

Message from the Director:

So, there hasn't been much sweater weather this past month, which worked out well. Our outdoor events in October had such beautiful weather. The Hispanic Heritage and Fall Festival event was extremely popular and well-received. A special congratulations to the winners of our pool tournament. I witnessed all the hard work and practice that went into preparing for the mach.

The trips were always a hit, from apple picking to Museo Del Barrio to the always favorite trip to Walmart. Thank you to our sister program, NORC Vladeck Cares for sponsoring the trip.

November is packed with a lot of fun and exciting activities and events. Remember to turn your clocks back an hour, daylight savings will end Sunday November 5th. Our hours of operation will be 8:30 AM-5:00 PM. We will be open on Thanksgiving Day. If you wish to share your Holiday with your HSS OAC family, please sign up early.

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

- 11/5 - Lincoln Center Performance
- 11/10 – Rock & Roll Party (free)
- 11/17 - Monthly Birthday Party
- 11/20 - Farmers Market (Union Square)
- 11/22 – Nails w/ Ellen
- 11/24 - Holiday Luncheon
- 11/28 - Christmas Spectacular Show
- 11/7- DON'T FORGET TO VOTE!!!



SNAPSHOT

Presentations

- 11/7, 11/9, and 11/16 Pace Student Nurses
- 11/13-(NORC) Elder Abuse Presentation
- 11/15 - VNS (Diabetes)
- WellCare- Medicare
- 11/22- Greenwich House
- 11/29 City Ferry

What's New



- 8:30AM – 5:00PM
- CHA CHA DANCE CLASSES EVERY WEDNESDAY 1PM – 2PM
- LOOK ON THE CALENDAR FOR SPIRIT DAYS!

Meal Service

Breakfast

Lunch

Dinner

Sunday

8:45 AM-9:30AM

11:30 PM- 1PM

X

Mon-Fri

X

11:30 PM- 1:00PM

3:00PM- 4:30PM

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: 8:30AM-5PM
Sunday: 8 AM - 3:30 PM

Meals: Lunch 11:30 PM to 1:00PM



HENRY STREET SETTLEMENT














Older Adult Center



November





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 Monday at 2 PM, Wednesday at 11 AM, and Friday at 2 PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)			1 10 AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 1PM- Crafts w/Marcela 1PM – Cha Cha Class 2PM- Bingo 1-6pm- Sewing Group (369 Madison St.)	2 9AM- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 1:30 PM –Movement Speaks Flamenco 2:30pm- Move to Music S.A.I.L. (NORC) 3pm- Late Bingo	3 Wear Your Favorite Color Day! 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya 1 PM- Jewelry Class (NORC) 1:30PM- Bingo 2PM - Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.)
5 1PM – Trip: Lincoln Center (Dance Performance) 1 PM- Bingo DON'T FORGET TO SET YOUR CLOCKS BACK!  	6 10:30AM-Yoga w/Susan 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC) 2pm- Bingo 2:15PM-Art w/ Girl 1-6pm- Sewing (369 Madison St.) NEW CENTER HOURS 9AM TO 5PM	7 ELECTION DAY 10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke BALLROOM DANCING CANCELED 	8 10 AM- Self Defense w/Andres 11AM-Tech Help w/ Noa 11AM – Greenwich House: Living Long and Strong: Intro to Holistic Wellness 1PM- Crafts w/Marcela 1PM – Cha Cha Class 2PM- Bingo 1-6pm- Sewing Group (369 Madison St.)	9 CRAZY HAIR DAY! 9AM- Tai Chi for Arthritis 1:30 PM –Movement Speaks Flamenco 2:30pm- Move to Music S.A.I.L. (NORC) 3pm- Late Bingo Crazy Hair Day 	10 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya 1 PM- Jewelry Class (NORC) 1:30PM – Rock & Roll Party 2PM Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.)
12 1 PM- Bingo 	13 10:30AM-Yoga w/Susan 12:30PM - Presentation: Elder Abuse 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.)	14 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 S.A.I.L. (NORC) 3:30PM- Karaoke	15 10 AM- Self Defense w/Andre 11AM- Tech Help w/ Noa 12:30PM- Presentation: VNS Diabetes 1 PM- Crafts w/Marcela 1PM – Cha Cha Class 2PM- Bingo 1-6pm- Sewing Group (369 Madison St.)	16 PAJAMA DAY! 9AM- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 12:30PM- Presentation: PACE Nurses 1:30 PM –Movement Speaks Flamenco 2:30pm- Move to Music S.A.I.L. (NORC) 3pm- Late Bingo 	17 9AM- Chess & Backgammon 10AM- Creative Painting w/ Yaya 1 PM- Jewelry Class (NORC) 1:30PM – November Birthday Party 2PM - Tech Help w/ Noa 1-6pm- Sewing Group (369 Madison St.) 
19 10AM – Thanksgiving Arts & Crafts 1 PM- Bingo 	20 10AM- Trip: Farmers Market (Union Square) 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.)	21 10 AM- Ballroom Dancing 12:45PM- Presentation: WELLCARE (Medicare) 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke	22 HAT DAY! 10AM - Self Defense w/Andres 10AM – Nails w/ Ellen 11AM- Tech Help w/ Noa 12:30PM- Greenwich House: Strategies for Mindfulness and Meditation 1 PM- Crafts w/Marcela 1PM – Cha Cha Class 2PM- Bingo 1-6pm- Sewing Group (369 Madison St.)	23  CLOSED. NO PROGRAMS OR ACTIVITIES. Center is only open for our annual Luncheon 11:30am 1pm Pre-registration is required.	24 
26 1 PM- Bingo 	27 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.)	28 10AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1PM- Trip: Christmas Spectacular Show 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke	29 10AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 12:30PM- Presentation: City Ferry (Reduced Fare) 1 PM- Crafts w/Marcela 1PM – Cha Cha Class 2PM- Bingo 1-6pm- Sewing Group (369 Madison St.)	30 FAVORITE SPORTS TEAM DAY! 9AM- Tai Chi for Arthritis 10 AM- Hula Dance w/Jane 1:30 PM –Movement Speaks Flamenco 2:30pm- Move to Music S.A.I.L. (NORC) 3pm- Late Bingo 	1 



NOVEMBER 2023 LUNCH AND DINNER MENU



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Now offering salads daily as an alternate option to the scheduled lunch. (Please note this is not a DFTA funded meal)</p> <p>Cost for salad: Center members \$1.50!</p> <p>Non- Center member \$5.00</p> <p>Plant Based meals are highlighted.</p>		<p>LUNCH: Sweet & Sour Tofu Stir Fry w/ Cuban Black Bean Rice, Brussels Sprouts, Fruit Cocktail</p> <p>DINNER: Eggs Salad w/ Baby Spinach Salad, Orange</p>	<p>LUNCH: Deluxe Cheeseburger w/ Sweet Potato Fries, Baby Carrots, Oranges</p> <p>DINNER: Cheese Pizza w/ Romaine, Kale, Black Olives, Feta Salad, Peaches</p>	<p>LUNCH: Apricot Glazed Salmon w/ Spaghetti, Broccoli & Red Pepper, Slices Peaches</p> <p>DINNER: BBQ Pulled Pork w/ Home Fries & Peppers & Onions, Pears</p>
	<p>BREAKFAST: Waffles, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Beef Sloppy Joe w/ Buns, Broccoli & Red Pepper, Oranges,</p>	<p>LUNCH: Beef & Broccoli w/ White Rice, Baby Carrots, Apples</p> <p>DINNER: Chicken Kabob's w/ Garden Salad, Fruit Cocktail</p>	<p>LUNCH: Meat Sauce w/ Spaghetti, Broccoli & Red Pepper, Pineapple Tidbits</p> <p>DINNER: Beef & Potato Pastelon w/ Mixed Salad. Pineapple Tidbits</p>	<p>LUNCH: Stewed White Beans, Carrots & Spinach w/ Brown Rice, Apples</p> <p>DINNER: Salmon in Garlic Butter Sauce w/ linguine, Asparagus, Peas & Spinach, Peaches</p>	<p>LUNCH: Chicken Salad w/ Pasta Primavera, Normandy Blend, Applesauce</p> <p>DINNER: Veggie Pizza w/ Baby Carrots, Oranges</p>
	<p>BREAKFAST: Croissant, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Bread Chicken w/ Penne & Sweet Peas, Mandarin Orange</p>	<p>LUNCH: Stew Chicken Thigh w/ Ginger & Pumpkin, Broccoli & Cauliflower, Applesauce</p> <p>DINNER: Sliders w/ Yuca Fries, Green Salad, Apples</p>	<p>LUNCH: Stuffed Peppers w/ Beef, Green Beans, Apricots</p> <p>DINNER: Beef Teriyaki w/ Veggie Rice, Broccoli & Cauliflower, Orange</p>	<p>LUNCH: Penne w/ Veggie Sausage, Kale & Mushrooms, Escarole, Orange, & Fennel Salad, Grapes</p> <p>DINNER: Turkey Meatballs w/ Spaghetti Sliced Carrots, Fruit Cocktail</p>	<p>LUNCH: Cobb Salad w/ Grilled Chicken, Pineapple Tidbits</p> <p>DINNER: Chicken Marsala w/ Penne, Creamy Spinach, Pineapple Tidbit</p>
	<p>BREAKFAST: Pancakes, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Coconut Curry Chicken w/ Broccoli & Tomatoes, Avocado & Orange Salad, Pineapple Tidbits</p>	<p>LUNCH: Pork Chops w/ Black Beans & Rice, Cauliflower, Banana</p> <p>DINNER: Chicken Salad w/ Potato Salad, Spiced Lentil & Carrot Salad, Apricots</p>	<p>LUNCH: Chicken Fajitas w / Tortillas, Broccoli & Red Pepper, Apples</p> <p>DINNER: Pineapple Glazed Salmon w/ Couscous & Roasted Veggie, Apples</p>	<p>LUNCH: Vegan Shepherd Pie w/ Kale, Beet, & Apple Salad, Orange</p> <p>DINNER: Garlic Chicken w/ Coconut Rice & Pigeon Peas, Roasted Zucchini, Pineapple</p>	<p>MUST RSVP FOR THANKSGIVING LUNCHEON Roast Turkey w/ Garlic Mashed Potato, Sauteed String Beans, Stuffing, Cranberry Sauce, Dinner Rolls, Pumpkin Pie</p>
	<p>BREAKFAST: Veggie Frittata, Boiled Eggs, Coffee, Tea, Hot Chocolate & Juice</p> <p>LUNCH: Baked Ziti & Cheese w/ Garlic Bread, Garden Salad, Sliced Peaches</p>	<p>LUNCH: Beef & Cheese Lasagna w/ Garlic Bread, Broccoli & Red Pepper, Apples</p> <p>DINNER: Balsamic Chicken Thighs w/ Black Beans & Rice, Broccoli & Red Peppers, Banana</p>	<p>LUNCH: Salisbury Steak & Mushroom Sauce w/ Garlic Mashed Potato, Cauliflower & Carrots, Diced Pears</p> <p>DINNER: Chickpea Stew, Carrots & Cauliflower w/ Brown Rice, Kale, Beets, & Apple Salad, Apples</p>	<p>LUNCH: Curried Chickpeas, Veggies w/ Brown Rice, Banana</p> <p>DINNER: Coconut Lentil Stew w/ Tofu & Veggie Brown Rice</p>	<p>LUNCH: BBQ Chicken Legs w/ Mac & Cheese, Broccoli, Mushroom & Pearl Onions</p> <p>DINNER: Fish w/ Mushroom & Pepper w/ Bowtie Pasta, Cauliflower, Grapes</p>
					<p>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.</p>



Thanksgiving

WORD SEARCH

R	U	G	Z	L	L	G	N	I	F	F	U	T	S	F
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FALL	THANKFUL	NOVEMBER
GATHER	TURKEY	PLYMOUTH
HOLIDAY	CORNUCOPIA	STUFFING
PILGRIMS	FAMILY	THANKSGIVING
PUMPKIN	GOBBLE	CRANBERRIES
CORN	GRATITUDE	POTATOES
FEAST	PIE	TRADITION

