### Message from the Director:

Happy New Year!!!

We ended the year on a fantastic note and the best way we know how with lots of dancing and good food. The Holiday Party, the Kawanza celebration, and let's not forget the New Year's Eve party. This year will be another year filled with great programming. This month, NYU Langone Alzheimer's Center will host a Jeopardystyle game with fun prizes. Please sign up if you want to participate in the game. This month, we celebrate the birth of Dr. Martin Luther King. We will have a screening of a social justice documentary followed by a discussion session to keep his vision of equality for all alive.

Here's to another year full of joy, laughter, and unforgettable memories with unforgettable friends!

lasmine

## HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## JANUARY

2024



**HENRY STREET SETTLEMENT** 

NORC/Vladeck Cares

Senior Companion Program

## **OLDER ADULT SERVICES AT**

212-477-0455

212-473-1474

Meals on Wheels

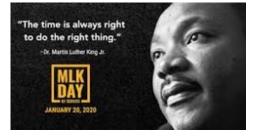
212-473-1474



**SCAN TO ACCESS OUR CALENDAR ONLINE** 

#### • Trips, Events & **Celebrations**

- 1/5 Three Kings Day Celebration
- 1/10 Jeopardy w/ NYU
- **MLK Acknowledgement Video**
- 1/26 January Birthday Party



#### **SNAPSHOT**

- Presentations
- 1/3 Greenwich House
- 1/16 Elder Law
- 1/17 Greenwich House
- 1/23 Medicare Part D Saving
- 1/24 NYPD/OAC Safety **Presentation**

- What's New
- CHA CHA DANCE CLASS
- **COME LEARN TO DANCE THE CHA CHA WITH ANDRES EVERY WEDNESDAY AT 1PM**

| <b>Meal Service</b> | Sunday         | Mon-Fri          |
|---------------------|----------------|------------------|
| Breakfast           | 8:45 AM-9:30AM | X                |
| Lunch               | 11:30 AM- 1PM  | 11:30 AM- 1:00PM |
| Dinner              | X              | 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 AM to 1:00PM **Dinner 3:00 PM to 4:30PM** 



**Older Adult Center** 







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|--|--|---|---|--|---|
| SUNDAY   | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
| CLOSED   | CLOSED   | 10AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke   | 3 10AM- Self Defense w/Andres 12:30PM – Presentation: Greenwich House 1PM – Cha Cha Class (NORC) 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)   | National Spaghetti Day  10 AM- Hula Dance w/Jane 2:30pm- Move to Music S.A.I.L. (NORC) 1:30pm- Bingo   | 9AM- Chess & Backgammon 10AM- Learn English w/ Jeno 1 PM- Jewelry Class (NORC) 1:30PM - Three Kings Day Celebration 1-5pm- Sewing Group (369 Madison St.)   |
| 7 10AM- Learn English w/ Jeno 1 PM- Bingo                        | 1PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2pm- Tech Help (NORC) 2pm- Bingo 2:15PM-Art w/ Girl 1-5pm- Sewing (369 Madison St.)                      | 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   | 10 AM- Self Defense w/Andres 11AM-Tech Help w/ Noa 11 - 12PM - Jeopardy w/ NYU 1PM - Cha Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)   | 11 10 AM- Hula Dance w/Jane 2:30pm- Move to Music S.A.I.L. (NORC) 1:30pm- Bingo  | 9AM- Chess & Backgammon 10AM- Learn English w/ Jeno 12:30- Dr. Martin Luther King Acknowledgement Video 1 PM- Jewelry Class (NORC) 1:30pm- Bingo 2PM Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.) |
| 10AM- Learn English w/ Jeno 1 PM- Bingo                          | Martin Luther King Jr. Day 15  CLOSED  | National Day of Racial Healing  10 AM- Ballroom Dancing  12:30PM - Presentation: Elder Law  1:15PM-Fashion Art w/Mary  1:30PM-Bingo  2:30pm- Move to Music S.A.I.L. (NORC)  3:30PM- Karaoke | 17 10 AM- Self Defense w/Andre 11AM- Tech Help w/ Noa 12:30PM – Presentation: Greenwich House 1PM – Cha Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)  | National Winnie The Pooh Day  10 AM- Hula Dance w/Jane 2:30pm- Move to Music S.A.I.L. (NORC) 1:30pm- Bingo   | 9AM- Chess & Backgammon 10AM- Learn English w/ Jeno 1 PM- Jewelry Class (NORC) 1:30pm- Bingo 2PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)   |
| 10AM- Learn English w/ Jeno 11AM- Children's Musical 1 PM- Bingo | 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2pm-Bingo 2pm- Tech Help (NORC) 2:15 PM Art w/ Girl 1-5pm- Sewing (369 Madison St.) | 10 AM- Ballroom Dancing  12:30PM – Presentation: Medicare Part D Saving  1:15PM-Fashion Art w/Mary  1:30PM-Bingo  2:30pm- Move to Music S.A.I.L. (NORC)  3:30PM- Karaoke                    | National Compliment Day  10AM - Self Defense w/Andres  10AM - Nails w/ Ellen  11AM- Tech Help w/ Noa  12:30PM: NYPD/OAC Safety Presentation  1:30PM - Cha Cha Class  2:30PM- Bingo  1-5pm- Sewing Group (369 Madison St.) | 2:30pm- Move to Music S.A.I.L. (NORC) 1:30pm- Bingo Hula Dance w/Jane CANCELED   | 9AM- Chess & Backgammon 10AM- Learn English w/ Jeno 1 PM- Jewelry Class (NORC) 1:30PM- January Birthday Party (VNS) 2PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)                            |
| 10AM- Learn English w/ Jeno 1 PM- Bingo                          | 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1:15PM-Bead Art (NORC) 2pm-Bingo 2pm- Tech Help (NORC) 2:15 PM Art w/ Girl 1-5pm- Sewing (369 Madison St.) | 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke  | 10AM- Self Defense w/Andres 11AM- Tech Help w/ Noa 1PM – Cha Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.)   | 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 – 5:00 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) |   |

| X JANURAY 2024 LUNCH AND DINNER MENU X  |   |   |   |  |  |  |  |  |
|---|---|---|---|--|--|--|--|--|
| SUNDAY  | MONDAY  | TUSEDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |  |  |  |
| All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread The menu is subject to change. Closed                             | Closed  happy new year  | LUNCH: Tuna Fish Salad w/ Pasta<br>Salad, Carrot, Apple, Raisin Salad,<br>Mandarin Orange  DINNER: Chicken Breast w/<br>Mushrooms & Peppers, Yellow Rice &<br>Pigeon Peas, Baby Carrots, Mandarin<br>Orange | LUNCH: BBQ Tofu w/ Veggie rice, Cauliflower & Carrots, Lentil Soup, Dice Pears  DINNER: Sweet Orange Slamon w Roasted Veggie Couscous, Broccoli, Peach  | LUNCH Turkey Meatballs w/<br>Spaghetti, Sliced Carrots, Orange  DINNER: Black Bean and Sweet Potato Chili w/ Pumpkin Rice, Arugula Salad, Banana           | LUNCH: Spanish Baked Fish w/ Line Cilantro Rice, Creamy Spinach, Orange  DINNER: Spanish Chicken w/ Spanish Rice, Garden Salad, Pineapple    |  |  |  |
| BREAKFAST: Danishes, Boiled Eggs. Coffee, Tea, Hot Chocolate, & Juice LUNCH: Baked Spaghetti & Sausage Garlic Bread, Corn & Peppers, Fruit Cocktail                   | LUNCH: Asian Honey Chicken w/<br>White Rice, Baby Carrots, Apple<br>DINNER: BBQ Tofu Fingers w/ Brown<br>Rice, Baby Carrots, Applesauce   | LUNCH: Apricot- Glazed Pork Chops<br>w/ Yellow Rice & Pigeon Peas, Sliced<br>Carrots,<br>DINNER: Egg Salad w/ Baby Spinach<br>Salad, Banana   | LUNCH: Sweet & Sour Tofu w/ Cuban Black Bean Rice, Brussels Sprouts, Chicken Noodles Soup, Apples  DINNER: BBQ Pulled Pork w/ Home Fries, Peppers & Onions  | LUNCH: Deluxe Cheeseburger& Onions w/ Sweet Potato Fries, Buns, Oranges  DINNER: Cheese Pizza w/ Romaine, Kale, Pepper, Black Olives & Feta Salad, Peaches | LUNCH: Apricot Glazed Salmon w/<br>Linguine, Broccoli & Res Peppers  DINNER: BBQ Tofu Fingers w/<br>Brown Rice, Baby Carrots,<br>Applesauce  |  |  |  |
| 14 BREAKFAST: Waffles, Boiled Eggs. Coffee, Tea, Hot Chocolate, & Juice LUNCH: Beef Sloppy Joe's w/ Buns, Broccoli & Red Peppers                                      | CLOSED 15  MARTIN LUTHER KING JR. DAY  LHAVE A DREAM  | LUNCH: Chicken Salaad w/ Pasta<br>Salad, Normandy Blend, Applesauce<br>DINNER: Beef & Potato Pastelon w/<br>Mixed Greens Salad, Pineapple   | LUNCH: Stewed White Beans, Carrots & Spinach, California Blend, Vegetable Soup, Apples  DINNER: Salmon in Garlic Butter Sauce w/ Linguine, Asparagus, Peas, & Spinach, Baby Spinach Salad, Apples | LUNCH: Beef & Broccoli w/ White<br>Rice, Baby Carrots, Apples  DINNER: Chicken Salaad w/ Potato<br>Salad, Lentil & Carrot Salad,<br>Mandarin Orange        | LUNCH: Bread Fish w/ Home Fries,<br>Caesar Salad, Grapes  DINNER: Black Bean Veggie Burger w/ Buns, Baby Carrots, Grapes                     |  |  |  |
| BREAKFAST: Bagels, Boiled Eggs. Coffee, Tea, Hot Chocolate, & Juice LUNCH: Bread Chicken Cutlet w/ Pasta & Sweet Peas, Caesar Salad, Mandarin Orange                  | LUNCH: Stew Chicken Thighs w/ Ginger & Pumpkin, White Rice, Broccoli & Cauliflower, Applesauce  DINNER: Lasagna Roll ups w/ Tofu Ricotta, Garlic Bread, Beet, Arugula Salad, Apples | LUNCH: Stuffed Peppers w/ Beef,<br>Green Peans, Apples  DINNER: Beef Teriyaki w/ Veggie Rice,<br>Broccoli & Cauliflower, Orange   | LUNCH: Baked Penne w/ Veggie Sausage, Kale & Mushrooms, Escarole, Orange & Fennel Salad, Split Pea Soup, Grapes  DINNER: Turkey Meatballs w/ Spaghetti, Sliced Carrots, Fruit Cocktail            | LUNCH: Turkey Salad w/ Pasta<br>Salad, Cole Slaw, Orange<br>DINNER: Chicken Marsala w/ Penne,<br>Creamer Spinach, Pineapple                                | LUNCH: Parmesan Garlic Curst Fish w/ Red Bean Rice, Winter Blend, Applesauce  DINNER: BBQ Chicken Wings w/ Mac & Cheese, Cauliflower, Banana |  |  |  |
| BREAKFAST: Croissants Eggs. Coffee,<br>Tea, Hot Chocolate, & Juice  LUNCH: Coconut Curry Chicken w/Broccoli & Tomatoes, Brown rice, Avocado & Orange Salad, Pineapple | LUNCH: Baked Pork Chops w/Black<br>Beams & Rice, Cauliflower, Banana<br>DINNER: Veggie Pita Pizza w/ Baby<br>Carrots, Mandarin Orange   | LUNCH: Chicken Fajitas w/ Tortilla,<br>Broccoli & Red Peppers, Apples  DINNER: Pineapple Glazed Salmon w/<br>Roasted Veggie Couscous, String<br>Beans, Fruit Cocktail                                       | LUNCH: Vegan Sheperd Pie w/ Kale, Beets, & Apple Salad, Cream of Broccoli Soup, Fruit Cocktail  DINNER: Garlic Chicken w/ Coconut Rice & Pigeon Peas, Roasted Zucchini, Pineapple                 | Now offering salads daily as an a lunch. (Please note this is n Cost for salad: Cent Non-Center m Plant Based Meals  | ot a DFTA funded meal)<br>er members \$1.59!   |  |  |  |

# JANUARY 9

COLD FROZEN CLOVES **ICICLES** ISLOO **MITTENS** MEW YEAR

PENGUIN

RESOLUTION RUNNY NOSE SCARF SHOVEL SKIING SLEDDING



Cheerifoldedies



SNOWMAN

**JACKET** 

PENGUIN

SKIING

Search the puzzle below to find the 16 winter related words. HOT COCOA BOOTS HAT MITTENS ICICLE SCARF

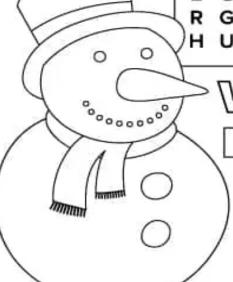


SNOWFLAKE

FROZEN

WINTER

GPXP CFCZDMWQZ SOLOLGPDDNG CTQTLKOPHKOA EGECMITTENS RGEXLKQGSZT HUDXGEWCQHL



## WORD SCRAM

Try and unscramble the 5 winter related words below.

RADIBZZL \_\_\_\_\_ OWROSSNTM \_\_\_\_

GNIEREFZ \_\_\_

OHT ETOCCOHAL \_\_\_\_\_

ODLC \_\_