

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

JUNE 2022

SNAPSHOT

JUNE IS MEN'S HEALTH MONTH AND ALZHEIMER'S BRAIN 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/BRENNNA
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

Lunch

Dinner

Sunday

8:45 am-9:30am

12pm- 1pm

X

Mon-Fri

X

12pm- 1pm

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




June 2022 ACTIVITES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	The Senior Center is closed on June 19th and June 20th to Celebrate Juneteenth Holiday. We will also be closed on June 24th for Staffing development		11:30AM- TRIP: METS GAME 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo	1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke	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
10am- Chinese Dancing w/Bing Yu 1pm- Bingo	10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 1:15pm-Bead Art (NORC) 2:15pm Art w/ Girl	10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke	11am- Presentation: Nutrient w/Brenna 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo	1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke	9am- Walk with Ease w/Linda 9am- Chess & Backgammon 11am- Presentation: VNSNY 1pm- Jewelry Class (NORC) 2pm- PUERTO RICAN CELEBRATION 1:30pm-Bingo (Canceled) 1:30pm-Tech Help (Canceled) 2pm-Cuentos w/ the Clemente
HAPPY PUERTO RICO DAY 110am- Chinese Dancing w/Bing Yu 1pm- Bingo 	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 Tournaments	11AM-TRIP: INTREPID MUSEUM 10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke 2: 30pm-Pool Tournaments	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	1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke	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
		10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke	11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo 2pm-Presentation: Alzheimer's	10:30AM-TRIP: LUNCHEON BOAT RIDE 1pm-Tai Chi Arthritis 1:30pm- Bingo 3:30pm- Spanish Karaoke	SENIOR CENTER IS CLOSED DUE TO STAFF DEVELOPEMENT DAY
10am- Chinese Dancing w/Bing Yu 1pm- Bingo	10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 1:15pm-Bead Art (NORC) 2:15pm Art w/ Girl	10am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 2:15pm-Puppet workshop 3:30pm-English Karaoke	11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo 2pm-Presentation: Beat the heat	1pm-Tai Chi Arthritis 1:30pm- Bingo Canceled 2PM- BIRTHDAY PARTY (4TH OF JULY THEME) 3:30pm- Spanish Karaoke Canceled	



June 2022 Lunch and Dinner Menu



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
All meals are served with 8oz. Fat Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread	New! 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>) Cost for salad: Center members \$1.50 Non- Center member \$5.00				
					
5 Breakfast: Bagel, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice LUNCH: Lentil Chili w/ Brown Rice, Winter Blend, Orange Juice	6 LUNCH: Bake Chicken Thighs w/ White Rice, Roasted Brussels Sprouts, Applesauce DINNER: Turkey Meat Sauce w/ Whole Wheat Spaghetti, Broccoli & Teriyaki Sauce, Banana	7 LUNCH: Turkey Burger & Cheese w/ Baked Potato Wedges, Baby Spinach Salad, Orange DINNER: Shepherd's Pie w/ Steamed Green Beans, Pineapple	8 LUNCH: Roasted Veggie, Black Beans & Corn Enchilada Casserole, Garden Salad, Apples DINNER: Spanish Chicken w/ Spanish Rice, yellow Plantains, Broccoli & Cauliflower, Tangerine	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	10 LUNCH: Roast Pork Shoulder w/ Spanish Rice, Yellow Plantain, California Blend, Honeydew DINNER: BBQ Chicken w/ Lentil Spiced Rice & Caramelized Onion, Zucchini, Onions & Peppers, Pineapple
12 Breakfast: Blueberry Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate, & Juice LUNCH: BBQ Chicken Legs w/ Red Beans & Rice, Winter Blend, Apple Juice	13 LUNCH: Bread Chicken Cutlet w/ Zucchini Rice Pilaf, California Veggie, Cantaloupe DINNER: Lentil Stew w/ Carrots & Turnips, Lemon Rice, Orange	14 LUNCH: Eggplant & Tomato Curry w/ Brown Rice, Cauliflower & Carrots, Orange Juice DINNER: Chicken Shawarma w/ Mash Sweet Potato, California Veggie, Honeydew	15 LUNCH: Turkey Steak w/ Black Beans & Rice, Beet Salad, Applesauce DINNER: Lemon Grass Curry w/ Broccoli & Tofu, Brown Rice, Fruit Cocktail	16 LUNCH: Beef Meatloaf w/ Mushroom Gravy, Roasted Potato & Veggies, Normandy Blend, Pineapple Juice DINNER: Beef & Broccoli w/ White Rice, Peas & Carrots, Peaches	17 LUNCH: Baked Cod w/ Panko Crumb, Wild Rice, Oriental Blend, Fruit Cocktail DINNER: Salmon & Garlic Butter Sauce w/ Bowtie Pasta, Normandy Blend, Orange Pineapple Juice
		21 LUNCH: Beef Fajitas & Whole Wheat Tortillas w/ Steamed Zucchini, Apple Juice DINNER: Roasted Veggie, Black Beans, & Corn Enchilada Casserole, Banana	22 LUNCH: Lentil Stew, Carrots & Turnips w/ Wild Rice, Romaine, Kale, Pepper, Black Olive & Feta Salad, Banana DINNER: Chicken Fricassee w/ Veggie Rice, Capri Veggie, Banana	23 LUNCH: Chicken Breast w/ Dates w/ Cilantro Lime Rice, Normandy Blend, Honeydew DINNER: Baked Spaghetti w/ Sausage, Cauliflower & Carrots, Orange	24 SENIOR CENTER IS CLOSED DUE TO STAFF DEVELOPEMENT DAY
26 Breakfast: Raisin Bran, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Caesar Salad Grilled Chicken w/ Romaine Lettuce, Apples	27 LUNCH: Baked Spaghetti & Sausage w/ Garlic Bread, Mixed Greens Salad, Apple Juine DINNER: Chicken Breast w/ Rice, Arugula Salad & Balsamic Vinegar	28 LUNCH: BakedO Chicken Legs w/ Yellow Rice, Broccoli & Red Pepper, Banana DINNER: Apricot Glazed Pork Chops w/ Mashed Sweet Potato, Cauliflower, Orange Pineapple	29 LUNCH: Beet & Turkey Meatloaf w/ Mushroom Gravy, Mashed Potatoes, Carrot Salad, Banana DINNER: Ginger Garlic Beef Stew w/Brown Rice & Mushrooms, Carrots, Banana	30 LUNCH: Baked Cod w/ Garlic Crumb Crust, Quinoa Salad w/ Black Beans, Sweet & Sou Brussel Sprouts, Apple Juice DINNER: Turkey Meatballs w/ Whole wheat Spaghetti, Roasted Broccoli, Watermelon	Close for Juneteenth on Sunday June 19th and Monday June 20th

Activity Descriptions

New Activities

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

***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 storytelling 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

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

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.