

# HENRY STREET SETTLEMENT OLDER ADULTS CENTER

## Message from the Director:

Hello My OAC Family,

Happy Lunar New Year!! We are now in the month of February and boy how time flies.

Come celebrate Black History, Valentine's Day, and our monthly birthday celebration. Registration starts on the 5<sup>th</sup> of this month.

Check out our New Meditation Class with Priya. It begins on Monday 2/3 from 10-12pm. Give it a try.

If you haven't seen a friend at the center in a while and are concerned, let us know. We will check up on them. With the weather being so cold, some older adults prefer to stay at home.

Please call the center if you plan to go away for a while and will not be at the center. We don't want to worry or have your peers worried.

As always, my door is open for new ideas and comments. I will see you all around.

Love and Respect,

*Jasmine*

# FEBRUARY 2025



## OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels

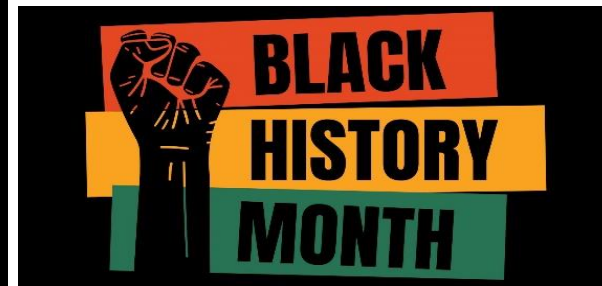
212-473-1474



SCAN TO  
ACCESS OUR  
CALENDAR  
ONLINE

### Trips, Events & Celebrations

- 2/14- Valentine's Day Luncheon
- 2/18-Afrobeats special edition
- 2/19- Black History Museum of Nassau County
- 2/28- Monthly Birthday Celebration Mardi Gras Theme



### SNAPSHOT

#### Presentations

- 2/6, 13, 20, 27- Embracing a Healthy Life
- 2/18- Black History
- 2/26- Promoting Healthy Heart

#### What's New?

- **Move it Move it Relocated**  
-Starting Monday 2/3 NORC's Move it Move it exercise class will be held at 367 Madison Street (MOW)
- **Tai Chi Fridays**  
-This class will be moved from Thursday to Fridays starting 2/21
- **Mindful Meditation w/Priya**  
-If you are feeling stressed, having trouble relaxing, or want to learn new coping skills, come to this class. There will be different meditation techniques every week. Starts Monday 2/3 10am to 12pm.
- **Scrapbook w/ Fiona**  
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.

February is  
American Heart Month



## 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







# FEBRUARY



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.  <b>All Participants Must Be Pre-Registered BEFORE the Day of Birthday Party</b>  <b>Offered Daily from 9:00 AM – 4:45 PM</b> ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab            (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities.            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>NORC's, Move it Move it Class will be held @ 367 Madison Street (MOW)            Location beginning 2/3/25 @ 1pm on Mondays</p>		<p>★ Presidents' Day ★</p>	<p>FEBRUARY BLACK HISTORY MONTH</p>
<p>2 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo</p>	<p>3 9:30AM- Ballroom Dance w/Simon 10:30-11:30AM- Mindful Meditation w/Priya 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance Dining 2PM- Art w/Girl 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)</p>	<p>4 10-12pm: NORC Creative Arts Corner (Interns) 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke</p>	<p>5 10AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 1 – 2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p>	<p>6 10AM: Tai Chi w/ Alex 12:30pm: Presentation- Embracing a Healthy life (NORC) 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library</p>	<p>7 1 PM- Jewelry Class (NORC) 2 – 3:30PM - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>	
<p>9 10AM- Crafts/Crystal 10:30 – 11:30 AM – Line Dancing w/ David</p> <p>Superbowl Sunday</p>	<p>10 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 10:30-11:30AM- Mindful Meditation w/Priya 1PM- Salsa Partner 2PM- Art w/Girl 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)</p>	<p>11 10-12pm: NORC Creative Arts Corner (Interns) 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke</p>	<p>12 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p>	<p>13 10AM: Tai Chi w/ Alex 11:30am-2pm: Nails w/Ellen 12:30pm: Presentation- Embracing a Healthy life (NORC) 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library</p>	<p>14 11AM-Valentine's Day Luncheon and Celebration 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>	
<p>16 10:30 – 11:30 AM – Line Dancing w/ David</p>	<p>CLOSED 17</p>	<p>18 10-12pm: NORC Creative Arts Corner (Interns) 1:30PM- Black history Presentation 2:30PM- AfroBeats w/ Patricia: Black History Special 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary</p>	<p>19 10 AM- Self Defense w/Andres 11am- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p> <p>Black History Museum in Nassau County See Dinah or Denise for pre-registration</p>	<p>20 12:30pm: Presentation- Embracing a Healthy life (NORC) 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library</p>	<p>21 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>	
<p>23 10:30 – 11:30 AM – Line Dancing w/ David</p>	<p>24 9:30AM-Ballroom Dance w/Simon 10:30-Yoga w/Susan 10:30-11:30AM- Mindful Meditation w/Priya 1PM- Salsa Partner Dance 2PM-Art w/Girl 2 - 4PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)</p>	<p>25 10-12pm: NORC Creative Arts Corner (Interns) 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 3:30PM- Karaoke</p>	<p>26 10 AM- Self Defense w/Andres 12:30-Presentation: Promoting a Healthy Heart 11am- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.)</p>	<p>27 12:30pm: Presentation- Embracing a Healthy life (NORC) 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library</p>	<p>28 9:45-10:45AM: Tai Chi w/ Alex 1:30pm: Monthly Birthday Party/Mardi Gras theme. 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-5pm- Sewing Group (367 Madison St.)</p>	

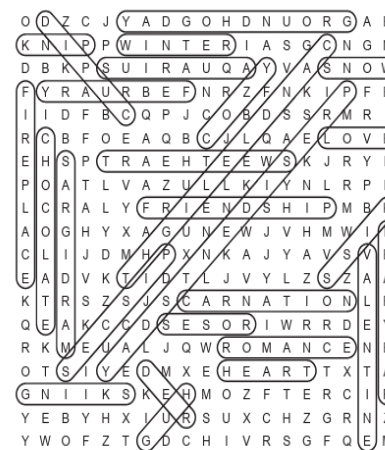
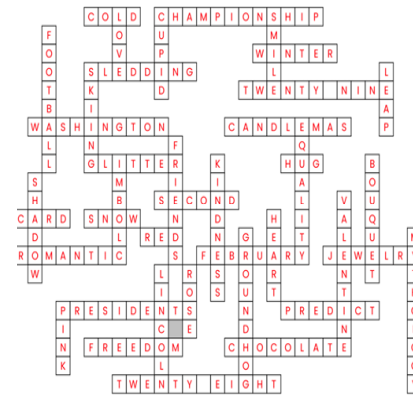
# FEBRUARY 2025 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</p> <p style="text-align: center;">Cost for Center members: \$1.50 Non-Center member : \$5.00</p> <p style="text-align: center;">All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</p> <p style="text-align: center;"><b>The menu is subject to change.</b></p> <p style="text-align: center;">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="color: red; font-style: italic;">Happy Valentine's Day</p> 	
2	3	4	5	6	7
<p><b>LUNCH:</b> Beef Stir Fry w/Fried Rice &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Veggie Pizza Bar w/Pasta Salad</p> <p><b>DINNER:</b> Roasted Pork Loin w/Mashed Potatoes &amp; Roasted Vegetables</p>	<p><b>LUNCH:</b> Chicken Tacos w/Yellow Rice &amp; Refried Beans</p> <p><b>DINNER:</b> French Onion Turkey Meatballs w/Potatoes Au Gratin &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Cheeseburger Bar w/French Fries &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Baked Cod w/Quinoa &amp; Roasted Root Vegetables</p>	<p><b>LUNCH:</b> Butter Chicken w/Basmati Rice &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Vegetable Pad Thai w/Roasted Broccoli &amp; Spring Rolls</p>	<p><b>LUNCH:</b> Oven Baked Salmon w/Pasta in a Tomato Cream Sauce &amp; Roasted Vegetables</p> <p><b>DINNER:</b> Swiss Steak w/Mashed Potatoes &amp; Steamed Vegetables</p>
9	10	11	12	13	14
<p><b>LUNCH:</b> Super Bowl Sunday Menu</p>	<p><b>LUNCH:</b> Ginger Garlic Beef Stew w/Mashed Potatoes &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Penne Pasta Bar w/Assorted Toppings &amp; Sauces</p>	<p><b>LUNCH:</b> Portobello Mushroom Fajitas w/Mexican Rice &amp; Black Beans</p> <p><b>DINNER:</b> Chicken Etouffee w/Rice &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Salisbury Steak w/Baked Potato &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Turkey Pot Pie w/Steamed Vegetables</p>	<p><b>LUNCH:</b> Pork Loin w/Wild Rice &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Falafel Gyros w/Assorted Toppings &amp; Greek Salad</p>	<p><b>LUNCH:</b> Valentine's Day Brunch</p> <p><b>DINNER:</b> Chicken Baked Ziti w/Roasted Vegetables</p> 
16	17	18	19	20	21
<p><b>LUNCH:</b> Ginger Sherry Pork Chops w/Mashed Potatoes &amp; Steamed Vegetables</p>	<p style="color: red; font-weight: bold; font-size: 1.2em;">CLOSED</p> 	<p><b>LUNCH:</b> Beef Chili Bar w/White Rice &amp; Assorted Toppings</p> <p><b>DINNER:</b> Vegetable Lasagna w/Garlic Bread &amp; Green Salad</p>	<p><b>LUNCH:</b> Baked Catfish w/Baked Sweet Potato Yams &amp; Collard Greens</p> <p><b>DINNER:</b> Black History Month Celebration</p> 	<p><b>LUNCH:</b> Beef Sloppy Joe w/Tater Tots &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Pork Pozole w/White Rice &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Chicken Pasta Casserole w/Steamed Vegetables</p> <p><b>DINNER:</b> Maryland Crabcakes w/Rice Pilaf &amp; Roasted Corn Medley</p>
23	24	25	26	27	28
<p><b>LUNCH:</b> Stuffed Shells w/Garlic Bread &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Coconut Curried Chicken w/White Rice &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Philly Cheesesteak Sandwich w/Sweet Potato Fries &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Ground Turkey Burritos w/Steamed Vegetables</p> <p><b>DINNER:</b> Baked Tilapia w/Orzo &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Sweet &amp; Sour Pork w/Vegetable Fried Rice &amp; Steamed Vegetables</p> <p><b>DINNER:</b> BBQ Chicken Thighs w/Macaroni &amp; Cheese &amp; Steamed Vegetables</p>	<p><b>LUNCH:</b> Lentil &amp; Rice Stuffed Peppers w/Roasted Root Vegetables</p> <p><b>DINNER:</b> Meat Lovers Pizza Bar w/Green Salad</p>	<p><b>LUNCH:</b> Baked Flounder w/Roasted Potatoes &amp; Steamed Vegetables</p> <p><b>DINNER:</b> Spaghetti w/Beef Bolognese &amp; Steamed Vegetables</p>

# FEBRUARY

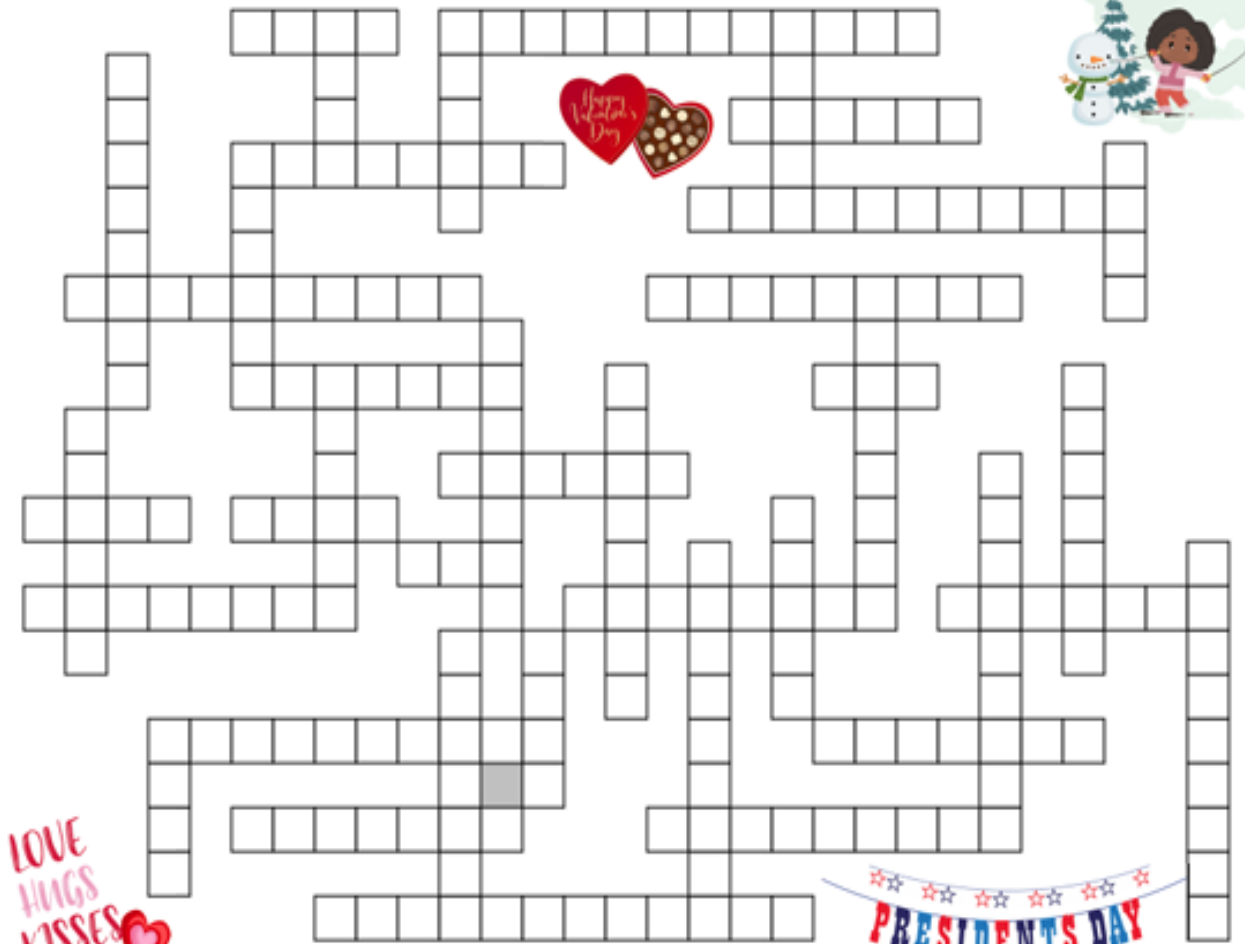
- AQUARIUS
- CANDLELIGHT
- CARNATION
- CHOCOLATE
- COZY
- CUPID
- FEBRUARY
- FIREPLACE
- FRIENDSHIP
- GROUNDHOG DAY
- HEART
- HUG
- KISS
- LEAP YEAR
- LOVE
- MARDI GRAS
- PINK
- PISCES
- PRESIDENTS DAY
- RED
- ROMANCE
- ROSES
- SKIING
- SNOW
- SWEETHEART
- VALENTINE
- WINTER

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



## February Word Fill In

Write the words in the correct place on the grid based on the number of letters. Spaces included in answers.



- 3 letters
- red
- hug
- 4 letters
- card
- love
- snow
- pink
- rose
- cold
- leap

- 5 letters
- heart
- cupid
- smile
- 6 letters
- second
- Imbolc
- skiing
- shadow
- winter

- 7 letters
- friends
- glitter
- Lincoln
- jewelry
- bouquet
- freedom
- predict
- 8 letters
- kindness
- February
- romantic

- sledding
- equality
- football
- 9 letters
- groundhog
- chocolate
- valentine
- Candlemas
- mythology
- 10 letters
- presidents

- Washington
- 11 letters
- twenty nine
- 12 letters
- twenty eight
- championship

