

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. 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 anyone wearing a
green concert bracelet.)

Tuesdays, 2:30-5:30: Weekly Fresh Food
(Produce) Bags Are Back! Sign-up &
distribution return to Ruth Winds Way,
256 Madison Street

Thursday, 6/6, 12:30-1:30 pm: MAGIC
SHOW w/ ROGUE

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

Monday, 6/17: RIVERVIEW INN DAY TRIP:
\$50; w/ Breakfast & Bagged Lunch
8:30AM Arrive at Center
9:AM Bus Leaves; AT 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: Elder Abuse Information w/
Sgt. Sanchez (to be followed by a Salsa
Lesson with the Sergeant)

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 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

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!



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 3:30 Fresh Food 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/ 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

June 2019 Special Events & Schedule Changes

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 Apricot Glazed Salmon Red Bliss Potatoes Baby Carrots w/ Parsley Cantaloupe	3 BBQ Chicken w/ Brown Rice Kale with Potatoes Apricots	4 Baked Fish Fillets Rolls w/ Spinach Baked Sweet Potato Broccoli w/ Toasted Garlic Apple Juice	5 Lasagna Chickpea Salad Roasted Brussel Sprouts Orange	6 Oven Roasted Turkey Baked Cheddar Potato Broccoli & California Veggies Banana	7 Broccoli-Cheese Quesadilla w/ Mexican Rice Summer Corn & Peppers Tossed Salad Fresh Pineapple
9 Spanish Beef Stew w/ White Rice Garden Salad Cantaloupe	10 Beef & Turkey Shepherd's Pie Cucumber Dill Salad Pineapple Chunks	11 Vegetable Baked Ziti Italian Blend Vegetables Orange	12 Chicken Marsala w/ Yellow Rice Mixed Vegetables Banana	13 Teriyaki Beef w/ Chinese- Style Spaghetti Sautéed Bok Choy w/ Garlic Cupped Pineapple	14 Chicken Cabbage Soup Curried Chicken Salad Israeli Salad Orange
16 Tomato Rice Soup Tuna Fish Salad Beets, Baby Carrots & Dill Cantaloupe	17 Orange Glazed Chicken w/ Wild Rice Normandy Blend Veggies Apple Juice	18 Chicken Barley Soup Cheese Pizza Mixed Salad Four Bean Salad Grape Juice Fruited Jell-O	19 Lemon Salmon Home Fries w/ Peppers & Onions Stir Fry Kale & Broccoli Orange	20 Beef & Turkey Italian Meatballs Whole Wheat Spaghetti Baby Carrots w/ Parsley Apple	21 Chinese-Style Pepper Steak w/ White Rice Sautéed Bok Choy w/ Garlic Orange Pineapple Juice
23 Roasted Chicken Pasta Primavera Mixed Green Salad Cupped Pineapple	24 Turkey Meatloaf w/ Mushroom Gravy Mashed Potatoes Steamed Broccoli Apple	25 Split Pea Soup Beef Fajitas w/ Whole Wheat Tortilla's Mexican Confetti Rice Cole Slaw Orange	26 Chicken Salad Tossed Salad Apple Juice	27 Oven Fried Tilapia Baked Sweet Potato Steamed Green Beans Orange Fruited Jell-O	28 Garlic Chicken w/ Chinese- Style Spaghetti Steamed Broccoli Apple
30 Vegetable Lasagna Tomato Cucumber Salad Grape Juice				<p>JUNE 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</p>	

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

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!