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| **We Will Be Closed on Monday 9/6 in Observance of Labor Day** | | 58 BEST &quot;Yes We&#39;re Open&quot; IMAGES, STOCK PHOTOS &amp; VECTORS | Adobe Stock  **Henry Street Settlement Center for Older Adults** | |
| **We are now on YouTube, click link**  **below and *subscribe* to our channel to get the latest updates and events!**  [**YOUTUBE - CLICK HERE!!**](https://www.youtube.com/channel/UCLi11TIDaJ9URNrYPTUb9Ig)  **We are now also on**  **WeChat. Simply**  **download the App on**  **your smartphone and**  **scan the QR code to add us!**  **Follow and Like us on Facebook –**  **www.facebook.com/HenryStreetSettlement** | **We are so excited to be back in the Senior Center offering meals, social services & activities. *We’ve missed you!* Please come by, say hello and let us know what you’ve been up to!**  **The City of New York has authorized us to open in a *limited capacity for now*; our hours are Monday through Friday, 9 am to 5 pm & we can host up to 50 members on-site at any given time.**  **Grab-and-Go Meals and Dine-In. A hot lunch is distributed between 12 pm and 1 pm; you’ll sign in as usual in the Front Dining Room. All meals are prepared in-house by Our Culinary Masters of the Kitchen: Chef Ann Hughes and Cook Kay Caylo, ably assisted by Guadalupe Barrera & Tim Musheng. Should you wish to dine-in, we have socially distanced seating ready for you & your friends in both dining rooms.**  **Please bring your white DFTA BAR CODE key tag with you so we can easily – & without direct contact – check you in for meals, attendance & activities. Should you need a new bar code key tag, our Case Managers Kimberly Cabrera & Theresa Cheng will be happy to assist you.**  **Masks are required at all times when you are inside the Center. Please wear your mask and practice social distancing, whether picking up your meals, dining in or taking part in programming offered on-site. We plan to continue expanding our classes and meal services; please stay tuned for more details. If you have any questions, please call us at 212-349-2770.**  ***We look forward to welcoming you back to your Good Companions / Henry Street Settlement Center for Older Adults!*** | | **To register for virtual tours, trips or concerts, be added to our member email list to receive our monthly calendar & early notice of special programming, or for more**  **information, please contact us at**  **VirtualSeniorCenter@henrystreet.org**  **or call *347-493-2787*** |
| **Don’t have access to virtual classes or the internet? You can now sign up for free beginner training & free loan of an iPad w/ pre-paid broadband internet at home. For more details, please ask any of our staff for more information.** |
| **Funded by the  NYC Department for the Aging, Henry Street Settlement &  Your Contributions** |
| Do you live in the **Vladeck Houses** and need some help or support?  Call our **NORC/ Vladeck Cares Office** at **212-477-0455.**  Our office is now open Monday - Friday 10 AM - 4 PM *(By Appointment Only)* | **We’re still running our Membership Drive!**  **3 Chances to Win a $50 Gift Card!**   * **Sign Up as a New Member & be Entered in the New Members Raffle** * **Bring In a New Member – They’ll Have a Chance to Win & So Will You. In fact, you’ll get an Additional Chance to Win for *Every* Prospect Who Joins** * **Renew Your Own Membership to Update Our Information for You & be Entered in the Renewing Members Raffle** |

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| **SEPTEMBER Virtual Calendar 2021**  **Activities with an \* are Vladeck Cares/NORC & New York State Office for the Aging (NYSOFA)-Funded**  **All** **Other Programming & Services are Funded by the New York City Department for the Aging (DFTA), Henry Street Settlement and *YOUR* Contributions** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***National Coffee Ice Cream Day 9/6***  **9/13 10:30-11:30 am: You are Not Alone, Let’s Cope Together.  Coping with Covid-19– NY  Project Hope (English/Spanish)** <https://us06web.zoom.us/j/84024723958>  **9/27 1:00 pm: Bingo w/ Olivia** Zoom Mtg ID: 874 8318 1329  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/874%208318%201329)  **VIRTUAL TOURS:**  **9/13 1:00 pm: A Tour of China w/ Olivia**  Zoom Mtg ID: 936 5832 5466  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/93658325466)  **9/20 1:00 pm: Best Places to visit in USA w/ Olivia**  Zoom Mtg ID: 993 1427 1087  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/99314271087)  10 Labor Day Activities for the Whole Family - DFWChild | ***National Salami Day 9/7* *Happy Mid-Autumn Festival! 9/21***  **9/7 12:00 pm: 9/11 Memorial Museum NYC w/ Olivia**  Zoom Mtg ID: 812 8573 4070  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/99885657171)  **9/14 10:00 am: Vaccine Information Session w/ Dr. Cervera. Click Link Below:** <https://us06web.zoom.us/j/82015567409?pwd=VEF1YnAvUnFDVWNiNDBxY05pQ3Vwdz09>  **9/14 12:00 pm: “Farmers Market Workshops” w/ EatingHealthyNYC**  Zoom Mtg ID: 871 7219 6163  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/87172196163)  **2:00 pm: “What You Should Know About Alzheimer’s” by *AFA / Alzheimer’s Foundation of America***  Zoom Mtg ID: 821 2118 6861  Click Here To Join Zoom Class!! | *Wiyadaphoto #1 Royalty Free Photos, Pictures, Images And Stock Photography****National Cheese Toast Day 9/15***  **11:00 am: Meditation w/ *Threejewels.org***  Zoom Mtg ID: 966 9790 2710  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/96697902710)  **1:00 pm: Simply Tai Chi w/**  **David**  Zoom Mtg ID: 895 2337 9243  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/89523379243)  **2:00 pm: Be Flexible w/ Linda**  Zoom Mtg ID: 858 7274 2853  Autumn Tree Wall Sticker | wall-art.com[Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/85872742853)  ***Activities Without a Date are Being Offered Every Week*** | ***National Blueberry Popsicle Day 9/2***  **4:00 pm: Chinese Dance Rehearsal**  Zoom Mtg ID: 816 6732 6275  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81667326275)  **VIRTUAL CONCERT:**  **9/9 11:00 am: Vocal Ease Robo Call Concert *(Enjoy a concert that comes to you on your phone!)***  (*Non-Zoom Participants,* please register in advance via email or phone)  **VIRTUAL PARTIES:**  **9/23 3:00 pm: Senior Birthday Party w/ Olivia**  Zoom Mtg ID: 884 2701 8730  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730)  **VIRTUAL PRESENTATIONS:**  **9/9 1:00 pm: Curiosity Stream: “The Science to Everyday Living” PT. 1 w/ Olivia**  Zoom Mtg ID: 898 8824 3711  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/95845842951)  **9/16 1:00 pm: Curiosity Stream: “The Science to Everyday Living” PT. 2 w/ Olivia**  Zoom Mtg ID: 944 2345 7269  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/94423457269) | ***National Cherries Jubilee Day 9/24***  **10:00 am: Zumba w/ Jiali**  Zoom Mtg ID: 869 1395 7452  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/86913957452)  **11:00 am: Chinese Dance w/ Jiali**  Zoom Mtg ID: 837 4715 4778  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83747154778)  **12:00 pm: Yoga w/ *Three Jewels.org***  Zoom Mtg ID: 921 7367 9797  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/92173679797)  **VIRTUAL CONCERTS:**  **9/3, 9/10, & 9/24 3:00 pm: “Musical Concert”**  Zoom Mtg: 834 9178 9152  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83491789152)  **VIRTUAL TRIVIA/GAMES:**  **9/17 3:00 pm: Fall Trivia w/ Olivia (*win prizes!*)**  Zoom Mtg ID: 973 3136 9054  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/97331369054) |

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| **SEPTEMBER On-Site Calendar 2021**  **Activities with an \* are Vladeck Cares/NORC- & New York State Office for the Aging (NYSOFA)-Funded**  **All Other Programming & Services are Funded by the New York City Department for the Aging (DFTA), Henry Street Settlement and YOUR Contributions** | | | | |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| ***National Coffee Ice Cream Day 9/6***  9:00-5:00 pm- **Social Services-**  **By Appointment Only Please** 9:00-4:45 pm: **Billiards (Pool)**  (rear dining room)  9:00-4:45 pm: **Dominos**    (rear dining room)  9:00-4:45 pm: **Conversation**  **Circle** (front dining room) 9:00-4:45 pm: **Computer Lab**  (limited 4 people & up to 90  minutes at a time up) 9:00-11:00 am & 1:30-3:30 pm:   **GYM** (rear) 9:00-4:45 pm: **Ping Pong**  (rear dining room)  10:30 am-11:30 am: **Yoga w/ Susan**  *(beginning 9/13)*  12:00-1:00 pm: **Grab & Go Meals**  (front dining room)  (Dine-In: rear dining room) | ***National Salami Day 9/7***  ***Happy Mid-Autumn Festival! 9/21***  9:00-5:00 pm- **Social Services-**  **By Appointment Only Please**  9:00-4:45 pm: **Billiards (Pool)**  (rear dining room)  9:00-4:45 pm: **Dominos**   (rear dining room) 9:00-4:45 pm: **Conversation**  **Circle** (front dining room) 9:00-4:45 pm: **Computer Lab**  (limited 4 people & up to 90  minutes at a time up) 9:00-11:00 am & 1:30-3:30 pm:   **GYM** (rear) 9:00-4:45 pm: **Ping Pong**   (rear dining room)  11:30-1:00 pm**: “You are not**  **alone, Let’s Cope Together.**  **Coping with Covid-19”- NY**  **Project Hope** (front dining  room) 12:00-1:00 pm: **Grab & Go Meals**  (front dining room)  (Dine-In: rear dining room)  1:00-2:00 pm: **Beaded Arts w/**  **Mary** (rear dining room)  2:30-4:30 pm: **Karaoke**   (front dining room) | ***National Cheese Toast Day 9/15***  9:00-5:00 pm- **Social Services-**   **By Appointment Only Please**  9:00-4:45 pm: **Billiards (Pool)**  (rear dining room) 9:00-4:45 pm: **Dominos**   (rear dining room)  9:00-4:45 pm**: Conversation**  **Circle** (front dining room) 9:00-4:45 pm: **Computer Lab**  (limited 4 people & up to 90  minutes at a time up) 9:00-11:00 am & 1:30-3:30 pm:   **GYM** (rear)  9:00-4:45 pm**: Ping Pong**   (rear dining room)  10:30-11:30 pm: **“You are not**  **alone, Let’s Cope Together.**  **Coping with Covid-19”- NY**  **Project Hope** 9/8 (Spanish) &  9/22 (Chinese)  front dining room) 12:00-1:00 pm: **Grab & Go**  **Meals**  (front dining room)  (Dine-In: rear dining room)  1:30-3:30 pm: **Ceramics w/ John**  Every Wednesday starting  9/15 (MultiPurpose Room) | ***National Blueberry Popsicle Day 9/2***  9:00-5:00 pm- **Social Services-**  **By Appointment Only Please**  9:00-4:45 pm: **Billiards (Pool)**  (rear dining room)  9:00-4:45 pm: **Dominos**   (rear dining room)  9:00-4:45 pm: **Conversation**  **Circle** (front dining room)  9:00-4:45 pm: **Computer Lab**  (limited 4 people & up to 90  minutes at a time up) 9:00-11:00 am & 1:30-3:30 pm:   **GYM** (rear)  9:00-5:00 pm: **Ping Pong** (rear   dining room) 12:00-1:00 pm: **Grab & Go Meals**  (front dining room)  (Dine-In: rear dining room)  1:00-2:00 pm: **Linda Move It**  **Move It** (rear dining room)  2:00-3:00 pm: **Arts w/ Linda** (rear   dining room) | ***National Cherries Jubilee Day 9/24***  9:00-5:00 pm- Social Services-   **By Appointment Only Please** 9-11:45 am: **Chess w/ Andres**  (rear dining room) 9:00-4:45 pm: **Billiards (Pool)**  (rear dining room)  9:00-4:45 pm: Dominos   (rear dining room) 9:00-4:45 pm: **Conversation**  **Circle** (front dining room) 9:00-4:45 pm: **Computer Lab**  (limited 4 people & up to 90  minutes at a time up) 9:00-11:00 am & 1:30-3:30 pm:   **GYM** (rear)  9:00-4:45 pm: **Ping Pong** (rear   dining room)  10:30-11:30 am: **Elder Abuse**  **Presentation** by VNSNY- 9/17  12:00-1:00 pm: **Grab & Go \**  **Meals** (front dining room)  (Dine-In: rear dining room)  2:30-4:30 pm: **Karaoke**  (front dining room) |

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| |  |  |  |  |  |  | | --- | --- | --- | --- | --- | --- | | **Sunday** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** | | **SEPTEMBER 2021 LUNCH MENU, *Served 12:00 PM - 1:00 PM***  **Henry Street Settlement Senior Center, 334 Madison St, Lower Level**  **Vegetarian & Kosher Options Available on Request**  ***\* Menu is subject to change without notice***  **Suggested Contribution: $1.50/meal**  labor-day[1]**(Fee of $3.00 for those under age 60)** | | | **1**  **Stuffed Flounder w/ Spinach**  **Rotini w/ Tomatoes & Black Olives**  **Apple** | **2**  **Cobb Salad w/ Grilled Chicken**  **Green Salad**  **Watermelon** | **3**  **Stewed Codfish w/ Eggplant, Peppers & Onions**  **Home Fries**  **Sautéed Spinach**  **Plums** | | **5**  Remember-9-11[1] | **6**  **CLOSED IN CELEBRATION OF LABOR DAY** | **7**  **Beef & Broccoli w/ White Rice**  **Oriental Blend Veggies**  **Banana** | **8**  **Chicken Parmesan w/ Sautéed Onions & Garlic**  **Broccoli w/ Toasted Garlic**  **Apple** | **9**  **Turkey Meatloaf w/ Mashed Sweet Potato**  **Sautéed Green Bean**  **Mandarin Orange Slices** | **10**  **Baked Salmon w/ Lemon, Tarragon & Thyme**  **Whole Wheat Linguine w/ Peas & Spinach**  **Yellow Squash**  **Honeydew Melon Slice** | | **12** | **13**  **Asian-Style Honey- Baked Chicken w/ White Rice**  **Cauliflower w/ Carrots & Parsley** | **14**  **Vegetarian Chili w/ Lemon Rice**  **Steamed Kale**  **Apple** | **15**  **Baked Breaded Fish w/ Roasted Sweet Potato Fries**  **Normandy Blend Veggies**  **Banana** | **16**  **Sticky Marmalade-Glazed Baby Back Ribs**  **Baked Mac & Cheese**  **Roasted Broccoli**  **Orange-Pineapple Juice** | **17**  **Balsamic Chicken Thighs**  **Red Beans & Rice**  **Cabbage w/ Shredded Carrots**  **Orange** | | peanuts-september-304602_440095289374566_605781639_n[1]**19** | **20**  **Baked Breaded Chicken Cutlet**  **Roasted Sweet Potato Fries**  **California Blend Veggies**  **Applesauce** | **21**  **Baked Ziti w/ Turkey Meat Sauce**  **Garlic Bread**  **Roasted Zucchini**  **Cantaloupe** | **22**  **Beef Stroganoff w/ Egg Noodles**  **Baby Carrots w/ Parsley**  **Mandarin Orange Slices** | **23**  **Turkey Meatballs**  **Baked Potato**  **Sautéed Spinach**  **Banana** | **24**  **Apricot-Glazed Salmon**  **Pesto Penne w/ Broccoli**  **Baby Spinach Salad**  **Pear Slices** | | **26** | **27**  **Spaghetti Carbonara w/Green Peas**  **Sautéed Spinach**  **Orange-Pineapple Juice** | **28**  **BBQ Chicken Breast**  **Baked Sweet Yams**  **Peas & Carrots** | **29**  **Eggplant Lasagna w/ Turkey Meat Sauce**  **Garlic Bread**  **Roasted Broccoli**  **Plum** | **30**  **Tuna Fish Salad**  **Herb Potato Salad w/ Mustard Vinaigrette**  **Apple** |  | |