

# Stein Scope

**APRIL 2019 EVENTS CALENDAR**

**Stein Neighborhood Senior Center**  
204 East 23<sup>rd</sup> Street, 2<sup>ND</sup> Floor  
Manhattan, New York 10010  
Tel.: 1-646-395-8083  
Fax: 1-646-395-8088  
Website: [Steinseniorcenter.org](http://Steinseniorcenter.org)

**BUSINESS HOURS: MONDAY'S- FRIDAY'S 8:00AM - 4:00PM**



*April Showers  
Bring May Flowers*

**We at Stein Neighborhood Senior Center  
wish all our Members a Happy April**



**We at Stein Neighborhood Senior Center  
would like to wish our April Babies a  
Happy Birthday!**

**Birthday Celebration  
Date: April 26  
Time: 11am-  
1pm**

Funded in part by: The Department for the Aging

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**PLEASE JOIN US FOR THE FOLLOWING SPECIAL EVENTS**



**Passover Seder**  
Service Conducted by:  
**The Brotherhood Synagogue**  
Location: Stein Neighborhood Senior Center  
204 East 23<sup>rd</sup> Street, 2<sup>ND</sup> Floor,  
Manhattan, NY10010  
Date: April 12  
Passover Seder Time: 10-11:30am  
Luncheon Time: 12-1pm  
**\*Please sign up with staff/volunteer.**



**Stein Senior Center Thanks- Met Council Seder Food Distribution**  
Location: Stein Neighborhood Senior Center  
204 East 23<sup>rd</sup> Street, 2<sup>ND</sup> Floor,  
Manhattan, NY10010  
Date: April 12  
Time: 1-2pm



**Easter Celebration**  
Location: Stein Neighborhood Senior Center  
204 East 23<sup>rd</sup> Street, 2<sup>ND</sup> Floor,  
Manhattan, NY10010  
Date: April 18  
Celebration Time: 11-2pm  
Lunch Time: 12:00-1:00pm



**Good Friday**  
Closing Early  
Manhattan, NY10010  
Date: April 19  
Special Hours: 8:00am-1:00pm

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	<p><b>Health &amp; Fitness Expo.</b>          STEIN is partnering with NYC Parks Department          Location: Asser Levy Recreational Center          392 Asser Levy Pl. &amp; 23<sup>rd</sup> Street, N.Y., N.Y.          10010          Date: April 26          Time: 10am-2pm</p>
	<p><b>Stein's Mother's Day Breakfast</b>          Date: May 9          Time: 9-10am</p> <p><b>Stein's Mother's Day Celebration</b>          Date: May 9          Time: 11-1pm          Entertainment: DJ</p>
	<p><b>Stein's Volunteer Appreciation Ceremony</b>          Date: May 17          Breakfast Time: 9-10am          Ceremony Time: 10-11:30am</p>
	<p><b>Golden Games Health Competition</b>          STEIN is partnering with NYC Parks Department          Location: Asser Levy Recreational Center          392 Asser Levy Pl. &amp; 23<sup>rd</sup> Street, N.Y., N.Y.          10010          Date: May 22          Time: 10am-2pm</p>

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	<p><b>Chorus Musical Performance</b>  <b>Date: May 22</b>  <b>Time: 12am-1pm</b></p>
	<p><b>Father's Day Breakfast</b>  <b>Date: June 14</b>  <b>Time: 9-10am</b></p> <p><b>Father's Day Celebration</b>  <b>Date: June 14</b>  <b>Time: 11-1pm</b>  <b>Entertainment: DJ</b></p>
	<p><b>Senior Spring Dance</b>  <b>Date: June 21</b>  <b>Time: 3-6pm</b>  <u><b>Entertainment</b></u>  <b>Ballroom Dancing- Choreography Showing</b>  <b>DJ</b></p>
	<p><b>Su-Casa's Art Exhibit</b>  <b>Date: June 26</b>  <b>Time: 1pm-3:45pm</b></p> <p><b>Seniors' Art Exhibit</b>  <b>Date: June 28</b>  <b>Time: 1pm-3:45pm</b></p>

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# APRIL 2019

## MOVIES

<p><b>April 4</b></p>	<p><b>The Music of Silence (1hour &amp; 55minutes)</b>  <b>Detailing the life of tenor Andrea Bocelli, who transcends his blindness with his singing, from his bumpy childhood to his meteoric rise to fame.</b></p>
<p><b>April 11</b></p>	<p><b>How to Make an American Quilt (1 hour &amp; 56 minutes)</b>  <b>Soon-to-be-wed graduate student Finn Dodd (Winona Ryder) develops cold feet when she suspects her fiancé is cheating on her. In order to clear her head, Finn visits her grandmother, Hy (Ellen Burstyn), and great aunt, Glady Joe Cleary (Anne Bancroft), in Grasse, Calif. There, Finn learns that Hy and Glady Joe are members of a group of passionate quilters, and over the course of her visit she is regaled with tales of love and life by women who have collected rich experiences and much wisdom.</b></p>
<p><b>April 18</b></p>	<p><b>American Gangsters (2 hrs. &amp; 36 minutes)</b>  <b>Harlem drug dealer Frank Lucas rises to power in corrupt 1970s New York, equaling and surpassing the notorious Mafia families with the reach of his empire. On the other side of the law, honest cop Richie Roberts dedicates himself to taking down `the most dangerous man walking the streets. Lucas acts with impunity, smuggling heroin into the US in the coffins of American soldiers killed in Vietnam.</b></p>
<p><b>April 25</b></p>	<p><b>The Guernsey Literary and Potato Peel Pie (2 hrs &amp; 3 minutes)</b>  <b>In 1946 a London-based writer begins exchanging letters with residents on the island of Guernsey, which was German-occupied during WWII. Feeling compelled to visit the island, she starts to get a picture of what it was like during the occupation.</b></p>



# APRIL 2019 PRESENTATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> <u>EDUCATION</u> The Importance of Recycling  <u>HEALTH MANAGEMENT</u> The Importance of Regular Eye Examinations	<b>2</b> <u>EDUCATION</u> Are You Dating? Older Adults and Healthy Relationships  <u>HEALTH MANAGEMENT</u> TBA	<b>3</b> <u>EDUCATION</u> Overview of EPIC  <u>HEALTH MANAGEMENT</u> TBA	<b>4</b> <u>EDUCATION</u> Overview of SNAP  <u>HEALTH MANAGEMENT</u> TBA	<b>5</b> <u>EDUCATION</u> Overview of SCRIE  <u>HEALTH MANAGEMENT</u> TBA
<b>8</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> The Importance of Regular Eye Examinations	<b>9</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA	<b>10</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> Immunization for Older Adults	<b>11</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA	<b>12</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA
<b>15</b> <u>EDUCATION</u> Overview of SNAP  <u>HEALTH MANAGEMENT</u> Immunization for older adults	<b>16</b> <u>EDUCATION</u> Overview of SCRIE  <u>HEALTH MANAGEMENT</u> TBA	<b>17</b> <u>EDUCATION</u> The Importance of Recycling  <u>HEALTH MANAGEMENT</u> TBA	<b>18</b> <u>EDUCATION</u> Overview of EPIC  <u>HEALTH MANAGEMENT</u> TBA	<b>19</b> <u>EDUCATION</u> Are You Dating? Older Adults and Healthy Relationships  <u>HEALTH MANAGEMENT</u> TBA
<b>22</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA	<b>23</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA	<b>24</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA	<b>25</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA	<b>26</b> <u>EDUCATION</u> TBA  <u>HEALTH MANAGEMENT</u> TBA
<b>29</b> <u>EDUCATION</u> Overview of APS  <u>HEALTH MANAGEMENT</u> TBA	<b>30</b> <u>EDUCATION</u> Overview of Medicaid/Medicare  <u>HEALTH MANAGEMENT</u> TBA			

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<b>STEIN NEIGHBORHOOD SENIOR CENTER</b>	<b>ACTIVITY ROOMS:</b>
<b>ACTIVITIES</b>	<input type="checkbox"/> LUNCH ROOM <input type="checkbox"/> ROOM- 1 <input type="checkbox"/> ROOM-2 <input type="checkbox"/> ROOM-3 <input type="checkbox"/> ROOM4

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:00-9:00	<input type="checkbox"/> TABLE TALK <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> TABLE TALK <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> TABLE TALK <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> TABLE TALK <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> TABLE TALK <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
9:00-9:30	<input type="checkbox"/> EARLY BIRD EXE	<input type="checkbox"/> EARLY BIRD EXE	<input type="checkbox"/> EARLY BIRD EXE	<input type="checkbox"/> EARLY BIRD EXE	<input type="checkbox"/> EARLY BIRD EXE
10:00-10:30	<input type="checkbox"/> ED. PRES	<input type="checkbox"/> ED. PRES	<input type="checkbox"/> ED. PRES	<input type="checkbox"/> ED. PRES	<input type="checkbox"/> ED. PRES
10:00-11:00	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> SU-CASA ART <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> SPORTS TALK <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> TAI-CHI <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> YIDDISH CLUB <input type="checkbox"/> KNITTING <input type="checkbox"/> SU-CASA ART <input type="checkbox"/> <input type="checkbox"/>
F U N D Raising			<input type="checkbox"/> 10:30-11:30-BOOKS & MORE <input type="checkbox"/> 10:30-1:30 CULTURE IN THE CITY	<input type="checkbox"/> 11:30-2:30 CULTURE IN THE CITY	
11:00-11:30	<input type="checkbox"/> HM PRES	<input type="checkbox"/> HM PRES	<input type="checkbox"/> HM PRES	<input type="checkbox"/> HM PRES	<input type="checkbox"/> HM PRES
11:00-12:00	<input type="checkbox"/> <input type="checkbox"/> ARTHRITIS EXE <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> SU-CASA- ART <input type="checkbox"/> GLOBAL HISTORY <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> STRENGTH TRAINING <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> ARTHRITIS EX <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> SU-CASA ART <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
11:30-12:00	<input type="checkbox"/> MID-DAY EXE	<input type="checkbox"/> MID-DAY EXERCISE	<input type="checkbox"/> MID-DAY EXE	<input type="checkbox"/> MID-DAY EXE	<input type="checkbox"/> MID-DAY EXE
12:00-1:00	<input type="checkbox"/> SENIOR LUNCH	<input type="checkbox"/> SENIOR LUNCH	<input type="checkbox"/> SENIOR LUNCH	<input type="checkbox"/> SENIOR LUNCH	<input type="checkbox"/> SENIOR LUNCH
12:00-3:00	<input type="checkbox"/> <input type="checkbox"/> SERENITY (Exercise) (Storytelling)				<input type="checkbox"/> <input type="checkbox"/> SERENITY (Art) (5 Rhythms)
1:00-2:00	<input type="checkbox"/> Team Sports-Discussion <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> MINDFULNESS <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> MEDITATION <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> CHAIR YOGA <input type="checkbox"/> PING PONG <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> GLASS JEWELRY <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
1:00-1:30	<input type="checkbox"/> HM PRESENTATION	<input type="checkbox"/> HM PRESENTATION	<input type="checkbox"/> HM PRESENTATION	<input type="checkbox"/> HM PRESENTATION	<input type="checkbox"/> HM PRESENTATION
1:30-2:30	<input type="checkbox"/> OPERA APPRECIATION	<input type="checkbox"/> CHAIR DANCE	<input type="checkbox"/> BRIDGE/ BINGO <input type="checkbox"/> READING	<input type="checkbox"/> MOVIE DAY (1:30-3:30)	<input type="checkbox"/> SHAKESPEARE
2:00-3:00	<input type="checkbox"/> POETRY WRITING <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> ZUMBA <input type="checkbox"/> <input type="checkbox"/> FIT/FLEXIBLE <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> BELLY DANCING <input type="checkbox"/> CHORUS 2:30 <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>
3:00-4:00					

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## STEIN NEIGHBORHOOD SENIOR CENTER

**LUNCH MENU- APRIL 2019 LUNCH TIME: 12:00-1:00PM**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FROZEN
1	2	3	4	5	
Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad with Dressing	Soup: Chicken Barley/Vegetable Cheeseburger with Onions WW Hamburger Baked Fries Green Bean Sautee	Honey Mustard Chicken Breast Orzo Vegetables Spinach, Apple and Red Onion Salad	Turkey Meatballs Spinach & Basil Pesto Whole Wheat Spaghetti Steamed Carrots	Vegetable Baked Ziti WW Pasta Garlic Bread Sautéed Spinach	Chicken Parmesan Spaghetti Kale with Tomato
8	9	10	11	12	
Chicken and Broccoli Stir Fry White Rice Oriental Blend	BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens	Egg Drop Soup Pepper Flank Steak Egg Noodles Broccoli with Toasted Garlic	Whole Roasted Chicken WW Roll California Blend Vegetables Cheddar and Potato Bake	<u>Seder Plate</u> Hard Boiled Egg Horse Radish Charosed Romain Lettuce Leaf Grape Juice  <u>Passover Luncheon</u> Bake Chicken Roasted Potato String Beans	Baked Chicken Quarters Tomato Sauce Steamed Broccoli Steamed Carrots
15	16	17	18	19	
Chicken Parmesan Fettuccini with Sauce Sautéed Spinach	Stuffed Shells with Cheese Garden Salad	Soup Broccoli & Potato Chicken Salad WW Roll Carrot Apple Raisin Salad Herb Potato Salad with Mustard Vinaigrette	Oven Baked Pork Chops Brown Rice 1 cup Chinese Style Bok Choy	Coconut Curried Cod Fish Baked Red Potato Wedges California Blend Vegetables	Chicken Breast White Rice Broccoli with Toasted Garlic
22	23	24	25	26	
Soup Minestrone Deluxe Cheeseburger with Onions WW Hamburger Bun Arugula Salad with Balsamic Vinegar Baked Sweet Potato	Broccoli Cheese Quesadilla Mexican Confetti Rice Tossed Salad with Dressing	BBQ Chicken Leg Quarters Baked Macaroni and Cheese Whole Kale with Tomato	Ground Beef Stuffed Bell Peppers with Cheese WW Roll Cauliflower with Carrots and Parsley	Lemon Salmon Pasta Salad Beet Salad Mixed Green Salad	Mushroom, Red Pepper and Onion Sauté Turkey Meatloaf Rice Pilaf Steamed Broccoli
29	30	MAY-1	MAY-2	MAY-3	
Soup Chicken Noodle Beef Meatloaf with Mushroom Gravy WW Roll Baked Potatoes Steamed Spinach	Vegetable Lasagna Garlic Bread Salad Baby Spinach	Chicken Caprese WW Roll Herb Potato Salad with Mustard Vinaigrette Red Cabbage Salad	BBQ Beef Ribs Roasted Zucchini Steamed Corn on the Cob	Homemade Breaded Fish Cauliflower Stuffing Steamed Carrots	Chili con Carne Rice with Vegetables Green Bean Sautee

- THE LUNCH MEAL IS SUBJECT TO CHANGE
- ALL LUNCHESES CONTAIN A COLD PACK-1% MILK, FRUIT, JUICE
- ALL AGE 60 & OVER WILL NOT BE DENIED A MEAL, IF NOT ABLE TO GIVE \$2.00 SUGGESTED DONATION
- AFTER 1PM- IF ANY FOOD IS LEFT OVER- GUEST UNDER AGE 60, WISHING TO EAT...ARE REQUIRED TO PAY \$5.00



# Our Community Neighbors

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*Deli - Pizza- Grill*  
*The Best of Stuyvesant Town*  
*& Peter Cooper*

Open 7 Days a Week  
(6 A.M. -11 P.M.)

514 East 20th Street, New York, NY 10009

Call 212.979.2859 or 212.979.5736 or 212-979-2897

Fax 212.979.8637

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