

Message from the Director:

Happy March! Hang in there. It won't be long until Spring has sprung! Please note that we will return to our extended hours starting March 13th. March is filled with celebrations and acknowledgments.

National Social work month- Please take time to thank the case management team. They work very hard to connect you with services and assist you with your needs.

Women's History Month- a time to acknowledge and celebrate women's vital roles in shaping our society.

St. Patrick's Day- Wear your green! And join us as we celebrate Irish culture.

Please I encourage you to join one of our new groups. As always, if there is an activity you are interested in having here, please stop by and let me know. See you around!

Jasmine

HENRY STREET SETTLEMENT OLDER ADULT CENTER



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

CASE MANAGEMENT HOURS:

Sunday Thru Friday, 9am to 5 pm

Lunch hours: 1 PM-2PM

SNAPSHOT

Trips and Events

- 3/3 AND 3/17 SING FOR HOPE PERFORMANCE
- 3/10- 80's THEME PARTY
- 3/14- WALMART VALLEY STREAM, NY
- 3/14, 15, 16- MEN'S POOL TOURNAMENT
- 3/17- SAINT PATRICK'S DAY
- 3/19 CARNEGIE HALL
- 3/24-BIRTHDAY/GLO PARTY
- 3/28, 29-WOMEN'S POOL TOURNAMENT
- 3/31- MOVIES W/OLIVIA

Presentations

- 3/2-DENTAL HYGIENE
- 3/16-PREVENTING FALLS
- 3/30- MANAGING YOUR MEDS
- 3/- NUTRIENT w/BRENNA

What's New

- **SALSA PARTNER DANCE CLASS MONDAYS AT 1 PM-** *learn or practice your salsa dance moves.*
- **SAIL (EVIDENCE-BASED PROGRAMS) STAY ACTIVE AND INDEPENDENT FOR LIFE-** A FITNESS CLASS FOCUSED ON MOBILITY, STRENGTH BUILDING, AND FALL PREVENTION
- **NAIL PAINTING- GET YOUR NAILS PAINTED FREE WITH ELLEN ON MARCH 9TH.**
- **WOMEN'S POOL TOURNAMENT- 3/21**

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.

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

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

MARCH 13TH EXTENDED HOURS BEGIN

MONDAY THRU FRIDAY, 9 AM-6 PM

SUNDAYS 8:30- 3:30 PM

Meals: Lunch 11:30 am to 1 PM
Dinner: 4 PM to 5:30 PM



**HENRY STREET
SETTLEMENT**

Older Adult Center

<div><div>WOMEN'S HISTORY MONTH</div><div>SOCIAL WORK MONTH</div></div>		March 2023				<div>Hello SPRING</div>	<div>Happy St. Patrick's Day</div>
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday		
<div>Please Pre-register for the following events: Birthday Party \$3.00 80's theme Party (Free) St. Patrick's Day Celebration (Free)</div> <div>The free parties are limit amount of space. Doors will be shut after capacity limit is filled</div>	<div>Offered Daily from 8:30 AM – 5:30 PM</div> <div>Billiards ♦ Dominos ♦ Open Computer Lab ♦ Ping Pong ♦ Gym facilities</div> <div>Tech Help w/Noa Every Monday at 10:30 and Thursday at 2 PM</div> <div>STARTING MONDAY, MARCH 13TH. THE OLDER ADULT CENTER HOURS WILL BE 9 AM TO 6 PM</div>		<div>9 AM- SAIL/Move to Music 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo</div> <div>CRAFT TIME</div>	<div>10 AM- Hula Dance w/Jane 12:30-Presentation:(NORC) Dental Hygiene 1 pm-Qigong w/Linda 1:30 PM – Bingo 2 pm-Be Flexible w/Linda</div> <div></div>	<div>9 AM-SAIL/Move to Music 9AM- Chess & Backgammon 11 AM- Sing for Hope 1 PM- Jewelry Class (NORC) 2:00PM-Bingo 2 PM -Computer Class</div>		
<div>5</div> <div>10 AM: Creative Painting w/Yaya 1 PM- Bingo</div> <div>SPRING FORWARD! Daylight Saving Time</div>	<div>6</div> <div>10:30AM-Yoga w/Susa 1 PM- Salsa Partner Dance (NEW) 1 PM- Move it Move it (NORC) 1 PM- Women's Wellness Group 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl</div> <div>Women's Wellness</div>	<div>7</div> <div>10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke/ 80'S SONGS</div> <div>I ♥ 80's</div>	<div>8</div> <div>9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo</div> <div></div>	<div>9</div> <div>10AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1PM-Nail painting w/Ellen 1:30 PM – Bingo 2PM-Be Flexible w/Linda</div> <div></div>	<div>10</div> <div>9AM-SAIL/Move to Music 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1 PM- 80's Party 2 PM -Computer Class</div> <div>BACK TO THE 80's</div>		
<div>12</div> <div>10AM-Creative Painting w/Yaya 1 PM- Bingo</div> <div></div>	<div>13</div> <div>10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance (NEW) 1PM- Women's Wellness Group 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl</div> <div></div>	<div>14</div> <div>9AM- TRIP: WALMART 10 AM- Ballroom Dancing 1:30PM-Bingo 1:15PM-Fashion Art w/Mary 3:30 PM- Karaoke/MOTOWN 2pm-Men's Pool Tournament</div> <div>FOOD BANK FOR NEW YORK CITY Pantry Distribution</div>	<div>15</div> <div>9AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo 2PM-Men's Pool TOURNAMENT</div> <div>BINGO</div>	<div>16</div> <div>10 AM- Hula Dance w/Jane 12:30AM-Presentation:((NORC) Preventing Falls 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda 2PM-Men's Pool TOURNAMENT cont.</div>	<div>17</div> <div>9 AM-SAIL/Move to Music 9 AM- Chess & Backgammon 11 AM- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM-ST. Patrick's Day Celebration 2 PM -Computer Class</div> <div>LET THE Shenanigans Begin</div>		
<div>19</div> <div>10AM-Creative Painting w/Yaya 1 PM- Bingo 2 PM- TRIP: (Carnegie Hall) NY Youth Symphony Orchestra</div>	<div>20</div> <div>10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance (NEW) 1 PM- Women's Wellness Group 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl</div> <div></div>	<div>21</div> <div>10 AM- BallroomDancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke/ Country Music</div>	<div>22</div> <div>9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo</div> <div></div>	<div>23</div> <div>10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 2 PM-Be Flexible w/Linda</div> <div>hello spring!</div>	<div>24</div> <div>9AM-SAIL/Move to Music 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 2PM- B'day Party Glo in Dark Theme</div> <div>LET'S GLOW CRAZY</div>		
<div>26</div> <div>10AM-Creative Painting w/Yaya 1 PM- Bingo</div> <div></div>	<div>25</div> <div>10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance (NEW) 1PM- Women's Wellness Group 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl</div>	<div>28</div> <div>10 AM- BallroomDancing 1:15PM-Fashion Art 1:00PM-Bingo 2PM- Women's Pool Tournament 3:00P- Karaoke/ Women in Music</div> <div></div>	<div>29</div> <div>9AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo 2pm Women's Pool Tournament</div> <div></div>	<div>30</div> <div>10 AM- Hula Dance w/Jane 12:30- Presentation:((NORC) Managing your Medication 1PM- Qigong w/Linda 1:30 PM – Bingo 2PM: Pool Tournament Ceremony 2 PM-Be Flexible w/Linda</div> <div></div>	<div>31</div> <div>9 AM-SAIL/Move to Music 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 2:00PM-Movies w/Olivia 1:30PM-Bingo 2 PM -Computer Class</div>		



MARCH						M E N U					
Sunday		Monday		Tuesday		Wednesday		Thursday		Friday	
<div>All meals are served with. 8oz. Fat-Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread</div>		<div>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</div> <div></div>				<div>LUNCH: Honey Mustard Chicken Breast w/ Black Bean & Rice, Broccoli & Red Peppers, Pears DINNER: Beef Stroganoff w/ Egg Noodles, Cauliflower & Broccoli, Applesauce</div>		<div>LUNCH: Breaded Fish w/ Bowtie Pasta, Slice Carrots, Peaches DINNER: Ziti w/ Meatballs, Tomato & Cucumber Salad, Applesauce</div>		<div>LUNCH: Codfish w/ Rice Pilaf, Roasted Broccoli, Applesauce DINNER: Baked Veggie Alfredo Pasta, Sauteed String Bean, Pears</div>	
<div>5 Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Bread Chicken Cutlet w/ Rice & Beans, California Blend, Applesauce</div>		<div>6 LUNCH: Shepherd's Pie w/ Broccoli & Red Pepper, Strawberry Applesauce DINNER: Chicken Parmesan w/ Bowtie Pasta, Sauteed Broccoli & Toasted Garlic, Apple</div>		<div>7 LUNCH: Italian Roast Chicken w/ White Rice, Winter Blend, Applesauce DINNER: Beef & Broccoli w/ Rice & Beans, Peas & Carrots, Strawberry Applesauce</div>		<div>8 LUNCH: Ginger Garlic Beef Stew w/ Brown Rice, Cabbage & Carrot Slaw, Strawberry Applesauce DINNER: Veggie Egg Frittata w/ Cilantro Lime Rice,</div>		<div>9 LUNCH: Eggplant Parmesan w/Garlic Bread, Baby Spinach Salad, Applesauce DINNER: Korean BBQ Chicken w/ 55Rice & Beans, Cauliflower, Fruit Cocktail</div>		<div>10 LUNCH: Sweet & Sour Tilapia w/ White Rice, California Blend, Pears DINNER: Teriyaki Chicken Legs w/ Brown Rice, Salad, Applesauce</div>	
<div>12 Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Penne Sausage, Swiss Chard, & Mushroom Salad, Apple Juice</div>		<div>13 LUNCH: Pork Chops w/ Garlic Mash Potato, Spinach Salad, Fruit Cocktail DINNER: Bread Chicken Cutlet w/ Brown Rice, Italian Cut Green Beans,</div>		<div>14 LUNCH: Eggplant & Lentil Curry w/ Rice Pilaf, Cauliflower & Carrots, Banana DINNER: Beef & Cheese Lasagna w/ Garlic Bread, Roasted Broccoli, Applesauce</div>		<div>15 LUNCH: Beef Meatballs w/ Sofrito, Spaghetti, Slice Carrots, Mandarin Orange DINNER: Chicken Stir Fry w/ Brown Rice, Sauteed Bok Choy, Applesauce</div>		<div>16 LUNCH: Chicken Stir Fry w/ Yellow Rice, Mixed Veggies Slice Apples DINNER: Veggie Lo Mein w/ Spinach, Banana</div>		<div>17 LUNCH: Corned beef w/ Steamed Potato, Sautéed Cabbage, Apples DINNER: Spanish Style Fish w/ Yuca & Red Onions, Avocado Salad, Strawberry Applesauce</div>	
<div>19 Breakfast: Croissants, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Sunshine Salad w/ Grilled Chicken, Pasta Primavera, Corn & Peas. Apple Juice</div>		<div>20 LUNCH: Roast Turkey Breast w/ Pasta Salad, Red Pepper & Broccoli, Pears DINNER: Fish w/ Garlic Sauce, Barley, Chickpeas Salad & Dried Fruit, Orange Juice</div>		<div>21 LUNCH: Tofu in Garlic Sauce w/ Lemon Rice, Broccoli Toasted Garlic, Mandarin Orange DINNER: Baked Chicken Thighs w/ Pasta Salad. Broccoli & Re Pepper, Apple Juice</div>		<div>22 LUNCH: BBQ Pork Chops w/ French Fries, Garden Salad, Fruit Cocktail DINNER: Balce Eye Peas & Veggie Stew w/ Brown Rice, Corn & Peas, Orange Pineapple Juice</div>		<div>23 LUNCH: Hamburger w/ French Fries, Garden Salad, Pears DINNER: BBQ Chicken Leg w/ Mac & Mac & Cheese, Caribbean Coleslaw</div>		<div>24 LUNCH: Salmon w/ Cilantro Lime Rice, Corn Cobbett, Slice Apple DINNER: Salisbury Steak w/ Mushroom Gravy, Egg Noodles, Normandy Blend, Pineapple</div>	
<div>26 Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Chicken Stir Fry w/ Veggie, Brown Rice & Pigeon Peas, Slice Carrots, Apple Juice</div>		<div>27 LUNCH: Baked Pork Chops w/ Brown Rice & Red Beans, Broccoli & Red Pepper, Apple Juice DINNER: Caribbean BBQ Chicken, w/ Chickpea Salad, Broccoli & Cauliflower, Pineapple Juice</div>		<div>28 LUNCH: Asian Honey Chicken w/ Veggie Lo Mein, Asian Cabbage, Banana DINNER: Baked Fish w/ Brown Rice, Spinach, Grape Juice</div>		<div>29 LUNCH: Eggplant& Lentil Curry w/ Brown Rice, Sauteed String Beans, Pineapple DINNER: Pepper Steak w/ Veggie Lo Mein, Napa Cabbage, Applesauce</div>		<div>30 LUNCH: Chicken Breast & Rice w/ Caesar Salad, Apple Juice DINNER: Baked Ziti w/ Cheese, Spinach Salad, Apple Juice</div>		<div>31 LUNCH: Codfish w/ Mangu & Red Onion, Cucumber Salad, Fruit Cocktail DINNER: Honey Mustard Chicken w/ Black Beans & Rice, Broccoli & Red Peppers, Strawberry Applesauce</div>	

Women in History

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

Elizabeth Blackwell

Margaret Thatcher

Eleanor Roosevelt

Susan B Anthony

Hillary Clinton

Patricia Nixon

Mother Theresa

Michelle Obama

Harriet Tubman

Elizabeth Ford

Amelia Earhart

Oprah Winfrey

Betty Friedan

Abigail Adams

Helen Keller

Clara Barton

Rosa Parks

Pocahontas

Anne Frank

Cleopatra

St. Patrick's Day Crossword



- Down:
- 1: The official language of Ireland (along with English)
 - 2: What St. Patrick banished from Ireland
 - 3: Symbol of good luck
 - 4: 3 leaved green supposedly eaten to freshen breath in the 1600's
 - 5: The _____ Isle
 - 6: A custom or belief passed down through generations
 - 7: Country where St. Patrick's Day started
 - 8: Color associated most with St. Patrick's Day
 - 9: Color of coins
 - 10: Language group that includes Irish and Scottish
 - 11: Humorous verse consisting of 3 long lines and 2 short lines

Across:

- 12: What happens if you don't wear green; you get _____
- 13: Small, mischievous spirit
- 14: Major US city that dyes river green for St. Patrick's Day
- 15: What you follow to get to the pot of gold
- 16: Capital of Ireland
- 17: Day of the month that St. Patrick's Day falls on
- 18: Month that St. Patrick's Day is in
- 19: Having good luck
- 20: What you find at the end of the rainbow; ____ of gold



St. Patrick's Day Crossword

