

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:

A financial counselor is at the Senior Center on the first Wednesday of every month from 3 to 6 pm. Please see Jeremy to book an initial 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

**HENRY STREET
SETTLEMENT**

CALL 212.473.1474 TO SEE IF YOU QUALIFY.



SENIOR SERVICES

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

May 2019 CALENDAR

**WE WILL BE CLOSED ON 5/26 & 5/27
FOR THE MEMORIAL DAY WEEKEND**

CELEBRATIONS THIS MONTH:

Friday, 5/17: Spring Dance Party
\$3; 2:00-4:30: Music & Dance (DJ Kuora)
Special Dessert & Raffles (Sponsor: Twitter)

Thursday, 5/23: Birthday Party
\$3; 2:00-4:30: Music & Dance (DJ Woody)
Special Dessert & Raffles; Free Admission &
Birthday Gift if You were Born This Month

PRESENTATIONS THIS MONTH:

05/10, 11:30: Stroke Symptoms
05/15, 11:30: Mental Health (By Simon)

OUR GYM IS BACK IN BUSINESS!
Game On—Enjoy your workouts!

Trips This Month:

Tues, 5/07: Walmart Shopping
\$10; w/ breakfast & bagged lunch
9:00: Arrive at Center; 9:15: Breakfast
10:00: Bus Leaves; 3:00: Bus Returns

Thurs, 5/09: Health & Wellness Fair
\$3; w/ bagged lunch
8:45: Arrive at Center
9:15: Bus Leaves; 2:45: Bus Returns

PERFORMANCES/EVENTS

05/01, 4:00: Dinner Service (Volunteers)
05/12, 12:00: Lunch Service (Volunteers)
05/14, 12:30: Concerts in Motion
05/15, 12:30: Member Forum
05/16, 4:00: Dinner Service (Volunteers)
05/21, 12:30: Concerts in Motion
05/28, 12:30: Sing for Your Seniors

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

May 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 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 Sing w/ Emily 11:00 Walk With Ease 1:00 Crochet Corner 1:30 Qi Gong 1:30 Puppeteering 3:45 "Pretty Things" 4:30 Dinner Bingo	10:00 Be Flexible, Be Comfortable 11:00 Move It, Move It 1-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 Computer Class	1:00 *Art Class w/ Nurses 1:30-3:00 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

May 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 2:45-5:00: American Express Volunteers-Dinner Service 3:00-6:00: Financial Counselor Appts Available	2 1:15-3:30 Chinese Dancing	3
5 10:30 Lily's Arts & Crafts	6 Movie: "Obsessed"	7 9:00 Trip: Walmart 1:30 Qi Gong	8	9 9:30 Trip: Health & Wellness Resource Fair	10 11:30 Presentation: Stroke Symptoms by NORC RN
12 11:30 NYJL Volunteers - Lunch Service 1:00 Rock Painting with Sarah	13 Movie: "Deadly Switch"	14 12:30-1:30 Performance: Concerts in Motion 3:45 "Pretty Things"	15 10:45 Move it, Move it 11:30 Presentation: Mental Health (By Simon) 12:30 Members' Forum	16 3:00-6:00 Arlo Hotel Volunteers; Dinner Service	17 2:00 Spring Dance Party w/ DJ Kuora
19 10:30 Lily's Arts & Crafts	20 Movie: "Lakeview Terrace"	21 12:30-1:30 Performance: Concerts in Motion	22 1:30 Advanced Beading (Chinese)	23 1:30 Chinese Dancing 2:00 Birthday Party w/ DJ Woody	24 1:30 Jewelry Workshop
26 Program Closed for Memorial Day Weekend 	27 Program Closed for Memorial Day	28 12:30-1:30 Performance: Sing For Your Seniors 3:00 Jewelry Making 3:45 "Pretty Things"	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
MAY 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 ** Menu is subject to change without notice			1 Chicken Marsala w/ Yellow Rice Mixed Vegetable Banana	2 Teriyaki Beef w/ Chinese- Style Spaghetti Sautéed Bok Choy w/ Garlic Pineapple Chunks	3 Curried Chicken Salad Israeli Salad Orange
5 Tomato Rice Soup Tuna Fish Salad Beets, Baby Carrots & Dill Cantaloupe	6 Lemon Salmon Home Fries w/ Peppers & Onions Stir Fry Kale & Broccoli Orange	7 Orange-Glazed Chicken w/ Wild Rice Normandy Blend Veggies Apple Juice Fruited Jell-O	8 Chicken Barley Soup Cheese Pizza Mixed Green Salad Four Bean Salad Grape Juice Fruited Jell-O	9 Italian Meatballs (Turkey & Beef) w/ Whole Wheat Spaghetti Baby Carrots w/ Parsley Apple	10 Chinese-Style Pepper Steak w/ Brown Rice Sautéed Bok Choy w/ Garlic Orange-Pineapple Juice
12 Roasted Chicken w/ Pasta Primavera Mixed Green Salad Pineapple Chunks	13 Turkey Meatloaf w/ Mushroom Gravy Homemade Potatoes Steamed Broccoli Apple	14 Split Pea Soup Beef Fajitas w/ Mexican Confetti Rice Cole Slaw Orange	15 Chicken Salad Tossed Salad w/ Dressing Apple Juice	16 Oven Fried Tilapia Baked Sweet Potato Steamed Green Beans Fruited Jell-O Orange	17 Garlic Chicken w/ Chinese- Style Spaghetti Steamed Broccoli Apple
19 Vegetable Lasagna Tomatoes & Cucumbers Grape Juice	20 Baked Chicken Red Bliss Potatoes Arugula Salad w/ Balsamic Vinaigrette Orange	21 Deluxe Cheeseburger w/ Onions Pasta Salad Cole Slaw Watermelon	22 Turkey Meatloaf Garlic Mashed Potatoes Braised Collard Greens Banana	23 Tomato Rice Soup Tuna Fish Salad Beets & Baby Carrots w/ Dill Garden Salad Orange	24 Arroz con Pollo // Chicken & Yellow Rice Mixed Vegetables Strawberries
26 <u>Program Closed for</u> <u>Memorial Day</u> <u>Weekend</u>	27 <u>Program Closed for</u> <u>Memorial Day</u> <u>Weekend</u> 	28 Cheese Tortellini Italian Blend Vegetables Cantaloupe	29 Lemon Chicken w/ Rice Pilaf California Blend Veggies Orange	30 Beef Lasagna Arugula Salad w/ Balsamic Vinaigrette Roasted Brussels Sprouts Cupped Pineapple	31 Turkey Meatloaf w/ Egg Noodles Broccoli & Red Peppers Cupped Apricots

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAY 2019 Dinner Menu: Served 4:00 PM - 5:45 PM Suggested Contribution: \$1.50/meal <i>(Fee of \$3.00 for those under age 60.)</i> Meals served with Vitamin C, Fat Free milk, whole grain bread & fat free margarine. Vegetarian & Kosher options available. <i>* Menu is subject to change without notice</i> Funded by the NYC Department For the Aging, Henry Street Settlement and YOUR Contributions.		1 Beef & Broccoli w/ White Rice Oriental Blend Veggies Strawberries	2 Tuna Fish Salad Garden Salad Potato Salad Banana	3 Eggplant Parmesan Cabbage Carrot Slaw Pineapple Chunks
6 Baked Ziti w/ Meat Sauce Fresh Sliced Tomatoes & Cucumbers Apple	7 Tuna Noodle Casserole Avocado & Orange Salad Cupped Apricots	8 Chicken Fricassee w/ Red Bliss Potatoes Sautéed Broccoli w/ Mushrooms & Pearl Onions Mixed Berries	9 Glazed Baby Back Ribs Sweet Baked Yams Steamed Carrots Orange	10 Italian Sausage w/ Pasta Primavera Sautéed Spinach Apple Sauce
13 Baked Salmon Sweet Baked Yams Normandy Blend Vegetables Orange	14 BBQ Chicken Baked Potatoes California Blend Veggies Banana	15 Beef Lasagna Garlic Bread Sautéed Spinach Cantaloupe	16 Spaghetti Carbonara w/ Green Peas Mixed Vegetables	17 Sausage & Peppers w/ Egg Noodles Roasted Broccoli Applesauce
20 Salmon in Garlic Butter Sauce w/ Rice Pilaf Garden Salad Cantaloupe	21 Orange-Glazed Chicken Roasted Sweet Potato Fries Steamed Kale Strawberries	22 Vegetarian Lasagna Baby Spinach Salad Apricots	23 BBQ Chicken Legs w/ Yellow Rice Mixed Vegetables Orange	24 Baked Fish Fillets Baked Macaroni & Cheese Broccoli & Red Peppers Cupped Pineapples
27 Program Closed for <u>Memorial Day Weekend</u> 	28 Stewed Codfish w/ Eggplant Home Fries w/ Peppers & Onions Sautéed Spinach Sliced Peaches	29 Spanish-Style Beef Stew Sautéed String Beans Pineapples	30 Sesame Chicken Chinese-Style Spaghetti Broccoli & Toasted Garlic Apple	31 Spinach Stuffed Flounder Baby Carrots w/ Parsley Baked Potatoes Pears

ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS
SUGGESTED CONTRIBUTION FOR
SENIORS 60+: \$1.50;
GUESTS 59 & UNDER: \$3:00
SUNDAY 10 AM BREAKFAST
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
Be Sure to PICK UP YOUR WEEKEND MEAL at Friday’s Lunch

INVITAR A SUS AMIGOS O FAMILIA A CENAR CON NOSOTROS!
DOMINGOS - 10 AM DESAYUNO
DOMINGOS - VIERNES 12 PM-1 PM
LUNES - VIERNES 4 PM-5:45 PM
OBTENGA SU COMIDA CASERA PARA EL SÁBADO EN EL ALMUERZO DEL VIERNES
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)

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!