

Welcome!

Jasmine Corchado, our new Director of Good Companions. Some might remember Jasmine when she worked as a case manager for the Vladeck NORC program

# April 2022

## New Extended Hours

Monday – Friday  
9AM-6PM  
Sunday 8:30AM-3:30PM

## SENIOR SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

212-477-0455

Senior Companion  
Program

212-473-1474

Meals on Wheels

212-473-1474

## SNAPSHOT

### APRIL IS NATIONAL STRESS AWARENESS MONTH!

4/6 and 4/11- Meet the new Director

4/28- Birthday Party: "Spring it up" 2:30pm to 4:30pm Sign up with Olivia

**Field Trip!**

4/19- Museum of the Illusion 77 8<sup>th</sup> Ave. New York, NY 10014

(10 tickets available, if more sign-up participants will be chosen by lottery.)

4/25- Casino Trip (Resort World NYC, Queens)

#### Meal Service

#### Sunday

#### Mon-Fri

**Breakfast**

**8:45 am-9:30am**

**X**

**Lunch**

**12pm- 1pm**

**12pm- 1pm**

**Dinner**

**X**

**4 pm- 5pm**

**SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS**
















**SUSTAINING AND ENHANCING THE PROGRAM.**

**Location: 334 Madison  
Street, Lower Level,  
New York, NY 10002**



**HENRY STREET  
SETTLEMENT**

**Senior Services**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 2022</b> <b>Activities</b>  = Remote <b>[P]</b> = Presentation, (NORC) = Vladeck NORC Activity,			<b>Offered Daily from 9 am-12 pm &amp; 1 pm-5:30 pm: Billiards ♦ Dominos ♦ Computer Lab ♦ Ping Pong ♦ Gym facilities</b>		<b>9 AM-</b> Chess & Backgammon <b>1 PM</b> Jewelry Class w/Mary <b>1:15-</b> BINGO <b>1:30-</b> IPAD Program <b>3:30-</b> Spanish Karaoke
<b>12:30 BINGO</b> 	<b>10:30-</b> Computer Class (NORC) <b>10:45-</b> Yoga <b>1:15</b> Bead Art (NORC) <b>3:30-</b> Chinese Karaoke 	<b>10:00-</b> Ballroom Dance <b>1:30-</b> BINGO <b>1:15-</b> Bead Art <b>3:30-</b> English Karaoke 	<b>11 AM-Meet the Director</b> <b>11:30-</b> IPAD Program <b>1:30-</b> BINGO <b>1:30-</b> Healthy Eating <b>[P]</b>  <b>1PM</b> – Move It zoom Move It (Linda) (NORC) <b>2 PM-</b> Computer class	<b>1:30-</b> BINGO <b>1:00</b> – Be Flexible w/ Linda <b>2:00-</b> Painting Class <b>3:30-</b> Spanish Karaoke 	<b>9 AM-</b> Chess & Backgammon <b>1 PM</b> Jewelry Class (NORC) <b>1:15-</b> BINGO <b>1:30-</b> IPAD Program <b>3:30-</b> Spanish Karaoke
<b>12:30 BINGO</b>	<b>10:30-</b> Computer Class (NORC) <b>10:45-</b> Yoga <b>1:15</b> Bead Art (NORC) <b>2:30-Meet the Director</b> <b>3:30-</b> Chinese Karaoke	<b>10:00-</b> Ballroom Dance <b>1:30-</b> BINGO <b>1:15-</b> Bead Art <b>3:30-</b> English Karaoke 	<b>11 AM- Nutrition [P]</b> <b>11:30-</b> IPAD Program  <b>1 PM</b> – Move It zoom Move It (Linda) (NORC) <b>1:30-</b> BINGO <b>1:30-</b> Coping w/ stress <b>[P]</b> <b>PM-</b> Computer class	<b>1:30-</b> BINGO <b>1:00</b> – Be Flexible w/ Linda <b>2:00-</b> Painting Class <b>3:30-</b> Spanish Karaoke 	<b>9 AM-</b> Chess & Backgammon <b>1 PM</b> Jewelry Class (NORC) <b>1:15-</b> BINGO <b>3:30-</b> Spanish Karaoke 
 <b>11:00-Easter Egg Hunt</b> <b>12:30 BINGO</b>	<b>10:30-</b> Computer Class (NORC) <b>10:45-</b> Yoga <b>1:15</b> Bead Art (NORC) <b>3:30-</b> Chinese Karaoke	<b>Museum of Illusions 11am</b> <b>10:00-</b> Ballroom Dance <b>11 AM-</b> Stress Management <b>[P]</b> (NORC) <b>1:30-</b> BINGO <b>1:15-</b> Bead Art <b>3:30-</b> English Karaoke	<b>11:30-</b> IPAD Program <b>1PM</b> Move It Move It w/Linda <b>(NORC)</b>  <b>1:30-</b> BINGO <b>1:30-</b> Autism Awareness <b>[P]</b> <b>2 PM-</b> Computer class	<b>1:30-</b> BINGO <b>1:00</b> – Be Flexible w/ Linda <b>2:00-</b> Painting Class <b>3:30-</b> Spanish Karaoke 	<b>9:15-</b> Zumba class <b>9 AM-</b> Chess & Backgammon <b>10:15-</b> Chinese Dance <b>1PM-</b> Jewelry Class (NORC) <b>1:15-</b> BINGO <b>3:30-</b> Spanish Karaoke
<b>12:30 BINGO</b>	<b>Casino Trip 10am-3p</b> <b>10:30-</b> Computer Class (NORC) <b>10:45-</b> Yoga <b>1:30</b> Jewelry Class (NORC) <b>3:30-</b> Chinese Karaoke	<b>10:00-</b> Ballroom Dance <b>1:30-</b> BINGO <b>1:15-</b> Bead Art <b>3:30-</b> English Karaoke 	<b>11 AM- NYC Emergency Management Preparedness [P]</b> <b>11:30-</b> IPAD Program <b>1 PM</b> – Move It  Move It (Linda)(NORC) <b>1:30-</b> BINGO <b>2 PM-</b> Computer class	<b>11:00-</b> Exercise Your Brain <b>[P]</b> <b>1:00</b> – Be Flexible w/ Linda <b>2:00-</b> Painting Class <b>2:30-Birthday Party</b> <b>3:30-</b> Spanish Karaoke	<b>9:15-</b> Zumba class <b>9 AM-</b> Chess & Backgammon <b>10:15-</b> Chinese Dance <b>1PM</b> Jewelry Class w/Mary(NORC) <b>1:15-</b> BINGO <b>3:30-</b> Spanish Karaoke

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>April 2022 Meals</b>		<b>All meals are served with</b> <b>8oz. Fat Free milk</b> <b>1 TSP of Trans fat free margarine</b> <b>Whole Wheat bread</b>			<b>LUNCH:</b> Beef & Broccoli w/ White Rice, Oriental Blend, Apples <b>DINNER:</b> Rasta Pasta Sauce w/ Penne, Steamed Green Beans, Orange Pineapple Juice
<b>Breakfast:</b> Raisin Bran, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice <b>LUNCH:</b> Apricot Glazed Salmon w/ Brown Rice, Baby carrots w/ Parsley, Orange	<b>LUNCH:</b> Baked spaghetti w/ Sausage, Garlic Bread, Mixed Green Salad, Apples Juice <b>DINNER:</b> Chicken Breast and Rice, arugula Salad w/ Balsamic Vinegar, Apple	<b>LUNCH:</b> Turkey Steak w/ Black Beans & Rice, Beet Salad, Applesauce <b>DINNER:</b> Apricot Glazed Pork Chops w/ Mashed Sweet Potato, Cauliflower	<b>LUNCH:</b> Beef & Turkey Meatloaf w/ Mashed Potatoes, Carrot Salad, Banana <b>DINNER:</b> Roasted Veggie, Black Beans & Corn Enchilada, Spinach Apple & Red Onion Salad, Banana	<b>LUNCH:</b> Chicken Breast & Rice w/ Collard Green with Tomato, Orange Pineapple Juice <b>DINNER:</b> Turkey Meatballs w/ Whole Wheat Spaghetti, Roasted Broccoli, Watermelon	<b>LUNCH:</b> Baked Tilapia w/ Veggie, Pasta Salad, Baby Carrots w/ Parsley, Apple <b>DINNER:</b> Pernil (Roasted Pork Shoulder) w/ Yellow Rice & pigeon Peas, California Blend, Honeydew
<b>Breakfast:</b> Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice <b>LUNCH:</b> Three Bean Chili w/ Cheddar Cheese, Brown Rice, Cauliflower & Carrot w/ Parsley, Cantaloupe	<b>LUNCH:</b> BBQ Chicken w/ Tofu & Veggie Fried Rice, California Blend, Pineapple Tidbits <b>DINNER:</b> Chicken Cacciatore w/ Whole Wheat Spaghetti, Broccoli & Red Peppers, Apple Juice	<b>LUNCH:</b> Chicken Parmesan w/ Whole Wheat Spaghetti, Steamed Cauliflower, Fruit Cocktail <b>DINNER:</b> Beef & Sweet Plantain Pastelón, Garden Salad, Cantaloupe	<b>LUNCH:</b> Eggplant w/ Tomato Curry, Brown Rice, Steamed Carrots, Watermelon <b>DINNER:</b> Curried Veggie, Chickpea & Quinoa Stir Fry, Kale, Romaine, Apples, Red Cabbage & Parmesan Salad, Orange	<b>LUNCH:</b> Beef Stew w/ White Rice, Steamed Broccoli & Cauliflower, Orange <b>DINNER:</b> Baked Penne w/ Sausage, Peas, & Ricotta, Normandy Blend, Orange Pineapple Juice, Strawberries	<b>LUNCH:</b> Moroccan Chickpea Stew w/ Kale, Brown rice & Kidney Beans, Green Bean Salad, Applesauce <b>DINNER:</b> Baked Salmon w/ Lemon, Tarragon & Thyme, Yellow Rice, Cauliflower & Pea Curry, Banana
<b>Breakfast:</b> Blueberry Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice <b>LUNCH:</b> Caesar Salad w/ Grilled Chicken, Broccoli & Red Peppers, Apple Juice	<b>LUNCH:</b> Apricot Glazed Salmon w/ Fettuccini & Sauce Orange Pineapple Juice <b>DINNER:</b> Lentil Stew w/ Chicken Sausage, Brown Rice & Pigeon Peas, Broccoli & Roasted Garlic, Watermelon	<b>LUNCH:</b> Cranberry Chicken w/ White Rice, Prince Edward Blend, Banana <b>DINNER:</b> Baked Salmon w/Tofu & Veggie Fried Rice, Sautéed Bok Choy, Strawberries	<b>LUNCH:</b> Eggplant & Lentil Curry w/ Brown Rice, Normandy Blend, Tangerine <b>DINNER:</b> Curried Veggie, Chickpea & Quinoa Stir Fry w/ Brown Rice, California Blend, Tangerine	<b>LUNCH:</b> Baked Turkey Breast w/ Brown Rice, Italian Blend, Cantaloupe <b>DINNER:</b> Beef Stew w/ Rice & Beans, baby Carrots & Parsley, Plums	<b>LUNCH:</b> Baked Fish w/ Corn & Potato Sauce, Couscous w/ Peas & Lemon, California Blend, Apple Juice <b>DINNER:</b> Baked Asian Style Honey Chicken w/ Rice & Veggie, California Blend, Peach
<b>Breakfast:</b> Bagel, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice <b>LUNCH:</b> Lentil Chili w/ Brown Rice, Winer Blend, Orange Juice	<b>LUNCH:</b> Baked Chicken Thighs w/ Brown Rice, Roasted Brussels Sprouts, Applesauce <b>DINNER:</b> Spanish Chicken w/ Sofrito, Yellow Rice & Pigeon Pea, Yellow Plantains, Broccoli & Cauliflower, Tangerine	<b>LUNCH:</b> Turkey Burger w/ Cheese, Baked Red Potato wedges, Baby Spinach Salad, Orange <b>DINNER:</b> Shepherd's Pie w/ Green Bean, pineapple Juice	<b>LUNCH:</b> Roasted Veggie, Black Beans, & Corn Enchilada Casserole, Garden Salad, Apple <b>DINNER:</b> Lentil Stew w/ Carrots & Turnips, Lemon Rice, Orange	<b>LUNCH:</b> Baked White Fish w/ Garlic Crumb Crust, Quinoa Salad w/ Black Bean & Chilis, Apple Juice <b>DINNER:</b> Baked Tilapia w/ Rustic Tomato Sauce, Brown Rice, Corn & Red Pepper, Banana	<b>LUNCH:</b> Lentil Chili w/ Browns Rice, Winter Blend, Orange <b>DINNER:</b> Curry Chicken w/ Apples & peas, Lentil & Spiced Rice w/ Caramelized Onions, Zucchini w/ Onions & Peppers, Pineapple

## SPRING WORD SEARCH

O K J G H P Z F V X Y Z  
 G I S R U W B B O O T S  
 A T Y A B L U E B I R D  
 E E U S G A R D E N T H  
 A H U S W Y W B K M U K  
 P X U K Q B L O S S O M  
 M G L M S J B A R T R C  
 J U R R B A N E R A G R  
 A P F A V R W E W F S L  
 T D R I Q O E V S K V U  
 U L I N L L G L C T R G  
 L D A F F O D I L N V R  
 I V U E P J H O J A C E  
 P W I Q N C M U D O Q E  
 S E E D S B S Q C X Q N



BLOSSOM  
 BLUEBIRD  
 BOOTS  
 CHICKS  
 DAFFODIL  
 FLOWERS

GARDEN  
 GRASS  
 GREEN  
 KITE  
 MUD  
 NEST

RAIN  
 SEEDS  
 TULIPS  
 UMBRELLA  
 WARM



NOT FOR RESALE - PERSONAL OR EDUCATIONAL USE ONLY - COPYRIGHT WWW.PENLOVINGFAMILIES.COM

## I'm Not Stressed Out!

M	Y	S	H	E	A	L	T	H	Y	N	M	R	A
A	H	C	U	U	A	A	I	N	P	A	E	D	M
G	P	E	H	T	A	E	R	B	N	U	H	M	U
D	N	S	M	S	H	L	A	X	C	S	A	H	S
C	Y	I	A	T	C	D	I	A	E	E	N	H	I
R	A	A	C	L	S	E	U	H	D	O	D	C	C
D	H	D	A	A	T	A	M	A	E	U	S	A	X
T	M	M	E	Y	R	I	T	U	R	S	A	M	E
Y	M	C	A	R	S	T	D	E	I	L	A	O	Y
Y	I	S	Y	S	E	H	R	E	T	M	S	T	H
A	T	S	L	E	E	P	A	A	I	T	D	S	D
S	X	A	L	E	R	T	E	T	E	C	E	H	R
A	E	Y	S	T	R	E	S	S	A	H	T	S	U
I	L	S	N	T	Y	A	I	R	E	S	R	N	L

BREATHE  
 RELAX  
 CLAMMY  
 STRESS  
 ANXIETY  
 HEALTHY  
 STOMACH  
 HANDS  
 HEARTRACING  
 TIRED  
 NAUSEOUS  
 SLEEP  
 MUSIC

Play this puzzle online at : <https://thewordsearch.com/puzzle/1878628/>