

Message from the Director:

It's sweater weather! It's time to put your sandals away and bring out your warm and comfy clothes. Reflecting on all the great moments we shared in September, the most memorable event for me was the Center at "Coney" Day at Coney Island! It was such a great time; seventy-four of our older adult program members packed into a bus with sunscreen and beach chairs and took that journey to Brooklyn. Some enjoyed the rides and games, and I even rode on the Cyclone with a few of you. And what better way to say goodbye to the summer than to enjoy an end-of-the-summer Nathan's hot dog?

This month is the start of fun fall activities. We have apple picking, the Hispanic Heritage Celebration, and our last outdoor event- Fall Festival. This month, we also have our men's and ladies' pool tournaments, trips to the Museo De Barrio and the Farmer's Market, and much more. Finally, my personal favorite is the Halloween Party. This year, there will be one winner from each category: Scariest Costume, Funniest Costume, and Most Original Costume. I can't wait to see what you all come up with.

See you around!
JASMINE

HENRY STREET SETTLEMENT OLDER ADULTS 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



SCAN TO ACCESS OUR CALENDAR ONLINE

Trips, Events & Celebrations

- 10/2 THRU 10/4- MEN POOL TOURNAMENT (FREE)
- 10/5 AND 10/6-WOMEN POOL TOURNAMENT(FREE)
- 10/9- POOL TOURNAMENTS CEREMONY (FREE)
- 10/10- STATEN ISLAND LUNCHEON \$40
- 10/12 – MUSEO DEL BARRIO \$5.00
- 10/13- HISPANIC HERITAGE CELEBRATION (FREE)
- 10/18- FARMERS MARKET (UNION SQUARE) (FREE)
- 10/19- WALMART \$10
- 10/20- MONTHLY BIRTHDAY PARTY \$3
- 10/26 – APPLE PICKING (UPSTATE NY) \$20
- 10/27-FALL FESTIVAL CELEBRATION (FREE)
- 10/31- HALLOWEEN PARTY (FREE)

SNAPSHOT

Presentations

- 10/10-PACE-STROKE AWARENESS
- 10/11 & 10/25-Greenwich House: Emotional Awareness
- 10/24-PACE: Breast Cancer Awareness

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

HENRY STREET SETTLEMENT
Older Adult Center



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																		
1 11AM- Reiki 1 PM- Bingo  	2 10:30AM-Yoga w/Susan 12:30PM-Presentation: Home Healthcare Agency 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC) 2pm- Bingo 2:15PM-Art w/ Girl 1-6pm- Sewing (369 Madison St.) 1 - 4:15PM – Men’s Pool Tournament 	3 10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke 1 - 4:15PM – Men’s Pool Tournament (Cont.)  BALLROOM DANCING CANCELED	4 10 AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 1PM- Crafts w/Marcela 1:30PM- Bingo 1-6pm- Sewing Group (369 Madison St.) 1 - 4:15PM – Men’s Pool Tournament (END) 	5 9am- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 1:30 PM –Movement Speaks 3pm- Late Bingo 1 - 4:15PM – Women’s Pool Tournament 	6 9AM- Chess & Backgammon 10AM- Creative Painting w/Yaya 11AM – Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM- Bingo 2PM - Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.) 1 - 4:15PM – Women’s Pool Tournament (Cont.) 																		
8 11AM- Reiki 1 PM- Bingo  	9 10:30AM-Yoga w/Susan 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC) 2pm- Bingo 2PM – Pool Tournament Ceremony 2:15PM-Art w/ Girl 1-6pm- Sewing (369 Madison St.) 	10 10 AM- Ballroom Dancing 10AM- Trip: Staten Island Luncheon 12:45PM- Presentation Pace Nurses Stroke Awareness 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke (Motown)  	11 10 AM- Self Defense w/Andres 12:30pm-Presentation: Emotional Awareness Pt. 1 11AM-Tech Help w/ Noa 1PM- Crafts w/Marcela 1:30PM- Bingo 1-6pm- Sewing Group (369 Madison St.) 	12 9am- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 10AM-Trip: Museo Del Barrio 1:30 PM –Movement Speaks 3pm- Late Bingo 	13 9AM- Chess & Backgammon 10AM- Creative Painting w/Yaya 1 PM- Jewelry Class (NORC) 1:00PM – Hispanic Heritage Celebration (Outdoors) 2PM Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.) 																		
15 11AM-Reiki 1 PM- Bingo  	16 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 (369 Madison St.) 	17 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 3:30PM- Karaoke (Country)  	18 10 AM- Self Defense w/Andres 10AM-Trip: Farmers Market 11am- Tech Help w/ Noa 1 PM- Crafts w/Marcela 1:30 PM- Bingo 1-6pm- Sewing Group (369 Madison St.) 	19 9am- Tai Chi for Arthritis 9AM-Trip: Walmart Trip 10 AM- Hula Dance w/Jane 1:30- Movement Speaks 2:30pm- Move to Music 3pm- Late Bingo 	20 9AM- Chess & Backgammon 10AM- Creative Painting w/Yaya 1 PM- Jewelry Class (NORC) 1:30PM – October Birthday Party 2PM - Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.)																		
22 11AM- Reiki 1 PM- Bingo  	23 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 (369 Madison St.) 	24 10 AM- Ballroom Dancing 12:45PM- Presentation: Pace Nurses Breast Cancer Awareness 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music Karaoke (Halloween Theme)   	26 10AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 12:30PM- Presentation: Emotional Awareness PT. 2 1 PM- Crafts w/Marcela 1:30 PM- Bingo 1-6pm- Sewing Group (369 Madison St.) 	27 9AM-Chess and Backgammon 10AM- Creative Painting w/Yaya 1 PM- Jewelry Class (NORC) 1PM – Fall Festival 2PM- Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.) 																			
29 11AM- Reiki 1 PM- Bingo  	30 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 (369 Madison St.) 	31 10AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM – Halloween Party SAIL Class Postponed 	<table><tr><td>Walmart</td><td>\$10</td><td>Includes round trip and lunch</td></tr><tr><td>Staten Island Lunch</td><td>\$40</td><td>3 course meal, show and transportation</td></tr><tr><td>Farmers’ Market</td><td>Free</td><td>Includes \$25 coupons</td></tr><tr><td>Monthly Birthday Party</td><td>\$3.00</td><td>Raffles, lunch, and gifts for birthdays</td></tr><tr><td>Museo Del Barrio</td><td>\$5.00</td><td>Lunch/Transportation</td></tr><tr><td>Apple Picking (upstate NY)</td><td>\$20.00</td><td>Lunch/transportation/apple picking</td></tr></table>			Walmart	\$10	Includes round trip and lunch	Staten Island Lunch	\$40	3 course meal, show and transportation	Farmers’ Market	Free	Includes \$25 coupons	Monthly Birthday Party	\$3.00	Raffles, lunch, and gifts for birthdays	Museo Del Barrio	\$5.00	Lunch/Transportation	Apple Picking (upstate NY)	\$20.00	Lunch/transportation/apple picking
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<div>Trip and Events sign-ups are from Monday to Friday only. 10am to 12pm 2pm-4pm Please see Briana or Olivia. All Participants Must be pre-registered BEFORE day of Birthday Party 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</div> <div>Monday at 2 PM, Wednesday at 11 AM, and Friday at 2 PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</div>																							



OCTOBER 2023 LUNCH AND DINNER MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Breaded Chicken Cutlet w/Pasta & Sweet Peas, Caesar Salad, Mandarin Orange	LUNCH: Stewed Chicken Thigh w/ Ginger & Pumpkin, Brown Rice, Broccoli & Cauliflower, Applesauce DINNER: Lasagna w/ Tofu Ricotta, Garlic Bread, Beet, Arugula & Feta Salad, Slices Apples	LUNCH: Stuffed Peppers w/ Beef, String Beans, Apricots DINNER: Beef Teriyaki w/Veggie Rice, Broccoli & Cauliflower, Mandarin Orange	LUNCH: Baked Penne w/ Veggie Sausage, Kale & Mushrooms, Escarole, Orange & Fennel Salad, Grapes DINNER: Turkey Salad w/ Pasta Salad, Coleslaw, Mandarin	LUNCH: Cobb Salad w/ Grilled Chicken, Peas & Carrots, Pineapple Tidbits DINNER: Turkey Meatballs w/ Spaghetti, Carrots, Fruit Cocktail	LUNCH: Baked Fish w/Garlic Parmesan Crust, Winter Blend, Applesauce DINNER: Chicken Marsala w/ Penne, Creamy Spinach. Pineapple Tidbits
BREAKFAST: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Coconut Curry Chicken w/ Broccoli & Tomato, Avocado & Orange Salad, Pineapple Tidbit	LUNCH: Pork Chops w/ Black Bean Rice, Cauliflower, Banana DINNER: Sliders w/ Yuca Fries, Green Salad, Mandarin Orange	LUNCH: Chicken Fajitas w/ Tortillas, Broccoli & Red Peppers, Sliced Apples DINNER: Pineapple Glazed Salmon w/ Roasted Veggie Couscous, String Beans, Fruit Cocktail	LUNCH: Vegan Shepherd Pie w/ Kale, Beet & Apple Salad, Pears DINNER: Garlic Chicken w/ Coconut Rice & Pigeon Peas, Roasted Zucchini, Pineapple Tidbit	LUNCH: Beef Stroganoff w/ Egg Noodles, Cauliflower, Dice Pears DINNER: Black Bean & Sweet Potato Chili w/ Pumpkin Rice, Arugula Salad, Banana	LUNCH: Lemon Fish w/ Garlic Buller, Linguine & Asparagus, Peas, & Spinach Cream, California Blend, Fruit Cocktail DINNER: Spanish Chicken w/ Spanish Rice, Sweet Plantains Avocado Salad, Flan
BREAKFAST: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Baked Ziti w/ Garden Salad, Sliced Peaches	LUNCH: Beef & Cheese Lasagna w/ Garlic Bread, Broccoli & Red Peppers, Sliced Apples DINNER: Kabob's w/ Garden Salad, Fruit Cocktail	LUNCH: Salisbury Steak w/ Mushroom, Garlic Mashed Potatoes, Cauliflower & Carrots, Pears DINNER: Beef & Potato Pastelon w/ Roasted Broccoli, Mandarin Orange	LUNCH: Curried Veggie, Chickpea & Quinoa Stir, Brown Rice, Baby Spinach Salad, Banana DINNER: Chicken Cacciatore w/ Brown Rice & Mushrooms, Broccoli, Grapes	LUNCH: BBQ Chicken Legs w/ Mac & Cheese, Broccoli, Mushroom & Pearl Onions, Mandarin Orange DINNER: Cod Fish w/ Mushrooms & Peppers, Bowtie Pasta, Cauliflower, Pineapple	LUNCH: Tilapia w/ Salsa Relish, Yellow Rice, Asparagus, Pineapple Tidbits DINNER: BBQ Ribs w/ Mac & Cheese, Winter Blend, Watermelon
BREAKFAST: Veggie Frittata, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Beet Stew w/ Coconut Rice & Pigeon Peas, Romaine, Kale, Peppers, Black Olives & Feta Salad, Grapes	LUNCH: Turkey Burger w/ French Fries, Buns, Corn on the cob, Mandarin Orange DINNER: Cheeseburger & Onions w/French Fries, Buns, Garden Salad. Pineapple Tidbits	LUNCH: Tuna Fish Salad w/ Pasta Salad, Carrot Apple Raisin Salad DINNER: Chicken Breast w/ Mushrooms & Peppers, Yellow Rice &Pigeon Peas, Baby Carrots, Mandarin Orange	LUNCH: BBQ Tofu w/ Veggie Rice, Cauliflower & Carrot, Pears DINNER: Sweet Orange Salmon w/ Roasted Veggie Couscous, Roasted Broccoli, Peaches	LUNCH: Chicken Thighs w/ Jollof Rice, Caribbean Coleslaw, Sweet Plantin, Sliced Apples DINNER: Chickpea Stew w/ Carrots & Cauliflower, Brown Rice, Kale, Beets, & Apple Salad	LUNCH: Spanish Fish w/ Cilantro Lime Rice, Creamy Spinach, Dice Pears DINNER: BBQ Pork Chop w/ Garlic Mashed Potatoes, Sliced Carrots, Banana
BREAKFAST: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice LUNCH: Baked Spaghetti & Sausage w/ Garlic Bread, Corn & Red Pepper, Fruit Cocktail	LUNCH: Honey Chicken w/White Rice, Carrots, Sliced Apples DINNER: BBQ Tofu Fingers w/ Brown Rice, Baby Carrots, Applesauce	LUNCH: Apricot Glazed Pork Chops w/ Yellow Rice & Pigeon Peas, Banana DINNER: Oven Fried Chicken Wings w/ Mac & Cheese, Cauliflower, Banana, Pumpkin Pie	All meals are served with. 8oz. Fat Free milk 1 TSP of Trans fat free margarine, Whole Wheat bread. The menu is subject to change.		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 Plant Based meals are highlight



BREAST CANCER AWARENESS

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

- STRENGTH

BELIEVE

OCTOBER

WOMEN

SCREENING

DISEASE

CANCER
- LAUGH

CURE

LOVE

LUMP

RIBBON

CAMPAIGN

SELF BREAST EXAM
- LIVE

RESEARCH

COURAGE

HEALTH

PINK

CAUSE
- FAITH

PREVENTION

TREATMENT

MAMMOGRAM

FUNDRAISING

HOPE

