

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Happy New year to you all,

This month there will be no outings or trips this month because of the unpredictable weather. We have weathered many storms last year and could not have done it without your loyalty and patience. We, OAC's Staff and I are so grateful and appreciative of this.

Please attend our Advisory Board meeting on the 8th at 12pm. At this meeting, you can be part of our trip, event, and meal planning. Your thoughts and feedback matters. It's YOUR center. Be part of decision making.

As always, my door is open for feedback. Let's make this New Year a healthy and happy one.

Love and respect to you all,

Jasmine

JANUARY 2025



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

- 1/3-Sing for hope (every Friday @11am)
- 1/3-Three Kings and December Birthday Make-up
- 1/23-Item Bingo
- 1/24- January Birthday Celebration
- 1/29- Lunar New Year Celebration



Presentations

- 1/7-Healthcare w/Mr. Green
- 1/15-NYPD Scams w/Officer Rodriguez
- 1/22- Fall Prevention w/NYC H+H
- 1/21-NORC/Financial Scam awareness
- 1/28- NORC/Isolation & your Health

What's New?

- **Priya, SW specialized in Therapy**
-Priya is here for anyone who needs someone to talk to. She's available Mondays and Fridays in the library.
- **Scrapbook w/ Fiona**
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.



Meal Service

Sunday

Mon-Fri

Lunch
Dinner

11:30 AM- 1PM
X

11:00 AM- 12:30PM
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**

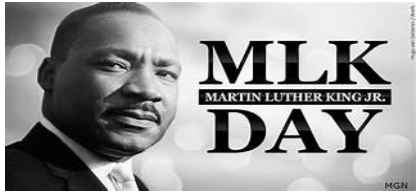








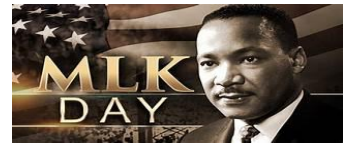



HENRY STREET SETTLEMENT

Older Adult Center



January



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 <u>BEFORE</u> the 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 2PM, Wednesday at 11AM, and Friday at 2PM</u></p> <p>NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</p>			<p>CLOSED</p> <p>Happy New Year</p>		
<p>5</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1PM- Bingo</p> <p></p>	<p>6</p> <p>9:30AM- Ballroom Dance w/Simon</p> <p>10:30AM-Yoga w/Susan</p> <p>1:15PM-Bead Art (NORC)</p> <p>2PM- Art w/Girl</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>7</p> <p>10:30-AfroBeats/w Patricia</p> <p>12:30PM-Presentation:HeathCare/Mr. Green</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p>	<p>8</p> <p>10AM- Self Defense w/Andres</p> <p>12PM-Advisory Board Meeting</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1 – 2PM – Scrapbooking w/ Fiona</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>9</p> <p>10AM: Tai Chi w/ Alex</p> <p>2pm- Chinese Karaoke in Library</p> <p></p>	<p>3</p> <p>11AM- Sing for Hope</p> <p>1 PM- Jewelry Class (NORC)</p> <p>2 – 3:30PM - Tech Help w/ Noa</p> <p>1-5pm- Sewing Group (367 Madison St.)</p> <p>1:30PM—Three Kings Celebration/December B'day Make-up</p>
<p>12</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1PM- Board Games</p> <p></p>	<p>30</p> <p>9:30AM- Ballroom Dance w/Simon</p> <p>10:30AM- Yoga w/Susan</p> <p>1:15PM-Bead Art (NORC)</p> <p>2PM- Art w/Girl</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>14</p> <p>10:30-AfroBeats/w Patricia</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p> <p></p>	<p>15</p> <p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>12:30-1:30pm- Presentation: NYPD/SCAMS</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>16</p> <p>10AM: Tai Chi w/ Alex</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</p> <p></p>	<p>17</p> <p>11AM- Sing for Hope</p> <p>1 PM- Jewelry Class (NORC)</p> <p>2 – 3:30pm - Tech Help w/ Noa</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>
<p>19</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1PM- Board Games</p> <p></p>	<p>20</p> <p></p> <p>CLOSED</p>	<p>21</p> <p>10:30-AfroBeats/w Patricia</p> <p>12:30-Presentation: Financial Scam Awareness /NORC interns</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p> <p></p>	<p>22</p> <p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>23</p> <p>10AM: Tai Chi w/ Alex</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</p> <p></p>	<p>24</p> <p>11AM- Sing for Hope</p> <p>1 PM- Jewelry Class (NORC)</p> <p>1:30pm- January Birthday Celebration</p> <p>2 – 3:30pm - Tech Help w/ Noa</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>
<p>26</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1PM- Board Games</p> <p></p>	<p>27</p> <p>9:30AM-Ballroom Dance w/Simon</p> <p>10:30-Yoga w/Susan</p> <p>1PM- Salsa Partner Dance</p> <p>1:15PM-Bead Art (NORC)</p> <p>2PM-Art w/Girl</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>28</p> <p>10:30-AfroBeats/w Patricia</p> <p>12:30pm-Presentation: Isolation & your Health/NORC Interns</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p>	<p>29</p> <p>Happy Chinese New Year!</p> <p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>1:30PM—Chinese New Year Celebration</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>30</p> <p>10AM: Tai Chi w/ Alex</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</p>	<p>31</p> <p>11AM- Sing for Hope</p> <p>1 PM- Jewelry Class (NORC)</p> <p>2 – 3:30pm - Tech Help w/ Noa</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>

JANUARY 2025 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 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>			1	2	3
			CLOSED	<p>LUNCH: Fish Sticks w/Sweet Potato Fries & Steamed Vegetables</p> <p>DINNER: Rasta Pasta & Roasted Vegetables</p>	<p>LUNCH: Baked Salmon w/Rice Pilaf & Steamed Vegetables</p> <p>DINNER: Baked Ham w/Mashed Potatoes Gravy & Steamed Vegetables</p>
5	6	7	8	9	10
<p>LUNCH: Chicken Fried Rice w/Roasted Broccoli</p>	<p>LUNCH: BBQ Chicken Wings w/Macaroni & Cheese & Steamed Vegetables</p> <p>DINNER: Pesto Pasta Primavera w/Garlic Bread & Green Salad</p>	<p>LUNCH: Ground Beef Taco Bowl w/Black Beans & Assorted Toppings</p> <p>DINNER: Stewed Black Eyed Peas w/Brown Rice</p>	<p>LUNCH: Chicken Scampi w/Linguini & Roasted Vegetables</p> <p>DINNER: Baked Flounder w/Mashed Potatoes & Steamed Vegetables</p>	<p>LUNCH: Shepherd's Pie w/Steamed Vegetables</p> <p>DINNER: Vegetable Pastelon w/Green Salad</p>	<p>LUNCH: Sweet & Sour Salmon w/White Rice & Roasted Vegetables</p> <p>DINNER: Pork Adobo w/Yellow Rice & Steamed Vegetables</p>
12	13	14	15	16	17
<p>LUNCH: Baked Chicken Sandwich w/Sweet Potato Fries & Steamed Vegetables</p>	<p>LUNCH: Ground Turkey Chili w/White Rice & Steamed Vegetables</p> <p>DINNER: Curried Lentils & Chickpeas w/Jasmine Rice</p>	<p>LUNCH: Chicken Fajitas w/Yellow Rice & Steamed Vegetables</p> <p>DINNER: Beef Stew w/White Rice & Steamed Vegetables</p>	<p>LUNCH: Turkey Meatloaf w/Mashed Potatoes & Steamed Vegetables</p> <p>DINNER: Baked Pork Chops w/Egg Noodles & Roasted Vegetables</p>	<p>LUNCH: Beef Yakisoba w/Roasted Vegetables</p> <p>DINNER: Roasted Broccoli & Spinach Pizza</p>	<p>LUNCH: Tuna Casserole w/Roasted Root Vegetables</p> <p>DINNER: Sausage & Peppers Sandwiches w/Pasta Salad</p>
19	20	21	22	23	24
<p>LUNCH: Beef Lo Mein w/Sauteed Cabbage</p>	CLOSED	<p>LUNCH: Mexican Pork Stew w/Mexican Rice & Pinto Beans</p> <p>DINNER: Butternut Squash Ravioli w/Roasted Vegetables</p>	<p>LUNCH: Swedish Meatballs w/Mashed Potatoes & Steamed Vegetables</p> <p>DINNER: Chicken Gumbo w/White Rice & Steamed Vegetables</p>	<p>LUNCH: Pepper Steak w/White Rice & Steamed Vegetables</p> <p>DINNER: Veggie Burger Bar w/French Fries & Assorted Toppings</p>	<p>LUNCH: Breaded Catfish Po Boys w/French Fries & Cole Slaw</p> <p>DINNER: Assorted Meat Pizzas w/Pasta Salad</p>
26	27	28	29	30	31
<p>LUNCH: Fish Sticks w/French Fries & Steamed Corn</p>	<p>LUNCH: Curried Beef w/Jasmine Rice & Steamed Vegetables</p> <p>DINNER: Chicken Ramen Bowl w/Assorted Toppings</p>	<p>LUNCH: 3 Bean Chili w/Brown Rice & Assorted Toppings</p> <p>DINNER: BBQ Ribs w/Mashed Potatoes & Steamed Vegetables</p>	<p>LUNCH: Beef & Broccoli w/Fried Rice & Spring Rolls</p> <p>DINNER: Honey Glazed Salmon w/Roasted Potatoes & Steamed Vegetables</p>	<p>LUNCH: Chicken Francaise w/Orzo & Roasted Vegetables</p> <p>DINNER: Cuban Black Bean Stew w/Yellow Rice & Green Salad</p>	<p>LUNCH: Crab Alfredo w/Pasta & Roasted Vegetables</p> <p>DINNER: Beef Pot Pie w/Roasted Vegetables</p>

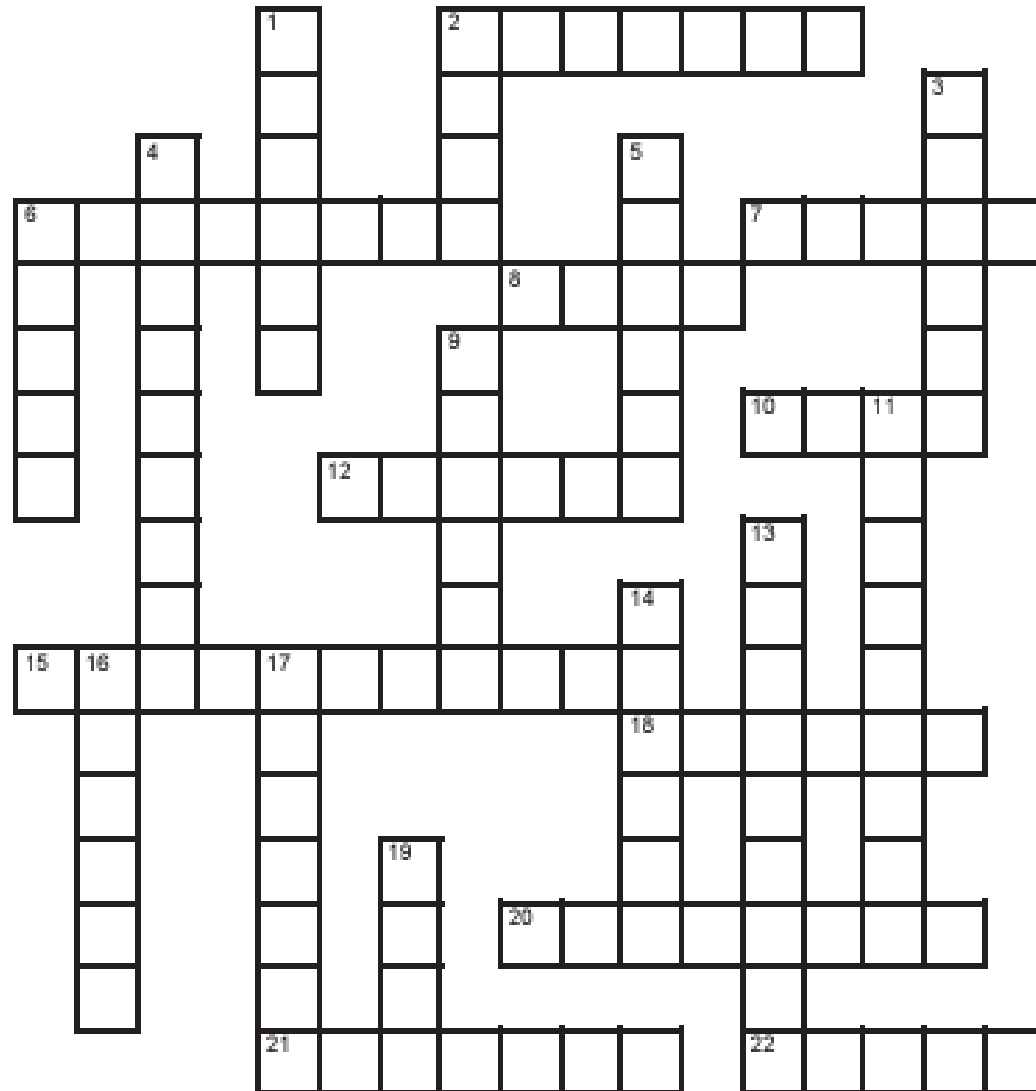
Winter Crossword

Across

2. Knitted top.
6. Snowstorm with winds.
7. Month that winter ends in.
8. When the air moves.
10. A sudden blast of wind.
12. Shake from the cold.
15. Tells you how cold it is outside.
18. Rather cold.
20. Month that winter starts in.
21. He might have a carrot for a nose.
22. Keeps you neck warm.

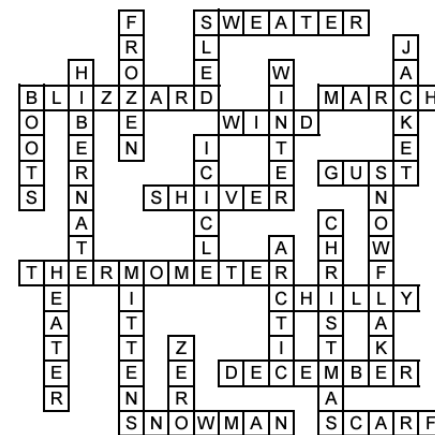
Down

1. Turned into ice.
2. It goes downhill fast.
3. A short coat.
4. What bears do in the winter.
5. Opposite of summer.
6. Shoes for snowy days.
9. Frozen trickle of water.
11. Ice crystal.
13. December 25th.
14. Area around the North Pole.
16. Used to warm a room.
17. Winter hand warmers.
19. Temperature (in Celsius) at which water freezes.



Arctic, Blizzard, Boots, Chilly, Christmas, December, Frozen, Gust, Heater, Hibernate, Icicle, Jacket, March, Mittens, Scarf, Shiver, Sled, Snowflake, Snowman, Sweater, Thermometer, Wind, Winter, Zero

SOLUTION



BITTER
BLIZZARD
CALENDAR
CELEBRATION
FIREPLACE
FREEZING
FROST
FROSTY
HIBERNATION
HOLIDAY
HOT CHOCOLATE
ICICLE
INDOOR
JANUARY
MITTENS
MLK DAY
NEW YEAR
PARKA
POLAR
RESOLUTION
SCARF
SKIING
SLEDDING
SNOWFLAKE
SNOWMAN
SWEATER
WINTER

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

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