



SENIOR SERVICES

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

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

Come Try Out Our Fully Equipped GYM
Sunday
9-11 AM
Monday-Friday
9-11 AM &
1:30-3:30 PM

Announcements:

On the first Wednesday of every month, we will have a financial counselor at the Senior Center from 3 pm to 6 pm. Please see Jeremy to book an appointment.

There can be No Private Sales conducted in the Senior Center unless they are part of an official event, such as the Flea Market. We appreciate your cooperation.



MEALS ON WHEELS

ARE YOU ELIGIBLE FOR HOME-DELIVERED MEALS? IF YOU ARE:

- Homebound
- Unable to shop or cook
- Recently discharged from the hospital
- Lack cooking facilities
- Have dietary restrictions a home care worker cannot meet

CALL 212.473.1474 TO SEE IF YOU QUALIFY.

April 2019 CALENDAR

CELEBRATIONS THIS MONTH:

Monday, 4/15: Volunteer Recognition Celebration

12:30: Ceremony; 1:00 Special Dessert

Thursday, 4/25: Birthday Party
\$3; 2:30-4:30: Music & Dance
Special Dessert, Raffles Free Admission & Birthday Gift if You were Born in April

NEW CLASSES:

Mon, 11:00 - Choral Group w/ Michael
Tues, 11:00 - Sing Along w/ Emily
Tues, 11:00 - Walk w/ Ease
Wed, 10:00 - Be Flexible, Be Comfortable
Wed, 11:00 - Move it, Move it
2nd Sunday of the Month, 1:00 to 2:30 pm: Rock Painting (Starts 04/14)

Trips This Month:

Thurs, 4/18: New Museum (Guided Tour)
\$3; w/ Bagged Lunch; 10:00: Arrive at Center
10:30: Bus Leaves; 12:45: Bus Returns

Tues, 4/30: Governors Island
\$5; w/ Bagged Lunch; 9:30: Arrive at Center
10:00 Van Leaves; 2:00: Van Returns

PERFORMANCES/EVENTS THIS MONTH:

04/05, 11:00-1:30: The SC Computer Lab will Serve as a Polling Site for Participatory Voting on Carlina Rivera's District Funding
04/09, 12:30: Concerts in Motion
04/11, 11:00: Potting Plants (Volunteers)
04/16, 12:30: Opera Concert
04/23, 11:00: Lunch Service (Volunteers)
04/28, 10:00 Multiple Health Screenings

PRESENTATIONS THIS MONTH:

04/11 Cancer Prevention
04/12 Strategies to Manage Arthritis
04/18 Coping Skills

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, Karina or Simon

Social Services
Are Available
Sunday - Friday

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


April 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 1:00 Bingo w/ 50/50 1:00 Computer Class	10:30 Happy Hour Yoga 11:00 New: Choral Group 12:30 *Chinese News at NORC 1:00 Sewing/Quilting/Crafts 1:30 Ballroom Dancing 2:30 Open Ballroom Dance 2:15 Afternoon Movie 4:30 Dinner Bingo	10:30 *Chinese Computer Class 11:00 New: Sing w/ Emily 11:00 New: Walk With Ease 1:00 Crochet Corner 1:30 Qi Gong 1:30 Puppeteering 3:45 "Pretty Things" 4:30 Dinner Bingo	10:00 New: Be Flexible, Be Comfortable 11:00 New: Move It, Move It 11:00 "Then and Now" Discussion Group 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke	10:00 Pace Nurse Students (& Blood Pressure) 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

April 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 11:00 New: Choral Group	2 11:00 New: Walk With Ease	3 3:00 to 6:00: Financial Counselor available	4 11:00 Meditation	5 11:00 Participatory Budget Voting Site in Computer Lab
7	8 11:30 <u>Presentation</u> : Estate Planning	9 12:30 Concerts in Motion	10 11:00 School Volunteers	11 <u>Presentation</u> : Cancer Prevention 11:30-3:30 Volunteers – Plant Potting 1:00 *Art Class w/ Nurses	12 10:45 Yoga *11:30 <u>Presentation</u> : Strategies to Manage Arthritis
14 1:00 <u>New</u> : Rock Painting with Sarah	15 12:30 Volunteer Recognition Ceremony	16 12:30 Opera Concert	17	18 10:00 <u>Trip</u> : New Museum 11:30 <u>Presentation</u> : Coping Skills	19 10:00 Dancing w/ Dream 1:30 Bingo w/ 50/50 3:45 Karaoke 5:00 Senior Boot Camp
21 11:30 NYJL Volunteers - Lunch Service	22	23 11:00 School Volunteers 1:30 Qi Gong	24	25 1:30 Chinese Dancing 2:00 Birthday Party w/ DJ Mambo	26
28 10:00 Interdisciplinary Health Screening Event 10:30 Art with Lily	29	30 9:00 <u>Trip</u> : Governors' Island 1:30 Qi Gong			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	1 Turkey Meatloaf w/ Mushroom Gravy Homemade Mashed Potatoes Steamed Broccoli Apple	2 Beef Fajitas w/ Whole Wheat Tortillas Mexican Confetti Rice Cole Slaw Orange	3 Chicken Salad Whole Wheat Bread Tossed Salad w/ Dressing Apple Juice	4 Oven Fried Tilapia Baked Sweet Potato Steamed Green Beans Orange Fruited Jello	5 Garlic Chicken Chinese Style Spaghetti Steamed Broccoli Apple
7 Vegetable Lasagna Fresh Sliced Tomatoes and Cucumbers Grape Juice	8 Baked Breaded Chicken Cutlet Red Bliss Potatoes Arugula Salad w/ Balsamic Vinegar Orange	9 Deluxe Cheeseburger w/ Onions Pasta Salad Cole Slaw Watermelon	10 Turkey Meatloaf Garlic Mashed Potatoes Braised Collard Greens Banana	11 Tomato Rice Soup Tuna Fish Salad Beets and Baby Carrots w/ Dill Garden Salad Orange	12 Arroz con Pollo // Chicken Breast w/ Rice Mixed Vegetables Strawberries
14 Baked Breaded Fish Roasted Sweet Potato Fries Tossed Salad w/ Dressing Orange	15 Chicken Stir Fry w/ Vegetables Brown Rice Cauliflower w/ Carrots and Parsley Banana	16 Cheese Tortellini Italian Blend Vegetables Cantaloupe	17 Lemon Chicken Rice Pilaf California Blend Vegetables Orange	18 Beef Lasagna Arugula Salad w/ Balsamic Vinegar Roasted Brussels Sprouts Cupped Pineapple	19 Spinach Stuffed Flounder Baby Carrots w/ Parsley Baked Potatoes Cupped Pears
21 Apricot Glazed Salmon Red Bliss Potatoes Baby Carrots w/ Parsley Cantaloupe	22 BBQ Chicken Brown Rice Kale w/ Tomato Cupped Apricots	23 Baked Fish Fillet Baked Sweet Potato Broccoli w/ Toasted Garlic Apple Juice	24 Lasagna Rollatini Chickpea Salad Roasted Brussels Sprouts Orange	25 Oven Roasted Turkey Breast Cheddar and Potato Bake Steamed Broccoli and Cauliflower Banana	26 Broccoli Cheese Quesadilla Mexican Confetti Rice Summer Corn and Pepper Salad Tossed Salad w/ Dressing Cupped Peaches
28 Spanish Style Beef Stew Brown Rice Garden Salad Cantaloupe	29 Shepherd's Pie w/ Beef and Turkey Cucumber Dill Salad Cupped Pineapples	30 Vegetable Baked Ziti w/ Whole Wheat Pasta Italian Blend Vegetables Orange		APRIL 2019 LUNCH MENU 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 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>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div>ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS SUGGESTED CONTRIBUTION FOR SENIORS 60+: \$1.50; GUESTS 59 & UNDER: \$3:00 SUNDAYS 10 AM BREAKFAST SUNDAY—FRIDAY 12 PM-1 PM MONDAY—FRIDAY 4 PM-5:45 PM 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 MEMBER- SHIP IN THE OFFICES IF IT’S BEEN MORE THAN ONE YEAR! RENEWING MEMBERS WILL RECEIVE A GIFT!</div>
1 Baked Salmon Sweet Baked Yams Normandy Blend Vegetables Orange	2 Beef Lasagna Garlic Bread Sautéed Spinach Cantaloupe	3 BBQ Chicken Baked Potatoes California Blend Vegetables Banana	4 Spaghetti Carbonara w/ Green Peas Vegetable Mix Cupped Apricots	5 Stewed Cod Fish w/ Eggplant Home Fries w/ Peppers and Onions Roasted Broccoli Applesauce	
8 Salmon in Garlic Butter Sauce Rice Pilaf Garden Salad Cantaloupe	9 Orange Glazed Chicken Breast Roasted Sweet Potato Fries Steamed Kale Strawberries	10 Vegetarian Lasagna Baby Spinach Salad Cupped Apricots	11 BBQ Chicken Leg Quarters Yellow Rice Vegetable Mix Orange	12 Baked Fish Fillets Baked Macaroni and Cheese Broccoli and Red Peppers Cupped Pineapple	
15 Crusty Shepherd’s Pie Garden Salad Cantaloupe	16 Stewed Codfish w/ Eggplant Home Fries w/ Peppers and Onions Sautéed Spinach Sliced Peaches	17 Spanish Style Beef Stew Brown Rice Sautéed String Beans Cupped Pineapple	18 Sesame Chicken Chinese Style Spaghetti Broccoli w/ Toasted Garlic Apple	19 Shrimp & Broccoli w/ Egg Noodles Oriental Blend Cupped Apricots	
22 Turkey Salad Baby Spinach Salad Cupped Pineapples	23 Chicken Marsala Italian Blend Vegetables Red Bliss Potatoes Cupped Mandarin Orange Slices	24 Baked Breaded Fish Wild Rice Steamed Broccoli and Cauliflower Apple	25 Teriyaki-Glazed Pork Loin Garlic Mashed Potatoes Red Cabbage Salad Peach	26 Lemon Salmon Roasted Vegetable Cous- cous California Blend Vegetables Banana	
29 Jumbo Stuffed Shells w/ Meat Sauce Cucumber Chickpea Salad Cupped Mandarin Oranges	30 Oven Baked Pork Chops Creamy Spinach Yucca w/ Onions Cantaloupe	<div>APRIL 2019 Dinner Menu: Served 4:00 PM - 5:45 PM Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.) Meals served with Vitamin C, Fat Free milk, whole grain bread & fat free margarine. Vegetarian & Kosher options available * Menu is subject to change without notice Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.</div>			