

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Wow, It already August! Can you believe the summer is almost over?

Let's take some time to reflect on a fantastic July. We celebrated America's Independence, honored the summer with our white-only affair and ended the month with a wet and wild party. It was a fantastic time for those that were able to join us. We will definitely try to squeeze another in day of water fun before the weather changes.



This month we celebrate Dominican culture the best way we know; with great friends, good music and lots of dancing!! We are also having a family carnival, pl; please invite your family to join us for a day of games and prizes, food and fun!

And lastly, based on member feedback we are introducing two new workshops this month, Tai Chi and Reiki. I encourage everyone to take advantage. These workshops are intended to restore energy flow promote better sleep, reduce anxiety and fatigue.

Enjoy your August!
See you around!

Jasmine



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

UNION SQUARE
FARMERS MARKET

CENTRAL PARK

RESORT WORLD
MONTICELLO CASINO

MOVIE THEATER

Presentations

ELDER ABUSE
AWARENESS
NUTRITION EDUCATION
BEAT THE HEAT: STAY
SAFE IN THE HEAT

Celebrations

DOMINICAN HERITAGE
CELEBRATION

BIRTHDAY PARTY

FAMILY DAY CARNIVAL (IN
THE COURTYARD)

DIABETES HEALTH

What's New

NAIL POLISH WITH ELLEN
REIKI w/RADHIYAH: REIKI IS A
COMPLEMENTARY HEALTH APPROACH IN WHICH
PRACTITIONERS PLACE THEIR HANDS LIGHTLY ON
OR JUST ABOVE A PERSON, WITH THE GOAL OF
DIRECTING ENERGY TO HELP FACILITATE THE
PERSON'S OWN HEALING RESPONSE. IT'S BASED
ON AN EASTERN BELIEF IN AN ENERGY THAT
SUPPORTS THE BODY'S INNATE OR NATURAL
HEALING ABILITIES.
NY ENRICHMENT GROUP TAI CHI : TAI CHI
CAN IMPROVE BOTH LOWER-BODY STRENGTH
AND UPPER-BODY STRENGTH
POWER OF MUSIC: ENJOY THE THERAPEUTIC

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

August

2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Pre-registration required: Casino Trip \$45 Dominican Celebration free Farmers Market free Family Carnival free Trip and Events sign-ups are from Monday to Friday only. 10am to 12pm 2pm-4pm Please see Briana or Olivia					
		1	2	3	4
	Movie Theater \$10 Central Park \$5 Birthday Party \$3	10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 	10 AM- Self Defense w/Andres 11AM - Tech Help w/ Noa 1PM- Crafts w/Marcela 1:30PM- Bingo 1-6 PM - Sewing group	9AM-Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 1:30 PM- Bingo 	1 PM- Jewelry Class (NORC) 1:30- Bingo 2PM -Tech Help w/ Noa 1-6 PM - Sewing group
6	7	8	9	10	11
10AM-Reiki w/Radhiyah  1 PM- Bingo 	10AM-Nail Polish w/Ellen 10:30AM -Yoga w/Susan 1:15PM-Bead Art (NORC) 2PM - Tech Help w/ Noa 2pm-Bingo 2:15 PM Art w/ Girl 1-6 PM - Sewing group	9AM- Trip: Casino (Monticello) 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 	10 AM- Self Defense w/Andres 11AM - Tech Help w/ Noa 1PM- Crafts w/Marcela 1PM Presentation: Elder Abuse 1:30PM- Bingo 1-6 PM - Sewing group	9AM-Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 12:30PM- Presentation: Nutrition Education 1:30 PM – Bingo 	1 PM- Jewelry Class (NORC) 1:30PM-Dominican Celebration 2PM -Tech Help w/ Noa 
13	14	15	16	17	18
10AM-Reiki w/Radhiyah  1 PM- Bingo 	10AM-Trip: Farmers Market (Union Square) 10:30AM-Yoga w/Susan 10:30AM-Computer Class (NORC) 2PM- Tech Help w/ Noa 2pm-Bingo 1:15PM-Bead Art (NORC) 2:15PM-Art w/ Girl 1-6 PM - Sewing group 	10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 	10AM-Trip: Farmers Market (Union Square) 10 AM- Self Defense w/Andres 11AM - Tech Help w/ Noa 1PM- Crafts w/Marcela 2PM -Tech Help w/ Noa 1:30PM- Bingo 1-6 PM - Sewing group 	9AM-Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 12PM-Family Carnival (Outdoors) 1:30 PM – Bingo 	1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2PM -Tech Help w/ Noa 2PM – Movie Theater Trip (Time May Change) 
20	21	22	23	24	25
10AM-Reiki w/Radhiyah  1 PM- Bingo 	National Senior Citizen Day 10AM- Trip: Central Park 10:30AM-Yoga w/Susan 10:30AM-Computer Class (NORC) 1:15PM-Bead Art (NORC) 2PM - Tech Help w/ Noa 2PM -Bingo 2:15 PM Art w/ Girl 1-6 PM - Sewing group	10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 	10 AM- Self Defense w/Andres 11AM - Tech Help w/ Noa 12:45PM - Power of Music 1 PM- Crafts w/Marcela 1:30 PM- Bingo 1-6 PM - Sewing group 	9AM-Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 1PM- Presentation: Diabetes 1:30- Bingo 	1 PM- Jewelry Class (NORC) 1:30PM – August Birthday Celebration (Theme is TBD) 2PM - Tech Help w/ Noa 
27	28	29	30	31	
10AM-Reiki w/Radhiyah  1 PM- Bingo	10:30AM-Computer Class (NORC) 10:30AM-Yoga w/Susan 1:15PM-Bead Art (NORC) 2PM - Tech Help w/ Noa 2pm-Bingo 2:15 PM Art w/ Girl 1-6 PM - Sewing group	10AM- Ballroom Dancing 1:30PM-Bingo 3:30PM- Karaoke 	10 AM- Self Defense w/Andres 11AM - Tech Help w/ Noa 1 PM- Crafts w/Marcela 1PM-Presentation: "Beat the Heat" 1:30 PM- Bingo 1-6 PM - Sewing group	9AM-Tai Chi for Arthritis  10 AM- Hula Dance w/Jane 1:30 PM- Bingo 	September 1st 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2PM -Tech Help w/ Noa
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)					



August 2023 Lunch and Dinner



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<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><i>All meals are served with 8oz. Fat Free milk</i></p>					
<p>Breakfast: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Spaghetti w/ Sausage, Garlic Bread, Corn & Red Pepper, Fruit Cocktail</p>	<p>LUNCH: Asian Honey Chicken w/White Rice, Sliced Carrots, Apples</p> <p>DINNER: BBQ Tofu Fingers w/ Brown Rice, Baby Carrots, Applesauce</p>	<p>LUNCH: Tuna Fish Salad w/ Pasta Salad, Carrot Apple Raisin Salad, Mandarin Orange</p> <p>DINNER: Beef Teriyaki w/ Veggie Rice, Broccoli & Cauliflower, Mandarin Orange</p>	<p>LUNCH: Korean BBQ Tofu w/ Veggie Rice, Cauliflower & Carrots, Pears</p> <p>DINNER: Sweet Orange Salmon w/ Roasted Veggie & Couscous, Roasted Broccoli, Peaches</p>	<p>LUNCH: Chicken Thighs w/Jollof Rice, Caribbean Coleslaw, Apples</p> <p>DINNER: BBQ Beef Ribs w/ Mac & Cheese, Winter Blend, Watermelon</p>	<p>LUNCH: Spanish Fish w/ Cilantro Lime Rice, Creamy Spinach, Plums</p> <p>DINNER: Black Bean & Sweet Potato, Pumpkin Rice, Arugula Salad Banana</p>
<p>Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Beef Sloppy Joe w/ Broccoli, & Cauliflower, Mandarin</p>	<p>LUNCH: Beef & Broccoli w/ White Rice, Baby Carrots, Plums</p> <p>DINNER: Balsamic Chicken Thighs w/Black Beans & Rice, Broccoli & Red Peppers, Peaches</p>	<p>LUNCH: Apricot-Glazed Pork Chops w/ Yellow Rice & Pigeon Peas, Balsamic Roasted Brussels Sprout, Fruit Cocktail</p> <p>DINNER: Oven Fried Chicken Wings w/ Mac & Cheese, Honey Garlic Roasted Cauliflower, Banana</p>	<p>LUNCH: Sweet & Sour Tofu Stir Fry w/ Cuban Black Beans & Brown Rice, Banana</p> <p>DINNER: Whole Wheat Pizza w/ Cheese& Pepperoni, Peaches</p>	<p>LUNCH: Deluxe Cheeseburger & Onions w/ Sweet Potato Fries, Mandarin Orange</p> <p>DINNER: Egg Salad w/ Baby Spinach Salad, Mandarin Orange</p>	<p>LUNCH: Apricot Glazed Salmon w/ Spaghetti, Broccoli & Red Pepper, Peach</p> <p>DINNER: BBQ Pulled Pork w/ Home Fries w/ Peppers & Onions, Arugula Salad, Pears</p>
<p>Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Bread Chicken w/ Pasta & Sweet Peas, Caesar Salad, Mandarin Orange</p>	<p>LUNCH: Chicken Thigh Stew w/ Ginger & Pumpkin, Brown Rice, Broccoli & Cauliflower, Applesauce</p> <p>DINNER: Lasagna w/ Tofu Ricotta, Garlic Bread, Arugula, Beets & Feta Salad, Sliced Apple</p>	<p>LUNCH: Meat Sauce w/ Onions & Peppers, Spaghetti, Broccoli & Red Pepper, Pineapple Tidbit</p> <p>DINNER: Beef & Potato Pastelon w/Mixed Green Salad. Pineapple Tidbit</p>	<p>LUNCH: Stewed White Beans, Carrots & Spinach w/Brown Rice,, California Blend, Sliced Apples</p> <p>DINNER: Chicken Salad w/ Potato Salad, Lentil & Carrot Salad, Apricots</p>	<p>LUNCH: Chicken Salad w/ Pasta Primavera & Cheese, Normandy Blend, Applesauce,</p> <p>DINNER: Salmon in Garlic Sauce w/ Linguine Asparagus, Peas, & Spinach, Baby Spinach Salad, Plums</p>	<p>LUNCH: Bread Fish w/ Home Fries, Caesar Salad, Grapes</p> <p>DINNER: Black Bean Burger w/ Buns, Baby Carrots, Grapes</p>
<p>Breakfast: Bagels, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Coconut Curry Chicken, Broccoli & Tomato, Avocado & Orange Salad, Pineapple Tidbit</p>	<p>LUNCH: Stuffed Peppers & Beef w/ Steam Green Beans, Apricots</p> <p>DINNER: Chicken Breast w/Mushroom & Peppers, Yellow Rice & Pigeon Peas, Baby Carrots, Mandarin Orange</p>	<p>LUNCH: Penne w/ Veggie Sausage, Kale & Mushrooms, Escarole & Fennel Salad, Grapes</p> <p>DINNER: Turkey Salad w/ Pasta Salad, Cole Slaw, Mandarin Orange</p>	<p>LUNCH: Cobb Salad w/ Grilled Chicken, Romaine, Avocado, Cherry Tomatoes, Pineapple Tidbit</p> <p>DINNER: Turkey Meatball, Spaghetti, Sliced Carrots, Fruit Cocktail</p>	<p>LUNCH: Fish Parmesan Garlic Crust w/Garlic Mashed Potatoes, Winter Blend, Applesauce</p> <p>DINNER: Cheeseburger or Beef Franks, Corn on the Cobb, Watermelon</p>	<p>Add Sept1 Meals</p>



BEACH WORD SEARCH

DRNEAMESMLSBTBE
RRTAHBAELSUIIUN
SSACCIUERERKUEE
NEXULIHCLZFISBG
LBSBGSLTSSBNGSH
BAOSAESAIOINCI
MACEAAFNPJAZIKY
TJSICLDIWGRCHLG
LNWDPAGVLQDZTAV
XLNTLOWNPVPRAWN
GAUSXIRWUHVXBDT
SKLGFMLTXSHEVRM
NOITACAVWAVESAN
PCDNSEBTPYXWSOJ
QBD CGRSZWL BDRBL

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|--------------|-------------|------------|-----------|
| Bathing Suit | Pelican | Scuba | Surfboard |
| Bikini | Sailboat | Seagull | Tropical |
| Boardwalk | Sandals | Seashell | Vacation |
| Lifeguard | Sand Castle | Sunglasses | Waves |



WORD SEARCH

UQE ZJYLAVEXSTFL
NOITACAVLGACYQO
QXDCCTGTTGAKVPL
ZTFUPFSUNFLOWER
HOQQTACAOXADQH X
HEATCIIQLTQUCNY
BVB DQCNAEOHAVWF
FANPDECSMPEVLUS
GASKBCIFRBOPAWK
SNVEARPCECGOINO
FSISBELJTDFMLDG
UIOTWAKJAXMQEBF
AIYSAMLFWIVNAFG
ITACEOHLNGDBYVF
TFZCGKBGOVWNPYC

- | | | |
|-----------|------------|------------|
| BEACH | PICNIC | SANDCASTLE |
| BASEBALL | VACATION | HEAT |
| ICE CREAM | SUNFLOWER | BOATING |
| SWIMMING | WATERMELON | POOL |