



SENIOR SERVICES

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

September 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**
Office 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

The Senior Center will be Closed for the Labor Day Holiday on *Sunday 9/2 & Monday 9/3.*

Katie, our Financial Planner-Counselor is at the Senior Center each 1st & 3rd Wednesday from 2 to 5 pm. A free & confidential service.

Welcome Franklin Hampton, Senior Services' new Full-Time Nurse. Franklin can check your glucose levels & blood pressure, answer your health questions, register you for a range of health services at Betances just across the street & help you manage your chronic health issues.

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

TRIPS THIS MONTH:

Thursday 9/12: Power of Aging Festival
\$5 & You Must Pre-Register (\$2 Refund 9/12)
Includes Transportation & Bag Lunch
8:30 am Arrive & Check In @ the SC
Return pick up @ 2:15 pm

Tuesday 9/17: Luncheon Show At Li Greci's San Gennaro Festival, \$55. You Must Pre-Register. Includes Transportation, Breakfast, Full Lunch w/ Open Bar, Music & Live Comedy Show.
9:30: Arrive & Check In @ Senior Center
3:30: Return to Senior Center

PRESENTATIONS THIS MONTH:

Tuesday 9/3, 11:30 am: Falls Prevention
Monday 9/9, 11:30: Vaccinations You Need at Age 60+
Thursday 9/19, 11:15: Fats: Your Diet & Your Health

PARTIES THIS MONTH:

Thursday, 9/26: Birthday Party w/ DJ
\$3 & You Must Pre-Register
1:30: Arrive & Check In;
2:00-4:30: Music & Dancing, Raffles
Free Admission and Birthday Photo & Gift if You were Born This Month!

PERFORMANCES & SPECIAL EVENTS:

Tuesday 9/17, 12:30: Autumn Moon Festival Celebration w/ Entertainment
Wednesday 9/11, 1:30 pm-3:00 pm: Flea Market Sale. Pre register for your table setup @ \$10 per table
Wednesday 9/18 & Thursday 9/19: All-Day Pool Tournament. See Larry to Compete.
Tuesday 9/24, 12:30 pm: Sing For Your Seniors Concert

NEW CLASSES:

Whitney Art Classes begin Mondays starting @ 10:45 am
Piano School of NY: Musical Theatre Sing begins Tuesdays @ 1:00 pm

Do you live in the Vladeck Houses and need some help or support? Visit HSS' **NORC/VLADECK CARES** Office at 351 Madison Street or call 212-477-0455. They are open Monday - Friday 9 AM-5 PM.

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 Take some Time to Read our House Rules & Let's All Respect Each Other

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!

September 2019 Daily Activities

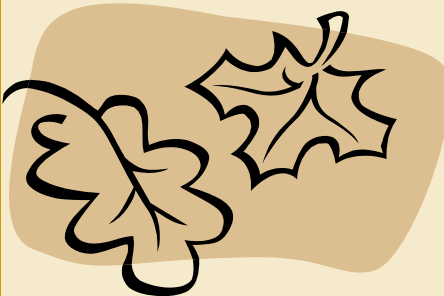
* = NORC-Funded Activity; Activities in Bold are New or Changed


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 1:00 Bingo w/ 50/50 1:00 Computer Class | 9:00-5:00 Nurse Franklin @ SC 10:45 Art w/ The Whitney Museum 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 Blood Pressure 1:00 Musical Theater Sing 1:00 Crochet Corner 2:30-5:30 Fresh Produce Bag Orders & Distribution 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 11:00 Blood Pressure 1:00 *Art Class w/ Girl 1:30-3:00 Chinese Dancing 1:30 Nylon Flower Making 4:30 Dinner Bingo | 9-5 Nurse Franklin @ SC 10:45 Art w/ Whitney Museum 11:00 Yoga 11:00 *Blood Pressure 1:30 Jewelry Workshop 1:30 Bingo w/ 50/50 3:45 Karaoke |

September 2019 Special Events & Schedule Changes

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
| <u>Closed For Labor Day Weekend</u> | | 11:30 <u>Presentation:</u> Fall Prevention | 1:30 Advanced Beading | 1:30 Nylon Flower Making | 10:00 Dancing w/ Dream 1:30 Jewelry Workshop |
| 8 | 9 | 10 | 11 | 12 | 13 |
| 11:30 Junior League Lunch Service 1:00 Rock Painting w/ Sarah | 11:30 <u>Presentation:</u> "Vaccinations You Need As You Age" 2:15 <u>Movie:</u> "Mission of Honor" | 11:30 Nutrition Talk: Fats: Your Diet & Your Health | 1:00-3:30 Flea Market 1:30 Advanced Beading | 9:00 <u>Trip:</u> 'Power of Aging' Celebration in the Park 1:30 Nylon Flower Making | 10:00 Dancing w/ Dream |
| 15 | 16 | 17 | 18 | 19 | 20 |
| 10:30 <u>Pet Visiting:</u> Amy/Rexi 10:30 Drawing w/ Will | 2:15 <u>Movie:</u> "Mary Poppins Returns" | 10:00 <u>Trip:</u> LiGreci's, SI 10:45 Art w/ Linda 12:30 Mid-Autumn Festival 3:45 Pretty Things | <u>Pool Tournament Day 1</u> | <u>Pool Tournament Day 2</u> 1:30 Nylon Flower Making 11:15 Nutrition Talk: Fats: Your Diet & Your Health | 10:00 Dancing w/ Dream |
| 22 | 23 | 24 | 25 | 26 | 27 |
| | 2:15 <u>Movie:</u> "Iron Lady" | 10:45 Art w/ Linda 12:30 <u>Performance:</u> Sing For Your Seniors | | 1:30 Nylon Flower Making 2:00 Birthday Party w/ DJ | 10:00 Dancing w/ Dream |
| 29 | 30 |  | | September 2019 Daily Activities & Events * = NORC-Funded Activity; Activities in Bold are New or Changed <i>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</i> | |
| 10:30 Lily's Arts & Crafts 10:30 Pet Visiting: Amy/Rexi 10:30 Drawing w/ Will | 2:15 <u>Movie:</u> "Jersey Boys" | | | | |

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|--|--|---|---|
| 1 | 2 | 3 | 4 | 5 | 6 |
| Closed for the Labor Day Weekend | | Beef & Turkey Meatloaf w/ Mushroom Gravy Home Fries w/ Peppers & Onions Vegetable Mix Strawberries | Pasta Primavera w/ Italian Sausage Green Bean Salad Cantaloupe | Chicken Gumbo w/ Yellow Rice Tossed Salad w/ Dressing Blueberries | Lemon Salmon w/ Wild Rice Beets & Baby Carrots w/ Dill Mango |
| 8 | 9 | 10 | 11 | 12 | 13 |
| BBQ Chicken Braised Collard Greens Potato Salad Pineapple Chunks | Beef Lasagna Garden Salad Fruit Cocktail Orange | Baked Salmon w/ Cilantro Citrus Sauce Roasted Vegetable Cous- cous Sautéed Bok Choy w/ Garlic Pineapple | Chicken Scaloppini w/ Bowtie Noodles Cucumber Dill Salad Strawberries | Beef Stroganoff w/ Noodles Broccoli & Red Peppers Watermelon | BBQ Pork Chops Braised Collard Greens Yucca w/ Onions Banana Orange Pineapple Juice |
| 15 | 16 | 17 | 18 | 19 | 20 |
| Cornmeal-Crusted Fish Fillet Pesto Pasta w/ Broccoli Tossed Salad w/ Dressing Honeydew Melon Slice | Oven-Fried Fish Baked Sweet Potato Broccoli Tossed w/ Garlic Strawberries | Ginger Garlic Beef Stew w/ Yellow Rice Arugula Salad w/ Balsamic Vinegar Orange Mini Moon Cake | Spaghetti Carbonara w/ Green Peas Green Bean Salad Mandarin Orange Slices | Stir Fry w/ Vegetables & Brown Rice Oriental Blend Banana | Mango Chutney Roasted Pork Dominican Moro Creamy Spinach Apricot Chunks |
| 22 | 23 | 24 | 25 | 26 | 27 |
| Baked Tilapia w/ Baked Potato Cauliflower w/ Carrots & Parsley Mango | Creamy Vegetable Soup Broccoli Cheese Quesadilla Lemony Cucumber & Tomato Salad Tossed Salad w/ Dressing Pineapples | Arroz con Pollo (Chicken & Rice) Mixed Vegetables Strawberries | Deluxe Cheeseburger w/ Onions on a Whole Wheat Bun Pasta Salad Spinach, Apple & Red Onion Salad Orange | Sliced Deli Turkey Braised Collard Greens Garlic Mashed Potatoes Banana | Sweet & Sour Pork Chop w/ Yellow Rice Baby Spinach Salad Cantaloupe Slice |
| 29 | 30 |  | | <p align="center">September 2019 Lunch Menu</p> <p>Funded by the New York City Department For the Aging And YOUR Contributions Meals served with Vitamin C, 1% 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></p> | |
| Coconut Curried Cod Fish w/ Wild Rice Baby Carrots w/ Parsley Apple | Butternut Squash Soup Salmon in Garlic Butter Sauce Quinoa w/ Black Beans & Corn Lemony Cucumber & Tomato Salad Pineapple Juice | | | | |

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|---|
| 2 Closed for the Labor Day Weekend | 3 Vegetarian Lasagna w/ Garlic Bread Mixed Green Salad Cupped Apricot Ambrosia Fruit Salad | 4 Arroz con Pollo (Chicken & Rice) Four Bean Salad Orange | 5 Herbed Pork Loin w/ Baked Potatoes Creamy Spinach Mango Fruited Jell-O | 6 Orange-Glazed Chicken Breast w/ Rice Pilaf Avocado & Orange Salad Cantaloupe |
| 9 Black Bean Soup Chicken Cacciatore w/ Egg Noodles Green Bean Salad Cantaloupe | 10 Homemade Hamburger on a Whole Wheat Bun Mixed Green Salad Orange | 11 Oven Fried Tilapia Rice w/ Chickpeas Braised Collard Greens Grape Juice | 12 Baked Chicken Leg w/ Parmesan Rosemary Mashed Potatoes Brussels Sprouts Orange Juice | 13 White Bean Soup Beef Meatloaf Mixed Green Salad Roasted Sweet Potato Fries Apple |
| 16 Chicken w/ Tomato & Rosemary & Whole Wheat Ziti Garlic Bread California Blend Vegetables Sliced Peaches | 17 Salisbury Steak w/ Roasted Vegetable Couscous Oriental Blend Veggies Orange | 18 Sliced Deli Turkey w/ Mashed Potatoes Baby Spinach Salad Watermelon | 19 Fillet of Sole Florentine Rice w/ Corn Lemony Cucumber & Tomato Salad Mango | 20 Baked Salmon w/ Garlic Butter & Egg Noodles Summer Corn & Peppers Salad Strawberries |
| 23 BBQ Chicken Baked Potatoes California Blend Vegetables Apple Sauce | 24 Chinese-Style Pepper Steak Brown Rice w/ Mushrooms Sautéed Bok Choy Pineapples | 25 Curried Chicken Legs White Rice Tossed Salad with Dressing Banana Grape Juice | 26 Baked Salmon w/ Wild Rice Steamed Broccoli w/ Soy Sauce Strawberries | 27 Jumbo Stuffed Shells w/ Meat Sauce Steamed Kale Banana |
| 30 Chicken Marsala Fettuccini Italian Blend Dressing Apple juice |  | September 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. <i>* Menu is subject to change without notice</i> 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
 AGE 60 & BETTER: \$1.50;
 GUESTS 59 & UNDER: \$3:00 FEE
SUNDAY 10 AM BREAKFAST
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
PLUS 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 MEAL VOUCHER!
THE NEW MEMBER WILL ALSO RECEIVE A NEW MEMBER 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!