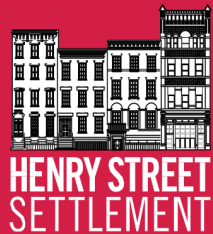


Something on your Mind?
Feeling Down? Worried?
Don't suffer in silence;
Let's Talk!
Speak to our Staff about
meeting with **Jacqué** in our
CASA Office or call
212-477-0455/212-233-5032



SENIOR SERVICES

Henry Street Settlement Senior Center, 334 Madison St., NY, NY 10002, 212-349-2770
"Where Good Friends Meet"

JANUARY 2020 CALENDAR

**Come Try Out Our
Fully Equipped GYM**

Sunday
9:00-11:00 am
Monday-Friday
9:00-11:00 am &
1:30-3:30 pm

**Social Services
Are Available
Sunday - Friday**

Announcements:
Early Closing — 1:30 pm:
Tuesday 12/31/2019
Closed
New Year's Day
01/01/2020 &
Martin Luther King, Jr.
Weekend Day
Sunday 01/19/2020 &
Monday 1/20/2020

Please Remember There Are
No Reserved Seats
In The Senior Center

SPECIAL EVENTS:

Pet Visiting / Photo with Amy, Rexi & Almond:

Sunday 1/5 & 1/12, 11:00 am

Drawing w/ Artist Will: Sunday 1/5 & 1/12,
11:00 am-12:00 pm

AAWART Painting with Jia: Tuesdays
1/7, 1/14, 1/21, 10:00 am-12:00 pm

JSY Nutrition Education Workshop:

Wednesday 1/8, 10:30-11:30 am

Performance by Sing For Your Seniors:

Tuesday 1/21, 11:00 am-12:00 pm

PRESENTATIONS:

The Aging Eye by NORC Nurse Nicole:

Tuesday 1/7, 11:20-11:45 am

Food & The Microbiome by Emilia Cobbs,

NYU FamiLi: Monday 1/13, 10:45-11:45 am

Memory & Screening by Alzheimer's Foundation:

Tuesday 1/14, 11:15 am-12:00 pm

The 2020 Census: Wednesday 1/15, 11:15-

11:45 am

Guided 2020 Census Survey Completions:

Wednesday 1/15, 11:30 am-1:30 pm

TRIPS:

American Museum of Natural History:

Tuesday 1/7, \$5 & You Must Pre-Register. (\$2 reimbursed at Check-In.) Includes transportation and bagged lunch. **10:00 am:** Arrive & Check-In at the Senior Center. **12:30 pm:** Pick Up for Return to Senior Center.

Aqueduct World Resorts Casino:

Tuesday 1/28, \$25.00 (\$5 reimbursed at Check In. \$20 play back money & \$10 food voucher). You Must Pre-Register. Includes transportation & bagged meal. **9:00 am:** Arrive & Check In at Senior Center. **9:30 am:** Breakfast at Senior Center. **10:00 am:** Bus Departure. **3:30 pm:** Pick Up for Return to Senior Center

PARTIES/CELEBRATIONS:

Three Kings Celebration:

Monday 1/6, 12:30-1:30 pm

Martin Luther King Jr. Celebration:

Friday 1/17, 12:30-1:30 pm

Birthday Party With DJ Valentine:

Thursday 1/23, 2:00 pm. \$3 & You Must Pre-Register. **1:30:** Arrive & Check In; **2:00-4:30:** Music & Dancing. Free Admission and Birthday Photo & Gift if You were Born This Month!

Chinese New Year Party w/ DJ Woody:

Thursday 1/30, \$3 & You Must Pre-Register. **1:30pm:** Arrive & Check In. **2:00-4:30:** Music & Dancing.

Monday—Friday 9:00am to 6:00pm

Sunday 9:00am to 3:30pm

Please do not come to the Center early; we hate to keep you waiting outside!

Do you live in the Vladeck Houses and need some help or support? Visit our NORC/VLADECK CARES Office at 351 Madison Street or call 212-477-0455. We are open Monday - Friday 9 AM-5 PM.

Mondays: Chinese News

12:30-2:00 @ 351 Madison

Tuesdays: Chinese Computer

Class, 10:30-11:30 am @ 334

Madison, HSS Senior Center

Computer Lab

TRIPS/ EVENTS REGISTRATION

Sunday: 1:00-3:00pm

Monday-Friday:

10:30-11:30 am, 1:00-4:00 pm

Please see Olivia, Karina or Basilisa

Please Take Some Time to
Read our **House Rules**. Let's
All Live Comfortably Together!

Do You Know of a Friend or
Neighbor who would
Benefit from Regular Visits &
Escort by a **Senior Companion?**
We Can Provide That!
Please see
Jeremy Rivera in the
Social Services Office!

Haven't Seen a **FRIEND** at the
Center Lately?

Please Let Us Know in the
Offices so We Can Make Sure
They're OK

JANUARY 2020 Daily Activities

* = NORC-Funded Activity; Activities in Bold are New or Changed


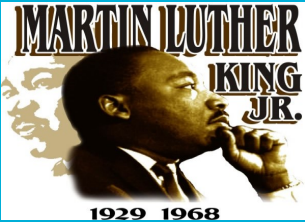
Funded by New York City Department for the Aging (DFTA), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30: Yoga 1:00: Bingo w/ 50/50 1:00: Computer Class	12:30: News at NORC (Chinese)* 1:00: Sewing/Quilting/Crafts 1:30: Ballroom Dancing 2:30: Open Ballroom Dance 2:15: Afternoon Movie 2:15: Computer Class w/ Winnie/Bruce (Chinese) 4:30: Dinner Bingo	10:15: Move It, Move It 10:30: Computer (Chinese) 11:00: Blood Pressure 1:00: Musical Theater Sing 1:00: Crochet & Knitting 3:00: Tai Chi w/ Juliet 4:30: Dinner Bingo	10:00: Art w/ Linda 11:00: Be Flexible, Be Comfortable w/ Linda 1:00: Ceramics Class 1:30: Bingo w/ 50/50 1:30: Advanced Beading (Chinese) 3:45: Karaoke 4:00: Computer Class	11:15: Blood Pressure 1:00: Art Class w/ Girl* 1:30: Chinese Dance w/ Dream 1:30: Nylon Flower Making 4:30: Dinner Bingo	10:00: Zumba w/ Dream 11:00: Yoga 11:00: Blood Pressure* 1:30: Jewelry Workshop 1:30: Bingo w/ 50/50 3:45: Karaoke

JANUARY 2020 Special Events & Schedule Changes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		12/31/2019 EARLY CLOSING AT 1:30 PM FOR NEW YEAR'S EVE	1/1/2020 CENTER CLOSED FOR NEW YEAR'S DAY	2	3
5 11:00: Pet Visiting & Photos with Amy, Rexi & Almond 11:00: Drawing w/ Will	6 12:30-1:30: Event: Three Kings Celebration 2:15: Movie: "Wish Man"	7 10:00-12:00: Painting Class with Jia 11:20: Presentation: The Aging Eye by NORC Nurse Nicole 10:00: Trip: American Museum of Natural History	8 10:30-11:30: Presentation: JSY Nutrition Education Workshop w/ Demonstration & Taste-Test	9	10
12 11:00: Pet Visiting & Photos with Amy, Rexi & Almond 11:00: Drawing w/ Will	13 10:45-11:45: Presentation: Food and Microbiome Research by Emilia Cobbs, NYU FamLi 2:15: Movie: "Rattlesnake"	14 10:00-12:00: Painting Class with Jia 11:15-12:00: Presentation: Memory & Screening by Alzheimer's Foundation	15 11:15: Presentation: The 2020 Census 11:30-1:30: Event: Guided Census Survey Completion (Computer Lab)	16	17 12:30-1:30: Event: Martin Luther King, Jr. Celebration
19 CENTER CLOSED for Martin Luther King, Jr.	20 CENTER CLOSED for Martin Luther King, Jr. Day	21 10:00-12:00: Painting Class with Jia 11-12: Performance: by Sing For Your Seniors	22	23 2:00-4:30: Party: Birthdays w/ DJ Valentine	24
26	27 2:15: Movie: "The Perfection"	28 10:00: Trip: Aqueduct World Resorts Casino	29	30 2:00-4:30: Party: Chinese New Year Party w/ DJ Woody	31

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 2020 LUNCH MENU Funded by the NYC Department For the Aging And YOUR Contributions Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine Suggested Contribution: \$1.50/meal Guests Age 59 or Below: \$3.00 Fee Vegetarian & Kosher option available ** Menu is subject to change without notice				1 CENTER IS CLOSED 	2 Stewed Oxtails w/ Lima Beans & Yellow Rice California Blend Veggies Orange-Pineapple Juice Fruited Jell-O	3 Italian Roast Chicken w/ Brown Rice & Beans Brussel Sprout & Mixed Vegetables Apple Pineapple Juice
5 Chicken Parmesan w/ Whole Wheat Spaghetti Roasted Brussel Sprouts Apple Orange-Pineapple Juice	6 Arroz con Pollo / Chicken Breast & Rice Carrots Apple Sauce Orange-Pineapple Juice	7 Beef Meatloaf w/ Mashed Potatoes Braised Collard Greens Apple Juice Orange	8 Chicken Stir Fry w/ Vegetables Brown Rice w/ Beans Normandy Blend Vegetables Cantaloupe Grape Juice	9 Oven Baked Pork Chops w/ Black Beans & Rice Baby Carrots & Parsley Pear Pineapple Juice	10 Vegetable Soup Tilapia in Sauce Mangu w/ Onions Garden Salad Apple Orange	
12 Jumbo Stuffed Shells w/ Meat Sauce & Garlic Bread Tossed Salad w/ Dressing Banana Orange-Pineapple Juice	13 Chicken Fricassee w/ White Rice Baby Carrots w/ Parsley Apple Juice Fruit Cocktail	14 BBQ Beef Ribs w/ Rice & Beans Cole Slaw Cantaloupe Pineapple Juice	15 Baked Chicken Quarters Mashed Sweet Potatoes Sautéed Mustard Greens Mandarin Orange Orange-Pineapple Juice	16 Beef Meatballs in Tomato Sauce Broccoli & Red Peppers Apple Grape Juice	17 Chicken & Rice Soup Baked Tilapia w/ Red Bliss Potatoes Garden Salad Banana Orange Juice	
19 CENTER IS CLOSED 	20 CENTER IS CLOSED	21 BBQ Pork Chops Rice w/ Corn Roasted Zucchini Mandarin Orange Pineapple Juice	22 Teriyaki Chicken Leg w/ Chinese-Style Spaghetti Oriental Blend Veggies Apple Juice Pear	23 Turkey Meatloaf w/ Mashed Potatoes Braised Collard Greens Apple Grape Juice	24 Lentil Soup Cod Fish Salad Yucca w/ Onions California Blend Veggies Orange-Pineapple Juice Vanilla Pudding	
26 Spinach-Stuffed Flounder w/ Cous Cous Corn w/ Peas Mandarin Orange Slices	27 Butternut Squash Soup Chili Lime Chicken Tortilla Wraps Sautéed Onions & Peppers Pear Orange-Pineapple Juice	28 Beef Brisket w/ Tomatoes & Onions Mashed Potatoes Baby Carrots & Parsley Cantaloupe Pineapple Juice	29 Chicken Leg w/ Stewed Tomatoes & Yellow Rice Braised Collard Greens Apple Juice Banana	30 Vegetable Chicken Soup Eggplant w/ Meat Sauce Garden Salad Apple Orange Juice	31 White Bean Soup Tilapia w/ Mushrooms, Peppers & Tomatoes Rice & Beans Steamed Spinach Grape Juice Orange	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
JANUARY 2020 DINNER MENU Funded by the NYC Department For the Aging And YOUR Contributions Meals served with Vitamin C, 1% Fat Free milk, whole grain bread & trans fat-free margarine Suggested Contribution: \$1.50/meal Guests Age 59 or Below: \$3.00 Fee Vegetarian & Kosher option available ** Menu is subject to change without notice		1 CENTER IS CLOSED 	2 Chinese-Style Roast Pork Loin Chinese-Style Spaghetti Oriental Blend Veggies Orange	3 Baked Salmon w/ Quinoa & Cilantro Citrus Sauce Tomatoes & Cucumbers Pineapple
6 Baked Tilapia w/ Red Bliss Potatoes Baby Spinach Salad Sliced Peaches	7 Oven Fried Chicken Wings w/ Pasta Salad Braised Collard Greens Orange	8 Lemon Salmon w/ Rice Pilaf Mixed Green Salad Pineapple Chunks Orange Juice	9 Eggplant Baked w/ Meat Sauce Garden Salad Banana Orange-Pineapple Juice	10 Glazed Baby Back Ribs Macaroni & Cheese Kale w/ Tomatoes Pineapple Chunks
13 Coconut Curried Cod Fish w/ Brown Rice Baby Carrots w/ Parsley Orange	14 Chicken & Broccoli Stir Fry w/ Rice Oriental Blend Veggies Applesauce Grape Juice	15 Vegetable Lasagna & Garlic Bread Steamed Carrots & Green Beans Pear	16 Crusty Shepherd's Pie Cucumber & Chickpea Salad Banana Orange Juice	17 Teriyaki Beef w/ Rice Pilaf Beet & Apple Salad Apple Juice Mixed Berries
20 CENTER IS CLOSED 	21 Deluxe Cheeseburger w/ Onions on a Hamburger Bun Green Salad Orange	22 Egg Salad w/ Pita Bread Mixed Green Salad Apple Orange Juice	23 Baked Salmon w/ Lemon, Tarragon & Thyme Roasted Sweet Potato Fries Tossed Salad Banana Grape Juice	24 White Bean Soup Teriyaki Tilapia w/ Rice & Chickpeas Braised Collard Greens Apple Juice Pear
27 Turkey Bean Chili w/ Mexican Confetti Cauliflower & Carrots w/ Parsley Pear	28 Baked Breaded Fish w/ Wild Rice Cucumber Dill Salad Orange Juice Sliced Peaches	29 Salisbury Steak w/ Brown Gravy & Mashed Potatoes Italian Blend Veggies Banana Orange Juice	30 Shrimp & Broccoli w/ White Rice Sautéed Bok Choy Grape Juice Orange	31 BBQ Ribs w/ Egg Noodles Kale w/ Tomatoes Orange Juice Pear

**ENJOY ONE OF OUR DELICIOUS LUNCH
OR DINNER MEALS**
SUGGESTED CONTRIBUTION FOR
SENIORS 60+: \$1.50;
GUESTS 59 & UNDER: \$3.00
SUNDAY—FRIDAY 12 PM-1 PM
MONDAY—FRIDAY 4 PM-5:45 PM
(BREAKFAST SERVED
SUNDAYS 10 AM)
GET YOUR TAKE-HOME MEAL FOR
SATURDAY AT FRIDAY'S LUNCH

INVITE A SUS AMIGOS O FAMILIA
A CENAR CON NOSOTROS!
DOMINGOS - VIERNES 12 PM-1 PM
LUNES - VIERNES 4 PM-5:45 PM
MAYORES DE 60 AÑOS O MÁS: \$1.50
INVITADOS: \$3.00

GET A DINNER MEAL TO GO
DURING THE LUNCH SERVICE
\$2.00 (container included)
And Be Sure to PICK UP YOUR
WEEKEND MEAL at Friday's Lunch

WANTED: NEW MEMBERS -
HELP OUR CENTER GROW!
BRING A PROSPECTIVE MEMBER
FOR A MEAL & YOU'LL EACH RECEIVE
A FREE LUNCH VOUCHER! THE NEW
MEMBER WILL ALSO RECEIVE A GIFT!

WANTED: UPDATED MEMBER
REGISTRATIONS!
HELP US KEEP YOUR MEMBERSHIP
INFORMATION UP-TO-DATE!
PLEASE RENEW YOUR MEMBERSHIP
IN THE OFFICES IF IT'S BEEN MORE
THAN ONE YEAR! RENEWING
MEMBERS WILL RECEIVE A GIFT!