

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message FROM THE DIRECTOR:

To my OAC Family,

As we welcome the month of April, we are reminded that this season is about renewal, growth, and fresh beginnings, just as the flowers begin to bloom and the days grow longer, we too have an opportunity to embrace new experiences, strengthen connections, and focus on our well-being.

This month we encourage everyone to take advantage of the warmer weather by staying active. We have an outdoor trip to the Botanical Gardens the end of the month. You can sign up with Olivia or Briana.

Also, this month at our Older Adult Center you can engage in our activities and opportunities designed with you in mind. Whether you are joining us for fitness classes, creative workshops, social gatherings, and educational sessions, we hope you find joy purpose, and a sense of community here every day.

Wishing you all a wonderful April.

Love and respect,

Jasmine



OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

Vladeck Cares NORC

212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels

212-473-1474



SCAN TO
ACCESS
OUR
CALENDAR
ONLINE

SNAPSHOT

Trips, Events & Celebration

- 4/10- 4/17-Board Games
- Item Bingo
- 4/24- Monthly Birthday Party
- 4/30- Trip to the Botanical Gardens (Bronx)



Presentation

- 4/1-Healthy Aging Nutrient
- 4/8-Medrite w/Daniel
- 4/21- Stress and Movement (NORC)
- 4/23- Nutrient Education
- 4/28- Elder Abuse



Meal Service

Lunch
Dinner

Sunday

12:00 PM- 1PM
X

Mon-Fri

11:30 AM- 1:00PM
3:00PM- 4:00PM

SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

CASE ASSISTANT HOURS: Monday - Friday, 9 AM to 11:30 AM, & 2PM to 4PM

334 Madison Street,
Lower Level,
New York, NY 10002
(212) 349-2770
















Monday – Friday: 8:00AM-5PM
Sunday: 8 AM - 3:30 PM

**Lunch 11:30pm to 1pm Mon. thru Friday
(12PM – 1PM Sundays)
Dinner 3:00 PM to 4:00PM Monday
Through Friday**



**HENRY STREET
SETTLEMENT**

Older Adult Center

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|---|--|---|
| <p>Trips 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 BEFORE the Day of Birthday Party Offered Daily from 8:00 AM 4:45 PM Billiards / Dominos /Board Games Tech Help 2nd Friday of the month /Ping Pong / Gym Facilities. Tech Help w/Noa Every Monday at 2PM, Wednesday at 12PM For Clients of NORC Vladeck Cares Program sponsored activities are indicated as (NORC).</p> | | | | | |
| <p>5 10:30 – 11:30 AM – Line Dancing w/ David</p>  | <p>6 9:30AM-Ballroom Dance w/Simon 9:30-Nails w/Ellen 1PM- Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)</p>  | <p>7 10:00AM-AfroBeats/w Patricia 10am to 11pm- Craft Club (NORC) 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary</p>  | <p>8 10 AM- Self Defense w/Andre 11am-Presentataion: Med rite w/Daniel 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison st.)</p>   | <p>9 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke</p>  | <p>10 9am-5pm Greenwich House (in Library) 1PM- Board Games w/Staff 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>  |
| <p>12 10:30 – 11:30 AM – Line Dancing w/ David</p>  | <p>13 9:30AM-Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 1PM- Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)</p> | <p>14 10:00AM-AfroBeats/w Patricia 10am to 11pm- Craft Club (NORC) 12-1pm: -Bead Art (NORC) 2- 4PM - Art from the Heart w/Rose X</p> | <p>15 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 1:30pm-Item Bingo 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)</p> | <p>16 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1:30 - 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke</p> | <p>17 9am-5pm Greenwich House (in Library) 1PM- Board Games w/Staff 1-5pm- Sewing Group (367 Madison St.)</p>  |
| <p>19 10:30 – 11:30 AM – Line Dancing w/ David</p>  | <p>20 9:30AM-Ballroom Dance w/Simon 10:30am-12pm-Scrapebooking w/SWI 10:30AM- Yoga w/Susan 1PM – Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 2- 4PM - Art from the Heart w/Rose X 3PM-Karaoke 1-5pm- Sewing (367 Madison St.) Volunteer recognition week begins</p> | <p>21 10:00AM-AfroBeats/w Patricia 10am to 11pm- Craft Club (NORC) 12:00PM-Presentation: NORC Stress and Movement 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary 2- 4PM - Art from the Heart w/Rose X</p> | <p>22 Happy Earth Day 10 AM- Self Defense w/Andres 12:30- Presentation: 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)</p>  | <p>23 10:00-11:00AM: Tai Chi w/ Alex 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 12:30pm Nutrient Education 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke</p> | <p>24 9am-5pm Greenwich House (in Library) 1:30pm- Monthly Birthday Celebration 1-5pm- Sewing Group (367 Madison St.)</p>  |
| <p>26 10:30 – 11:30 AM – Line Dancing w/ David</p>  | <p>27 9:30AM-Ballroom Dance w/Simon 10:30am-12pm-Scrapebooking w/SWI 10:30AM- Yoga w/Susan 1PM – Move It (NORC) 301 Henry St 2 - 4PM- Tech Help (NORC) 3PM-Karaoke 1-5pm- Sewing (367 Madison St.)</p> | <p>28 10:00AM-AfroBeats/w Patricia 10am to 11pm- Craft Club (NORC) 12PM: Presentation: Elder Abuse 12-1pm: -Bead Art (NORC) 1:15PM-Fashion Art w/Mary 2- 4PM - Art from the Heart w/Rose X</p> | <p>29 10 AM- Self Defense w/Andres 12-1pm- Tech Help w/ Noa (NORC) 2PM- Chinese Calligraphy 1-5pm- Sewing Group (367 Madison St.)</p>  | <p>30 10:00-11:00AM: Tai Chi w/ Alex 10:30am- TRIP: Botanical Gardens 11am Jewelry Class (NORC) 12PM- Art w/Girl (NORC) 1PM- Art w/Girl 1:30 to 2:30PM: JAZZ-N-MOTION 2pm- Chinese Karaoke</p> |  |

APRIL 2026 LUNCH & DINNER MENU

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|---|
| <p>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 |
| | | | <p>LUNCH: Hearty Lentil Pasta Sauce w/Penne & Steamed Vegetables</p> <p>DINNER: Beef Stew w/ Mashed Potatoes & Steamed Vegetables</p> | <p>LUNCH: Turkey Meatloaf w/Garlic Mashed Potatoes & Steamed Vegetables</p> <p>DINNER: Asian Style Lentil Sloppy Joes w/French Fries & Steamed Vegetables</p> | <p>LUNCH: Chicken Gumbo w/Jollof Rice & Steamed Vegetables</p> <p>DINNER: Assorted Pizza w/Roasted Vegetables</p> |
| 5 | 6 | 7 | 8 | 9 | 10 |
| <p>LUNCH: Beef Pastelon w/Steamed Vegetables (Chicken Alternative Option)</p> | <p>LUNCH: Cod Escabeche w/Yellow Rice & Pan Roasted Green Beans</p> <p>DINNER: Baked Falafel w/Brown Rice & Steamed Vegetables</p> | <p>LUNCH: 3 Bean Chilli w/Brown Rice & Arugula Citrus Salad</p> <p>DINNER: Oved Baked Chicken Wings w/Baked Macaroni & Cheese w/Braised Cabbage</p> | <p>LUNCH: Chicken Pasta Casserole w/Roasted Vegetables</p> <p>DINNER: Honey Ginger Baked Salmon w/Barley Pilaf & Steamed Vegetables</p> | <p>LUNCH: Beef and Pepper Italian Sandwiches w/Zucchini Pasta Salad</p> <p>DINNER: Lemon Basil Baked Turkey Meatballs w/Orzo & Asparagus</p> | <p>LUNCH: Pork Apricot Skewers w/Roasted Potatoes & Roasted Eggplant</p> <p>DINNER: Spinach Lasagna Rollatini w/Italian Chickpea Salad</p> |
| 12 | 13 | 14 | 15 | 16 | 17 |
| <p>LUNCH: Turkey Burger w/Cheese Bar w/French Fries & Cole Slaw</p> | <p>LUNCH: Italian Roasted Pork Tenderloin w/Barley & Roasted Cauliflower</p> <p>DINNER: Teriyaki Baked Chicken Thighs w/Egg Noodles & Steamed Carrots</p> | <p>LUNCH: Pinto Beans w/Mexican Brown Rice & Roasted Zucchini</p> <p>DINNER: Beef Pot Roast w/Garlic Roasted Red Bliss Potatoes & Roasted Vegetables</p> | <p>LUNCH: Chicken Tikka Masala w/Brown Saffron Rice & Roasted Baby Carrots</p> <p>DINNER: Baked Salmon w/Rustic Tomato Sauce w/Creamy Orzo & Steamed Cabbage</p> | <p>LUNCH: Breaded Flounder Sandwich w/Sweet Potato Fries & Steamed Vegetables</p> <p>DINNER: Hearty Lentil Pasta Sauce w/Gemelli Pasta & Tomato-Cucumber Salad</p> | <p>LUNCH: Roasted Pork Stir Fry w/Lo Mein & Asian Cucumber Salad</p> <p>DINNER: Savory Turkey Salisbury Steaks w/Roasted Potatoes & Brussel Sprouts</p> |
| 19 | 20 | 21 | 22 | 23 | 24 |
| <p>LUNCH: Swedish Meatballs w/Garlic Mashed Potatoes & Roasted Beets</p> | <p>LUNCH: Garlic Chicken w/Creamy Egg Noodles & Sauteed Spinach</p> <p>DINNER: Sofrito Steak w/Peppers & Onions w/White Rice & Roasted Vegetables</p> | <p>LUNCH: Black Bean Burrito Bowl w/Brown Cilantro Rice & Roasted Root Vegetables</p> <p>DINNER: Roasted Turkey Open Face Sandwich w/French Fries & Roasted Broccoli</p> | <p>LUNCH: Breaded Baked Tilapia w/Potatoes Au Gratin & Garden Salad</p> <p>DINNER: Coconut Curried Chicken w/Rasta Pasta & Carrot Slaw</p> | <p>LUNCH: Smothered Mushroom Gravy Chicken w/Brown Rice Pilaf & Roasted Brussel Sprouts</p> <p>DINNER: Crispy Tofu Grain Bowl w/Barley & Kale & Assorted Toppings</p> | <p>LUNCH: Beef & Broccoli w/Vegetable Fried Rice & Roasted Carrots</p> <p>DINNER: Chicken Marsala w/Bowtie Pasta & House Salad</p> |
| 26 | 27 | 28 | 29 | 30 | |
| <p>LUNCH: Baked Pork Chops w/Mashed Potatoes & Steamed Vegetables</p> | <p>LUNCH: Chicken Alfredo w/Penne & Caesar Salad</p> <p>DINNER: Beef Salisbury Steaks w/Roasted Root Vegetable Medley</p> | <p>LUNCH: Cuban Vegan Picadillo w/Cilantro Lime Brown Rice & Black Beans</p> <p>DINNER: Sweet & Sour Pork w/Egg Noodles & Roasted Vegetables</p> | <p>LUNCH: Beef & Cheese Lasagna w/Pan Roasted Peas</p> <p>DINNER: Arroz Con Pollo w/Spanish Style Stewed Lima Beans</p> | <p>LUNCH: Salmon Piccata w/Herbed Brown Rice & Steamed Broccoli Rabe</p> <p>DINNER: Whole Wheat Cheese Pizza Bar w/Garden Salad</p> | |

- APRIL
- ARBOR DAY
- ARIES
- BASEBALL
- BLOSSOMS
- DAFFODIL
- DAISY
- DIAMOND
- EARTH DAY
- EASTER
- FOOL'S DAY
- GARDENING
- GREEN
- KITE
- POETRY
- RAIN
- RENEWAL
- SHOWERS
- SPRING
- SPROUTS
- SUNSHINE
- TAURUS
- TAXES
- THAW
- TULIPS
- UMBRELLA
- WINDY



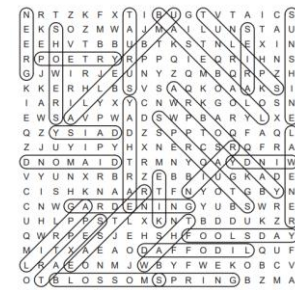
WORD SCRAMBLE
DIRECTIONS:
 Unscramble each set of letters to discover a vocabulary word relating to the lovely month of April.

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

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

- OFLO _____
- BTFURTYLE _____
- ARSSG _____
- TPAEILRLACR _____
- ERTDYAHA _____
- ADRGNE _____
- ANIR _____
- LAGUH _____
- LUIPT _____
- RENGE _____
- RECYCEL _____
- RTSEAE _____

- LLAMUBER _____
- LNAPT _____
- UBNYN _____
- UORPTS _____
- ATNREU _____
- PALRI _____
- OEKJ _____
- OLFERW _____
- SEBLAABL _____
- NSPRGI _____
- OLMBO _____
- NIOBR _____



| | | | |
|-------------|-------------|----------|----------|
| OFLO | FOOL | LLAMUBER | UMBRELLA |
| BTFURTYLE | BUTTERFLY | LNAPT | PLANT |
| ARSSG | GRASS | UBNYN | BUNNY |
| TPAEILRLACR | CATERPILLAR | UORPTS | SPROUT |
| ERTDYAHA | EARTH DAY | ATNREU | NATURE |
| ADRGNE | GARDEN | PALRI | APRIL |
| ANIR | RAIN | OEKJ | JOKE |
| LAGUH | LAUGH | OLFERW | FLOWER |
| LUIPT | TULIP | SEBLAABL | BASEBALL |
| RENGE | GREEN | NSPRGI | SPRING |
| RECYCEL | RECYCLE | OLMBO | BLOOM |
| RTSEAE | EASTER | NIOBR | ROBIN |