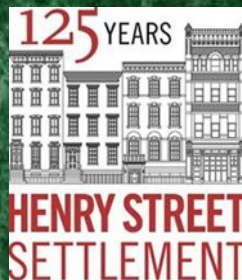


We Now Offer
Social Services on
Sundays as well as
Monday - Friday



SENIOR SERVICES

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

DECEMBER 2018 CALENDAR

Come Try Out Our Fully Equipped GYM

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

Holiday Decorations w/
Olivia | 12/04 at 1:30pm
Main Dining Room

Holiday Post Office
10:30-12:00pm &
1:30-3:00pm
We will mail up to
6 cards for you!
12/04 to 12/11

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

CENTER CLOSURES:

For the holidays, we will be closed on
the following dates:

Sun 12/23, Mon 12/24, Tues 12/25
Sun 12/30, Mon 12/31 & Tues 1/1/19

OTHER EVENTS THIS MONTH:

Violin Performances: A Duet by Raina
& Camilla; Rear Dining Room
12/07, 12/14, 12/19

Pool Tournament:
12/12 & 12/13; 1:00 to 5:45
Awards Ceremony; 2:00

Monday, 12/17, 2:00 to 3:00 pm
Free Hand Massages
Pre-registration needed

TRIPS THIS MONTH:

Thursday, 12/20: New Museum
\$3 & You Must Pre-Register; Includes
Transportation, Bagged Lunch & Tour
11:00: Arrive @ Center; 11:30: Bus Leaves
1:30: Bus Returns

PARTIES THIS MONTH:

Thursday, 12/6: Holiday Party courtesy of Fir
Tree. Everyone with a ticket must meet in
the Senior Center at 2:15 pm for Check In

Thursday, 12/27: Birthday Party w/ DJ
Woody; \$3 & You Must Pre-Register
1:30: Arrive & Check In
2:00-4:30: Music & Dancing
Free Admission and Gift for Dec. Babies

PRESENTATIONS THIS MONTH:

Thursday, 12/27, 11:30 am:
Pedestrian Safety

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.

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

DECEMBER 2018 Daily Activities

* = 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
10:30 Yoga 1:00 Bingo w/ 50/50 1:00 Computer Class	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 Movie 4:30 Dinner Bingo	10:00 Movement Speaks 10:30 *Chinese Computer Class 1:00 Crochet Corner 1:30 Qi Gong 3:45 "Pretty Things" 4:30 Dinner Bingo	9:30 *Gentle Dance 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	1:00 *Art Class w/ Girl 1:30 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo	10:00 Dancing w/ Dream 11:00 Yoga 11:00 Blood Pressure 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp

DECEMBER 2018 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3 2:15 Movie: "Christmas Chronicles"	4 12:30 Member Forum 1:30 Holiday Decorations w/ Olivia	5 1:30 Advanced Beading 10:30 Pet Visiting: Danielle & Bella	6 3:00-6:00 <u>Party</u> : Off-Site Holiday Celebration w/ Fir Tree (By Ticket Only)	7 10:00 Dancing w/ Dream 1:30 Jewelry Workshop 4:15 Violin Duet
9 12:00 Lunch Service by Volunteers 1:00 Computer Class	10 2:15 Movie: "How the Grinch Stole Christmas"	11	12 1:00 Pool Tournament 1:30 Advanced Beading 4:00 Computer Class	13 10:30-12 <u>Event</u> : Arts & Crafts by 'New Museum' Teaching Artist 1:00 Pool Tournament	14 10-1:00 Games & Lunch Service w/ Student Volunteers 10:45 Yoga 11:00 Presentation: Emotion Triggers 1:30 Jewelry Workshop 4:15 Violin Duet
16 10:30 Arts & Crafts w/ Lily 1:00 Computer Class	17 2:00 Hand Massages (Pre-Registration Needed) 2:15 Movie: "The Holiday 2:30 Pool Tournament Awards	18 10:30 Movement Speaks Holiday Celebration 2:00 Pool Tournament Awards Ceremony	19 4:15 Violin Duet	20 11:00 <u>Trip</u> : New Museum	21 11:00 Yoga 4:00 Holiday Cards Giveaway by Student Volunteers
23 <u>CLOSED FOR CHRISTMAS WEEKEND</u>	24 <u>CLOSED FOR CHRISTMAS EVE</u>	25 <u>CLOSED FOR CHRISTMAS DAY</u>	26	27 11:00 <u>Presentation</u> : Pedestrian Safety 2:00 <u>Party</u> : Birthdays w/ DJ Woody	28
30 <u>CLOSED FOR NEW YEAR'S WEEKEND</u>	31 <u>CLOSED FOR NEW YEAR'S EVE</u>	<u>CLOSED FOR NEW YEAR'S DAY</u>			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Lasagna Roasted Brussel Sprouts Orange Juice 	3 Vegetable Soup Herbed Pork Loin Pasta Pesto w/Broccoli Garden Salad Apple Juice	4 Beef w/ Black Bean Garlic Sauce White Rice Cauliflower & Carrots w/Parsley Banana	5 Baked Salmon w/ Cilantro Citrus Sauce Red Bliss Potatoes Kale w/ Tomatoes Sliced Peaches	6 Vegetable Baked Ziti w/ Whole Wheat Pasta Italian Blend Veggies Orange Pineapple Juice Ambrosia Fruit Salad	7 Over Fried Chicken Wings Bowtie Pasta California Blend Veggies Apple
9 Teriyaki Beef w/ Brown Rice Broccoli & Red Peppers Pineapple Chunks	10 Chicken Marsala Garlic & Rosemary Roasted Potatoes Baby Carrots & Parsley Baked Apple	11 Fish w/ Tomatoes & Herbs Roasted Veg Couscous Brussels Sprouts & Kale Sliced Peaches	12 Teriyaki Chicken Thighs w/ Yellow Rice Oriental Blend Veggies Orange Pineapple Juice Fruited Jell-O	13 Chinese Style Pepper Steak Brown Rice w/ Mushrooms Sautéed Bok Choy w/ Garlic Pineapple Juice	14 Baked Flounder Home Fries w/ Peppers & Onions Steamed Spinach Banana
16 Italian Roasted Chicken Pasta Primavera Chickpea Salad w/ Tomatoes & Parsley Apple Juice Chocolate Pudding	17 White Bean Soup Chili Con Carne w/ White Rice Baby Spinach Salad Orange	18 Salisbury Beef Steak Mushroom Gravy Egg Noodles California Blend Veggies Banana	19 Chicken Breast & Rice Roasted Brussels Sprouts Sliced Peaches	20 Baked Breaded Fish Baked Sweet Potatoes Broiled Zucchini Ambrosia Salad Orange Pineapple Juice	21 Baked Ziti w/ Meat Sauce Italian Blend Vegetables Orange
23 <u>CLOSED FOR CHRISTMAS WEEKEND</u>	24 <u>CLOSED FOR CHRISTMAS EVE</u> 	25 <u>CLOSED FOR CHRISTMAS DAY</u>	26 Baked Chicken w/ Mexican Confetti Rice Steamed Broccoli Apple 	27 Italian Meatballs (Beef & Turkey) Bowtie Pasta Garlic Bread California Blend Veg Baked Apple	28 BBQ Pork Chops Mashed Sweet Potatoes Garden Salad Banana
30 <u>CLOSED FOR NEW YEAR'S WEEKEND</u>	31 <u>CLOSED FOR NEW YEAR'S EVE</u> 	1/1/2019 <u>CLOSED FOR NEW YEAR'S DAY</u>	CHANUKAH IS 12/02 - 12/10 KWANZAA IS 12/26 - 1/1	December 2018 Lunch Menu Funded Through the New York City Department For the Aging 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	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pineapple Glazed Salmon Red Bliss Potatoes Kale w/ Tomatoes Banana	4 Vegetable Lasagna Chickpea Salad w/ Tomatoes & Parsley Orange Juice Chocolate Pudding	5 Sweet & Sour Pork Chop White Rice Oriental Blend Veggies Orange Pineapple Juice	6 Chicken Gumbo Tossed Salad w/ Dressing Fruit Cocktail	7 Tuna Noodle Casserole Collard Greens Cupped Pears
10 Chicken Barley Soup Cheese Pizza Baby Spinach Salad Banana	11 Beef & Turkey Meatloaf w/ Mushroom Gravy Cauliflower & Mashed Potatoes	12 Breaded Fish Quinoa Avocado & Orange Salad Cupped Apricots	13 Chicken Fricassee Wild Rice Normandy Blend Veggies Orange	14 Swedish Meatballs (Beef & Turkey) w/ Brown Gravy Egg Noodles Cauliflower & Carrots w/ Parsley Orange Pineapple Juice
17 Chicken Marsala Fettuccini w/ Sauce Italian Blend Veg Apple Juice	18 Lemon Garlic Tilapia Wild Rice Collard Greens & Tomatoes Cupped Peaches	19 Deluxe Cheese Burger w/ Onions on Whole Wheat Bun Garden Salad Banana Ambrosia Fruit Salad	20 Chicken Gumbo w/ White Rice Baby Spinach Salad Pineapple Juice	21 Black Bean Soup Turkey Meatballs Whole Wheat Spaghetti California Blend Veggies
24 <u>CLOSED FOR CHRISTMAS EVE</u>	25  <u>CLOSED FOR CHRISTMAS DAY</u>	26 Turkey Meatloaf w/ Mushrooms and Peppers Baked Sweet Potato Italian Blend Veggies Fruit Cocktail	27 Jumbo Stuffed Shells w/ Meat Sauce Baby Spinach Salad Banana Orange Pineapple Juice	28 Curried Chicken Legs Brown Rice w/ Beans Tossed Salad Pineapple Juice
31 <u>CLOSED FOR NEW YEAR'S EVE</u>	1/1/2019  <u>CLOSED FOR NEW YEAR'S DAY</u>		December 2018 Dinner Menu Funded Through the New York City Department For the Aging 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 <i>** Menu is subject to change without notice</i>	

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!