

Message from the

Director:

It's April! It is the month of regeneration. Flowers bloom, the days get longer, and the temperatures rise. Although April is known for rainy days, there will be sunshine! It's time to remove the layers and enjoy the sun. You should stop by and spend some time with us. You will notice that this month we have begun scheduling trips. Several OAC members have requested local trips; we have added the Titanic exhibit, the Macy's flower show, and the Museum of American History.

We also have new activities like Bowling, Movie day, and the NYPD Explorers will go head-to-head with our OAC members in a pool game. And lastly, I am excited to share the OAC's collaboration with the sewing group from 359 Madison St. The sewing group is an extension of our program and welcomes any new participants that would like to learn or sharpen their sewing skills. As always, if there is an activity or trip you are interested in having here, please stop by and let me know.

See you around!

Jasmine

HENRY STREET SETTLEMENT OLDER ADULT CENTER



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

CASE MANAGEMENT HOURS:

Sunday Thru Friday, 9am to 5 pm

Lunch hours: 1 PM-2PM

SNAPSHOT

Trips and Events

- 4/4-OLDER ADULTS VS. NYPD EXPLORERS IN BILLIARDS
- 4/6- MACY'S FLOWER SHOW (WALKING)
- 4/7 & 4/21- SING FOR HOPE
- 4/9-EASTER EGG HUNT
- 4/14-THEME PARTY: WESTERN
- 4/17ADVISORY BOARD MEETING
- 4/18-MUSEUM OF AMERICAN HISTORY
- 4/20-TITANIC EXHIBITION
- 4/24- RESORTS WORLD CASINO/CATSKILLS
- 4/27- BIRTHDAY PARTY
- 4/28- BOWLING AT THE GUTTER ON ESSEX

Presentations

- 4/6-STAYING ACTIVE
- 4/11-NUTRIENT W/BRENNA
- 4/13- SLEEPING/HYGIENE
- 4/20- SUN SAFETY
- 4/26- STRESS AWARENESS

What's New

- NAIL PAINTING- COME BY AND GET YOUR NAILS PAINTED WITH ELLEN
- THEME PARTY- WEAR YOUR BEST COWBOY OR COWGIRL OUTFIT AND COME PARTY
- MOVIE DAY- WATCH A MOVIE ON A LARGE SCREEN AND ENJOY FRESH POPCORN
- WALK WITH YAYA- THIS MONTH THEY WILL BE GOING TO THE MACY'S FLOWER SHOW
- SEWING GROUP- LEARN NEW SEWING SKILLS OR PRACTICE NEW ONES. EVERY MON, WED AND FRI. GROUP IS HELD ACROSS THE STREET AT 359 MADISON STREET

Meal Service

Breakfast

Sunday

8:45 AM-9:30AM

Mon-Fri

X

Lunch

12PM- 1PM

11:30PM- 1:00PM

Dinner

X

3:30PM- 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 9:00 AM-6:00 PM
Sunday 8:00 AM-3:30 PM

Meals: Lunch 11:30 am to 1 PM
Dinner: 3:30PM to 5:00 PM



HENRY STREET SETTLEMENT







Older Adult Center







Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
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Pre-registration required:






Birthday Party	\$3.00	Resorts World	\$40.00
Titanic Museum	\$3.00 Deposit	Macy's Flower show	Free
National Museum of American History	\$3.00	Theme Party	Free

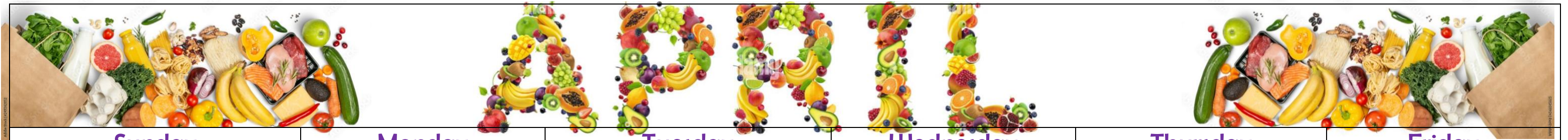
Offered Daily from 9:00 AM – 5:45 PM Billiards ♦ Dominos ♦ Open Computer Lab ♦ Ping Pong ♦ Gym facilities
 Tech Help w/Noa Every Monday at 2 pm and Wednesday at 11 am
 NORC Vladeck Cares Program sponsored activities are indicated as (NORC)

2	10 AM: Creative Painting w/Yaya 1 PM- Bingo 	3	10:30AM-Yoga w/Susa 1 PM- Salsa Partner Dance 1 PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) (Canceled) 2 pm- Tech Help 2:15PM-Art w/ Girl 12-6 pm- Sewing group 	4	10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:00 PM- Karaoke 4:30 pm- Older Adults and NYPD Explorers Billiards Game Pantry Distribution 	5	9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:00 PM- Bingo 12-6 pm- Sewing group 	6	10 AM- Hula Dance w/Jane 10 am- Yaya (Macy's flower Show) 12:30AM-Presentation:(NORC) Staying Active 1 PM- Qigong w/Linda 1:30 PM – Bingo 2 PM-Be Flexible w/Linda 	7	9 AM-SAIL/Move to Music 9AM- Chess & Backgammon 11 Am- Sing for Hope 1 PM-Bingo 1 PM- Jewelry Class (NORC) 2 PM -Computer Class 12-6 pm- Sewing group 
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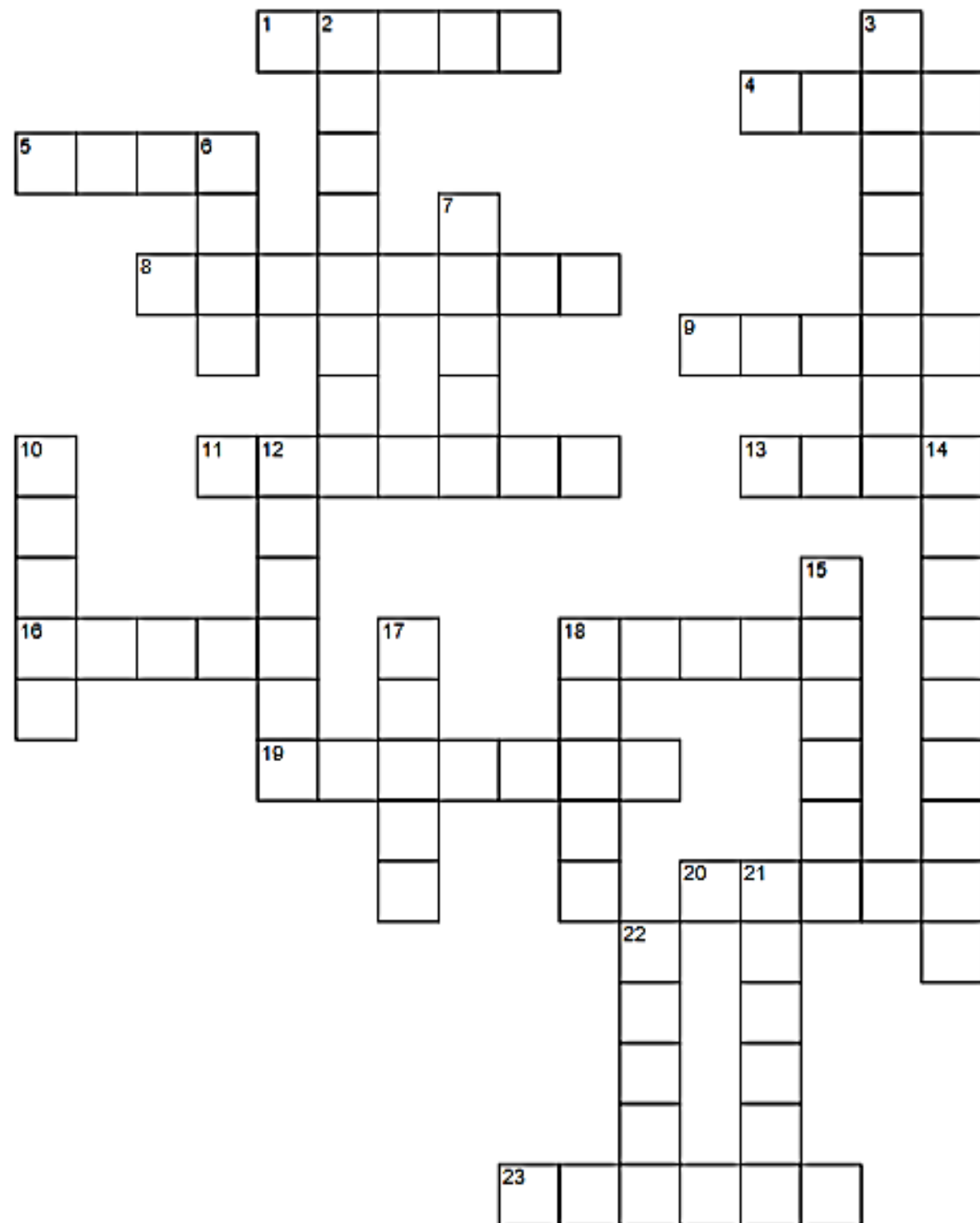
9	10AM-Creative Painting w/Yaya 11 am- Easter Egg Hunt 1 PM- Bingo 	10	10:30AM-Yoga w/Susan 10:30 am- Nail Painting 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 2 pm- Movie 2:15 PM Art w/ Girl 12-6 pm- Sewing group 	11	10 AM- Ballroom Dancing 11:30 am Presentation: Nutrient w/Brenna 1:30PM-Bingo 3:30 PM- Karaoke 	12 9	AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 11 am- Tech Help 1 PM- Crafts w/Marcela 1:00 PM- Bingo 12-6 pm- Sewing group 	13	10 AM- Hula Dance w/Jane 12:30AM-Presentation:(NORC) Sleep-Hygiene 1 PM- Qigong w/Linda 1:30- Bingo 2 PM-Be Flexible w/Linda 	14	9 AM-SAIL/Move to Music 9 AM- Chess & Backgammon 1:30-Theme Party: Western 1 PM- Jewelry Class (NORC) 2 PM -Computer Class 12-6 pm- Sewing group 
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16	10AM-Painting w/Yaya 1 PM- Bingo 	17	10am-Advisory Board Meeting 10:30AM-Yoga w/Susan 10:30 am- Nail Painting 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 12-6 pm- Sewing group 	18	10 AM- BallroomDancing 11:am-TRIP: American Museum of Natural History 1:15PM-Fashion Art w/Mary 1:00PM-Bingo 3:30 PM- Karaoke 	19	9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 11 am- Tech Help 1 PM- Crafts w/Marcela 1:00 PM- Bingo 12-6 pm- Sewing group 	20	10 AM- Hula Dance w/Jane 10AM-TRIP: Titanic Exhibition 12:30AM-Presentation: Sun Safety (NORC) 1 PM- Qigong w/Linda 2 PM-Be Flexible w/Linda 	21	9 AM-SAIL/Move to Music 9AM- Chess & Backgammon 11 AM- Sing for Hope 1 PM- Jewelry Class (NORC) 2 pm- Computer Class 12-6 pm- Sewing 
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23	10am-Painting w/Yaya 1pm- Bingo 	24	8 am-Resort World Casino Trip 10:30AM-Yoga w/Susan 10:30 am- Nail Painting 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2:15 PM Art w/ Girl 2-6 pm- Sewing group 	25	10 AM- BallroomDancing 1:15PM-Fashion Art 1:00PM-Bingo 3:30 PM- Karaoke Let's PLAY BINGO 	26	9 AM-SAIL/Move to Music 10 AM- Self Defense w/Andres 11 am- Tech Help 12:30pm-Presentation: Stress Awareness 1 PM- Crafts w/Marcela 1:00 PM- Bingo 12-6 pm- Sewing group at 359 Madison 	27	10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1:30-OAC Birthday Party (Spring theme) 1:30 PM – Bingo 2 PM-Be Flexible w/Linda 	28	9 AM-SAIL/Move to Music 9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 PM -Computer Class 2 pm-Bowling Trip 12-6 pm- Sewing group 
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">2</p> <p>Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Chicken Thighs w Rice Pilaf, Baby Carrots, Orange Pineapple Juice</p>	<p style="text-align: right;">3</p> <p>LUNCH: Breaded Chicken w/ Rice & Beans, California Blend, Fruit Cocktail</p> <p>DINNER: Breaded Fish w/ Baked Potato, Sliced Carrots, Applesauce</p>	<p style="text-align: right;">4</p> <p>LUNCH: Salmon w/ Mac & Cheese, Mashed Potato, Mustard Greens, Orange</p> <p>DINNER: Baked Chicken Thighs w/Brown Rice, Asian Cabbage, Grape Juice</p>	<p style="text-align: right;">5</p> <p>LUNCH: Ginger Garlic Beef w/ Rice & Corn, Chinese Mustard Greens</p> <p>DINNER: Grilled Chicken Breast w/ Macaroni Salad, Arugula, Beets, & Feta Salad, Strawberry Applesauce</p>	<p style="text-align: right;">6</p> <p>LUNCH: Chinese Chicken Patty w/ Zucchini Brown Rice Pilaf, Broccoli & Red Pepper, Orange Pineapple Juice</p> <p>DINNER: Spanish Beef Stew w/ Red Beans & Rice, Baby Carrots, Apple Juice</p>	<p style="text-align: right;">7</p> <p>LUNCH: Ginger Lime Salmon w/ Spaghetti, Creamy Spinach, Apricots</p> <p>DINNER: Veggie Lasagna w/Garlic Bread, Four Bean Salad, Grape Juice</p>
<p style="text-align: right;">9</p> <p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: General Tso's Chicken w/Veggie Rice, Baby Carrots, Ambrosia Fruit Salad</p>	<p style="text-align: right;">10</p> <p>LUNCH: Baked Chicken Thighs w/ Bowtie Pasta, Baby Carrot, Apple Juice</p> <p>DINNER: Stuffed Shells w/ Cheese, Garlic Bread, Beet, Apples & Kale Salad, Orange</p>	<p style="text-align: right;">11</p> <p>LUNCH: Sweet & Sour Fish w/ Egg Noodles, Winter Blend, Mandarin</p> <p>DINNER: Baked Chicken Thighs w/ Mac & Cheese, Sauteed String Beans, Banana</p>	<p style="text-align: right;">12</p> <p>LUNCH: Baked Egg Omelet w/ Brown Rice & Red Beans, Mixed Veggie, Fruited Jell-O</p> <p>DINNER: Honey Mustard Chicken Breast w/ Brown Rice & Red Beans</p>	<p style="text-align: right;">13</p> <p>LUNCH: Baked Ziti & Meatball w/ Garlic Bread, Tomato & Cucumber Salad, Orange</p> <p>DINNER: Bread Fish Fillets w/ Bowtie Pasta, Slice Carrots, Peaches</p>	<p style="text-align: right;">14</p> <p>LUNCH: Baked Veggie Alfredo Pasta w/ Garlic Bread, Sauteed String Beans, Fruit Cocktail</p> <p>DINNER: Baked Chops w/ Rice Pilaf, Roasted Broccoli, Applesauce</p>
<p style="text-align: right;">16</p> <p>Breakfast: Croissants, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Beef Stroganoff w/ Egg Noodles, Broccoli & Cauliflower, Apple Juice</p>	<p style="text-align: right;">17</p> <p>LUNCH: Cheeseburger w/ French Fries, Garden Salad, Banana</p> <p>DINNER: Chicken Parmesan w/ Bowtie Pasta, Broccoli & Roasted Garlic, Apple Juice</p>	<p style="text-align: right;">18</p> <p>LUNCH: Italian Roast Chicken w/ Brown Rice, Broccoli & Red Pepper, Pineapple</p> <p>DINNER: Beef & Broccoli w/ White Rice, Normandy Blend, Apricots</p>	<p style="text-align: right;">19</p> <p>LUNCH: Beef Fajitas w/ Flour Tortilla, Corn, Black Bean, & Pepper Salad, Orange</p> <p>DINNER: Veggie Egg Frittata w/ Cilantro & Lime Rice, Green Bean Salad, Peaches</p>	<p style="text-align: right;">20</p> <p>LUNCH: Eggplant w/ Garlic Bread, Baby Spinach Salad, Pears</p> <p>DINNER: Vegetable lo Mein Spinach, Salad, and Pineapple Juice</p>	<p style="text-align: right;">21</p> <p>LUNCH: Lemon Fish w/ Spaghetti, Sauteed String Beans, Pineapple Juice</p> <p>DINNER: Teriyaki Chicken Legs w/ Brown Rice, Mustard Greens, Orange Juice</p>
<p style="text-align: right;">23</p> <p>Breakfast: Veggie Frittata, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Penne w/ Sausage, Chard, & Mushroom, California Blend, Apple Juice</p>	<p style="text-align: right;">24</p> <p>LUNCH: Bread Pork Chops w/ Pigeon Peas & Brown Rice, Baby Spinach Salad, Pineapple</p> <p>DINNER: Breaded Chicken Cutlet w/ Brown Rice, Italian Cut Green Beans, Apple</p>	<p style="text-align: right;">25</p> <p>LUNCH: BBQ Chicken Leg w/ Mac & Cheese, Caribbean Coleslaw, Watermelon</p> <p>DINNER: Beef & Cheese Lasagna w/ Garlic Bread, Roasted Broccoli, Orange</p>	<p style="text-align: right;">26</p> <p>LUNCH: Beef Meatballs w/ Sofrito, Spaghetti, Sliced Carrots, Apple Juice</p> <p>DINNER: Spanish Style Baked Fish w/ Yuca & Onions, Avocado Salad, Pineapple Juice</p>	<p style="text-align: right;">27</p> <p>LUNCH: Chicken & Broccoli Stir Fry w/ Yellow Rice, Mixed Veggies, Orange</p> <p>DINNER: Korean BBQ Chicken Red Beans & Rice, Cauliflower, and Pineapples</p>	<p style="text-align: right;">28</p> <p>LUNCH: Eggplant Lentil Stew w/ Rice Pilaf, Cauliflower & Carrots, Grape Juice</p> <p>DINNER: Cheeseburger w/ French Fries, Garden Salad, Orange Pineapple</p>
<p style="text-align: right;">30</p> <p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Sunshine Salad w/ Grilled Chicken, Pasta Primavera, Corn & Peas, Apple Juice</p>	<p style="text-align: center;">All meals are served with. 8oz. Fat-Free milk 1 TSP of Trans-fat-free margarine, Whole Wheat bread</p> 		<p style="text-align: center;">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 style="text-align: center;">Cost for the salad: Center members \$1.50! Non-Center member \$5.00</p> 		

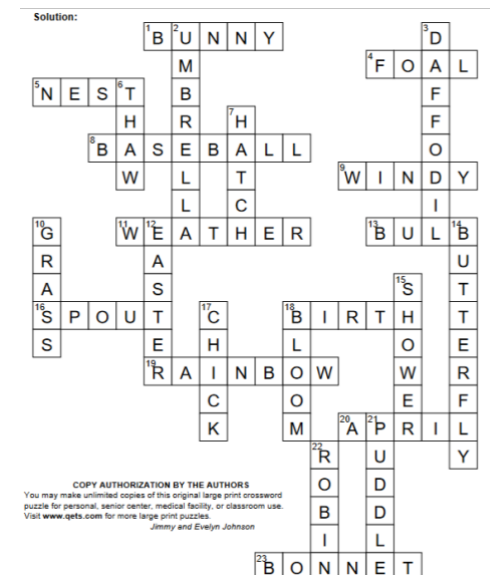


ACROSS

- 1 Animal with long ears, a short tail, soft fur
- 4 Newborn horse
- 5 Structure used by bird to lay eggs rear young
- 8 Game played with a bat, ball, and mitt
- 9 Having a great amount of wind
- 11 State of atmosphere
- 13 Plant buds that begin to grow underground
- 16 Start to grow
- 18 Act or fact of being born
- 19 Arc in sky containing many colors
- 20 Fourth month of the year
- 23 Cloth hat that is fastened beneath the chin and ribbons

DOWN

- 2 Used to shield against rain or sun
- 3 Bright yellow flowers bell shaped
- 6 Go from being frozen solid to being liquid
- 7 Break out of egg
- 10 Lawn plant
- 12 Spring holiday
- 14 Insect with four wings flies mostly in daytime
- 15 Fall of rain that lasts a short time
- 17 Newly hatched bird
- 18 Flower
- 21 Small, shallow pool of water
- 22 North American songbird has rusty red breast



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Jimmy and Ewlyn Johnson