

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.



HENRY STREET SETTLEMENT OLDER ADULTS CENTER

September 2022

SNAPSHOT

TRIPS & EVENTS

- 9/9 -MID-AUTUMN CELEBRATION
- 9/11- GRANDPARENTS DAY
- 9/13- POOL TOURNAMENTS BEGINS
- 9/15-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 /BRENNIA
- 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
- KARAOKE FOR ALL

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

Meal Service

Breakfast

Sunday

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

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

(212) 349-2770








Monday – Friday
9AM-6PM
Sunday
8:30 AM-3:30PM



**HENRY STREET
SETTLEMENT**

OLDER ADULT CENTER

SEPTEMBER 2022 ACTIVITIES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	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 11:30m and 2pm-4pm To make an Appointment Call (212) 349-2770 ext. 1203 or 1213		<div>1</div> 10 AM- Hula Dance w/Jane 1pm- Qigong w/Linda 1:30 PM- Bingo 2 PM-Be Flexible w/Linda 2PM-Tech Help	<div>2</div> 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30- Bingo 2PM-Tech Help
<div>4</div> CLOSED 	<div>5</div> CLOSED 	<div>6</div> 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke	<div>7</div> 10 AM- Self Defense w/Andres 1pm- Presentation: Prostate Cancer 2:00 AM- Tech help 1PM- Crafts w/Marcela (Canceled) 1:30PM- Bingo	<div>8</div> 10 AM- Hula Dance w/Jane 10 AM- VOCAL EASE ROBO CALL 1pm- Qigong w/Linda 1:30 PM – Bingo 2pm-Be Flexible w/Linda 2PM -Tech Help	<div>9</div> 9AM- Chess & Backgammon 11am- Sing for Hope 1pm-Moon Festival Performance 1 PM- Jewelry Class (NORC) 2pm- Moon festival After Party 1:30PM-Bingo (Canceled) 2PM -Tech Help
<div>11</div> 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo	<div>12</div> 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 3:30PM Dance Rehearsal	<div>13</div> 10 AM- Ballroom Dancing 1pm- Pool Tournament Starts 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 	<div>14</div> 10 AM- Self Defense w/Andres 9am-TRIP: New York Botanical Gardens 11AM-Presentation: Nutrient w/Brenna 2PM`- Tech help 1pm- Pool Tournament (continues) 1PM- Crafts w/Marcela (Canceled) 1:30PM- Bingo	<div>15</div> 10 AM- Hula Dance w/Jane 1pm- Qigong w/Linda 1pm- Pool Tournament (continues) 1:30 PM – Bingo 2pm-Be Flexible w/Linda 2PM -Tech Help 	<div>16</div> 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1pm- Pool Tournament Ceremony 1:30PM-Bingo 2PM Tech Help
<div>18</div> 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo	<div>19</div> 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 3:30 PM Dance Rehearsal	<div>20</div> 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke	<div>21</div> 10 AM- Self Defense w/Andres 2PM AM- Tech help 1 PM- Crafts w/Marcela(Canceled) 1:30 PM- Bingo	<div>22</div> 10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda 2PM -Tech Help	<div>23</div> 9AM- Chess & Backgammon 11am- SPANISH HERITAGE CELEBRATION (Outdoors) Featuring: Sing for Hope 1 PM- Jewelry Class (NORC) Canceled 1:30PM-Bingo 2PM -Tech Help
<div>25</div> 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo 	<div>26</div> 10am- TRIP: Walmart 10:45AM-Yoga w/Susan 1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 3:30 PM Dance Rehearsal	<div>27</div> 10AM- Ballroom Dancing 10AM- Older Adult Garden Series PT.1 1:30PM-Bingo 3:30PM- Karaoke	<div>28</div> 9:30am TRIP: NY Aquarium 10 AM- Self Defense w/Andres 2PM- Tech help 1:pm-Presentation: Hypertension 1 PM- Crafts w/Marcela (Canceled) 1:30 PM- Bingo	<div>29</div> 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 2PM -Tech Help	<div>30</div> 9AM- Chess & Backgammon 12:30pm: VOCAL EASE “LIVE” 1 PM- Jewelry Class (NORC) 1:30- Bingo 2PM-Tech Help



SEPTEMBER 2022 LUNCH AND DINNER MENU



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>	<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 salad: Center members \$1.50 Non- Center member \$5.00</p>  			<p>LUNCH: BBQ Chicken w/ Mac & Cheese, Braised Red Cabbage & Apples, Pineapple</p> <p>DINNER: Fish Cake w/ Couscous & Roasted Veggie, Corn & Red Peppers, Plums</p>	<p>LUNCH: Parmesan Baked Fish w/ Quinoa, Kale & Carrots, California Blend, Honeydew</p> <p>DINNER: Chickpea & Tomato Salad w/ Spinach & Gorgonzola Salad w/ Raspberry Vinaigrette, Nectarine</p>
<p>We're Closed on Sunday and Monday for Labor Day</p>		<p>LUNCH: Chicken Marsala w/ Yellow Rice, Peas & Carrots, Strawberries</p> <p>DINNER: Eggplant Parmesan w/ Garlic Bread, Baby Carrot, Orange</p>	<p>LUNCH: Moroccan Chickpea Stew w/ Chard, Lentil, Spiced Rice & Caramelized Onions, Mixed Greens, Peaches</p> <p>DINNER: Beef Meatballs w/ Sofrito, Cheese Ravioli, Broccoli, Cantaloupe</p>	<p>LUNCH: Lemon Chicken w/ Yellow Rice & Pigeon Pea, Baby Carrots, Cantaloupe</p> <p>DINNER: Tuna Egg Salad Supreme w/ Carrot & Raisin Salad, Pears</p>	<p>LUNCH: Spinach Stuffed Fish w/ Couscous, Peas & Lemon, Arugula Salad w/ Balsamic Vinaigrette, Nectarine</p> <p>DINNER: Beef w/ Veggie Lo Mein, Normandy Blend, Apple Juice</p>
<p>Breakfast: Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Beef Sloppy Joe w/ Hamburger Buns, Baby Carrots, Watermelon</p>	<p>LUNCH: Pineapple Glazed Salmon w/ Couscous & Roasted Veggie, Normandy Blend, Apples</p> <p>DINNER: Chicken Breast w/ Dates w/ White Rice, Red Cabbage & Cauliflower Salad, Pineapple</p>	<p>LUNCH: Chicken Salad w/ Pasta Primavera, Carrot Salad, Banana</p> <p>DINNER: Beef Salisbury Steak w/ Garlic Mash Potatoes, Winter Blend, Strawberry Applesauce</p>	<p>LUNCH: Southwestern Sweet Potato Chickpea Delight w/ Vegetable Rice Kale, Romaine, Red Cabbage, Apples, & Parmesan Salad, Blueberries</p> <p>DINNER: Breaded Chicken Cutlet w/ Four Bean Salad, Pasta Salad, Peaches</p>	<p>LUNCH: Sweet & Sour Chicken Thighs, White Rice, Prince Edward Blend, Pears</p> <p>DINNER: Baked Fish w/ Rustic Tomato Sauce, Herb Potato Salad w/ Mustard Vinaigrette, Boy Chor & Garlic, Strawberries</p>	<p>LUNCH: Breaded Fish w/Bowtie Pasta, Cauliflower & carrots, Orange Juice</p> <p>DINNER: Caesar Salad w/ Grilled Chicken w Peas & Carrots, Strawberry Applesauce</p>
<p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Codfish Salad w/ Quinoa Salad, Beet, Arugula, & Feta Salad, Apples</p>	<p>LUNCH: Ginger Sherry Pork Chops w/ Black Beans & Rice, Mixed Greens Salad, Applesauce</p> <p>DINNER: Turkey Salad w/ Pasta Salad, Sliced Tomatoes & Cucumber w/ Italian Dressing</p>	<p>LUNCH: Chef Salad w/ Spinach & Gorgonzola Salad, Cantaloupe</p> <p>DINNER: Turkey Meat Sauce w/ Whole Wheat Spaghetti, Broccoli, Plums</p>	<p>LUNCH: Lentil Chili w/ Brown Rice, Arugula Salad w/ Balsamic Vinaigrette, Nectarine</p> <p>DINNER: Macaroni Salad w/ Sunshine Salas & Grilled Chicken, Romaine, Carrot, Beet, & Chickpea Salad, Strawberries</p>	<p>LUNCH: Jumbo Stuffed Shells & Meat Sauce w/ Garlic Bread, Broccoli & Cauliflower, Strawberries</p> <p>DINNER: Vegetable Lo Mein w/ Baby Carrots & Parsley, Tangerine</p>	<p>LUNCH: Stuffed Peppers w/ Turkey Meat, Broccoli & Cauliflower,</p> <p>DINNER: Eggplant & Meat Sauce w/ Garlic Breas, Normandy Blend, Tangerine</p>
<p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Fish w/ Fresh Salsa Relish, Couscous Salad, Avocado & Orange Salad, Watermelon</p>	<p>LUNCH: Deluxe Cheeseburger & Onions w/ Hamburger Buns, French Fries, Corn Cobb, Apple Juice</p> <p>DINNER: Mediterranean Black Eye Peas w/ Veggie & Tofu Fried Rice, Baby Carrots, Banana</p>	<p>LUNCH: Caesar Salad w/ Grilled Chicken, Honeydew</p> <p>DINNER: Balsamic Chicken Thighs w/ White Rice, Spinach & Gorgonzola w/ Raspberry Vinaigrette, Apple</p>	<p>LUNCH: Spring Veggie Lasagna w/ Garlic Bread, Broccoli & Red Pepper, Nectarine</p> <p>DINNER: Pork Loin w/ Oyster Sauce, Yellow Rice, Broccoli & Red pepper, Apple Juice</p>	<p>LUNCH: Turkey Bean Chili w/ BROWN Rice, Cauliflower & Carrots, Pineapple</p> <p>DINNER: Baked Chicken Thighs w/ Rice & Beans, Cabbage & Shredded Carrots, Pineapple Juice</p>	<p>LUNCH: Baked Eggplant w/Garlic Bread, Normandy Blend, Tangerine</p> <p>DINNER: Russian Salmon Salad w/ Potato Salad, Cauliflower & Carrots, Plums</p>