

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Happy New year to you all,

This month there will be no outings or trips this month because of the unpredictable weather. We have weathered many storms last year and could not have done it without your loyalty and patience. We, OAC's Staff and I are so grateful and appreciative of this.

Please attend our Advisory Board meeting on the 8th at 12pm. At this meeting, you can be part of our trip, event, and meal planning. Your thoughts and feedback matters. It's YOUR center. Be part of decision making.

As always, my door is open for feedback. Let's make this New Year a healthy and happy one.

Love and respect to you all,

Jasmine

JANUARY 2025



OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

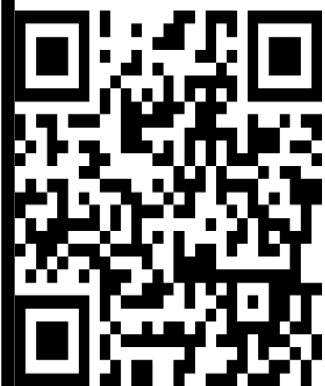
212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels

212-473-1474



SCAN TO
ACCESS OUR
CALENDAR
ONLINE

Trips, Events & Celebrations

- 1/3-Sing for hope (every Friday @11am)
- 1/3-Three Kings and December Birthday Make-up
- 1/24- January Birthday Celebration
- 1/31- Lunar New Year Celebration



SNAPSHOT

Presentations

- 1/7-Healthcare w/Mr. Green
- 1/15-NYPD Scams w/Officer Rodriguez
- 1/22- Fall Prevention w/NYC H+H
- 1/21-NORC/Financial Scam awareness
- 1/28- NORC/Isolation & your Health

What's New?

- **Priya, SW specialized in Therapy**
-Priya is here for anyone who needs someone to talk to. She's available Mondays and Fridays in the library.
- **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
3:00PM- 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**

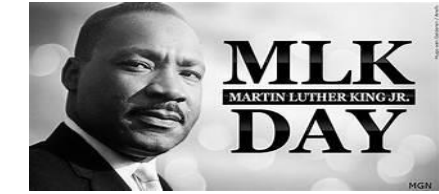








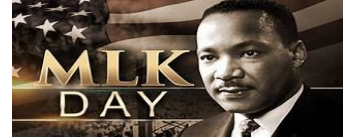



HENRY STREET SETTLEMENT

Older Adult Center



January



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 BEFORE 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</p> <p>NORC Vladeck Cares Program sponsored activities are indicated as (NORC)</p>			1	2	3
			<p>CLOSED</p> <p>Happy New Year</p>	<p>10AM: Tai Chi w/ Alex</p> <p>2pm- Chinese Karaoke in Library</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—Three Kings Celebration/December B'day Make-up</p>
5	6	7	8	9	10
<p>10:30 – 11:30 AM – Line Dancing w/ David</p> <p>1 PM- Bingo</p> 	<p>9:30AM- Ballroom Dance w/Simon</p> <p>10:30AM-Yoga w/Susan</p> <p>1PM- Salsa Partner Dance (Back Dining Room)</p> <p>1:15PM-Bead Art (NORC)</p> <p>2PM- Art w/Girl</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>10:30-AfroBeats/w Patricia</p> <p>12:30PM-Presentation:HeathCare/Mr. Green</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p>	<p>10AM- Self Defense w/Andres</p> <p>12PM-Advisory Board Meeting</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1 – 2PM – Scrapbooking w/ Fiona</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>10AM: Tai Chi w/ Alex</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</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>
12	13	14	15	16	17
<p>10:30 – 11:30 AM – Line Dancing w/ David</p> 	<p>9:30AM- Ballroom Dance w/Simon</p> <p>10:30AM- Yoga w/Susan</p> <p>1PM- Salsa Partner Dance (Back Dining Room)</p> <p>2PM- Art w/Girl</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>10:30-AfroBeats/w Patricia</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p> 	<p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>10AM: Tai Chi w/ Alex</p> <p>12:30-1:30pm-Presentation: NYPD/SCAMS</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</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>
19	20	21	22	23	24
<p>10:30 – 11:30 AM – Line Dancing w/ David</p> 	<p>CLOSED</p> 	<p>10:30-AfroBeats/w Patricia</p> <p>12:30-Presentation: Financial Scam Awareness /NORC interns</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p> 	<p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>10AM: Tai Chi w/ Alex</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</p> 	<p>11AM- Sing for Hope</p> <p>1 PM- Jewelry Class (NORC)</p> <p>1:30pm- January Birthday Celebration</p> <p>2 – 3:30pm - Tech Help w/ Noa</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>
26	27	28	29	30	31
<p>10:30 – 11:30 AM – Line Dancing w/ David</p> 	<p>9:30AM-Ballroom Dance w/Simon</p> <p>10:30-Yoga w/Susan</p> <p>1PM- Salsa Partner Dance (Back Dining Room)</p> <p>2PM-Art w/Girl</p> <p>2 - 4PM- Tech Help (NORC)</p> <p>1-5pm- Sewing (367 Madison St.)</p>	<p>10:30-AfroBeats/w Patricia</p> <p>12 – 1pm:-Bead Art (NORC)</p> <p>12:30pm-Presentation: Isolation & your Health/NORC Interns</p> <p>1:00PM— NYPD Pool Tournament</p> <p>1:15PM-Fashion Art w/Mary</p> <p>3:30PM- Karaoke</p>	<p>Happy Lunar New Year!</p> <p>10 AM- Self Defense w/Andres</p> <p>11am- Tech Help w/ Noa (NORC)</p> <p>1-2PM – Scrapbooking w/ Fiona</p> <p>2PM- Calligraphy w/Mr. Jiang</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>	<p>10AM: Tai Chi w/ Alex</p> <p>1:15PM: Movement Speaks (Dance)</p> <p>2pm- Chinese Karaoke in Library</p>	<p>11AM- Sing for Hope</p> <p>1 PM- Jewelry Class (NORC)</p> <p>1:30PM—Lunar New Year Celebration</p> <p>2 – 3:30pm - Tech Help w/ Noa</p> <p>1-5pm- Sewing Group (367 Madison St.)</p>

JANUARY 2025 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)</p> <p>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</p> <p style="background-color: yellow; display: inline-block;">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>			CLOSED		
5	6	7	8	9	10
LUNCH: Chicken Fried Rice w/Roasted Broccoli	LUNCH: BBQ Chicken Wings w/Macaroni & Cheese & Steamed Vegetables DINNER: Pesto Pasta Primavera w/Garlic Bread & Green Salad	LUNCH: Ground Beef Taco Bowl w/Black Beans & Assorted Toppings DINNER: Stewed Black Eyed Peas w/Brown Rice	LUNCH: Chicken Scampi w/Linguini & Roasted Vegetables DINNER: Baked Flounder w/Mashed Potatoes & Steamed Vegetables	LUNCH: Shepherds Pie w/Steamed Vegetables DINNER: Vegetable Pastelon w/Green Salad	LUNCH: Sweet & Sour Salmon w/White Rice & Roasted Vegetables DINNER: Pork Adobo w/Yellow Rice & Steamed Vegetables
12	13	14	15	16	17
LUNCH: Baked Chicken Sandwich w/Sweet Potato Fries & Steamed Vegetables	LUNCH: Ground Turkey Chili w/White Rice & Steamed Vegetables DINNER: Curried Lentils & Chickpeas w/Jasmine Rice	LUNCH: Chicken Fajitas w/Yellow Rice & Steamed Vegetables DINNER: Beef Stew w/White Rice & Steamed Vegetables	LUNCH: Turkey Meatloaf w/Mashed Potatoes & Steamed Vegetables DINNER: Baked Pork Chops w/Egg Noodles & Roasted Vegetables	LUNCH: Beef Yakisoba w/Roasted Vegetables DINNER: Roasted Broccoli & Spinach Pizza	LUNCH: Tuna Casserole w/Roasted Root Vegetables DINNER: Sausage & Peppers Sandwiches w/Pasta Salad
19	20	21	22	23	24
LUNCH: Beef Lo Mein w/Sauteed Cabbage	CLOSED	LUNCH: Southern Smothered Chicken w/Macaroni & Cheese, Collared Greens, Stewed Okra & Potato Salad w/Pecan Pie DINNER: Mexican Pork Stew w/Mexican Rice & Pinto Beans	LUNCH: Swedish Meatballs w/Mashed Potatoes & Steamed Vegetables DINNER: Butternut Squash Ravioli w/Roasted Vegetables	LUNCH: Pepper Steak w/White Rice & Steamed Vegetables DINNER: Veggie Burger Bar w/French Fries & Assorted Toppings	LUNCH: Breaded Catfish Po Boys w/French Fries & Cole Slaw DINNER: Assorted Meat Pizzas w/Pasta Salad
26	27	28	29	30	31
LUNCH: Fish Sticks w/French Fries & Steamed Corn	LUNCH: Curried Beef w/Jasmine Rice & Steamed Vegetables DINNER: Chicken Ramen Bowl w/Assorted Toppings	LUNCH: 3 Bean Chili w/Brown Rice & Assorted Toppings DINNER: BBQ Ribs w/Mashed Potatoes & Steamed Vegetables	LUNCH: Beef & Broccoli w/Fried Rice & Spring Rolls DINNER: Honey Glazed Salmon w/Roasted Potatoes & Steamed Vegetables	LUNCH: Chicken Francaise w/Orzo & Roasted Vegetables DINNER: Cuban Black Bean Stew w/Yellow Rice & Green Salad	LUNCH: Crab Alfredo w/Pasta & Roasted Vegetables DINNER: Beef Pot Pie w/Roasted Vegetables

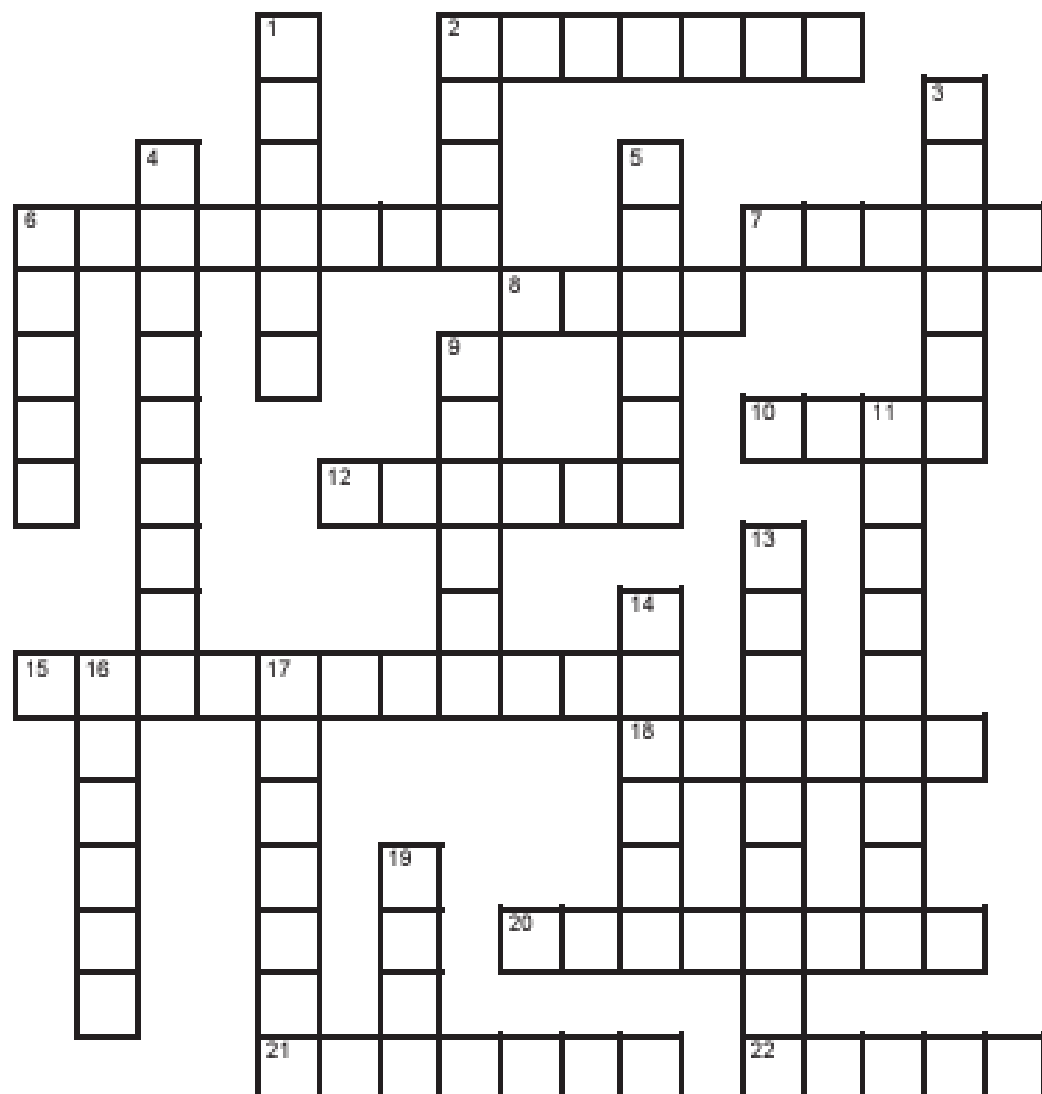
Winter Crossword

Across

- 2. Knitted top.
- 6. Snowstorm with winds.
- 7. Month that winter ends in.
- 8. When the air moves.
- 10. A sudden blast of wind.
- 12. Shake from the cold.
- 15. Tells you how cold it is outside.
- 18. Rather cold.
- 20. Month that winter starts in.
- 21. He might have a carrot for a nose.
- 22. Keeps you neck warm.

Down

- 1. Turned into ice.
- 2. It goes downhill fast.
- 3. A short coat.
- 4. What bears do in the winter.
- 5. Opposite of summer.
- 6. Shoes for snowy days.
- 9. Frozen trickle of water.
- 11. Ice crystal.
- 13. December 25th.
- 14. Area around the North Pole.
- 16. Used to warm a room.
- 17. Winter hand warmers.
- 19. Temperature (in Celsius) at which water freezes.



Arctic, Blizzard, Boots, Chilly, Christmas, December, Frozen, Gust, Heater, Hibernate, Icicle, Jacket, March, Mittens, Scarf, Shiver, Sled, Snowflake, Snowman, Sweater, Thermometer, Wind, Winter, Zero

SOLUTION



- BITTER
- BLIZZARD
- CALENDAR
- CELEBRATION
- FIREPLACE
- FREEZING
- FROST
- FROSTY
- HIBERNATION
- HOLIDAY
- HOT CHOCOLATE
- ICICLE
- INDOOR
- JANUARY
- MITTENS
- MLK DAY
- NEW YEAR
- PARKA
- POLAR
- RESOLUTION
- SCARF
- SKIING
- SLEDDING
- SNOWFLAKE
- SNOWMAN
- SWEATER
- WINTER

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

