

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## Message from the

### Director:

Wow, we are heading into the Fall season. This means a lot of weather changes. Get your Flu shot this season.

We have some interesting presentations this month such as Medicare/Medicaid, life insurance and nutrient education. See the dates and times on the next page.

Our event and trip sign up is always a week after the calendar has been distributed. This gives most of our members time to view them. This month Trip sign ups is 9/10/24. If there is an event before this day, staff will reach out to all for early sign up.

Remember, if you have any ideas, requests, or concerns about anything, my door is open.

Enjoy the Month. Be safe, and Healthy

Jasmine

## September 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

Farmers Market every Monday and Friday see Andy

9/4- MET Workshop see Yaya

9/10 Aging talent Show @ Lincoln Center

9/17- Museum of Illusions see Briana

9/23- Atlantic City, Tropicana

9/23- Pool Tournament begins

9/26- Monthly Birthday Party

### SNAPSHOT

#### Presentations

9/4- Medicare/Medicaid 101

9/10-Colonial Penn (life Insurance) w/Traore

9/11- 18- Nutrient Education

#### What's New?

**Tai Chi w/Alex**

-Every Thursdays at 1pm

- **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.

### Meal Service

Lunch

Dinner

### Sunday

11:30 AM- 1PM

X

### Mon-Fri

11:30 AM- 1:00PM

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





# SEPTEMBER 2024



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><b>All Participants Must Be Pre-Registered BEFORE Day of Birthday Party</b></p> <p><b>Offered Daily from 9:00 AM – 5:00 PM</b> ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities.</p> <p>Tech Help w/ Noa Every Monday at 2 PM, Wednesday at 11 AM, and Friday at 2 PM</p> <p>NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</p>					
<p>1</p> 	<p>2</p>  <p>CLOSED</p>	<p>3</p> <p>10AM: FOOD BANK DISTRBTION</p> <p>1:15PM-Fashion Art w/Mary</p> <p>1:30PM-Bingo</p> <p>4PM- Karaoke</p> 	<p>4</p> <p>10AM- Self Defense w/Andres</p> <p>12PM: THE MET Workshop</p> <p>12:30PM-Medicare-Medicaid 101 w/Brandi</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>2PM—Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>5</p> <p>10:30am-Summer Beats w/Molly (356 Courtyard)</p> <p>1pm: Tai Chi w/Alex</p> <p>2pm- Karaoke In Library</p> <p>2:00PM– Bingo</p> 	<p>6</p> <p>10AM- Nails w/Ellen</p> <p>10am- Union Square Farmers Market</p> <p>10:30-Afrobeats w/Patricia</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>2:00PM – Bingo</p>
<p>8</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1pm- Bingo</p> 	<p>9</p> <p>9AM- Ballroom Dance w/Simon</p> <p>10am- Union Square Farmers Market</p> <p>10:30AM-Yoga w/Susan</p> <p>1PM- Move it Move it (NORC)</p> <p>1:15PM-Bead Art (NORC)</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>2PM- Bingo</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>10</p> <p>9am- Aging Talent Show @ Lincoln Center</p> <p>10:30-AfroBeats/w Patricia</p> <p>12:30pm-Life insurance w/Traore (Colonial Penn)</p> <p>1:15PM-Fashion Art w/Mary</p> <p>1:30PM-Bingo</p> <p>4PM- Karaoke</p>	<p>11</p> <p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>12:30PM Nutrient Education w/Avondale</p> <p>2PM—Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>12</p> <p>10:30am-Summer Beats w/Molly (356 Courtyard)</p> <p>1pm: Tai Chi w/Alex</p> <p>2pm- Karaoke in Library</p> <p>2:00PM – Bingo</p> 	<p>13</p> <p>10am- Union Square Farmers Market</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>2:00PM – Bingo</p>
<p>15</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1 PM- Bingo</p>	<p>16</p> <p>9AM- Ballroom Dance w/Simon</p> <p>10am-Union Square Farmers Market</p> <p>10:30AM-Yoga w/Susan</p> <p>1PM- Move it Move it (NORC)</p> <p>1:15PM-Bead Art (NORC)</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>2PM- Bingo</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>17</p> <p>10AM-Trip: Museum of Illusions</p> <p>10:30-Afro Beats/w Patricia</p> <p>1:15PM-Fashion Art w/Mary</p> <p>2PM-Bingo</p> <p>4PM- Karaoke</p> 	<p>18</p> <p>10AM - Self Defense w/Andres</p> <p>11-1PM - Tech Help w/ Noa (NORC)</p> <p>12:30PM-Nutrient Education w/Avondale</p> <p>2PM- Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>19</p> <p>10:30am-Summer Beats w/Molly (356 Courtyard)</p> <p>1pm: Tai Chi w/Alex</p> <p>2pm- Karaoke In Library</p> <p>2:00PM – Bingo</p>	<p>20</p> <p>10am- Union Square Farmers Market</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- HISPANIC HERITAGE CELEBRATION</p>
<p>22</p> <p>10AM- Fall Crafts w/ Crystal</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1PM- Bingo</p>  <p>First Day of Fall</p>	<p>23</p> <p>8AM- Trip: Atlantic City</p> <p>9AM-Ballroom Dance w/Simon</p> <p>10:30AM-Yoga w/Susan</p> <p>1PM- Salsa Partner Dance</p> <p>1PM- Move it Move it (NORC)</p> <p>1:15PM-Bead Art (NORC)</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>2PM- Bingo</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>24</p> <p>10:30-AfroBeats/Patricia</p> <p>1:15PM-Fashion Art w/Mary</p> <p>2PM-Bingo</p> <p>4PM- Karaoke</p> 	<p>25</p> <p>10AM - Self Defense w/Andres</p> <p>11-1PM - Tech Help w/ Noa (NORC)</p> <p>2PM- Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>26</p> <p>10:30am-Summer Beats w/Molly (In Doors)</p> <p>12:pm: Tai Chi w/ Alex (Canceled)</p> <p>1:30PM-Monthly Birthday Party</p>	<p>27</p> <p>10am- Union Square Farmers Market</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>2:00PM – Bingo</p>
<p>29</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1PM- Bingo</p>	<p>30</p> <p>9AM-Ballroom Dance w/Simon</p> <p>10:30AM-Yoga w/Susan</p> <p>1PM- Salsa Partner Dance</p> <p>1PM- Move it Move it (NORC)</p> <p>1:15PM-Bead Art (NORC)</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>2PM- Bingo</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>Pool Tournaments Starts on Monday 9/23 Thru 9/25@ 2:30pm See Larry Hamilton for participation</p> 			

# SEPTEMBER 2024 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)            Cost for Center members: \$1.50            Non-Center member : \$5.00  <b>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</b>            The menu is subject to change.            Plant Based Lunch and Dinner Offered Once a Week</p>   <p>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</p>					
<b>CLOSED</b>	<b>CLOSED</b>	<p>1 LUNCH: Ground Beef Tacos w/Yellow Rice and Black Beans DINNER: Vegetable Pasta Bar</p>	<p>2 LUNCH: Bacalao w/Rice &amp; Steamed Vegetables DINNER: Smothered Porkchops w/ French Fries &amp; Steamed Vegetables</p>	<p>3 LUNCH: Roasted Chicken in a Tomato Cream Sauce w/ Pasta &amp; Steamed Vegetables DINNER: Cheese Pizza w/Green Salad</p>	<p>4 LUNCH: Southern Baked Catfish w/ Dirty Rice and Collard Greens DINNER: Vegetable Lasagna w/Green Salad</p>
<p>5 LUNCH: Chicken Sandwich w/ Roasted Potatoes and Green Salad</p>	<p>6 LUNCH: Pepper Steak w/Brown Rice &amp; Sauteed Vegetables DINNER: Braised Pork Chops w/Mashed Potatoes &amp; Steamed Vegetables</p>	<p>7 LUNCH: Ground Chicken Tacos w/Yellow Rice and Pinto Beans DINNER: Tofu Lo Mein w/ Assorted Vegetables</p>	<p>8 LUNCH: Beef Burger Bar w/French Fries &amp; Green Salad DINNER: Baked Salmon Over a Chef's Salad</p>	<p>9 LUNCH: Baked Wings w/Potato Au Gratin &amp; Steamed Vegetables DINNER: Stewed Chickpeas w/ Oven Roasted Potatoes &amp; Green Salad</p>	<p>10 LUNCH: Citrus Roasted Cod w/Garlic &amp; Oil Linguine and Steamed Vegetables DINNER: Roasted Chicken Thighs w/Root Vegetables &amp; Green Salad</p>
<p>11 LUNCH: Fish &amp; Chips w/Green Salad</p>	<p>12 LUNCH: Caribbean Stewed Chicken w/Rice &amp; Peas DINNER: Turkey Meatballs w/Pasta &amp; Steamed Vegetables</p>	<p>13 LUNCH: Cod Fish Fajitas w/Brown Rice &amp; Beans DINNER: Sweet &amp; Sour Pork w/Lo Mein &amp; Steamed Vegetables</p>	<p>14 LUNCH: Beef &amp; Broccoli w/ White Rice DINNER: Vegetable Pizza Bar w/Green Salad</p>	<p>15 LUNCH: Turkey Pot Pie w/Green Salad DINNER: BBQ Ribs w/Mac n Cheese &amp; Roasted Vegetables</p>	<p>16 LUNCH: Sweet Chili Tilapia w/Fried Rice &amp; Sauteed Vegetables DINNER: Lentil Chili Bar w/Assorted Vegetable Toppings</p>
<p>17 LUNCH: Turkey w/Cheese Sandwich with Macaroni Salad and Steamed Vegetables</p>	<p>18 LUNCH: Breaded Catfish w/ Cole Slaw &amp; French Fries DINNER: Ropa Vieja w/Spanish Rice &amp; Steamed Vegetables</p>	<p>19 LUNCH: Butternut Squash Burrito Bowl w/ Assorted Vegetable Toppings DINNER: Roasted Pork Loin w/ Spinach Rice &amp; Steamed Vegetables</p>	<p>20 LUNCH: Coconut Chicken w/Yellow Rice and Steamed Vegetables DINNER: Turkey Baked Ziti w/Steamed Vegetables</p>	<p>21 LUNCH: Beef Stew w/Mashed Potatoes and Steamed Vegetables DINNER: Herb Roasted Salmon w/White Rice and Steamed Vegetables</p>	<p>22 LUNCH: Veggie Burgers w/ Sweet Potato Fries and Green Salad DINNER: Roasted Chicken w/Risotto &amp; Sauteed Vegetables</p>
<p>23 LUNCH: Beef Chili w/White Rice &amp; Steamed Vegetables</p>	<p>24 LUNCH: Assorted Pizza Bar w/Green Salad DINNER: Braised Pork Chops w/Baked Sweet Potato &amp; Steamed Vegetables</p>				



# September Word Search Puzzle



Autumn

M C P F E Z Y F E X H C B A Z G D Q

Maple

Aster

N Z A Y H V J Y H T K Z I O Q K Z U

Migrate

Baking

G W T N I H J T C L A Y R G T V E X

Orchard

Colors

U N I A E K C A R A L B T A I B C M

Rake

Gourds

D A T L C N E L H T D I R R R E B G

Trails

S K I E O G T S A U S L W S D D L R

Hiking

W I S K R Q M Q R M A N I E O A V A

Labor Day

Jacket

Q N M J N U Y I D N J Q P Z Q S Y T

Patriotism

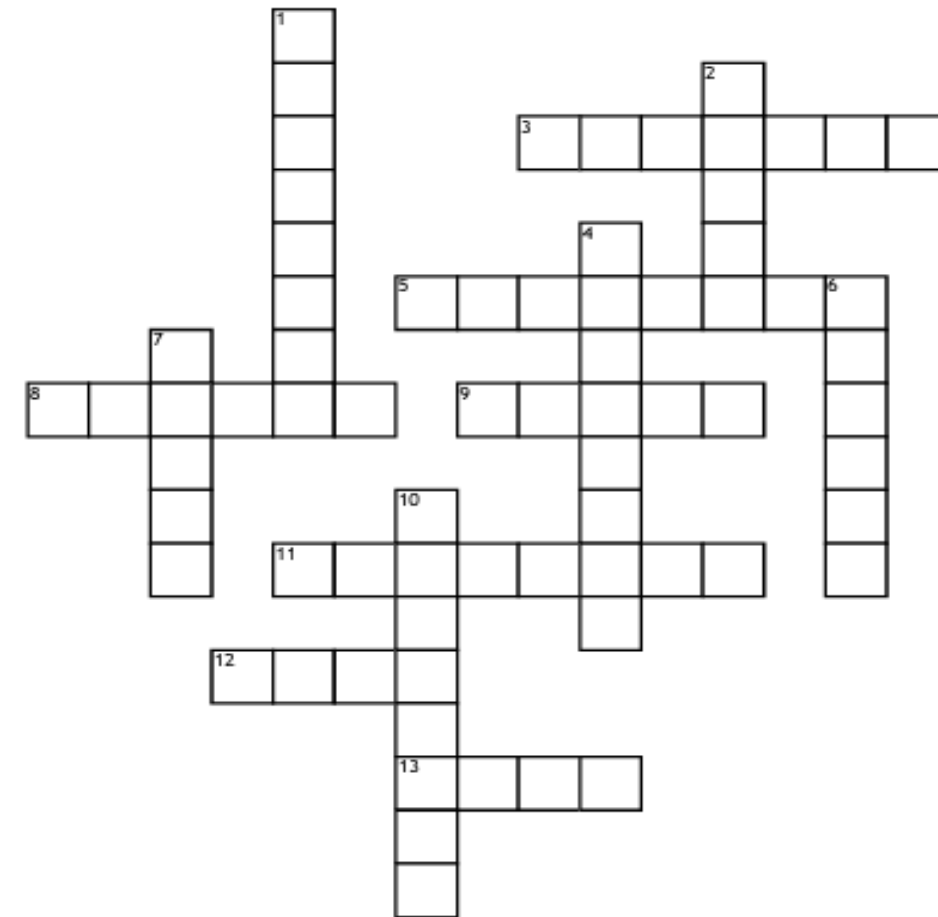
Leaves

G G L E A V E S V H V N T F D D J E

R A K J P T N U U Z B J T J W J D T

Acorn

## September



### Across

- 3. Vegetable you can carve
- 5. something people wear during autumn
- 8. a little cold
- 9. fruit of the oak tree

11. popular fall sport

12. Use one of these to tidy up fallen leaves

13. the way trees look during autumn

### Down

- 1. a small rodent
- 2. a crisp red fruit

4. the first monday in september

6. where do children go in the fall?

7. a drink you can make from apples

10. another autumn month

