

**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"**  
**01/10— Nutrition: Reading Labels**  
**01/11— Fall Prevention**  
**01/15— Consumer Protection**  
**01/22— Financial Fitness**  
**01/31— Avoid Common Frauds**

**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.**  
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**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 <del>11:00 Yoga</del>
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 11:30 <u>Nutrition</u> : Reading Food Labels	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	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 <del>1:30 Chinese Dancing</del> 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 11:30 <u>Presentation</u> : Avoid Common Frauds	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30 CENTER IS CLOSED</b> <b>JANUARY 2019 LUNCH</b> 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	<b>31 CENTER IS CLOSED</b> 	<b>1 CENTER IS CLOSED</b> 	<b>2</b> Whole Wheat Cheese Pizza Garden Salad w/ Dressing Green Bean Salad Orange	<b>3</b> Lemon Salmon w/ Wild Rice Creamy Spinach Apple Juice	<b>4</b> Beef & Broccoli Brown Rice w/ Mushroom Kale w/ Tomatoes Sliced Peaches
<b>6</b> Whole Roasted Chicken Mashed Potatoes Tossed Salad w/ Dressing Orange	<b>7</b> Baked Ziti w/ Beef Meatballs Arugula Salad w/ Balsamic Vinaigrette Orange	<b>8</b> Chinese Style Roast Pork Loin Baby Carrots w/ Parsley Banana Orange Juice	<b>9</b> Oven Fried Chicken Wings Potato Salad Sautéed Spinach Orange Juice	<b>10</b> Turkey Meatloaf w/ Mushrooms & Peppers in Brown Gravy Homemade Mashed Potatoes Broccoli w/ Toasted Garlic Apple	<b>11</b> Butternut Squash Soup Chicken Marsala w/ Egg Noodles Steamed Peas & Carrots Mandarins
<b>13</b> Jumbo Stuffed Shells w/ Meat Sauce Garlic Bread Tossed Salad w/ Dressing Orange Pineapple Juice	<b>14</b> Coconut Curry Chicken w/ White Rice Broccoli & Tomatoes Four Bean Salad Orange	<b>15</b> Cheese Ravioli Garlic Bread Kale & Tomatoes Apple	<b>16</b> Roast Beef Yellow Rice & Pigeon Peas California Blend Veggies Grape Juice	<b>17</b> Chicken Shawarma (Oven Roasted) w/ Rice Pilaf Israeli Salad Strawberry Applesauce	<b>18</b> Baked Salmon w/ Lemon Tarragon & Thyme Garlic & Rosemary Potatoes Sweet & Sour Brussels Sprouts Banana
<b>20 CENTER IS CLOSED</b> 	<b>21 CENTER IS CLOSED</b>	<b>22</b> Teriyaki Chicken Thighs w/ Brown Rice Oriental Blend Orange	<b>23</b> Crusty Shepherds Pie Kale w/ Tomatoes Strawberry Apple Sauce	<b>24</b> Pork Tenderloin w/ Zesty Cilantro Sauce Yucca Braised Collard Greens Cupped Apricots	<b>25</b> Spanish Style Beef Stew White Rice Broccoli w/ Teriyaki Sauce Orange
<b>27</b> Sliced Turkey Brown Gravy Garlic Mashed Potatoes Braised Collard Greens Grape Juice	<b>28</b> Baked Ziti w/Beef Meatballs Kale & Tomatoes Orange - Pineapple Juice	<b>29</b> Tilapia w/ Salsa Relish Orzo Steamed Broccoli Pears	<b>30</b> Italian Sausage & Spaghetti Baby Carrots w/ Parsley Pineapple Chunks	<b>31</b> Deluxe Cheeseburger w/ Onions Pasta Salad Tossed Salad w/ Dressing Orange	<b>JANUARY 2019 LUNCH</b> 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 <b>CENTER IS CLOSED</b> 	1 <b>CENTER IS CLOSED</b> 	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 <b>CENTER IS CLOSED</b> 	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	<b>JANUARY 2019 DINNER</b> 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!**