

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Hello OAC Family,

Whew, what a wonder time we had last month. Hold your horses this month is bursting with fun and Holiday joys.

First thing, I would like to introduce our New Social Worker Priya from Greenwich House who specializes in Therapy. If you are feeling down or just need someone to talk to, Priya is here Mondays and Fridays 9 to 5pm.

Secondly, don't wait to the last minute to sign up for our trips and events. Space is limited and we run on first come first serve bases. Please know we do not hold spaces. You must be present to sign-up. We are holding our first annual Winterland starting with our Christmas party on the 20th. On Monday 12/23 is bring your children day to enjoy our décor and have hot chocolate with cookies along with gifts.

We hold great gratitude to you all that has been with us this past year, and every year. We would like to say THANK YOU for your dedication and support you given us. Your kind gestures will not go unanswered.

Love and Respect,

May your Holidays be filled with Joy and peace

Jasmine



DECEMBER 2024



Happy Holidays

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

- Sing for Hope Every Friday @ 11am
- 12/6- Walmart in Valley Stream
- 12/10- Christmas Spectacular show Radio City Music Hall
- 12/10- Gingerbread house making w/Macy's
- 12/15- Abron's Art Center
- 12/17- Christmas Karaoke
- 12/20- OAC Holiday Party
- 12/23- Bring your Children Day
- 12/27-Monthly Birthday Celebration/End of Year Party

Presentations

- 12/1- Coping with Holiday Grief (NORC)
- 12/9- Cold weather Prep (NORC)
- 12/12- SWI TBD



What's New?

- **Priya, SW specialized in therapy**
-Priya is here for anyone who needs someone to talk to. She's available Monday and Fridays from 9am to 5pm. Feel free to see her in the library or say hello when she's in passing.
- **Scrapbook w/ Fiona**
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.
- **Closed for the Holidays**
-on Christmas eve and Christmas day the center will be closed. We will close at 1pm on 12/31 (New Years eve) and closed all day on New Year Day



Meal Service

Sunday

Mon-Fri

Lunch

11:30 AM- 1PM

11:00 AM- 12:30PM

Dinner

X

3:00PM- 4:15PM

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: 8:30AM-5PM
Sunday: 8 AM - 3:30 PM

**Meals: Lunch 11:00 AM to 12:30PM
Dinner 3:00 PM to 4:15PM**



HENRY STREET SETTLEMENT

Older Adult Center



DECEMBER








SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>1</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div>1 PM- Bingo</div> <div></div>	<div>2</div> <div>9:30AM- Ballroom Dance w/Simon</div> <div>10:30AM-Yoga w/Susan</div> <div>12:30pm-Presentation:Coping with Holiday Grief (NORC)</div> <div>1PM- Move it Move it (NORC)</div> <div>1:15PM-Bead Art (NORC)</div> <div>1:30PM- Bingo</div> <div>1-5pm- Sewing (367 Madison St.)</div>	<div>3</div> <div>10:30-AfroBeats/w Patricia</div> <div>1:15PM-Fashion Art w/Mary</div> <div>1:00PM-Bingo</div> <div>3:30PM- Karaoke</div> <div></div>	<div>4</div> <div>10AM- Self Defense w/Andres</div> <div>1 – 2PM – Scrapbooking w/ Fiona</div> <div>1:30PM—Bingo</div> <div>2PM- Calligraphy w/Mr. Jiang</div> <div>1-5pm- Sewing Group (367 Madison St.)</div>	<div>5</div> <div>10AM: Tai Chi w/ Alex</div> <div>1:15PM: Movement Speaks (Dance)</div> <div>2pm- Chinese Karaoke in Library</div> <div>2:15PM– Bingo</div>	<div>6</div> <div>Trip: Walmart</div> <div>11AM- Sing for Hope</div> <div>12pm-1pm- Greenhouse: Group Sessions</div> <div>1 PM- Jewelry Class (NORC)</div> <div>1-5pm- Sewing Group (367 Madison St.)</div> <div>1:30PM—Bingo</div>
<div>8</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div>1 PM- Bingo</div> <div></div>	<div>9</div> <div>9:30AM- Ballroom Dance w/Simon</div> <div>10:30AM-Yoga w/Susan</div> <div>12:30pm-Presentation:Cold weather Prep (NORC)</div> <div>1PM- Move it Move it (NORC)</div> <div>1:15PM-Bead Art (NORC)</div> <div>2 - 4PM- Tech Help (NORC)</div> <div>1:30PM- Bingo</div> <div>1-5pm- Sewing (367 Madison St.)</div>	<div>10</div> <div>10:30-AfroBeats/w Patricia</div> <div>11AM-Gingerbread House Making w/ Macys</div> <div>12-2pm Tech help w/Noa (NORC)</div> <div>1:15PM-Fashion Art w/Mary</div> <div>1:00PM-Bingo</div> <div>1:00PM – Christmas Spectacular</div> <div>3:30PM- Karaoke</div>	<div>11</div> <div>10AM- Self Defense w/Andres</div> <div>11am- Tech Help w/ Noa (NORC)</div> <div>1 – 2PM – Scrapbooking w/ Fiona</div> <div>1:30PM—Bingo</div> <div>2PM- Calligraphy w/Mr. Jiang</div> <div>1-5pm- Sewing Group (367 Madison St.)</div>	<div>12</div> <div>10AM: Tai Chi w/ Alex</div> <div>12:30-Presentation: TBA (SWI)</div> <div>1:15PM: Movement Speaks (Dance)</div> <div>2pm- Chinese Karaoke in Library</div> <div>2:15PM– Bingo</div> <div></div>	<div>13</div> <div>11AM-Sing for hope</div> <div>12pm-1pm- Greenhouse: Group Sessions</div> <div>1 PM- Jewelry Class (NORC)</div> <div>2 – 3:30PM - Tech Help w/ Noa</div> <div>1-5pm- Sewing Group (367 Madison St.)</div> <div>1:30PM—Bingo</div>
<div>15</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div>1pm- Bingo</div> <div>4pm-Abrons Arts Center Dime Quién Soy" (Tell Me Who I Am),Dance Performance</div> <div></div>	<div>16</div> <div>9AM- Ballroom Dance w/Simon</div> <div>1PM- Move it Move it (NORC)</div> <div>1:15PM-Bead Art (NORC)</div> <div>2 - 4PM- Tech Help (NORC)</div> <div>1:30PM- Bingo</div> <div>1-5pm- Sewing (367 Madison St.)</div>	<div>17</div> <div>10:30-Afro Beats/w Patricia</div> <div>1:15PM-Fashion Art w/Mary</div> <div>1PM-Bingo</div> <div>3:00PM- Karaoke: Christmas Special</div> <div></div>	<div>18</div> <div>10 AM- Self Defense w/Andres</div> <div>11am- Tech Help w/ Noa (NORC)</div> <div>1-2PM – Scrapbooking w/ Fiona</div> <div>1:30PM—Bingo</div> <div>2PM- Calligraphy w/Mr. Jiang</div> <div>1-5pm- Sewing Group (367 Madison St.)</div>	<div>19</div> <div>10AM: Tai Chi w/ Alex</div> <div>1:15PM: Movement Speaks (Dance)</div> <div>2pm- Chinese Karaoke in Library</div> <div>2:15PM – ITEM BINGO Hosted by OAC Staff</div> <div></div>	<div>20</div> <div>11AM- Sing for Hope</div> <div>1 PM- Jewelry Class (NORC)</div> <div>23:30pm - Tech Help w/ Noa</div> <div>1-5pm- Sewing Group (367 Madison St.)</div> <div>1:30PM- Christmas Party</div>
<div>22</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div>10:30AM-Crafts w/Crystal</div> <div>1 PM- Bingo</div> <div></div>	<div>23</div> <div>9AM- Ballroom Dance w/Simon</div> <div>1PM- Move it Move it (NORC)</div> <div>1:15PM-Bead Art (NORC)</div> <div>2 - 4PM- Tech Help (NORC)</div> <div>1:30PM- Bingo</div> <div>1-5pm- Sewing (367 Madison St.)</div> <div>BRING YOUR CHILDRED DAY</div>	<div>24</div> <div>Christmas Eve</div> <div>December 24</div> <div></div> <div>Closed</div>	<div>25</div> <div>MERRY CHRISTMAS</div> <div>and</div> <div>Happy Hanukkah</div> <div>(Center is closed)</div>	<div>26</div> <div>10AM: Tai Chi w/ Alex</div> <div>1:15PM: Movement Speaks (Dance)</div> <div>2pm- Chinese Karaoke in Library</div> <div>2:15PM – Bingo</div>	<div>27</div> <div>11AM- Sing for Hope</div> <div>1 PM- Jewelry Class (NORC)</div> <div>2 – 3:30pm - Tech Help w/ Noa</div> <div>1-5pm- Sewing Group (367 Madison St.)</div> <div>1:30PM- December Birthday Party</div>
<div>29</div> <div>10:30 – 11:30 AM – Line Dancing w/ David</div> <div>1PM- Bingo</div> <div></div>	<div>30</div> <div>9AM-Ballroom Dance w/Simon</div> <div>1PM- Salsa Partner Dance</div> <div>1PM- Move it Move it (NORC)</div> <div>1:15PM-Bead Art (NORC)</div> <div>2 - 4PM- Tech Help (NORC)</div> <div>1:30PM- Bingo</div> <div>1-5pm- Sewing (367 Madison St.)</div>	<div>31</div> <div>10:30-AfroBeats/Patricia</div> <div></div> <div>CENTER CLOSES AT 1PM</div>	<div>Trip And Events Sign-Ups Are from Monday to Friday Only. 10am-12pm 2pm-4pm Please See Briana or Olivia.</div> <div>All Participants Must Be Pre-Registered BEFORE the Day of Birthday Party</div> <div>Offered Daily from 9:00 AM – 4:45 PM ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities.</div> <div>Tech Help w/ Noa Every Monday at 2PM, Wednesday at 11AM, and Friday at 2PM</div> <div>NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</div>		



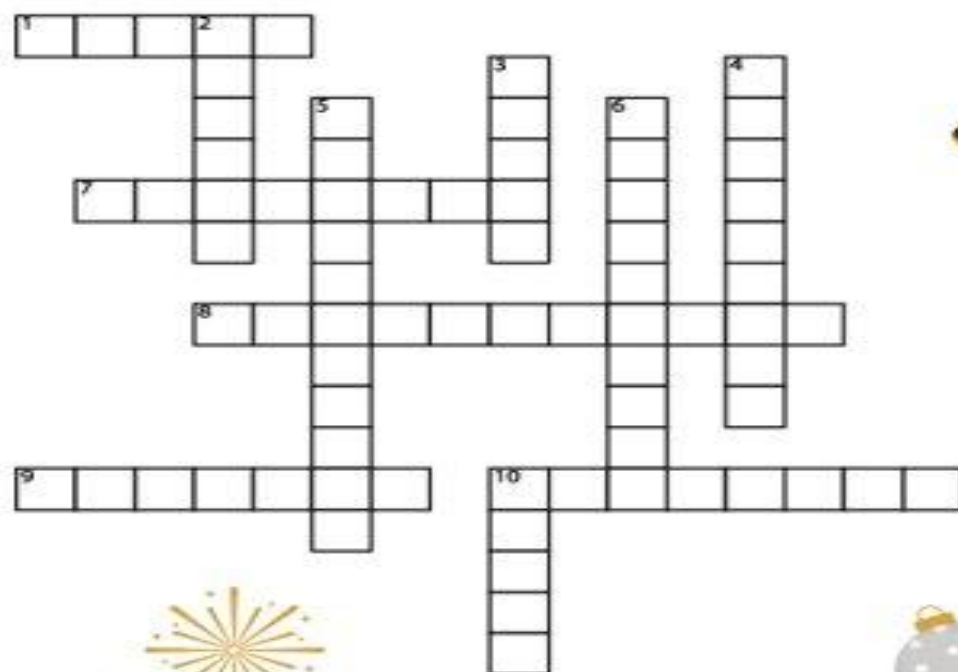
DECEMBER 2024 LUNCH & DINNER MENU



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 LUNCH: Cheeseburgers w/Sweet Potato Fries & Steamed Vegetables	2 LUNCH: Chicken Fried Rice w/Roasted Broccoli DINNER: Cheese Pizza w/Green Salad	3 LUNCH: Braised Pork Tacos w/Mexican Rice & Mexican Street Corn Salad DINNER: Vegetable Pot Pie w/Green Salad	4 LUNCH: Short Rib Ravioli w/Roasted Root Vegetables DINNER: Chicken Tikka Masala w/Jasmine Rice & Steamed Vegetables	5 LUNCH: Beef Shepards Pie w/Roasted Seasonal Vegetables DINNER: BBQ Pulled Pork Sandwich w/Sweet Potato Fries & Steamed Vegetables	6 LUNCH: Breaded Catfish Sandwich w/ Potato Salad & Steamed Vegetables DINNER: Assorted Meat Pizzas w/Italian Garden Salad
8 LUNCH: Tofu & Broccoli w/White Rice & Vegetable Spring Rolls	9 LUNCH: Salisbury Steak w/Mashed Potatoes & Steamed Vegetables DINNER: Ground Turkey Baked Ziti w/Green Salad	10 LUNCH: Chicken Burrito Bowl w/Pinto Beans & Yellow Rice DINNER: Spinach & Broccoli Pizza Slice w/Green Salad	11 LUNCH: Fish Sticks w/French Fries & Cole Slaw DINNER: Pork Adobo w/Basmati Rice & Steamed Vegetables	12 LUNCH: Turkey Chili Macaroni w/Steamed Vegetables DINNER: Beef Stew w/White Rice & Roasted Vegetables	13 LUNCH: Steamed Flounder w/Linguini & Broccoli DINNER: Curried Chicken w/Coconut Rice & Steamed Vegetables
15 LUNCH: Veggie Burgers w/Tater Tots & Steamed Vegetables	16 LUNCH: Baked Spaghetti w/Ground Turkey & Roasted Vegetables DINNER: Meatloaf w/Mashed Potatoes & Steamed Vegetables	17 LUNCH: Lentil Chili Bar w/White Rice & Assorted Vegetables DINNER: Baked Italian Chicken Sandwich w/Pasta Salad & Steamed Vegetables	18 LUNCH: Baked Salmon w/Orzo & Greek Salad DINNER: Seafood Paella w/Steamed Vegetables	19 LUNCH: BBQ Ribs w/Baked Potato & Steamed Vegetables DINNER: Caribbean Stewed Chicken w/White Rice & Steamed Vegetables	20 LUNCH: Garlic Roasted Tilapia w/Mashed Potatoes & Roasted Root Vegetables DINNER: Roasted Ham, Arroz con Grandules & Roasted Vegetables
22 LUNCH: Chicken Stir Fry w/Lo Mein & Vegetable Spring Rolls	23 LUNCH: Braised Pork Chops w/Egg Noodles & Roasted Vegetables DINNER: Mushroom Risotto w/Roasted Root Vegetables	24 CLOSED  CHRISTMAS EVE	25 CLOSED Happy Hanukkah 	26 LUNCH: Rasta Pasta w/Steamed Vegetables DINNER: Chicken Gumbo w/Jollof Rice & Steamed Vegetables	27 LUNCH: Fish Nuggets w/French Fries & Cole Slaw DINNER: BBQ Chicken w/ Rice, Black Eyed Peas & Collard Greens
29 LUNCH: Sloppy Joes w/Tater Tots & Steamed Vegetables	30 LUNCH: Baked Salmon w/White Rice & Steamed Vegetables DINNER: Vegetable Lasagna w/Green Salad	31 LUNCH: New Years Eve Brunch!!! Center Closes at 1PM 		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   ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)	

HAPPY NEW YEAR

Solve the following puzzle based on the clues given!



Across

- [1] The Ball _____
- [7] Middle of the night at 12 o' clock
- [8] Intersection in New York City that is the site of annual New Year's Eve celebrations
- [9] New Year's Day
- [10] Small pieces of colored paper or streamers

Down

- [2] An organized public procession of people, bands, and floats
- [3] Celebration on New Years Eve
- [4] A spectacular display of the effects in the sky
- [5] A horn or rattle used to make noise at a party
- [6] That which is resolved or determined
- [10] You Checkout the Time on this Device

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MERRY CHRISTMAS

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

bells
Blitzen
candy cane
carols
chimney
Claus
Comet
cookies
Cupid
Dancer
Dasher
decorations

Donner
elves
family
gift
gingerbread
Ho ho ho
holly
jingle
jolly
lights
merry
mistletoe

North Pole
ornament
Prancer
reindeer
Rudolph
Santa
sleigh
stocking
tree
Vixen
workshop

