

Message from the Director:

Goodbye June & Hello July!!
Last month was filled with honoring history and celebrating progress. Thank you to those that participated in the festivities. It was a proud moment for me to see the diverse faces of our members sharing and educating each other on the struggles faced by their community yet taking time to acknowledge and celebrate together. As you might notice, there have been some changes to the calendar, this is mainly due to our instructors out on vacation. I encourage you all to take advantage of the new programs.

As we celebrate July 4TH, let us also take this time to honor and recognize those that fought for our freedom. In the interest of unity and pride thank you all for being a part of our programs.



Jasmine

JULY 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



SCAN TO
ACCESS OUR
CALENDAR
ONLINE

SNAPSHOT

Trips and Events

- 7/12 & 7/26 – MOVIE NIGHT
- 7/18- AMERICAN MUSEUM OF NATURAL HISTORY
- 7/19- BROOKLYN BOTANICAL GARDENS
- 7/20 - FLEA MARKET
- 7/21- VOCAL EASE
- 7/21 – BOWLING TRIP
- 7/24 – BELLY DANCE PERFORMANCE (VNS)

Presentations

- 7/13 – PACE NURSES: BEAT THE HEAT
- 7/27 - PACE NURSES “OPTIMISTIC HEALTH”

Celebrations

- 7/7 - JULY 4TH AFTER PARTY- JOIN US AS WE COMMEMORATE THE DECLARATION OF INDEPENDENCE!
- 7/14 - WHITEOUT PARTY- AN ALL-WHITE AFFAIR, WEAR YOUR BEST WHITE OUTFIT!
- 7/28 – BIRTHDAY/WET & WILD PARTY - GET READY FOR FUN IN THE SUN AND CELEBRATE ALL JULY BIRTHDAYS!

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: Monday - Friday, 9 AM to 5 PM

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

Monday – Friday: 9AM - 6PM

Sunday: 8 AM - 3:30 PM

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



**HENRY STREET
SETTLEMENT**














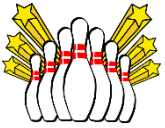






Older Adult Center

Pre-registration required:

Flea Market- If you would like a table, you must sign up

July 4 th After Party	free	Brooklyn Botanical Gardens	\$2
Movie Night	free	Bowling Trip	
White Out Party	free	Birthday/ Wet & Wild	\$3
American Museum of Natural History	\$2		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 1 PM - Bingo 	3 CLOSED FOR THE HOLIDAY	4  CLOSED	5 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:30PM – Bingo 1-6 PM - Sewing group 	6 10 AM- Hula Dance w/Jane 1:30 PM- Bingo 3:30PM- Karaoke w/ OAC staff 	7 1 PM- Jewelry Class (NORC) 2 PM- July 4 th After Party 1-6 PM- Sewing group 
9 1 PM - Bingo	10 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 1-6 PM- Sewing group 	11 10AM - FOOD BANK DISTRUBUTION 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30 PM- Karaoke 	12 10 AM - Self Defense w/Andres 1 PM - Crafts w/Marcela 1:30 PM- Bingo 3:30PM – Movie Night 1-6 PM Sewing Group 	13 10 AM- Hula Dance w/Jane 12:30PM-Presentation: Pace Nurses "Beat The Heat" (NORC) 1 PM- Crafts w/Marcela 1:30PM- Bingo	14 1 PM- Jewelry Class (NORC) 1:30PM: White Out Party 1-6 PM- Sewing group 
16 10AM - Jewelry Box Making 1PM - Bingo 	17 10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2 PM: Bingo 2:15 PM Art w/ Girl 1-6 PM- Sewing group	18 10 AM- Ballroom Dancing 10AM-TRIP: American Museum of Natural History 1:15PM- Fashion Art w/Mary 1:30PM-Bingo 3:30 PM- Karaoke 	19 10AM -TRIP: Brooklyn Botanical Garden 10 AM- Self Defense w/Andres 1 PM - Crafts w/Marcela 1:30 PM - Bingo 1-6 PM - Sewing group 	20 10 AM- Hula Dance w/Jane 1 PM – Flea Market 1 PM- Crafts w/Marcela 1:30 PM – Bingo 3:30 PM-Karaoke w/ OAC staff 	21 12:30PM-Vocal Ease Live 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2PM: Bowling Trip 1-6 PM- Sewing group 
23 1PM - Bingo 	24 10:30AM-Yoga w/Susan 1 PM- Belly Dance Performance (VNS) 1:15PM-Bead Art (NORC) 2 PM: Bingo 2:15 PM Art w/ Girl 1-6 PM- Sewing group 	25 10AM - Ballroom Dancing 1:30 PM- Bingo 1:15PM- Fashion Art w/Mary 3:30PM-Karaoke 	26 10 AM- Self Defense w/Andres 1 PM- Crafts w/Marcela 1:30 PM- Bingo 3:30PM – Movie Night 1-6 PM - Sewing group 	27 10 AM- Hula Dance w/Jane 12:30-Presentation: Pace Nurses "Optimistic Health" 1:30 PM – Bingo 3:30 PM - Karaoke w/ OAC staff 	28 1 PM- Jewelry Class (NORC) 1:30 PM –Birthday Party: Wet and Wild (Outdoors) 
30 1PM - Bingo	31 10:30AM-Yoga w/Susan 1 PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2 PM: Bingo 2:15 PM Art w/ Girl 1-6 PM- Sewing group	Offered Daily from 9:00 AM – 5:45 PM ◇ Billiards ◇ Dominos ◇ Board Games ◇ Open Computer Lab (Class on Fridays) ◇ Ping Pong ◇ Gym facilities. Tech Help w/Noa Every Monday at 2 pm, Wednesday at 11 AM, and Friday at 2 PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)			

<div>  <div> JULY 2023 LUNCH AND DINNER MENU </div>  </div>					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Beef Sloppy Joe w/ Buns, Broccoli & Red Pepper, Mandarin Orange</p>	<div>3</div> <p><i>CLOSED FOR THE 4TH OF JULY</i></p>	<div>  </div>	<div>5</div> <p>LUNCH: Salmon in Garlic Butter Sauce w/ Linguine, Asparagus, Peas, & Spinach, Baby Spinach Salad, Plums</p> <p>DINNER: Black Bean Quinoa Veggie Burger w/ Buns, Baby Carrots, Grapes</p>	<div>6</div> <p>LUNCH: Chicken Salad w/ Pasta Primavera w/ Cheese, Normandy Blend, Applesauce</p> <p>DINNER: Beef & Plantains Pastelon w/ Mixed Green Salad, Pineapple Tidbits</p>	<div>7</div> <p>LUNCH: Breaded Fish w/ Home Fries, Caesar Salad, Grapes</p> <p>DINNER: Cheeseburger or Beef Franks, w/ French Fries, Baked Beans, Sauerkraut, Watermelon</p>
<div>9</div> <p>Breakfast: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Breaded Chicken Cutlet w/ Penne & Sweet Peas, Caesar Salad, Mandarin Orange</p>	<div>10</div> <p>LUNCH: Chicken Thighs Stew, Ginger Pumpkin w/ Brown Rice, Broccoli & Cauliflower, Applesauce</p> <p>DINNER: Lasagna Roll Ups w/ Tofu Ricotta, Garlic Bread, Arugula, Beet, & Feta Salad</p>	<div>11</div> <p>LUNCH: Stuffed Pepper w/ Beef, Green Beans, Apricots</p> <p>DINNER: Beef Teriyaki w/ Veggie Rice, Broccoli & Cauliflower, Orange</p>	<div>12</div> <p>LUNCH: Baked Penne & Sausage, Spinach, Mushrooms, Escarole, Orange & Fennel Salad, Grapes</p> <p>DINNER: Turkey Meatballs w/Spaghetti, Slice Carrots, Fruit Cocktail</p>	<div>13</div> <p>LUNCH: Cobb Salad w/ Grilled Chicken, Peas & Carrots, Pineapple Tidbits</p> <p>DINNER: Turkey Salad w/ Pasta Salad, Cole Slaw, Apricots</p>	<div>14</div> <p>LUNCH: Baked Parmesan Garlic Crusted Fish w/ Linguine, Winter Blend, Applesauce</p> <p>DINNER: Chicken Marsala w/ Penne, Creamy Spinach, Pineapple Tidbits</p>
<div>16</div> <p>Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Coconut Chicken Curry w/ Broccoli & Tomato, Pineapple Tidbits</p>	<div>17</div> <p>LUNCH: Baked Pork Chops w/ Black Beans & Rice, Cauliflower, Banana</p> <p>DINNER: Veggie Pizza w/ Baby Carrots & Parsley, Mandarin Orange</p>	<div>18</div> <p>LUNCH: Chicken Fajitas w/Tortilla, Broccoli & Red Pepper, Apples</p> <p>DINNER: Pineapple Glazed Salmon w/ Roasted Veggie Couscous, Sauteed String Bean, Fruit Cocktail</p>	<div>19</div> <p>LUNCH: Vegan Shepherd Pie w/ Kale, Beets & Apple Salad, Plums</p> <p>DINNER: Garlic Chicken w/ Coconut Rice & Pigeon Peas, Roasted Zucchini, Pineapple Tidbits</p>	<div>20</div> <p>LUNCH: Beef Stroganoff w/ Egg Noodles, Cauliflower, Pears</p> <p>DINNER: BBQ Pork Chops w/ Garlic Mashed Potatoes, Slice Carrots, Banana</p>	<div>21</div> <p>LUNCH: Baked Salmon w/ Lemon Garlic Sauce, Linguine w/ Asparagus, Peas, & Spinach, California Blend, Fruit Cocktail</p> <p>DINNER: Chickpeas Stew w/ Carrot, & Cauliflower. Brown Rice, Kale Salad & Beet, Apples, Sliced Apples</p>
<div>23</div> <p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Ziti w/ Cheese, Garden Salad, Sliced Peaches</p>	<div>24</div> <p>LUNCH: Beef & Cheese Lasagna w/ Garlic Bread, Broccoli & Red Pepper, Apples</p> <p>DINNER: Coconut Lentil Stew w/Tofu & Veggie Fried Brown Rice, Baby Spinach Salad, Mandarin Orange</p>	<div>25</div> <p>LUNCH: Beef Salisbury Steak w/ Mushroom Sauce. Garlic Mashed Potato, Cauliflower & Carrots, Pears</p> <p>DINNER: Beef & Potato Pastelon w/ Roasted Broccoli, Fruit Cocktail</p>	<div>26</div> <p>LUNCH: Curried Chickpea, Veggie & Quinoa Brown Rice, Baby Spinach Salad, Banana</p> <p>DINNER: Chicken Cacciatore w/ Brown Rice & Mushrooms, Broccoli, Grapes</p>	<div>27</div> <p>LUNCH: BBQ Chicken Leg w/ Baked Mac & Cheese, Broccoli, Mushrooms & Pearl Onions, Mandarin Orange</p> <p>DINNER: Baked Fish w/ Mushroom & Peppers, Bowtie Pasta, Cauliflower, Pineapple Tidbit</p>	<div>28</div> <p>LUNCH: Fish w/ Fresh Salsa Relish, Yellow Rice, Asparagus, Pineapple Tidbits</p> <p>DINNER: 6" Sub Sandwich w/ Deli Meat, Cheese, Lettuce & Tomatoes, Chips Watermelon</p>
<div>30</div> <p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Deluxe Cheeseburger w/ Onions, Buns, Garden Salad, Pineapple Tidbits</p>	<div>31</div> <p>LUNCH: Lamb & Turkey Burger w/ French Fries, Buns, Corn on the Cob, Banana</p> <p>DINNER: Chicken Breast w/ Mushrooms & Pepper, Yellow & Pigeon Rice, Baby Carrots, Mandarin Orange</p>	<p>All meals are served with.</p> <p>8oz. Fat Free milk</p> <p>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!</p> <p>Non- Center member \$5.00</p> <div>   </div>	



Independence Day Sudoku



USE THE NUMBERS 1-4 TO SOLVE THIS INDEPENDENCE DAY SUDOKU PUZZLE. REMEMBER THAT NO COLUMN OR BOX SHOULD HAVE THE SAME NUMBER MORE THAN ONCE.

Puzzle #1

	1	2	
1	4		
3			

Puzzle #2

		3	
		2	1
3		4	2



HAPPY 4TH OF JULY!

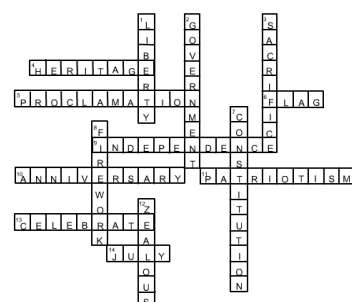
Puzzle #3

	3	4	1
	4		2

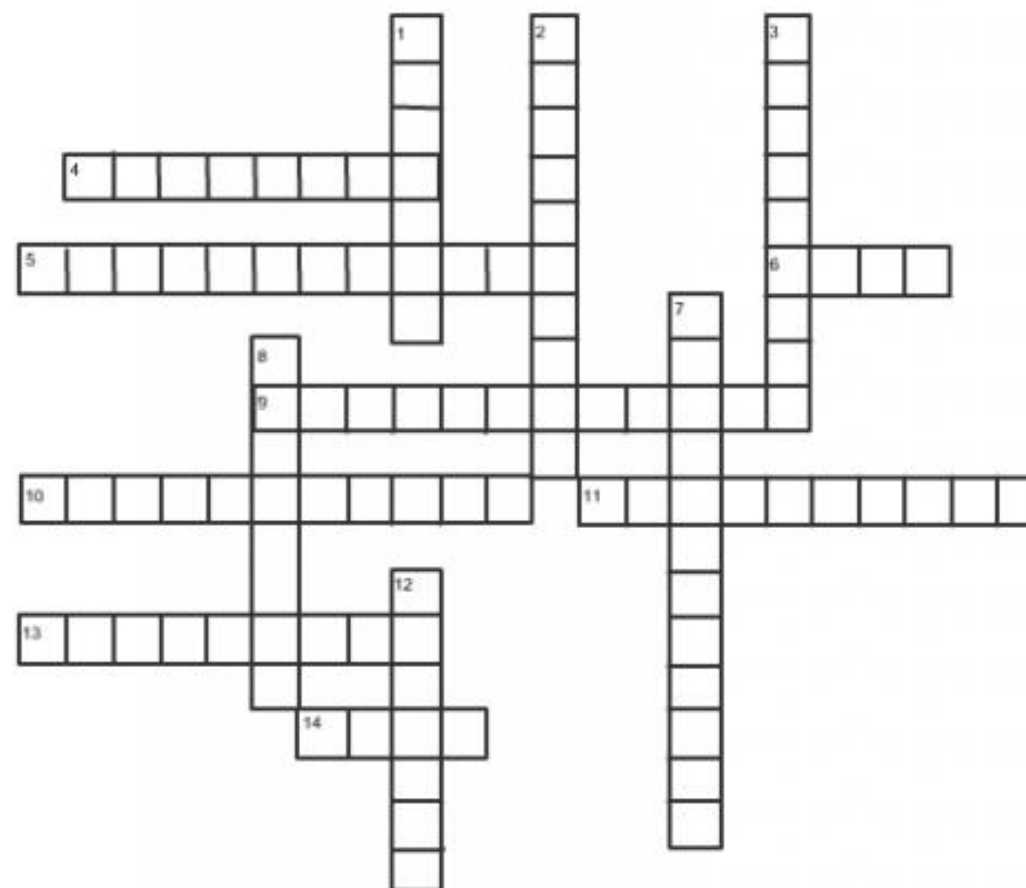
Puzzle #4

2	1		3
1			

Independence Day Crossword
Puzzle Answer Key



Independence Day Crossword Puzzle



Down:

1. the state of being free within society
2. the group of people with the authority to the govern a country or state; a particular ministry in office
3. a loss entailed by giving up something
7. law determining the fundamental principles of a government
8. a device containing gunpowder which causes spectacular effects and explosions used for display or in celebrations.
12. marked by active interest and enthusiasm

Across:

4. practices that are handed down from past by tradition
5. a formal public statement
6. a piece of cloth used as the symbol or emblem of a country or institution
9. the fact or state of being independent.
10. the date on which an event occurred in some previous year
11. love of country and willingness to sacrifice for it
13. behave as expected during of holidays or rites
14. The seventh month of the year