# 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!

TASMINE

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER



2023

# OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

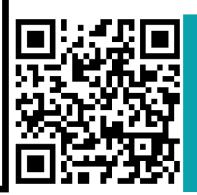
212-477-0455

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.

<b>Meal Service</b>	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.

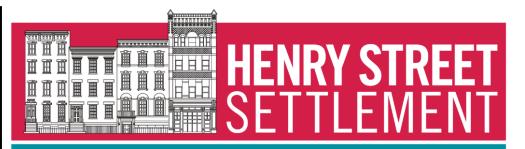
CASE MANAGEMENT HOURS: Monday - Friday, 9 AM to 5 PM

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

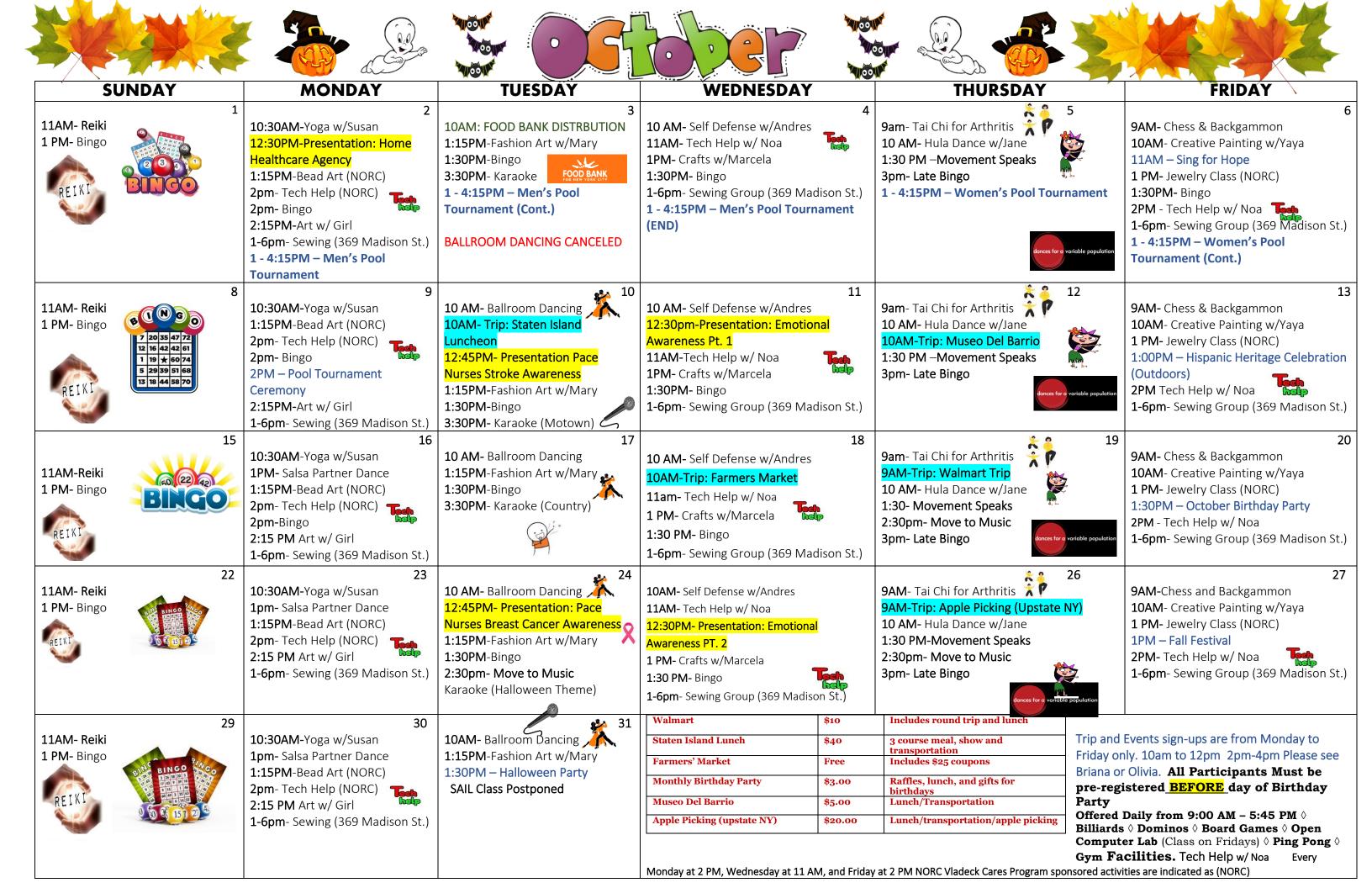
Monday – Friday: 9AM - 6PM Sunday: 8 AM - 3:30 PM

Meals: Lunch 11:30 AM to 1 PM

Dinner: 3:30 PM to 5 PM



**Older Adult Center** 





LUNCH Beef & Cheese Lasagna w/ Garlic Bread, Broccoli & Red Peppers, Sliced Apples **DINNER:** Kabob's w/ Garden Salad, Fruit Cocktail

22 CH. Turkev Burger w/ French Fries, Buns, Corn on the cob, Mandarin Orange

**DINNER:** Cheeseburger & Onions w/French Fries, Buns, Garden Salad. **Pineapple Tidbits** 

LUNCH Honey Chicken w/White Rice, Carrots, Sliced Apples

**DINNER:** BBQ Tofu Fingers w/ Brown Rice, Baby Carrots, Applesauce

LUNCH: Stuffed Peppers w/ Beef.

Pineapple Glazed Salmon w/ Roasted Veggie Couscous, String

LUNCH: Salisbury Steak w/ Mushroom, Garlic Mashed Potatoes, Cauliflower & Carrots, Pears

**DINNER:** Beef & Potato Pastelon w/ Roasted Broccoli, Mandarin **Orange** 

JNCH 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** Apricot Glazed Pork Chops w/ Yellow Rice & Pigeon Pegs. Banana

**DINNER:** Oven Fried Chicken Wings w/ Mac & Cheese, Cauliflower, Banana, Pumpkin Pie

LUNCH: Baked Penne w/ Veggie Sausage, Kale & Mushrooms, Escarole, Orange & Fennel Salad,

Wednesday

Turkey Salad w/ Pasta Salad, Coleslaw, Mandarin

LUNCH: Vegan Shepherd Pie w/ Kale, Beet & Apple Salad, Pears

**DINNER:** Garlic Chicken w/ Coconut Rice & Pigeon Peas, Roasted Zucchini, Pineapple Tidbit

LUNCH: Curried Veggie, Chickpea & Ouinoa Stir, Brown Rice, Baby Spinach Salad, Banana

NNER: Chicken Cacciatore w/ Brown Rice & Mushrooms, Broccoli, Grapes

LUNCH: BBQ Tofu w/ Veggie Rice, Cauliflower & Carrot, Pears

ER: Sweet Orange Salmon w/ Roasted Veggie Couscous, Roasted Broccoli, Peaches

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.

LUNCH: Cobb Salad w/ Grilled Chicken, Peas & Carrots, Pineapple Tidbits

Thursday

DINNER: Turkev Meatballs w/ Spaghetti, Carrots, Fruit Cocktail

LUNCH: Beef Stroganoff w/ Egg Noodles, Cauliflower, Dice Pears

**DINNER:** Black Bean & Sweet Potato Chili w/ Pumpkin Rice. Arugula Salad, Banana

LUNCH BBO Chicken Legs w/ Mac & Cheese, Broccoli, Mushroom & Pearl Onions, Mandarin Orange

DINNER: Cod Fish w/ Mushrooms & Peppers, Bowtie Pasta, Cauliflower, Pineapple

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: Baked Fish w/Garlic Parmesan Crust, Winter Blend, Applesauce

DINNER: Chicken Marsala w/ Penne. Creamy Spinach. Pineapple Tidbits

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

LUNCH Tilapia w/ Salsa Relish, Yellow Rice, Asparagus, Pineapple

DINNER: BBO Ribs w/ Mac & Cheese. Winter Blend, Watermelon

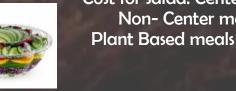
LUNCH Spanish Fish w/ Cilantro Lime Rice, Creamy Spinach, Dice Pears

DINNER: BBQ Pork Chop w/ Garlic Mashed Potatoes, Sliced Carrots, Banana

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!

Tidbits

Non- Center member \$5.00 Plant Based meals are highlight











































**REAKFAST:** Croissant, Boiled

Eggs, Coffee, Tea, Hot Chocolate &

FAST: Veggie Frittata,

LUNCH: Beet Stew w/ Coconut Rice

Peppers, Black Olives & Feta Salad,

LUNCH: Baked Ziti w/ Garden

Boiled Eggs, Coffee, Tea, Hot

& Pigeon Peas, Romaine, Kale,

**BREAKFAST** Pancakes, Boiled

LUNCH: Baked Spaghetti &

Red Pepper, Fruit Cocktail

Sausage w/ Garlic Bread, Corn &

Eggs, Coffee, Tea, Hot Chocolate &

Salad, Sliced Peaches

Chocolate & Juice

Grapes

luice



Name:	Date:

## 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 S I Q Q B U R M R O A M I P U H N Y E M W J G X T E M P I I Z M M R G V U E N P C O C W V W R M B Q O Q B C Z E G C D X Q A D D H R N U M A A Y ELKBAZLOUZCTLKRIEMAXJXPV M P K M J C W G R Z B A V A D C E E U S Z INPOAMZYCASEPQITLGUTSOSR EUJOAVDWBQUAWTSHTGSAAEAP V S B M R E B O T C O T U S I Z H A Y Q C N R V EHKXPSHVKUUMRCNMEMWIOTWG NGUVBUFTLFFEIHGRPXGINEVF J U J K D A E D I I F N W U B J K K T S T C D I H A Z C N C Z E E A T T F F C Z U N T T E R U C W L D M K I Y V W B F V L A W W E B O R V V L M O F W Y K W P O I J F E M J R V G C N E I T U Q M O Y J S C A L Y U S P E Z E K W E C N L W Z I EISMPCOITDANZRQZDDQGZKEE N A U Z X Y R M T I N L P L M T U P I T S Y Y C EASYQHEEGFOYPEMIMBYHBGLE SONPRAXNEELFPLXUKSYSNEXU COURAGERENLUPXLKSXJYWROX K T J B E K F L E N I L R A P W E I A Y V E F E B D W T X X G H C T J N O D I S E A S E F U M J UGVLKLOIWUTSGEXCQHOPEKYY

**STRENGTH** LAUGH LIVE FAITH **BELIEVE** CURE RESEARCH **PREVENTION OCTOBER** LOVE COURAGE TREATMENT WOMEN LUMP HEALTH MAMMOGRAM SCREENING RIBBON PINK **FUNDRAISING** DISEASE CAMPAIGN CAUSE HOPE CANCER SELF BREAST EXAM

