

A stylized illustration of a beach scene. A large palm tree with green fronds and a brown trunk is the central element. At its base on the left is a colorful beach ball with segments in green, yellow, blue, and red. Next to the beach ball is a red bucket with a yellow handle and a red shovel. The foreground shows a sandy beach and blue waves of the ocean. The entire scene is set against a light blue sky background.

STEIN SENIOR CENTER

Jane Barry, Executive Director

Robert F. Doxsey, Deputy Director

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Between 2nd & 3rd Avenues
New York, NY 10010**

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Website: www.steinseniorcenter.org

HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM

AUGUST 2014 NEWSLETTER

Our Anniversary Approaches!

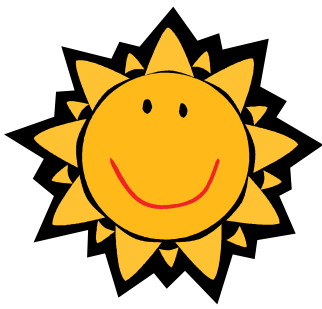
I have just returned from 2 weeks in Italy spending my time in a medieval mountain city named Narni (it was Narnia and C.S. Lewis borrowed that name for his Chronicles). No, I didn't go with our mayor, but I had an interesting time studying and performing at the Narni Music Festival, a new venture in its third year. Musicians from all over the world were there and some even as young as 8 years old. I gained a new appreciation of the younger generation, who accepted me as a benevolent grandmother. I was impressed with the way the natives of Narni treated their older citizens with great love and respect. In this hilly, cobbled-stoned town, the pace of life was slower and the food grown close-by (it was delicious). People gathered in the piazza restaurants and cafes and chatted for hours. There were at least five churches in this tiny town, all built around the XII century. There were no senior centers.

With all that, I was excited to come back to New York, marveling at all the building that had been done while I was away. It was a stark antithesis to a medieval town that never changes. New York is always changing and evolving. We look forward to getting some extra funding given by the City Council to enhance programs with budgets that haven't increased in years. Whatever funds we get will be used for the services we give to the older adults in our community. I want to stress that we would like all who attend the center to register as members. There is no cost to sign up, but it will be an important step to get the reimbursement for programs here at Stein. The Department for the Aging is implementing "performance-based" reimbursement starting this month, August. The numbers submitted each month is based on our registered members and we must keep these numbers at our contracted levels. It won't hurt a bit to sign up, but it will help us to maintain our contractual numbers. Thank you for supporting Stein Senior Center.

We are in the process of planning our 40th Anniversary Party, which will take place in early November, date to be announced. It promises to be a lively and memorable event and more information and dates will follow. Here's to the next forty years of growth. We know that there will be a lot of challenges to meet a growing number of people needing help in the future. We want to thank Rosie Mendez for sponsoring the computer classes from Senior Planet at our center. It is going well and people are enjoying learning how to use computers. Feldenkrais classes are returning in early August because of popular demand and we feel fortunate to be able to offer this class again. It promises to be a very busy autumn and winter ahead.

Jane Barry
Executive Director





STEIN SENIOR CENTER



AUGUST 2014 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Feldenkrais 10:00 – 11:00 Activity Rooms 1 & 2 Through 9/29 Arthritis Exercise 11:15 – 12:15 Activity Rooms 1 & 2 8/4 & 8/18 Only Opera Appreciation 1:30 – 2:30 Dining Room 8/4 Only	Knitting 10:00 – 11:30 Activity Room 2 Birthday Party 1:30 – 3:00 Dining Room 8/12	Strength Training 10:30 – 11:30 Activity Room 1 Play Reading 10:30 – 12:00 Activity Room 2 8/6 & 8/20 Meditation 1:00 – 2:00 Activity Room 1 Bridge Club 1:15 – 3:45 Dining Room	Movie (TBA) 1:30 – 3:30 Activity Room 1 Not 8/21	Yiddish Club 10:30-11:30 Lecture Room Shakespeare 1:30 – 2:30 Dining Room

PARTIALLY FUNDED BY THE DEPARTMENT FOR THE AGING

SUGGESTED DONATION FOR EACH PROGRAM IS \$2.00

SUGGESTED DONATION FOR OPERA APPRECIATION, BRIDGE CLUB

AND SHAKESPEARE IS \$5.00



SPECIAL PROGRAMS

<p>Crime Victim Services</p> <p>Program Coordinator and Victim Advocate</p> <p>Teresa Navarro</p> <p>646 395-8083</p> <p>tnavarro@steinseniorcenter.org</p>	<p>We Care Committee <u>Contact Pat Keegan</u></p> <p>Tell her about people you have no seen and are concerned about.</p> <p>A call will be made and, as appropriate, a card sent.</p> <p>(You can always leave a message for Pat with Susan James or Sandy Daniels)</p>
<p>Shop & Escort</p> <p>Shopping services and escort to appointments</p> <p>Call Susan James at least 3 days in advance 646 395-8083</p>	<p>Sandy Daniels Social Worker</p> <p>Case Assistance, Benefits and Information</p> <p>Call for an appointment Sandy Daniels at 646 395-8083</p>
<p>REGISTRATION Tuesday and Thursday 10:00-1:00</p> <p>Please make an appointment with Ruth Walker CALL: 646 395-8083</p> <ol style="list-style-type: none">1. Please bring proof of your age.2. The name, address, and telephone number of your doctor, hospital or clinic.3. The name, address, and telephone number of an emergency contact such as your spouse, other relative, or friend.4. A list of medications you are taking along with the daily dosage. <p>There is no cost to become a member of Stein Senior Center.</p>	
<p>ALL MEMBERS</p> <p>Need an updated membership card with a '14 sticker</p> <p>Tuesday and Thursday 10:00am – 1:00pm</p>	

SPECIAL PROGRAMS

New Session

FELDENKRAIS

Mondays, August 4th through September 29th

10:00am – 11:00am

Activity Rooms 1 & 2

PICNIC IN THE PARK



With the Nurses from Pace

Thursday August 7th

11:15am

See Susan to sign up

FILM SCREENINGS

Thursday, August 7th, 14th, & 28th

1:30pm

Activity Rooms 1 & 2

See Front Desk for Schedule



AUGUST BIRTHDAY PARTY



Tuesday, August 12th

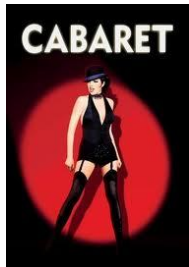
1:30pm

Dining Room

Live music with Jose & Maria



SPECIAL PROGRAMS



VOCAL EASE CABARET

Wednesday, August 13th

1:45pm

Activity Rooms 1 & 2

*****BOOK & CARD SALE*****

Wednesday, August 13th & August 27th

10:30am – 12:00pm

Lecture Room

Books – Hard Cover: 50¢ Soft Cover 25¢

Cards - 10¢



HAIRCUTS

Thursday, August 14th

\$10, By Appointment, See Susan

MEDICARE RIGHTS

With Iris Finelli

Tuesday, August 12th

12:00pm

Dining Room

THEATRE & MORE

Closed in August

SPECIAL PRESENTATION

SCRIE

New changes and updates will be addressed & your questions answered, including determination of eligibility.

Applications will be available.

Thursday, August 21st

1:00 – 3:30pm

Activity Rooms 1&2

Sponsored by the Office of

Assembly member

Brian Kavanagh



STEIN SENIOR CENTER AUGUST 2014 MENU

LUNCH SERVED FROM 11:30am TO 12:30pm



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 28 Eggplant Parmesan Pasta Whole Wheat Bread California Blend Vegetables Banana	July 29 Apple Juice Salisbury Steak White Rice Whole Wheat Bread Collard Greens w/Tomato Fruit Cocktail	July 30 Vegetable Soup Tuna Fish Salad Pasta Salad Whole Wheat Bread Garden Salad Orange	July 31 Pineapple Juice Grilled Chicken Mashed Potatoes Whole Wheat Bread Broccoli w/Red Peppers Canned Apricots	August 1 Orange Pineapple Juice Baked Tilapia Egg Noodles Whole Wheat Bread Baby Carrots Apple
4 Apple Juice Vegetable Lasagna Whole Wheat Bread Garden Salad Pear	5 Tomato Rice Soup Chicken Cacciatore Baked Potatoes Whole Wheat Bread Steamed Broccoli Apple Sauce	6 Beef Brisket w/ Tomatoes & Onion Brown Rice Whole Wheat Bread Steamed Kale Apple	7 Curried Chicken White Rice Whole Wheat Bread Cauliflower w/Carrots Orange	8 Orange Juice Salmon in Garlic Butter Couscous w/Peas Whole Wheat Bread Collard Greens w/Tomato Banana
11 Orange Juice Stuffed Cabbage w/Beef Whole Wheat Bread Baby Carrots Apple	12 Rosemary Chicken Bowtie Noodles Whole Wheat Bread Baby Spinach Salad Orange	13 Pineapple Juice Beef & Vegetable Stew Brown Rice Whole Wheat Bread Cut Green Beans Banana	14 Orange Pineapple Juice Baked Tilapia Mashed Potatoes Whole Wheat Bread Broccoli w/Red Peppers Apple	15 Vegetarian Baked Ziti Mediterranean Salad Whole Wheat Bread Orange
18 Turkey meatloaf Whole wheat bread Broccoli w/Red Peppers Garden Salad Banana	19 Honey Mustard Chicken Cutlet Pasta Whole Wheat Bread Collard Greens w/Tomato Canned Apricots	20 Pineapple Juice Salisbury Steak w/Mushroom Gravy Brown Rice Whole Wheat Bread Zucchini w/Onions & Peppers Apple	21 Pasta Primavera w/Cheese Garden Salad Whole Wheat Bread Italian Blend Vegetables Orange	22 Salmon in Garlic Butter Egg Noodles Whole Wheat Bread Kale w/Tomato Fruit Cocktail
25 Orange Juice Eggplant Parmesan Wheat Spaghetti Whole Wheat Bread Garden Salad Apple	26 Orange Pineapple Juice Chicken Cutlet Brown Rice Whole Wheat Bread Broccoli w/Red Peppers Banana	27 Apple Juice Turkey Meatloaf Egg Noodles Whole Wheat Bread California Blend Vegetables Pineapple in Juice	28 Orange Pineapple Juice Baked Chicken Legs Whole Wheat Bread Cauliflower w/Carrots Kiwi	29 Baked Salmon Yellow Rice Whole Wheat Bread Steamed Vegetables Orange

Suggested Donation \$2.00 for those 60+

Guests under 60 - \$4.75

Partially funded by the Department for the Aging