

Message from the Director:

The summer is here! Let's enjoy the summer heat in a safe way by staying hydrated and protecting our skin from the high sun rays and extreme heat. Use sunscreens and drink plenty of fluids. Our Center acts as a Cooling Center which means you can come to the facility to break away from the heat. Please let your neighbors know. All are welcome. We have a lot of fun things to do this month. Be sure to come to any one of our events that may be of interest to you. Remember to look out for one another. If there is someone you have not seen or heard from in a while, let us know and we will look into it. Be safe and enjoy the summertime fun.

Warm Regards,

Jasmine

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

July 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

Trips, Events & Celebrations

- 7/5- Pre-Independence Day Celebration
- 7/11-Outdoor event featuring Targets
- 7/15- City Island's Crab Shanty
- 7/17- NY Botanical Gardens
- 7/17-NYPD vs Older Adults Pool Tournament
- 7/19-Vocal Ease
- 7/26- Monthly Birthday Celebration

SNAPSHOT

Presentations

- Mindfulness every Friday at 12:30pm
- Empower HER Womens Circle, every Sunday 11AM to 1PM
- 7/16-Met Council Elder Justice Services
- 7/18-Medicare/Medicaid
- 7/25- NORC

What's New?



- **Ballroom Dance**
New Instructor/ Simon
- **AfroBeats w/Patricia**
While staying fit, learn cultural moves to popular African, Jazz, Nigeria and Afro-Cuban Music
- **Summer Beats w/Molly**
 - Come out into the morning sun to stretch, groove and dance to the hottest beats while getting fit.
- **CALLIGRAPHY w/MR. JIANG**
 - COME LEARN THE ART OF WRITING CHINESE W/ BRUSH STICKS. IT CULTIVATES MINDFULNESS ON A NICE SPRING DAY. EVERY WEDNESDAY FROM 2:00PM-3:00PM!
- **LEARN ENGLISH W/ JENO**
 - COME LEARN OR EVEN PRACTICE YOUR ENGLISH WITH OUR CASE MANAGER JENO FRIDAYS AT 10AM

Meal Service

Sunday

Mon-Fri

Breakfast

X

X

Lunch

11:30 AM- 1PM

11:30 AM- 1:00PM

Dinner

X

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: 9AM-6PM
Sunday: 8 AM - 3:30 PM















**Meals: Lunch 11:30 AM to 1:00PM
Dinner 3:30 PM to 4:45PM**







HENRY STREET SETTLEMENT

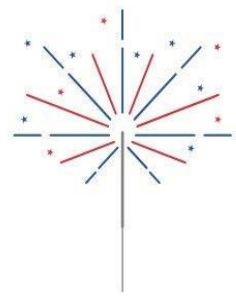
Older Adult Center

July

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>10:30AM-Yoga w/Susan 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC)  2PM- Bingo 2:PM-Art w/ Girl (NORC) 3PM-MET Art w/Girl and Yaya (NORC) 1-5pm- Sewing (367 Madison St.)</p>	<p>2</p> <p>10AM: FOOD BANK DISTRBUTION  1:15PM-Fashion Art w/Mary 2PM-Bingo 4PM-Karaoke </p>	<p>3</p> <p>10 AM- Self Defense w/Andres 11-1PM -Tech Help w/ Noa (NORC)  2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 2:30pm- Pool Tournament Ceremony 1-5pm- Sewing Group (367 Madison St.)</p>	<p>4</p> <p>CLOSED</p> 	<p>5</p> <p>10 - 12PM – ESL w/ Jeno 11AM- Sing for Hope 12:15PM – Mindfulness (Greenwich House) 1 PM- Jewelry Class (NORC) 1:30PM- Independence Day Celebration 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>
<p>7</p> <p>10:30 – 11:30 AM – Line Dancing w/ David 1PM- Bingo </p>	<p>8</p> <p>9AM- Ballroom Dance w/Simon 10:30AM-Yoga w/Susan 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-MET Art w/Girl & Yaya (NORC) 1-5pm- Sewing (367 Madison St.)</p>	<p>9</p> <p>10:30-AfroBeats/Patricia  1:15PM-Fashion Art w/Mary 2:PM-Bingo  4PM- Karaoke</p>	<p>10</p> <p>10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC)  2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p>	<p>11</p> <p>10:30am-Summer Beats w/Molly (356 Courtyard) 1:30pm: Outdoor festival/Target 1:30 – Bingo (canceled)</p>	<p>12</p> <p>10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 12:15PM – Mindfulness (Greenwich House) 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>
<p>14</p> <p>10:30 – 11:30 AM – Line Dancing w/ David 11-1pm: Empower HER Women’s Circle 1 PM- Bingo</p>	<p>15</p> <p>9AM- Ballroom Dance w/Simon 10AM-TRIP: City Island, Crab Shanty 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-MET Art w/ Girl &Yaya (NORC) 1-5pm- Sewing (367 Madison St.) Yoga w/Susan (Canceled)</p>	<p>16</p> <p>10:30-AfroBeats/w Patricia 12:30-Presentation:METCouncil Elder Justice Services 1:15PM-Fashion Art w/Mary 1:30PM-Bingo  4PM- Karaoke</p>	<p>17</p> <p>10 AM- Self Defense w/Andres 11AM-TRIP: NY Botanical Gardens 11am- Tech Help w/ Noa (NORC) 12:30pm-NYPD Pool Tournament 2PM—Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p>	<p>18</p> <p>10:30am-Summer Beats w/Molly (356 Courtyard) 12:30PM-Presentation: Medicare/Medicaid 1:30PM – Bingo</p>	<p>19</p> <p>10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 12:30pm-Vocal Ease 1 PM- Jewelry Class (NORC) 1:30PM- Bingo 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>
<p>21</p> <p>10:30 – 11:30 AM – Line Dancing w/ David 11-1pm: Empower HER Women’s Circle 1 PM- Bingo </p>	<p>22</p> <p>9AM- Ballroom Dance w/Simon 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-MET Art w/ Girl & Yaya (NORC) 1-5pm- Sewing (367 Madison St.) Yoga w/Susan (Canceled)</p>	<p>23</p> <p>10:30-Afro Beats/w Patricia 1:15PM-Fashion Art w/Mary 2PM-Bingo 4PM- Karaoke </p>	<p>24</p> <p>10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p>	<p>25</p> <p>10:30am-Summer Beats w/Molly (356 Courtyard) 12:30PM-Presentation: (NORC) 1:30PM – Bingo</p>	<p>26</p> <p>10 - 12PM - ESL w/ Jeno 11-12PM – Sing for Hope 12:15PM –Mindfulness (Greenwich House) 1 PM- Jewelry Class (NORC) 1:30PM- Monthly Birthday Party 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>
<p>28</p> <p>10:30 – 11:30 AM – Line Dancing w/ David 11-1pm: Empower HER Women’s Circle 1PM- Bingo</p>	<p>29</p> <p>9AM- Ballroom Dance w/Simon 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance 1PM- Move it Move it (NORC) 1:15PM-Bead Art (NORC) 2 - 4PM- Tech Help (NORC) 2PM- Bingo 2:PM-MET Art w/ Girl & Yaya (NORC) 1-5pm- Sewing (367 Madison St.)</p>	<p>30</p> <p>10:30-AfroBeats/Patricia 1:15PM-Fashion Art w/Mary 2PM-Bingo 4PM- Karaoke </p>	<p>31</p> <p>10AM - Self Defense w/Andres 11-1PM - Tech Help w/ Noa (NORC) 2PM- Bingo 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p>	<p>Trip 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 Day of Birthday Party Offered Daily from 9:00 AM – 5:00 PM ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities. Tech Help w/ Noa Every Monday at 2 PM, Wednesday at 11 AM, and Friday at 2 PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</p>	

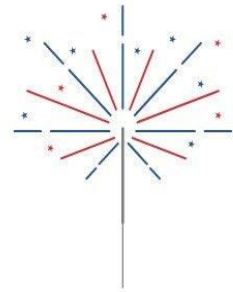
July 2024 Lunch & Dinner Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>1</p> <p>LUNCH: Veggie Pizza w/ Green Salad</p> <p>DINNER: Beef & Broccoli w/Brown Rice</p>	<p>2</p> <p>LUNCH: Chicken Tacos w/ Yellow Rice and Beans & Green Salad</p> <p>DINNER: Macaroni Salad w/ Cucumber-Tomato Salad</p>	<p>3</p> <p>LUNCH: Turkey & Cheese Sandwich w/ French Fries and a Green Salad</p> <p>DINNER: Pasta Primavera in a Roasted Red Pepper Sauce w/ Steamed Vegetables</p>	<p>4</p> 	<p>5</p> <p>LUNCH: Baked Cod w/ Brown Rice and Steamed Vegetables</p> <p>DINNER: BBQ Chicken Wings Hot Dogs Beef Sliders Potato Salad Cole Slaw Baked Beans</p>
<p>7</p> <p>LUNCH: BBQ Chicken Pizza w/ Green Salad</p>	<p>8</p> <p>LUNCH: Pepper Steak w/ Egg Noodles and Steamed Vegetables</p> <p>DINNER: Pork Adobo w/ Rice & Steamed Vegetables</p>	<p>9</p> <p>LUNCH: Fish Tacos with Brown Rice and Black Beans</p> <p>DINNER: Ground Turkey Lettuce Wraps</p>	<p>10</p> <p>LUNCH: Egg Salad Sandwich w/ French Fries and Green Salad</p> <p>DINNER: Stewed Chickpeas w/ Rice and Green Salad</p>	<p>11</p> <p>LUNCH: Sausage & Peppers Hero w/ Steamed Vegetables</p> <p>DINNER: BBQ Chicken Wings, Hot Dogs, Beef Sliders, Baked beans</p>	<p>12</p> <p>LUNCH: Flounder w/ Barley and Steamed Vegetables</p> <p>DINNER: Turkey Burgers w/ Sweet Potato Fries and Steamed Vegetables</p>
<p>14</p> <p>LUNCH: Pork Chops w/ Egg Noodles and Steamed Vegetables</p>	<p>15</p> <p>LUNCH: Baked Salmon w/ Cous-Cous and Steamed Vegetables</p> <p>DINNER: Beef Kabobs over Rice Pilaf and Steamed Vegetables</p>	<p>16</p> <p>LUNCH: Black Bean Burritos and Green Salad</p> <p>DINNER: Chicken Fried Rice with Roasted Vegetables</p>	<p>17</p> <p>LUNCH: Roast Beef Sandwich w/ French Fries & Steamed Vegetables</p> <p>DINNER: Linguine w/ Garlic & Oil w/ House Salad</p>	<p>18</p> <p>LUNCH: Cheese Pizza w/ Greek Salad</p> <p>DINNER: Greek Chicken Salad Wrap and Green Salad</p>	<p>19</p> <p>LUNCH: Catfish w/ Orzo and Steamed Vegetables</p> <p>DINNER: Veggie Burgers w/ French Fries & Green Salad</p>
<p>21</p> <p>LUNCH: Tuna Salad Sandwich w/ French Fries and Green Salad</p>	<p>22</p> <p>LUNCH: Falafel w/Green Salad</p> <p>DINNER: BBQ Chicken Wings w/ Potato Salad and Steamed Vegetables</p>	<p>23</p> <p>LUNCH: Ground Beef Taco Bowl w/Brown Rice and Assorted Toppings</p> <p>DINNER: Roasted Pork Lo Mein w/ Steamed Vegetables</p>	<p>24</p> <p>LUNCH: Chicken Gyro w/ Roasted Root Vegetables</p> <p>DINNER: Meat Lovers Pizza w/ Green Salad</p>	<p>25</p> <p>LUNCH: Philly Cheese Steak with French Fries and Steamed Vegetables</p> <p>DINNER: Roasted Root Vegetable Bowl w/Brown Rice</p>	<p>26</p> <p>LUNCH: Fish & Chips w/ Green Salad</p> <p>DINNER: Chicken Broccoli Alfredo w/Green Salad</p>
<p>28</p> <p>LUNCH: Baked Chicken w/ Rice and Steamed Vegetables</p>	<p>29</p> <p>LUNCH: Roasted Vegetable Sandwich w/Pasta Salad</p> <p>DINNER: BBQ Ribs w/ Macaroni & Cheese w/ Steamed Vegetables</p>	<p>30</p> <p>LUNCH: Grilled Chicken Tacos w/ Yellow Rice and Refried Beans</p> <p>DINNER: Spaghetti w/ Turkey Bolognese and Steamed Vegetables</p>	<p>31</p> <p>LUNCH: Beef Burgers w/ French Fries and Green Salad</p> <p>DINNER: Veggie Pizza w/ Cucumber-Onion Salad</p>	<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</p> <p>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>  	



4th of July

Word Search



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



FIREWORKS	COOKOUT	SUMMER	FREEDOM
HOT DOG	RED	PICNIC	NATION
PARADE	WHITE	REVOLUTION	FOURTH
FLAG	BLUE	SPARKLERS	EAGLE

4th of July

word scramble

DRE _____
 LRASKRESP _____
 WREFSKIRO _____
 DOL ROYGL _____
 UBEL _____
 MURMES _____
 MIFYLA _____
 SEBYT SORS _____
 DIYLAHO _____
 BELTECNAROI _____
 OLOP PYRAT _____
 HEWIT _____
 DARPAE _____
 INOFBER _____
 GALF _____
 RAMEAIC _____
 SSRAT DNA SERPITS _____
 NEDPCEDEINEN YAD _____
 ABECUEBR _____
 TIORACITP _____

WORD BANK:

OLD GLORY	BARBECUE
PATRIOTIC	BETSY ROSS
FIREWORKS	SPARKLERS
INDEPENDENCE DAY	FAMILY
PARADE	HOLIDAY
SUMMER	STARS AND STRIPES
RED	FLAG
BLUE	WHITE
AMERICA	BONFIRE
CELEBRATION	POOL PARTY

