

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**

**Social Services
Are Available
Sunday - Friday**

Announcements
We will be closed on
President's Day Weekend
**Sunday 2/16/2020 &
Monday 2/17/2020**

February is Black History &
Heart Awareness Month!

Dominoes* & Pool*
Offered All Day, Every Day

**Come Try Out Our Fully
Equipped GYM***
Sunday 9-11 AM
Monday-Friday 9-11 AM
& 1:30-3:30 PM

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



SENIOR SERVICES

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

February 2020 CALENDAR

SPECIAL EVENTS:

Pet Visiting / Photo with Amy, Rexi & Almond:

Sunday 2/2 & 2/23, 11:00 am-12:00 pm

Drawing w/ Artist Will: Sunday 2/2 & 2/23,
11:00 am-12:00 pm

Performance by Concerts In Motion:

Thursday 2/6, 12:30 pm

Lunar New Year Performance:

Friday 2/7, 12:30 pm

Nail Painting w/ Anna: Sunday 2/9, 9:30 am

Singing by CCC 5th Graders:

Monday 2/10, 12:30 pm

AAWART Painting with Jia: Tuesdays

2/11, 2/18, 2/25, 10:00 am-12:00 pm

JSY Nutrition Education Workshop:

Wednesday 2/12, 10:30 am

Valentine's Performance by Early Childhood

Center: Friday 2/14, 11:00 am

Arts & Crafts w/ Celeste from NYCares:

Sunday 2/23, 10:30 am

Creative Jewelry Making with Joan:

Tuesday 2/25, 1:00-3:00 pm

Dominican Day Celebration:

Wednesday 2/26, 3:45 pm (Karaoke)

PRESENTATIONS:

Emergency Preparedness by NYCHA:

Monday 2/3, 11:30 am

Heat Disease by NORC Nurse Nicole:

Tuesday 2/4, 11:20 am

Identity Theft by Cathay Bank:

Friday 2/7, 11:15 am

Nutrition Changes w/ Aging by Betances:

Monday 2/10, 11:00 am

SNAP Policies: Monday 2/24, 11:00 am

TRIPS:

Bedford Stuyvesant Museum of African Art:

Tuesday 2/11, \$7 & You Must Pre-Register.

(\$2 reimbursed at Check-In.)

Includes transportation and bagged lunch.

10:00 am: Arrive & Check-In at the Senior Center.

12:30 pm: Pick Up for Return to Senior Center.

Hayden Planetarium:

Tuesday 2/25, \$25.00 & You Must Pre-Register.

(\$5 reimbursed at Check-In.)

Includes transportation, bagged meal & ticket for

the Planetarium.

9:00 am: Arrive & Check In. Pick up return

12:30 pm: Pick Up for Return to Senior Center.

PARTIES/CELEBRATIONS:

Valentine's Day Party:

Friday 2/14, \$3 & You Must Pre-Register.

1:30 pm: Arrive & Check In;

2:00-4:30 pm: Music, Dinner & Dancing

Mardi Gras & Birthday Celebration w/

DJ Robert: Thursday 2/27, 2:00 pm.

\$3 & You Must Pre-Register.

1:30: Arrive & Check In;

2:00-4:30: Music, Dinner & Dancing.

Free Admission plus Birthday Photo & Gift if You

were Born This Month!

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, Basi, or Karina

Please Take Some Time to Read
our **House Rules**. Let's All Live
Respecting 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!

FEBRUARY 2020 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	11:00: Blood Pressure* 11:00: Agestastic Game –NEW (English & Chinese) 12:30: News at NORC (Chinese)* 1:00: Sewing/Quilting/Crafts 1:30: Ballroom Dancing 2:30: Open Ballroom Dance 2:15: Afternoon Movie 4:30: Dinner Bingo	10:00-12:00: Painting w/ Jia 10:15: Move It, Move It* 10:30: Computer (Chinese)* 11:00: Blood Pressure 1:00: Crochet & Knitting 3:00: Tai Chi w/ Juliet 4:30: Dinner Bingo	10:00: Art w/ Linda 11:00: Be Flexible, Be Comfortable 1:00: Ceramics Class 1:30: Bingo w/ 50/50 1:30: Advanced Bead Art (Chinese)* 3:45: Karaoke 4:00: Computer Class	11:15: Blood Pressure 1:00: Art Class w/ Girl* 1:30: Chinese Dance w/ Dream 1:30: Nylon Flower Making 4:30: Dinner Bingo	10:00: Zumba w/ Dream 11:00: Yoga 11:00: Blood Pressure* 1:30: Jewelry Workshop 1:30: Bingo w/ 50/50 3:45: Karaoke 

FEBRUARY 2020 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 11:00: Pet Visiting & Photos with Amy, Rexi & Almond 11:00: Drawing w/ Will	3 11:30: Presentation: Emergency Preparedness by NYCHA 2:15: Movie: “Pursuit of Happyness” w/ Will Smith	4 11:20: Presentation: Heart Disease w/ NORC Nurse Nelson	5	6 12:30: Performance: by Concerts In Motion	7 10:00: Zumba w/ Dream 11:15: Presentation: Identity Theft by Cathay Bank 12:30 Performance: Lunar New Year
9 9:30-11:30: Event: Nail Painting w/ Anna	10 11:00: Presentation: Nutrition Changes w/ Aging by Betances (Andrea) 12:30: Performance: Singing by CCC 5th Graders 2:15: Movie: “Malcolm X” w/ Denzel Washington	11 <i>Make a Friend Day!</i> 10:00-12:00: Painting w/ Jia 11-12:30: Trip: Bedford-Stuyvesant Museum of African Art	12 10:30-11:30: Event: JSY Nutrition Education Workshop w/ Demonstration & Taste Test	13	14 11:00: Valentine’s Day Performance: by Early Childhood Center children 1:30: Jewelry Workshop 1:30: Bingo w/ 50/50 2:00: Party: Valentine’s Day w/ DJ Jose 3:45: Karaoke moved to 4:30
16 CENTER IS CLOSED 	17 CENTER IS CLOSED 	18 10:00-12:00: Painting w/ Jia	19	20 <i>Love Your Pet Day!</i>	21
23 10:30: Arts & Crafts w/ NYCares’ Celeste 11:00: Pet Visiting & Photos with Amy, Rexi & Almond 11:00: Drawing w/ Will	24 11:00: Presentation: SNAP Policies by CID-NY 2:15: Movie: “American History X” w/ Edward Norton	25 10:00-12:00: Painting w/ Jia 10-12:30: Trip: Hayden Planetarium 1:00-3:00: Event: Creative Jewelry Making w/ Joan	26 3:45: Event: Dominican Day Celebration Karaoke	27 2:00: Party: Mardi Gras & Birthday Celebration w/ DJ Robert	28

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FEBRUARY 2020 Lunch Menu Funded Through the New York City Department For the Aging 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					
2 Baked Ziti w/ Meat Sauce Steamed Kale Banana Pineapple Juice	3 Stewed Chicken Breast w/ Dominican Moro Italian Blend Veggies Orange Juice Sliced Peaches	4 Butternut Squash Soup Shepherd Pie Capri Blend Veggies Apple Grape Juice	5 BBQ Chicken Leg w/ Yellow Rice & Pigeon Peas Baby Spinach Salad Banana Orange-Pineapple Juice	6 Baked Ziti w/ Beef Meatballs Normandy Blend Veggies Apple Juice Grape Juice	7 Baked Fish w/ Cream Corn Sauce California Blend Veggies Mashed Potatoes Apple Juice Orange
9 Oven Baked Pork Chops Vegetable Mix Yucca w/ Onions Apple	10 Vegetable Lasagna Garden Salad Garlic Bread Apple Tangerine	11 Beef Stew w/ White Rice Italian Blend Veggies Grape Juice Orange	12 Italian Roast Brown Rice w/ Beans Brussels Sprouts Orange Juice	13 Stewed Oxtails w/ Lima Beans Yellow Rice California Blend Veggies Orange-Pineapple Juice Fruited Jell-O	14 Chicken Noodle Soup Lemon Garlic Tilapia Yucca w/ Onions Steamed Broccoli Apple Pineapple Juice
16 <u>CENTER IS CLOSED</u> 	17 <u>CENTER IS CLOSED</u> 	18 Beef Meatloaf Braised Collard Greens Mashed Potatoes Apple Juice Orange	19 Chicken Stir Fry w/ Vegetables Brown Rice w/ Beans Normandy Blend Veggies Cantaloupe Grape Juice	20 Oven Baked Pork Chops Black Beans w/ Rice Baby Carrots w/ Parsley Pear Pineapple Juice	21 Vegetable Soup Lemon Garlic Tilapia Mangu w/Onions Garden Salad Apple Orange Juice
23 Jumbo Stuffed Shells w/ Meat Sauce Garlic Bread Tossed Salad Banana Orange-Pineapple Juice	24 Black Bean Soup Chicken Fricassee w/ White Rice Baby Carrots w/ Parsley Apple Juice Fruit Cocktail	25 BBQ Beef Ribs w/ Rice & Beans Cole Slaw Cantaloupe Pineapple Juice	26 Baked Chicken w/ Mashed Sweet Potatoes Sautéed Mustard Greens Mandarin Orange Orange-Pineapple Juice	27 Beef Meatballs w/ Tomato Sauce Broccoli & Red Peppers Apple Grape Juice	28 Chicken Rice Soup Baked Tilapia w/ Red Bliss Potatoes Garden Salad Banana Orange Juice

Monday	Tuesday	Wednesday	Thursday	Friday
FEBRUARY 2020 Dinner Menu Funded Through the New York City Dept. For the Aging 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 <i>** Menu is subject to change without notice</i>				
3 Garlic Chicken w/ Whole Grain Macaroni & Cheese Capri Blend Vegetables Orange Juice Sliced Peaches	4 Stewed Beef w/ Boiled Potatoes & Carrots Normandy Blend Vegetables Fruit Cocktail Orange Juice	5 Cheese Tortellini in Sauce Baby Spinach Salad Banana	6 Turkey Pumpkin Chili w/ White Rice Corn & Red Peppers Frozen Mixed Berries	7 Baked Fish Baked Potatoes Wedges Steamed Broccoli & Cauliflower Banana Orange Juice
10 Mushroom Barley Soup Vegetable Ratatouille w/ Egg Noodles Tossed Salad w/ Dressing Banana Pineapple Chunks	11 Turkey Meatloaf Sweet Baked Yams Mixed Green Salad Fruit Cocktail Orange-Pineapple Juice	12 Sweet & Sour Chicken Thigh w/ Yellow Rice Baby Spinach Salad Apple Juice Banana	13 Chinese-Style Roast Pork Loin Chinese-Style Spaghetti Oriental Blend Veggies Orange	14 Baked Salmon w/ Quinoa & Cilantro Citrus Sauce Fresh Sliced Tomatoes& Cucumbers Pineapple Chunks
17 <u>CENTER IS CLOSED</u> 	18 Oven-Fried Chicken Wings Pasta Salad Braised Collard Greens Orange	19 Lemon Salmon w/ Rice Pilaf Mixed Green Salad Pineapple Orange Juice	20 Baked Eggplant w/ Meat Sauce Garden Salad Banana Orange Pineapple Juice	21 Sticky Marmalade Glazed Baby Back Ribs Whole Grain Macaroni & Cheese Kale w/ Tomato Pineapple
24 Coconut Curried Cod Fish w/ Brown Rice Baby Carrots w/ Parsley Orange	25 Chicken & Broccoli Stir Fry w/ Wild Rice Oriental Blend Veggies Applesauce Grape Juice	26 Vegetable Lasagna Steamed Carrots & Green Beans Garlic Bread Pear	27 Shrimp & Chicken Gumbo w/ White Rice Cucumber & Chickpea Salad Banana Orange Juice	28 Toriyaki Beef w/ Rice Pilaf Ruby Red Beets & Apple Salad Apple Juice Frozen Mixed Berries

ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS
SUGGESTED CONTRIBUTION FOR SENIORS 60+: \$1.50;
GUESTS 59 & UNDER: \$3:00
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
(BREAKFAST SERVED SUNDAYS 10 AM)
GET YOUR TAKE-HOME MEAL FOR SATURDAY AT FRIDAY LUNCH

INVITE A SUS AMIGOS O FAMILIA A CENAR CON NOSOTROS!
DOMINGOS - VIERNES 12 PM-1 PM
LUNES - VIERNES 4 PM-5:45 PM
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)
And Be Sure to PICK UP YOUR WEEKEND MEAL at Friday’s Lunch

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!