

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Hello everyone,
We are getting ready for the holiday season. I know for most, the holiday season can be a downer. The thought of loved ones that are no longer with us or far away can be a bummer. We all share these feelings time to time. Remember, we are here for you. You can reach out to us, and we can talk about it or be referred to someone one whose train to help us in our crisis.

On Thanksgiving Day, we will hold our annual luncheon. This event is free. You must sign up with our Older Adult volunteers Basi and Maria A. We will also be providing a holiday pantry on the 11/12. See me or my staff for more information.

Broadway is in the air, we will be raffling tickets off for the play, "The Great Gatsby". Raffle tickets will be distributed on 11/1. The raffle drawing will be called on the 11th.

Be sure to turn your clock(s) back on 11/2-11/3 and DON'T FORGET TO VOTE. 😊 Enjoy the month and remember to stay safe, happy, and healthy. Happy Thanksgiving!!!

Jasmine



NOVEMBER 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

- 11/1- Sing for hope (every Friday)
- 11/1- Nails w/Ellen
- 11/8- Movie Night
- 11/10- Paul Taylor Dance Company
- Pool Tournament: NYPD vs OAC
- 11/14- Broadway Play (The Great Gatsby)
- 11/15- Gender reveal featuring Briana
- 11/22- Monthly Birthday Party
- 11/28- Thanksgiving Luncheon

SNAPSHOT

Presentations

- 11/13- Medicare/Medicaid
- 11/14- Pace RNs Fall Prevention
- 11/19- Big Apple Connect
- 11/21-Social Worker Intern

What's New?

- Scrapbook w/ Fiona
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.
- Center closing hours
-Our hours will no longer be open until 6pm. We will be closing at 5pm starting Monday 10/14/24. This will not affect any scheduled activities.



Meal Service

Lunch
Dinner

Sunday

11:30 AM- 1PM
X

Mon-Fri

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



National Alzheimer's Disease Awareness Month

















November



HAPPY THANKSGIVING 11/28/24



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>Tech Help w/ Noa Every Monday at 2PM, Wednesday at 11AM, and Friday at 2PM NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</p>					
<p>3</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1 PM- Bingo</p>   <p>Daylight Savings Ends</p>	<p>4</p> <p>9AM- Ballroom Dance w/Simon</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>5</p> <p>ELECTION DAY</p> <p>10:30-AfroBeats/w Patricia</p> <p>1:15PM-Fashion Art w/Mary</p> <p>1:30PM-Bingo</p> <p>4PM- Karaoke</p>  <p>See Basilisa or Maria Arzola</p>	 <p>6</p> <p>10AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1 – 2PM – Scrapbooking w/ Fiona</p> <p>2PM—Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	 <p>7</p> <p>10AM: Tai Chi w/ Alex</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</p> <p>2:15PM– Bingo</p>	<p>1</p> <p>10am-12:30- Nails w/Ellen</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>10</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1pm- Bingo</p> <p>3PM – Paul Taylor Dance Company</p>  	<p>11</p> <p>9AM- Ballroom Dance w/Simon</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>Veterans Day</p>	<p>12</p> <p>All Activities Are Canceled</p> <p>Holiday Pantry</p> <p>WE WILL SERVE LUNCH AND DINNER AT IT'S SCHEDULED TIME</p>	<p>13</p> <p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>12:30PM – Presentation: Medicare/Medicaid</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>1PM: Pool Tournament: NYPD vs OAC</p> <p>2PM—Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>14</p> <p>10AM: Tai Chi w/ Alex</p> <p>12:30PM –Presentation: PACE Nurses (Fall Prevention)</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>1PM: TRIP- Broadway Theatre</p> <p>2pm- Chinese Karaoke in Library</p> <p>2:15PM – Bingo</p>	<p>15</p> <p>11AM- Sing for Hope</p> <p>1pm: Gender Reveal Party Featuring Briana</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>17</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>10:30AM-Crafts w/Crystal</p> <p>1 PM- Bingo</p> 	<p>18</p> <p>9AM- Ballroom Dance w/Simon</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>19</p> <p>10:30-Afro Beats/w Patricia</p> <p>12:30PM-Presentation: Big Apple Connect</p> <p>1:15PM-Fashion Art w/Mary</p> <p>2PM-Bingo</p> <p>4PM- Karaoke</p>	<p>20</p> <p>10AM - Self Defense w/Andres</p> <p>11-1PM - Tech Help w/ Noa (NORC)</p> <p>1 -2PM – Scrapbooking w/ Fiona</p> <p>2PM- Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>21</p> <p>10AM: Tai Chi w/ Alex</p> <p>12:30PM –Presentation: SWI</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</p> <p>2:15PM – Bingo</p>	<p>22</p> <p>11AM- Sing for Hope</p> <p>1 PM- Jewelry Class (NORC)</p> <p>1:30PM – Monthly Birthday Celebration</p> <p>2 – 3:30pm - Tech Help w/ Noa</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>
<p>24</p> <p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1PM- Bingo</p>  	<p>25</p> <p>9AM-Ballroom Dance w/Simon</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>26</p> <p>10:30-AfroBeats/Patricia</p> <p>1:15PM-Fashion Art w/Mary</p> <p>2PM-Bingo</p> <p>4PM- Karaoke</p> 	<p>27</p> <p>10AM - Self Defense w/Andres</p> <p>11-1PM - Tech Help w/ Noa (NORC)</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>2PM- Bingo</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>28</p> <p>No Activities Center Closed</p>   <p>Luncheon from 11:30am to 1pm Must sign up for this event</p>	<p>29</p> <p>CLOSED</p>  <p>FOR HOLIDAY</p>

NOVEMBER 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</p> <p>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</p> <p style="text-align: center;">ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</p>		<p style="text-align: center; color: #FF8C00;">SIGN UP FOR OUR THANKSGIVING LUNCHEON ON TURKEY DAY. THERE WILL BE A LIMITED AMOUNT OF SPACE. THIS EVENT IS FREE!!!</p> <p style="text-align: center;">See Basilisa or Maria Arzola</p>			<p style="text-align: right;">1</p> <p>LUNCH: Roasted Salmon over Greek Orzo Salad</p> <p>DINNER: Cheeseburgers w/French Fries and Salad</p>
<p style="text-align: right;">3</p> <p>LUNCH: Chicken Str Fry w/White Rice & Steamed Vegetables</p>	<p style="text-align: right;">4</p> <p>LUNCH: Turkey Baked Ziti w/Roasted Root Vegetables</p> <p>DINNER: Pork Adobo w/Jasmine Rice & Roasted Vegetables</p>	<p style="text-align: right;">5</p> <p>LUNCH: Chicken Paella w/Steamed Vegetables</p> <p>DINNER: Philly Cheese Steaks w/French Fries & Steamed Vegetables</p>	<p style="text-align: right;">6</p> <p>LUNCH: Veggie Pizza w/Assorted Toppings & Pasta Salad</p> <p>DINNER: Roasted Pork Loin w/Egg Noodles & Roasted Vegetables</p>	<p style="text-align: right;">7</p> <p>LUNCH: Stuffed Peppers w/Ground Beef & Rice & Steamed Vegetables</p> <p>DINNER: Chicken Broccoli Alfredo w/Garlic Bread</p>	<p style="text-align: right;">8</p> <p>LUNCH: Steamed Flounder w/Eggplant & Parsnip Mash</p> <p>DINNER: Lentil Chili over White Vegetable Rice</p>
<p style="text-align: right;">10</p> <p>LUNCH: Turkey Burgers w/Sweet Potato Fries and Steamed Vegetables</p>	<p style="text-align: right;">11</p> <p>LUNCH: Spaghetti & Beef Meatballs w/Roasted Vegetables</p> <p>DINNER: Stewed Chicken Breasts w/Roasted Potatoes & Steamed Vegetables</p>	<p style="text-align: right;">12</p> <p>LUNCH: Black Bean Burrito Bowl w/Brown Rice</p> <p>DINNER: Pork Lo Mein w/Roasted Broccoli</p>	<p style="text-align: right;">13</p> <p>LUNCH: Curried Chicken w/White Rice & Steamed Vegetables</p> <p>DINNER: Sausage & Peppers Sandwich w/Pasta Salad</p>	<p style="text-align: right;">14</p> <p>LUNCH: Braised Short Ribs w/Mac & Cheese & Steamed Vegetables</p> <p>DINNER: Tofu Stir Fry w/Lo Mein & Spring Rolls</p>	<p style="text-align: right;">15</p> <p>LUNCH: Sole Stuffed w/Garlic Shrimp over Linguine & Roasted Vegetables</p> <p>DINNER: BBQ Pork Ribs w/Brown Rice & Steamed Vegetables</p>
<p style="text-align: right;">17</p> <p>LUNCH: Beef Stir Fry w/Fried Rice & Steamed Vegetables</p>	<p style="text-align: right;">18</p> <p>LUNCH: Cheeseburgers w/Sweet Potato Fries & Green Salad</p> <p>DINNER: Dim Sum Menu w/Vegetable Fried Rice</p>	<p style="text-align: right;">19</p> <p>LUNCH: Beef Fajitas w/Yellow Rice & Black Beans</p> <p>DINNER: Vegetable Lasagna w/Garlic Bread & Cucumber Tomato Salad</p>	<p style="text-align: right;">20</p> <p>LUNCH: Chicken Ramen Soup</p> <p>DINNER: Braised Pork Chops w/Mashed Potatoes & Steamed Vegetables</p>	<p style="text-align: right;">21</p> <p>LUNCH: Pasta Primavera w/Cucumber Salad</p> <p>DINNER: Braised Oxtail w/Coconut Rice & Steamed Vegetables</p>	<p style="text-align: right;">22</p> <p>LUNCH: Baked Snapper w/Brown Rice & Roasted Vegetables</p> <p>DINNER: Chicken Fried Rice w/Spring Rolls & Steamed Vegetables</p>
<p style="text-align: right;">24</p> <p>LUNCH: Breaded Catfish w/Roasted Potatoes & Steamed Vegetables</p>	<p style="text-align: right;">25</p> <p>LUNCH: BBQ Chicken Pizza w/Green Salad</p> <p>DINNER: Green Bean Casserole w/ Green Salad</p>	<p style="text-align: right;">26</p> <p>LUNCH: Chicken Taco Bar w/Yellow Rice & Beans</p> <p>DINNER: Beef Short Ribs w/Mashed Potatoes & Steamed Vegetables</p>	<p style="text-align: right;">27</p> <p>LUNCH: Vegan Sancocho w/Beans & White Rice</p> <p>DINNER: Roasted Chicken w/Egg Noodles & Steamed Vegetables</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">No activities Center is closed</p> <div style="text-align: center;">  <p style="color: red; font-weight: bold;">Luncheon starts at 11:30am to 1pm</p> </div>	<p style="text-align: right;">29</p> <div style="text-align: center;">  </div>



Thanksgiving Word Search



F	A	M	L	Y	P	I	L	G	R	O	C	K	Feast
B	E	R	E	Z	I	U	A	I	L	S	P	R	Wild Fowl
R	P	I	L	G	R	I	M	S	M	O	O	U	Pumpkin
Y	L	N	A	I	Z	E	A	P	E	A	S	T	Pilgrims
K	I	M	S	O	C	K	F	U	K	M	B	N	Native Americans
C	E	L	E	B	R	A	T	E	P	I	R	A	Mayflower
O	A	S	S	A	M	S	I	C	E	L	N	T	Corn
R	G	E	Z	I	A	A	O	H	L	Y	O	I	Thanksgiving
H	N	A	L	E	G	R	S	Z	W	I	D	V	Celebrate
T	I	Y	F	C	N	D	A	I	O	K	R	E	Plymouth Rock
U	V	T	M	O	O	I	S	D	F	L	A	A	Harvest
O	I	H	A	R	V	E	S	T	D	U	P	M	Family
M	G	U	Y	N	E	M	A	H	L	F	Y	E	Thursday
Y	S	R	F	U	M	T	M	A	I	Z	E	R	Ham
L	K	S	L	C	B	Y	F	N	W	I	K	I	Cornucopia
P	N	D	O	O	E	E	E	K	I	A	R	C	November
U	A	A	W	P	R	K	I	F	N	F	U	A	Turkey Pardon
M	H	Y	E	I	S	U	H	U	T	S	T	N	Maize
P	T	G	R	A	V	Y	C	L	E	Y	I	S	Chief Massasoit
													Thankful
													Gravy



I Am Thankful For:

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

Name: _____ Age: _____