

Message from the Director:

Well, here we are in month of May, Flower and trees are blooming as the weather gets warmer. I know some of you started your spring cleaning. Just want you to be extremely careful. Try to have someone nearby just in case of any injuries. Injuries can be reduced by attending our Movement Speaks and SAIL classes. See the schedule for this.

Please be sure to pre-register for all our trips, events, and celebrations in a timely manner so that we can arrange proper seatings for all our guest.

Lastly, I would like to wish all mothers a very happy Mother’s Day!!! Be sure to pre- register for our special brunch on the 10th.

Remember, if there is someone that you haven’t seen in a while and it concerns you, come to us we will look into it. We expect you all to look out for each other.

Stay safe, happy, and healthy!

Jasmine



HENRY STREET SETTLEMENT OLDER ADULTS CENTER



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

- 5/3- Cinco De Mayo
- 5/5-Card Making w/Crystal
- 5/8- Nails w/Ellen
- 5/10- Mother’s Day Celebration
- 5/21- Museum of Illusions
- 5/24- Monthly Birthday Party
- 5/29- Groove NYC
- 5/31- Art Exhibit



Presentations

- 5/6- Nutrient Education
- 5/9- Mental Health
- 5/16- Stroke Awareness
- 5/22- NYPD/SCAMS
- 5/23- VNS Nutrient ED



What’s New?














- **CALLIGRAPHY W/MR. JIANG**
 - COME LEARN THE ART OF WRITING CHINESE W/ BRUSH STICKS. IT CULTIVATES MINDFULNESS ON A NICE SPRING DAY. EVERY WEDNESDAY FROM 2:00PM-3:00PM!
- **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.
- **S.A.I.L**
 - Stay Active and Independent for Life Enhance your balance, strength, and reduce chances of falling on Tuesdays@2pm and Fridays @10am

Meal Service	Sunday	Mon-Fri
Breakfast	X	X
Lunch	11:30 AM- 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: 9AM-6PM
Sunday: 8 AM - 3:30 PM
Meals: Lunch 11:30 AM to 1:00PM
Dinner 3:30 PM to 4:45PM





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)					
Cinco De Mayo 5 10am- Card Making w/Crystal. 10:30 – 11:30 AM - Learn English w/ Li 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo 	6 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.)	7 10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1PM-S.A.I.L w/Oreta 2PM-Bingo 4PM-Karaoke 	8 10 AM- Self Defense w/Andres 11-1PM -Tech Help w/ Noa (NORC) 12 – 1:30PM – Nails by Ellen 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (369 Madison St.)	9 Hula Dancing w/ Jane (Canceled) 12:30pm Presentaton: Mental Health 1:30PM – Movement Speaks Flamenco 3PM - Bingo 	10 10 - 12PM – ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11AM- Sing for Hope 11AM-Mother's Day Brunch 12:30PM – Greenwich House (library) 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
Mother's Day 12 10:30 – 11:30 AM – Line Dancing w/ David  1PM- Bingo	13 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.)	14 10 AM- Ballroom Dancing 10AM- TRIP: Museum at Eldridge (FREE) 1PM-S.A.I.L w/Oreta 1:15PM-Fashion Art w/Mary 2:PM-Bingo 4PM- Karaoke 	15 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (369 Madison St.) 	16 10AM – Hula Dancing w/ Jane 12:30pm- Presentation: Stroke Awareness w/Martha RN 1:30PM – Movement Speaks Flamenco 3PM - Bingo	17 10 - 12PM - ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11-12PM – Sing for Hope 12:30PM – Greenwich House (library) 1 PM- Jewelry Class (NORC) 1:30PM-Bingo 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
19 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- SPECIAL BINGO 	20 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.)	21 10 AM- Ballroom Dancing 11AM- TRIP: Museum of Illusions  1PM-S.A.I.L w/Oreta 1:15PM-Fashion Art w/Mary 2pm- Bingo 4PM- Karaoke	22 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 12:30PM- Presentation: NYPD/SCAMS 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (369 Madison St.)	23 10AM – Hula Dancing w/ Jane 12:30PM- Presentation: Nutrient Education (VNS) 1:30PM – Movement Speaks Flamenco 3PM – Bingo	24 10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 12:30PM – Greenwich House (library) 1 PM- Jewelry Class (NORC) 1:30PM- Monthly Birthday Party 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)
26 CLOSED	27 	28 1:15PM-Fashion Art w/Mary 1PM-S.A.I.L w/Oreta 2PM-Bingo 4PM- Karaoke 	29 9AM- GROOVE NYC 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (369 Madison St.)	30 10AM – Hula Dancing w/ Jane 1:30PM – Movement Speaks Flamenco 3PM – Bingo	31 10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 1:30PM-Art Exhibit 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (369 Madison St.)

MAY 2024 LUNCH & DINNER MENU

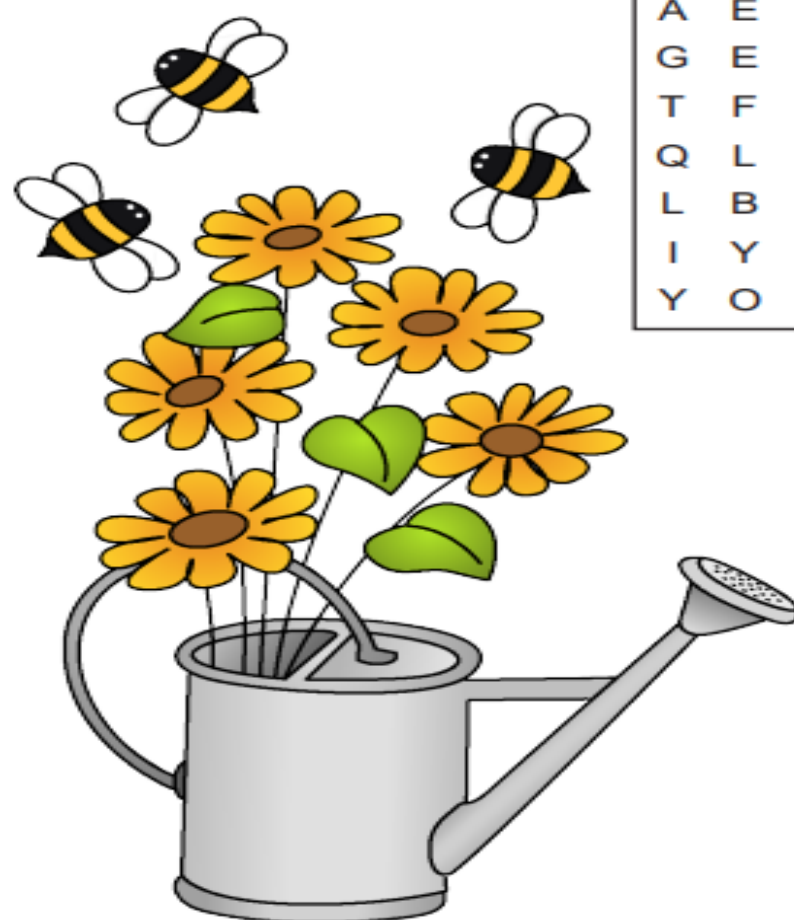
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now offering salads daily as an alternate option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</p> <p>Cost for Center members: \$1.50 Non-Center member : \$5.00</p> <p>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</p> <p>The menu is subject to change.</p> <p>Plant Based Lunch and Dinner Offered Once A Week</p>  			<p>LUNCH: Turkey and Red Bean Chili w/Rice and Steamed Vegetables</p> <p>DINNER: Pork Stir Fry w/Lo Mein and Steamed Vegetables</p>	<p>LUNCH: Teriyaki Chicken Thighs w/Rice and Steamed Vegetables</p> <p>DINNER: Lentil and Black Bean Stew w/Brown Rice and Steamed Vegetables</p>	<p>LUNCH: Spanish Style Braised Chicken Thighs w/Yellow Rice and Steamed Vegetables</p> <p>DINNER: Cheeseburger Tacos w/Rice and Steamed Vegetables</p>
<p>LUNCH: Breaded Flounder w/French Fries and Steamed Vegetables</p>	<p>LUNCH: Baked Chicken Thighs w/Egg Noodles & Steamed Vegetables</p> <p>DINNER: Pasta Primavera</p>	<p>LUNCH: Turkey Burgers w/French Fries & Green Salad</p> <p>DINNER: Roasted Pork Shoulder w/Rice & Beans</p>	<p>LUNCH: BBQ Chicken Wings w/Macaroni and Cheese & Steamed Vegetables</p> <p>DINNER: Veggie Pizza w/Green Salad</p>	<p>LUNCH: Beef Stew w/ White Rice & Steamed Vegetables</p> <p>DINNER: Lemon Baked Tilapia w/Cous Cous & Steamed Vegetables</p>	<p>LUNCH: Turkey Pot Pie w/Steamed Vegetables</p> <p>DINNER: Pork Sausage & Peppers w/Onions w/Green Salad</p>
<p>LUNCH: Tuna Salad w/Macaroni Salad w/Steamed Vegetables</p>	<p>LUNCH: Fish & Chips w/ Steamed Vegetables</p> <p>DINNER: Chicken Parmesan w/Baked Ziti & Steamed Vegetables</p>	<p>LUNCH: Black Bean Enchiladas w/Rice & Steamed Vegetables</p> <p>DINNER: Turkey & Cheese Sandwiches w/Green Salad</p>	<p>LUNCH: Pulled Pork Sandwiches w/Sweet Potato French Fries & Steamed Vegetables</p> <p>DINNER: Salisbury Steak w/Roasted Potatoes & Steamed Vegetables</p>	<p>LUNCH: Chicken Fried Rice w/ Steamed Vegetables</p> <p>DINNER: Vegetable Lasagna</p>	<p>LUNCH: Chicken Salad Sandwiches w/ Green Salad</p> <p>DINNER: Tilapia w/ Pasta & Roasted Vegetables</p>
<p>LUNCH: Turkey Salad w/Potato Salad w/Steamed Vegetables</p>	<p>LUNCH: Fish Sandwich w/ French Fries & Green Salad</p> <p>DINNER: Beef Stroganoff w/Mashed Potatoes & Steamed Vegetables</p>	<p>LUNCH: Chicken Tacos w/ Rice & Beans</p> <p>DINNER: Cheese Pizza w/ Green Salad</p>	<p>LUNCH: Pork Chops w/Rice & Steamed Vegetables</p> <p>DINNER: Eggplant Rollatini w/Pasta & Steamed Vegetables</p>	<p>LUNCH: Stewed Chicken w/Rice & Steamed Vegetables</p> <p>DINNER: Veggie Burgers w/Green Salad</p>	<p>LUNCH: Beef Bolognese w/Spaghetti & Steamed Vegetables</p> <p>DINNER: Baked Salmon w/Roasted Potatoes & Steamed Vegetables</p>
<p>CLOSED</p>		<p>LUNCH: Ropa Vieja w/ Rice & Beans</p> <p>DINNER: Baked Chicken Wings w/ Mashed Potatoes & Steamed Vegetables</p>	<p>LUNCH: Egg Salad Sandwiches w/Sweet Potato French Fries & Steamed Vegetables</p> <p>DINNER: Veggie Pizza w/Green Salad</p>	<p>LUNCH: Turkey Meatballs w/Gravy Orzo & Steamed Vegetables</p> <p>DINNER: Chicken Salad Sandwiches w/Green Salad</p>	<p>LUNCH: Baked Cod w/Barley & Steamed Vegetables</p> <p>DINNER: Veggie Burgers w/ French Fries</p>

Merry Month of May

Word Search

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

BASEBALL
BLOSSOM
BUMBLEBEE
BUTTERFLY
CINCO DE MAYO
FLOWERS



E	B	H	C	Q	Q	U	Z	O	K	W	G	E	M	I	N	I	P	J
N	O	Y	A	M	E	D	O	C	N	I	C	S	G	O	G	D	J	Y
I	L	Y	P	A	V	D	J	T	J	L	Y	A	G	P	L	A	N	T
H	X	L	B	V	N	M	Y	A	D	S	R	E	H	T	O	M	G	E
S	E	E	D	S	Q	M	O	I	L	D	I	I	L	T	E	Q	L	F
N	E	C	J	I	Y	E	D	M	E	E	W	C	S	L	L	N	I	K
U	C	D	L	Q	W	M	G	N	I	R	P	S	Q	N	O	N	N	U
S	U	K	N	O	I	O	E	X	Q	S	U	V	C	F	P	L	H	A
Q	W	P	E	E	S	R	E	N	K	F	Z	G	P	A	Y	A	Z	G
H	O	H	O	S	E	I	B	L	D	Y	L	F	T	A	A	R	F	L
M	M	F	E	H	V	A	E	B	C	V	O	H	T	U	M	E	O	F
N	U	Q	C	F	S	L	L	N	U	H	X	A	Q	V	L	W	L	F
A	E	A	L	E	O	D	B	B	E	T	N	T	I	S	M	O	S	C
G	E	E	B	A	H	A	M	Z	L	I	T	A	M	D	W	M	Y	X
T	F	A	R	L	D	Y	U	B	P	O	E	E	N	E	S	N	W	D
Q	L	Z	F	G	M	Y	B	I	N	S	S	J	R	N	R	W	C	W
L	B	Y	O	D	A	B	B	P	A	T	Z	S	S	F	H	A	Y	Z
I	Y	Y	Z	T	A	U	R	U	S	G	O	E	O	O	L	L	S	G
Y	O	O	Q	F	I	S	K	R	G	F	D	G	U	M	Y	Y	R	J

GARDEN
GEMINI
GREEN
LADYBUG
LAWNMOWER
MAYPOLE
MEMORIAL DAY
MOM

MOTHER'S DAY
PIÑATA
PLANT
SEEDS
SPRING
SUNSHINE
TAURUS
TEACHER

