

Message from the Director:

Summer is almost here!!! I hope those that were able to join us for our first outdoor event of the season had a great time. Enjoyed the beautiful weather, listened to and danced to great music, savored the delicious food, and had fun playing the games.

June is also full of new and exciting activities. If there are activities you want to participate in but don't see on the calendar, please join our advisory council. It is an opportunity for you to participate in developing and shaping programs that meet your needs.

Jasmine Corchado



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

JUNE 2022

SNAPSHOT

JUNE IS MEN'S HEALTH MONTH AND ALZHEIMER'S AWARENESS MONTH

TRIPS & EVENTS

- 6/1 NY METS (CITI FIELD)
- 6/10 PUERTO RICAN DAY CELEBRATION
- 6/13 VILLA ROMA RESORTS
- 6/14 INTREPID MUSEUM
- 6/23 LUNCHEON BOAT RIDE
- 6/30 BIRTHDAY PARTY (4TH OF JULY THEME)

PRESENTATIONS

6/8-NUTRIENT W/BRENNA
6/10-VNSNY- DEMENTIA
6/15-MENS HEALTH
6/22-ALZHEIMER'S
6/29-BEAT THE HEAT

WHAT'S NEW

CHINESE DANCING /SUNDAYS 10AM
SELF DEFENSE W/ANDRES (STARTS 6/8)

Meal Service

Breakfast

8:45 am-9:30am

Mon-Fri

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
(212) 349-2770**

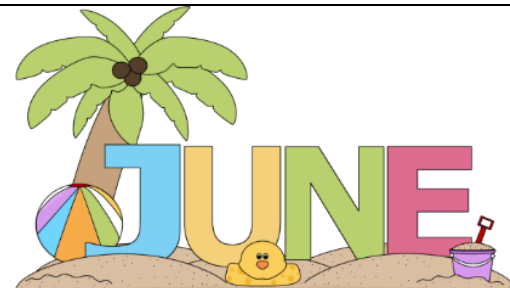















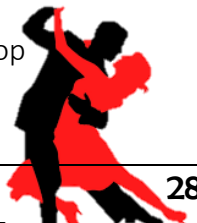




**HENRY STREET
SETTLEMENT**






Senior Services



2022 ACTIVITIES



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|---|
| <p>The Senior Center is closed on June 19th and June 20th in honor of the Juneteenth Holiday.</p> <p>We will also be closed on June 24th for Staff development.</p> | | | <p>10am-Senior Self Defense w/Andres 11:30AM-METS Game 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo</p>  | <p>1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke</p>  | <p>9am- Walk with Ease w/Linda 9am- Chess & Backgammon 1pm- Jewelry Class (NORC) 1:30pm-Bingo 1:30pm-Tech Help 2pm-Cuentos w/ the Clemente</p> |
| <p>10am- Chinese Dancing w/Bing Yu 1 pm- Bingo</p>  | <p>10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 1:15pm-Bead Art (NORC) 2:15pm Art w/ Girl</p>  | <p>10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke</p>  | <p>10am-Senior Self Defense w/Andres 11am- Presentation: Nutrient w/Brenna 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo</p>  | <p>11am-Trip: Intrepid Museum 1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke</p>  | <p>9am- Walk with Ease w/Linda 9am- Chess & Backgammon 11am- Presentation: VNSNY 1pm- Jewelry Class (NORC) 2pm- PUERTO RICAN CELEBRATION 12pm-Cuentos w/ the Clemente</p> |
| <p>10am- Chinese Dancing w/Bing Yu 1pm- Bingo</p>  | <p>9am- Trip: Villa Roma Resort 10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 1:15pm-Bead Art (NORC) 2:15pm-Art w/ Girl 2:30pm-Pool Tournament</p>  | <p>10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke 2:PM-Pool Tournament</p>  | <p>10am-Senior Self Defense w/Andres 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo 2pm- Presentation: Men's Health 2:30pm-Pool Tournaments</p>  | <p>10am- Menu Planning Committee Meeting 1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke</p>  | <p>9am- Walk with Ease w/Linda 9am- Chess & Backgammon 1pm- Jewelry Class (NORC) 1:30pm-Bingo 1:30pm-Tech Help 2pm-Cuentos w/ the Clemente 2:30pm- Pool Tournament Ceremony</p> |
| <p>HAPPY Father's Day</p> <p>JUNETEENTH Celebrate Freedom JUNE 19</p> | <p>10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 1:15pm-Bead Art (NORC) 2:15pm Art w/ Girl</p>  | <p>10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke</p>  | <p>10am-Senior Self Defense w/Andres 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo 2pm-Presentation: Alzheimer's</p>  | <p>10:30am-TRIP: Luncheon Boat Ride 1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke</p>  | <p>SENIOR CENTER IS CLOSED DUE TO STAFF DEVELOPMENT DAY</p> |
| <p>10am- Chinese Dancing w/Bing Yu 1pm- Bingo</p>  | <p>10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 1:15pm-Bead Art (NORC) 2:15pm Art w/ Girl</p> | <p>10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke</p> | <p>10am-Senior Self Defense w/Andres 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo 2pm-Presentation: Beat the heat</p> | <p>1pm-Tai Chi Arthritis 10am- Advisory Committee Meeting 1:30pm- Bingo Canceled 2pm- Birthday Party (4th of July theme) 3:30pm- Spanish Karaoke Canceled</p> |  |

| <div>  <h1>June 2022 Lunch and Dinner Menu</h1>  </div> | | | | | |
|---|---|--|---|--|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
| <p>All meals are served with 8oz. Fat Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread</p> | <div>  <p>New!</p> <p>Starting Monday May 16th offering salads daily as an alternate option to the scheduled lunch. (<i>Please note this is not a DFTA funded meal</i>)</p> <p>Cost for salad: Center members \$1.50 Non- Center member \$5.00</p>  </div> | | | | |
| <p>5 Breakfast: Bagel, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice LUNCH: Lentil Chili w/ Brown Rice, Winter Blend, Orange Juice</p> | <p>6 LUNCH: Bake Chicken Thighs w/ White Rice, Roasted Brussels Sprouts, Applesauce DINNER: Lentil Stew w/ Carrots & Turnips, Lemon Rice, Orange</p> | <p>7 LUNCH: Turkey Burger & Cheese w/ Baked Potato Wedges, Baby Spinach Salad, Orange DINNER: Shepherd's Pie w/ Steamed Green Beans, Pineapple</p> | <p>8 LUNCH: Roasted Veggie, Black Beans & Corn Enchilada Casserole, Garden Salad, Apples DINNER: Spanish Chicken w/ Spanish Rice, yellow Plantains, Broccoli & Cauliflower, Tangerine</p> | <p>9 LUNCH: Baked Chicken w/ Mushroom, Baked Sweet Potato, Broccoli & Red Peppers, Apple Juice DINNER: Baked Tilapia & Rustic Tomato Sauce w/ Brown Rice, Corn & Red Peppers, Banana</p> | <p>10 LUNCH: Baked Cod w/ Garlic Crumb Crust, Quinoa Salad w/ Black Beans, Sweet & Sou Brussel Sprouts, Apple Juice DINNER: Curry Chicken & Apples w/ Lentil Spiced Rice & Caramelized Onion, Zucchini, Onions & Peppers, Pineapple</p> |
| <p>12 Breakfast: Blueberry Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice LUNCH: BBQ Chicken Legs w/ Red Beans & Rice, Winter Blend, Apple Juice</p> | <p>13 LUNCH: Bread Chicken Cutlet w/ Zucchini Rice Pilaf, California Veggie, Cantaloupe DINNER: Turkey Meat Sauce w/ Whole Wheat Spaghetti, Broccoli & Teriyaki Sauce, Banana</p> | <p>14 LUNCH: Eggplant & Tomato Curry w/ Brown Rice, Cauliflower & Carrots, Orange Juice DINNER: Chicken Shawarma w/ Mash Sweet Potato, California Veggie, Honeydew</p> | <p>15 LUNCH: Curry Chicken Legs w/ Yellow Rice, Broccoli & Red Pepper, Banana DINNER: Lemon Grass Curry w/ Broccoli & Tofu, Brown Rice, Fruit Cocktail</p> | <p>16 LUNCH: Beef Meatloaf w/ Mushroom Gravy, Roasted Potato & Veggies, Normandy Blend, Pineapple Juice DINNER: Beef & Broccoli w/ White Rice, Peas & Carrots, Peaches</p> | <p>17 LUNCH: Coconut Curry Cod w/ Wild Rice, Oriental Blend, Fruit Cocktail DINNER: Salmon & Garlic Butter Sauce w/ Bowtie Pasta, Normandy Blend, Orange Pineapple Juice</p> |
| <div>  </div> | | <p>21 LUNCH: Beef Fajitas & Whole Wheat Tortillas w/ Steamed Zucchini, Apple Juice DINNER: Chicken Fricassee w/ Veggie Rice, Capri Veggie, Banana</p> | <p>22 LUNCH: Lentil Stew, Carrots & Turnips w/ Wild Rice, Romaine, Kale, Pepper, Black Olive & Feta Salad, Banana DINNER: Roasted Veggie, Black Beans, & Corn Enchilada Casserole, Banana</p> | <p>23 LUNCH: Chicken Breast w/ Dates w/ Cilantro Lime Rice, Normandy Blend, Honeydew DINNER: Baked Spaghetti w/ Sausage, Cauliflower & Carrots, Orange</p> | <p>24 SENIOR CENTER IS CLOSED DUE TO STAFF DEVELOPMENT DAY</p> |
| <p>26 Breakfast: Raisin Bran, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Caesar Salad Grilled Chicken w/ Romaine Lettuce, Apples</p> | <p>27 LUNCH: Baked Spaghetti & Sausage w/ Garlic Bread, Mixed Greens Salad, Apple Juine DINNER: Chicken Breast w/ Rice, Arugula Salad & Balsamic Vinegar</p> | <p>28 LUNCH: Turkey Steak w/ Black Beans & Rice, Beet Salad, Applesauce DINNER: Apricot Glazed Pork Chops w/ Mashed Sweet Potato, Cauliflower, Orange Pineapple</p> | <p>29 LUNCH: Beet & Turkey Meatloaf w/ Mushroom Gravy, Mashed Potatoes, Carrot Salad, Banana DINNER: Ginger Garlic Beef Stew w/Brown Rice & Mushrooms, Carrots, Banana</p> | <p>30 LUNCH: Roast Pork Shoulder w/ Spanish Rice, Yellow Plantain, California Blend, Honeydew DINNER: Turkey Meatballs w/ Whole wheat Spaghetti, Roasted Broccoli, Watermelon5203</p> | <p>Close for Juneteenth on Sunday June 19th and Monday June 20th</p> |

Activity Descriptions

New Activities

Self Defense- Former Martial artist Andres Burgos shares defense techniques and orientating crime prevention.

Returning 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 who 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 who complete all sessions will receive a gift card](#)

Tech Help- Get technical assistance using your tablet or your smartphone.

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

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

Chinese Dancing- New instructor with goals to hold dance performances at the end of the year at the Senior Center's events

Join a Committee

Advisory Committee: All members are welcome to participate 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 participate to provide feedback on the menus and suggestions for future menus.