

## Come Try Out Our Fully Equipped GYM

Monday-Friday  
8:30-11:30 AM &  
1:30-3:30 PM

### EVENTS REGISTRATION

Monday—Friday  
9:30-11:00, 3:00-4:00  
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**

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 Street, Lower Level, NY, NY 10002

212-349-2770

"Where Good Friends Meet"

# FEBRUARY 2022 CALENDAR

Senior Center Hours will remain 8:30-4:30 until  
Daylight Savings Time starts on Sunday 3/13. At  
that time, we will resume our extended 9:00 am-  
6:00 pm operating hours.

The Senior Center will be **CLOSED** for holiday  
observances on the following dates:  
Sunday 2/20, Monday 2/21 (the Presidents' Day  
Holiday Weekend).

**Breakfast** service is on **Sunday Only** between 8:45  
am-9:30 am. Requested Breakfast contribution is  
\$1.00 with Coffee/Tea.

**Lunch** service is 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 BARCODE**  
keytag 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, activities &  
services! (Meals for those younger than 60 are  
not subsidized; the meal fee is **\$3.50** to help  
cover its cost.) FYI, our requested contribution  
has remained the same at \$1.50 since 2016 – still  
a bargain!! How many other things can you say  
the same for?

Coffee, Tea or Hot Chocolate with unlimited refills  
during your stay is **\$0.25** cents. A cup can be  
purchased at the Reception Desk; the size of any  
cup you bring from home must be similar in size.

**A COMPLETE VACCINATION IS NOW REQUIRED  
FOR FULL PARTICIPATION AT HENRY STREET  
SETTLEMENT SENIOR CENTER: PLEASE HAVE  
BOTH YOUR VACCINATION CARD & ID READY  
AT CHECK-IN UNTIL WE VERIFY YOUR STATUS.**  
THANK YOU FOR YOUR COOPERATION IN  
HELPING TO ENSURE YOUR SAFETY AND OURS!

### CELEBRATIONS THIS MONTH:

Wednesday 2/2, 11:15-12:30 pm: Chinese New  
Year Goodie Bag Giveaway! Happy Chinese  
New Year!

Thursday 2/10, 2:00-4:30pm: Valentine's Party  
w/ DJ sponsored by VNSNY. **\$3.00**

Monday 2/14, 12:00-1:15pm: Enter Raffle to  
Win a Valentine Rose Bouquet!

Thursday 2/24, 2:00-4:30pm: **BIRTHDAY PARTY  
w/ DJ! \$3.00**

For All Parties & Events, please Reserve Your Spot  
w/ Olivia by Registering & Purchasing your  
ticket in Advance. (All instructor-led  
programming occurring 1:30 & 4:00 pm on  
party days will be cancelled.)

Monday 2/7, 2:30pm: Celebrating Black History  
Month: Showing the Film "Malcolm X"

### TRIPS & EVENTS:

Tuesday- Friday 2/15 to 2/18, 1:30- 4:00 pm:  
Pool Tournaments & Pool Awards Ceremony

**POSTPONED!!** The tentatively planned Tuesday  
2/8 Bus Trip to the highly rated Resorts World  
Casino **has been Postponed until the Spring**,  
when we hope indoor locations will be  
healthier to visit!

The Henry Street Settlement Senior Center is open Sundays 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

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  
8:30 AM-4:30 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!

## FEBRUARY 2022 DAILY ACTIVITIES

New or Changed Activities and NORC-Funded Activities are Marked as Such


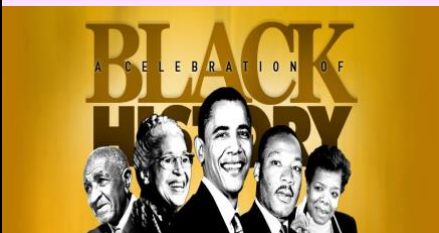


Funded by New York City Department for the Aging (DFTA), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>8:30-11:30: Ping Pong (NORC-Only Hours) <b>NEW!</b></p> <p>8:45-9:30: Breakfast</p> <p>8:45-3:15: Billiards, Dominos, Computer Lab</p> <p><i>Mahjong- <b>NEW!</b></i></p> <p>10:00-11:00: Chinese Computer Class w/ Jingting <b>NEW 2/6 &amp; 2/13</b></p> <p>11:30-12:15: Lunch</p> <p>12:00-3:15: Ping Pong (Senior Center Hours) <b>NEW!</b></p> <p>12:30-3:15: Bingo</p> <p>*****</p> <p><b>For Zoom Classes:</b> No Smartphone, Computer or Tablet? Join a Zoom class via <b>Telephone.</b> <b>See Page 5 for Links/Phone</b></p>	<p>8:30-11:30 &amp; 1:30-3:30: Gym</p> <p>8:30-11:30: Ping Pong (NORC-Only Hours) <b>NEW!</b></p> <p>8:45-4:15: Billiards, Dominos, Computer Lab</p> <p><i>Mahjong- <b>NEW!</b></i></p> <p>10:30-11:30: Yoga w/ Susan</p> <p>11:30-12:15: Lunch</p> <p>12:15-4:30: Ping Pong (Senior Center Hours) <b>NEW!</b></p> <p>12:30-1:00: Low Impact Healthy Moves (livestream)</p> <p>12:30-3:30: Bingo</p> <p>1:15-1:45: SAIL Exercise by CJESL (livestream)</p> <p>1:30-3:30: Jewelry Class w/Mary (NORC)</p> <p>3:30-4:15: Dinner</p> <p>3:30-4:30: Teens Teach Technology-<b>2/7 &amp; 2/14 NEW!</b></p> <p>4:00-4:30: High Impact Healthy Moves (livestream) CJESL</p>	<p>8:30-11:30 &amp; 1:30-3:30: Gym</p> <p>8:30-11:30: Ping Pong (NORC-Only Hours) <b>NEW!</b></p> <p>8:45-4:15: Billiards, Dominos, Computer Lab</p> <p><i>Mahjong- <b>NEW!</b></i></p> <p>10:30-11:30: Ballroom Dance w/ Danny starting 2/15 <b>NEW!</b></p> <p>10:30-11:30: Chinese Computer Class w/ Kristine (NORC) <b>NEW!</b></p> <p>11:30-12:15: Lunch</p> <p>12:15-4:30: Ping Pong (Senior Center Hours) <b>NEW!</b></p> <p>12:30-2:15: Bingo</p> <p>12:30-1:30: Beaded Arts w/ Mary (Onsite &amp; Live on Zoom)</p> <p>1:15-1:45: SAIL Exercise Class by CJESL (livestream)</p> <p>2:30-4:25: Karaoke</p> <p>3:30-4:15: Dinner</p>	<p>8:30-11:30 &amp; 1:30-3:30: Gym</p> <p>8:30-11:30: Ping Pong (NORC-Only Hours) <b>NEW!</b></p> <p>8:45-4:15: Billiards, Dominos, Computer Lab</p> <p><i>Mahjong- <b>NEW!</b></i></p> <p>11:30-12:15: Lunch</p> <p>12:15-4:30: Ping Pong (Senior Center Hours) <b>NEW!</b></p> <p>12:30-2:30: Bingo</p> <p>1:00-2:00: Move It Move It w/ Linda (NORC) (Vladeck-Remote Only)</p> <p>1:15-1:45: SAIL Exercise Class by CJESL (livestream)</p> <p>2:00-3:00: Chinese Computer Class w/ Jingting <b>NEW</b></p> <p>3:30-4:15: Dinner</p>	<p>8:30-11:30 &amp; 1:30-3:30: Gym</p> <p>8:30-11:30: Ping Pong (NORC-Only Hours) <b>NEW!</b></p> <p>8:45-4:15: Billiards, Dominos, Computer Lab</p> <p><i>Mahjong- <b>NEW!</b></i></p> <p>11:30-2:00: Coping w/ COVID w/ Project Hope</p> <p>11:30-12:15: Lunch</p> <p>12:15-4:30: Ping Pong (Senior Center Hours) <b>NEW!</b></p> <p>12:30-2:15: Karaoke</p> <p>12:30-1:30: Be Flexible w/ Linda (Onsite &amp; Live on Zoom)</p> <p>1:15-1:45: SAIL Exercise by CJESL (livestream)</p> <p>1:30-2:30: Painting w/ Linda <b>NEW!</b> (Onsite &amp; Live on Zoom)</p> <p>2:30-4:25: Bingo</p> <p>3:30-4:15: Dinner</p>	<p>8:30-11:30 &amp; 1:30-3:30: Gym</p> <p>8:30-11:30: Ping Pong (NORC-Only Hours) <b>NEW!</b></p> <p>8:45-4:15: Billiards, Dominos, Computer Lab</p> <p><i>Mahjong- <b>NEW!</b></i></p> <p>9:00-11:45: Chess &amp; Backgammon w/ Andres</p> <p>9:15-10:15: Zumba w/ Jiali 尊巴舞 (Onsite &amp; Live on Zoom) <b>Class resumes on 2/18</b></p> <p>10:15-11:15: Chinese Dance w/ Jiali 中國舞 (Onsite &amp; Live on Zoom) <b>Class resumes on 2/18</b></p> <p>11:30-12:15: Lunch</p> <p>12:15-4:30: Ping Pong (Senior Center Hours) <b>NEW!</b></p> <p>12:30-2:15: Bingo</p> <p>1:00-2:00: Beaded Arts w/ Mary (NORC) Onsite &amp; Live <b>NEW!</b></p> <p>2:30-4:25: Karaoke</p> <p>3:30-4:15: Dinner</p>

### FEBRUARY 2022 SPECIAL EVENTS & SCHEDULE CHANGES

<b>TEENS TEACH TECHNOLOGY ON 2/7:</b> SOCIAL MEDIA: LEARNING TO USE FACEBOOK, INSTAGRAM & TWITTER	<b>TEENS TEACH TECHNOLOGY ON 2/14:</b> THE INTERNET IN DAILY LIFE: APPS FOR SHOPPING, READING & FOOD	<b>1 Happy Chinese New Year</b> in this Year of the Tiger!	<b>2 11:15-12:30 pm: Chinese New Year</b> Goodie Bag Giveaway!	<b>3</b>	<b>4</b>
<b>6</b>	<b>7 2:30: Movie:</b> "Malcolm X Honoring Black History Month"	<b>8 Resorts World Casino Trip</b> <b>POSTPONED</b> until Spring	<b>9</b>	<b>10 11:00-12:00 pm: Robocall Concert Series: Vocal Ease</b> <b>1:30-4:00: Valentine's Party w/DJ</b>	<b>11</b>
<b>13</b>	<b>14 Valentine's Day!</b> Enter the Valentine's Raffle & Win a <b>Bouquet of Roses!</b>	<b>15 1:30-4:00 pm: Pool Tournament - Day 1</b>	<b>16 1:30-4:00 pm: Pool Tournament - Day 2</b>	<b>17 1:30-4:00 pm: Pool Tournament - Final</b>	<b>18 2:00-3:30 pm: Pool Tournament Awards Ceremony</b>
<b>20 CLOSED IN CELEBRATION OF PRESIDENT'S DAY</b>	<b>21 CLOSED IN CELEBRATION OF PRESIDENT'S DAY</b>	<b>22</b>	<b>23</b>	<b>24 1:30-4:00 pm: Birthday Party w/ DJ! 生日聚會!</b> (No instructor-led programs during the party)	<b>25</b>



FEBRUARY 2022 LUNCH MENU					
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1 Happy Chinese New Year!</b> Pernil/ Roast Pork Shoulder w/ Yellow Rice & Pigeon Peas Carrots Orange	<b>2</b> Sunny Mediterranean Chicken Roasted Vegetables & Couscous Brussels Sprouts Apple Juice	<b>3</b> Sweet & Sour Meatballs w/ White Rice Steamed Broccoli Orange	<b>4</b> Fish Cake Green Salad Prince Edward Blend Veggies Honeydew Melon
<b>6</b> <b>Breakfast:</b> Pancakes, Egg & Coffee or Tea <b>Lunch:</b> Beef Sloppy Joe on a Hamburger Bun Italian Blend Veggies Pear	<b>7</b> Salisbury Steak w/ Mashed Potatoes Baby Carrots Orange	<b>8</b> Chicken & Broccoli Stir Fry w/ White Rice Chinese-Style Steamed Cauliflower Orange-Pineapple Juice	<b>9</b> Eggplant Parmesan Italian Blend Veggies Orange Juice	<b>10</b> Chicken Jambalaya Cauliflower & Carrots w/ Parsley Apple Juice	<b>11</b> Baked Tilapia w/ Rustic Tomato Sauce Rice w/ Chickpeas California Blend Veggies Pineapple Juice
<b>13</b> <b>Breakfast:</b> Bagel, Egg & Coffee or Tea <b>Lunch:</b> Baked Salmon w/ Lemon, Tarragon & Thyme California Blend Veggies Mandarin Orange	<b>14 Valentine's Day</b> Balsamic Chicken Thighs w/ White Rice California Blend Veggies Banana Sweethearts' Carrot Cake	<b>15</b> Baked Ziti w/ Beef Meatballs Garlic Bread Italian Blend Veggies Apple Juice	<b>16</b> Turkey Bean Chili w/ Brown Rice Corn & Red Peppers Fruit Cocktail	<b>17</b> BBQ Pulled Pork on a Hamburger Bun Collard Greens Honeydew Melon	<b>18</b> Beef & Broccoli w/ White Rice Oriental Blend Veggies Apple
<b>20 CLOSED IN CELEBRATION  OF PRESIDENTS' DAY</b> 	<b>21 CLOSED IN CELEBRATION  OF PRESIDENTS' DAY</b> 	<b>22</b> Chicken Gumbo w/ White Rice Baby Carrots w/ Parsley Orange	<b>23</b> Sweet & Sour Pork Chop w/ White Rice Brussels Sprouts Orange-Pineapple Juice	<b>24</b> BBQ Chicken Legs w/ Mac & Cheese Steamed Winter Blend Veggies Apple	<b>25</b> Black Bean Soup Baked Salmon w/ Cilantro & Citrus Sauce Couscous w/ Roasted Veggies Banana



**27**  
**Breakfast:** Blueberry Muffin,  
Egg & Coffee or Tea  
**Lunch:** Turkey Meat Sauce w/  
Whole Wheat Spaghetti  
Broccoli w/ Toasted Garlic  
Peach

**28**  
**BBQ Chicken Legs w/ Mac &  
Cheese**  
**Carrots**  
**Strawberry Applesauce**



**FEBRUARY 2022 LUNCH MENU**  
**Funded by the NYC Department For the Aging**  
**Henry Street Settlement & YOUR Contributions**  
**Meals served with Vitamin C, 1% Fat Free milk,**  
**whole grain bread & trans fat-free margarine**  
**\*\* Menu is subject to change without notice**  
**Requested Contribution: \$1.50/meal;**  
**Guests Age 59 or Below: \$3.50 Fee**  
**Vegetarian & Kosher option available**





## FEBRUARY 2022 DINNER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 <u>Happy Chinese New Year!</u></b> Hungarian Goulash w/ Beef & Egg Noodles Cauliflower & Carrots w/ Parsley Orange Juice	<b>2</b> Lentil Chili w/ Brown Rice Brussels Sprouts Mandarin Orange	<b>3</b> Italian-Style Pork Loin w/ Bowtie Pasta Capri Blend Veggies Honeydew Melon	<b>4</b> General Tso's Chicken w/ White Rice Steamed Broccoli Banana
<b>7</b> Baked Cod Yellow Rice w/ Pigeon Peas Arugula Salad w/ Balsamic Vinegar	<b>8</b> Beef Stew w/ Brown Rice Baby Carrots w/ Parsley Orange Juice	<b>9</b> Eggplant Lentil Curry w/ Brown Rice Collard Greens Cantaloupe	<b>10 <u>Valentine's Party</u></b> Turkey Meat Sauce over Whole Wheat Spaghetti Cauliflower & Carrots w/ Parsley Pineapple Juice	<b>11</b> Beef Stroganoff w/Noodles Normandy Blend Veggies Fruit Cocktail
<b>14 <u>Valentine's Day</u></b> Ginger Garlic Beef Stew over Brown Rice w/ Pigeon Peas Mixed Veggies Apple Juice	<b>15</b> BBQ Pork Chop Baked Mac & Cheese Steamed Corn Cobette Orange	<b>16</b> Baked Fish w/ Garlic Sauce over Egg Noodles Beet, Arugula & Feta Salad Peach	<b>17</b> Jerk Chicken w/ Red Beans & Rice Baby Carrots w/ Parsley Yellow Plantain Pear	<b>18</b> Rasta Pasta Sauce w/ Penne Pasta Steamed Green Beans Orange-Pineapple Juice
<b>21 <u>CLOSED IN CELEBRATION OF Presidents' Day</u></b> 	<b>22</b> Shepherd's Pie Steamed Winter Blend Veggies Banana	<b>23</b> Lemon Grass Curry w/ Broccoli & Tofu Baby Spinach Salad Orange	<b>24 <u>Birthday Party</u></b> Balsamic Chicken Thighs w/ White Rice California Blend Veggies Orange-Pineapple Juice	<b>25</b> Baked Ziti w/ Beef Meatballs Baby Carrots w/ Parsley Mandarin Orange

ENJOY ONE OF OUR DELICIOUS  
LUNCH OR DINNER MEALS

REQUESTED CONTRIBUTION FOR  
SENIORS AGE 60 & BETTER: \$1.50;  
GUESTS AGE 59 & UNDER: \$3.50

BREAKFAST: SUNDAYS 8:45-9:30 AM

LUNCH: SUNDAY-FRIDAY 11:30 AM-12:15 PM

DINNER: MONDAY-FRIDAY 3:30-4:15 PM

\*\*\*\*\*

INVITE A SUS AMIGOS O FAMILIA  
A CENAR CON NOSOTROS!

DOMINGOS - VIERNES 11:30 AM-12:15 PM

LUNES - VIERNES 3:30-4:15 PM

MAYORES DE 60 AÑOS O MÁS: \$1.50

INVITADOS: \$3.50

\*\*\*\*\*

GET A DINNER MEAL TO GO  
DURING THE LUNCH SERVICE

\$2.00 (container included)

\*\*\*\*\*

MEMBERSHIP DRIVE!

HELP OUR CENTER GROW!

JOIN OUR SENIOR CENTER, GET A WELCOME  
PACKAGE & BE ENTERED INTO A RAFFLE FOR A  
\$50 GIFT CARD!

BRING IN A PROSPECTIVE MEMBER &, FOR  
EACH PERSON YOU BRING IN WHO JOINS,  
YOU'RE BE ENTERED INTO A RAFFLE FOR  
A \$50 GIFT CARD!

\*\*\*\*\*

WANTED: UPDATED MEMBER REGISTRATIONS!

HELP US KEEP YOUR MEMBERSHIP

INFORMATION UP-TO-DATE! PLEASE RENEW  
YOUR MEMBERSHIP IF IT'S BEEN MORE THAN  
ONE YEAR SINCE YOUR LAST REGISTRATION!

RENEWING MEMBERS WILL RECEIVE A GIFT  
BAG & BE ENTERED INTO OUR MEMBERSHIP  
RAFFLE TO WIN A \$50 GIFT CARD!



28

Jerk Chicken Leg w/ Rice  
& Pigeon Peas  
Mixed Veggies  
Orange Juice

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

*\*\* Menu is subject to change without notice*

Funded by the New York City Department for the Aging, Henry Street  
Settlement & Your Contributions



## FEBRUARY 2022 ACTIVITIES ZOOM LINKS

New or Changed Activities and 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
<b>For Zoom Classes:</b> <b>See Page 5 for Links</b> <b>No Smartphone, Computer or Tablet?</b> <b>Join a Zoom class via Telephone.</b> <b>Call (929) 205-6099 &amp; Enter the Zoom Mtg ID listed in this calendar to Join Any Class!</b>	<u>10:30-11:30: Yoga w/ Susan</u> Zoom Mtg ID: 816 1734 3528 <a href="#">(Right Click Here, Open Hyperlink)</a>  <u>1:30-3:30: Jewelry Class w/ Mary</u> <b>(NORC)</b> <i>(Onsite &amp; Live on Zoom)</i> Zoom Mtg ID: 827 1443 8363 <a href="#">(Right Click Here, Open Hyperlink)</a>	<u>12:30-1:30 Beaded Arts w/ Mary</u> <i>(Onsite &amp; Live on Zoom)</i> Zoom Mtg ID: 899 1834 2286 <a href="#">(Right Click Here, Open Hyperlink)</a>  <u>2:30-4:25: Karaoke</u> <i>(Onsite &amp; Live on Zoom)</i> Zoom Mtg ID: 899 1834 2286 <a href="#">(Right Click Here, Open Hyperlink)</a>	<u>1:00-2:00: Move It Move It w/ Linda</u> <b>(NORC)</b> <i>(Vladeck-Remote Only: Residents Please Contact the NORC Office at 212-477-0455 for Sign-In / Call-In Information)</i>	<u>12:30-2:15: Karaoke</u> Zoom Mtg ID: 825 6071 4594 <a href="#">(Right Click Here, Open Hyperlink)</a>  <u>12:30-1:30: Be Flexible w/ Linda</u> <i>(Onsite &amp; Live on Zoom)</i> Zoom Mtg ID: 843 2311 1339 <a href="#">(Right Click Here, Open Hyperlink)</a>  <u>1:30-2:30: Arts w/ Linda</u> Zoom Mtg ID: 868 2744 1374 <a href="#">(Right Click Here, Open Hyperlink)</a>	<u>9:15-10:15: Zumba w/ Jiali</u> Zoom Mtg ID: 854 2138 2410 <a href="#">(Right Click Here, Open Hyperlink)</a>  <u>10:15-11:15: Chinese Dance w/ Jiali</u> 中國舞 Zoom Mtg ID: 883 5413 6286 <a href="#">(Right Click Here, Open Hyperlink)</a>  <u>1:00-2:00 Beaded Arts w/ Mary</u> <i>(Onsite &amp; Live on Zoom)</i> Zoom Mtg ID: 899 1834 2286 <a href="#">(Right Click Here, Open Hyperlink)</a>  <u>2:30-4:25: Karaoke</u> Zoom Mtg ID: 899 1834 2286 <a href="#">(Right Click Here, Open Hyperlink)</a>

### A Message from Cheryl Kamen, Program Director

It's a month full of celebrations:

- Happy New Year to those celebrating the Year of the Tiger – pick up your goodie bag on !
- Happy Valentine's Day – we hope you'll come to our pre-holiday party on Thursday, 2/10!
- Each February, we celebrate all of the US Presidents who have led this country through the years!
- We take the time to remember and celebrate the many contributions of Black Americans over our country's 250+-year history!
- And we'll be celebrating all of our members with February Birthdays on Thursday, 2/24.

I have been with you for over 5 years (11/28/2016) and the time has just flown. Every day I've come to work has been a gift to me. The sign in my office says it all: "This is my Happy Place." I always meant to see out my career with the people of Henry Street, but sometimes an opportunity comes along that means too much to your family & future to turn down. Such an opportunity has been offered to me, so my time at Henry Street Settlement Senior Center is now coming to a close.

My last day at the Center will be Friday, 2/4 as I start my new job on the following Monday. It's closer to home and offers much to look forward to, but I will miss every one of you. Each of our members holds a place in my heart, I couldn't be more proud of our fine staff – my talented & caring team who make all of our meals, activities and services possible – and get more than a bit teary as the day gets closer.

I'm grateful to all of you for making each day a joy to be here & for teaching me so much, and will be taking you along in my memories.

With heartfelt thanks for sharing your lives with me during my time with you,

