



SENIOR SERVICES

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

March 2019 CALENDAR

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

Announcements

The Senior Center will be Closing Early on Thursday 3/28. Dinner will be served 3:15-4:15 pm and the program will then close for the day immediately following the party at 4:30 pm. We apologize in advance for any inconvenience.

It's Time to Spring Forward! Daylight Savings Time starts on Sunday 3/10 at 2 am. Remember to move your clocks ahead 1 hour before you go to bed on Saturday.

Please remember, there are No Reserved Seats here at our Senior Center. Please help make everyone feel welcome & don't hold more than your own seat. Thank you!!

We're thankful to the HSS Early Childhood Center at 301 Henry Street for letting us cook our meals in their kitchen for the next 6-9 months while our own kitchen undergoes renovation.

PARTIES:

Thursday, 03/28: Birthday Party w/ DJ Valentin
\$3 and 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!

PERFORMANCES/EVENTS:

03/12, 12:30— Concerts in Motion
03/13-03/14— Pool Tournament
03/15, 12:30— Vocal Ease

NEW CLASSES:

Mondays, 10:30: Happy Hour Yoga
Tuesdays, 10:00: Art w/ Emily
Tuesdays, 1:30: Puppeteering
Wednesdays, 11:00: "Then and Now"
Thursdays, 11:00: Meditation

TRIPS:

Tuesday, 03/19: American Museum of Natural History
\$3 & You Must Pre-Register
Includes transportation and bagged meal
10:00: Check in; Bus Leaves 10:30
2:00: Bus leaves venue; Be back around 2:30
Monday, 03/25: Italian Feast Luncheon Show (@ Li Greci's Staaten)
\$55 & must pre-register; Includes 3-course meal, show, drinks and transportation
10:00: Check in; Bus leaves Center at 10:30
3:30: Bus leaves Venue; Returns around 4:30

PRESENTATIONS:

03/07— Cancer Prevention
03/08— Protect Your Vision (NORC)
03/14— Spring Awakening
03/21— Sexual Health
03/28— Eat Right/Stay Healthy

Monday—Friday 9:00 am to 6:00 pm
Sunday 9:00 am to 3:30 pm

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 10:30-11:30, 1:00-4:00
Please see Olivia, Simon or Karina

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!

Social Services Are Available Sunday - Friday

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

March 2019 Daily Activities

* = NORC-Funded Activity; Activities in Bold Color 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 11:15 Brain Games 1:00 Bingo w/ 50/50 1:00 Computer Class 1:00 Breathwork Meditation	10:30 New: Happy Hour Yoga 11:15 Art Relaxation 12:30 *Chinese News at NORC/351 1:00 Sewing/Quilting/Crafts 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:15 Afternoon Movie 4:30 Dinner Bingo	10:00 Movement Speaks 10:00 New: Art with Emily 10:30 *Chinese Computer Class 1:00 Crochet Corner 1:30 Qi Gong 1:30 New: Puppeteering 3:45 "Pretty Things" 4:30 Dinner Bingo	9:30 *Gentle Dance 10:30 Restorative Skills 11:00 New: "Then and Now" Discussion Group 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 Pace Nurse Students (& Blood Pressure) 11:00 New: Meditation 1:00 *Art Class w/ Nurses 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

March 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31/19 10:30 Arts & Crafts w/ Lily	<u>Come Try Out Our Fully Equipped GYM</u> Sunday 9-11 AM & Monday-Friday 9-11 AM & 1:30-3:30 PM				1 
3 10:30 Arts & Crafts w/ Lily	4 2:15 Movie: "Roma"	5 11:30 Demo: Art w/Emily 11:45 Demo: Puppeteering 1:30 New: Puppeteering	6 9:30 *Gentle Dance 10:30 Restorative Skills 11:00 New: "Then and Now" Group	7 *11:00 Presentation: Cancer Prevention	8 10:45 Yoga *11:30 Presentation: Protect Your Vision
10 Daylight Savings Time Returns -Spring Clocks Forward by 1 Hour	11 2:15 Movie: "Avengers—Infinity War"	12 12:30 Performance: Concerts in Motion 3:45 "Pretty Things"	13 All Day Pool Tournament 9:30 *Gentle Dance 10:30 Restorative Skills	14 All Day Pool Tournament 11:30 Presentation: Spring Awakening	15 12:30 Performance: Vocal Ease
17	18 2:15 Movie: "Once"	19 10:00 Trip: Museum of Natural History	20	21 11:00 Presentation: Sexual Health	22
24	25 10:00 Trip: Luncheon Show - St. John's Feast 2:15 Movie: "Black Panther"	26 3:00 Creative Jewelry Making 3:45 "Pretty Things"	27	28 11:00 Presentation: Eat Right / Stay Healthy 1:30 Chinese Dancing 2:00 Party: Birthday Celebration w/ DJ Valentin 4:30 Dinner Bingo	29 

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3/31/19 Roasted Chicken Mashed Sweet Potatoes Tossed Salad Orange	MARCH 2019 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				1 Baked Salmon w/ Tarragon & Thyme Garlic & Rosemary Roasted Potatoes Sweet & Sour Brussel Sprouts Banana
3 BBQ Pork Chops Spaghetti Vegetable Mix Cupped Mandarins	4 Chicken Soup Chicken Salad Whole Wheat Pita Bread Garden Salad Apple	5 Teriyaki Chicken Thighs w/ Brown Rice Oriental Blend Orange Pineapple Juice	6 Crusty Shepherd's Pie Kale w/ Tomato Orange	7 Baked Breaded Chicken Cutlet Whole Wheat Pasta Primavera w/ Cheese Steamed Cauliflower Grape Juice	8 Spanish Style Beef Stew w/ Brown Rice Broccoli w/ Teriyaki Sauce Strawberry Applesauce
10 Sliced Deli Turkey w/ Brown Gravy Garlic Mashed Potatoes Braised Collard Greens Grape Juice	11 Baked Ziti w/ Beef Meatballs Kale w/ Tomato Orange Pineapple Juice	12 Tilapia w/ Fresh Salsa Relish & Orzo Steamed Broccoli Pear	13 Italian Sausage w/ Spaghetti Baby Carrots w/ Parsley Peach	14 Deluxe Cheeseburger w/ Onions Hamburger Bun Pasta Salad Tossed Salad w/ Dressing Orange	15 Turkey Chili w/ Sweet Potatoes & Corn Mexican Confetti Rice Mixed Vegetables Cupped Apricots
17 Corned Beef Brisket Cabbage Potatoes Lime Green Fruit Cocktail	18 Dill Soup Eggplant Parmesan Garlic Bread Broccoli w/ Toasted Garlic Cupped Pears	19 Salmon in Garlic Butter Sauce Quinoa w/ Black Beans & Corn Stir Fry Kale & Broccoli Fruit Cocktail	20 Chicken Scallopini w/ Yellow Rice Garden Salad Orange Juice	21 Beef & Turkey Italian Meatballs w/ Bowtie Pasta Garlic Bread California Blend Vegetables Baked Apple w/ Crumble Topping	22 BBQ Pork Chops Mashed Sweet Potatoes Garden Salad Banana
24 Baked Flounder w/ Couscous Roasted Vegetables Tossed Salad w/ Dressing Cupped Pineapples	25 Bean Burrito with Whole Wheat Tortilla Mexican Confetti Rice Tossed Salad w/ Dressing Cupped Mandarins	26 Turkey Meatballs w/ Whole Wheat Spaghetti & Meat Sauce Sautéed String Beans Cupped Pineapple	27 Whole Wheat Cheese Pizza Sautéed Green Beans Garden Salad Orange	28 Lemon Salmon w/ Wild Rice Creamy Spinach Apple Juice	29 Beef & Broccoli Brown Rice w/ Mushrooms Kale w/ Tomato Cupped Sliced Peaches

Monday	Tuesday	Wednesday	Thursday	Friday
3/31/19 Eggplant Parmesan Creamed Spinach Orange Pineapple Juice	MARCH 2019 Dinner Menu Funded Through the New York City Dept. 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			1 Teriyaki Beef Rice Pilaf Roasted Broccoli Orange Pineapple Juice
4 Codfish Baked Potato Beet Salad Apple Juice	5 Deluxe Cheeseburger w/ Onions on a Hamburger Bun Simple Potato Salad Mixed Green Salad Orange	6 Spanish Style Baked Cod Black Beans & Rice Braised Collard Greens Grape Juice	7 Hawaiian Chicken Legs Parmesan Rosemary Mashed Potatoes Roasted Brussels Sprouts Orange Juice	8 Salmon in Garlic Butter Sauce Home Fries w/ Peppers & Onions Mixed Green Salad Apple
11 Turkey Bean Chili Mexican Confetti Rice Cauliflower w/Carrots & Parsley Cupped Pears	12 Whole Wheat Ziti w/ Chicken, Tomato & Rosemary Garlic Bread Green Bean Salad Orange Juice Sliced Cupped Peaches	13 Baked Breaded Fish Rice Pilaf Cucumber Salad Apple Juice	14 Salisbury Steak w/ Brown Gravy Cauliflower & Potato Mash Italian Blend Vegetables Banana	15 Sticky Marmalade Glazed Baby Back Ribs Egg Noodles Steamed Kale Orange Juice
18 Garlic Chicken Whole Grain Macaroni & Cheese Broccoli w/ Toasted Garlic Orange Juice	19 Cheese Tortellini Baby Spinach Salad Banana	20 Pumpkin Turkey Chili w/ White Rice Corn & Red Peppers Fruit Cocktail	21 Chicken Parmesan w/ Whole Wheat Spaghetti Brussel Sprouts Orange Pineapple Juice	22 Stewed Codfish w/ Eggplant (Bacalao Fresco y Berenjena) Baked Potato Cauliflower w/ Carrots & Peppers Grape Juice
25 Spanish Style Beef Stew Yellow Rice Normandy Blend Cupped Pineapple	26 Mushroom Barley Soup Vegetable Ratatouille w/ Egg Noodles Garden Salad Fruit Cocktail	27 Sweet and Sour Chicken Thighs Sweet Baked Yams Sautéed Bok Choy w/ Garlic Orange Juice	28 Herbed Loin Pork Yucca with Onions Capri Blend Vegetables Banana Orange Pineapple Juice	29 Lemon Salmon w/ Quinoa Cucumber Chickpea Salad Orange

**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!**