

HENRY STREET SETTLEMENT OLDER ADULTS CENTER

Message from the Director:

Hello my OAC Family,

Welcome to this wonderful new month March. We made it through the chill of winter, and as the days start to warm up and the world around us bloom, we too have an opportunity to embrace new growth, new experiences, and new beginnings.

At the Older Adult Center, we celebrate not only the seasons but the spirit of resilience and community that each of you bring. We will be offering new programs, activities, and events this Spring that focus on our health, creativity, and well-being to keep our minds and bodies active.

If you have not already, I encourage you to take part in one of our classes this season. Whether it's Salsa, Ballroom Dance, Yoga, crafts, sewing, or simply enjoying lunch with a friend. Each of these opportunities enriches our lives and help us grow stronger together.

Before I finish, do not forget to set your clock a head on 3/9/25. Spring Forward!!! Spring is nature way of saying, "let's Party!" Let us celebrate life and the changes that come with each new season and, most importantly, each other.

Let' make this a month to remember.



MARCH 2025



OLDER ADULT SERVICES AT HENRY STREET SETTLEMENT

NORC/Vladeck Cares

212-477-0455

Senior Companion Program

212-473-1474

Meals on Wheels

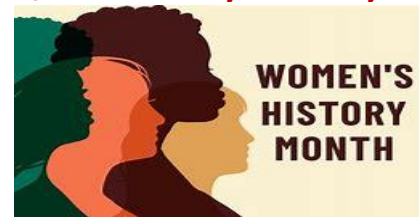
212-473-1474



SCAN TO
ACCESS OUR
CALENDAR
ONLINE

Trips, Events & Celebrations

- 3/12- Vocal Ease Performances
- 3/17- St. Patrick's Day w/ Morgan Stanley
- 3/19- NYPD Pool Tournament
- 3/20- Casino World Resorts (Catskills)
- 3/23- La Mama performance @ 6th Street
- 3/26-NYCHA Van for recertification and Tech Assistance
- 3/28- Monthly Birthday Party



SNAPSHOT

Presentations

- 3/4- Women's History Month
- 3/13 and 3/27-Pace Students B/P screenings and Healthy Living (NORC)
- 3/18- Pedestrian Safety w/DOT



What's New?

- **New Center hours**
-Starting Monday 3/10 The Center will stay Open until 6PM because of daylight savings.
-Please remember to set your clock forward on Sunday 3/9/25.
- **Tai Chi Fridays**
-This class was 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 on Mondays 10:30am to 11:30am. All Day Fridays
- **Scrapbook w/ Fiona.**
-Our SWI will be gathering with Older Adults to create memories in a social environment using pictures and crafts.

Meal Service

Sunday

Mon-Fri

Lunch

11:30 AM- 1PM

11:00 AM- 12:30PM

Dinner

X

3:00PM- 4:15PM

SUGGESTED MEAL CONTRIBUTIONS OF \$1.50 PER MEAL GO TOWARDS SUSTAINING AND ENHANCING THE PROGRAM.

CASE MANAGEMENT HOURS: Monday - Friday, 10 AM to 6 PM

SEE BELOW FOR NEW HOURS

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

Beginning Monday 3/10 the Center will stay open to 6pm Monday thru Friday. Lunch: 11:30am to 1pm Dinner: 3:30pm to 4:30pm
















HENRY STREET SETTLEMENT

Older Adult Center



March



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10:30 – 11:30 AM – Line Dancing w/ David 1 PM- Bingo  	3 9:30AM- Ballroom Dance w/Simon 10:30-11:30AM- Mindful Meditation w/Priya 10:30AM-Yoga w/Susan 1PM- Salsa Partner Dance <i>Dining</i> 2 - 3PM- Tech Help (NORC) 1-5pm- Sewing (367 Madison St.)	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	5 10AM- Self Defense w/Andres 11:45-12:45PM- Jewelry Making (NORC) 12-1PM- Tech Help w/ Noa (NORC) 1 – 2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-5pm- Sewing Group (367 Madison St.) 	6 11:30am-Presentation: Women’s History Month 12PM-Art w/Girl (NORC) 1:30PM: Movement Speaks (Dance) 2PM- Board Games 2pm- Chinese Karaoke in Library	7 9am-4pm- Greenwich House (Library) 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.) 
9 10:30 – 11:30 AM – Line Dancing w/ David Daylight Savings Time Begins! 	10 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 10:30-11:30AM- Mindful Meditation w/Priya 1PM- Salsa Partner 2 - 3PM- Tech Help (NORC) 1-6pm- Sewing (367 Madison St.) New Center Hours 8:30am to 6PM	11 10-12pm: NORC Creative Arts Corner (Interns) 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4PM- Karaoke	12 10 AM- Self Defense w/Andres 11:45-12:45PM- Jewelry Making (NORC) 12-1PM- Tech Help w/ Noa (NORC) 12:30pm- Vocal Ease Performances 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-6pm- Sewing Group (367 Madison St.) 	13 10AM-12PM: Pace Students Blood Pressure Screenings 12pm- Healthy Living/Wrap up (NORC) 12PM-Art w/Girl (NORC) 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library GROWNYC Pantry (<i>Bring Your Own bag</i>)	14 9am-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-6pm- Sewing Group (367 Madison St.) Representing Women’s History Month Wear Pink Day
16 10:30 – 11:30 AM – Line Dancing w/ David 	17 9:30AM- Ballroom Dance w/Simon 10:30AM- Yoga w/Susan 10:30-11:30AM- Mindful Meditation w/Priya 1:30pm- St. Patrick’s Day Celebration w/Morgan Stanley 2 - 3PM- Tech Help (NORC) 1-6pm- Sewing (367 Madison St.) Wear Green Day 	18 10-12pm: NORC Creative Arts Corner (Interns) 10:00AM-AfroBeats/w Patricia 12:30pm-Presentation: Pedestrian Safety w/DOT 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4PM: Karaoke	19 10 AM- Self Defense w/Andres 11:45-12:45PM- Jewelry Making (NORC) 10-12pm- Nails w/Ellen 12-1PM- Tech Help w/ Noa (NORC)  1pm- NYPD/OAC Pool Tournament  1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-6pm- Sewing Group (367 Madison St.)	20 HELLO SPRING 9am-TRIP: World Resorts (Catskill) 9am- Salsa Dance (Makeup) 12PM: Presentation- Elder Abuse Awareness (NORC) 1:30PM: Movement Speaks (Dance) 12PM-Art w/Girl (NORC) 2PM- Chinese Karaoke in Library	21 9am-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 2 – 3:30pm - Tech Help w/ Noa 1-6pm- Sewing Group (367 Madison St.) 
23 10:30 – 11:30 AM – Line Dancing w/ David 3pm- La Mama Performance 	24 9:30AM-Ballroom Dance w/Simon 10:30-Yoga w/Susan 10:30-11:30AM- Mindful Meditation w/Priya 1PM- Salsa Partner Dance 2 - 3PM- Tech Help (NORC) 1-6pm- Sewing (367 Madison St.)	25 10-12pm: NORC Creative Arts Corner (Interns) 10:00-AfroBeats/w Patricia 12 – 1pm:-Bead Art (NORC) 1:15PM-Fashion Art w/Mary 4:00PM- Karaoke	26 10AM-NYCHA VAN for Recertifications/Tech Assistance 10 AM- Self Defense w/Andres 11:45-12:45PM- Jewelry Making (NORC) 12-1PM- Tech Help w/ Noa (NORC) 1-2PM – Scrapbooking w/ Fiona 2PM- Calligraphy w/Mr. Jiang 1-6pm- Sewing Group (367 Madison St.)	27 10AM-12PM: Pace Students Blood Pressure Screenings 12pm- Healthy Living/Wrap up (NORC) 12PM-Art w/Girl (NORC) 1:30PM: Movement Speaks (Dance) 2pm- Chinese Karaoke in Library GROWNYC Pantry (<i>bring your own bag</i>)	28 9am-4pm- Greenwich House (Library) 9:45-10:45AM: Tai Chi w/ Alex 1 PM- Jewelry Class (NORC) 1:30pm:-March Birthday Celebration/Gold and Black Attire 2 – 3:30pm - Tech Help w/ Noa 1-6pm- Sewing Group (367 Madison St.)
30 10:30 – 11:30 AM – Line Dancing w/ David 	31 9:30AM-Ballroom Dance w/Simon 10:30-Yoga w/Susan 10:30-11:30AM- Mindful Meditation w/Priya 1PM- Salsa Partner Dance 2 - 3PM- Tech Help (NORC) 1-6pm- Sewing (367 Madison St.)	Trip And Events Sign-Ups Are from Monday to Friday Only. 9am To 11:30am 2pm-4pm Please See Briana or Olivia. All Participants Must Be Pre-Registered BEFORE the Day of Birthday Party Offered Daily from 9:00 AM – 4:45 PM ♦ Billiards ♦ Dominos ♦ Board Games ♦ Open Computer Lab (Class on Fridays) ♦ Ping Pong ♦ Gym Facilities. 3/12Tech Help w/ Noa Every Monday at 2PM, Wednesday at 11AM, and Friday at 2PM Beginning 3/10/25 the Center hours change to 8:30am to 6pm All continuous activities are wrapped up by 5:45pm			

MARCH 2025 LUNCH & DINNER MENU

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>2</div> <div>LUNCH: Cheeseburgers w/French Fries & Steamed Vegetables</div>	<div>3</div> <div>LUNCH: Lentil Bolognese w/Spaghetti & Steamed Vegetables</div> <div>DINNER: Honey Baked Chicken wings w/Roasted Potatoes & Steamed Vegetables</div>	<div>4</div> <div>LUNCH: White Chicken Chili Bowl w/Yellow Rice & Assorted Veggie Toppings</div> <div>DINNER: Breaded Catfish w/Brown Rice & Roasted Vegetables</div>	<div>5</div> <div>LUNCH: Beef Sausage Pizza w/ Tomato-Cucumber Salad</div> <div>DINNER: Roasted Pork Kabobs w/Jasmine Rice & Steamed Vegetables</div>	<div>6</div> <div>LUNCH: Turkey A La King w/Steamed Vegetables</div> <div>DINNER: Tofu Stir Fry w/Rice Noodles & Spring Rolls</div>	<div>7</div> <div>LUNCH: Baked Cod w/Orzo & Greek Salad</div> <div>DINNER: Chicken & Broccoli Alfredo w/Garlic Bread</div>
<div>9</div> <div>LUNCH: Ground Beef Baked Ziti w/Roasted Vegetables</div>	<div>10</div> <div>LUNCH: Vegetable Lo Mein w/Roasted Broccoli & Spring Rolls</div> <div>DINNER: Chicken Piccata w/Gnocchi & Steamed Vegetables</div>	<div>11</div> <div>LUNCH: Ground Beef Tacos w/Yellow Rice & Refried Beans</div> <div>DINNER: Baked Tilapia w/Quinoa &Roasted Vegetables</div>	<div>12</div> <div>LUNCH: Roasted Pork Loin w/Brown Rice & Steamed Vegetables</div> <div>DINNER: Veggie Burger Bar w/Sweet Potato Fries</div>	<div>13</div> <div>LUNCH: Chicken Pot Pie w/Steamed Vegetables</div> <div>DINNER: Turkey Meatloaf w/Brown Rice & Steamed Vegetables</div>	<div>14</div> <div>LUNCH: Baked Salmon w/Pasta Primavera & Steamed Vegetables</div> <div>DINNER: BBQ Turkey Meatballs w/Spinach Rice & Steamed Vegetables</div>
<div>16</div> <div>LUNCH: Chicken & Broccoli w/ Brown Rice</div>	<div>17</div> <div>LUNCH: Vegan Shepherd's Pie w/Green Salad</div> <div>DINNER: Corned Beef w/Mashed Potatoes & Steamed Cabbage</div>	<div>18</div> <div>LUNCH: Chicken Fajitas w/Mexican Rice & Black Beans</div> <div>DINNER: BBQ Turkey Meatballs w/Wild Rice & Steamed Vegetables</div>	<div>19</div> <div>LUNCH: Stuffed Flounder w/Spaghetti & Steamed Vegetables</div> <div>DINNER: Pork Stew w/Rice Pilaf & Roasted Vegetables</div>	<div>20</div> <div>LUNCH: Salisbury Steak w/Roasted Potatoes & Steamed Vegetables</div> <div>DINNER: Stuffed Shells w/Roasted Root Vegetables</div>	<div>21</div> <div>LUNCH: Fish Sticks w/French Fries & Cole Slaw</div> <div>DINNER: Curried Chicken w/Brown Rice & Steamed Vegetables</div>
<div>23</div> <div>LUNCH: Chicken Parmesan w/ Baked Penne & Steamed Vegetables</div>	<div>24</div> <div>LUNCH: Turkey Burger Bar w/Tater Tots & Steamed Vegetables</div> <div>DINNER: Beef Stew w/White Rice & Steamed Vegetables</div>	<div>25</div> <div>LUNCH: Roasted Mushroom Burrito Bowl w/Brown Rice & Assorted Toppings</div> <div>DINNER: Baked Pork Chops w/Mashed Potatoes & Steamed Vegetables</div>	<div>26</div> <div>LUNCH: Beef Stroganoff w/Mashed Potatoes & Steamed Vegetables</div> <div>DINNER: Baked Chicken Breasts w/Potatoes Au Gratin & Roasted Vegetables</div>	<div>27</div> <div>LUNCH: Pulled Pork Sandwich w/French Fries & Green Salad</div> <div>DINNER: Veggie Pasta Bar w/Green Salad</div>	<div>28</div> <div>LUNCH: Roasted Catfish w/Herbed Risotto & Spring Salad</div> <div>DINNER: Sauteed Spinach & Chicken Pizza w/Italian Pasta Salad</div>
<div>30</div> <div>LUNCH: Vegetable Noodle Stir Fry w/Vegetable Dumplings</div>	<div>31</div> <div>LUNCH: Baked Salmon w/Mashed Potatoes & Steamed Vegetables</div> <div>DINNER: Chicken Gyro w/Greek Salad</div>	<div>Now offering salads daily as an alternative option to the scheduled LUNCH. (Please note this is not a DFTA funded meal)</div> <div>Cost for Center members: \$1.50</div> <div>Non-Center member : \$5.00</div> <div>All meals are served with 8 oz. Fat Free milk, 1 TSP of Trans fat free margarine, Whole Wheat Bread</div> <div>The menu is subject to change.</div> <div>Plant Based Lunch and Dinner Offered Once a Week</div> <div>ALL MEALS ARE SERVED WITH FRUIT OR FRUIT JUICE (TBD)</div>			

- AWAKENING
- BASKETBALL
- BLOSSOM
- DAFFODIL
- DAYLIGHT SAVING
- EASTER.
- EQUINOX
- FLOWER
- FRESH
- GREEN
- GROWTH
- HOLI
- KITE
- LEPRECHAUN
- LUCK
- MADNESS
- MARCH
- PARADE
- POT OF GOLD
- RAIN
- REBIRTH
- RENEWAL
- SHAMROCK
- SHOWERS
- SPRING
- ST. PATRICK'S DAY
- WINDY



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

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



WORD SCRAMBLE
DIRECTIONS:
Unscramble each set of letters to discover a vocabulary word relating to the fun-filled month of March.

CNSTIE	_____	OLERVC	_____
TEYBUFLRT	_____	LOOMB	_____
TPCAIRK	_____	KULC	_____
REENG	_____	SRTAEE	_____
RDGENA	_____	ROWNABI	_____
REWOFL	_____	CICPNI	_____
IKET	_____	MHCROSKA	_____
RAMHC	_____	ESSOAN	_____
IGNSPR	_____	FDOFDIAL	_____
PAARDE	_____	QXUNOEI	_____
YDNWI	_____	SBAAKETBLL	_____
PCHRAUNELE	_____	LOUDROTOS	_____

SOLUTION

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

SOLUTION

CNSTIE	INSECT	OLERVC	CLOVER
TEYBUFLRT	BUTTERFLY	LOOMB	BLOOM
TPCAIRK	PATRICK	KULC	LUCK
REENG	GREEN	SRTAEE	EASTER
RDGENA	GARDEN	ROWNABI	RAINBOW
REWOFL	FLOWER	CICPNI	PICNIC
IKET	KITE	MHCROSKA	SHAMROCK
RAMHC	MARCH	ESSOAN	SEASON
IGNSPR	SPRING	FDOFDIAL	DAFFODIL
PAARDE	PARADE	QXUNOEI	EQUINOX
YDNWI	WINDY	SBAAKETBLL	BASKETBALL
PCHRAUNELE	LEPRECHAUN	LOUDROTOS	OUTDOORS