

Message from the Director:

The summer is here!
And the HEAT is on!
Please be safe and use
precautions during the
increased temperatures.
Drink plenty of water,
wear light color loose
clothes, and don't forget
the sunscreen. Our
Center is an authorized
cooling site, so come in
and chill out with us.

See you soon!

If you have suggestions
or ideas about
enhancing our activities
or our current menu, I
encourage you to
participate in our
committees.



JULY 2022

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

JULY IS MEN'S HEALTH MONTH AND ALZHEIMER'S BRAIN MONTH

TRIPS & EVENTS

7/8 VOCAL EASE LIVE PERFORMANCE

7/20 JERSEY DREAMERS DAY TRIP

7/22 OUTDOOR FLEA MARKET

7/27 MUSEUM OF NATURAL HISTORY

7/29 SENIOR SERVICES BEACH PARTY

PRESENTATIONS

7/13 NUTRIENT W/BRENNA

7/20 HEALTHY EATING

7/21 PACE NURSES: "BEAT THE HEAT"

7/25 VNSNY: "FALLS PREVENTION"

7/28 PACE NURSES:
"DIABETES/HYPERTENSION"

WHAT'S NEW

7/7 SOCIAL MEDIA W/THERESA

7/11 WALK IT OUT W/YAYA

7/17 CHAT W/ANGIE

7/21 QIGONG W/LINDA

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







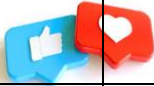
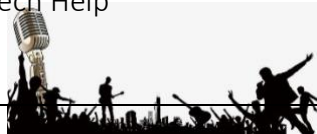





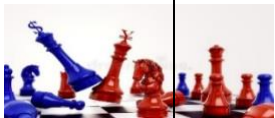










**HENRY STREET
SETTLEMENT**

Senior Services



JULY 2022 ACTIVITIES



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Trips and Events sign-ups begin on July 5 th , First come, first served. The Senior Center is closed on Sunday, JULY 3rd, and Monday, JULY 4th , in observance of INDEPENDENCE DAY			Offered Daily from 9 am-12 pm & 1 pm-5:30 pm: Billiards ♦ Dominos ♦ Computer Lab ♦ Ping Pong ♦ Gym facilities		
CLOSED 3 	CLOSED 4 	5 10 am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 3:30pm-English Karaoke 	11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo	7 1:30pm- Bingo 2 pm-Social Media w/Theresa 3:30 pm- Dance Rehearsal  	8 9am- Chess & Backgammon 1 pm- Jewelry Class (NORC) 1:30pm-Bingo 1:30pm-Tech Help 
10 10am- Chinese Dancing w/Bing Yu 1pm- Bingo 	11 9am-Walk it out w/Yaya  10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 1:15pm-Bead Art (NORC) 2:15pm-Art w/ Girl 	12 10 am- Ballroom Dancing 1 pm-Advisory/Menu Committee Meeting 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 3:30pm-English Karaoke 	13 11am- Presentation: Nutrient w/Brenna 1:30 AM- Tech help 1 pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo	14 10 am- VOCAL EASE ROBO CALL  1:30pm- Bingo 2 pm-Social Media w/Theresa 3:30PM Dance Rehearsal 	15 9am- Chess & Backgammon 1 pm- Jewelry Class (NORC) 1:30pm-Bingo 1:30pm-Tech Help
 17 11 am- Sunday Chat w/Angie 10am- Chinese Dancing w/Bing Yu 1 pm- Bingo 	18 9am-Walk it out w/Yaya 10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan (canceled) 1:15pm-Bead Art (NORC) 2:15pm-Art w/ Girl 	19 10 am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 3:30pm-English Karaoke 	20 9:30am-TRIP: Jersey Dreamers 11:30 AM- Tech help 1 pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo 2 pm-Presentation: Eating Healthy 	21 11 am- Presentation: PACE (Beat the Heat) 1 pm-1 pm- Qigong w/Linda 1:30pm- Bingo 2 pm: July Birthday Party 2 pm-Be Flexible/Linda 2 pm-Social Media w/Theresa 	22 9am- Chess & Backgammon 1 pm-Outdoor Flea Market 1 pm- Jewelry Class (NORC) 1:30pm-Bingo 1:30pm-Tech Help 
24 11 am- Sunday Chat w/Angie 10 am-Chinese Dancing w/Bing Yu 1 pm- Bingo	25 9am-Walk it out w/Yaya 10:30am-Computer Class (NORC) 10:45am-Yoga w/Susan 11am-Presentation: VNSNY (Falls Prevention) 1:15pm-Bead Art (NORC) 2:15 pm Art w/ Girl	26 10 am- Ballroom Dancing 1:15pm-Fashion Art w/Mary 1:30pm-Bingo 3:30pm-English Karaoke 	27 11am-Trip: Museum of Natural History 11:30AM- Tech help 1pm- Move it Move it 1pm- Crafts w/Marcela 1:30pm- Bingo 	28 11am-Presentation: PACE (Diabetes/Hypertension) 1 pm- Qigong w/Linda 2 pm-Be Flexible w/Linda 1:30pm- Bingo 2 pm-Social Media w/Theresa 3:30pm-Dance Rehersal 	29 9am- Chess & Backgammon 1 pm- Jewelry Class (NORC) 1:30pm-Bingo (Canceled) 2:pm-Beach Party 1:30pm-Tech Help
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<div>      JULY 2022 LUNCH AND DINNER MENU      </div>					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<div>    </div> <p> All meals are served with 8oz. Fat-Free milk 1 TSP of Trans fat-free margarine Whole Wheat bread </p>					1 LUNCH: Baked Fish w/ Pasta Salad, Baby Carrots, Apples DINNER: Roast Pork Shoulder Spanish Rice, Sweet Plantain, California Blend, Honeydew
SENIOR CENTER CLOSED FOR INDEPENDENCE DAY SUNDAY & MONDAY 		5 LUNCH: Caesar Salad w/ Grilled Chicken, Honeydew DINNER: Balsamic Chicken Thighs w/ White Rice, Spinach and Gorgonzola Salad, Apples	6 LUNCH: Spring Veggie Lasagna w/Garlic Bread, Broccoli & Red Pepper, Nectarine DINNER: Pork Loin w/ Oyster Sauce, Yellow Rice, apple Juice, Honey	7 LUNCH: Turkey Bean Chili w/ Brown Rice, Cauliflower & Carrots, Pineapple DINNER: Baked Chicken Thighs w/ Rice & Beans, Cabbage & Shredded Carrots, Cantaloupe	8 LUNCH: Cobb Salad w/ Grilled Chicken, Strawberries DINNER: Russian Salmon Salad w/ potato & egg Salad, Garden Salad, Cauliflower & Carrots w/ Parsley, Plums
10 BREAKFAST: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Eggplant w/ Meat Sauce, Garlic Bread, Normandy Blend, Tangerine	11 LUNCH: Tuna Salad w/ Egg, Garden Salad, Apple DINNER: BBQ Chicken Legs w/ Mac & Cheese Capri Blend Veggie, Watermelon	12 LUNCH: Spaghetti Carbonara w/ Green Peas, Baby Spinach Salad, Banana DINNER: Tuna Egg Salad Supreme w/ Carrots & Raisin & Salad, Pear	13 LUNCH: Moroccan Chickpea Stew w/ Kale, Brown Rice, Beets, Arugula & Feta Cheese, Orange DINNER: Beef Fajita Salad w/ Lettuce, Onions, Peppers, Avocado, Watermelon	14 LUNCH: Chicken Legs w/ Stewed Tomatoes, Rice & Beans, Baby Carrots, Plum DINNER: Stew Pork w/ Brown Rice & Pigeon Peas, Cabbage & Beets Salad, Cantaloupe	15 LUNCH: Salmon w/ Ginger & Lime, Couscous w/ Roasted Veggies, Broccoli, Strawberries DINNER: Baked Chicken Breast w/ Yogurt, Tofu Veggie Fried Rice, Peach
17 BREAKFAST: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Chicken Salad w/ Potato Salad, Cole Slaw, Strawberries	18 LUNCH: Lemon Chicken w/ Yellow Rice w/ Pigeon Peas, Baby Carrots, Cantaloupe DINNER: Meat Sauce w/ Whole Wheat Spaghetti Capri Blend Veggie, Watermelon	29 LUNCH: Lentil Stew w/ Carrots & Turnips, Brown Rice, Beets, Arugula & Feta Salad, Watermelon DINNER: Avocado Egg Salad, Arugula Salad w/ Balsamic Vinegar, Tangerine	20 LUNCH: Meat Sauce w/Peppers in Tomato Sauce, Spaghetti, Broccoli & Garlic, Pineapple DINNER: Baked Chicken Breast w/ Yogurt, Tofu Veggie Fried Rice, Peach	21 LUNCH: Egg Salad w/ Kale, Romaine, Apple, Red Cabbage, & Parmesan, Orange Pineapple Juice DINNER: Beef Meatballs w/ Cheese Ravioli, Broccoli, Cantaloupe	22 LUNCH: Parmesan Baked Fish w/ Quinoa, Kale, & Carrot Salad, California Blend, Honeydew DINNER: Chickpea Salad w/ Tomato & Parsley, Spinach, Gorgonzola Salad
24 BREAKFAST: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Chicken Caesar Salad w/ Tomato & Cucumber w/ Italian Dressing, Apple Juice	25 LUNCH: Beef & Broccoli w/ White Rice, Asian Cabbage, Plum DINNER: Baked Ziti w/ Capri Blend Veggie, Watermelon	26 LUNCH: Chicken Marsala w/ Yellow Rice, Peas & Carrots, Strawberries DINNER: Eggplant Parmesan w/ Cabbage & Peas Salad, Orange	27 LUNCH: Moroccan Chickpea Stew & Kale w/ Lentil Spice Rice & Onions, Mixed Greens, Peach DINNER: Beef Meatballs w/ Cheese Ravioli, Broccoli, Cantaloupe	28 LUNCH: Spinach Stuffed Fish w/ Couscous Peas & Lemon, Arugula Salad & Balsamic Vinegar, Nectarine DINNER: BBQ Pork Chops w/ Lemon Rice, Broccoli & Red Pepper, Plum	29 LUNCH: BBQ Chicken Legs w/ Mac & Cheesed, Braised Red Cabbage & Apples, Pineapple DINNER: Baked Fish w/ Tomatoes, Potato Salad & Mustard Vinaigrette, Sautéed Bok Choy W/ Garlic, Strawberries
31 BREAKFAST: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Beef Sloppy Joe, Hamburger Buns, Baby Carrots Watermelon	<div>  <p> Now offering salads daily as an alternate option to the scheduled lunch. <i>(Please note this is not a DFTA-funded meal)</i> Cost for the salad: Center members pay \$1.50 Non- Center member \$5.00 </p>  </div>				

Activity Descriptions



New Activities

Social Media w/Theresa-Create a Facebook and Instagram page and learn different ways to connect with friends and family.

Sunday Chat w/Angie- A support group that discusses hot topics on Sunday mornings. (Refreshments served)

Walk it out w/YaYa- This group meets on Monday mornings, walks, and explores different sceneries throughout the neighborhood. (T-Shirts, step trackers, water, and water bottles provided)

Qigong w/ Linda- It involves using exercises to optimize energy within the body, mind, and spirit to improve and maintain health and well-being.

Returning Activities

Be Flexible w/Linda-This class provides different stretches that are comfortable for your health conditions

Art with Girl –We 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

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

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

Join THE committee

Advisory Committee: All members are welcome to participate in a planning committee. The committee met monthly to discuss ideas for new activities, trips, and menu ideas.