

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 planner-counselor is  
at the Senior Center on the  
1st & 3rd Wednesday of  
every month from 3 to 6  
pm. Please see Jeremy to  
book an appointment.

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Your Senior Center now has  
new House Rules to help us  
all live in harmony with  
each other while at your  
program. They are being  
posted throughout the  
Center. Please review them.



### **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.



# SENIOR SERVICES

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

## June 2019 CALENDAR

### PARTIES THIS MONTH:

Thursday, 6/27: BIRTHDAY PARTY  
\$3; 2:00-4:30: Music & Dance (DJ Mambo);  
Special Dessert & Raffles; Free Admission  
& Birthday Gift if You were Born This  
Month

### PERFORMANCES/EVENTS

Tuesday, 6/4, 11:00-1:00: "MUSIC FOR THE  
MIND" CONCERT & Goodie Bag - FREE!  
Abrons Center Amphitheatre, 466 Grand  
Street @ Pitt Street. Hear Nicola Mills,  
Emily & Sing For Your Seniors! (Lunch will  
be extended until 1:30 pm & is free to any-  
one wearing a green concert bracelet.)

Tuesdays, 2:30-5:30: Weekly Fresh Food  
(Produce) Bags Are Back! Distribution &  
Sign-Up @ Ruth Winds Way, 256 Madison

Thursday, 6/6, 12:30: Magic Show w/ Rogue

Monday, 6/10, 12:30: Chelsea Vocal  
Ensemble Concert

Tuesday, 6/11, 12:30: Concerts in Motion  
presents Classic Hits w/ Amanda & Scalici

Wednesday 6/11 & Thursday 6/12: All-Day  
Pool Tournament. See Larry to Compete.

Friday, 6/14, 3:00: Pool Awards Ceremony

Monday, 6/24, 10:30: DVP/Movement  
Speaks returns for an 8-week series

Tuesday, 6/25, 12:30: Concerts in Motion

### Our June Movies Celebrate PRIDE Month

### TRIPS THIS MONTH:

Thursday, 6/13: THE POWER OF  
AGING WELL FESTIVAL, \$3 includes  
transportation and bagged lunch  
9:30 am Arrive at Center; 10:00 am Bus  
Leaves; 3:00 pm Bus Leaves Festival to  
Return to the Center (Weather Allowing)

Monday, 6/17: RIVERVIEW INN DAY TRIP:  
\$50; w/ Breakfast-To-Go & Bagged Lunch  
8:30AM Arrive at Center; 9 AM Bus  
Leaves; 2:45 Bus leaves PA for return to  
Center

### PRESENTATIONS THIS MONTH:

6/13 11:30: STDS/HIV Talk & Voluntary,  
Free & Confidential HIV Testing

6/14, 11:30: Early Signs of Dementia

6/17, 10:00-2:00: Elder Abuse Talk &

Information w/ Sgt. Sanchez

Bonus: 11:15 Salsa Lesson

6/25, 11:30: Summer Wellness

6/27, 11:30: Healthy is Sexy

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 or Karina

Please Remember That  
There Are No Reserved  
Seats In The Senior Center

Do You Know of a Friend  
or Neighbor who would  
Benefit from Regular  
Visits & Escort by a  
Senior Companion?  
We Can Provide That!

Please see  
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

## June 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
10:15 Yoga 11:15 Meditation (6/9 & 6/23) 1:00 Bingo w/ 50/50 1:00 Computer Class	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 11:00 Walk With Ease 11:00 Sing w/ Emily 1:00 Crochet Corner 1:30 Qi Gong 1:30 Puppeteering 2:30 Fresh Produce Bags 3:45 "Pretty Things" 4:30 Dinner Bingo	10:00 Be Flexible, Be Comfortable 11:00 Move It, Move It 1:00-3:00 Ceramics 1:30 Bingo w/ 50/50 1:30 Advanced Beading (Chinese) 3:45 Karaoke 4:00-6:00 Computer Class	10:30 Happy Hour Yoga 1:00 *Art Class w/ Girl 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

## June 2019 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 11:15 Haus NYC Volunteers Lunch Service	<b>3</b> (Happy Hour Yoga has moved to Thursdays) 2:15: <u>Movie</u> : "MOONLIGHT"	<b>4</b> 11:00-1:00: Music for the Mind Concert, Abrons Amphitheater (Lunch served until <u>1:30 pm</u> )	<b>5</b> 3:00-6:00: Financial Planner-Counselor Appts Available	<b>6</b> 12:30: <u>Performance</u> : Magic Show w/ Rogue	<b>7</b> <del>11:00 Yoga</del> 3:30-5:30: Jewelry Workshop
<b>9</b> <del>10:30 Rock Painting</del> 11:00 Caricature Drawing w/ Will 11:15 Meditation w/ Beth	<b>10</b> 12:30 Chelsea Vocal Ensemble Concert 2:15: <u>Movie</u> : "MILK"	<b>11</b> 12:30 <u>Performance</u> : Concerts in Motion	<b>12</b> <u>All Day Pool Tournament</u>	<b>13</b> <u>All-Day Pool Tournament</u> 10:00 TRIP: THE POWER OF AGING WELL FESTIVAL 11:30 <u>Presentation</u> : STD/HIV & Voluntary HIV Testing	<b>14</b> 11:30 <u>Presentation</u> : Early Signs of Dementia 3:00: <u>Event</u> : Pool Awards Ceremony
<b>16</b> <u>HAPPY FATHER'S DAY!!</u> 11:30 NY Junior League Volunteers: Lunch Service	<b>17</b> 9:00 TRIP: RIVERVIEW INN 10:00: Elder Abuse Tabling, Presentation & 11:15: Salsa Lesson <del>1:30 Ballroom Dancing</del> 2:15: <u>Movie</u> : "THOSE PEOPLE"	<b>18</b>	<b>19</b> 3:00-6:00: Financial Planner-Counselor Appts Available	<b>20</b> 3:00-6:00 Arlo Hotel Volunteers: Dinner Service	<b>21</b>
<b>23</b> 11:00 Pet Visiting w/ Amy & Rexi 11:15 Meditation w/ Beth	<b>24</b> 10:30: <u>Movement Speaks</u> <del>11:00 Choral Group</del> 2:15: <u>Movie</u> : "I AM MICHAEL"	<b>25</b> 9:30: Flower Making <del>11:00 Walk With Ease</del> 11:30: <u>Summer Wellness</u> 12:30: Concerts in Motion 3:00 Jewelry Making	<b>26</b>	<b>27</b> 2:00 Birthday Party w/ DJ Mambo 11:30: <u>Presentation</u> : Sexy is Healthy <del>1:30: Flower Making</del>	<b>28</b>
<b>30</b> 10:30 Lily's Arts & Crafts					<b>HAPPY FATHER'S DAY</b>



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Apricot Glazed Salmon Red Bliss Potatoes Baby Carrots w/ Parsley Cantaloupe	<b>3</b> BBQ Chicken w/ Brown Rice Kale with Potatoes Apricots	<b>4</b> Baked Fish Fillets Rolls w/ Spinach Baked Sweet Potato Broccoli w/ Toasted Garlic Apple Juice	<b>5</b> Lasagna Chickpea Salad Roasted Brussel Sprouts Orange	<b>6</b> Oven Roasted Turkey Baked Cheddar Potato Broccoli & California Veggies Banana	<b>7</b> Broccoli-Cheese Quesadilla w/ Mexican Rice Summer Corn & Peppers Tossed Salad Fresh Pineapple
<b>9</b> Spanish Beef Stew w/ White Rice Garden Salad Cantaloupe	<b>10</b> Beef & Turkey Shepherd's Pie Cucumber Dill Salad Pineapple Chunks	<b>11</b> Vegetable Baked Ziti Italian Blend Vegetables Orange	<b>12</b> Chicken Marsala w/ Yellow Rice Mixed Vegetables Banana	<b>13</b> Teriyaki Beef w/ Chinese- Style Spaghetti Sautéed Bok Choy w/ Garlic Cupped Pineapple	<b>14</b> Chicken Cabbage Soup Curried Chicken Salad Israeli Salad Orange
<b>16</b> Tomato Rice Soup Tuna Fish Salad Beets, Baby Carrots & Dill Cantaloupe	<b>17</b> Orange Glazed Chicken w/ Wild Rice Normandy Blend Veggies Apple Juice	<b>18</b> Chicken Barley Soup Cheese Pizza Mixed Salad Four Bean Salad Grape Juice Fruited Jell-O	<b>19</b> Lemon Salmon Home Fries w/ Peppers & Onions Stir Fry Kale & Broccoli Orange	<b>20</b> Beef & Turkey Italian Meatballs Whole Wheat Spaghetti Baby Carrots w/ Parsley Apple	<b>21</b> Chinese-Style Pepper Steak w/ White Rice Sautéed Bok Choy w/ Garlic Orange Pineapple Juice
<b>23</b> Roasted Chicken Pasta Primavera Mixed Green Salad Cupped Pineapple	<b>24</b> Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Steamed Broccoli Apple	<b>25</b> Split Pea Soup Beef Fajitas w/ Whole Wheat Tortilla's Mexican Confetti Rice Cole Slaw Orange	<b>26</b> Chicken Salad Tossed Salad Apple Juice	<b>27</b> Oven Fried Tilapia Baked Sweet Potato Steamed Green Beans Orange Fruited Jell-O	<b>28</b> Garlic Chicken w/ Chinese- Style Spaghetti Steamed Broccoli Apple
<b>30</b> Vegetable Lasagna Tomato Cucumber Salad Grape Juice				<b>JUNE 2019 LUNCH MENU</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 Suggested Contribution: \$1.50/meal Guests Age 59 or Below: \$3.00 Fee Vegetarian & Kosher option available <b>** Menu is subject to change without notice</b>	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Turkey Salad Baby Spinach Salad Pineapple Chunks	<b>4</b> Chicken Marsala Italian Blend Vegetables Red Bliss Potatoes Cupped Mandarins	<b>5</b> Baked Breaded Fish w/ Wild Rice Steamed Broccoli & Cauliflower Apple	<b>6</b> Herbed Pork Loin Garlic Mashed Potatoes Red Cabbage Salad Peaches	<b>7</b> Lemon Salmon Roasted Vegetable Couscous California Blend Vegetables Banana
<b>10</b> Chicken Cacciatore w/ Egg Noodles Arugula Salad w/ Balsamic Vinegar Dressing Honeydew Melon	<b>11</b> Baked Pork Chops Creamy Spinach Yucca w/ Onions Cantaloupe	<b>12</b> Beef & Broccoli w/ Yellow Rice Oriental Blend Veggies Strawberries	<b>13</b> Tuna Fish Salad Garden Salad Potato Salad Banana	<b>14</b> Eggplant Parmesan Cabbage & Carrot Slaw Cupped Pineapple
<b>17</b> Baked Ziti Freshly Sliced Tomatoes & Cucumbers Apple	<b>18</b> Tuna Noodle Casserole Avocado & Orange Salad Cupped Apricots	<b>19</b> Chicken Fricassee Red Bliss Potatoes Sautéed Broccoli w/ Mushroom & Pearl Onions Mixed Berries	<b>20</b> Spaghetti Carbonara w/ Green Peas Mixed Vegetables Cupped Apricots	<b>21</b> Italian Sausage w/ Pasta Primavera Steamed Peas & Carrots Applesauce
<b>24</b> Baked Salmon Sweet Baked Yams Normandy Vegetables Orange	<b>25</b> BBQ Chicken Baked Potatoes California Blend Vegetables Banana	<b>26</b> Beef Lasagna Garlic Bread Sautéed Spinach Cantaloupe	<b>27</b> Sticky Marmalade Glazed Baby Back Ribs Sweet Baked Yams Sautéed Spinach Orange	<b>28</b> Stewed Codfish w/ Eggplant Home Fries w/ Peppers & Onions Roasted Broccoli Applesauce

**JUNE 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 NYC Department For the Aging,  
Henry Street Settlement and YOUR Contributions.



**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  
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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!