

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Wow! we sure had a fantastic July. It was also very hot. Please continue to stay hydrated and use sunscreen. Our wet and wild party was a hit for the second year in a roll. It was a fantastic time for those that were able to join us. We will try to squeeze another day of water fun before the weather changes.

QUE
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QUE

This month we go on a trip to Lake Welch, with great friends, good music, food and swimming. Sign up to join us for this day. We will play games and have prizes with lots of dancing. The center will be closed while we take this trip.

And lastly, based on member feedback we are providing transportation for anyone who lives North of Delancey Street, and trips to the farmers market this month. I encourage everyone who lives in these areas to take advantage. Come meet Andy the Senior Center's driver and give him around of applaud. And like always, if you have any ideas or concerns, my door is always open.

Enjoy your August!
See you around!



AUGUST
Jasmine

August 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

- 8/8- Jeopardy w/NYU
- 8/9- Union Square Farmers Market. Every Friday and Mondays
- 8/15- Flea Market (356 courtyard)
- 8/16- Monthly Birthday Party
- 8/20- Walmart
- 8/23- Lake Welch, Harriman, NY
- 8/29- Outdoor Carnival

SNAPSHOT

Presentations

- 8/11-Women empowerment every Sunday
- 8/13-FDNY (fire Safety)
- 8/14- 8/21- Nutrient Education
- 8/22- NORC
- 8/28- Finances

****If you live North of Delancey, Avenue A, C, or D see us about getting transportation to and from the center. See if you qualify.**

What's New?

Tai Chi w/Alex

-Every Thursdays at 1pm

- **Union Square Farmers Market**
-Every Monday and Friday you can get ride to 14th street farmers Market round trip

- **Jefferson Pool**

-swim exercise classes held for Seniors every Wednesday Morning

- **Ballroom Dance**

New Instructor/ Simon

- **AfroBeats w/Patricia**

While staying fit, learn cultural moves to popular African, Jazz, Nigeria and Afro-Cuban Music

- **Summer Beats w/Molly**

- Come out into the morning sun to stretch, groove and dance to the hottest beats while getting fit.

Meal Service

Sunday

Mon-Fri

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**













HENRY STREET SETTLEMENT

Older Adult Center



AUGUST 2024



| 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. <u>Tech Help w/ Noa Every Monday at 2 PM, Wednesday at 11 AM, and Friday at 2 PM</u> NORC Vladeck Cares Program sponsored activities are indicated as (NORC) | | | | 1 10:30am-Summer Beats w/Molly (356 Courtyard) 1pm- Tai Chi w/Alex 2pm- Karaoke In Library 2:pm – Bingo | 2 10 - 12PM – ESL w/ Jeno 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) |
| 4 10:30 – 11:30 AM – Line Dancing w/ David 1PM- Bingo  | 3 9AM- Ballroom Dance w/Simon 10:30AM-Yoga w/Susan 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2pm-Art w/Girl 1-5pm- Sewing (367 Madison St.) | 6 10AM: FOOD BANK DISTRBUTION NO ACTIVITIES TODAY  | 7 8:30am: Jefferson Pool Exercise class 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.) | 8 10:30am-Summer Beats w/Molly (356 Courtyard) 1PM: Jeopardy w/NYU 2pm- Karaoke In Library 2:00PM– Bingo | 9 10 - 12PM - ESL w/ Jeno 10am- Union Square Farmers Market 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) |
| 11 10:30 – 11:30 AM – Line Dancing w/ David 1pm- Bingo  | 12 9AM- Ballroom Dance w/Simon 10am- Union Square Farmers Market 10:30AM-Yoga w/Susan 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.) | 13 10:30-AfroBeats/w Patricia 12:30-Presentation:FDNY Fire Safety 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 4PM- Karaoke | 14 8:30am: Jefferson Pool Exercise class 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 12:30-Nutrient Education 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) | 15 10:30am-Summer Beats w/Molly (356 Courtyard) 1PM-3:30pm -Flea Market (356 Courtyard) 1pm: Tai Chi w/Alex 2pm- Karaoke in Library 2:00PM – Bingo | 16 10 - 12PM - ESL w/ Jeno 10am- Union Square Farmers Market 1 PM- Jewelry Class (NORC) 1:30pm- Monthly Birthday Celebration (All White Affair) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) |
| 18 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo  | 19 9AM- Ballroom Dance w/Simon 10am-Union Square Farmers Market 10:30AM-Yoga w/Susan 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2pm- Art w/Girl 2PM- Bingo 1-5pm- Sewing (367 Madison St.) | 20 10am- TRIP: Walmart 10:30-Afro Beats/w Patricia 1:15PM-Fashion Art w/Mary 2PM-Bingo 4PM- Karaoke  | 21 8:30am: Jefferson Pool Exercise class 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 12:30PM: Nutrient Education 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) | 22 10:30am-Summer Beats w/Molly (356 Courtyard) 12:30PM-Presentation: (NORC) 1pm: Tai Chi w/Alex 2pm- Karaoke In Library 2:00PM – Bingo | 23 Seniors and Staff Trip CENTER CLOSED Come Join us to a bus trip to LAKE WELCH, In Harriman, NY. Sign up with Briana or Olivia first come first served    |
| 25 10:30 – 11:30 AM – Line Dancing w/ David 1PM- Bingo  | 26 9AM-Ballroom Dance w/Simon 10am- Union Square Famers Market 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.) | 27 10:30-AfroBeats/Patricia 1:15PM-Fashion Art w/Mary 2PM-Bingo 4PM- Karaoke  | 28 8:30am: Jefferson Pool Exercise class 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 12:30pm-Presentation: Finances 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) | 29 10:30am-Summer Beats w/Molly (In Doors) 1pm: Tai Chi w/ Alex 1pm-3:30pm- Outdoor Carnival (356 Courtyard) | 30 10 - 12PM - ESL w/ Jeno 10am- Union Square Farmers Market 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) |

AUGUST 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</p> <p>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>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</p> | | | | <p>1</p> <p>LUNCH: Roast beef and cheese sandwich w/ French Fries and Steamed Vegetables</p> <p>DINNER: Turkey A La King with Mashed Potatoes and Steamed Vegetables</p> | <p>2</p> <p>LUNCH: Hot Dogs w/ French Fries and Green Salad</p> <p>DINNER: Braised Chicken Thighs w/ Brown Rice and Steamed Vegetables</p> |
| <p>4</p> <p>LUNCH: Baked Flounder w/ Brown Rice and Steamed Vegetables</p> | <p>5</p> <p>LUNCH: Turkey and Cheese Sandwich Wrap with Potato Chips</p> <p>DINNER: Braised Chicken in a Tomato Cream Sauce with Penne and Steamed Vegetables</p> | <p>6</p> <p>LUNCH: Chicken Quesadillas with Yellow Rice and Steamed Vegetables</p> <p>DINNER: Veggie Burgers with Sweet Potato Fries</p> | <p>7</p> <p>LUNCH: Baked Tilapia Orzo and Steamed Vegetables</p> <p>DINNER: Stuffed Pasta Shells with Steamed Vegetables</p> | <p>8</p> <p>LUNCH: Beef and Broccoli with White Rice</p> <p>DINNER: Braised Pork Chops with Roasted Potatoes and Steamed Vegetables</p> | <p>9</p> <p>LUNCH: Fish Sticks with French Fries and Steamed Vegetables</p> <p>DINNER: Lentil Bolognese with Steamed Vegetables5r</p> |
| <p>11</p> <p>LUNCH: Tuna Salad with French Fries and Green Salad</p> | <p>12</p> <p>LUNCH: Salisbury Steak with Mashed Potatoes and Steamed Vegetables</p> <p>DINNER: Chinese 5 Spice Chicken with Lo Mein and Roasted Vegetables</p> | <p>13</p> <p>LUNCH: Fish Tacos with Brown Rice and Black Beans</p> <p>DINNER: Assorted Veggie Pizza Bar with Pasta Salad</p> | <p>14</p> <p>LUNCH: Baked Chicken Wings with Macaroni and Cheese with Collard Greens</p> <p>DINNER: Philly Cheese Steaks with Sweet Potato Fries and Steamed Vegetables</p> | <p>15</p> <p>LUNCH: Penne Pasta Bar with Chicken and Assorted Vegetables</p> <p>DINNER: 3 Bean Chili with Brown Rice</p> | <p>16</p> <p>LUNCH: Baked Salmon with Cous Cous and Steamed Vegetables</p> <p>DINNER: Meat Lovers Pizza with Green Salad</p> |
| <p>18</p> <p>LUNCH: Egg Salad Sandwich with Potato Salad and Green Salad</p> | <p>19</p> <p>LUNCH: Sloppy Joe with White Rice and Steamed Vegetables</p> <p>DINNER: Baked Chicken with Pesto Pasta and Steamed Vegetables</p> | <p>20</p> <p>LUNCH: Beef Enchiladas with Yellow Rice and Pinto Beans</p> <p>DINNER: Lemon Baked Cod with Orzo and Steamed Vegetables</p> | <p>21</p> <p>LUNCH: Vegetable Gumbo with Brown Rice</p> <p>DINNER: Italian Meatball Sandwich with Pasta and Steamed Vegetables</p> | <p>22</p> <p>LUNCH: Coconut Chicken with Brown Rice and Steamed Vegetables</p> <p>DINNER: Vegan Shepards Pie</p> | <p>23</p> <p>CENTER CLOSED</p> <p>Come Join us to a bus trip to LAKE WELCH, In Harriman, NY. Sign up with Briana or Olivia first come first served</p> |
| <p>25</p> <p>LUNCH: Vegetable Lo Mein with Roasted Tofu</p> | <p>26</p> <p>LUNCH: Cheese Pizza with Cucumber Tomato Salad</p> <p>DINNER: Tuna Fish Sandwich with French Fries and Green Salad</p> | <p>27</p> <p>LUNCH: Chicken Fajitas with Mexican Corn Salad</p> <p>DINNER: Cheeseburgers with Sweet Potato Fries and Steamed Vegetables</p> | <p>28</p> <p>LUNCH: Penne in a Roasted Red Pepper Cream Sauce with Green Salad</p> <p>DINNER: BBQ Ribs with Baked Beans and Steamed Vegetables</p> | <p>29</p> <p>LUNCH: Chicken Salad Sandwich with Greek Salad</p> <p>DINNER: Roasted Root Vegetable Rice Bowl</p> | <p>30</p> <p>LUNCH: Catfish with Macaroni Salad and Green Salad</p> <p>DINNER: Breaded Chicken Sandwich with French Fries and Steamed Vegetables</p> |

ADVENTURE
AMUSEMENT PARK
AUGUST
BACK TO SCHOOL
BACKYARD
BICYCLE
CAMPFIRE
CAMPING
CORN ON THE COB
FARMERS MARKET
FIREFLY
FLOWERS
FRUIT
FUN
GRILLING
HOT
HUMID
LAKE
PLAYGROUND
POPSICLE
RELAXATION
ROAD TRIP
SAILBOAT
STATE FAIR
SUMMER
SUNFLOWER
SUNNY



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

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

AROMA
BARBECUE
BURGERS
CHARCOAL
CHICKEN
CLEAN
DECK
EAT
FAMILY
FAST
FIRE
FLAVOR
FOODS
FORKS
FRIENDS
GAS
GRILL
JUICES
MEAL
MEATS
PATIO
PORK
RIBS
ROLL
SALAD
SCORCH
SIZZLE
SKEWER
SMELL
SMOKE
STEAK



COOKOUT
WORD SEARCH PUZZLE

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

