

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 November. 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 ADULT CENTER

OCTOBER 2022

OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels

212-473-1474

New Case management hours:

Theresa: Monday, Wednesday Friday 10-6pm

Angie: Sunday 8:30-3:30, Tuesday 8am-3pm and Thurs 8 am-6pm

SNAPSHOT

TRIPS & EVENTS

- 10/7-Outdoor Health fair
- 10/11-OLDER ADULT SERIES PT.2 "PLANTING"
- 10/14 & 28 SING FOR HOPE
- 10/20- STAATEN OF STATEN ISLAND LUNCHEON
- 10/21- MOVIE W/OLIVIA@ REGAL ESSEX THEATRE
- 10/24 ABRON ART CENTER
- 10/26-MUSEUM EL MUSEO DEL BARRIO
- 10/27- SENIORS' BIRTHDAY PARTY
- 10/31- HALLOWEEN COSTUME PARTY W/PRIZES

PRESENTATIONS

- 10/4-FALLS PREVENTION (NORC)
- 10/5-PROSTATE CANCER
- 10/12- NUTRIENT /BRENNA
- 10/13- VNSNY "OBESITY IN OLDER ADULTS"
- 10/21-DOT "PEDESTRIAN SAFETY"
- 10/26-HYPERTENSION
- 10/27-DENTAL EDUCATION

WHAT'S NEW

- MOVIE THEATRE W/OLIVIA
- COMPUTER CLASS
- OLDER ADULT GARDEN SERIES PT.2
- SING FOR HOPE

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

**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



October 2022





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo 	3 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1 PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 3:30 PM Dance Rehearsal	4 10 AM- Ballroom Dancing 1 pm- Falls Prevention (NORC) 1:15PM-Fashion Art w/Mary Classes) 1:30PM-Bingo 3:30 PM- Karaoke 	5 10 AM- Self Defense w/Andres 1pm- Presentation: Prostate Cancer 2:00 AM- Tech help 1 PM- Crafts w/Marcela (Canceled) 1:30 PM- Bingo	6 10 AM- Hula Dance w/Jane 10 AM- VOCAL EASE ROBO CALL 1 pm- Qigong w/Linda 1:30 PM – Bingo 2 pm-Be Flexible w/Linda 2 PM -Tech Help 	7 9AM- Chess & Backgammon 9 AM- Outdoor Resource Fair 1 PM- Jewelry Class (NORC) 2:00PM-Bingo 2 PM -Computer Class
9 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo 	10 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan (Canceled) 1 PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 3:30 PM Dance Rehearsal 	11 10AM-Older Adult Garden Series PT. 2 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke	12 10 AM- Self Defense w/Andres 11AM-Presentation: Nutrient w/Brenna 2 PM- Tech help 1 PM- Crafts w/Marcela (Canceled) 1:30 PM- Bingo	13 10 AM- Hula Dance w/Jane 1PM- Presentation: VNSNY-Older Adult Obesity 1pm- Qigong w/Linda 1:30 PM – Bingo 2pm-Be Flexible w/Linda 2PM -Tech Help	14 9AM- Chess & Backgammon 11AM- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class 
16 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo 	17 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 3:30 PM Dance Rehearsal 	18 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30 PM- Karaoke 	19 10 AM- Self Defense w/Andres 2 PM AM- Tech help 1 PM- Crafts w/Marcela (Canceled) 1:30 PM- Bingo 	20 9:30AM- Trip: Staaten Luncheon 10 AM- Hula Dance w/Jane 11 AM- Presentation: Housing Opportunities 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda 2PM -Tech Help 	21 9AM- Chess & Backgammon 11am-Presentation: DOT-Pedestrian Safety 1 PM- Jewelry Class (NORC) 1PM-Trip: Movies w/Olivia @ The Regal Essex 1:30PM-Bingo 2 PM -Computer Class 
23 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo	24 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2 PM- Abron Arts /Story Telling 2:15 PM Art w/ Girl 3:30 PM Dance Rehearsal 	25 10 AM- BallroomDancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30 PM- Karaoke 	26 9:30AM-Trip: Museum El del Barrio 10 AM- Self Defense w/Andres 2 PM- Tech help 1:pm-Presentation: Hypertension 1 PM- Crafts w/Marcela (Canceled) 1:30 PM- Bingo	27 10 AM- Hula Dance w/Jane 11 am- Presentation: Oral Health Education 1 PM Qigong w/Linda 1:30 PM- Bingo (Canceled) 2 pm-Birthday Party (in-house) 2 PM-Be Flexible/Linda 2 PM -Tech Help 	28 9AM- Chess & Backgammon 11 AM- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30- Bingo 2 PM -Computer Class
30 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo	31 10:30AM-Computer Class (NORC) 10:45AM-Yoga w/Susan 1PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2PM-HALLOWEEN PARTY 2:15 PM Art w/ Girl 3:30 PM Dance Rehearsal (Canceled)	<p>PLEASE NOTE: All continuous games: Pool, Dominoes, Ping Pong Begin at 9 am to 5:45. This is subject to change at any given time to support scheduled Programs.</p> <p>Trip and Events sign-ups are from Monday to Friday only. 10 am to 12 pm 2 pm-4 pm Please see Yaya or Olivia</p>			



October Lunch & Dinner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: Bagels, Mimi Frittata, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Cheeseburger w/ Sauteed Peppers & Onions, Macaroni Salad, California Blend, Apple Juice</p>	<p>LUNCH: Pork Chops w/ Rice & Beans, Broccoli & Red Pepper, Apple Juice</p> <p>DINNER: Caribbean BBQ Chicken w/ Chickpea Salad, Mixed Veggie & Garlic, Banana</p>	<p>LUNCH: Asian Style Honey Chicken w/ Veggie Lo Mein, Asian Cabbage, Banana</p> <p>DINNER: Fish w/ Garlic Sauce w/ Brown Rice, Baby Carrots & Parsley, Baked Apple</p>	<p>LUNCH: Tofu & Garlic Soy Sesame Sauce w/ Lemon Rice, Broccoli & Toasted Garlic, Apple Juice</p> <p>DINNER: Chinese Pepper Steak w/ Spaghetti, Asian Cabbage, Mandarin Orange</p>	<p>LUNCH: Chicken Breast & Rice w/ Pasta Salad, Caesar Salad, Baked Apples</p> <p>DINNER: Baked Ziti & Cheese w/ Baby Spinach, Arugula, Feta, Beets, Pineapple</p>	<p>LUNCH: Codfish Salad w/ Mango & Onions, Asian Cucumber Salad, Orange Juice</p> <p>DINNER: Baked Salmon w/ Brown Rice, Broccoli, Fruited Jell-O</p>
<p>Breakfast: Muffins, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Chicken Thighs w/ Rice Pilaf, Baby Carrots, Orange</p>	<p>LUNCH: Bread Chicken Cutlet w/ Rice & Beans, California Blend, Fruit Cocktail</p> <p>DINNER: Breaded Fish w/ Baked Potato, Slice Carrots, Applesauce</p>	<p>LUNCH: Baked Mac & Cheese w/ Whole Grain Stuffing, Cauliflower Mash, Orange</p> <p>DINNER: Baked Chicken Thighs w/ Brown Rice, Asian Cabbage, Pears</p>	<p>LUNCH: Baked Salmon w/ Rice & Corn, Chinese Mustard Greens, Baked Apple</p> <p>DINNER: Spinach Beef Stew w/ Red Beans & Rice, Beet, Arugula, & Feta Salad, Fruit Cocktail</p>	<p>LUNCH: Chinese Chicken Patty w/ Zucchini Rice Pilaf, Baby Carrots, Orange Pineapple</p> <p>DINNER: Grilled Chicken Breast w/ Macaroni Salad, Beet, Arugula, & Feta Salad, Fruit Cocktail</p>	<p>LUNCH: Ginger & Kimi Salmon w/ Spaghetti, Creamy Spinach, Apricots</p> <p>DINNER: Veggie Lasagna w/ Four Bean Salad, Tangerine</p>
<p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: General Tso's Chicken w/ White Rice, Baby Carrots, Ambrosia Fruit Salad</p>	<p>LUNCH: Baked Chicken Thighs w/ Bowtie Pasta, Baby Carrots, Apple Juice</p> <p>DINNER: Baked Mac & Cheese w/ Pasta Primavera with Cheese, Winter Blend, Fruited Jell-O</p>	<p>LUNCH: Baked Fish w/ Sweet & Sour Sauce, Egg Noodles, Winter Blend, Mandarin Oranges</p> <p>DINNER: Baked Ziti w/ Ricotta, Kale, Beets, & Apple Salad, Orange</p>	<p>LUNCH: Baked Egg Omelet w/ Brown Rice & Red Beans, Mixed Veggie, Fruited Jell-O</p> <p>DINNER: Honey Mustard Chicken Breast w/ Mashed Sweet Potato, Sauteed Broccoli, Mushroom & Pearl Onions, Tangerine</p>	<p>LUNCH: Baked Ziti w/ Beef Meatballs, Tomato & Cucumber Salad, Orange</p> <p>DINNER: Breaded Fish Filets w/ Bowtie Pasta, Carrots, Slice Peaches</p>	<p>LUNCH: Baked Veggie Alfredo Pasta w/ Sauteed String Beans, Fruits Cocktail</p> <p>DINNER: Baked Pork Chops w/ Rice pilaf, Roasted Broccoli, Grape Juice</p>
<p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Beef Stroganoff w/ Egg Noodles, Winter Blend, Apple Juice</p>	<p>LUNCH: Shepherd's Pie w/ Cole Slaw, Orange</p> <p>DINNER: Chicken Parmesan w/ Bowtie Pasta, Broccoli & Toasted Garlic, Apple Juice</p>	<p>LUNCH: Italian Roasted Chicken w/ Bowtie Pasta, Broccoli & Red Pepper, Pineapple</p> <p>DINNER: Beef & Broccoli w/ Brown Rice & Red Beans, Normandy Blend, Apricots</p>	<p>LUNCH: Beef Fajitas w/ Corn Tortilla, Broccoli & Red Pepper, Banana</p> <p>DINNER: Korean BBQ Chicken w/ Rice & Beans, Chinese Cauliflower, Pineapple</p>	<p>LUNCH: Ginger Garlic Beef Stew w/ Brown Rice, Cabbage & Carrot Slaw, Honeydew</p> <p>DINNER: Veggie Egg Frittata w/ Cilantro Lime Rice, Green Bean Salad, Pears</p>	<p>LUNCH: Eggplant Parmesan w/ Baby Spinach Salas, Cantaloupe</p> <p>DINNER: Teriyaki Chicken Legs w/ Brown Rice, Chinses Chinese Mustard Greens, Orange Juice</p>
<p>Breakfast: Croissants, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Penne w/ Sausage, Kale, & Mushroom, California Blend, Apple Juice</p>	<p>LUNCH: Breaded Pork Chops w/ Brown Rice & Pigeon Peas, Baby Spinach Salad, Pineapple</p> <p>DINNER: Bread Chicken Cutlet w/ Brown Rice, Italian Cut Green Beans, Apple</p>		<p>Offering salads daily as an alternate option to the scheduled lunch. (Please note this is not a DFTA-funded meal) Cost for the salad: Center members \$1.50 Non- Center member \$5.00</p>  		<p>All meals are served with 8oz. Fat-Free milk 1 TSP of Trans fat-free margarine, Whole Wheat bread</p> 