

Message from the Director:

March!! The warmer weather is just around the corner. With the warmer weather approaching, it is time for daylight savings, and we activate our extended hours. Please pay attention to the meal schedule. This month, there is a lot to celebrate:

National Social Work Month

Please thank the case management team. They work very hard to connect you with services and assist you with your needs.

**Women's History Month**- A time to acknowledge and celebrate women who have made impactful contributions to society. I think about our Founder, Lillian Wald, and her vision to create a just society for all, which has fueled my passion for serving this community.

**We welcome a new team member to OAC**- I am pleased to welcome Damien Johnson, our new Food Service Coordinator. Damien came to us with over 20 years of experience in the food service industry, beginning with his time in the United States Army. His enthusiasm for serving quality, nutritious meals makes him an ideal fit for our team. Please join me in welcoming Damien.

Jasmine

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

MARCH  
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

SNAPSHOT

Trips, Events & Celebrations

- 3/15 – St. Patrick’s Day Celebration
- 3/17 – Holiday Card Making w/ Crystal
- 3/21 – Birthday Party Studio 54-themed
- 3/25 – Queens Museum
- 3/27- Atlantic City

Presentations

- 3/12 – Met Council Elder Abuse Education
- 3/13 – CAPAP
- 3/14 – Colorectal Cancer presentation (NORC)
- 3/19 – Meals on Wheels Presentation

What’s New

- **LINE DANCE CLASS**
  - COME LEARN TO LINE DANCE WITH DAVID EVERY SUNDAY FROM 10:30AM-11:30!
- **LEARN ENGLISH W/ JENO & COMPANY**
  - COME LEARN OR EVEN PRACTICE YOUR ENGLISH WITH OUR CASE MANAGER JENO FRIDAYS & SUNDAYS AT 10AM
- **ART W/ GIRL & YAYA MET BOX**
  - Join us on your creative journey and create your own masterpiece based on artwork in the MET.

STARTING MARCH 11<sup>TH</sup> OUR HOURS OF  
OPERATION WILL CHANGE TO:

MONDAY THRU FRIDAY

9AM TO 6PM

Meal Service

Sunday

Mon-Fri

Breakfast

8:45 AM-9:30AM

X

Lunch

12:00 PM- 1PM

11:30 AM- 1:00PM

Dinner

X

3:30PM- 4:45PM

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




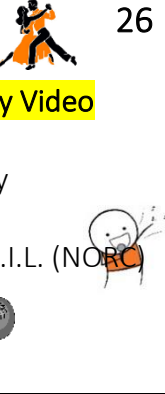
Monday – Friday: 8:30AM-6PM  
Sunday: 8 AM - 3:30 PM

**Meals: Lunch 11:30 AM to 1:00PM  
Dinner 3:30 PM to 4:45PM**








HENRY STREET  
SETTLEMENT

Older Adult Center

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div></div><div></div><div></div></div>					1
3 10:30 – 11:30 AM - Learn English w/ Li 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo 	4 10:30AM-Yoga w/Susan 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.) 	5 10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 	6 10 AM- Self Defense w/Andres 11-1PM -Tech Help w/ Noa (NORC) 1PM – Cha Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.) 	7 10AM – Hula Dancing w/ Jane 12:30PM – Lilian Wald Documentary Screening 1:30PM – Movement Speaks Flamenco 2:30PM- Move to Music S.A.I.L. (NORC) 3:00PM - Bingo	8 10 - 12PM – ESL w/ Jeno 10 - 12PM – Nails w/ Ellen 12:30PM – Greenwich House 1 PM- Jewelry Class (NORC) 1:30pm- Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
Daylight Savings Time Begins Set clocks forward 1 hour. 10:30 – 11:30 AM - ESL w/ Li 10:30AM – Line Dancing w/ David 1 PM- Bingo	10 10:30AM-Yoga w/Susan 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) 1-5pm- Sewing (369 Madison St.)  NEW CLOSING HOURS 9AM - 6PM	11 10 AM- Ballroom Dancing 12:30-Presentation: (MET) Elder Abuse 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 	12 10 AM- Self Defense w/Andres 12:30pm-Presentation: CAPAP 11am- Tech Help w/ Noa (NORC) 1PM- Cha-Cha Class 2-- Bingo 1-5pm- Sewing Group (369 Madison St.) 	13 10AM – Hula Dancing w/ Jane 12:30- Presentation: Colorectal Cancer(NORC) Martha, RN ALL ACTIVITIES AFTER 1PM ARE CANCELED FOR STAFF DEVELOPMENT DAY Two meals will be distributed at the lunch hour	14 10AM- Nails w/Ellen 10 - 12PM - ESL w/ Jeno 11-12PM – Sing For Hope 12:30PM – Greenwich House 1 PM- Jewelry Class (NORC) 1:30 pm- St. Patrick's Day Party 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
St. Patrick's Day 10:30 – 11:30 AM - ESL w/ Li 10:30AM – Card Making w/ Crystal. 10:30 – 11:30 AM – Line Dancing w/ David` 1 PM- Bingo	17 Yoga w/Susan Canceled 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) 1-5pm- Sewing (369 Madison St.) 	18 First Day Of Spring 10 AM- Ballroom Dancing 1:15PM-Fashion Art w/Mary 2:30pm- Move to Music S.A.I.L. (NORC) BINGO & KARAOKE CANCELED 	19 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 12:30PM- Presentation: Meals On Wheels 1PM – Cha Cha Class 2:30PM- Bingo 1-5pm- Sewing Group (369 Madison St.)	20 10AM – Hula Dancing w/ Jane 1:30pm- Monthly Birthday Celebration (Studio 54) 2:30PM- Move to Music S.A.I.L. (NORC) Bingo & Movement Speaks Flamenco (Canceled)	21 10 - 12PM - ESL w/ Jeno 11-12PM – Sing For Hope 12:30PM – Greenwich House 1 PM- Jewelry Class (NORC) 1:30pm- Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.) 
24 10:30 – 11:30 AM - ESL w/ Li 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo 	25 10:30AM-Yoga w/Susan 11AM-TRIP: Queens Museum FMP 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.) 	26 10 AM- Ballroom Dancing 12:30PM – Women's History Video Screening 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 2:30pm- Move to Music S.A.I.L. (NORC) 3:30PM- Karaoke 	27 8am-TRIP: Atlantic City 10AM- Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 1PM – Cha Cha Class 2PM- Bingo 1-5pm- Sewing Group (369 Madison St.) 1:30-5pm- Pool Tournament 	28 10AM – Hula Dancing w/ Jane 12:30PM – Social Worker Appreciation Video Screening 1:30PM – Movement Speaks Flamenco 2:30PM- Move to Music S.A.I.L. (NORC) 3:00PM – Bingo 1:30-5pm- Pool Tournament 	29 10 - 12PM - ESL w/ Jeno 11-12PM – Sing For Hope 12:30PM – Greenwich House 1 PM- Jewelry Class (NORC) 1:30pm- Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.) 1:30-5pm- Pool Tournament 
Easter 10:30 – 11:30 AM - ESL w/ Li 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo	31 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)				



MARCH 2024 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</b> <b>The menu is subject to change.</b>  <b>Plant Based Meals are highlighted</b>					<b>1</b> <b>LUNCH:</b> Salmon w/ Garlic, Cous Cous, Broccoli & Cauliflower, Banana  <b>DINNER:</b> Veggie Burger w/ Buns, French Fries, Garden Salad, Orange
<b>3</b> <b>BREAKFAST:</b> Danishes, Boiled Eggs, Coffee, Tea, Juice  <b>LUNCH:</b> Sloppy Joe w/ Buns, Broccoli & Cauliflower, Peaches	<b>4</b> <b>LUNCH:</b> Salisbury Steak w/ Mushroom Sauce, Mashed Potatoes, Garden Salad, Fruit  <b>DINNER:</b> Oven Fried Chicken, Mac & Cheese, Collard Greens, Apples	<b>5</b> <b>LUNCH:</b> Porkchops, Rice and Black Beans, Baby Spinach w/ Vinaigrette, Fruit  <b>DINNER:</b> Grilled Chicken, Greek Salad, Banana	<b>6</b> <b>LUNCH:</b> Veggie Pizza w/ Garden Salad, Grapes  <b>DINNER:</b> Beef & Broccoli in Soy Sauce, White Rice, Cucumber & Tomato Salad, Fruit	<b>7</b> <b>LUNCH:</b> Ginger Chicken Wings, Veggie Lo Mein, Steamed Broccoli, Tangerines  <b>DINNER:</b> Baked Penne w/ Veggie Sausage, Kale & Mushroom, Fruit	<b>8</b> <b>LUNCH:</b> Tuna Casserole, Steamed seasonal Vegetables, Salad, Fruit  <b>DINNER:</b> Beef burgers w/ Yucca Fries, Side Salad, Grapes
<b>10</b> <b>BREAKFAST:</b> Bagels, Boiled Eggs, Coffee, Tea, Juice  <b>LUNCH:</b> Spaghetti w/ Onions & Peppers, Meat Sauce, Medley Mix Salad, Banana	<b>11</b> <b>LUNCH:</b> Chicken Tacos/ Tortilla, Pico De Gallo, Lettuce, Tomato & Avocado Salad, Applesauce  <b>DINNER:</b> Veggie Lasagna, steamed mixed vegetables, seasonal fruit, garden salad	<b>12</b> <b>LUNCH:</b> Baked Ziti w/ Garlic Bread, Garden Salad, Grapes  <b>DINNER:</b> Tuna Salad Sandwich, Steamed Broccoli, Oranges	<b>13</b> <b>LUNCH:</b> Veggie Chili, White Rice, Roasted Corn, Garden Salad, Fruit  <b>DINNER:</b> Baked Pork chops, Brown Rice, Steamed Carrots	<b>14</b> <b>LUNCH:</b> Spanish Chicken, Rice & Pigeon Peas, Salad, Fruit  <i>Dinner will be given during lunch.</i>	<b>15</b> <b>LUNCH:</b> Burger (no cheese), French Fries, salad and Fruit  <b>DINNER:</b> Corned Beef & Cabbage, Potato
<b>17</b> <b>BREAKFAST:</b> Oatmeal, Boiled Eggs, Coffee, Tea, Juice  <b>LUNCH:</b> Turkey Meatloaf, White Rice, Steamed Broccoli	<b>18</b> <b>LUNCH:</b> Vegetable Enchiladas, Mexican Rice, Beans, Salad, Fruit  <b>DINNER:</b> Cheese Pizza, Garden Salad, Fruit	<b>19</b> <b>LUNCH:</b> Chicken Cordon Bleu, Egg Noodles, Seasonal Vegetables, Salad, Fruit  <b>DINNER:</b> BBQ Pulled Pork Sandwiches, Baked Beans, French Fries	<b>20</b> <b>LUNCH:</b> Teriyaki Chicken, Vegetable Lo Mein, Salad, Fruit  <b>DINNER:</b> Spaghetti w/ Meatballs, Seasonal Vegetables	<b>21</b> <b>LUNCH:</b> Turkey and American Cheese Sandwiches w/ Pasta salad, Garden Salad, Fruit  <b>DINNER:</b> Okra Gumbo, White Rice, Salad, Fruit	<b>22</b> <b>LUNCH:</b> Fish and Chips, steamed mixed vegetables, salad, fruit  <b>DINNER:</b> Braised Chicken Breasts, Roasted Potatoes, Steamed Carrots
<b>24</b> <b>BREAKFAST:</b> Danishes, Boiled Eggs, Coffee, Tea, Juice  <b>LUNCH:</b> Breaded Chicken w/ Pasta, Broccoli, Applesauce	<b>25</b> <b>LUNCH:</b> Ground Beef Tacos, Yellow Rice, Black Beans, Salad, Fruit  <b>DINNER:</b> Chicken Tikka Marsala, Jasmine Rice, Roasted Okra	<b>26</b> <b>LUNCH:</b> Veggie Burgers, Sweet Potato Fries, Salad, Fruit  <b>DINNER:</b> Chili Macaroni, Steamed Seasonal Vegetables	<b>27</b> <b>LUNCH:</b> Pork Stir Fry, Brown Rice, Seasonal Vegetables, Salad, Fruit  <b>DINNER:</b> Turkey Wings, Mashed Potatoes w/Gravy, Steamed Seasonal Vegetables	<b>28</b> <b>LUNCH:</b> Grilled Chicken Caesar Salad, Fruit  <b>DINNER:</b> Roasted Root Veg Stew, Cous Cous, Salad, Fruit	<b>29</b> <b>LUNCH:</b> Baked Salmon, Rice Pilaf, Seasonal Vegetables, Salad, Fruit  <b>DINNER:</b> Beef Hot Dogs, French Fries, Garden Salad
<b>31</b> <b>BREAKFAST:</b> Bagels, Boiled Eggs, Coffee, Tea, Juice  <b>LUNCH:</b> Baked Chicken quarters, Roasted Potatoes, Steamed Cauliflower	<b>Now offering salads daily as an alternate option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</b> <b>Cost for Center members: \$1.50</b> <b>Non-Center member : \$5.00</b>  				

Name: \_\_\_\_\_ Date: \_\_\_\_\_

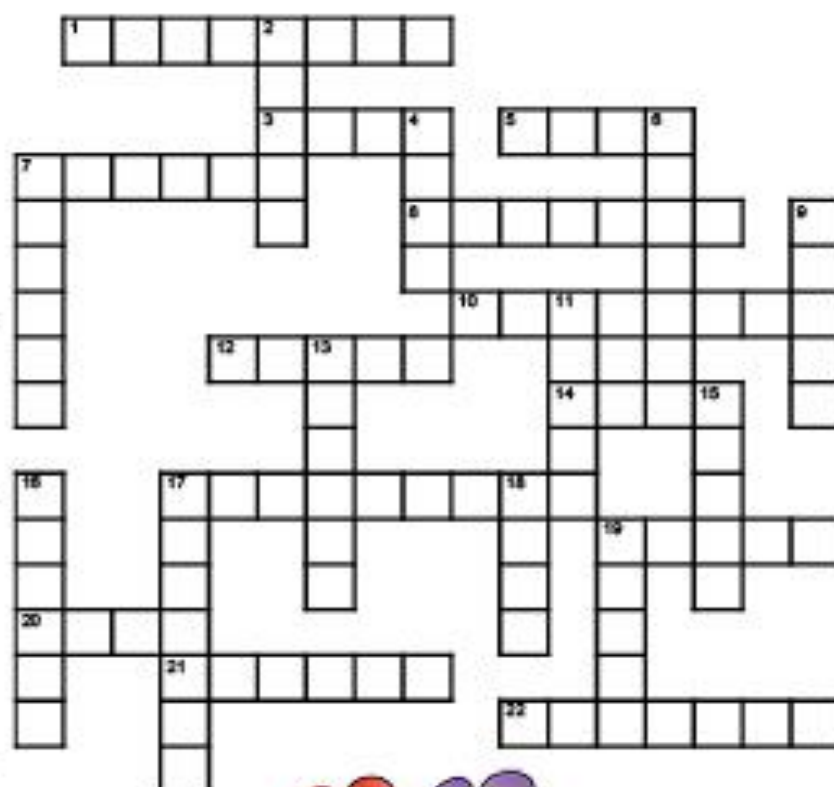
## Spring is Here!

### Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colorful arc in the sky.
10. It keeps the rain off you.
12. The color of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

### Down

2. Come out of an egg.
4. Wiggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.



Word Bank: Bees, Blossom, Breeze, Bunny, Butterfly, Chick, Cloud, Easter, Eggs, Grass, Green, Hatch, Ladybug, Leaf, Nest, Picnic, Puddle, Rainbow, Showers, Spring, Sunshine, Thaw, Tulp, Umbrella, Worm

## MARCH



GLOVERS  
COBBLER  
COINS  
GOLD  
GREEN  
IRISH  
LAMB  
LEPRECHAUN

LION  
RAINBOW  
SAINT PATRICK  
SHAMROCK  
SHOES  
SNEAKY  
SPRING  
TREASURE