

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

To my OAC family,

As we welcome the month of May, help me acknowledge the National celebration of the Older Americans Month. It's a perfect reminder that staying connected whether through friendship, family, volunteering or community involvement—can empower us to thrive at any age.

Respecting one another usually involves mutual recognition of life experiences, empathy, shared values, and an understanding of each other's journey. Let us all practice these values and support the concerns we all have.

Throughout May, we'll be offering focus groups in 3 different languages thanks to NYP. I strongly encourage you to pick a day that is suitable for you and take full advantage of this learning experience.

I also encourage you all to take time this month to reach out to someone new, share your story, or try something you always wanted to do. Let's continue to build a community where every Older Adult feels valued, supported, and inspired.

Have a wonderful Mother's Day!



Jasmine

MAY 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

Trips, Events & Celebrations

- 5/6-Mother's Day Brunch
- 5/13-Sip and Paint
- 5/21- Walmart
- 5/23- Monthly Birthday celebration featuring Talent is Timeless
- 5/28-Fitness Day w/Aging



SNAPSHOT

Presentations

- Every Friday- Greenhouse
- 5/7- Medicare w/ German
- 5/8- Mental Health Awareness
- 5/9 & 5/16 Stress Management
- 5/14- Nutrient Ed w/Brenna
- 5/20-Pain management



What's New?

- NYP Focus Group
- 6Nutrient Education w/Brenna
-Every second Wednesday of the month you can explore the nutrient facts and to make healthy choices
- Tai Chi Fridays
-This class will be moved from Thursday to Fridays
- Scrapbook w/ Fiona.
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.

Meal Service

Lunch
Dinner

Sunday

11:30 AM- 1PM
X

Mon-Fri

11:00 AM- 12:30PM
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: 8:30AM-6PM
Sunday: 8 AM - 3:30 PM






**Meals: Lunch 11:00 AM to 12:30PM
Dinner 3:30 PM to 4:45PM**






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 <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>				1-2pm Art w/girl 1 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library	2 9am-4pm- Greenwich House 9:45-10:45AM: Tai Chi w/ Alex 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 1 PM- Bingo  	5 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Salsa Partner (Canceled) 2PM- Art w/Girl 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.) 	6 11am- Mother's Day Brunch w/CapitaLand 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke 	7 9am Afrobeats w/ Patricia 10 AM- Self Defense w/Andres 11:30am-Tech Help w/Noa (NORC) 12:30pm-Presentaion: Medicare w/German Talis 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	8 1-2pm Art w/girl 12pm- Presentation: Mental Health awareness 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library  Pantry Bring your own bag	9 9am-4pm- Greenwich House 9:45-10:45AM: Tai Chi w/ Alex 12:30-Presentation: Stress Management Pt.1 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) NORC VLADECK Open House 351 Madison Street 1 st Floor 
11 10am- Crafts w/Crystal 10:30 – 11:30 AM – Line Dancing w/ David 	12 9:30AM- Ballroom Dance w/Simon 10am- 12pm- NYP Focus Group (Spanish) 10:30AM- Yoga w/Susan 1PM- Salsa Partner 2PM- Art w/Girl 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	13 11am-Sip and Paint w/Neuberger Berman 10:00AM-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30pm- Karaoke\\	14 10 AM- Self Defense w/Andres 11:30am- Tech Help w/ Noa (NORC) 12:30pm- Nutrient Ed w/Brenna 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	15 10:30am- 12:30pm-NYP Focus Group (Mandarin) 1-2pm Art w/girl 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library 	16 9am-4pm- Greenwich House 9:45-10:45AM: Tai Chi w/ Alex 12:30-Presentation: Stress Management Pt.2 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.) 
18 10:30 – 11:30 AM – Line Dancing w/ David 	19 9:30AM-Ballroom Dance w/Simon 10am-12pm- NYP Focus Group (English) 10:30-Yoga w/Susan 1PM- Salsa Partner Dance 2PM-Art w/Girl 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	20 10:00-AfroBeats/w Patricia 12:30pm- Presentation: Pain Management 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	21 10am- TRIP: Walmart 10 AM- Self Defense w/Andres 11:30am- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)	22 1-2pm-Art w/Girl 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library  Pantry Bring your own bag	23 9am-4pm- Greenwich House 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 1:30pm- Monthly Birthday Party featuring Talent is Timeless 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)
25 Center is Closed for pre-Memorial Day	26 CLOSED 	27 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke	28 9am-FITNESS DAY W/ Aging 10 AM- Self Defense w/Andres 11:30am- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group	29 1-2pm- Art w/Girl 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library 	30 9am-4pm- Greenwich House 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367

MAY 2025 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div><div></div><div>Now offering salads daily as an alternative 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</div><div>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</div></div>				<div><div></div><div>1 LUNCH: Lentil Picadillo w/Brown Rice & Steamed Vegetables DINNER: Chicken & Broccoli w/Lo Mein & Vegetable Spring Rolls</div></div>	<div><div>2 LUNCH: Baked Pork Chops w/Mashed Potatoes Gravy & Steamed Vegetables DINNER: Turkey Salad sandwich w/Sweet Potato Fries & Salad</div></div>
<div><div>4 LUNCH: Vegetable Lasagna w/Garden Salad & Breadsticks</div></div>	<div><div>5 LUNCH: Turkey Meatball Subs w/Pasta Salad & Steamed Vegetables DINNER: Beef Taco Bar w/Refried Beans & Yellow Rice</div></div>	<div><div>6 LUNCH: Mother's Day Brunch DINNER: Baked Cod w/Barley & Steamed Vegetables</div></div>	<div><div>7 LUNCH: Falafel Gyro w/Brown Rice & Roasted Eggplant DINNER: Chicken Broccoli Alfredo w/Pasta Bowl</div></div>	<div><div>8 LUNCH: Mashed Potato Bar w/Chicken or Beef & Assorted Toppings DINNER: Pork Fried Rice w/Roasted Root Vegetables</div></div>	<div><div>9 LUNCH: Pepper Steak w/White Rice & Steamed Vegetables DINNER: Meat Lovers Pizza Party w/House Salad</div></div>
<div><div>11 LUNCH: Italian Baked Chicken Sandwich w/Assorted Toppings & Pickled Cucumber Salad</div></div>	<div><div>12 LUNCH: Baked Tilapia w/Pasta in a Pesto Sauce w/Steamed Vegetables DINNER: Chicken Gumbo w/White Rice & Collard Greens</div></div>	<div><div>13 LUNCH: Mushroom Fajita Bowl w/Brown Rice & Black Beans DINNER: Salmon Salad Bar w/Mixed Greens & Assorted Toppings</div></div>	<div><div>14 LUNCH: Egg Salad Sandwich w/Cole Slaw & French Fries DINNER: Beef Baked Ziti w/Italian Vegetable Salad</div></div>	<div><div>15 LUNCH: Chicken Ramen Bowl w/Assorted Toppings DINNER: Pork BBQ Ribs w/Macaroni & Cheese w/Steamed Cabbage</div></div>	<div><div>16 LUNCH: Baked Flounder w/Quinoa & Steamed Vegetables DINNER: Pasta Primavera w/Roasted Red Pepper Sauce & Steamed Vegetables</div></div>
<div><div>18 LUNCH: Fish Sticks w/French Fries & Steamed Vegetables</div></div>	<div><div>19 LUNCH: Stewed Chickpeas w/Rice Pilaf & Steamed Vegetable DINNER: Sausage & Peppers Sandwich w/Cucumber Tomato Salad</div></div>	<div><div>20 LUNCH: Chicken Enchiladas w/Mexican Rice & Pinto Beans DINNER: Ground Beef Stuffed Peppers w/Steamed Vegetables</div></div>	<div><div>21 LUNCH: Smothered Porkchops w/Mashed Potatoes & Steamed Vegetables DINNER: Sweet & Sour Tofu w/Vegetable Fried Rice & Roasted Vegetables</div></div>	<div><div>22 LUNCH: Chicken & Waffles w/Frisee Salad & Fresh Fruits DINNER: Mediterranean Baked Cod w/CousCous & Steamed Vegetables</div></div>	<div><div>23 LUNCH: Cheeseburger Bar w/French Fries & House Salad DINNER: Pork Kabobs w/Macaroni Salad & Corn on the Cob</div></div>
<div><div>Closed for Memorial Day weekend</div></div>	<div><div> CLOSED</div><div>26</div></div>	<div><div>27 LUNCH: Swedish Meatballs w/Mashed Potatoes & Steamed Vegetables DINNER: Bean & Corn Burritos w/House Salad</div></div>	<div><div>28 LUNCH: Chicken & Seafood Paella w/Steamed Vegetables DINNER: Baked Catfish w/Macaroni & Cheese, Black Eyed Peas & Cornbread</div></div>	<div><div>29 LUNCH: Veggie Burger Bar w/Tater Tots & Steamed Vegetables DINNER: Turkey Chili w/Brown Rice & Steamed Vegetables</div></div>	<div><div>30 LUNCH: Cheese Pizza w/Pasta & House Salad DINNER: Baked Chicken Wings w/Yellow Rice & Steamed Vegetables</div></div>

Merry Month of May

Word Search



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

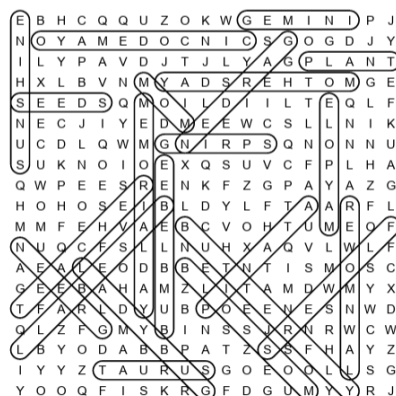
BASEBALL
BLOSSOM
BUMBLEBEE
BUTTERFLY
CINCO DE MAYO
FLOWERS



GARDEN
GEMINI
GREEN
LADYBUG
LAWNMOWER
MAYPOLE
MEMORIAL DAY
MOM

MOTHER'S DAY
PIÑATA
PLANT
SEEDS
SPRING
SUNSHINE
TAURUS
TEACHER

SOLUTION



ACROSS

- Sport played on a diamond.
- ___ Appreciation Day falls on Tuesday of the first full week in May.
- Buzzing insect.
- Astrological sign for the end of May (twins).
- May is the ___ month of the year.
- Small red insect with black dots.
- She is celebrated on the second Sunday in May.
- Annual Mexican celebration on May 5th.
- Most lawns are this color in May.
- Celebrated on the last Monday in May: ___ Day.
- Plant these and you may get some flowers.

DOWN

- What a caterpillar becomes.
- Season in which May falls in the Northern Hemisphere.
- Use this to trim the lawn.
- Astrological sign for the start of May (bull).
- May birthstone.
- Place where you might grow flowers.
- Flower of a plant.
- Tulips, daisies, roses, etc.
- May the ___ be with you.
- Might be filled with candy and broken as part of a May celebration.

Baseball	Green
Blossom	Ladybug
Bumblebee	Lawnmower
Butterfly	Memorial
Cinco de Mayo	Mother
Emerald	Pinata
Fifth	Seeds
Flowers	Spring
Force	Taurus
Garden	Teacher
Gemini	

Merry Month of May

