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**Something on your  
 Mind? Feeling Down?  
 Worried?**  
**Don't suffer in silence;  
 Let's Talk!**  
**Speak to our Staff about  
 meeting with Jacqu  in  
 our CASA Program or call**  
**212-477-0455/  
 212-233-5032**  
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# SENIOR SERVICES

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

## March 2019 CALENDAR

### 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.

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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.

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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!!

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3/31/19</b> Roasted Chicken Mashed Sweet Potatoes Tossed Salad Orange	<b>MARCH 2019 Lunch Menu</b> 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>				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
<b>3/31/19</b> Eggplant Parmesan Creamed Spinach Orange Pineapple Juice	<b>MARCH 2019 Dinner Menu</b> 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 <i>** Menu is subject to change without notice</i>			<b>1</b> Teriyaki Beef Rice Pilaf Roasted Broccoli Orange Pineapple Juice
<b>4</b> Codfish Baked Potato Beet Salad Apple Juice	<b>5</b> Deluxe Cheeseburger w/ Onions on a Hamburger Bun Simple Potato Salad Mixed Green Salad Orange	<b>6</b> Spanish Style Baked Cod Black Beans & Rice Braised Collard Greens Grape Juice	<b>7</b> Hawaiian Chicken Legs Parmesan Rosemary Mashed Potatoes Roasted Brussels Sprouts Orange Juice	<b>8</b> Salmon in Garlic Butter Sauce Home Fries w/ Peppers & Onions Mixed Green Salad Apple
<b>11</b> Turkey Bean Chili Mexican Confetti Rice Cauliflower w/Carrots & Parsley Cupped Pears	<b>12</b> Whole Wheat Ziti w/ Chicken, Tomato & Rosemary Garlic Bread Green Bean Salad Orange Juice Sliced Cupped Peaches	<b>13</b> Baked Breaded Fish Rice Pilaf Cucumber Salad Apple Juice	<b>14</b> Salisbury Steak w/ Brown Gravy Cauliflower & Potato Mash Italian Blend Vegetables Banana	<b>15</b> Sticky Marmalade Glazed Baby Back Ribs Egg Noodles Steamed Kale Orange Juice
<b>18</b> Garlic Chicken Whole Grain Macaroni & Cheese Broccoli w/ Toasted Garlic Orange Juice	<b>19</b> Cheese Tortellini Baby Spinach Salad Banana	<b>20</b> Pumpkin Turkey Chili w/ White Rice Corn & Red Peppers Fruit Cocktail	<b>21</b> Chicken Parmesan w/ Whole Wheat Spaghetti Brussel Sprouts Orange Pineapple Juice	<b>22</b> Stewed Codfish w/ Eggplant (Bacalao Fresco y Berenjena) Baked Potato Cauliflower w/ Carrots & Peppers Grape Juice
<b>25</b> Spanish Style Beef Stew Yellow Rice Normandy Blend Cupped Pineapple	<b>26</b> Mushroom Barley Soup Vegetable Ratatouille w/ Egg Noodles Garden Salad Fruit Cocktail	<b>27</b> Sweet and Sour Chicken Thighs Sweet Baked Yams Sautéed Bok Choy w/ Garlic Orange Juice	<b>28</b> Herbed Loin Pork Yucca with Onions Capri Blend Vegetables Banana Orange Pineapple Juice	<b>29</b> 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**  
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**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**  
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**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**  
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**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!**