

Message from the
Director:

June is here!!! We are finally going to feel the warm sun on our faces. As you will see in the calendar, we have many outdoor activities and trips to take advantage of the warmer weather and get as much vitamin D as possible. June has pride and heritage celebrations, including LGBTQ+, Juneteenth, Caribbean American Heritage, the Puerto Rican Day parade, and Father's Day. Although there is still a tough road ahead, we must take time to acknowledge the challenges, struggles, and successes and celebrate progress. Join us as we celebrate the diversity and strength of our center members.

We also acknowledge World Elder Abuse Awareness Day on June 15th; please wear purple in solidarity and to increase awareness and prevention of elder abuse.

Warm wishes to all the amazing dads who are a constant source of support and strength to their families!



Jasmine



SCAN TO
ACCESS OUR
CALENDAR
ONLINE

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

SNAPSHOT

Trips and Events

- 6/2-GOVERNORS ISLAND
- 6/2-6/16- SING FOR HOPE
- 6/14- BRONX ZOO
- 6/13-CRAB SHANTY
- 6/15- FLEA MARKET
- 6/20-WALMART TRIP
- 6/21-6/22- WOMEN'S POOL TOURNAMENT
- 6/27- MEN'S POOL TOURNAMENT
- 6/28-CONEY ISLAND

Presentations

- 6/1-PACE: MEN'S HEALTH
- 6/7-NORC/ PRESENTATION: PERSONAL HYGIENE
- 6/14- ELDER ABUSE AWARENESS
- 6/20- NUTRIENT W/BRENNA
- 6/21- BEAT THE HEAT: TIPS TO STAY COOL DURING THE SUMMER

Celebrations

- 6/1-HAWAIIAN THEMED CELEBRATION W/CHANEL: JOIN US AS WE WELCOME THE SUMMER WITH A HULA PARTY.
- 6/6- CARIBBEAN HERITAGE CELEBRATION: COME BY AND SHOW OFF AND SHARE YOUR CARIBBEAN CULTURE
- 6/8- ART SHOW- COME VIEW THE AMAZING ARTWORK CREATED BY OUR PARTICIPANTS.
- 6/9- PUERTO RICAN CELEBRATION: CALLING ALL BORICUAS!! IT'S TIME TO FIESTA AND HONOR YOUR ROOTS
- 6/16- JUNETEENTH CELEBRATION: CELEBRATE FREEDOM. JOIN US AS WE RECOGNIZE THE PROGRESS MADE BY GENERATIONS FOR FIGHTING FOR FREEDOM AND PROGRESS.
- 6/23- SENIORS BIRTHDAY CELEBRATION/BEACH PARTY — WEAR YOUR BEST BEACH ATTIRE AND MEET US IN THE COURTYARD AS WE CELEBRATE JUNE BABIES

Meal Service

Sunday

Mon-Fri

Breakfast

8:45 AM-9:30AM

X

Lunch

12 PM- 1PM

11:30 PM- 1:00PM

Dinner

X

3:30PM- 5PM

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

CASE MANAGEMENT HOURS: Sunday Thru Friday, 9 am to 5 pm

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

Monday – Friday 9:00AM-6PM
Sunday 8:00 AM-3:30 PM

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



HENRY STREET SETTLEMENT





Older Adult Center

      					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-registration required: Flea Market- If you would like a table, you must please sign up Walmart Hawaiian Hula Party Governors Island Caribbean Heritage Celebration			Trips and Party sign-up begins 06/07/23: from 10 AM -11:30 AM and then 1 PM- 4 PM 	10 AM- Hula Dance w/Jane 12:30PM-Presentation:(NORC) Men's Health 1 PM- Qigong w/Linda 1:30PM-Hula Party w/CHANEL 2 PM-Be Flexible w/Linda	10am-TRIP: Governors Island 11 Am- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30- Bingo 1-6 pm- Sewing group 
10AM-Creative Painting w/Yaya 1 PM- Bingo 	10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 2:PM- Bingo 2 PM Art w/ Girl (NORC) 1-6 pm- Sewing group 	 10 AM –Pantry Distribution 1 PM: Caribbean Heritage Celebration 1:15PM-Fashion Art w/Mary 3:30PM-Karaoke 	10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1 PM-Presentation: Personal Hygiene 1:30 PM- Bingo 1-6 pm- Sewing group	10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 2 PM-Be Flexible w/Linda 2PM- Art Show 	1 PM- Jewelry Class (NORC) 1:30 pm Puerto Rico Celebration 1-6 pm- Sewing group 
10AM- Creative Painting w/Yaya Jewelry Box Making 1 PM- Bingo 	10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2 pm-Bingo 2:15 PM Art w/ Girl (NORC) @3pm 1-6 pm- Sewing group 	10 AM- BallroomDancing 10 am- TRIP: Crab Shanty 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30 PM- Karaoke 	10AM-TRIP: Bronx Zoo (makeup) 10 AM- Self Defense w/Andres 1 pm-Crafts w/Marcel 1 PM-Presentation: Elder Abuse Awareness 1:30 PM- Bingo 1-6 pm Sewing Group 	10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 2 PM-Be Flexible w/Linda 1 PM- Crafts w/Marcela 2pm-Outdoor Flea Market 1:30PM- Bingo Wear purple in support of World Elder Abuse Awareness Day 	11 AM- Sing for Hope 1 PM- Jewelry Class (NORC) 1-6 pm- Sewing group 1:30 pm Juneteenth Celebration 
10am- Creative Painting w/Yaya 1pm- Bingo 	CLOSED FOR JUNETEENTH 	10 AM- BallroomDancing 10am-TRIP: Walmart 11am-Presentation: Nutrient w/Brenna 1:15PM-Fashion Art 1:30PM-Bingo 3:30 PM- Karaoke Wear the rainbow today in support of Pride month 	10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1 PM-Presentation: Beat the Heat 1:30 PM- Bingo 1 PM-Women's Pool Tournament continues. 1-6 pm- Sewing group  	10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1 PM-Women's Pool Tournament continues. 1:30 PM – Bingo 2 PM-Be Flexible w/Linda 	1 PM- Jewelry Class (NORC) 1:30 PM: Birthday /Beach Party 1-6 pm- Sewing group 
10am- Creative Painting w/Yaya 1pm- Bingo 	10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance 1 PM- Move it Move (NORC) 1:15PM-Bead Art (NORC) 2 PM: Bingo 2:15 PM Art w/ Girl (NORC) @3pm 1-6 pm- Sewing group	10am-Ballroom Dancing 1 pm- Men's Pool Tournament begins. 1:30 pm- Bingo 1:15-Fashion Art 	10 AM- Self Defense w/Andres 10am-TRIP: Coney Island/Luna Park 1 PM- Crafts w/Marcela 1 PM- Men's Pool Tournament pt.II 1:30 PM- Bingo 1-6 pm- Sewing group	10 AM- Hula Dance w/Jane 1 PM- Qigong w/Linda 1 PM- Men's Pool Tournament Pt.III 1:30 PM – Bingo 2 PM-Be Flexible w/Linda.	11 Am- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30 PM – Bingo 2:30 pm Pool tournament Ceremony



JUNE 2023 LUNCH AND DINNER MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<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> Cost for salad: Center members \$1.50! Non- Center member \$5.00</p>  		<p>LUNCH: Ginger Garlic Beef Stew w/ Brown Rice, Cabbage Carrot Slaw, Pears, DINNER: Hawaiian Chicken Thighs w/ Coconut Rice, Garden Salad, Juice</p>	<p>LUNCH: Eggplant Parmesan w/ Garlic Bread, Baby Spinach Salad, Mandarin Orange DINNER: Chinese Pepper Steak w/ Veggie Lo Mein, Napa Cabbage, Applesauce</p>
<p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Baked Penne w/ Sausage, Chard, & Mushroom, Apple Juice</p>	<p>LUNCH: Baked Breaded Pork Chops w/ Brown Rice & Pigeon Peas, Baby Spinach Salad, Pineapple Tidbit DINNER: Breaded Chicken w/ Brown Rice, Italian Cut Beans, Apple Slice</p>	<p>LUNCH: BBQ Chicken Legs w/ Mac & Cheese, Caribbean Coleslaw, Watermelon DINNER: Jerk Chicken w/ Red Beans & Rice Sweet Plantains, Garden Salad Banana</p>	<p>LUNCH: Beef Meatballs w/ Sofrito, Whole Wheat Spaghetti, Slice Carrots, Mandarin Orange DINNER: Spanish Baked Fish w/ Yuca & Red Onions, Avocado Salad, Pears</p>	<p>LUNCH: Chicken & Broccoli Stir Fry w/ Yellow Rice, Mixed Veggie, Sliced Peaches DINNER: Veggie Lo Mein w/Steam Spinach, Pineapple Tidbit</p>	<p>LUNCH: Sweet & Sour Tofu w/ Lo Mein, Cauliflower & Carrots, Fruit Cocktail DINNER: Spanish Chicken S w/ Spanish Rice, Sweet Plantains, Garden Salad, Blueberries</p>
<p>Breakfast: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Sunshine Salad w/ Grilled Chicken, Pasta Primavera, Pineapple Tidbits</p>	<p>LUNCH: Roast Turkey w/ Pasta Salad, Broccoli & Red Pepper, Banana DINNER: Baked Fish In Garlic Sauce w/ Barley Chickpea Salad & Dried Fruit, Baby Carrots, Orange Pineapple Juice</p>	<p>LUNCH: Eggplant & Lentil w/ Brown Rice, Sautéed String Beans, Pears DINNER: Baked Chicken Thighs w/ Pasta Salad, Broccoli & Red Pepper, Mandarin Orange</p>	<p>LUNCH: BBQ Pork Chops w/ French Fries, Garden Salad, DINNER: Black Eye Peas & Veggie Stew w/ Brown Rice, Apple Juice</p>	<p>LUNCH: Beef & Turkey Meatloaf w/ Mushroom Gravy, Garlic Mashed Potato, Cabbage & Beets Salad, Mandarin Orange DINNER: Chicken Alfredo Penne w/ Garlic Bread, Creamed Spinach, Banana</p>	<p>LUNCH: Baked Salmon w/ Cilantro Sauce, Cilantro Lime Rice, Corn Cobbett, Plums DINNER: Beef Salisbury Steak w/ Mushroom Sauce, Mashed Potatoes, Normandy Blend, Pineapple Tidbit</p>
<p>Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Chicken Stir Fry w/ Brown Rice & Pigeon, Slice Carrots, Banana</p>		<p>LUNCH: Asian Honey Chicken w/ Veggie Lo Mein, Napa Cabbage, Banana DINNER: Baked Fish w/ Rice & Beans, Steamed Spinach, Grape Juice</p>	<p>LUNCH: Tofu & Garlic soy Sesame Sauce w/ Lemon Rice, Broccoli & Toasted Garlic, Sliced Apples DINNER: Caribbean BBQ Chicken w/ Chickpeas Salad, Broccoli & Cauliflower, Apple Juice</p>	<p>LUNCH: Baked Chicken w/ White Rice, Caesar Salad, Sliced Peaches DINNER: Baked Ziti w/ Garlic Bread, Baby Spinach Salad, Sliced Apples</p>	<p>LUNCH: Codfish w/ Mango & Red Onion, Asian Cucumber Salad, Orange Juice DINNER: Burgers & Franks w/ French Fries, Garden Salad, Grape Juice</p>
<p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Baked Chicken Thighs w/ Rice Pilaf, Baby Carrots, Orange Pineapple Juice</p>	<p>LUNCH: Breaded Chicken w/ Rice & Beans, California Blend Veggie, Fruit Cocktail DINNER: Breaded Fish w/ Baked Potato, Sliced Carrots, Applesauce</p>	<p>LUNCH: Baked Salmon w/ Mac & Cheese, Cauliflower, Mandarin Orange DINNER: Baked Chicken Thighs w/ Brown Rice, Napa Cabbage, Pears</p>	<p>LUNCH: Ginger Garlic Beef Stew w/Rice & Corn, Mustard Greens, Tropical Fruit DINNER: Spanish Beef Stew w/ Rice & Beans, Baby Carrots, Plums</p>	<p>LUNCH: Chinese Chicken Patty w Zucchini Brown Rice, Creamy Spinach, Apricots DINNER: Grilled Chicken Breast w/ Past Salad, Beet, Arugula, & Feta Salad, Strawberry Applesauce</p>	<p>LUNCH: Ginger & Lime Salmon w/ Veggie Rice, Baby Carrots, Ambrosia Fruit Salad DINNER: Veggie Lasagna w/ Garlic Bread, Pasta Salad, Watermelon</p>

Puerto Rico Word Search

R H L T D E E O M B W S L Z T
C A N L V I Z V A F O E O A S
E S I A A N H R O I O O B T A
I O C N A B R C G U D N S I N
B T K B F A E U R Q P I T N J
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barracuda
baseball
Caribbean
cave
ceiba
coqui
dominoes
fern
garbanzo
iguana



lobster
mongoose
okra
orchid
rainforest
reinita
Sanjuan
Santos
taro
woodpecker

SUMMER FUN

Word Search Puzzle



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



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

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