

Welcome!



Please give a warm Good Companion's welcome to Jasmine Corchado, our new Director of Good Companions. Jasmine comes back to Henry Street Settlement after seeing the impact the pandemic had on her neighborhood and the seniors in the community. "I want to be a part of the comeback and create a safe place for program members."

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

April 2022

SNAPSHOT

APRIL IS NATIONAL STRESS AWARENESS MONTH!

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

4/28- Birthday Party: "Spring it up"

Field Trip!

4/19- Museum of the Illusion 77 8th 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
April 2022 Activities  =Remote [P] = Presentation, (NORC) = Vladeck NORC Activity,			Offered Daily from 9 am-12 pm & 1 pm-5:30 pm: Billiards ♦ Dominoes ♦ Computer Lab ♦ Ping Pong ♦ Gym facilities		1 9 AM- Chess & Backgammon 1 PM Jewelry Class w/Mary 1:15- BINGO 1:30- IPAD Program 3:30- Spanish Karaoke
3 12:30 BINGO 	4 10:30- Computer Class (NORC) 10:45- Yoga 1:15 Bead Art (NORC) 3:30- Chinese Karaoke 	5 10:00- Ballroom Dance 1:30- BINGO 1:15- Bead Art 3:30- English Karaoke 	6 11 AM-Meet the Director 11:30- IPAD Program 1:30- BINGO 1:30- Healthy Eating [P]  1PM – Move It Move It (Linda) (NORC) 2 PM- Computer class	7 1:30- BINGO 1:15 – Be Flexible w/ Linda 2:15- Painting Class 3:30- Spanish Karaoke 	8 9 AM- Chess & Backgammon 1 PM Jewelry Class (NORC) 1:15- BINGO 1:30- IPAD Program 3:30- Spanish Karaoke
10 12:30 BINGO	11 10:30- Computer Class (NORC) 10:45- Yoga 1:15 Bead Art (NORC) 2:30- Meet the Director 3:30- Chinese Karaoke	12 10:00- Ballroom Dance 1:30- BINGO 1:15- Bead Art 3:30- English Karaoke 	13 11 AM- Nutrition [P] 11:30- IPAD Program  1 PM – Move It Move It (Linda) (NORC) 1:30- BINGO 1:30- Coping w/ stress [P] PM- Computer class	14 1:30- BINGO 1:15 – Be Flexible w/ Linda 2:15- Painting Class 3:30- Spanish Karaoke 	15 9 AM- Chess & Backgammon 1 PM Jewelry Class (NORC) 1:15- BINGO 3:30- Spanish Karaoke 
 17 11:00-Easter Egg Hunt 12:30 BINGO	18 10:30- Computer Class (NORC) 10:45- Yoga 1:15 Bead Art (NORC) 3:30- Chinese Karaoke	19 Museum of Illusions 11am 10:00- Ballroom Dance 11 AM- Stress Management [P] (NORC) 1:30- BINGO 1:15- Bead Art 3:30- English Karaoke	20 11:30- IPAD Program 1PM Move It Move It w/Linda (NORC) 1:30- BINGO 1:30- Autism Awareness [P] 2 PM- Computer class	21 1:30- BINGO 1:15 – Be Flexible w/ Linda 2:15- Painting Class 3:30- Spanish Karaoke 	 22 9:15- Zumba class 9 AM- Chess & Backgammon 10:15- Chinese Dance 1PM- Jewelry Class (NORC) 1:15- BINGO 3:30- Spanish Karaoke
24 12:30 BINGO	25 Casino Trip 10am-3p 10:30- Computer Class (NORC) 10:45- Yoga 1:30 Jewelry Class (NORC) 3:30- Chinese Karaoke	26 10:00- Ballroom Dance 1:30- BINGO 1:15- Bead Art 3:30- English Karaoke 	27 11 AM- NYC Emergency Management Preparedness [P] 11:30- IPAD Program 1 PM – Move It Move It (Linda) (NORC) 1:30- BINGO 2 PM- Computer class	28 11:00- Brain Exercise for Mental Health [P] 1:15 – Be Flexible w/ Linda 2:15- Painting Class 2 PM - Birthday Party 3:30- Spanish Karaoke	29 9:15- Zumba class 9 AM- Chess & Backgammon 10:15- Chinese Dance 1PM Jewelry Class w/Mary (NORC) 1:15- BINGO 3:30- Spanish Karaoke

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

GARDEN
 GRASS
 GREEN
 KITE
 MUD
 NEST

RAIN
 SEEDS
 TULIPS
 UMBRELLA
 WARM



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I'm Not Stressed Out!

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