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|  | | 90-901079_bristling-black-cats-halloween-clip-art – Capron Park Zoo  **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** | **Henry Street**  **Settlement Senior Center**  **334 Madison St,**  **Lower Level**  **NY, NY 10002**  **212.349.2770**  **The Henry Street Settlement Senior Center is Open for Programming, Social Services and both Grab-and-Go & Dine-In Meals. We are actively working to expand our on-site class and meal services, please stay tuned for more details.**  **If you have any questions or suggestions, please call us at 212-349-2770.**  **Meals are distributed from our renovated kitchen’s service window between 12 pm & 1 pm inside the HSS Senior Center Front Dining Room.**  **HSS Senior Center Dine-In (with some with some limited capacity) is Available in Both the Front and Rear dining rooms.**  **Please bring your white *DFTA BAR CODE* key tag with you for**  **Easy Contactless Check-In.**  **In the event you need a new bar code key tag, our Case Managers – Kim Cabrera & Theresa Cheng – will be happy to assist you. Please wear a mask and practice social distancing while on-site; masks covering your nose & mouth are required when inside the Senior Center unless you are actively eating and/or drinking.**  **We missed you and look forward to welcoming you back to  Henry Street Settlement Senior Center**  ***October Special* - Starting October 1st, 2021 & for a *limited time*, the suggested meal contribution will be .50 cents!**  **We also offer Coffee & Tea in the Front Dining Room every Monday-Friday from 9:00 am to 2:45 pm for .25 with free refills.**  Free Bingo Cliparts, Download Free Bingo Cliparts png images, Free ClipArts  on Clipart Library**C:\Users\rng\AppData\Local\Microsoft\Windows\INetCache\Content.MSO\A6DE10A5.tmp14,650 BEST 8 Ball Pool IMAGES, STOCK PHOTOS &amp; VECTORS | Adobe StockAutumn leaf color Clip art - Transparent Fall Leaves Border PNG png  download - 1600*900 - Free Transparent Autumn Leaf Color png Download. -  Clip Art LibraryDon’t have access to virtual classes or the internet? You can now sign-up to borrow our iPads w/ free lessons & home internet included. For more details, please feel free to ask any of our staff for information.** | | ***Contact Us at***  [***VirtualSeniorCenter@henrystreet.org***](mailto:VirtualSeniorCenter@henrystreet.org)  ***or Call 212-349-2770 to:***   * **Register for virtual tours, trips or concerts;** * **Be added to our Member Email List to receive our Monthly Calendar, Menu & Special Programming**   **Join Our Membership Drive for a Chance to Win a $50 Amazon Gift Card!**   1. Join As a New Member 2. Re-Register to Update Your Membership 3. Be Entered for Every New Member You Bring In   *The Names of the 3 $50 Winners will be Drawn at Lunch on Monday, November 15th!* |
| **Funded by the  NYC Department for the Aging, Henry Street Settlement &  Your Contributions** | Are You Age 60 or Better,  live in the **Vladeck Houses** and in Need of some Help or Support?  Call our **NORC/ Vladeck Cares Office** at **212-477-0455**.  The NORC Office is Now Open  Monday - Friday 10 AM - 4 PM  By Appointment Only. |
| **We are now open Monday- Friday 9:00am-5:00pm**  Happy Halloween from Registry Partners - Safety Tips for All Ages -  Registry Partners**If you have any questions, we can be reached at 212-349-2770** |



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| **OCTOBER Virtual Calendar 2021 *(Join Us On Zoom!)***  **Activities with an \* are Vladeck Cares/NORC-Sponsored & 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 Cinnamon Roll Day 10/4**  **1:00pm: Bingo w/ Olivia   10/4 & 10/25**  Zoom Mtg ID: 874 8318 1329  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/874%208318%201329)  **VIRTUAL TOURS:**  **1:00pm: Georgia Aquarium Tour**  **w/ Olivia 10/11**  Zoom Mtg ID: 936 5832 5466  Click Here to Join Zoom Class!!  **1:00pm: Virtual Tour of the**  **Mutter Museum w/**  **Olivia 10/18**  Zoom Mtg ID: 993 1427 1087  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/99314271087)  ***No Smartphone?***  ***No Computer or Tablet?***  **Join Zoom via Telephone!!**  **Call (929) 205-6099 & Enter the *Zoom Mtg ID* to Join Any Class**  **1st Time Joining A Class?**  **Join a Few Minutes Early to Register** | **Columbus Day 10/11**  **12:00pm: “Farmers Market**  **Workshops” w/ EatingHealthyNYC**  Zoom Mtg ID: 871 7219 6163  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/87172196163)  **2:00pm: “What You Should**  **Know About Alzheimer’s”   w/ *AFA / Alzheimer’s***  ***Foundation of America***  Zoom Mtg ID: 821 2118 6861  Click Here To Join Zoom Class!!  **12:00pm: Spanish Heritage   Celebration w/ Olivia 10/12**  Zoom Mtg ID: 812 8573 4070  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/99885657171)  ***Celebrate Spanish Heritage Month***  [Image result for spanish heritage month 2021](https://www.google.com/search?q=spanish+heritage+month+2021&rlz=1C1GCEU_enUS953US953&sxsrf=AOaemvKE1HnLyOVh-ucVFRYk_LPVo1rNjA:1631800504237&tbm=isch&source=iu&ictx=1&fir=UJJM6FrCHONbWM%252C4qDrgtyM7PY4WM%252C_&vet=1&usg=AI4_-kSTUx5zFPuHvOyBBiVVwcchRj1sDw&sa=X&ved=2ahUKEwifnZjL0oPzAhUSUzUKHXijBLUQ9QF6BAg1EAE#imgrc=UJJM6FrCHONbWM)**September 15 to October 15** | **National Coaches Day 10/6**  **CLASSES:**  **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  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/85872742853)  **Happy Halloween! 10/31**  Will COVID-19 cancel Halloween, trick-or-treat &amp; fall fun? | **National Frappe Day 10/7**  **4:00pm: Chinese Dance Rehearsal**  Zoom Mtg ID: 816 6732 6275  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/81667326275)  **VIRTUAL CONCERT:**  **11:00am: Vocal Ease 10/14  Robo Call Concert**  *(Non-Zoom Participants, please*  *register in advance via   email or by phone)*  **PARTY:**  **3:00pm: Senior Birthday Party   w/ Olivia 10/28**  Zoom Mtg ID: 884 2701 8730  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/88427018730)  **PRESENTATIONS:**  **1:00pm: Curiosity Stream  “Seasons of the Forest”**  **w/ Olivia 10/14**  Zoom Mtg ID: 898 8824 3711  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/95845842951)  **1:00pm: Curiosity Stream:**  **“The Species of Halloween”**  **w/ Olivia 10/21**  Zoom Mtg ID: 944 2345 7269  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/94423457269) | | **National Coffee Day 10/1**  **Leif Erikson Discovery of America Day 10/9**  **10:00am: Zumba w/ Jiali**  Zoom Mtg ID: 869 1395 7452  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/86913957452)  **11:00am: Chinese Dance w/**  **Jiali**  Zoom Mtg ID: 837 4715 4778  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83747154778)  **12:00pm: Yoga w/**  **ThreeJewels.org**  Zoom Mtg ID: 921 7367 9797  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/92173679797)  **CONCERTS:**  **3:00pm: “Music Concert”**  **10/1, 10/8, 10/15 & 10/22**  Zoom Mtg: 834 9178 9152  [Click Here To Join Zoom Class!!](https://us02web.zoom.us/j/83491789152)  **TRIVIA/GAMES:**  **3:00pm: Halloween Trivia   w/ Olivia (Win Prizes) 10/29**  Zoom Mtg ID: 973 3136 9054  [Click Here to Join Zoom Class!!](https://us02web.zoom.us/j/97331369054) |
| **OCTOBER 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 Cinnamon Roll Day 10/4**  **(RD = Rear Dining Room) (FD = Front Dining Room)**  9:00-10:00am: **Breakfast** *FD* ***NEW***  9:00-4:45pm: **Billiards (Pool)** *RD*  9:00-4:45pm: **Dominos** *RD*  9:00-4:45pm: **Conversation   Circle** *FD* 9:00-4:45pm: **Computer Lab**  *(limited 4 people at   a time up to 90minutes)*  9:00-11:00am &  1:30-3:30pm: **GYM** *RD*  9:00-4:45pm: **Ping Pong** *RD*  11:00-12:00pm: **Yoga w/ Susan** RD ***NEW TIME!*** 12:00-1:00pm: **Grab & Go Meals** *FD*  or **Dine-In** *RD*  1:00-2:00pm: **Beaded Arts w/ Mary** *RD* ***\* Starts*****10/18**  1:30-3:30pm: **Holiday Cardmaking**   **w/ Marcela** (TBD) ***NEW!***  9:00-5:00pm- **Social Services-**  By Appointment Only | **Columbus Day 10/11 (RD = Rear Dining Room) (FD = Front Dining Room)**  9:00-4:45pm: **Billiards (Pool)** *RD*  9:00-4:45pm: **Dominos** *RD*  9:00-4:45pm: **Conversation   Circle** *FD*  9:00-4:45pm: **Computer Lab**  *(limited 4 people at   a time up to 90minutes)*  9:00-11:00am &  1:30-3:30pm: **GYM** RD  9:00-4:45pm: **Ping Pong** *RD*  12:00-1:00pm: **Grab & Go Meals** *FD*  or **Dine-In** *RD*  1:00-2:00pm: **Beaded Arts w/   Mary** *RD*  1:00-4:45pm: **Pool Tournament**   (See Larry a) *RD* **10/19**  2:30-4:30pm: **Karaoke** *FD*  9:00-5:00pm- **Social Services-** By Appointment Only | **National Coaches Day 10/6**  **(RD = Rear Dining Room) (FD = Front Dining Room)**  9:00-4:45pm: **Billiards (Pool)** *RD* 9:00-4:45pm: **Dominos** *RD* 9:00-4:45pm: **Conversation   Circle** *FD* 9:00-4:45pm: **Computer Lab**  *(limited 4 people at   a time up to 90minutes)*  9:00-11:00am &  1:30-3:30pm: **GYM** RD  1:30-3:30PM: **Holiday Cardmaking   w/ Marcela** (TBD) **NEW!**  9:00-4:45pm: **Ping Pong** *RD*  1:30-3:30pm: **Ceramics w/ John**  (Back Office)  1:30-3:30pm: **BINGO** *FD* ***NEW!***  12:00-1:00pm: **Grab & Go Meals** *FD*  or **Dine-In** *RD*  1:00-4:45pm: **Pool Tournament**   (See Larry) *RD* **10/20**  9:00-5:00pm- **Social Services-**   By Appointment Only | | **National Frappe Day 10/7**  **(RD = Rear Dining Room) (FD = Front Dining Room)**  9:00-4:45pm: **Billiards (Pool)** *RD*  9:00-4:45pm: **Dominos** *RD*)  9:00-4:45pm: **Conversation   Circle** *FD*  9:00-4:45pm: **Computer Lab**  *(limited 4 people at   a time up to 90minutes)* 9:00-11:00am &  1:30-3:30pm: **GYM** RD  9:00-4:45pm: **Ping Pong** *RD*  12:00-1:00pm: **Grab & Go Meals** *FD*  or **Dine-In** *RD* 12:00-1:00pm: **NYU Covid Research** *FD* **10/7, 10/14, 10/21, 10/28**  1:00-4:45pm: **Pool Tournament**   (See Larry) RD **10/21**  12:30 1:30pm: **Vocal Ease Live   Performance** *FD* **10/28**  1:00-2:00pm: **Linda Move It Move** **It** *FD* 2:00-3:00pm: **Arts w/ Linda** *RD*  9:00-5:00pm- **Social Services-**  By Appointment Only | **National Coffee Day 10/1**  **Leif Erikson Day 10/9**  **(RD = Rear Dining Room) (FD = Front Dining Room)**  9:00-10:45am:**Chess w/ Andres** *RD*  ***10/1 & 10/8: Chess Cancelled***  10:45-11:45-am: **Backgammon w/  Andres** *RD* **NEW *Starts* 10/15** 9:00-4:45pm: **Billiards (Pool)** *RD* 9:00-4:45pm: **Dominos** *RD* 9:00-4:45pm: **Conversation   Circle** *FD* 9:00-4:45pm: **Computer Lab**  *limited to 4 people w/ 90-minute sessions*  9:00-11:00am &  1:30-3:30pm: **GYM** *RD* 9:00-4:45pm: **Ping Pong** *RD*  11:00-12:00: **VNSNY Presentation:**  **“Falls prevention”** *FD* **10/15** 12:00-1:00pm:**Grab & Go Meals** *FD* or **Dine-In** *RD*  1:30-3:30pm: **BINGO** *FD* ***NEW!   10/8 & 10/29: BINGO Cancelled***  1:30-3:30pm: **Spanish Heritage   Celebration** **10/8**  ***(Ruth Winds Way Courtyard)***2:00-4:00pm: **Pool Tournament   Ceremony** *RD* **10/22**  2:00-4:00pm: **Halloween Costume**  **Contest** *FD* **10/29**  3:30-5:00pm: **Karaoke** *FD*  ***10/8 & 10/29: Karaoke Cancelled*** 9:00-5:00pm- **Social Services-**   By Appointment Only |

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| **Sunday**  **October 2021 Lunch Menu**  **Funded by the New York City Department for the Aging, Henry Street Settlement and *YOUR* Contributions.**  **All meals include a Vitamin C item, 1% milk, whole grain bread & trans-fat-free margarine.**  **Suggested Contribution for Guests Age 60+: $.50/meal.**  **Fee for Below Age 60:**  **$3.00/meal**  **Vegetarian & Kosher option available*.***  ***\* Menu is subject to change without notice*** | **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  | *29*  *Baked Penne w/ Sausage, Peas & Ricotta*  *Garden Salad*  *Mandarin Orange Segments* | *30*  *BBQ Ribs w/ Baked Macaroni & Cheese*  *Braised Red Cabbage w/ Apples*  *Honeydew Melon Slice* | *1*  *Baked Tilapia w/ a Garlic Crumb Crust*  *Couscous w/ Peas & Lemon*  *Fresh Sliced Tomato & Cucumber*  *Orange* |
| *4*  *Pumpkin Turkey Chili w/ Brown Rice*  *California Blend Veggies*  *Orange* | *5*  *Turkey Meat Sauce w/ Whole Wheat Spaghetti*  *Garlic Bread*  *Italian Blend Veggies*  *Cantaloupe Slice* | *6*  *Chinese-Style Pepper Steak w/ White Rice*  *Asian Cabbage*  *Orange Pineapple Juice* | *7*  *Chicken Stir-Fry w/ Veggies*  *Chinese-Style Spaghetti*  *Normandy Blend Veggies*  *Banana* | *8*  *Spanish-Style Baked Chicken w/ Yellow Rice & Pigeon Peas*  *Mixed Veggies*  *Yellow Plantains*  *Banana* |
| *11*  *Salmon Cakes & Rotini w/ Tomatoes & Black Olives*  *Steamed Broccoli*  *Apple & Orange Juice* | *12*  *Chinese-Style Pork w/ White Rice*  *California Blend Veggies*  *Apple* | *13*  *Vegetarian Lasagna w/ Garlic Bread*  *Broccoli w/ Toasted Garlic*  *Orange Pineapple Juice* | *14*  *Beef & Turkey Swedish Meatballs w/ Egg Noodles*  *Winter Blend Veggies*  *Orange* | *15*  *Salmon w/ Citrus-Crusted Sesame*  *Couscous w/ Roasted Veggies*  *Baby Carrots w/ Parsley*  *Apple Juice* |
| October | *18*  *Jerk Chicken w/Rice & Beans*  *Yellow Plantain*  *Garden Salad*  *Banana* | *19*  *Baked Breaded Lamb Chops*  *Rice Pilaf w/ Zucchini*  *Brussels Sprouts*  *Honeydew Melon Slice* | *20*  *Curried Chicken Leg w/ Yellow Rice & Pigeon Peas*  *California Blend Veggies*  *Strawberry Applesauce* | *21*  *Beef Sloppy Joe on a Whole Wheat Hamburger Bun*  *Cauliflower w/Carrots & Parsley*  *Orange Pineapple Juice* | *22*  *Asian-Style White Fish w/ Whole Wheat Spaghetti*  *Asian Cabbage*  *Mandarin Orange Segments* |
| fall-spooky-orange-autumn-pumpkin-halloween-holiday-jack-o-lantern-scary-illustration-seasonal-event-october-lit-happy-halloween-still-life-photography-1061445 | *25*  *Chicken Alfredo w/ Penne Pasta*  *Garlic Bread*  *Broccoli w/ Toasted Garlic*  *Cantaloupe & Orange Slices* | *26*  *Smothered Pork Chops w/ Homemade Mashed Potatoes*  *California Blend Veggies*  *Orange Pineapple Juice* | *27*  *Turkey Meat Sauce w/ Whole Wheat Spaghetti*  *Cauliflower w/ Carrots & Parsley*  *Banana* | *28*  *Chicken Jambalaya*  *Brussels Sprouts*  *Honeydew Melon Slice* | *29*  *Baked White Fish w/ a Garlic Crumb Crust on Baked Brown Rice Pilaf*  *Baby Carrots w/ Parsley*  *Orange* |

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| **Monday**  **October 2021 Dinner:**  **Funded by the New York City Department for the Aging, Henry Street Settlement & *YOUR* Contributions.**  **All meals served with a Vitamin C item, 1% Fat Free Milk, whole grain bread & trans-fat-free margarine.**  **Starting October 1, 2021 for a limited time, the** **Suggested Contribution for Guests Age 60+ is $.50/meal.**  **The Fee for Guests Age 59 & Below is $3.00/meal.**  **Vegetarian & Kosher options are available. Menu subject to change without notice.** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
|  |  |  |  | *1*  *Fish Cakes w/ Alfredo Sauce*  *Home Fries w/ Peppers & Onions*  *Roasted Zucchini*  *Honeydew Melon Slice* |
| *4*  *Beef Salisbury Steak w/ Mushroom Sauce*  *Cauliflower w/ Carrots & Parsley*  *Garlic Mashed Potatoes*  *Apple & Orange* | *5*  *Baked Penne Pasta w/ Sausage, Peas & Ricotta*  *Garden Salad*  *Mandarin Orange Segments* | *6*  *Beef & Turkey Meatloaf w/ Mushroom Gravy & White Rice*  *California Blend Veggies*  *Banana* | *7*  *BBQ Beef Ribs w /Baked Macaroni & Cheese*  *Braised Red Cabbage w/ Apple*  *Honeydew Melon Slice* | *8*  *Baked Tilapia w/ a Garlic Crumb Crust*  *Couscous w/ Peas & Lemon*  *Freshly Sliced Tomatoes & Cucumber*  *Orange* |
| *11*  *Pumpkin Turkey Chili w/ Brown Rice*  *California Blend Veggies*  *Orange* | *12*  *Turkey Meat Sauce w/ Whole Wheat Spaghetti & Garlic Bread*  *Italian Blend Veggies*  *Cantaloupe Melon Slice* | *13*  *Chinese-Style Pepper Steak w/ White Rice*  *Asian Cabbage*  *Banana* | *14*  *Chicken Stir Fry w/ Veggies & Chinese-Style Spaghetti*  *Normandy Blend Veggies*  *Orange-Pineapple Juice* | *15*  *Salmon Cakes on Rotini Pasta w/ Tomatoes & Black Olives*  *Steamed Broccoli*  *Banana* |
| *18*  *Spanish-Style Baked Chicken w/ Yellow Rice & Pigeon Peas*  *Mixed Veggies*  *Banana* | *19*  *Chinese-Style Pork w/ White Rice*  *California Blend Veggies*  *Apple* | *20*  *Vegetarian Lasagna w/ Garlic Bread*  *Broccoli w/ Toasted Garlic*  *Orange-Pineapple Juice* | *21*  *Beef & Turkey Swedish Meatballs w/ Egg Noodles*  *Winter Blend Veggies*  *Orange* | *22*  *Salmon w/ a Citrus Sesame Crust*  *Couscous w/ Roasted Veggies*  *Baby Carrots w/ Parsley*  *Apple Juice* |
| *25*  *Jerk Chicken w/ Rice & Beans*  *Yellow Plantains*  *Garden Salad*  *Banana* | *26*  *Baked Breaded Lamb Chops w/ Yellow Rice Pilaf*  *Brussels Sprouts*  *Honeydew Melon Slice* | *27*  *Curried Chicken Leg w/ Yellow Rice & Pigeon Peas*  *California Blend Veggies*  *Strawberry Applesauce* | *28*  *Beef Sloppy Joe on a Whole Wheat Hamburger Bun*  *Cauliflower w/ Carrots & Parsley*  *Orange-Pineapple Juice* | *29*  *Asian-Style White Fish w/ Whole Wheat Spaghetti*  *Asian Cabbage*  *Mandarin Orange Segments* |

Do Not Print This Page Out – Newsletter is 5 pages for now

Space Reserved for Possible Breakfast Menu