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.

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
• 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

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<th>Sunday</th>
<th>Mon-Fri</th>
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<tr>
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<td>8:45 AM-9:30AM</td>
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<td>Breakfast</td>
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<tr>
<td>Lunch</td>
<td>12 PM- 1PM</td>
<td>11:30 PM- 1:00PM</td>
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<tr>
<td>Dinner</td>
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<td>3:30PM- 5PM</td>
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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
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<tr>
<th>Sunday</th>
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<tr>
<td>1 PM - Bingo</td>
<td>10:30 AM - Yoga with Susan</td>
<td>10:00 AM - Self Defense with Andres</td>
<td>10:00 AM - Hula Dance with Jane</td>
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<td><strong>CLOSED FOR THE HOLIDAY</strong></td>
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**Pre-registration required:**
Flea Market - If you would like a table, you must sign up

- Movie Night: Free - Bowling Trip: $3
- American Museum of Natural History: $2

**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 with 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)
### JULY 2023 LUNCH AND DINNER MENU

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<tr>
<td><strong>CLOSED FOR THE 4TH OF JULY</strong></td>
<td><strong>BREAKFAST:</strong> Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td><strong>LUNCH:</strong> Salmon in Garlic Butter Sauce w/ Linguine, Asparagus, Peas, &amp; Spinach, Baby Spinach Salad, Plums</td>
<td><strong>DINNER:</strong> Chicken Salad w/ Pasta Primavera w/ Cheese, Normandy Blend, Applesauce</td>
<td><strong>LUNCH:</strong> Chicken Salad w/ Pasta Primavera w/ Cheese, Normandy Blend, Applesauce</td>
<td><strong>LUNCH:</strong> Breaded Fish w/ Home Fries, Caesar Salad, Grapes</td>
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<td><strong>BREAKFAST:</strong> Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td><strong>LUNCH:</strong> Chicken Thighs Stew, Ginger Pumpkin w/ Brown Rice, Broccoli &amp; Cauliflower, Applesauce</td>
<td><strong>DINNER:</strong> Beef Teriyaki w/ Veggie Rice, Broccoli &amp; Cauliflower, Orange</td>
<td><strong>DINNER:</strong> Black Bean Quinoa Veggie Burger w/ Buns, Baby Carrots, Grapes</td>
<td><strong>DINNER:</strong> Beef &amp; Plantains Pastelon w/ Mixed Green Salad, Pineapple Tidbits</td>
<td><strong>DINNER:</strong> Cheesburger or Beef Franks w/ French Fries, Boiled Beans, Sauerkraut, Watermelon</td>
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<td><strong>BREAKFAST:</strong> Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td><strong>LUNCH:</strong> Stuffed Pepper w/ Beef, Green Beans, Apricots</td>
<td><strong>LUNCH:</strong> Baked Penne &amp; Sausage, Spinach, Mushrooms, Escarole, Orange &amp; Fennel Salad, Grapes</td>
<td><strong>DINNER:</strong> Beef &amp; Plantains Pastelon w/ Mixed Green Salad, Pineapple Tidbits</td>
<td><strong>DINNER:</strong> Cobb Salad w/ Grilled Chicken, Peas &amp; Carrots, Pineapple Tidbits</td>
<td><strong>DINNER:</strong> Baked Parmesan Garlicky Crusted Fish w/ Linguine, Winter Blend, Applesauce</td>
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<td><strong>BREAKFAST:</strong> Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td><strong>LUNCH:</strong> Chicken Fajita w/Tortilla, Broccoli &amp; Red Pepper, Apples</td>
<td><strong>LUNCH:</strong> Vegan Shepherd Pie w/ Kale, Beets &amp; Apple Salad, Plums</td>
<td><strong>DINNER:</strong> Garlic Chicken w/ Coconut Rice &amp; Pigeon Peas, Roasted Zucchini, Pineapple Tidbits</td>
<td><strong>DINNER:</strong> Beef Stroganoff w/ Egg Noodles, Cauliflower, Pears</td>
<td><strong>DINNER:</strong> Baked Parmesan Garlicky Crusted Fish w/ Linguine, Winter Blend, Applesauce</td>
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<td><strong>BREAKFAST:</strong> Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td><strong>LUNCH:</strong> Beef &amp; Cheese Lasagna w/ Garlic Bread, Broccoli &amp; Red Pepper, Apples</td>
<td><strong>DINNER:</strong> Pineapple Glazed Salmon w/ Roasted Veggie Couscous, Sautéed String Bean, Fruit Cocktail</td>
<td><strong>DINNER:</strong> Beef &amp; Plantains Pastelon w/ Mixed Green Salad, Pineapple Tidbits</td>
<td><strong>DINNER:</strong> BBQ Pork Chops w/ Garlic Mashed Potatoes, Slice Carrots, Banana</td>
<td><strong>DINNER:</strong> Chickpea Stew w/ Carrot, &amp; Cauliflower. Brown Rice, Kale Salad &amp; Beet, Apples, Sliced Apples</td>
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<td><strong>BREAKFAST:</strong> Deluxe Cheesburger w/ Onion, Buns, Garden Salad, Pineapple Tidbits</td>
<td><strong>LUNCH:</strong> Beef Salisbury Steak w/ Mushroom Sauce. Garlic Mashed Potato, Cauliflower &amp; Carrots, Pears</td>
<td><strong>LUNCH:</strong> Curried Chickpea, Veggie &amp; Quinoa Brown Rice, Baby Spinach Salad, Banana</td>
<td><strong>DINNER:</strong> BBQ Chicken Leg w/ Baked Mac &amp; Cheese, Broccoli, Mushrooms &amp; Pearl Onions, Mandarin Orange</td>
<td><strong>DINNER:</strong> Baked Fish w/ Mushroom &amp; Peppers, Boultie Pasta, Cauliflower, Pineapple Tidbit</td>
<td><strong>DINNER:</strong> Chicken Marsala w/ Penne, Creamy Spinach, Pineapple Tidbits</td>
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<td><strong>BREAKFAST:</strong> Breakfast Tidbits, Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate &amp; Juice</td>
<td><strong>LUNCH:</strong> Beef &amp; Potato Pastelon w/ Roasted Broccoli, Fruit Cocktail</td>
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All meals are served with 8oz. Fat Free milk or 1 TSP of Trans fat free margarine, Whole Wheat bread

Now offering salads daily as an alternate option to the scheduled lunch. (Please note this is not a DFTA funded meal) Cost for salad: Center members $1.50! Non-Center member $5.00
Independence Day Sudoku

Use the numbers 1-4 to solve this Independence Day Sudoku puzzle. Remember that no column or row should have the same number more than once.

Puzzle #1

1 2
1 4
3

Puzzle #2

3 2 1

Puzzle #3

3 4 1

Puzzle #4

2 1 3

HAPPY 4TH OF JULY!

Independence Day Crossword Puzzle

Down:
1. the state of being free within society
2. the group of people with the authority to 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 the 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