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

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**HENRY STREET SETTLEMENT OLDER ADULTS CENTER**

**MAY 2024**

**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 2:00 PM - 3:00 PM!
- Learn English w/ Jeno & Company
  - Come learn or even practice your English with our Case Manager Jeno Fridays & Sundays at 10 PM
- 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 @ 2 PM and Fridays @ 10 AM

**Meal Service**
- **Breakfast**
  - Sunday: 11:30 AM - 1 PM
  - Mon-Fri: 11:30 AM - 1:00 PM

- **Lunch**
  - Sunday: 3:00 PM - 4:45 PM
  - Mon-Fri: 3:30 PM - 4:45 PM

**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

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**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

**334 Madison Street,**
**Lower Level,**
**New York, NY 10002**
(212) 349-2770
Monday – Friday: 9 AM - 6 PM
Sunday: 8 AM - 3:30 PM
Meals:
- Lunch 11:30 AM to 1:00 PM
- Dinner 3:30 PM to 4:45 PM

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**SCAN TO ACCESS OUR CALENDAR ONLINE**
<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tbody>
<tr>
<td><strong>Trip And Events Sign-Ups</strong> are from Monday To Friday Only. 10AM To 12pm. 2pm-4pm Please See Briana or Olivia.</td>
<td><strong>All Participants Must Be Pre-Registered BEFORE Day of Birthday Party</strong> 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</td>
<td><strong>NORC Vladecik Cares Program sponsored activities are indicated as (NORC)</strong></td>
<td><strong>Hula Dancing w/ Jane (Canceled)</strong> 12PM-Advisory Board Meeting 1:30PM – Movement Speaks Flamenco 3:00PM – Bingo</td>
<td><strong>10 - 12PM - ESL w/ Jeno</strong> 10AM- S.A.I.L w/Oreta (Dance) 11AM- Sing for Hope 12:30PM – Greenwich House (library) 1PM- Jewelry Class (NORC) 1:30pm-Cinco De Mayo Celebration 2 – 3:30PM - Tech Help w/ Noa 1-5pm: Sewing Group (369 Madison St.)</td>
</tr>
<tr>
<td>Cinco De Mayo 10am- Card Making w/Crystal. 10:30 – 11:30 AM - Learn English w/ Lj 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo 5</td>
<td>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 2PM- Art w/ Girl (NORC) 3PM-MET Art w/Girl and Yaya (NORC) 1:5pm: Sewing (369 Madison St.)</td>
<td>10AM: FOOD BANK DISTRIBUTION 1:15PM- Fashion Art w/Mary 1PM-S.A.I.L w/Oreta 2PM- Bingo 4PM- Karaoke</td>
<td>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.)</td>
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<td>Mother’s Day 10:30 – 11:30 AM – Line Dancing w/ David 1PM- Bingo 12</td>
<td>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 2PM- Art w/ Girl (NORC) 1:5pm: Sewing (369 Madison St.)</td>
<td>10 AM- Ballroom Dancing 10AM- TRIP: Museum at Eldridge (FREE) 1:15PM-S.A.I.L w/Oreta 1:15PM- Fashion Art w/Mary 2PM Bingo 4PM- Karaoke</td>
<td>10 AM- Self Defense w/Andres 11am- 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.)</td>
<td>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) 1PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm: Sewing Group (369 Madison St.)</td>
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<td>10:30 – 11:30 AM – Line Dancing w/ David 1 PM- SPECIAL BINGO 19</td>
<td>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</td>
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<td>10AM – Hula Dancing w/ Jane 12:30pm- Presentation: Stroke Awareness w/Martha RN 1:30PM – Movement Speaks Flamenco 3PM - Bingo</td>
<td>10 - 12PM - ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11:12PM – Sing for Hope 12:30PM – Greenwich House (library) 1PM- Jewelry Class (NORC) 1:30PM- Monthly Birthday Party 2 – 3:30PM - Tech Help w/ Noa 1-5pm: Sewing Group (369 Madison St.)</td>
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<tr>
<td>CLOSED 127</td>
<td>1:15PM- Fashion Art w/Mary 1PM-S.A.I.L w/Oreta 2PM- Bingo 4PM- Karaoke</td>
<td>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.)</td>
<td>10AM – Hula Dancing w/ Jane 12:30PM: Presentation: Nutrient Education (NVS) 1:30PM – Movement Speaks Flamenco 3PM - Bingo</td>
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<td>10:30 – 11:30 AM – Line Dancing w/ David 1 PM- SPECIAL BINGO 26</td>
<td>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</td>
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Now offering salads daily as an alternate option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)  
Cost for Center members: $1.50  
Non-Center member : $5.00  
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.  
Plant Based Lunch and Dinner Offered Once A Week

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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The menu is subject to change.  
Plant Based Lunch and Dinner Offered Once A Week |
| LUNCH: Breaded Flounder w/French Fries and Steamed Vegetables |
| LUNCH: Baked Chicken Thighs w/Egg Noodles & Steamed Vegetables  
DINNER: Pasta Primavera |
| LUNCH: Turkey Burgers w/French Fries & Green Salad  
DINNER: Roasted Pork Shoulder w/Rice & Beans |
| LUNCH: BBQ Chicken Wings w/Macaroni and Cheese & Steamed Vegetables  
DINNER: Veggie Pizza w/Green Salad |
| LUNCH: Beef Stew w/ White Rice & Steamed Vegetables  
DINNER: Lemon Baked Tilapia w/Cous Cous & Steamed Vegetables |
| LUNCH: Turkey Pot Pie w/Steamed Vegetables  
DINNER: Pork Sausage & Peppers w/Onions w/Green Salad |
| LUNCH: Tuna Salad w/Macaroni Salad w/Steamed Vegetables  
DINNER: Chicken Parmesan w/Baked Ziti & Steamed Vegetables |
| LUNCH: Fish & Chips w/ Steamed Vegetables  
DINNER: Chicken Parmesan w/Baked Ziti & Steamed Vegetables |
| LUNCH: Black Bean Enchiladas w/Rice & Steamed Vegetables  
DINNER: Turkey & Cheese Sandwiches w/Green Salad |
| LUNCH: Pulled Pork Sandwiches w/Sweet Potato French Fries & Steamed Vegetables  
DINNER: Salisbury Steak w/Roasted Potatoes & Steamed Vegetables |
| LUNCH: Chicken Fried Rice w/ Steamed Vegetables  
DINNER: Vegetable Lasagna |
| LUNCH: Fish Sandwich w/ French Fries & Green Salad  
DINNER: Beef Stroganoff w/Mashed Potatoes & Steamed Vegetables |
| LUNCH: Chicken Tacos w/Rice & Beans  
DINNER: Cheese Pizza w/ Green Salad |
| LUNCH: Pork Chops w/Rice & Steamed Vegetables  
DINNER: Eggplant Rollatini w/Pasta & Steamed Vegetables |
| LUNCH: Stewed Chicken w/Rice & Steamed Vegetables  
DINNER: Veggie Burgers w/Green Salad |
| LUNCH: Beef Bolognese w/Spaghetti & Steamed Vegetables  
DINNER: Baked Salmon w/Roasted Potatoes & Steamed Vegetables |
| LUNCH: Turkey Meatballs w/Gravy Orzo & Steamed Vegetables  
DINNER: Chicken Salad Sandwiches w/Green Salad |
| LUNCH: Baked Cod w/Barley & Steamed Vegetables  
DINNER: Veggie Burgers w/ French Fries |

26: CLOSED Memorial Day

27: CLOSED

28: LUNCH: Egg Salad Sandwiches w/Sweet Potato French Fries & Steamed Vegetables  
DINNER: Veggie Pizza w/Green Salad |

29: LUNCH: Turkey Meatballs w/Gravy Orzo & Steamed Vegetables  
DINNER: Chicken Salad Sandwiches w/Green Salad |

30: CLOSED

31: LUNCH: Baked Cod w/Barley & Steamed Vegetables  
DINNER: Veggie Burgers w/ French Fries |
MERRY MONTH OF MAY

Word Search

GARDEN  MOTHER'S DAY
GEMINI  PIÑATA
GREEN  PLANT
LADYBUG  SEEDS
LAWNMOWER  SPRING
MAYPOLE  SUNSHINE
MEMORIAL DAY  TAURUS
MOM  TEACHER