

**Come Try Out Our
Fully Equipped GYM**
Monday-Friday
8:30-11:00 AM &
1:30-3:30 PM

EVENTS REGISTRATION

Monday—Friday
9:30-11:00, 2:30-3:30
Please see our Program
Manager Olivia Johnson

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](http://www.facebook.com/HenryStreetSettlement)

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

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



**HENRY STREET
SETTLEMENT**

Senior Services

Henry Street Settlement Senior Center
334 Madison St., Lower Level, NY, NY 10002
212-349-2770

"Where Good Friends Meet"

December 2021 CALENDAR

The HSS Senior Center began **NEW PROGRAM**
OPERATING HOURS on November 29th! We are now
Open on the Following Schedule:

Sunday: 8:30 am to 3:30 pm &
Monday-Friday: 8:30 am to 4:30 pm

Lunch service is now **11:30 am-12:15 pm**, offering
your choice of Dine-In or Grab & Go/Take-Out;
Seating is Available in Both the Front & Rear
Dining Rooms.

Dinner service is **3:30-4:15 pm** in the Center's Front
Dining Room. Please Note: A **Dinner-To-Go** may
be requested when you sign in for Lunch
Please always bring your white **DFTA BAR CODE**
key tag with you for Easy Contactless Check-In.

The **requested Lunch and Dinner contribution** for
meals is once more **\$1.50**. We thank you for
your contributions; they are written into our
NYC contract & help pay for your meals &
services! (*Meals for those younger than 60 are
not subsidized; the meal fee is set at \$3.50 to
cover its cost.*)

The Senior Center will be **CLOSED for holiday**
observances on the following dates:

Friday 12/24 & Sunday 12/26 (Christmas Day)

Friday 12/31 & Sunday 1/2 (New Year's Day)

We will be Open for a **Shortened Day from**
8:30 am to 1:00 pm on

Thursday 12/23 (Christmas Eve)

Thursday 12/30 (New Year's Eve)

**We Wish You & Your Loved Ones a Very Happy
Holiday!**

CELEBRATIONS THIS MONTH:

Thursday 12/16, 2:00 - 4:15 pm: HOLIDAY
PARTY \$3.00 with DJ Mambo! Please
reserve your spot w/ Olivia by
Registering & Purchasing your ticket in
Advance. (*All instructor-led
programming occurring that day
between 2:00 & 4:15 pm will be
cancelled.*)

Thursday 12/30, 12:00 - 12:15 pm: New
Year's Toast! Celebrate with Us with
a New Year Toast and Let's Ring In The
New Year Together with Lots of Joy!

EVENTS:

Tuesday 12/7, 12:30 - 2:15 pm: Flea Market
Get in some holiday shopping & avoid
the rush! *Prefer to sell rather than buy?*
Purchase your table & reserve your spot
with Olivia for just **\$10.00**. (*As always, all
Center proceeds help pay for
programming enhancements*)

Wednesday 12/8, 10:00 - 11:30 am: Holiday
Post Office! Please bring in those holiday
messages you'd like mailed to your
family & friends. **2:00 - 4:00 pm:**
Christmas Tree Decorating! Please help
Deck our Halls & Make the Season
Bright!

Tuesday 12/7: Shopping Trip to WalMart!
(Details in the Event Calendar) \$3 covers
driver's tip & a bag lunch. Please Register w/
Olivia. Sponsored by Vladeck Cares NORC.

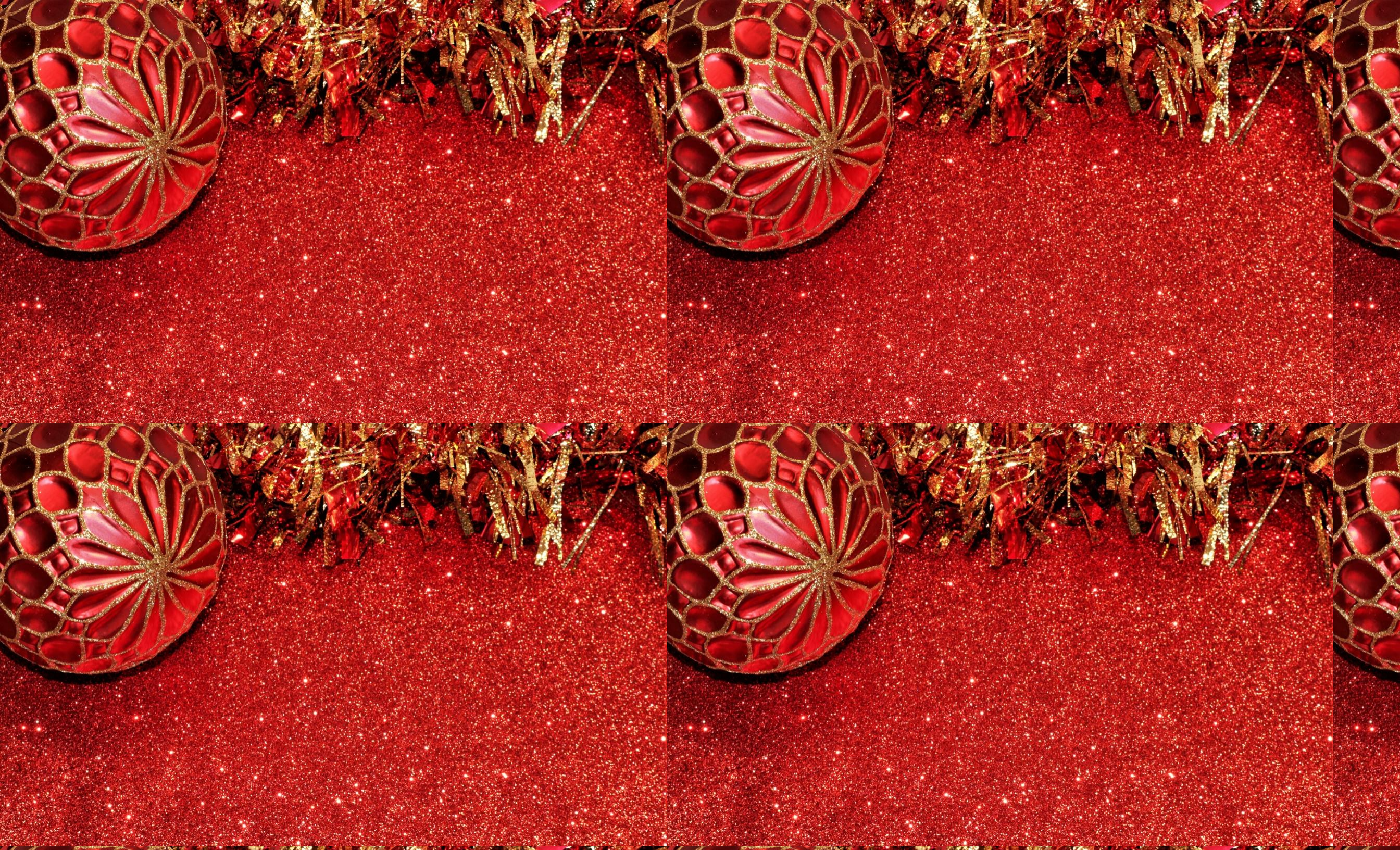
Do you live in the Vladeck
Houses and need some help
or support? Visit our
NORC/VLADECK CARES Office at
351 Madison Street or call
212-477-0455. We are open
Monday - Friday 9 AM -5 PM.
Social Services offered in
English, Spanish & Chinese
(Cantonese & Mandarin)

Senior Companion Program
Volunteers Visit Seniors in Their
Homes, 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 an 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
Theresa in the
Social Services Office!



The HSS Senior Center is open Sunday 8:30 to 3:30 serving Breakfast & Lunch and
Monday to Friday 8:30 to 4:30 serving Lunch & Dinner.
Funded by the NYC Department for the Aging, Henry Street Settlement & Your Contributions



DECEMBER 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), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:45-9:30: Breakfast 8:45-3:15: Billiards, Dominos, Ping Pong, Computer Lab 10:00-11:00: Yoga w/ Nila of Three Jewels (<i>Yoga cancelled on 12/12</i>) 11:30-12:15: Lunch 12:30-2:45: Bingo</p> <hr/> <p>For Zoom Classes: No Smartphone, Computer or Tablet? Join a Zoom class via Telephone. Call (929) 205-6099 & Enter the Zoom Mtg ID listed in this calendar to Join Any Class!</p>	<p>8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 10:30-11:30: Yoga w/ Susan 11:30-12:15: Lunch 12:30-3:30: Bingo 1:30-3:30: Beaded Arts w/ Mary (NORC) 2:30-4:15: Afternoon Movies 3:30-4:15: Dinner</p>	<p>8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 11:30-12:15: Lunch 12:30-2:15: Bingo 12:30-1:30: Beaded Arts w/ Mary 2:00-3:00: Chinese Computer Class w/ Jingting 2:30-4:30: Karaoke 3:30-4:15: Dinner</p>	<p>8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 11:30-12:15: Lunch 12:30-2:30: Bingo 1:00-2:00: Move It Move It w/ Linda (NORC) 1:30-3:30: Ceramics w/ John 3:30-4:15: Dinner</p>	<p>8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 11:30-12:15: Lunch 11:30-2:00: Coping w/ Covid w/ Project Hope 12:30-2:15: Karaoke 12:30-1:30: Be Flexible w/ Linda (<i>Onsite & Live on Zoom</i>) Zoom Mtg ID: 843 2311 1339 (Right Click Here, Open Hyperlink) 1:30-2:30: Arts w/ Linda 2:30-4:30: Bingo 3:30-4:15: Dinner 3:30-4:15: Chinese Dance (<i>Virtual</i>) Zoom Mtg ID: 816 6732 6275 (Right Click Here, Open Hyperlink)</p>	<p>8:30-11:00 & 1:30-3:30: Gym 8:45-4:30: Billiards, Dominos, Ping Pong, Computer Lab 9:00-11:45: Chess & Backgammon w/ Andres 10:00-11:00: Zumba w/ Jiali (<i>Virtual</i>) Zoom Mtg ID: 869 1395 7452 (Right Click Here, open Hyperlink) 11:00-12:00: Chinese Dance w/ Jiali (<i>Virtual</i>) Zoom Mtg ID: 837 4715 4778 (Right Click Here, open Hyperlink) 11:30-12:15: Lunch 12:30-2:15: Bingo 2:30-4:30: Karaoke 3:30-4:15: Dinner</p>

DECEMBER 2021 Special Events & Schedule Changes

Tuesday, December 7 th : <i>WalMart Shopping Trip</i> Meet at the Center at 9:30 pm; Bus will Pull Out at 10:00 am Shopping 11:00 am – 2:00 pm; Meet Bus 2:15 pm; Bus will Pull Out at 2:30 pm \$3 Pay for Driver’s Tip & Bag Lunch. Register with Olivia. <i>Trip Funded by Vladeck NORC.</i>			1	2 11:00-11:30: Presentation: “Sex and the Older Adult” / “Tinnitus” by PACE Nurses	3
5	6 2:30: Movie: “Home Alone”	7 12:30-2:15: Flea Market (Vendors, please register & purchase table in advance with Olivia)	8 10:00-11:30: Holiday Post Office 2:00-4:00: Christmas Tree Decorating!	9 11:00-12:00: RoboCall Concert Series: Vocal Ease	10
12 <i>Yoga w/ Nila Cancelled</i>	13 2:30: Movie: “Father Christmas is Back”	14	15 10:30-12:00: Presentation: Crime Prevention by Officer Rodriguez	16 2:00-4:15: Holiday Party w/DJ Mambo (<i>No instructor-led program activities during party</i>)	17
19	20 2:30: Movie: “Holidate”	21	22	23 Lunch Served w/ Dinner-To-Go 1:00 PM EARLY CLOSING IN OBSERVANCE OF CHRISTMAS	24 CLOSED IN CELEBRATION OF THE CHRISTMAS HOLIDAYS

26	27 2:30: Movie: “Five Feet Apart”	28	29	30 Lunch Served w/ Dinner-To-Go <u>1:00 PM EARLY CLOSING IN OBSERVANCE OF NEW YEAR</u>	31 CLOSED IN CELEBRATION OF THE NEW YEAR HOLIDAYS
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<u>SUNDAY</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
	December 2021 Lunch Menu Meals served with Vitamin C, 1% Fat Free Milk, Whole Grain Bread & Trans-Fat-Free Margarine Requested Contribution: \$1.50/meal Guests Age 59 or Younger: \$3.50 Fee Vegetarian & Kosher options available ** Menu is subject to change without notice Funded by the New York City Department for the Aging, Henry Street Settlement & <u>Your</u> Contributions		1 <i>Curried Chicken Legs w/ Yellow Rice & Pigeon Peas Yellow Plantains California Blend Veggies Strawberry Applesauce</i>	2 <i>Beef Sloppy Joe on a Bun Cauliflower & Carrots w/ Parsley Orange-Pineapple Juice</i> 	3 <i>Asian-Style White Fish w/ White Rice & Cilantro Asian Cabbage Mandarin Orange</i>
5 <i>Turkey Meat Sauce w/ Cheese Tortellini Cauliflower & Carrots Applesauce</i>	6 <i>Chicken Alfredo w/Penne Garlic Bread Broccoli w/ Toasted Garlic Cantaloupe</i>	7 <i>Smothered Pork Chops Homemade Mashed Potatoes California Blend Veggies Orange-Pineapple Juice</i>	8 <i>Turkey Meat Sauce w/ Cheese Tortellini Cauliflower & Carrots w/ Parsley Banana</i>	9 <i>Chicken Jambalaya Brussels Sprouts Honeydew Melon</i>	10 <i>Baked White Fish w/ a Garlic Crumb Crust Baby Carrots & Parsley Orange Juice</i>
12 <i>Chicken Alfredo w/ Penne Broccoli w/Toasted Garlic Orange</i>	13 <i>BBQ Pulled Pork w/ Potato Salad Sautéed String Beans Mandarin Orange</i>	14 <i>Beef Stroganoff w/ Egg Noodles Normandy Blend Veggies Pineapple Juice</i>	15 <i>Deluxe Cheese Burger w/ Onions Baked Red Potato Wedges Roasted Brussels Sprouts Banana</i>	16 <i>Chicken Jambalaya Brussel Sprouts Cantaloupe</i>	17 <i>Fish Cakes w/ Alfredo Sauce Home Fries w/ Peppers & Onions Roasted Zucchini Pear</i>
19 <i>Chicken Jambalaya Brussels Sprouts Strawberry Applesauce</i>	20 <i>Beef Salisbury Steak w/ Mushroom Sauce Garlic Mashed Potatoes Cauliflower & Carrot w/ Parsley Apple</i>	21 <i>Beef & Turkey Meatloaf w/ White Rice &Mushroom Gravy California Blend Veggies Banana</i>	22 <i>Baked Penne w/ Sausage, Peas & Ricotta Garden Salad Mandarin Orange</i>	23 <i>BBQ Chicken w/ Mac & Cheese Braised Red Cabbage w/ Apple Honeydew Melon</i> <u>1:00 PM EARLY CLOSING IN OBSERVANCE OF CHRISTMAS</u>	24 <u>CLOSED IN OBSERVANCE OF THE CHRISTMAS HOLIDAYS</u>

**CLOSED FOR THE
CHRISTMAS HOLIDAYS**



27
*Pumpkin Turkey Chili w/
Brown Rice
California Blend Veggies
Orange*

28
*Chinese-Style Pepper Steak w/
White Rice
Asian Cabbage
Orange-Pineapple Juice*

29
*Turkey Meat Sauce w/ Whole
Wheat Spaghetti
Garlic Bread
Italian Blend Veggies
Cantaloupe*

30
*Chinese Stir Fry w/ Lo Mein &
Veggies
Chinese Style Spaghetti
Normandy Blend
Banana*

**1:00 PM EARLY CLOSING IN
OBSERVANCE OF THE NEW YEAR**

31
**CLOSED IN OBSERVANCE
OF THE
NEW YEAR HOLIDAYS**



**ENJOY ONE OF OUR DELICIOUS
HOMEMADE MEALS**
**REQUESTED MEAL CONTRIBUTION
FOR AGE 60 & BETTER: \$1.50**
**MEAL FEE GUESTS 59 & UNDER: \$3:50
(COVERS OUR COST)**
BREAKFAST IS SERVED SUNDAY,
8:45-9:30 AM
LUNCH IS SERVED SUNDAY - FRIDAY
11:30-12:15 PM
DINNER IS SERVED MONDAY -
FRIDAY 3:30-4:15 PM
**COFFEE & TEA ARE AVAILABLE ALL
DAY; PLEASE CONTRIBUTE \$.25 FOR
YOUR CUP**

**INVITAR A SUS AMIGOS O FAMILIA A
CENAR CON NOSOTROS!**
MAYORES DE 60 AÑOS O MÁS: \$1.50
INVITADOS: \$3.00
DESAYUNO: DOMINGO, 8:45-9:30
COMIDA: DOMINGO-VIERNES, 11:30-
12:15
CENA: LUNES-VIERNES, 3:30-4:15

**PREFER TO EAT AT HOME? YOU CAN
STILL PICK UP A MEAL "TO GO"
DURING LUNCH SERVICE FOR
\$2.00 (container included)**

**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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
December 2021 Dinner Menu Meals served with Vitamin C, 1% Fat Free Milk, Whole Grain Bread & Trans-Fat-Free Margarine. Vegetarian & Kosher options available Requested Contribution: \$1.50/meal Guests Age 59 or Below: \$3.50 Fee <i>** Menu is subject to change without notice</i> Funded by the New York City Department for the Aging, Henry Street Settlement & <u>Your</u> Contributions		1 <i>Vegetarian Lasagna w/ Garlic Bread Broccoli w/ Toasted Garlic Orange-Pineapple Juice</i>	2 <i>Beef & Turkey Swedish Meatballs w/ Egg Noodles Winter Blend Veggies Orange-Pineapple Juice</i>	3 <i>Salmon w/ Citrus Sauce Couscous w/ Roasted Veggies Baby Carrots Apple Juice</i>
6 <i>Jerk Chicken w/ Rice & Beans Mixed Veggies Yellow Plantains Banana</i>	7 <i>Beef Sloppy Joe on a Bun Cauliflower & Carrots w/ Parsley Honeydew Melon</i>	8 <i>Curried Chicken Legs w/ Yellow Rice & Pigeon Peas California Blend Veggies Strawberry Applesauce</i>	9 <i>Baked Breaded Pork Chops over Rice Pilaf w /Zucchini Brussels Sprouts Orange-Pineapple Juice</i>	10 <i>Asian-Style White Fish w/ Cilantro over Whole Wheat Lo Mein Asian Cabbage Mandarin Orange</i>
13 <i>Chicken Alfredo w/ Penne Broccoli w/ Toasted Garlic Orange</i>	14 <i>Smothered Pork Chop Homemade Mashed Potatoes California Blend Veggies Cantaloupe</i>	15 <i>Turkey Meat Sauce w/ Cheese Tortellini Cauliflower & Carrots w/Parsley Banana</i>	16 <i>Cranberry Chicken w/ Rice & Beans Baby Spinach Salad Applesauce</i>	17 <i>Baked White Fish w/ a Garlic Crumb Crust over Brown Rice Pilaf Baby Carrots w/ Parsley Honeydew Melon</i>
20 <i>BBQ Pulled Pork Potato Salad Sautéed String Beans Orange-Pineapple Juice</i>	21 <i>Beef Stroganoff w/ Egg Noodles Normandy Blend Veggies Cantaloupe</i>	22 <i>Deluxe Cheeseburger w/ Onions Baked Red Potato Wedges Roasted Brussels Sprouts Banana</i>	23 <i>(A To-Go Dinner will be given out w/ your Lunch)</i> <u>CENTER CLOSSES AT 1:00 PM</u>	24 <u>CLOSED FOR CHRISTMAS DAY</u> 

27
**Beef Salisbury Steak w/
Mushroom Sauce
Garlic Mashed Potatoes
Cauliflower & Carrots w/
Parsley
Apple**

28
**Baked Penne w/ Sausage,
Peas & Ricotta
Garden Salad
Mandarin Orange**

29
**Beef & Turkey Meatloaf w/
Mushroom Gravy over
White Rice
California Blend Veggies
Banana**

30
**(A To-Go Dinner will be
given out w/ your Lunch)**

CENTER CLOSSES AT 1:00 PM

31

**CLOSED FOR
NEW YEAR'S EVE**

