

Message from the Director:

Hello, February. Goodbye, New Year's resolutions. 😊 I hope you gave it a good try to keep your New Year's resolution. Unfortunately, I did not 😞, but there's always next year!!

Although February is the shortest month, we still have a jam-packed calendar of activities and events. We celebrate Black History Month, the Lunar New Year, Valentine's Day, and President's Day this month. I encourage everyone to come out and celebrate with us. Several activities are planned, and it will be an excellent opportunity to share and make memorable moments.

Jasmine

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

FEBRUARY 2024



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

- 2/12- Lunar New Year Celebration
- 2/14- Valentine's Day Acknowledgement
- 2/14-MET Museum
- 2/23- Monthly Birthday Party/Madi Gras
- 2/25 – Adopt an Abuelita/o Event
- 2/27- Black History Celebration
- 2/29- African American Museum Luncheon (Long Island)

SNAPSHOT

Presentations

- 2/7, 14, 21, 28 Greenwich House
- 2/8- Dementia w/Agnes and Jeno
- 2/13- Elder Abuse (NORC)
- 2/15- Health Heart (NORC)



What's New

- LINE DANCE CLASS
 - COME LEARN TO LINE DANCE WITH DAVID EVERY SUNDAY AT 10:30AM!
- LEARN ENGLISH W/ JENO & COMPANY
 - COME LEARN OR EVEN PRACTICE YOUR ENGLISH WITH OUR CASE MANAGER JENO FRIDAYS & SUNDAYS AT 10AM
- ADOPT AN ABUELITA/O
 - IN PARTNERSHIP WITH LREI PARENT ASSOCIATION'S AZÚCAR, STUDENTS WILL BE COMING TO DO ARTS & CRAFTS & TO SPEND TIME WITH EVERYONE!

Meal Service

Breakfast

Lunch

Dinner

Sunday

8:45 AM-9:30AM

12:00 PM- 1PM

X

Mon-Fri

X

11:30 AM- 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 AM to 1:00PM
Dinner 3:00 PM to 4:30PM



HENRY STREET SETTLEMENT






Older Adult Center

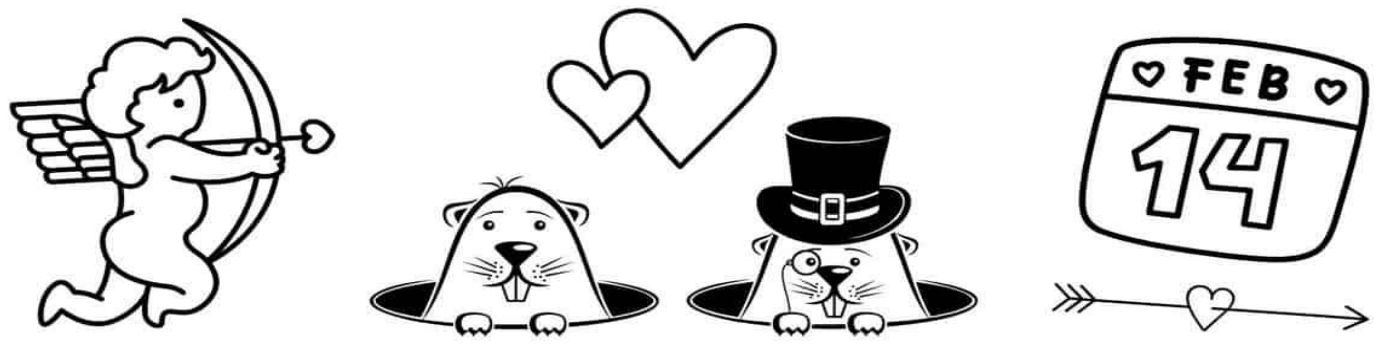


February



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 <u>BEFORE</u> 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)					
4 10:30 – 11:30 AM - Learn English w/ Li 10:30AM – Line Dancing w/ David 1 PM- Bingo 	5 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-Art w/ Girl (NORC) 3PM-MET Art w/Girl and Yaya (NORC) 1-5pm- Sewing (369 Madison St.) 	6 10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 	7 10 AM- Self Defense w/Andres 11 – 1PM -Tech Help w/ Noa (NORC) 12:30PM – Greenwich House 1PM – Cha Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.) 	8 12:30-Presentation: Dementia w/Jeno and Agnes 1:30PM – Movement Speaks Flamenco 2:30PM- Move to Music S.A.I.L. (NORC) 3:00PM - Bingo 	9 Groundhog Day 9AM- Chess & Backgammon 10 - 12PM - Learn English w/ Jeno 1 PM- Jewelry Class (NORC) 1:30PM - Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
11 10:30 – 11:30 AM - Learn English w/ Li 10:30AM – Card Making w/ Crystal. 10:30AM – Line Dancing w/ David 1 PM- Bingo 	12 1:15PM-Bead Art (NORC) 1:30PM – Chinese New Year Celebration 2 - 4PM- Tech Help (NORC) 2:15PM-Art w/ Girl (NORC) 1-5pm- Sewing (369 Madison St.) 	13 10 AM- Ballroom Dancing 12:30PM- Presentation: Elder Abuse w/ MET (NORC) 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 	14 Valentine's Day 10 AM- Self Defense w/Andres 10 – 11:30 AM- Valentines Day Brunch 11 – 1PM - Tech Help w/ Noa (NORC) 12:30PM – Greenwich House 1PM- TRIP: MET Museum 1PM- Cha-Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.) 	15 12:30PM- Presentation: Heart Health w/ Martha RN (NORC) 1:30PM – Movement Speaks Flamenco 2:30PM- Move to Music S.A.I.L. (NORC) Flamenco 3:00PM - Bingo	16 9AM- Chess & Backgammon 10 - 12PM - Learn English w/ Jeno 1 PM- Jewelry Class (NORC) 1:30pm- Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
18 10:30 – 11:30 AM - Learn English w/ Li 10:30AM – Line Dancing w/ David 1 PM- Bingo 	19 CLOSED President's Day	20 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 	21 10AM - Self Defense w/Andres 11 – 1PM - Tech Help w/ Noa (NOF) 12:30PM – Greenwich House 1PM – Cha Cha Class 2:30PM- Bingo 1-5pm- Sewing Group (369 Madison St.) 	22 1:30PM – Movement Speaks Flamenco 2:30PM- Move to Music S.A.I.L. (NORC) 3:00PM - Bingo 	23 9AM- Chess & Backgammon 10 - 12PM - Learn English w/ Jeno 1 PM- Jewelry Class (NORC) 1:30PM-February Birthday Party/Mardi Gras 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
25 10 – 2PM – “Adopt an Abuelito/a” Event 10:30 – 11:30 AM - Learn English w/ Li 10:30AM – Line Dancing w/ David 1 PM- Bingo	26 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2PM-Bingo 2 - 4PM- Tech Help (NORC) 2:15 PM Art w/ Girl (NORC) 3PM-MET Art w/Girl and Yaya (NORC) 1-5pm- Sewing (369 Madison St.) 	27 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 1:30PM Black History Celebration 1:30PM-Bingo (Canceled) 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 	28 10AM- Self Defense w/Andres 11 – 1PM - Tech Help w/ Noa (NORC) 12:30PM – Greenwich House 1PM – Cha Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.) 	29 9AM-TRIP: African American Museum In Long Island 1:30PM – Movement Speaks Flamenco 2:30PM- Move to Music S.A.I.L. (NORC) 3:00PM - Bingo 	

✂ FEBRUARY 2024 LUNCH & DINNER MENU ✂					
SUNDAY	MONDAY	TUSEDAY	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) Cost for salad: Center members \$1.50! Non-Center member \$5.00</p> <p>Plant Based Meals are highlighted</p>  				<p>LUNCH: BBQ Chicken Legs w/ Mac & Cheese, Broccoli, Mushroom & Pearl Onions, Orange</p> <p>DINNER: Black Beans & Sweet Potato Chili w/ Pumpkin Rice, Peaches</p>	<p>LUNCH: Spinach Tilapia w/ White Rice, Vegetable Medley, Dice Pears</p> <p>DINNER: Cheeseburger w/ Buns, French Fries, Mixed Green Salad, Mandarin Orange</p>
<p>BREAKFAST: Bagels, Boiled Eggs, Coffee, Tea, Chocolate, & Juice</p> <p>LUNCH: Breaded Chicken w/ Pasta & Broccoli, Mandarin Orange</p>	<p>LUNCH: Beef & Cheese Lasagna w/ Garlic Bread, Broccoli & Red Pepper, Apples</p> <p>DINNER: Veggie Lasagna w/ Tofu Ricotta w/ Garlic Bread, Arugula, Beets Salad, Applesauce</p>	<p>LUNCH: Salisbury Steak w/ Mushrooms Sauce, Garlic Mashed Potatoes, Pears</p> <p>DINNER: Spanish Chicken Thighs w/ Yellow Rice, Baby Carrots, Banana</p>	<p>LUNCH: Veggie Shepherd Pie w/ Kale, Beets, & Apple Salad, Orange</p> <p>DINNER: Sweet Orange Salmon Couscous & Roasted Veggie, Broccoli, Fruit Cocktail</p>	<p>LUNCH: Baked Chicken w/ Jollof Rice, Sweet Plantains, Baby Carrots, Apples</p> <p>DINNER: Beef & Sweet Plantain Pastelon w/ Roasted Broccoli. Fruit Cocktail</p>	<p>LUNCH: Breaded Fish, Fries, Side Salad, Fruit</p> <p>DINNER: BBQ Chicken Wings, Pasta Salad, Garden Salad, Fruit</p>
<p>BREAKFAST: Danishes, Boiled Eggs, Coffee, Tea, Chocolate, & Juice</p> <p>LUNCH: Beef Stew w/ Coconut Rice & Pigeon Peas, Romaine, Kale, Peppers, Black Olives Salad, Dice Pears</p>	<p>LUNCH: Meat Sauce w/ Peppers & Onions, Spaghetti, Slice Carrots, Banana</p> <p>DINNER: Ginger Chicken Wings w/ Veggie Lo Mien, Bok Choy, Orange</p>	<p>LUNCH: Cobb Salad w/ Grilled Chicken, Pineapple Tidbit</p> <p>DINNER: Sloppy Joe's w/ Buns, Cauliflower & Broccoli, Fruit</p>	<p>LUNCH: Baked Penne w/ Veggie Sausage, Kale & Mushroom, Escarole, Orange & Fennel Salad, Dice Pears</p> <p>DINNER: Balsamic Chicken Thighs w/ Mashed Potatoes, Cauliflower, Dice Pears</p>	<p>LUNCH: Asian Honey Chicken w/Lo mien, Sliced Carrots, Mandarin Orange</p> <p>DINNER: Beef Teriyaki w Veggie Rice, Broccoli & Cauliflower, Orange</p>	<p>LUNCH: Cod Fish w/ Fresh Salsa Relish, Green Bananas, Asparagus, Apples</p> <p>DINNER: Veggie Burger w/ Buns, Sliced Carrots, Grapes</p>
<p>BREAKFAST: Oatmeal, Boiled Eggs, Coffee, Tea, Chocolate, & Juice</p> <p>LUNCH: Coconut Curry Chicken w/ White Rice, Tomato, Avocado & Orange Salad, Pineapple Tidbits</p>	<p>President's Day</p> 	<p>LUNCH: Stuffed Peppers w/ Beef, Green Beans, Oranges</p> <p>DINNER: Coconut Lentil Stew w/ Veggie Brown Rice, Broccoli & red Peppers, Peaches</p>	<p>LUNCH: Cheeseburger & Onion w/ Buns, French Fries, Apples</p> <p>DINNER: Chicken Cacciatore w/ Spaghetti, Mushroom & Broccoli, Pears</p>	<p>LUNCH: Veggie & Chickpea w/ Brown Rice, Baby Spinach Salad, Banana</p> <p>DINNER: Beef Sliders w/ Yucca Fries, Garden Salad, Apples,</p>	<p>LUNCH: Breaded Fish w/ Home Fries, Caesar Salad, Mandarin Orange</p> <p>DINNER: Spanish Chicken w/ Spanish Rice, Sweet Plantains, Garden Salad, Banana</p>
<p>BREAKFAST: Croissant, Boiled Eggs, Coffee, Tea, Chocolate, & Juice</p> <p>LUNCH: Baked Ziti w/ Garlic Bread, Garden Salad, Fruit</p>	<p>LUNCH: Chicken Fajitas w/ Tortillas, Broccoli, Fruit cocktail</p> <p>DINNER: Veggie Shepherd Pie w/ Garden Salad, Apples</p>	<p>LUNCH: Beef & Broccoli w/ White Rice, Mixed Green Salad, Apples</p> <p>DINNER: Oven Fried Chicken w/ Mac & Cheese, Collard Greens, Cornbread, Fruit Cocktail</p>	<p>LUNCH: Stew White Beans, Carrots & Spinach w/ Brown Rice, Broccoli & Cauliflower, Apples</p> <p>DINNER: Spanish Chicken Thighs w/ Yellow Rice, Baby Carrots, Banana</p>	<p>LUNCH: Beef Stroganoff w/ Egg Noodles, Cauliflower, Apples</p> <p>DINNER: Chicken Kabob's w/ Coconut Rice, Garden Salad, Mandarin Orange</p>	<p>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</p> <p>The menu is subject to change.</p>

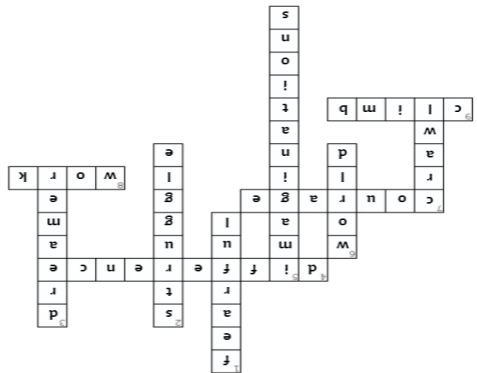


FEBRUARY

WORD SEARCH

S C H O C O L A T E F R W D L O C Y	ARROW
R U R A U Y M J P A A E K X T N A A	CHILI DAY
E P B T F L S A R G I D R A M S Y D	CHINESE NEW YEAR
W I N T E R S W E E T H E A R T K I	CHOCOLATE
O D M U B R T E S H R V X J E V O L	CUPID
L G L N R E S G I W A F D R E W M I	FEBRUARY
F W W S U T P B D L R E H E K F L H	FLOWERS
G R O R A E Y W E N E S E N I H C C	FRIENDS
G J B I R U K N N U F A U M N A E S	GROUNDHOG DAY
R H R R Y B T S T T I C P L D K R R	KINDNESS
A E E E L I L N S E T U Y Y N E R G	LEAP YEAR
S E P C N R R O D L I T J K E A A H	LOVE
S E U E D S Y E A L R A S G S A R R	MARDI GRAS
I T S R E P P I Y A W T A P S Q R N	NUTELLA
W F R I E N D S P S G E L K B T O R	PARTY
C H Y A D G O H D N U O R G O O W R	PRESIDENTS DAY
	SUPER BOWL
	SWEETHEART
	VALENTINES
	WINTER

ACRAZYFAMILY.COM



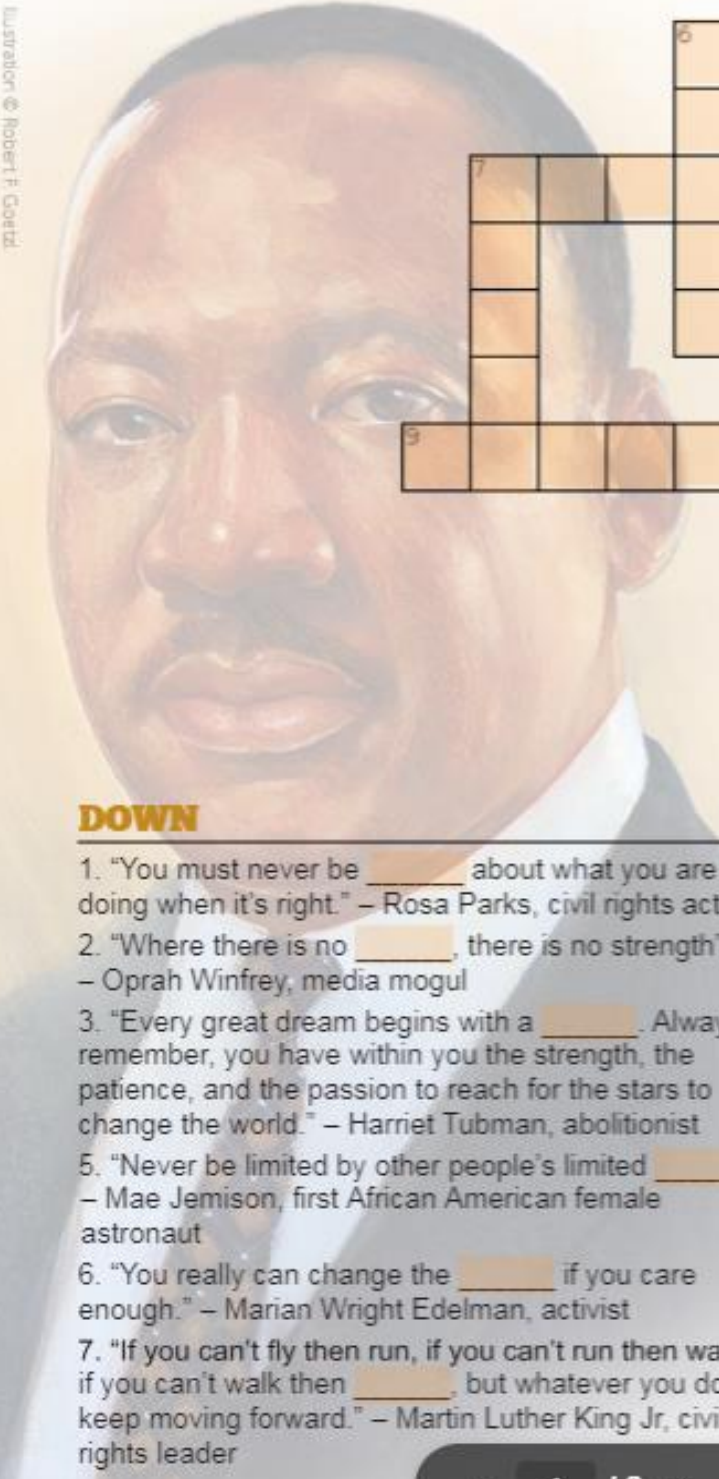
Answer Key

Black History Month

Inspiring Quotes Crossword

Find the missing word from each inspiring quote to complete the crossword puzzle.

Illustration © Robert F. Goetzl



WORD BANK

climb
courage
crawl
difference
dreamer
fearful
imaginations
struggle
work
world

DOWN

- "You must never be _____ about what you are doing when it's right." – Rosa Parks, civil rights activist
- "Where there is no _____, there is no strength." – Oprah Winfrey, media mogul
- "Every great dream begins with a _____. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world." – Harriet Tubman, abolitionist
- "Never be limited by other people's limited _____." – Mae Jemison, first African American female astronaut
- "You really can change the _____ if you care enough." – Marian Wright Edelman, activist
- "If you can't fly then run, if you can't run then walk, if you can't walk then _____, but whatever you do keep moving forward." – Martin Luther King Jr, civil rights leader

ACROSS

- "Success isn't about how much money you make, it's about the _____ you make in people's lives." – Michelle Obama, former First Lady
- "The kind of beauty I want most is the hard-to-get kind that comes from within — strength, _____, dignity." – Ruby Dee, actress and civil rights activist
- "Nothing will _____ unless you do." – Maya Angelou, poet and civil rights activist
- "Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to _____ it, go through it, or work around it." – Michael Jordan, retired professional basketball player

SCHOLASTIC

com/parents/activities-and-printables