

Message from the Director:

As we begin the New Year, we strongly encourage you all to get boosted and vaccines for all concurring illnesses. If you are sick, please stay home and contact your Primary Physician. This winter will be very cold and unpredictable. If you need help making appointments, contact our Social Service Staff.

Stay tuned with each other. If there is someone that you haven't seen, or heard from, please let us know. Let's start this New Year Healthy and Happy!!

See you around!

Jasmine



HENRY STREET SETTLEMENT OLDER ADULT CENTER

January 2023

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

SNAPSHOT

TRIPS & EVENTS

- 1/6-Three Kings Celebration
- 1/13&1/20-Sing for Hope
- 1/27-SENIOR B'DAY CELEBRATION/ ROARING 20's THEME
- 1/30-CHINESE NEW YEAR PERFORMANCE DANCE

PRESENTATIONS

- 1/11 Mount Sinai (Breast Cancer)
- 1/18- HYPERTENSION (AFTER THE HOLIDAYS)
- 1/19 NUTRIENT w/BRENNA
- 1/25- DIABETES

WHAT'S NEW

- Dance rehearsals @ 367 Madison St.
- Women's Wellness Group (Support)



Meal Service

Breakfast

Sunday

8:45 AM-9:30AM

Mon-Fri

X

Lunch

12PM- 1PM

11:30PM- 12:30PM

Dinner

X

3PM- 4PM

SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

New Case management hours:

Monday, Wednesday Friday 8:30-4:30 pm

Sunday 8:30-3:30, Tuesday 8:30 am-3 pm, and Thurs 8:30 am-4:30 pm

Case management office Lunch hours:






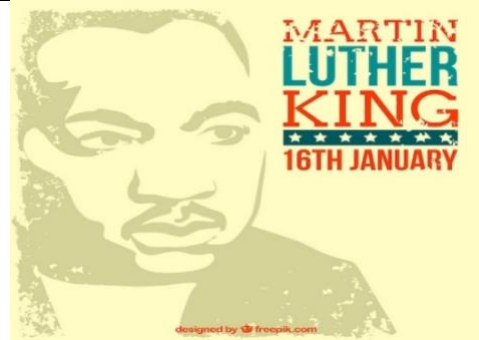





1 PM-2PM daily.

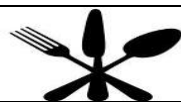
334 Madison Street,
Lower Level,
New York, NY 10002
(212) 349-2770

Monday – Friday
8:30AM-4:30PM
Sunday
8:00AM-3:30PM

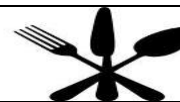






JANUARY 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 The Center will be Closed on NEW YEAR DAY and the following Monday	3 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary Classes) 1:00PM-Bingo 2PM- Chinese Dance Rehearsal (367 Madison St.)	4 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bing0 2pm-Tech Help	5 10 AM- Hula Dance w/Jane 1 pm- Qigong w/Linda 1:30 PM – Bingo 2 pm-Be Flexible w/Linda	6 9AM- Chess & Backgammon 11am- 3 Kings Acknowledged 1 PM- Jewelry Class (NORC) 2:00PM-Bingo 2 PM -Computer Class
8 10AM- Chinese Dancing w/Bing Yu 1 PM- Bingo 	9 10:30AM-Yoga w/Susan 11:30AM-Tech Help 1 PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 2:30 PM Dance Rehearsal 	10 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 2PM- Chinese Dance Rehearsal (367 Madison St.) 1:00PM-Bingo 3:00 PM- Karaoke 	11 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 12:30-Presentation: Stomach Cancer 1:00 PM- Bingo 2pm-Tech Help	12 10 AM- Hula Dance w/Jane 1 pm- Qigong w/Linda 1:30 PM – Bingo 2 pm-Be Flexible w/Linda 	13 9AM- Chess & Backgammon 11AM- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class
CLOSED FOR MLK DAY the 15 th AND 16 th		17 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 2PM- Chinese Dance Rehearsal (367 Madison St.) 3:00 PM- Karaoke	18 10 AM- Self Defense w/Andres 12:30-Presentation: Hypertension 1 PM- Crafts w/Marcela 1:00 PM- Bingo 2pm-Tech Help 	19 10 AM- Hula Dance w/Jane 10:30-Presentation: Nutrient w/Brenna 12:30pm- Women’s Wellness 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda	20 9AM- Chess & Backgammon 11AM-Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class
22 10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo 	23 10:30AM-Computer Class (NORC) 10:30AM-Yoga w/Susan 11:30AM-Tech Help 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 2:30 PM Dance Rehearsal	24 10 AM- BallroomDancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 2PM- Chinese Dance Rehearsal (367 Madison St.) 3:00 PM- Karaoke	25 10 AM- Self Defense w/Andres 12:30pm-Presentation: Diabetes 1 PM- Crafts w/Marcela 2PM-Tech Help 1 PM- Bingo 	26 10 AM- Hula Dance w/Jane 2:30pm- Women’s Wellness 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda	27 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30pm- Seniors B’day Party/ Roaring 20’s 1:30PM-Bingo (Canceled) 2 PM -Computer Class (Canceled)
29 10AM- Chinese Dancing w/Bing Yu 10AM-Creative Painting w/Yaya 1 PM- Bingo	30 10:30AM-Computer Class (NORC) 11:30AM-Yoga w/Susan 10:30AM-Tech Help 1PM- Chinese New Year Performances 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl	31 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke 	Because of the Cold unpredictable weather. There are no scheduled trips this month.		
					

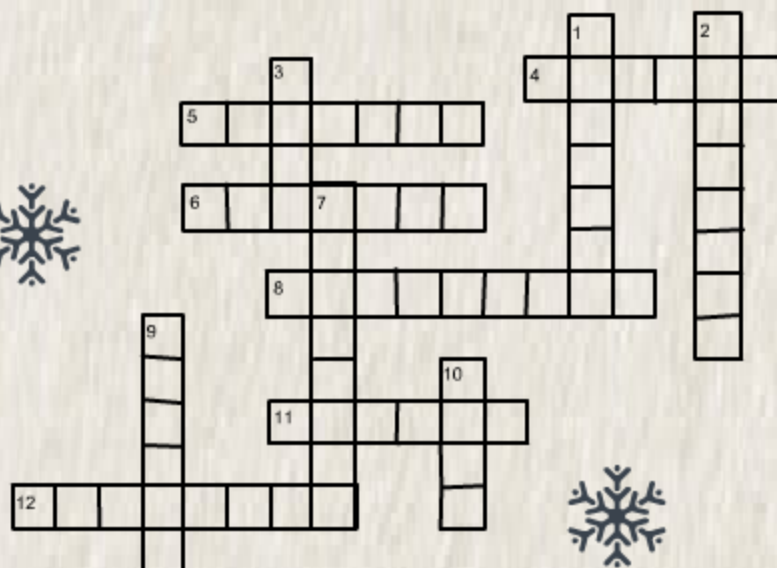


JANUARY 2023 LUNCH AND DINNER MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div>  <p><u>CLOSED FOR THE NEW YEAR HOLIDAY</u></p>	<div>2</div> <p><u>CLOSED IN CELEBRATION OF THE NEW YEAR HOLIDAY</u></p>	<div>3</div> <p>LUNCH: Baked Salmon w/ Mac & Cheese, Cauliflower Mash, Applesauce, Lentil Soup</p> <p>DINNER: Caribbean BBQ w/ Chickpeas Salad, Broccoli & Cauliflower, Grape Juice</p>	<div>4</div> <p>LUNCH: Ginger Garlic Beef Stew w/ Rice & Corn, Mustard Greens, Strawberry Applesauce</p> <p>DINNER: Baked Fish w/ Garlic Sauce, Brown Rice, Steam Spinach, Apple Juice</p>	<div>5</div> <p>LUNCH: Chinese Style Chicken Patties w/Brown Rice Pilaf & zucchini, Broccoli & Red Peppers, Grape Juice</p> <p>DINNER: pepper Steak w/ Veggie Lo Mein, Napa Cabbage, Applesauce</p>	<div>6</div> <p>LUNCH: Ginger & Lime Salmon w/ Spaghetti, Creamy Spinach, Apricots, Veggie Soup w/ Chicken</p> <p>DINNER: Baked Ziti, w/Cheese, Baby Spinach Salad, Apple Juice</p>
<div>8</div> <p>Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: General Tso's Chicken w/ Veggie Rice, Baby Carrots, Ambrosia Fruit Salas</p>	<div>9</div> <p>LUNCH: Baked Pork Chops w/Red Bean & Brown Rice, Broccoli & Red Peppers, Apple Juice</p> <p>DINNE: Bread Fish w/ Baked Potatoes, Sliced Carrots, Applesauce</p>	<div>10</div> <p>LUNCH: Tofu in Garlic Soy Sesame Sauce, Lemon Rice, Broccoli & Toasted Garlic, Apple Juice</p> <p>DINNER: Baked Chicken w/ Brown Rice, Asian Cabbage, Grape Juice</p>	<div>11</div> <p>LUNCH: Asian Honey Chicken w/ Veggie Lo Mein, Asian Cabbage, Banana</p> <p>DINNER: Spanish Beef Stew, Rice & Red Beans, Baby Carrots, Apple Juice</p>	<div>12</div> <p>LUNCH: Baked Ziti w/ Beet Meatballs, Tomato & Cucumber Salad, Apple Sauce</p> <p>DINNER: Grilled Chicken Breast w/ Macaroni Salad, Beet, Feta & Arugula Salad, Strawberry Applesauce</p>	<div>13</div> <p>LUNCH: Cod Fish w/ Mangu & Red Onions, Asian Cucumber Salad, Strawberry Applesauce</p> <p>DINNER: Veggie Lasagna w/ Garlic Bread, Four Bead Salad, Grape Juice</p>
<div>CLOSED for MLK Day</div>	<div>16</div> <p>CLOSED IN CELEBRATION OF DR. MARTIN LUTHER KING DAY 辦公室將關閉</p> 	<div>17</div> <p>LUNCH: Baked Fish w/ Sweet & Sour Sauce, Egg Noodles, Winter Blend, Banana</p> <p>DINNER: Stuff Shells w/ Garlic Bread, Kale Beets, & Apple Salad,</p>	<div>18</div> <p>LUNCH: Baked Egg Omelet w/ Brown Rice, Mixed Veggies, Strawberry Applesauce</p> <p>DINNER: Honey Mustard Chicken Breast w/ Breast, Rice & Black Beans, Apples Juice</p>	<div>19</div> <p>LUNCH: Chicken Breast w / White Rice, Casar Salad, Applesauce</p> <p>DINNER: Bread Fish Fillets w/ Bowtie Pasta, Slice Carrots, Apple Juice</p>	<div>20</div> <p>LUNCH: Baked Veggie Alfredo Pasta w/ Sauteed String Beans, Grape Juice</p> <p>DINNER: Pork Chops w/ Rice Pilaf, Roasted Broccoli, Applesauce</p>
<div>22</div> <p>Breakfast: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Beef Stroganoff w/ Egg Noodles, Broccoli & Cauliflower, Apple Juice</p>	<div>23</div> <p>LUNCH: Shepherd w/ Broccoli & Red Peppers, Applesauce</p> <p>DINNER: Chicken Parmesan w/ Bowtie Pasta, Broccoli & Toasted Galic, Apple Juice</p>	<div>24</div> <p>LUNCH: Italian Roast Chicken w/ Bowtie Pasta, Broccoli & Red Pepper, Strawberry Applesauce</p> <p>DINNER: Beef & Broccoli w/ Brown Rice, Normandy Blend, Apricots</p>	<div>25</div> <p>LUNCH: Beef Fajitas w/ Tortilla, Corn, Black Bean, & Pepper Salad</p> <p>DINNER: Veggie Egg Frittata w/ Brown Rice & red Beans, Green Bean Salad</p>	<div>26</div> <p>LUNCH: Chicken Breast w/ White Rice, Caesar Salad, Applesauce</p> <p>DINNER: Korean BBQ Chicken w/ Rice & Red Beans, Cauliflower, Strawberry Applesauce</p>	<div>27</div> <p>LUNCH: Eggplant Parmesan w/ Garlic Brad, Baby Spinach, Strawberry Applesauce</p> <p>DINNER: Teriyaki Chicken Legs w/ Brown Rice, Mustard Greens, Apple Juice</p>
<div>29</div> <p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Penne w/ Sausage, Chard & Mushroom, Apple Juice</p>	<div>30</div> <p>LUNCH: Breaded Pork Chops w/ Brown Rice & Pigeon Peas, Baby Spinach Salad, Applesauce</p> <p>DINNER: Breaded Chicken Cutlets w/ Brown Rice, Italian Cut Green Beans, Apple Juice</p>	<div>31</div> <p>LUNCH: BBQ Chicken Legs w/ Mac & Cheese, Caribbean Coleslaw, Applesauce</p> <p>DINNER: Beef & Cheese Lasagna w/ Garlic Breas, Roasted Broccoli, Banana</p>	<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>)</p> <p>Cost for salad: Center members \$1.50 Non- Center member \$5.00</p>  	

Winter Crossword Puzzle



Down:

1. A large piece of woolen or similar material used as a covering on a bed or elsewhere for warmth.
2. The twelfth month of the year in the northern hemisphere usually considered the first month of winter.
3. Burning
7. A severe snowstorm with high winds.
9. Shake slightly and uncontrollably as a result of being cold.
10. Make or become liquefied by heat.

Across:

4. A covering for the hand-worn for protection against cold or dirt and typically having separate parts for each finger and the thumb.
5. A vertical channel or pipe which conducts smoke and combustion gases up from a fire or furnace and typically through the roof of a building.
6. A large floating mass of ice detached from a glacier or ice sheet and carried out to sea.
8. (of an animal or plant) spend the winter in a dormant state.
11. An outer garment extending either to the waist or the hips typically having sleeves and a fastening down the front.
12. Wood that is burnt as fuel.



www.MyPartyGames.com

WINTER Word Search



T E O G S V S N O W M A N B J
H F S S S S W E A T E R P L F
O R O L D N C O L D U R L A W
T E A S O Q O A G E M X E N Q
C E C Z B L A W B G I F A K E
H Z Q L X L L U P G T E R E K
O I U S W Y I S M N T N M T K
C N J O C G E Z X O E E U D E
O G B T G T L B Z G N F F H D
L K M T A W J O F A S R F Z J
A B U K B Y S O V L R C S X F
T Z S F V E I Z E E G D C R G
E H I N L S Z C E P S I A J G
I S I C U G I U I R X C F R C
A W L A C O G K W T S V P T Z

WORD LIST

BLANKET	EARMUFFS	GLOVES	MITTENS	SNOW
BLIZZARD	EGGNOG	HOT CHOCOLATE	SCARF	SNOWMAN
COLD	FREEZING	ICE	SKATES	SWEATER



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