

MAY 2022

Message from the Director:

I'm honored and humbled by all of the positive feedback and excitement for my return to Henry Street Settlement Senior Services. My goal is to make the center place you can call your second home. My staff and I are here to provide you with the best possible experience. I'm starting up an advisory and menu planning committee. These committees will help us enhance our education and recreational activities offered. If you have suggestions or ideas about enhancing our activities or our current menu, I encourage you to participate in our committees.

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

MAY IS NATIONAL MENTAL HEALTH AWARENESS MONTH!

TRIPS & EVENTS

5/5- Crab Shanty
5/8- Mother's Day (giveaways)
5/19- Nutrient w/Brenna
5/16- Walmart
5/19-Empire Casino

5/26- Birthday Party
5/27- Senior BBO

PRESENTATIONS

5/f4 Signs of Mental Illness
5/12- Know Your Rights
5/5 Exercise your brain part II
5/19- Nutrition w/ Brenna

WHAT'S NEW

*Tai Chi w/Linda
Art w/ Girl
*Walk with Ease
Tech Help
Mediation and Story Telling (Cuentos)

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.

DINE IN OR TAKE OUT AVAILABLE

Located:

334 Madison Street, Lower Level, New York, NY 10002



HENRY STREET SETTLEMENT






Senior Services








May 2022 Activities


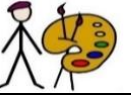


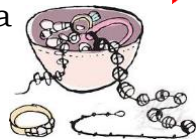

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday**



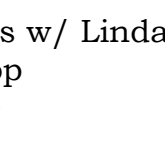


Offered Daily from 9 AM – 5:30 PM:
Billiards ♦ Dominos ♦ Computer Lab ♦
Ping Pong ♦ Gym facilities

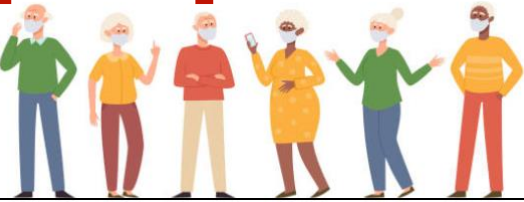
(P) = Presentation  = Remote or Online
***** = Evidence Based Programs **(NORC)** = Vladeck NORC Activity

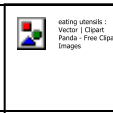
<p>1</p> <p>1PM- BINGO</p> 	<p>2</p> <p>10:30- Computer Class (NORC)</p> <p>New! 10:45- Yoga</p> <p>1:15 Bead Art (NORC)</p> <p>New! 2:15-Art w/Girl</p> 	<p>3</p> <p>10:00-Ballroom Dance</p> <p>1:30- BINGO</p> <p>New! 1:15-Fashion Art</p> <p>2:30- *Tai Chi Arthritis w/ Linda</p> <p>2:15- Puppet Workshop</p> <p>3:30- English Karaoke</p> 	<p>4</p> <p>New! 11:30- Tech Help</p> <p>1:30- BINGO</p> <p>1 PM – Move It Move It</p> <p> Linda (NORC)</p> <p>1pm- Crafts w/Marcela</p> <p>2PM-Signs of Mental Illnesses (P)</p> 	<p>5</p> <p>10 AM- TRIP: CITY ISLAND</p> <p>11 AM- Exercise your Brain 2</p> <p>1:30- BINGO</p> <p>1:00 – *Tai Chi Arthritis w/ Linda</p> <p>3:30- Spanish Karaoke</p>	<p>6</p> <p>New! 9 AM *Walk with Ease w/ Linda</p> <p>9 AM- Chess & Backgammon</p> <p>New! 11 AM- Good Mind: Mental Health Awareness (P)</p> <p>1 PM Jewelry Class (NORC)</p> <p>1:15- BINGO</p> <p>1:30- Tech Help</p> <p>2PM- Cuentos w/ The Clemente</p>
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<p>8</p> <p>1 PM- BINGO</p>  <p>GIFT GIVEAWAYS</p>	<p>9</p> <p>10:30- Computer Class (NORC)</p> <p>New! 11 AM- Advisory Committee</p> <p>10:45- Yoga</p> <p>1:15 Bead Art (NORC)</p> <p>2:15-Art w/Girl</p> 	<p>10</p> <p>10:00-Ballroom Dance</p> <p>1:30- BINGO</p> <p>1:15- Fashion Art</p> <p>2:30- *Tai Chi Arthritis w/ Linda</p> <p>2:15- Puppet Workshop</p> <p>3:30- English Karaoke</p> 	<p>11</p> <p>New! 11:30- Tech Help</p> <p>1 PM – Move It Move It</p> <p> w/Linda (NORC)</p> <p>1pm- Crafts w/Marcela</p> <p>1:30- BINGO</p> 	<p>12</p> <p>11:30-Know your Rights (P)</p> <p>1:30- BINGO</p> <p>New! 1:00 – *Tai Chi Arthritis w/ Linda</p> <p>3:30- Spanish Karaoke</p> 	<p>13</p> <p>New! 9AM-*Walk with Ease w/ Linda</p> <p>9 AM- Chess & Backgammon</p> <p>1 PM Jewelry Class (NORC)</p> <p>1:15- BINGO</p> <p>1:30- Tech Help</p> <p>New! 2:15- Bingo Draw</p> <p>2PM- Cuentos w/ The Clemente</p> 
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<p>15</p> <p>1PM BINGO</p> 	<p>16</p> <p>10AM- TRIP: WALMART</p> <p>10:30- Computer Class (NORC)</p> <p>10:45- Yoga</p> <p>1:15- Bead Art (NORC)</p> <p>New! 2:15-Art w/Girl</p> 	<p>17</p> <p>10:00-Ballroom Dance</p> <p>1:30- BINGO</p> <p>1:15- Fashion Art</p> <p>2:30 *Tai Chi Arthritis w/ Linda</p> <p>2:15- Puppet Workshop</p> <p>3:30- English Karaoke</p> 	<p>18</p> <p>11:30- Tech Help</p> <p>1 PM – Move It Move It</p> <p> w/Linda (NORC)</p> <p>1pm- Crafts w/Marcela</p> <p>1:30- BINGO</p> <p>New! 2:15- Bingo Draw</p> 	<p>19</p> <p>9AM- TRIP: EMPIRE CASINO</p> <p>11:00 Nutrition w/Brenna (P)</p> <p>1:30- BINGO</p> <p>1:00 – *Tai Chi Arthritis w/Linda</p> <p>3:30- Spanish Karaoke</p> 	<p>20</p> <p>9AM-*Walk with Ease w/ Linda</p> <p>9AM- Chess & Backgammon</p> <p>1 PM Jewelry Class (NORC)</p> <p>1:15 BINGO</p> <p>New! 1:30- Tech Help</p> <p>2PM- Cuentos w/ The Clemente</p>
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<p>22</p> <p>1PM-BINGO</p> 	<p>23</p> <p>10:30- Computer Class (NORC)</p> <p>10:45- Yoga</p> <p>1:15 Bead Art (NORC)</p> <p>New! 2:15-Art w/Girl</p> 	<p>24</p> <p>10:00- Ballroom Dance</p> <p>1:30- BINGO</p> <p>1:15- Fashion Art</p> <p>2:30- *Tai Chi Arthritis w/ Linda</p> <p>2:15- Puppet Workshop</p> <p>3:30- English Karaoke</p> 	<p>25</p> <p>New! 11:30- Tech Help</p> <p>1 PM – Move It Move It</p> <p> (NORC)</p> <p>1pm- Crafts w/Marcela</p> <p>1:30- BINGO</p> <p>3:30- Menu Planning Committee</p> 	<p>26</p> <p>11:00-Exercise Your Brain (P)</p> <p>1:00 -*Tai Chi Arthritis w/Linda</p> <p>2:30-Birthday Party</p> <p>3:30- Spanish Karaoke</p>	<p>27</p> <p>9AM-*Walk with Ease w/ Linda</p> <p>9AM- Chess & Backgammon</p> <p>New! 11 AM- SENIOR SERVICES BBQ:</p> <p>Lunch served outside</p> <p>1 PM Jewelry Class (NORC)</p> <p>1:15- BINGO</p> <p>2PM- Cuentos w/ The Clemente</p>
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<p>29</p> <p>IN HONOR OF</p> <p><i>Memorial Day</i></p> <p>WE WILL BE CLOSED</p>	<p>30</p> <p>IN HONOR OF</p> <p><i>Memorial Day</i></p> <p>WE WILL BE CLOSED</p>	<p>31</p> <p>10:00- Ballroom Dance</p> <p>1:30- BINGO</p> <p>New! 1:15- Fashion Art</p> <p>2:30- *Tai Chi Arthritis w/ Linda</p> <p>2:15- Puppet Workshop</p> <p>3:30- English Karaoke</p>	<p>Mask required. All participants must wear masks while on site.</p> 		
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May 2022 Lunch and Dinner Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice LUNCH: Lentil Chili w/ Brown Rice, Winter Blend, Orange Juice	2 LUNCH: Baked Breaded Chicken Cutlet w/ Zucchini Rice Pilaf, California Blend, Cantaloupe DINNER: Turkey Meat Sauce, Whole Wheat Spaghetti, Broccoli w/ Teriyaki Sauce, Banana	3 LUNCH: Eggplant w/ Tomato Curry, Brown Rice, Cauliflower, Carrots w/ Parsley, Orange Juice DINNER: Oven Roasted Chicken w/ Mashed Sweet Potato, California Blend, Honeydew	4 LUNCH: Curried Chicken Legs w/ Yellow Rice, Broccoli & Red Peppers, Banana DINNER: Lemon Grass Curry w/ Broccoli & Tofu, Brown Rice, Normandy Blend, Orange Juice	5 LUNCH: Beef Meatloaf w/ Mushroom Gravy, Roasted Potatoes & Veggies, Normandy, Pineapple Juice DINNER: Beef & Broccoli w/ White Rice, Peas & Carrots, Dice Peaches	6 LUNCH: Coconut Curried Cod Fish w/ Wild Rice, Oriental Blend, Fruit Cocktail DINNER: Salmon in Garlic Butter Sauce w/ Bowtie Pasta, Normandy Blend, Orange Pineapple Juice
8 Breakfast: Bagel, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice LUNCH: Caesar salad w/ Grilled Chicken, Garden Salad, Apple	9 LUNCH: Baked Cod w/ Couscous & Lemon, California Blend, Orange Pineapple Juice DINNER: Ginger Garlic Beef Stew w/ Brown Rice & Mushrooms, Cauliflower, Apple	10 LUNCH: Beef Fajitas w/ Whole Wheat Tortillas, Steamed Zucchini, Apple Juice DINNER: Chicken Fricassee w/ Veggie Rice, Capri Blend, Banana	11 LUNCH: Lentil Stew w/ Carrots & Turnips, Wild Rice, Romaine, Kale, Black Olive & Feta, Banana DINNER: Baked Spaghetti w/ Sausage, Cauliflower, Carrots & Parsley, Orange	12 LUNCH: Chicken Breast w/ Dates, Cilantro Lime Rice, Normandy Blend, Honeydew DINNER: Coconut Curried Cod Fish w/ Brown Rice & Red Beans, Winter Blend, Apple	13 LUNCH: Brown Stew Chicken w/ White Rice, Cauliflower Carrots & Parsley, Watermelon DINNER: Lentil w/ Rice & Caramelized Onions, Kale, Romaine, Red Cabbage & Parmesan Salad, Green Bean, Cantaloupe
15 Breakfast: Blueberry Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice LUNCH: Baked penne w/ Sausage, Peas & Ricotta, broccoli & red Peppers, Strawberries	16 LUNCH: BBQ Chicken w/ Veggie Fried Rice w/ Tofu, California Blend, Apple DINNER: Turkey Meatballs w/ Whole Wheat Spaghetti, Roasted Broccoli, Watermelon	17 LUNCH: Turkey Breast w/ Black Bean & Rice, Beet Salad, Applesauce DINNER: Apricot Glazed Pork Chop, Mash Sweet Potatoes, Cauliflower, Orange pineapple	18 LUNCH: Chicken Breast w/ Rice, Collard Greens w/ Tomato, Orange Pineapple Juice DINNER: Chicken & Rice w/ Arugula Salad W balsamic Vinegar, Apple	19 LUNCH: Beef & Turkey Meatloaf w/ Mushroom Gravy, Mashed Potato, Carrot Salad, Banana DINNER: Roasted Veggie, Black Bean, & Corn Enchilada Casserole, Spinach, apple & red Onion Salad, Banana	20 LUNCH: Baked Tilapia w/ Veggies, Pasta Salad. Baby Carrots w/ Parsley, apple DINNER: Pernil (Roasted Pork Shoulder), Spanish Rice, Yellow Plantain, California Blend, Applesauce
22 Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Three Bean Chili & Cheddar Cheese, Brown Rice, Cauliflower, Carrots & Parsley, Cantaloupe	23 LUNCH: Baked Spaghetti w/ Sausage, Garlic Bread, Mixed Greens Salad, Apple Juice DINNER: Curried Veggie, Chickpea & Quinoa Stir Fry, Brown Rice, Kale, Romaine, Red Cabbage & Parmesan Salad, Orange	24 LUNCH: Chicken Parmesan w/ Whole Wheat Spaghetti, Cauliflower, Apple DINNER: Beef & Sweet Plantain Pastelon, Garden Salad, Cantaloupe	25 LUNCH: Eggplant Curry & Tomato w/ Brown Rice, Steam Carrot, Watermelon DINNER: Chicken Cacciatore w/ Whole Wheat Spaghetti, Broccoli & Red Pepper, Apple Juice	26 LUNCH: Beef Stew w/ White Rice, Cauliflower & Broccoli, Orange DINNER: Baked Salmon w/ Lemon, Tarragon, & Thyme, Yellow Rice, Cauliflower & Peas Curry, Banana	27 LUNCH: Moroccan Chicken Stew w/ Kale, Brown Rice & Red Beans, Green Bean Salad, Applesauce DINNER: Baked Penne w/ Sausage, Peas, & Ricotta, Normandy Blend, Orange Pineapple Juice
29 Breakfast: Raisin Bran, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Caesar salad w/ Grilled Chicken, Broccoli & Red Pepper, Apple Juice	30 LUNCH: Apricot Glazed Salmon w/ Fettuccini With alfredo Sauce, Roasted Zucchini, Orange Pineapple Juice DINNER: Lentil Stew w/ Chicken Sausage, Brown Rice & Pigeon Peas, Broccoli & Toasted Garlic, Watermelon	31 LUNCH: Cranberry Chicken w/ White Rice, Prince Edward Blend, Banana DINNER: Baked Salmon w/ Veggie Fried Rice & Tofu, Sautéed Bok Choy, Tangerine	All meals are served with 8oz. Fat Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread		



Starting Monday May 16th offering salads daily as an alternate option to the scheduled lunch. (please note this is not a DFTA funded meal)

Cost for salad: Center members \$1.50 Non-Center member \$5.00

Activity Descriptions

New Activities

***Tai Chi** - is a six-week series proven to reduce the risk of falling. This workshop incorporates tai chi principles for improving health and wellness, as well as proven effective for fall prevention. [Participants that complete all sessions will receive a gift card](#)

***Walk with Ease** - is a six-week program proven to help people with arthritis or other related conditions reduce pain, increase balance, strength and walking pace, and improve overall health. [Participants that complete all sessions will receive a gift card](#)

Tech Help- Get technical assistance using your tablet or with your smart phone.

Cuentos- The Clemente will be running a meditation and story telling group with center members. Discussions will be focused on life in the Lower East Side: Past and Present.

Returning Activities

Art with Girl –Will be providing instructional art classes. Activities include painting, designing and Sewing.

Crafts w/Marcela- Use your imagination and creativity to make all kinds of decorative items

Join a Committee

Advisory Committee: All members are welcome to participant in a planning committee. The committee would meet every month and discuss ideas for new activities, trips and events

Menu Planning Committee: All members are welcome to participant to provide feedback on the menus and suggestions for future menus.