

Social Services
Are Available
Sunday - Friday

Come Try Out Our
Fully Equipped GYM

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

Something on your
Mind? Feeling Down?
Worried?
Don't suffer in silence;
let's talk!
Speak to our Staff about
meeting with **Jacqué** in
our **CASA** Program or call
212-477-0455/
212-233-5032

CENTER IS CLOSED:

New Year's Weekend

Sunday, 12/30

New Year's Eve

Monday, 12/31

New Year's Day

Tuesday, 1/1/19

For Martin Luther King, Jr.

Sunday, 1/20

Monday, 1/21



**HENRY STREET
SETTLEMENT**

SENIOR SERVICES

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

JANUARY 2019 CALENDAR

PARTIES:

Thursday, 01/24: Birthday Party With
DJ Woody

\$3 & You Must Pre-Register

1:30: Arrive & Check In

2:00-4:30: Music & Dancing

Free Admission, Birthday Photo & Gift if
You were Born This Month!

ANNOUNCEMENTS:

Please note the dates that we are closed
for the Holidays!

A Matter of Balance is back. This class is all
about Fall Prevention and it's a mix of
fun discussions with light exercises

Movement Speaks exercise class is back
for the winter

TRIPS:

Monday, 01/14: American Indian Museum

\$3 & You Must Pre-Register

Includes transportation and bagged meal

11:00: Check in; Bus Leaves 11:30

1:00: Return to Senior Center

Tuesday, 01/29: Brooklyn Botanical Garden

\$3 & You Must Pre-Register

Includes transportation and bagged lunch

10:30: Check in; Bus Leaves 11:00

2:00: Return to Senior Center

PRESENTATIONS:

01/07 — Nutrition: "Dash Diet"

01/11 — Fall Prevention

01/15 — Consumer Protection

01/17 — Avoid Common Frauds

01/22 — Financial Fitness

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 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!*

**Haven't Seen a FRIEND at the
Center Lately?**

**Please Let Us Know in the
Offices so We Can Make Sure
They're OK**

JANUARY 2019 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	10:00 <u>New Class: A Matter of Balance</u> 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

JANUARY 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 <u>CENTER IS CLOSED</u>	31 <u>CENTER IS CLOSED</u> 	1 <u>CENTER IS CLOSED</u> 	2	3	4
6	7 11:30 <u>Nutrition</u> : "Dash Diet" 2:15 <u>Movie</u> : "The Little Mermaid"	8	9 10:30 <u>Pet Visiting</u> : Danielle & Bella	10	11 11:30 <u>Presentation</u> : Fall Prevention (NORC)
13	14 11:00 <u>Trip</u> : American Indian Museum 2:15 <u>Movie</u> : "My Teacher, My Obsession"	15 11:30 <u>Presentation</u> : Consumer Protection	16	17 11:30 <u>Presentation</u> : Avoid Common Frauds	18
20 <u>CENTER IS CLOSED</u> 	21 <u>CENTER IS CLOSED</u> 	22 11:30 <u>Presentation</u> : Financial Fitness 12:30 <u>Performance</u> : Sing for Your Seniors	23	24 1:30 Chinese Dancing 2:00 <u>Party</u> : Celebrate Birthdays w/ DJ Woody 4:45 Dinner Bingo	25
27 10:30 Arts & Crafts w/ Lily	28 2:15 <u>Movie</u> : "Somewhere Between"	29 10:30 <u>Trip</u> : Brooklyn Botanical Garden	30	31	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 CENTER IS CLOSED JANUARY 2019 LUNCH Funded by the New York City Department For the Aging And YOUR Contributions Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat- free margarine	31 CENTER IS CLOSED 	1 CENTER IS CLOSED 	2 Whole Wheat Cheese Pizza Garden Salad w/ Dressing Green Bean Salad Orange	3 Lemon Salmon w/ Wild Rice Creamy Spinach Apple Juice	4 Beef & Broccoli Brown Rice w/ Mushroom Kale w/ Tomatoes Sliced Peaches
6 Whole Roasted Chicken Mashed Potatoes Tossed Salad w/ Dressing Orange	7 Baked Ziti w/ Beef Meatballs Arugula Salad w/ Balsamic Vinaigrette Orange	8 Chinese Style Roast Pork Loin Baby Carrots w/ Parsley Banana Orange Juice	9 Oven Fried Chicken Wings Potato Salad Sautéed Spinach Orange Juice	10 Turkey Meatloaf w/ Mushrooms & Peppers in Brown Gravy Homemade Mashed Potatoes Broccoli w/ Toasted Garlic Apple	11 Butternut Squash Soup Chicken Marsala w/ Egg Noodles Steamed Peas & Carrots Mandarins
13 Jumbo Stuffed Shells w/ Meat Sauce Garlic Bread Tossed Salad w/ Dressing Orange Pineapple Juice	14 Coconut Curry Chicken w/ White Rice Broccoli & Tomatoes Four Bean Salad Orange	15 Cheese Ravioli Garlic Bread Kale & Tomatoes Apple	16 Roast Beef Yellow Rice & Pigeon Peas California Blend Veggies Grape Juice	17 Chicken Shawarma (Oven Roasted) w/ Rice Pilaf Israeli Salad Strawberry Applesauce	18 Baked Salmon w/ Lemon Tarragon & Thyme Garlic & Rosemary Potatoes Sweet & Sour Brussels Sprouts Banana
20 CENTER IS CLOSED 	21 CENTER IS CLOSED	22 Teriyaki Chicken Thighs w/ Brown Rice Oriental Blend Orange	23 Crusty Shepherds Pie Kale w/ Tomatoes Strawberry Apple Sauce	24 Pork Tenderloin w/ Zesty Cilantro Sauce Yucca Braised Collard Greens Cupped Apricots	25 Spanish Style Beef Stew White Rice Broccoli w/ Teriyaki Sauce Orange
27 Sliced Turkey Brown Gravy Garlic Mashed Potatoes Braised Collard Greens Grape Juice	28 Baked Ziti w/Beef Meatballs Kale & Tomatoes Orange - Pineapple Juice	29 Tilapia w/ Salsa Relish Orzo Steamed Broccoli Pears	30 Italian Sausage & Spaghetti Baby Carrots w/ Parsley Pineapple Chunks	31 Deluxe Cheeseburger w/ Onions Pasta Salad Tossed Salad w/ Dressing Orange	JANUARY 2019 LUNCH 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
31 CENTER IS CLOSED 	1 CENTER IS CLOSED 	2 Sweet & Sour Chicken Thighs Sweet Baked Yams Sautéed Bok Choy w/ Garlic Grape Juice	3 Herbed Pork Loin Yucca w/ Onions Capri Blend Veggies Banana Orange Pineapple Juice	4 Lemon Salmon Quinoa Cucumber Chickpea Salad Orange
7 Oven Fried Chicken Wings Pasta Salad Braised Collard Greens Strawberry Applesauce	8 Eggplant Parmesan Creamed Spinach Orange Pineapple Juice	9 Baked Salmon w/ Rice Pilaf Mixed Green Salad Pineapple Chunks Orange Pineapple Juice	10 Baked Flounder Baked Sweet Potatoes Baby Spinach Salad Sliced Peaches	11 Glazed Baby Back Ribs Whole Grain Macaroni & Cheese Kale w/ Tomatoes Banana
14 Sweet & Sour Pork Chops Red Bliss Potatoes Mixed Green Salad Pineapple Chunks	15 Chicken and Broccoli Stir Fry w/ Wild Rice Oriental Blend Veggies Orange	16 Vegetarian Lasagna Garlic Bread Steamed Cauliflower Apple	17 Coconut Curried Cod Fish w/ Brown Rice Baby Carrots w/ Parsley Cupped Apricot Ambrosia Fruit Salad	18 Teriyaki Beef w/ Rice Pilaf Roasted Broccoli Orange Pineapple Juice
21 CENTER IS CLOSED 	22 Deluxe Cheeseburger w/ Onions Simple Potato Salad Mixed Green Salad Cupped Apricots	23 Spanish Style Baked Cod Black Beans & Rice Braised Collard Greens Grape Juice	24 Hawaiian Chicken Legs Parmesan Rosemary Mashed Potatoes Roasted Brussels Sprouts Strawberry & Apple Sauce	25 White Bean Soup Salmon In Garlic Butter Sauce Home Fries w/ Peppers & Onions Mixed Green Salad Sliced Pears
28 Turkey Bean Chilli Mexican Confetti Rice Cauliflower & Carrots w/ Parsley Pears	29 Whole Wheat Ziti w/ Chicken Tomato & Rosemary & Garlic Bread Green Bean Salad Orange Juice Sliced Peaches	30 Baked Breaded Fish Rice Pilaf Cucumber Salad Apple Juice	31 Salisbury Steak w/ Brown Gravy Cauliflower Mashed Potatoes Italian Blend Veggies Banana	JANUARY 2019 DINNER Funded by the NYC Dept For the Aging & YOUR Contributions Meals served w/ Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine Suggested Contribution: \$1.50meal 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!