

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

It's October!!! Wow! Days are getting shorter and nights longer, Beginning Monday 10/14 we will be closing the center @ 5pm. For your safety, we wouldn't want you to be out too late. If you must, please be extremely careful.

Help me applaud our very own Rosemarie Hammid. She won the semifinal at Lincoln Center last month and now heading to the finals for Talent is Timeless. For those of you that don't know, Talent is Timeless is sponsored by NYC Aging. Rosemarie will be contending on Thursday October 10th. To find out how you can get free tickets with transportation, see Olivia or Briana to register for this event. Hurry soon tickets and space on the bus is limited.

We will be hosting another trip to Atlantic City. This is for the outstanding waiting list from last month's trip. Therefore, if you went last month, give your Peers a chance to go this month.

Finally, as always, we are open for suggestions for meals, programs and health services.

Be Safe and stay healthy(🍷)

Jasmine

OCTOBER 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

- 10/4-OutdoorHealth Fair
- 10/10-Talent is timeless
- 10/15-Whitney Museum
- 10/18- Cup Cake party w/ McKinzey
- 10/25- Monthly Birthday party
- 10/29-Atlantic City
- 10/31- Halloween Party

Presentations

- 10/22 &29: Pace Nurses
- 10/16 & 23-Nutrient w/Avondale

What's New?

- Scrapbook w/ Fiona
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.
- Center closing hours
*-Our hours will no longer be open until 6pm.
We will be closing at 5pm starting Monday 10/14/24. This will not affect any scheduled activities.*



Meal Service

Sunday

Mon-Fri

Lunch

11:30 AM- 1PM

11:30 AM- 1:00PM

Dinner

X

3:00PM- 4:30PM

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 3:00 PM to 4:30PM**





HENRY STREET SETTLEMENT

Older Adult Center



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Trip And Events Sign-Ups Are from Monday To Friday Only. 10am To 12pm 2pm-4pm Please See Briana or Olivia.</p> <p>All Participants Must Be Pre-Registered BEFORE Day of Birthday Party</p> <p>Offered Daily from 9:00 AM – 4:45 PM ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities.</p> <p><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)</p>					
6 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo	7 9AM- Ballroom Dance w/ <i>Simon</i> 10:30AM-Yoga w/Susan 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 1-5pm- Sewing (367 Madison St.)	1 10:30-AfroBeats/w Patricia 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 4PM- Karaoke (canceled) 	2 10AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	3 10AM: Tai Chi w/ Alex 1pm: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library 2:15PM– Bingo	4 9am: Outdoor Health Fair (356 Courtyard) 11AM- Sing for Hope (Canceled) 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 2:00PM – Bingo
13 10:30 – 11:30 AM – Line Dancing w/ David 1pm- Bingo 	14 9AM- Ballroom Dance w/ <i>Simon</i> 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 1-5pm- Sewing (367 Madison St.) CENTER CLOSSES AT 5PM	8 10:30-AfroBeats/w Patricia 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 4PM- Karaoke 	9 10AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 1 – 2PM – Scrapbooking w/ Fiona 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	10 8:30AM: TRIP: Talent is Timeless Grand Finale 10AM: Tai Chi w/ Alex 1PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library 2:15PM– Bingo	11 11AM-Sing for hope 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 2:00PM – Bingo
20 10AM: Crafts w/Crystal 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo	21 9AM- Ballroom Dance w/ <i>Simon</i> 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 1-5pm- Sewing (367 Madison St.)	15 9AM: TRIP: Whitney Museum Senior Day 10:30-AfroBeats/w Patricia 1:15PM-Fashion Art w/Mary 1:30PM-Bingo 4PM- Karaoke	16 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 1 – 2PM – Scrapbooking w/ Fiona 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	17 10AM: Tai Chi w/ Alex 2pm- Chinese Karaoke In Library 2:00PM – Bingo	18 11AM- Sing for Hope 11AM: Cup Cake Party w/McKinzey 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 2:00PM – Bingo
27 10:30 – 11:30 AM – Line Dancing w/ David 1PM- Bingo 	28 9AM-Ballroom Dance w/ <i>Simon</i> 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 1-5pm- Sewing (367 Madison St.)	22 10:30-Afro Beats/w Patricia 12:30PM: Presentation: Pace Nurses 1:15PM-Fashion Art w/Mary 2PM-Bingo 4PM- Karaoke	23 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 12:30PM-Presentation: Breast Cancer 1 – 2PM – Scrapbooking w/ Fiona 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	24 10AM: Tai Chi w/ Alex 1PM: 2pm- Chinese Karaoke in Library 2:00PM – Bingo 	25 11AM- Sing for Hope 1 PM- Jewelry Class (NORC) 1:30PM: Monthly Birthday Party 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
30 10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 1 – 2PM – Scrapbooking w/ Fiona 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	31 10AM: Tai Chi w/ Alex 1:30PM-HALLOWEEN PARTY All afternoon Activities are canceled	29 8AM: TRIP-Atlantic City Tropicana 10:30-AfroBeats/Patricia 12:30PM: Presentation: Pace Nurses 1:15PM-Fashion Art w/Mary 2PM-Bingo 4PM- Karaoke			

OCTOBER 2024 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</div>		<div>1</div> <div>LUNCH: Chicken Taco Bar w/Yellow Rice & Steamed Vegetables</div> <div>DINNER: BBQ Roasted Chickpeas w/ Jasmine Rice & Sliced Carrots</div>	<div>2</div> <div>LUNCH: Meatballs Florentine w/Roasted Potatoes & Steamed Vegetables</div> <div>DINNER: Turkey Bolognese w/Pasta & Steamed Vegetables</div>	<div>3</div> <div>LUNCH: BBQ Pulled Pork w/Macaroni & Cheese & Steamed Vegetables</div> <div>DINNER: Honey Caribbean Chicken Wings w/French Fries and Steamed Vegetables</div>	<div>4</div> <div>LUNCH: Mediterranean Cod w/Lemon Cous Cous & Cucumber Dill Salad</div> <div>DINNER: Vegetable Fried Rice w/Veggie Spring Rolls</div>
<div>6</div> <div>LUNCH: Cheeseburger Bar w/ Tater Tots & Steamed Vegetables</div>	<div>7</div> <div>LUNCH: BBQ Chicken Kabobs w/Potato Salad & Steamed Vegetables</div> <div>DINNER: Baked Salmon w/ Orzo & Steamed Vegetables</div>	<div>8</div> <div>LUNCH: Bean Burrito w/ Steamed Vegetables</div> <div>DINNER: Korean BBQ Ribs w/ Brown Rice & Steamed Vegetables</div>	<div>9</div> <div>LUNCH: Shredded Chicken w/Pita Bread & Steamed Vegetables</div> <div>DINNER: Pastelon w/Steamed Vegetables</div>	<div>10</div> <div>LUNCH: Beef Bulgogi w/Vegetable Rice</div> <div>DINNER: Eggplant Parmesan w/Rotini Pasta</div>	<div>11</div> <div>LUNCH: Baked Flounder w/Egg Noodles & Steamed Vegetables</div> <div>DINNER: Coconut Curry Chicken w/White Rice & Steamed Vegetables</div>
<div>13</div> <div>LUNCH: Beef Stir Fry w/ Vegetables & French Fries</div>	<div>14</div> <div>LUNCH: Chicken Gumbo w/Cajun Rice & Steamed Vegetables</div> <div>DINNER: Broccoli & Spinach Alfredo w/Penne Pasta & Garlic Bread</div>	<div>15</div> <div>LUNCH: Ground Beef Tacos w/Yellow Rice & Refried Beans</div> <div>DINNER: Breaded Chicken Sandwich w/Roasted Potatoes & Steamed Vegetables</div>	<div>16</div> <div>LUNCH: Veggie Pizza Party w/ Pasta Salad</div> <div>DINNER: Turkey A La King w/Yellow Rice & Steamed Vegetables</div>	<div>17</div> <div>LUNCH: Veggie Burger Bar w/ Sweet Potato Fries & Steamed Vegetables</div> <div>DINNER: Spanish Chicken Stew w/White Rice & Steamed Vegetables</div>	<div>18</div> <div>LUNCH: Fish Nuggets w/French Fries & Green Salad</div> <div>DINNER: Sloppy Joes w/French Fries & Green Salad</div>
<div>20</div> <div>LUNCH: Vegan Sancocho w/Kidney Beans & White Rice</div>	<div>21</div> <div>LUNCH: Beef Shortrib Ravioli w/Steamed Vegetables</div> <div>DINNER: Turkey Pot Pie w/ Steamed Vegetables</div>	<div>22</div> <div>LUNCH: Chicken Pozole w/White Rice & Steamed Vegetables</div> <div>DINNER: Tofu Tacos w/ Asian Slaw and Brown Rice</div>	<div>23</div> <div>LUNCH: Falafel Bar w/Orzo & Steamed Vegetables</div> <div>DINNER: French Onion Meatballs w/White Rice & Steamed Vegetables</div>	<div>24</div> <div>LUNCH: Open Face Turkey Sandwich w/Mashed Potatoes & Steamed Vegetables</div> <div>DINNER: Chili Macaroni w/Steamed Vegetables</div>	<div>25</div> <div>LUNCH: Baked Salmon in a Citrus Sauce w/Barley & Roasted Vegetables</div> <div>DINNER: Meat Lovers Pizza Party w/Cucumber Italian Veggie Salad</div>
<div>27</div> <div>LUNCH: Catfish Sandwich w/Cole Slaw and Macaroni Salad</div>	<div>28</div> <div>LUNCH: Salisbury Steak w/Mashed Potatoes & Steamed Vegetables</div> <div>DINNER: Roasted Chicken Breast in a Red Pepper Cream Sauce w/Egg Noodles & Steamed Vegetables</div>	<div>29</div> <div>LUNCH: Chili Lime Fish Burrito Bowl w/Assorted Toppings</div> <div>DINNER: Braised Curry Lentils w/Basmati Rice</div>	<div>30</div> <div>LUNCH: Meatloaf w/ Brown Rice & Steamed Vegetables</div> <div>DINNER: Chicken Chili W/</div>	<div>31</div> <div>LUNCH: Pumpkin Ravioli in a Cream Sauce w/Steamed Vegetables</div> <div>DINNER: Orange Chicken w/White Rice & Steamed Vegetables</div>	<div>1</div> <div>LUNCH: TBD</div> <div>DINNER: TBD</div>

FALL

Word Search

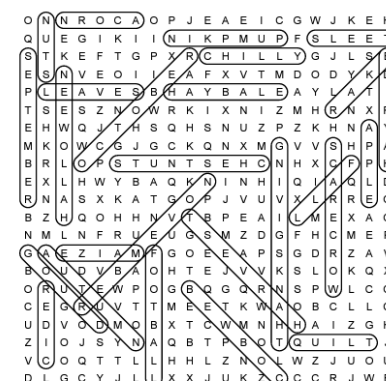


ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

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

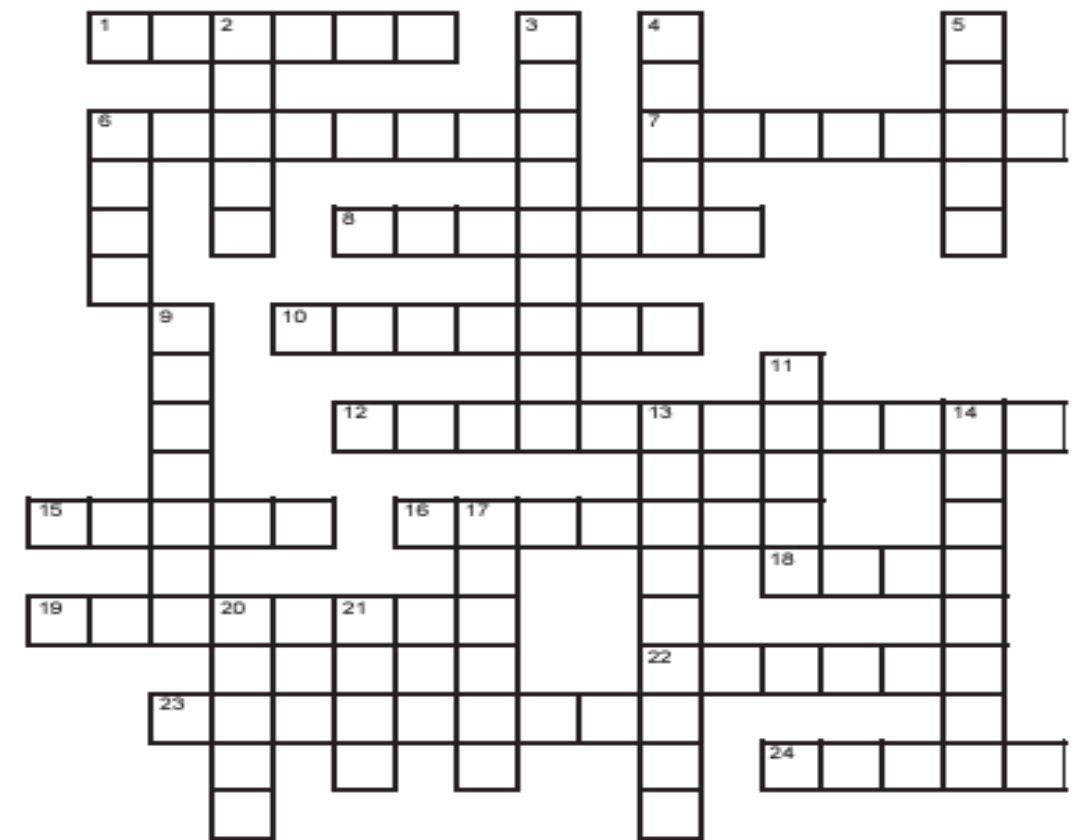


SOLUTION



Acorn
Apple
Autumn
Chestnut
Cider
Cobweb
Fall
Football
Gourd
Halloween
Harvest
Hay Bale
Hayride
Leaves
Maize
November
Nuts
October
Pumpkin
Quilt
Rake
Scarecrow
September
Sleet
Thanksgiving

I LOVE FALL



ACROSS

- They fall from trees.
- Oak tree's fruit.
- October 31st.
- Honeycrisp.
- Also known as corn.
- The season that follows summer.
- Fun activity on a farm.
- Drink made from apples.
- Used to keep birds off of crops.
- The 10th month of the year.
- Leaf gathering yard tool.
- They are roasted on an open fire.
- Halloween decoration made by a spider.
- The 9th month of the year.
- Decorative squash.

DOWN

- They are roasted on an open fire.
- Oak tree's fruit.
- October 31st.
- Honeycrisp.
- Also known as corn.
- The season that follows summer.
- Fun activity on a farm.
- Drink made from apples.
- Used to keep birds off of crops.
- The 10th month of the year.
- Leaf gathering yard tool.
- They are roasted on an open fire.
- Halloween decoration made by a spider.
- The 9th month of the year.
- Decorative squash.

SOLUTION

