The Senior Center is open Sunday 9:00 to 3:30 serving Breakfast & Lunch and Monday—Friday 9:00 to 6:00 serving Lunch & Dinner.

**November 2021 CALENDAR**

**The Senior Center will be CLOSED on Friday 11/26 for the Thanksgiving Holiday.**

HSS Senior Center lunch is distributed from our service window between 12 pm & 1 pm in the HSS Senior Center Front Dining Room. Dinner is offered between 4:00 pm & 5:30 pm. For both meals you have the choice of either Grab & Go/Take-Out or Dining-In with seating 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.

**Lunch & Dinner Special - Meal Discount Extended**

The suggested meal contribution continues at $.50 cents for a limited time! We also offer Coffee & Tea in the Front Dining Room every Sunday from 9:00 am to 2:45 pm & Mondays-Fridays from 9:00 am to 5:45 pm for $.25 cents with unlimited refills.

**We Wish You A Very Happy Thanksgiving!!!**

**CELEBRATIONS THIS MONTH:**

**Tuesday 11/9: FALL FESTIVAL; 1:00-3:00 at Ruth Winds Way Courtyard**

Music & Dance (DJ Mambo) w/ Dessert & Raffles

(All Senior Center programs occurring between 1:30 pm & 3:30 pm that day will be cancelled and the Center will be closed for those 2 hours. All programs will resume at 3:45pm)

**Thursday 11/18: BIRTHDAY PARTY $3.00; 2:00-4:30: Music & Dance w/ DJ Mambo! Dessert & Raffles; Free Admission & Birthday Gift if You were born This Month**

**Thursday 11/25; 11:00 - 1:00: $3.00; Thanksgiving Day Holiday Luncheon**

Please purchase a ticket to reserve your spot. There will be no activities that day aside from the holiday luncheon celebration.

Please sign up with our Program Manager Olivia Johnson.

**Reminder: Daylight Savings Time Ends on Sunday November 7th at 2:00 am. Don’t forget to “Fall Back” an hour.**

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**We Wish You A Very Happy Thanksgiving!!!**

**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. Social Services offered in English, Spanish & Chinese (Cantonese & Mandarin)**

**Senior Companion Program Volunteers Visit seniors in Their Home, Escort Them To Our Center or Visit With Them Over The Phone. Want to Learn More? Contact the Senior Companion Program Office at 212-473-1474. Volunteers Participate in Monthly Training & May Be Eligible for a Hourly Stipend.**

**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 Kimberly or Theresa in the Social Services Office!**

**Come Try Out Our Fully Equipped GYM Monday-Friday 9:00-11:00 AM & 1:30-3:30 PM**

**Like & Subscribe to our YouTube channel to get the latest updates and events! YOUTUBE - CLICK HERE!!**

**Add us on WeChat. Simply download the App on your smartphone and scan the QR code on the right!**

**Follow and Like us on Facebook – www.facebook.com/HenryStreetSettlement**

**Something on your mind? Feeling Down? Worried? Don’t suffer in silence; Let’s Talk! Speak to our Staff about meeting with Kimberly in our CASA Program or call 212-477-0455/212-233-5032**

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

**We Wish You A Very Happy Thanksgiving!!!**

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**Funded by the NYC Department for the Aging, Henry Street Settlement & Your Contributions**
November 2021 Daily Activities
Activities in Bold are New or Changed; NORC-Funded Activities are Marked as Such
Funded by New York City Department for the Aging (DFTA), Vladec Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions

SUNDAY  
9:00-10:00: Breakfast  
9:00-3:15: Billiards, Dominos, Ping Pong, Computer Lab  
10:00-11:00: Yoga w/ Nila (Three Jewels)  
12:00-1:00: Lunch (Dine-In or Grab & Go)  
1:15-3:15: Bingo (starting 11/14)  

For Zoom Classes:  
No Smartphone, Computer or Tablet? Join a Zoom class via Phone.  
Call (929) 205-6099 & Enter the Zoom Mtg ID to Join  

MONDAY  
9:00-10:00: Breakfast  
9:00-11:00 & 1:30-3:30: GYM  
9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab  
12:00-1:00: Lunch (Dine-In or Grab & Go) (On 11/9, Lunch Service Ends at 12:40)  
1:00-2:00: Beaded Arts w/ Mary  
1:15-3:15: Karaoke  
2:00-3:00: Chinese Computer Class w/ Jingting NEW!  
4:00-5:30: Dinner (Dine-In)  
4:00-5:30: Bingo  

TUESDAY  
9:00-11:00 & 1:30-3:30: GYM  
9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab  
12:00-1:00: Lunch (Dine-In or Grab & Go)  
1:00-2:00: Move It Move It w/ Linda (NORC)  
1:30-3:30: Holiday Cardmaking w/ Marcela  
1:30-3:30: Ceramics w/ John  
4:00-5:30: Dinner (Dine-In)  
4:00-5:30: Bingo  

WEDNESDAY  
9:00-11:00 & 1:30-3:30: GYM  
9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab  
12:00-1:00: Lunch (Dine-In or Grab & Go)  
12:00-2:00: Project Hope on Coping w/ Covid-19  
1:00-2:00: Be Flexible w/ Linda (Onsite & Live on Zoom)  
Zoom Mtg ID: 843 2311 1339 (Right Click Here, Open Hyperlink)  
1:15-3:15: Karaoke  
2:00-3:00: Arts w/ Linda  
3:30-5:30: Bingo  
4:00-5:00: Chinese Dance Rehearsal (Virtual)  
Zoom Mtg ID: 816 6732 6275 (Right Click Here, Open Hyperlink)  
4:00-5:30: Dinner (Dine-In)  

THURSDAY  
9:00-11:00 & 1:30-3:30: GYM  
9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab  
12:00-1:00: Lunch (Dine-In or Grab & Go)  
12:00-2:00: PACE Student Nurses Rehearsal (Virtual)  
Zoom Mtg ID: 869 1395 7452 (Right Click Here, open Hyperlink)  
10:45-11:45: Backgammon  
11:00-12:00: Chinese Dance w/ Jiali (Virtual)  
Zoom Mtg ID: 837 4715 4778 (Right Click Here, open Hyperlink)  
12:00-1:00: Lunch (Dine-In or Grab & Go)  
1:15-3:15: Bingo  
3:30-5:30: Karaoke  
4:00-5:30: Dinner (Dine-In)  

FRIDAY  
9:00-10:45: Chess w/ Andres  
9:00-11:00 & 1:30-3:30: GYM  
9:00-4:45: Billiards, Dominos, Ping Pong, Computer Lab  
10:00-11:00: Zumba w/ Jiali (Virtual)  
Zoom Mtg ID: 869 1395 7452 (Right Click Here, open Hyperlink)  
10:45-11:45: Backgammon  
11:00-12:00: Chinese Dance w/ Jiali (Virtual)  
Zoom Mtg ID: 837 4715 4778 (Right Click Here, open Hyperlink)  
12:00-1:00: Lunch (Dine-In or Grab & Go)  
1:15-3:15: Bingo  
3:30-5:30: Karaoke  
4:00-5:30: Dinner (Dine-In)  

November 2021 Special Events & Schedule Changes

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1: 2:15: Movie: “Rudy”  
2: 11:00-12:00: Presentation: Curiosity Stream: “Nutrients”  
9: 1:00-3:00: Fall Festival in the Ruth Winds Way Courtyard w/ DJ Mambo (Bingo & Computer Class Cancelled)!  
10: 12:20: Member Forum  
11: 11:00-12:00: Vocal Ease RoboCall Concert Series  
12: 11:00-12:00: Presentation: Scam Prevention: Don’t Be a Victim w/ VNSNY  
14: 15: 2:15: Movie: “La Bamba”  
29: National Lemon Cream Pie Day!  
2:15: Movie: Little Italy  
30: Closed in Celebration of Thanksgiving Holiday  

Funded by New York City Department for the Aging (DFTA), Vladec Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions
<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
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<tbody>
<tr>
<td>Breakfast Hard-Boiled Egg Muffin, Bagel w/ Cream Cheese, Pancake or Croissant</td>
<td>BBQ Pulled Pork w/ Potato Salad Sautéed String Beans A Mandarin Orange</td>
<td>Beef Stroganoff over Egg Noodles Normandy Blend Veggies Pineapple Chunks</td>
<td>Deluxe Cheeseburger w/ Onions Baked Red Potato Wedges Roasted Brussels Sprouts</td>
<td>Cranberry Chicken over Rice &amp; Beans Baby Spinach Salad A Banana</td>
<td>Fish Cake w/ Alfredo Sauce Home Fries w/ Peppers &amp; Onions Roasted Zucchini Pear Slices</td>
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<tr>
<td>Chicken Stir Fry w/ Veggies over Lo Mein Noodles Normandy Blend Veggies A Banana</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce over Garlic Mashed Potatoes Cauliflower w/ Carrots &amp; Parsley An Apple</td>
<td>Beef &amp; Turkey Meatloaf w/ Mushroom Gravy over White Rice California Blend Veggies A Banana</td>
<td>Baked Penne w/ Sausage over Ricotta Garden Salad Mandarin Orange Slices</td>
<td>BBQ Beef Ribs w/ Baked Mac &amp; Cheese Braised Cabbage w/ Apple Honeydew Melon Slice</td>
<td>Baked TITALIA w/ a Garlic Crumb Crust Couscous w/ Lemon &amp; Peas Fresh Tomatoes &amp; Cucumbers Pineapple Juice</td>
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<tr>
<td>Beef &amp; Turkey Swedish Meatballs over Egg Noodles Winter Blend Veggies An Orange</td>
<td>Pumpkin Turkey Chili over Brown Rice California Blend Veggies An Orange</td>
<td>Turkey Meat Sauce over Whole Wheat Spaghetti Italian Blend Veggies Cantaloupe Melon Slice</td>
<td>Chinese-Style Pepper Steak over White Rice &amp; Asian Cabbage Orange-Pineapple Juice</td>
<td>Chicken Stir Fry over Lo Mein Noodles Normandy Blend Veggies A Banana</td>
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<tr>
<td>Tasty Beef Sloppy Joe w/ A Wheat Bun Baked Fries Cauliflower &amp; Carrots Orange-Pineapple Juice</td>
<td>Spanish Baked Chicken over Yellow Rice &amp; Pigeon Peas Yellow Plantains Mixed Veggies</td>
<td>Chinese-Style Pork over White Rice California Blend Veggies An Apple</td>
<td>Vegetarian Lasagna w/ Garlic Bread Broccoli w/ Toasted Garlic Orange-Pineapple Juice</td>
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<tr>
<td>Chicken Jambalaya Brussels Sprouts Honeydew Melon Slice</td>
<td>Jerk Chicken w/ Rice &amp; Beans Garden Salad Yellow Plantains A Banana</td>
<td>Baked Breaded Lamb Chop Rice Pilaf w/ Zucchini Brussels Sprouts Honeydew Melon Slice</td>
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</tbody>
</table>

November 2021 Lunch Menu
Funded Through the New York City Dept. for the Aging, Henry Street Settlement & Your Contributions
All Meals Served Include Vitamin C, a 1/2-Pint of 1% Fat Free Milk, Whole Grain Bread & Trans-Fat-Free Margarine.
Vegetarian & Kosher Options Are Available.
SUGGESTED MEAL CONTRIBUTION FOR AGE 60 & BETTER: $.50. (This Discount Will Run Through 12/31/2021); MEAL FEE GUESTS 59 & UNDER: $3:00

CLOSED IN OBSERVANCE OF THANKSGIVING
### SUGGESTED MEAL CONTRIBUTION
- **FOR AGE 60 & BETTER**: $.50 (THIS DISCOUNT THROUGH 12/31)
- **MEAL FEE GUESTS 59 & UNDER**: $3.00

### Breakfast
- **Served**: Sunday, 9:00–10:00 AM

### Lunch
- **Served**: Sunday–Friday, 12:00–1:00 PM

### Dinner
- **Served**: Monday–Friday, 4:00–5:30 PM

### Coffee & Tea
- **Available All Day**
- Please contribute $.25 for your cup

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### Menu

<table>
<thead>
<tr>
<th>MONDAY</th>
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<th>WEDNESDAY</th>
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<tr>
<td>1</td>
<td>2</td>
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<td>4</td>
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</tr>
<tr>
<td>Chicken Alfredo over Penne Broccoli w/ Toasted Garlic An Orange</td>
<td>Smothered Pork Chops w/ Homemade Mashed Potatoes California Blend Veggies Cantaloupe Melon Slice</td>
<td>Turkey Meat Sauce over Cheese Tortellini Cauliflower w/ Carrots &amp; Parsley A Banana</td>
<td>Chicken Jambalaya Brussels Sprouts Applesauce</td>
<td>Baked White Fish w/ Garlic over Baked Brown Rice Pilaf Baby Carrots w/ Parsley Honeydew Melon Slice</td>
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| 8      | 9       | 10       | 11       | 12 |
| BBQ Pulled Pork w/ Potato Salad Sautéed String Beans Orange-Pineapple Juice | Beef Stroganoff w/ Egg Noodles Normandy Blend Veggies Cantaloupe Melon Slice | Deluxe Cheeseburger w/ Onions Baked Red Potato Wedges Roasted Brussels Sprouts A Banana | Cranberry Chicken w/ Rice & Beans Baby Spinach Salad Orange Juice | Fish Cake w/ Alfredo Sauce Home Fries w/ Peppers & Onions Roasted Zucchini Honeydew Melon Slice |

| 15     | 16      | 17       | 18       | 19 |
| Beef Salisbury Steak w/ Mushroom Sauce over Garlic Mashed Potatoes Cauliflower & Carrots w/ Parsley An Orange | Baked Penne w/ Sausage, Peas & Ricotta Garden Salad A Mandarin Orange | Beef & Turkey Meatloaf w/ Mushroom Gravy over White Rice California Blend Veggies A Banana | BBQ Beef Ribs w/ Mac & Cheese Braised Red Cabbage w/Applesauce | Baked Tilapia w/ a Garlic Crumb Crust Couscous w/ Lemon & Peas Fresh Sliced Tomatoes & Cucumbers An Orange |

| 22     | 23      | 24       | 25       | 26 |
| Pumpkin Turkey Chili over Brown Rice California Blend Veggies An Orange | Turkey Meat Sauce over Whole Wheat Spaghetti Italian Blend Veggies Cantaloupe Melon Slice | Chinese-Style Pepper Steak over White Rice Asian Cabbage A Banana | Chicken Stir Fry w/ Veggies over Lo Mein Normandy Blend Veggies Orange-Pineapple Juice | CLOSED IN OBSERVANCE OF THANKSGIVING |

| 29     | 30      | November 2021 Dinner: |
| Spanish-Style Baked Chicken over Yellow Rice & Pigeon Peas Mixed Veggies & Yellow Plantains An Apple | Chinese-Style Pork w/ White Rice California Blend Veggies An Apple | Enjoy One Of Our Delicious Homemade Meals

**SUGGESTED MEAL CONTRIBUTION**

**FOR AGE 60 & BETTER**: $0.50

**MEAL FEE GUESTS 59 & UNDER**: $3.00

- **BREAKFAST IS SERVED SUNDAY**: 9:00–10:00 AM
- **LUNCH IS SERVED SUNDAY - FRIDAY**: 12:00–1:00 PM
- **DINNER IS SERVED MONDAY - FRIDAY**: 4:00–5:30 PM

**COFFEE & TEA ARE AVAILABLE ALL DAY**
- Please contribute $.25 for your cup

**INVITAR A SUS AMIGOS O FAMILIA A CENAR CON NOSOTROS!**

**WANTED: NEW MEMBERS TO HELP OUR CENTER GROW!**

- **FOR EVERY FRIEND YOU BRING TO JOIN AS A MEMBER, YOU’LL HAVE A CHANCE TO WIN A $50 GIFT CARD**
- **EACH NEW MEMBER WILL ALSO BE ENTERED TO WIN A $50 GIFT CARD, PLUS RECEIVE A GIFT BAG!**

**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!**
- **EACH EXISTING MEMBER WHO RENEWS WILL BE ENTERED TO WIN A GIFT CARD AS WELL, PLUS RECEIVE A GIFT BAG!**

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**November 2021 Dinner:**
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