Chinese-Style Pepper Steak Brown Rice w/ Mushrooms Sautéed Bok Choy w/ Garlic Pineapple Juice</p>	<p>2 Baked Flounder Home Fries w/ Peppers & Onions Steamed Spinach Banana</p>
<p>4 Italian Roast Chicken Pasta Primavera Chickpea Salad w/ Tomatoes & Parsley Apple Juice Chocolate Pudding</p>	<p>5 White Bean Soup Chili Con Carne White Rice Baby Spinach Salad Orange</p>	<p>6 <i>REMEMBER TO VOTE!!!!</i> Beef Salisbury Steak w/ Mushroom Gravy Egg Noodles California Blend Veggies Banana</p>	<p>7 Arroz Con Pollo {Chicken Breast & Rice} Roasted Brussels Sprouts Sliced Peaches</p>	<p>8 Baked Breaded Fish Baked Sweet Potato Boiled Zucchini Ambrosia Fruit Salad Orange Pineapple Juice</p>	<p>9 Baked Ziti & Meat Sauce Italian Blend Veggies Orange</p>
<p>11 Baked Bread Chicken Cutlet Mexican Confetti Rice Steamed Broccoli Apple</p>	<p>12 Bean Burrito Yellow Rice Tossed Salad Pineapple Juice</p>	<p>13 Butternut Squash Soup Sliced Turkey Red Bliss Potatoes Green Bean Salad Banana</p>	<p>14 Baked Mushroom Chicken Quinoa Creamy Spinach Orange Pineapple Juice</p>	<p>15 Pineapple Glazed Salmon Wild Rice Broccoli & Red Peppers Orange Juice</p>	<p>16 Shepherd's Pie Garden Salad Sliced Peaches Pineapple Juice</p>
<p>18 Chicken Shawarma {Oven Roasted} Smashed Potatoes & Cauliflower Mixed Vegetables Orange</p>	<p>19 Vegetable Lasagna Cucumber Tomato Salad Cupped Pineapple</p>	<p>20 Hamburger Baby Spinach Salad Roasted Sweet Potato Fries Apple</p>	<p>21 BBQ Chicken Macaroni & Cheese Tossed Salad Cupped Mandarin Slices</p>	<p>22 THANKSGIVING DAY <i>Please Register in Advance</i> Roasted Turkey w/ Gravy Vegetable Stuffing Mashed Sweet Potato Green Beans Almandine Apple Juice</p>	<p>23 CLOSED FOR THANKSGIVING WEEKEND</p> 
<p>25 CLOSED FOR THANKSGIVING WEEKEND</p> 	<p>26 Mushroom Barley Soup Cheese Pizza Spinach, Apple & Red Onion Salad Orange</p>	<p>27 Beef Meatloaf w/ Mushroom Gravy Egg Noodles Cauliflower & Carrots Apple Juice Fruited Jell-O</p>	<p>28 Chicken & Cabbage Soup Chicken Salad Pita Bread Cucumber Salad Apricots Orange Juice</p>	<p>29 Turkey Meatballs Whole Wheat Spaghetti w/ Tomato Sauce Baby Carrots & Parsley Banana</p>	<p>30 Baked White Fish w/ Garlic Crumb Crust Baked Sweet Potato Normandy Blend Veggies Cupped Pears</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOVEMBER 2018 DINNER MENU: Served 4:00 PM - 5:45 PM HENRY STREET SETTLEMENT SENIOR CENTER, 334 MADISON STREET, LOWER LEVEL Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under Age 60)		Vegetarian & Kosher Options Available <i>* Menu is subject to</i> <i>change without notice</i> Funded by the NYC Dept For the Aging, HSS and YOUR Contributions	1 Chicken Fricassee Wild Rice Normandy Blend Veggies Orange	2 Swedish Meatballs w/ Brown Gravy {Turkey & Beef} Egg Noodles Cauliflower & Carrots Orange Pineapple Juice
5 Chicken Marsala Fettuccini w/ Sauce Italian Blend Veggies Apple Juice	6 Lemon Garlic Fish w/ Wild Rice Collard Greens & Tomatoes Sliced Peaches	7 Deluxe Cheeseburger w/ Onions Garden Salad Banana Ambrosia Fruit Salad	8 Chicken Gumbo White Rice Baby Spinach Salad Pineapple Juice	9 Black Bean Soup Turkey Meatballs Whole Wheat Spaghetti California Blend Veggies Orange
12 Beef Meatloaf w/ Mushroom Gravy Baked Potatoes Normandy Blend Veggies Fruit Cocktail	13 Baked Ziti w/ Cheese Roasted Brussels Sprouts Apple Juice Rice Pudding	14 Baked White Fish w/ Garlic Crumb Crust Roasted Sweet Potato Fries Orange	15 Vegetable Lasagna Sautéed Spinach Cupped Pineapple	16 Chicken Parm Wings w/ Spaghetti Zucchini w/ Onions & Peppers Banana Orange Pineapple Juice
19 Pumpkin Harvest Beef Stew w/ Wild Rice Sautéed Broccoli w/ Mushroom & Pearl Onions Apple	20 Turkey Chili w/ Sweet Potatoes & Corn Egg Noodles Roasted Brussels Sprouts Cupped Pears	21 Mango Chutney Roasted Pork Yellow Rice & Beans Garden Salad Orange Juice Baked Apple Crumble	22 <u>THANKSGIVING DAY</u> <u>CLOSED FOR</u> <u>DINNER SERVICE</u>	23 <u>CLOSED FOR</u> <u>THANKSGIVING</u> <u>WEEKEND</u>
26 Chicken Stir Fry w/ Brown Rice Oriental Blend Veggies Sliced Peaches	27 Parmesan Baked Fish Baked Potatoes Sautéed Spinach Orange	28 Baked Ziti w/ Meat Sauce Garlic Bread Roasted Brussels Sprouts Pineapple Juice Ambrosia Fruit Salad	29 Spanish Style Baked Chicken Rice & Beans Avocado & Orange Salad Banana	30 Cheese Ravioli Italian Blend Vegetables Apple Juice Cupped Apricots



ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS

SUGGESTED CONTRIBUTION FOR SENIORS 60+: \$1.50;
GUESTS 59 & UNDER: \$3:00

SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
(BREAKFAST SERVED SUNDAYS 10 AM)
GET YOUR TAKE-HOME MEAL FOR SATURDAY AT FRIDAY LUNCH

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)
And Be Sure to Pick Up Your WEEKEND MEAL at Friday's Lunch

WANTED: NEW MEMBERS - HELP OUR CENTER GROW!
BRING A PROSPECTIVE MEMBER FOR A MEAL & YOU'LL EACH RECEIVE A FREE LUNCH VOUCHER! THE NEW MEMBER WILL ALSO RECEIVE 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!