



**HENRY STREET  
SETTLEMENT**

**Senior Services**

**Henry Street Settlement Senior Center  
334 Madison St., NY, NY 10002, 212-349-2770**

*"Where Good Friends Meet"*

# July 2019 CALENDAR



**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 each  
1st & 3rd Wednesday of the  
month from 2 to 5 pm. A  
free & confidential service.

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In cooperation w/ Betances, HSS  
Senior Services will be hosting a  
**Full-Time Nurse** beginning mid-  
July to provide health screenings  
& treatment, help managing  
your chronic health issues,  
health information & answering  
your health questions.



### **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.

***The Program Will Be Closed on Thursday,  
7/4 in Celebration of Independence Day***

***House Rules are now Posted Around the  
Center; Please Read & Observe Them So  
We Can All Live In Harmony Together***

### **PARTIES THIS MONTH:**

**Tuesday 7/02: CARNIVAL CELEBRATION w/  
AXA VOLUNTEERS: \$3; 2:00-4:30: Music &  
Dance (DJ Valentin) w/ Dessert & Raffles**

**Thursday 7/25: BIRTHDAY PARTY  
\$3; 2:00-4:30: Music & Dance (DJ Valentin)  
w/ Dessert & Raffles; Free Admission &  
Birthday Gift if You were Born This Month**

### **EVENTS/PERFORMANCES**

**Wednesday 7/10, 2:00-5:00 pm: FREE  
HEALTH SCREENING EVENT w/ NYU GRAD  
STUDENTS! Sign up in the Programming  
Office to Test your Hearing, Swallowing &  
Memory. No out of pocket expense, No  
insurance billing, Completely Confidential.**

**Friday 7/19, 12:30: WELCOME BACK VOCAL  
EASE FOR ANOTHER GREAT PERFORMANCE**

**WE ARE A NYC COOLING CENTER; COME COOL  
OFF WITH US IN ANY HEAT EMERGENCY!**

**Weekly Fresh Food (Produce) Bags Are  
Back! Visit Karina for Sign-up, Distribution &  
Loose Produce Purchases at Ruth Winds Way,  
256 Madison Street. Tuesdays, 2:30-5:30**

### **TRIPS THIS MONTH:**

**Tuesday 7/23: Atlantic City (Tropicana).  
\$25; Bus leaves at 8:30 am & Leaves the  
Casino at 4 pm to Return Home**

**Tuesday 7/30: Cortland Mansion Tour  
(Bronx). \$3; Van leaves at 10 am &  
Leaves to Return Home at 2:15 pm**

### **PRESENTATIONS THIS MONTH:**

**Tuesday 7/9, 11:30: PACE Student Nurses  
Friday 7/12, 11:30: Restless Leg Syn-  
drome**

**Tuesday 7/16, 11:15: Hurricane Prepar-  
edness, NYC Emergency Management  
Thursday 7/18, 11:00: Your Life, Your  
Health, Your Choice: Keeping It That Way**

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 @ 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 Vis-  
its & 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!***



## July 2019 Daily Activities

\* = NORC-Funded Activity; Activities in Bold 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*

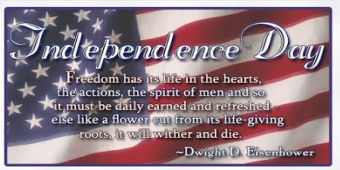
| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|---|---|--|--|
| 10:15 Yoga<br><b>11:00 Caricature Art</b><br>1:00 Bingo w/ 50/50<br>1:00 Computer Class | <b>10:30 Movement Speaks/DVP</b><br>12:30 *Chinese News at NORC<br>1:00 Sewing/Quilting/Crafts<br>1:30 Ballroom Dancing<br>2:30 Open Ballroom Dance<br>2:15 Afternoon Movie<br>4:30 Dinner Bingo | 10:30 *Chinese Computer<br><b>10:45 Art w/ Ellen</b><br>11:00 Blood Pressure<br>1:00 Crochet Corner<br>1:30 Qi Gong<br>2:30 Fresh Produce Bags<br>3:45 "Pretty Things"<br>4:30 Dinner Bingo | 10:00 Be Flexible, Be Comfortable<br>11:00 Move It, Move It<br>1:00-3:00 Ceramics<br>1:30 Bingo w/ 50/50<br>1:30 Advanced Beading (Chinese)<br>3:45 Karaoke<br>4:00-6:00 Computer Class | 10:30 Happy Hour Yoga<br>11:00 Blood Pressure<br>1:00 *Art Class w/ Girl<br>1:30-3:00 Chinese Dancing<br>1:30 Nylon Flower Making<br>4:30 Dinner Bingo | 10:00 Dancing w/ Dream<br>11:00 Yoga<br>*11:00 Blood Pressure<br>1:30 Jewelry Workshop<br>1:30 Bingo w/ 50/50<br>3:45 Karaoke<br>5:00 Senior Boot Camp |

## July 2019 Special Events & Schedule Changes

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|--|--|---|--|--|
|      | <b>1</b><br>2:15: <u>Movie</u> : "Olympus Has Fallen"  | <b>2</b><br>2:00-4:30: <u>Party</u> : Carnival Celebration w/ AXA Volunteers | <b>3</b><br>2:00-5:00: Financial Planner-Counselor Appts Available  | <b>4</b> <u>CLOSED IN CELEBRATION OF INDEPENDENCE DAY</u><br> | <b>5</b><br>3:30-5:30: Jewelry Workshop            |
| 7   | <b>8</b><br>2:15: <u>Movie</u> : "Carter High"         | <b>9</b><br>11:30 <u>Presentation</u>  | 10  | 11   | <b>12</b><br>11:30 <u>Presentation</u>             |
| <b>14</b><br>11:30 NY Junior League Vols Lunch Service<br>1:00 Rock Painting w/ Sarah | <b>15</b><br>2:15: <u>Movie</u> : "Never Heard"        | <b>16</b><br>11:30 <u>Presentation</u>                                       | <b>17</b><br>2:00-5:00: Financial Planner-Counselor Appts Available | <b>18</b><br>11:30 <u>Presentation</u><br>3:00-6:00 Arlo Hotel Volunteers Dinner Service   | <b>19</b><br>12:30 <u>Performance</u> : Vocal Ease |
| <b>21</b><br>11:00 Pet Visiting w/ Amy & Rexi   | <b>22</b><br>2:15: <u>Movie</u> : "I Am Mother"        | <b>23</b><br>8:30 <u>Trip</u> : Atlantic City<br>3:00 Jewelry Making         | 24  | <b>25</b><br>2:00 <u>Party</u> : July Birthdays w/ DJ Valentin   | 26   |
| <b>28</b><br>10:30 Lily's Arts & Crafts   | <b>29</b><br>2:15: <u>Movie</u> : "Death At A Funeral" | <b>30</b><br>10:00 <u>Trip</u> : Van Cortland Mansion Trip                   | 31  |   |  |



| Sunday  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday  |
|---|--|--|--|--|---|
|                                 | <b>1</b><br>Creamy Vegetable Soup<br>Broccoli Cheese Quesadilla<br>Cucumber & Tomato Salad<br>Tossed Salad w/Dressing<br>Pineapple Juice | <b>2</b><br>Sweet & Sour Pork Chops<br>Yellow Rice<br>Baby Spinach Salad<br>Cantaloupe   | <b>3</b><br>Deluxe Cheeseburger w/<br>Onions on a Whole<br>Wheat Bun<br>Pasta Salad<br>Spinach, Apple & Onion<br>Salad<br>Orange       | <b>4</b><br><u>CLOSED IN CELEBRATION OF<br/>           INDEPENDENCE DAY</u><br>   | <b>5</b><br>Coconut Curried Cod Fish<br>w/ Wild Rice<br>Baby Carrots w/ Parsley<br>Apple                  |
| <b>7</b><br>Arroz con Pollo (Chicken<br>& Rice)<br>Vegetable Mix<br>Orange Juice                                | <b>8</b><br>Eggplant Parmesan w/<br>Ricotta Cheese Over Whole<br>Wheat Spaghetti<br>Steamed Kale<br>Watermelon                           | <b>9</b><br>Tuna Noodle Casserole<br>Baby Spinach Salad<br>Banana  | <b>10</b><br>Beef Salisbury Steak w/<br>Mushroom Sauce<br>Mashed Potatoes<br>Kale w/ Tomatoes<br>Orange                                | <b>11</b><br>Curried Chicken Salad w/<br>Pita Bread<br>Garden Salad<br>Orange Juice  | <b>12</b><br>Chicken Noodle Soup<br>Whole Wheat Cheese<br>Pizza<br>Avocado & Orange Salad<br>Peach Slices |
| <b>14</b><br>Roasted Chicken<br>Baked Potatoes<br>Tossed Salad w/Dressing<br>Pineapple Chunks                   | <b>15</b><br>Beef & Broccoli<br>Brown Rice w/ Mushrooms<br>Sautéed Spinach<br>Fruited Jell-O<br>Orange Juice                             | <b>16</b><br>BBQ Pork Chops<br>Steamed Green Beans<br>Yucca with Onions<br>Pineapple Slices<br>Mango   | <b>17</b><br>Chinese-Style Pepper<br>Steak<br>Baked Brown Rice Pilaf<br>Cucumber Chickpea<br>Salad<br>Banana<br>Orange-Pineapple Juice | <b>18</b><br>Turkey Meatballs w/ Brown<br>Gravy<br>Garlic Mashed Potatoes<br>Baby Carrots & Parsley<br>Apple   | <b>19</b><br>Baked Chicken Thigh<br>Sweet Baked Yams<br>Tossed Salad w/ Dressing<br>Orange                |
| <b>21</b><br>Tilapia w/ Fresh Salsa<br>Relish<br>Red Bliss Potatoes<br>Steamed Broccoli<br>Frozen Mixed Berries | <b>22</b><br>Stuffed Shells w/Cheese<br>Cucumber Dill Salad<br>Orange  | <b>23</b><br>Beef & Turkey Meatloaf w/<br>Mushroom Gravy<br>Home Fries w/ Peppers &<br>Onions<br>Beets & Baby Carrots w/Dill<br>Strawberries | <b>24</b><br>Italian Sausage & Pasta<br>Primavera<br>Tossed Salad w/Dressing<br>Cantaloupe   | <b>25</b><br>Oven Baked Chicken Wings<br>w/ Yellow Rice<br>Beet Salad w/ Yogurt<br>Dressing<br>Blueberries   | <b>26</b><br>Lemon Salmon w/ Wild<br>Rice<br>Four Bean Salad<br>Apple Juice                               |
| <b>28</b><br>BBQ Chicken<br>Warm Potato Salad<br>Braised Collard Greens<br>Pineapple Chunks                     | <b>29</b><br>Beef Lasagna<br>Garden Salad<br>Fruit Cocktail<br>Orange  | <b>30</b><br>Baked Salmon w/ Cilantro<br>Sauce<br>Roasted Vegetable Cous-<br>cous<br>Sautéed Bok Choy w/ Garlic<br>Pineapple Juice           | <b>31</b><br>Chicken Scaloppini w/<br>Bowtie Pasta<br>Cucumber Dill Salad<br>Strawberries<br>Ambrosia Fruit Salad                      | <b>JULY 2019 Lunch Menu</b><br>Funded by the New York City Department For the Aging<br>And YOUR Contributions<br>Meals served with Vitamin C, 1% Fat Free milk,<br>whole grain bread & trans fat-free margarine<br>Suggested Contribution: \$1.50/meal<br>Guests Age 59 or Below: \$3.00 Fee<br>Vegetarian & Kosher option available<br><b>** Menu is subject to change without notice</b> |   |

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|--|--|---|--|
| <b>1</b><br>Chinese-Style Pepper Steak w/ Mushroom Brown Rice<br>Chinese-Style Bok Choy<br>Orange     | <b>2</b><br>BBQ Chicken<br>Baked Macaroni & Cheese<br>Braised Collard Greens<br>Pineapple & Mango                              | <b>3</b><br>Baked Salmon w/ Wild Rice<br>Tossed Salad w/Dressing<br>Pineapple Juice                      | <b>4</b><br><b>CLOSED IN CELEBRATION OF INDEPENDENCE DAY</b><br>   | <b>5</b><br>Stuffed Shells w/ Meat Sauce<br>Steamed Kale<br>Banana<br>Orange Juice   |
| <b>8</b><br>Cauliflower Soup<br>Whole Wheat Cheese Pizza<br>Cucumber Dill Salad<br>Pineapple Chunks   | <b>9</b><br>Beef & Turkey Meatloaf w/ Mushroom Gravy<br>Red Bliss Potatoes<br>Cauliflower, Carrots & Parsley<br>Fruit Cocktail | <b>10</b><br>Chicken Jambalaya w/ White Rice<br>Baby Spinach Salad<br>Orange Juice                       | <b>11</b><br>BBQ Pork Chop w/ Quinoa<br>Roasted Brussels Sprouts<br>Banana  | <b>12</b><br>Chicken Barley Soup<br>Baked Salmon w/ Lemon, Tarragon & Thyme<br>Roasted Vegetable Cous-cous w/ Collard Greens<br>Orange |
| <b>15</b><br>Broiled Tilapia Parmesan<br>Baby Carrots & Parsley<br>Baked Sweet Yams<br>Sliced Peaches | <b>16</b><br>Oven Fried Chicken Wings w/ Pasta Salad<br>Brussel Sprouts<br>Orange  | <b>17</b><br>Baked Fish w/ Sweet & Sour Sauce<br>Steamed Kale<br>Zucchini Rice Pilaf<br>Pineapple Chunks | <b>18</b><br>Eggplant Parmesan w/ Ricotta Cheese<br>Garden Salad<br>Watermelon  | <b>19</b><br>Sweet & Sour Pork w/ Pineapple on Spaghetti<br>Mixed Green Salad<br>Banana<br>Ambrosia Fruit Salad                        |
| <b>22</b><br>Baked Fish w/ Garlic Sauce<br>Baked Sweet Yams<br>Mixed Vegetables<br>Apple              | <b>23</b><br>Vegetarian Lasagna<br>Garlic Bread<br>Mixed Green Salad<br>Sliced Apricots<br>Ambrosia Fruit Salad                | <b>24</b><br>Arroz Con Pollo {Chicken & Rice}<br>Four Bean Salad<br>Orange                               | <b>25</b><br>Roasted Pernil w/ White Rice<br>Sweet Plantains<br>Creamy Spinach<br>Mango Fruited Jell-O  | <b>26</b><br>Orange Glazed Chicken w/ Bow Tie Pasta<br>Avocado Orange Salad<br>Orange Juice  |
| <b>29</b><br>Black Bean Soup<br>Chicken Cacciatore w/ Egg Noodles<br>Garden Salad<br>Cantaloupe       | <b>30</b><br>Hamburger on Whole Wheat Bun<br>Potato Salad<br>Mixed Green Salad<br>Orange                                       | <b>31</b><br>Oven Fried Fish<br>Rice & Chickpeas<br>Braised Collard Greens<br>Grape Juice                | <b>JULY 2019 Dinner Menu: Served 4:00 PM - 5:45 PM</b><br>Suggested Contribution: \$1.50/meal<br><i>(Fee of \$3.00 for those under age 60.)</i><br>Meals served with Vitamin C, Fat Free milk, whole grain bread & fat free margarine. Vegetarian & Kosher options available.<br><i>* Menu is subject to change without notice</i><br>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!**