

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

212-473-14745203

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
- 10/18- STAATEN OF STATEN ISLAND LUNCHEON
- 10/21- MOVIE W/OLIVIA@ REGAL ESSEX THEATRE "WOMEN KING"
- 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 /BRENNAN
- 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
- EXTRA DAY FOR TECH HELP
- 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 PROGRAM.

**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

| <div>    </div> | | 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 11 AM- Outdoor Resource Fair 1 PM- Jewelry Class (NORC) 2:00PM-Bingo 2 PM -Tech Help |
| | 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 9:30am- Trip: Museum El Museo del Barrio 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 2PM Tech Help  |
| | 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 9:30AM- Trip: Staaten Luncheon 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 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 “Women King” @ The Regal Essex 1:30PM-Bingo 2 PM -Tech Help  |
| | 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-Tech Help |
| | 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) | PLEASE NOTE: All continuous games: Pool, Dominos, Ping Pong Begin at 9 am to 5:45. This is subject to change at any given time to support scheduled Programs. 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 | | | |



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>   |



Fall Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD

HALLOWEEN
HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN

QUILT
RAKE
SCARECROW
SEPTEMBER
SLEET
THANKSGIVING



Fall Word Search

SOLUTION

