Message from the Director:
As we close out the Summer, keep in mind the days will become shorter. We ask that you enjoy your Center in the early hours of the day. Stay tuned for Center hours change this coming October. Enjoy the season, be safe and stay healthy.

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

Older ADULTS’ Services at Henry Street Settlement
NORC/Vladeck Cares
212-477-0455
Senior Companion Program
212-473-1474
Meals on Wheels
212-473-14745203

September 2022

SNAPSHOT

TRIPS & EVENTS
- 9/9-MID-AUTUMN CELEBRATION
- 9/11- GRANDPARENTS DAY
- 9/13- POOL TOURNAMENTS BEGINS
- 9/14-NY BOTANICAL GARDENS TRIP
- 9/23- SPANISH HERITAGE CELEBRATION
- 9/26- WALMART TRIP
- 9/28- NY AQUARIUM
- 9/29- MONTHLY BIRTHDAY PARTY
- 9/30- VOCAL EASE LIVE PERFORMANCE

PRESENTATIONS
- 9/7- PROSTATE CANCER
- 9/14- NUTRIENT /BRENNNA
- 9/21-HYPERTENTION
- 9/29- VNSNY “OBESITY IN OLDER ADULTS”

WHAT’S NEW
- EXTRA DAY FOR TECH HELP
- HULA DANCE W/JANE
- WALK WITH EASE (NORC) (STARTS 9/19)
- OLDER ADULT GARDEN SERIES PT.1
- SING FOR HOPE

334 Madison Street, Lower Level, New York, NY 10002
(212) 349-2770
Monday – Friday
9AM-6PM
Sunday
8:30 AM-3:30PM

Meal Service
<table>
<thead>
<tr>
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<th>Sunday</th>
<th>Mon-Fri</th>
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<tbody>
<tr>
<td>Breakfast</td>
<td>8:45 AM-9:30AM</td>
<td>X</td>
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<tr>
<td>Lunch</td>
<td>12PM-1PM</td>
<td>12PM-1PM</td>
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<tr>
<td>Dinner</td>
<td>X</td>
<td>4PM-5PM</td>
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SUGGESTED MEAL CONTRIBUTIONS OF $1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.
<table>
<thead>
<tr>
<th>Sunday</th>
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| Trip and Events sign-ups are from Monday to Friday only. 10am to 12pm 2pm-4pm Please see Yaya or Olivia | Social Services office is open Sunday thru Friday 10:30am to 11:30am and 2pm-4pm To make an Appointment Call (212) 349-2770 ext. 1203 or 1213 | 10 AM- Ballroom Dancing  1:15PM-Fashion Art w/ Mary  1:30PM-Bingo  3:30PM-English Karaoke | 10 AM- Self Defense w/ Andres  
11:45AM-Presentation: Prostate Cancer  
1:30PM- Tech help  
1PM- Crafts w/Marcela (Canceled)  
1:30PM- Bingo | 10 AM- Hula Dance w/Jane  
10 AM- VOCAL EASE ROBO CALL  
1PM- Bingo w/Linda  
1:30 PM – Bingo  
2pm- Be Flexible w/Linda | 9AM- Chess & Backgammon  
1 PM- Jewelry Class (NORC)  
1:30 - Bingo  
1:30PM- Tech Help |
| CLOSED          | 10:30AM- Chinese Dancing w/Bing Yu  
1 PM- Bingo | 10 AM- Ballroom Dancing  
1pm- Pool Tournament Starts  
1:15PM-Fashion Art w/ Mary  
1:30PM-Bingo  
3:30PM-English Karaoke | 10 AM- Self Defense w/ Andres  
9am-TRIP: New York Botanical Gardens  
11AM- Presentation: Nutrient w/Brenna  
11:30AM- Tech help  
1pm- Pool Tournament (continues)  
1PM- Crafts w/Marcela (Canceled)  
1:30PM- Bingo | 10 AM- Hula Dance w/Jane  
11AM-Sing for Hope  
1 PM Qigong w/Linda  
1pm-Pool Tournament (continues)  
1:30 PM – Bingo  
2 PM- Be Flexible/Linda  
1:30PM Tech Help | 9AM- Chess & Backgammon  
1 PM- Jewelry Class (NORC)  
1pm-Moon Festival Performance  
1 PM- Jewelry Class (NORC)  
1pm-Moon Festival Performance  
1 PM- Jewelry Class (NORC)  
1:30PM- Bingo (Canceled)  
1:30PM- Tech Help |
| 10AM- Chinese Dancing w/Bing Yu  
1 PM- Bingo | 10am- TRIP: Walmart  
10:30AM-Computer Class (NORC)  
10:45AM-Yoga w/Susan  
1PM- Move it Move it (NORC)  
11:15PM-Bead Art (NORC)  
2:15PM-Art w/ Girl  
3:30 PM Dance Rehearsal | 10 AM- Ballroom Dancing  
1:15PM-Fashion Art w/ Mary  
1:30PM-Bingo  
3:30PM-English Karaoke | 10 AM- Self Defense w/ Andres  
11AM:TRIP: New York Botanical Gardens  
11AM- Presentation: Nutrient w/Brenna  
11:30AM- Tech help  
1pm- Pool Tournament (continues)  
1PM- Crafts w/Marcela (Canceled)  
1:30PM- Bingo | 10 AM- Hula Dance w/Jane  
1 PM Qigong w/Linda  
130 PM – Bingo  
2 PM- Be Flexible/Linda  
1:30PM Tech Help | 9AM- Chess & Backgammon  
11am- SPANISH HERITAGE CELEBRATION (Outdoors)  
Featuring: Sing for Hope  
1 PM- Jewelry Class (NORC) Canceled  
1:30PM- Bingo  
1:30PM- Tech Help |
| 10AM- Chinese Dancing w/Bing Yu  
1 PM- Bingo | 10:30AM-Computer Class (NORC)  
10:45AM-Yoga w/Susan  
1PM- Move it Move it (NORC)  
11:15PM-Bead Art (NORC)  
2:15PM Art w/ Girl  
3:30 PM Dance Rehearsal | 10 AM- Ballroom Dancing  
1:15PM-Fashion Art w/ Mary  
1:30PM-Bingo  
3:30PM-English Karaoke | 10 AM- Self Defense w/ Andres  
11:30 AM- Tech help  
1 PM- Crafts w/Marcela (Canceled)  
1:30PM- Bingo | 10 AM- Hula Dance w/Jane  
1 PM- Qigong w/Linda  
1:30 PM – Bingo  
2 PM- Be Flexible/Linda  
1:30PM Tech Help | 9AM- Chess & Backgammon  
12:30pm: VOCAL EASE "LIVE"  
1 PM- Jewelry Class (NORC)  
1:30 - Bingo  
1:30PM- Tech Help |
| 10AM- Chinese Dancing w/Bing Yu  
1 PM- Bingo | 10:30AM-Computer Class (NORC)  
10:45AM-Yoga w/Susan  
1PM- Move it Move it (NORC)  
11:15PM-Bead Art (NORC)  
2:15PM Art w/ Girl  
3:30 PM Dance Rehearsal | 10 AM- Ballroom Dancing  
10AM- Older Adult Garden Series PT.1  
1:30PM- Bingo  
3:30PM-English Karaoke | 9:30am TRIP: NY Aquarium  
10 AM- Self Defense w/ Andres  
11:30AM- Tech help  
1pm-Presentation: Hypertension  
1 PM- Crafts w/Marcela (Canceled)  
1:30PM- Bingo | 10 AM- Hula Dance w/Jane  
1 PM- Qigong w/Linda  
1pm- Presentation: Obesity in Older Adults (VNSNY)  
1:30 PM – Bingo  
2pm- Birthday Party (in-house)  
2 PM- Be Flexible/Linda  
1:30PM Tech Help | 9AM- Chess & Backgammon  
130PM: Bingo  
1:30PM- Tech Help |
<p>| CLOSED          | CLOSED                     | CLOSED                                       | CLOSED                                        | CLOSED                                        | CLOSED                                       |</p>
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<tr>
<th>Sunday</th>
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<tbody>
<tr>
<td><strong>We're Closed on Sunday and Monday for Labor Day</strong></td>
<td><strong>SEPTEMBER 2022 LUNCH AND DINNER MENU</strong></td>
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<tr>
<td>Breakfast: Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td>LUNCH: Chicken Marsala w/ Yellow Rice, Peas &amp; Carrots, Strawberries</td>
<td>LUNCH: Moroccan Chickpea Stew w/ Chard, Lentil, Spiced Rice &amp; Caramelized Onions, Mixed Greens, Peaches</td>
<td>LUNCH: BBQ Chicken w/ Mac &amp; Cheese, Braised Red Cabbage &amp; Apples, Pineapple</td>
<td>LUNCH: Spinach Stuffed Fish w/ Couscous, Peas &amp; Lemon, Arugula Salad w/ Balsamic Vinaigrette, Nectarine</td>
<td>LUNCH: Parmesan Baked Fish w/ Quinoa, Kale &amp; Carrots, California Blend, Honeydew</td>
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<tr>
<td>LUNCH: Beef Sloppy Joe w/ Hamburger Buns, Baby Carrots, Watermelon</td>
<td>DINNER: Beef Meatballs w/ Sofrito, Cheese Ravioli, Broccoli, Cantaloupe</td>
<td>DINNER: Beef Salisbury Steak w/ Garlic Bread, Baby Carrot, Orange</td>
<td>DINNER: Eggplant Parmesan w/ Garlic Bread, Baby Carrot, Orange</td>
<td>DINNER: Tuna Egg Salad Supreme w/ Carrot &amp; Raisin Salad, Pears</td>
<td>DINNER: Chickepia &amp; Tomato Salad w/ Spinach &amp; Gorgonzola Salad w/ Raspberry Vinaigrette, Nectarine</td>
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<tr>
<td>LUNCH: Codfish Salad w/ Quinoa Salad, Beet, Arugula, &amp; Feta Salad, Apples</td>
<td>LUNCH: Chicken Salad w/ Pasta Primavera, Carrot Salad, Banana</td>
<td>LUNCH: Southwestern Sweet Potato Chickpea Delight w/ Vegetable Rice Kale, Romaine, Red Cabbage, Apples, &amp; Parmesan Salad, Blueberries</td>
<td>LUNCH: Beets &amp; Sour Chicken Thighs, White Rice, Prince Edward Blend, Pear</td>
<td>LUNCH: Breaded Fish w/Bouville Pasta, Cauliflower &amp; carrots, Orange Juice</td>
<td>LUNCH: Breaded Fish w/ Hot Sauce, Beef Stew w/ Brown Rice, Normandy Blend, Apple Juice</td>
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<tr>
<td>LUNCH: Fish w/ Fresh Salsa Relish, Couscous Salad, Avocado &amp; Orange Salad, Watermelon</td>
<td>DINNER: Chicken Breast w/ Dates w/ White Rice, Red Cabbage &amp; Cauliflower Salad, Pineapple</td>
<td>DINNER: Beef Salisbury Steak w/ Garlic Mash Potatoes, Winter Blend, Strawberry Applesauce</td>
<td>DINNER: Breaded Chicken Cutlet w/ Four Bean Salad, Pasta Salad, Peaches</td>
<td>DINNER: Baked Fish w/ Rustic Tomato Sauce, Herb Potato Salad w/ Mustard Vinaigrette, Boy Chor &amp; Garlic, Strawberries</td>
<td>DINNER: Caesar Salad w/ Grilled Chicken w Peas &amp; Carrots, Strawberry Applesauce</td>
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<tr>
<td>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td>LUNCH: Pineapple Glazed Salmon w/ Couscous &amp; Roasted Veggie, Normandy Blend, Apples</td>
<td>LUNCH: Chicken Salad w/ Pasta Primavera, Carrot Salad, Banana</td>
<td>LUNCH: Southernmost Sweet Potato Salad w/ Garlic Bread, Baby Carrot, Orange</td>
<td>LUNCH: Jumbo Stuffed Shells &amp; Meat Sauce w/ Garlic Bread, Broccoli &amp; Cauliflower, Strawberries</td>
<td>LUNCH: Stuffed Peppers w/ Turkey Meat, Broccoli, &amp; Cauliflower, Nectarine</td>
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<tr>
<td>LUNCH: Fish w/ Fresh Salsa Relish, Couscous Salad, Avocado &amp; Orange Salad, Watermelon</td>
<td>DINNER: Turkey Meat Sauce w/ Whole Wheat Spaghetti, Broccoli, Plums</td>
<td>DINNER: Lentil Chili w/ Brown Rice, Arugula Salad w/ Balsamic Vinaigrette, Nectarine</td>
<td>DINNER: Macaroni Salad w/ Sunshine Salas &amp; Grilled Chicken, Romaine, Carrot, Beet, &amp; Chickpea Salad, Strawberries</td>
<td>DINNER: Vegetable Lo Mein w/ Baby Carrots &amp; Panley, Tangerine</td>
<td>DINNER: Eggplant &amp; Meat Sauce w/ Garlic Bread, Normandy Blend, Tangerine</td>
</tr>
<tr>
<td>Breakfast: Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td>LUNCH: Chef Salad w/ Spinach &amp; Gorgonzola Salad, Cantaloupe</td>
<td>LUNCH: Lentil Chili w/ Brown Rice, Arugula Salad w/ Balsamic Vinaigrette, Nectarine</td>
<td>LUNCH: Macaroni Salad w/ Sunshine Salas &amp; Grilled Chicken, Romaine, Carrot, Beet, &amp; Chickpea Salad, Strawberries</td>
<td>LUNCH: Baked Fish w/ Rustic Tomato Sauce, Herb Potato Salad w/ Mustard Vinaigrette, Boy Chor &amp; Garlic, Strawberries</td>
<td>LUNCH: Baked Fish w/Bouville Pasta, Cauliflower &amp; carrots, Orange Juice</td>
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<tr>
<td>LUNCH: Fish w/ Fresh Salsa Relish, Couscous Salad, Avocado &amp; Orange Salad, Watermelon</td>
<td>DINNER: Turkey Salad w/ Pasta Salad, Sliced Tomatoes &amp; Cucumber w/ Italian Dressing</td>
<td>DINNER: Macaroni Salad w/ Sunshine Salas &amp; Grilled Chicken, Romaine, Carrot, Beet, &amp; Chickpea Salad, Strawberries</td>
<td>DINNER: Vegetable Lo Mein w/ Baby Carrots &amp; Panley, Tangerine</td>
<td>DINNER: Eggplant &amp; Meat Sauce w/ Garlic Bread, Normandy Blend, Tangerine</td>
<td>DINNER: Baked Fish w/ Hot Sauce, Beef Stew w/ Brown Rice, Normandy Blend, Apple Juice</td>
</tr>
<tr>
<td>Breakfast: Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td>LUNCH: Deluxe Cheeseburger &amp; Onions w/ Hamburger Buns, French Fries, Corn Cobb, Apple Juice</td>
<td>LUNCH: Caesar Salad w/ Grilled Chicken, Honeydew</td>
<td>LUNCH: Spring Veggie Lasagna w/ Garlic Bread, Broccoli &amp; Red Pepper, Nectarine</td>
<td>LUNCH: Spring Veggie Lasagna w/ Garlic Bread, Broccoli &amp; Red Pepper, Nectarine</td>
<td>LUNCH: Baked Eggplant w/Garlic Bread, Normandy Blend, Tangerine</td>
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<tr>
<td>LUNCH: Fish w/ Fresh Salsa Relish, Couscous Salad, Avocado &amp; Orange Salad, Watermelon</td>
<td>DINNER: Balsamic Chicken Thighs w/ White Rice, Spinach &amp; Gorgonzola w/ Raspberry Vinaigrette, Apple</td>
<td>DINNER: Port Loin w/ Oyster Sauce, Yellow Rice, Broccoli &amp; Red pepper, Apple Juice</td>
<td>DINNER: Baked Chicken Thighs w/ Rice &amp; Beans, Cabbage &amp; Shredded Carrots, Pineapple Juice</td>
<td>DINNER: Baked Chicken Thighs w/ Rice &amp; Beans, Cabbage &amp; Shredded Carrots, Pineapple Juice</td>
<td>DINNER: Russian Salmon Salad w/ Potato Salad, Cauliflower &amp; Carrots, Plums</td>
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All meals are served with 8oz. Fat Free milk
1 TSP of Trans fat free margarine, Whole Wheat bread

We're Closed on Sunday and Monday for Labor Day

Now 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

Please note this is not a DFTA funded meal

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