

Message from the Director:

This summer has flown by, and now we are heading into September. But before you grab your sweaters and jackets, let’s take some time to reflect on the fantastic memories we made this summer, from the theme parties to the outdoor events like the family carnival. We honored the diversity of our community, celebrated and shared cultures and customs, and changed the definition of aging for those who visited our program.

This month, we have some exciting new programming. Trips to Broadway shows, new dance classes, more cultural celebrations, and excellent health presentations. All these new activities are based on your feedback, so if you have suggestions for future activities or workshops, please let us know, and we will make every effort to add them to our calendar.

See you around!

Jasmine

HENRY STREET SETTLEMENT OLDER ADULTS CENTER



**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 Celebrations

9/1 – CONEY ISLAND (CENTER CLOSED)

9/7- WEST INDIES CELEBRATION

9/12- MUSEUM OF BROADWAY

9/13 & 9/20- MJ BROADWAY SHOW

9/22- SEPTEMBER BIRTHDAY CELEBRATION

9/27- BOOK OF MORMON BROADWAY SHOW

9/29 – MID AUTUMN CELEBRATION

Presentations

9/6- HEALTH FIRST

9/11-VNS ELDER ABUSE

9/19-LAMSON & CUTNER, PC

9/21 – ALZHEIMER’S PRESENTATION (WEAR PURPLE)

9/26 – FALL PREVENTION PRESENTATION

9/27 – HYPERTENSION PRESENTATION

What’s New

NY ENRICHMENT GROUP TAI CHI : TAI CHI CAN IMPROVE BOTH LOWER-BODY STRENGTH AND UPPER-BODY STRENGTH

DVP MOVEMENT SPEAKS FLAMENCO: INTERACTIVE FLAMENCO DANCE AND MOVEMENT WORKSHOP DESIGNED FOR ALL ABILITIES!

GREENWICH HOUSE: MEMBERS OF THE GREENWICH HOUSE TEAM WILL BE AROUND OFFERING EXPERIENCES AROUND WELLNESS AND INDEPENDENCE.

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**





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Pre-registration required: Coney Island Free Sept. Birthday Party \$3 West Indies Celebration Free Book of Mormon Musical RAFFLE Museum of Broadway RAFFLE Mid-Autumn Celebration Free MJ Broadway Show RAFFLE			Trip and Events sign-ups are from Monday to Friday only. 10am to 12pm 2pm-4pm Please see Briana or Olivia 3 Broadway Plays will be raffled. Raffles tickets will be given out on the 5 th , 6 th , and the 7 th . The call for winners will be on Friday the 8 th . All participants must be present to claim a prize.		
11am- Reiki 1 PM- Bingo 		10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 	10 AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 12:30pm-Presentation: Health First 1PM- Crafts w/Marcela 1:30PM- Bingo 1-6pm- Sewing Group (369 Madison St.) 	9am- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 1:30PM-West Indies Celebration 	END OF SUMMER TRIP TO CONEY ISLAND (CENTER IS CLOSED)
11am- Reiki 1 PM- Bingo 	10:30AM-Yoga w/Susan 12:45PM – VNS Presentation: Elder Abuse 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC) 2pm- Bingo 2:15PM-Art w/ Girl 1-6pm- Sewing Group (369 Madison St.) 	10 AM- Ballroom Dancing 10am- Museum of Broadway 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke BINGO CANCELED 	10 AM- Self Defense w/Andres 11AM-Tech Help w/ Noa 1pm-Broadway Play (MJ) Mezz Stairs 1PM- Crafts w/Marcela 1:30PM- Bingo 1-6pm- Sewing Group (369 Madison St.) 	9am- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 1:30 PM –Movement Speaks 3pm- Late Bingo 	9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 2PM Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.) BINGO CANCELED
11am-Reiki 1 PM- Bingo 	10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC) 2pm-Bingo 2:15 PM Art w/ Girl 1-6pm- Sewing Group (369 Madison St.) 	10 AM- Ballroom Dancing 12:30pm-Presentation: Elder law & Estate Planning 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 	10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa 1 PM- Crafts w/Marcela 1pm-Broadway Play (MJ) Orch Accessible 1:30 PM- Bingo 1-6pm- Sewing Group (369 Madison St.) 	9am- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 1pm- Presentation: Alzheimer's 1:30- Movement Speaks 3pm- Late Bingo 	9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30PM- September Birthday Celebration 2PM - Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.)
11AM- Reiki 1 PM- Bingo 	10:30AM-Yoga w/Susan 1pm- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC) 2:15 PM Art w/ Girl 1-6pm- Sewing Group (369 Madison St.) 	10AM- Ballroom Dancing 1pm-Presentation: Falls Prevention 1:30PM-Bingo 3:30PM- Karaoke 	10AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 1pm-Presentation: Hypertension 1 PM- Crafts w/Marcela 1:30 PM- Bingo 6pm-Broadway Play (Book of Mormon) 1-6pm- Sewing Group (369 Madison St.) 	9AM- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 1:30 PM-Movement Speaks 3pm- Late Bingo 	9AM- Chess & Backgammon 1 PM- Jewelry Class (NORC) 1:30PM-Mid-Autumn Celebration 2PM- Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.)
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)					



SEPTEMBER 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>HEALTHY AGING MONTH</p>	<p>Please Note: All meals that are highlighted are Plant-Base meals</p> 	<p>1 (CENTER IS CLOSED) End of Summer Trip CONEY ISLAND</p>
<p>3 Breakfast: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Baked Ziti w/ Garlic Bread, Garden Salad, Sliced Peaches</p>	<p>4 Closed Labor Day</p>	<p>5 LUNCH: Salisbury Steak w/ Mushroom Sauce, Garlic Mashed Potato, Cauliflower & Carrots, Pears DINNER: Beef & Potato Pastelon w/ Roasted Broccoli, Fruit Cocktail</p>	<p>6 LUNCH: Curried Veggie, Chickpeas, w/ Quinoa Stir Fry, Baby Spinach Salad, Pears DINNER: Chicken Cacciatore w/ Brown Rice, Broccoli, Grapes</p>	<p>7 LUNCH: BBQ Chicken Legs w/ Mac & Cheese, Broccoli, Mushroom & Pearl Onions, Mandarin Orange DINNER: Chickpea Stew w/ Cauliflower & Carrots, Brown Rice, Kale Salad, Sliced Apples</p>	<p>8 LUNCH: Fish w/ Fresh Salsa Relish, Yellow Rice, Asparagus, Pineapple Tidbits DINNER: Jerk Chicken w/ Red Beans & Rice, Sweet Plantains, Garden Salad</p>
<p>10 Breakfast: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Beef Stew w/ Coconut Pigeon Peas, Romaine, Kale, Peppers, Black Olives, & Feta Salad, Grapes</p>	<p>11 LUNCH: Turkey Burger w/ Fries, Buns, Corn on the Cob, Banana DINNER: Chicken Breast, Mushroom & Peppers w/ Yellow Rice & Pigeon Peas, Baby Carrots, Mandarin Orange</p>	<p>12 LUNCH: Tuna Fish Salad w/ Pasta Salad, Carrot, Apple & Raisin Salad, Mandarin Orange DINNER: Cheeseburger & Onions w/ Fries, Garden Salad, Pineapple Tidbits</p>	<p>13 LUNCH: BBQ Tofu w/ Veggie Rice, Cauliflower & Carrots, Pears DINNER: Sweet Orange Salmon w/Couscous & Roasted Veggies, Broccoli, Peaches</p>	<p>14 LUNCH: Baked Chicken w/ Jollof Rice, Caribbean Coleslaw, Sweet Plantains, Sliced Apple DINNER: Black Bean & Sweet Potato Chili w/ Pumpkin Rice, Arugula Salad, Banana</p>	<p>15 LUNCH: Spanish Baked Fish w/ Cilantro Line Rice, Creamy Spinach, Plums DINNER: BBQ Beef Ribs w/ Mac & Cheese, Winter Blend, Watermelon</p>
<p>17 Breakfast: Veggie Frittata, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Baked Spaghetti & Sausage w/ Garlic Bread, Corn & Red Pepper, Fruit Cocktail</p>	<p>18 LUNCH: Asian Honey Chicken w/ White Rice, Slice Carrots, Slice Apples DINNER: BBQ Tofu Fingers w/ Brown Rice, Baby Carrots, Applesauce</p>	<p>19 LUNCH: Apricot Glazed Pork Chops w/ Yellow Rice & Pigeon Peas, Baby Carrots, Banana DINNER: Oven Fried Chicken Wings w/ Mac & Cheese, Honey Garlic Roasted Cauliflower, Banana</p>	<p>20 LUNCH: Sweet & Sour Tofu w/ Cuban Black Bean & Brown Rice, Balsamic Roasted Brussels Sprouts, Fruit Cocktail DINNER: Egg Salad w/ Baby Spinach Salad, Mandarin Orange</p>	<p>21 LUNCH: Cheeseburger & Onions w/ Buns, Sweet Potato Fries, Mandarin Orange DINNER: Cheese Pizza w/ Romaine, Kale, Peppers, Black Olives, & Feta Salad, Peaches</p>	<p>22 LUNCH: Apricot Glazed Salmon w/ Spaghetti, Broccoli & Red Peppers, Peaches DINNER: Spanish Chicken, w/ Spanish Rice, Sweet Plantains, Arugula Salad, Pears</p>
<p>24 Breakfast: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Beef Sloppy Joe w/Buns, Cauliflower & Broccoli, Mandarin Orange</p>	<p>25 LUNCH: Beef & Broccoli w/ White Rice, Baby Carrots, Plums DINNER: Balsamic Chicken Thighs w/ Black Bean Rice, Broccoli & Red Pepper, Peaches</p>	<p>26 LUNCH: Meat Sauce w/ Peppers & Onions, Spaghetti, Broccoli & Red Peppers, Pineapple Tidbits DINNER: Coconut Lentil Stew w/ Tofu & Veggie Fried Brown Rice, Baby Spinach Salad, Mandarin Orange</p>	<p>27 LUNCH: Stewed White Bean, Carrots & Spinach, Brown Rice, California Blend, Sliced Apples DINNER: Salmon in Garlic Sauce w/ Linguine, Asparagus, Peas, & Creamed Spinach, Baby Spinach Salad, Plums</p>	<p>28 LUNCH: Chicken Salad w/Pasta Primavera & Cheese, Normandy Blend, Applesauce DINNER: Baked Fish & Mushroom Sauce w/ Boetie Pasta, Cauliflower, Pineapple Tidbits</p>	<p>29 LUNCH: Breaded Fish w/Home Frie, Caesar Salad, Mandarin Orange DINNER: Beef & Broccoli w/ White Rice Brown, Choy & Garlic Sauce, Egg Rolls, Sliced Peaches</p>

Alzheimer's Disease

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

ABILITY

ACTIVITIES

AFFECTS

AGGRESSIVE

ANXIOUS

BEGINS

BRAIN

CARRY OUT

COGNITIVE

CONTROL

DAILY

DEMENTIA

DISORDER

IMPAIRMENT

LANGUAGE

MEMORY

OLDER PEOPLE

OVER TIME

RECOGNIZE

REMEMBERING

SLOWLY

SYMPTOMS

WANDER

WORSE



