|  |  |
| --- | --- |
|  | 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******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 OpenMonday - Friday 10 AM - 4 PMBy Appointment Only.  |
| **We are now open Monday- Friday9:00am-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** |



|  |
| --- |
| **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**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** RD9:00-4:45pm: **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** RD1:30-3:30PM: **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** RD9:00-4:45pm: **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 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **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* |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **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