

Message from the Director:

Summer is almost here!!! I hope you all can join us for our celebrations this month. There is a lot to celebrate.

Join our new class “Summer Beats w/ Molly”. This is an outdoor exercise/dance class with great music and new moves.

June is also full of Holidays such as Juneteenth, Father’s Day, Puerto Rico celebration, and Pride Month.

If there are activities you want to participate in but don’t see on the calendar, please join our advisory council. The next meeting will be on Wednesday the 5th. It is an opportunity for you to participate in developing and shaping programs that meet your needs.

HAPPY FATHER’S Day to all father’s

Jasmine



SCAN TO ACCESS OUR CALENDAR ONLINE

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

Trips, Events & Celebrations

- 6/7-Puerto Rico Celebration
- 6/14- Father’s Day Celebration
- 6/18- Juneteenth Celebration
- 6/24 Pool Tournament starts.
- 6/25- Older Adults Talent Show
- 6/28- Monthly Birthday Party



Presentations

- 6/7, 14, 21-Greenwich House: Women’s Support Group
- 6/2- Pace Student Nurses: Introduction
- 6/27- Nutrient w/ Martha, RN

What’s New?













- Summer Beats w/Molly
 - Come out into the morning sun to stretch, groove and dance to the hottest beats while getting fit.
- 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
 - COME LEARN OR EVEN PRACTICE YOUR ENGLISH WITH OUR CASE MANAGER JENO FRIDAYS 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.
 - 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
2 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo  	3 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 (367 Madison St.) 	4 10AM: FOOD BANK DISTRBUTION 1:15PM-Fashion Art w/Mary 1PM-S.A.I.L w/Oreta 2PM-Bingo 4PM-Karaoke 	5 10 AM- Self Defense w/Andres 11AM-ADVISORY BOARD MEETING 11-1PM -Tech Help w/ Noa (NORC) 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	6 CLOSED 	7 10 - 12PM – ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11AM- Sing for Hope 12:15PM – Women Empowerment Group 1:30PM-PR Celebration  1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
9 10:30 – 11:30 AM – Line Dancing w/ David 1PM- 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-MET Art w/Girl & Yaya (NORC) 1-5pm- Sewing (367 Madison St.)	11 11AM – 1PM – Nails by Ellen 1PM-S.A.I.L w/Oreta 1:15PM-Fashion Art w/Mary 2:PM-Bingo 4PM- Karaoke 	12 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	13 10:30am-Summer Beats w/Molly (356 Courtyard) 1:30PM – Movement Speaks Flamenco 3PM - Bingo	14 10 - 12PM - ESL w/ Jeno 10AM- S.A.I.L w/Oreta (Dance) 11-12PM – Sing for Hope 12:15PM – Women Empowerment Group 1 PM- Jewelry Class (NORC) 1:30PM- Father's Day Celebration 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
16 FATHER'S DAY 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo	17 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-MET Art w/ Girl &Yaya (NORC) 1-5pm- Sewing (367 Madison St.)	18 1PM-S.A.I.L w/Oreta 1:15PM-Fashion Art w/Mary 2:00pm-Juneteenth Celebration 2pm- Bingo Canceled 4PM- Karaoke Canceled	19 CLOSED 	20 10AM – Hula Dancing w/ Jane 10:30am-Summer Beats w/Molly (356 Courtyard) 1:30PM – Movement Speaks Flamenco 3PM – Bingo	21 10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 12:15PM – Women Empowerment Group 1 PM- Jewelry Class (NORC) 1:30PM- Bingo 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
23 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo 	24 POOL TOURNAMENT STARTS 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-MET Art w/ Girl & Yaya (NORC) 1-5pm- Sewing (367 Madison St.)	25 12:30pm- Presentation: PACE RN'S 1:15PM-Fashion Art w/Mary 1PM-S.A.I.L w/Oreta 2PM-Bingo 4PM- Karaoke 	26 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	27 POOL TOURNAMENT ENDS 10AM – Hula Dancing w/ Jane 10:30am-Summer Beats w/Molly (356 Courtyard) 12:30pm- PRESENTATION: Nutrient NORC 1:30PM – Movement Speaks Flamenco 3PM – Bingo	28 10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 12:15PM – Women Empowerment Group 1:30PM- Monthly Birthday Party 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
30 10:30 – 11:30 AM – Line Dancing w/ David 1PM- Bingo	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)				

JUNE 2024 LUNCH & DINNER MENU

<i>SUNDAY</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
2 LUNCH: Turkey Bolognese Pasta w/ Steamed Vegetables	3 LUNCH: Lemon Baked Chicken Breasts w/ Orzo and Vegetables DINNER: Philly Cheesesteak w/ Fries and Salad	4 LUNCH: Tilapia w/ Egg Noodles & Mixed Vegetables DINNER: Bean & Rice Burrito w/ Side Salad	5 LUNCH: Beef Baked Ziti w/ Side Salad DINNER: BBQ Chicken Pizza w/ Green Salad	6 CLOSED Staff Development Day	7 LUNCH: Veggie Lo Mein w/ Roasted Broccoli DINNER: Pernil w/ Rice & Beans & Side Salad
9 LUNCH: Bacalo Guisado w/ Plantain & Green Salad	10 LUNCH: Chicken Cobb Salad w/ Assorted Vegetables & Garlic Bread DINNER: Roasted Root Vegetable Grain Bowl w/ Brown Rice & Green Salad	11 LUNCH: Chicken Tacos w/ Yellow Rice and Refried Beans DINNER: Falafel Pita Sandwich w/ Green Salad	12 LUNCH: Lentil Bolognese w/ Pasta and Steamed Vegetables DINNER: Fish & Chips w/ Green Salad	13 LUNCH: Hawaiian Style Baked Chicken w/ Brown Rice and Steamed Vegetables DINNER: Macaroni Salad w/ Sour Pickle & Green Salad	14 LUNCH: Mediterranean Baked Cod w/ Orzo & Steamed Vegetables DINNER: Bacon Cheeseburger Bar w/ French Fries & Green Salad
16 LUNCH: Pesto Pasta Primavera w/ Green Salad	17 LUNCH: Turkey & Cheese Sandwich w/ Green Salad DINNER: Tofu Lo Mein w/ Roasted Broccoli	18 LUNCH: Fish Tacos w/ Yellow Rice & Beans w/ Green Salad DINNER: BBQ Pork Ribs w/ Mac n Cheese and Collard Greens	19 CLOSED Juneteenth Holiday	20 LUNCH: Beef Stew with Mashed Potatoes and Roasted Vegetables DINNER: Chicken & Broccoli w/ Fried Rice	21 LUNCH: Honey Glazed Salmon w/ Brown Rice and Steamed Vegetables DINNER: Penne in a Roasted Pepper Cream Sauce w/ Green Salad
23 LUNCH: Pork Adobo w/ Yellow Rice and Steamed Vegetables	24 LUNCH: Roast Beef w/ Cheese Sandwich w/ Green Salad DINNER: Roasted Chicken Bowl w/ Cous Cous and Steamed Vegetables	25 LUNCH: Pulled Pork Sandwich w/ Sweet Potato Fries & Green Salad DINNER: Portabella Mushroom Tacos w/ Rice and Black Beans	26 LUNCH: Oven Baked Chicken Wings with Roasted Potatoes and Steamed Vegetables DINNER: Meatlovers Pizza w/ Green Salad	27 LUNCH: Chicken Caesar Salad w/ Garlic Bread DINNER: Balsamic Roasted Vegetable Sandwich w/ Green Salad	28 LUNCH: Breaded Baked Catfish w/ French Fries and Cole Slaw DINNER: Baked Chicken w/ Yellow Rice & Steamed Vegetables
30 LUNCH: Tuna Salad Sandwiches w/ Green Salad and a Pickle	<div>Now offering salads daily as an alternate option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</div> <div>Cost for Center members: \$1.50</div> <div>Non-Center member : \$5.00</div> <div>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</div> <div>The menu is subject to change.</div> <div>Plant Based Lunch and Dinner Offered Once a Week</div> <div></div> <div></div>				

SUMMER FUN

Word Search Puzzle



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



BAREFOOT	FISHING	PICNIC
BASEBALL	FLIP FLOPS	POPSICLE
BEACH	FRIENDS	ROAD TRIP
BICYCLE	FRISBEE	SPRINKLERS
CAMPING	GAMES	SUNSHINE
COOKOUT	ICE CREAM	SWIMMING
FAIRGROUND	LEMONADE	VACATION
FIREWORKS	OUTDOORS	WATER PARK

Free printable courtesy of PrintFree.net

Puerto Rico Word Search

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

barracuda
baseball
Caribbean
cave
ceiba
coqui
dominoes
fern
garbanzo
iguana



lobster
mongoose
okra
orchid
rainforest
reinita
Sanjuan
Santos
taro
woodpecker