

# STEIN SENIOR CENTER

Jane Barry, Executive Director

Robert F. Doxsey, Deputy Director

204 East 23<sup>rd</sup> Street, 2<sup>nd</sup> Floor  
Between 2<sup>nd</sup> & 3<sup>rd</sup> Avenues  
New York, NY 10010

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Website: [www.steinseniorcenter.org](http://www.steinseniorcenter.org)

HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM

FEBRUARY 2014 NEWSLETTER

*Happy  
Valentine's  
Day*

February Greetings!

The snow is swirling outside as I write this month's editorial.

There are so many things happening at Stein these days: Feldenkrais, the clinical study has begun and we had a great turnout for it. Our new **senior chorus is starting Tuesday, February 4th** in collaboration with Turtle Bay Music School, conducted by Allison Davy, conductor and singer. Each rehearsal will have a piano accompanist from the school and we will have 2 performances in the 16 week session. I am expecting that many of our Stein members will join, I plan to be there. This is funded by the Samuel and Fan Fox Foundation to create music in the community. I hope we will have a good turnout for this opportunity.

Tax season has begun and that means our **AARP sponsored tax preparation will begin on Thursday, Feb. 6<sup>th</sup>** and continue on Thursdays through April 15th. This brings many people into the center, so arrive on time at 9 am to get on line.

This is a very interesting time at Stein Senior Center. We are getting many new members each month, our Senior Advisory board is up and running, we have several new collaborations in the community. We will be starting to plan for our 40<sup>th</sup> Anniversary celebration/fundraiser in the Fall and we have new members on our Board of Directors. Our **Senior Companion Program** is growing and some Stein members have been meeting with their companions. This program is very successful and the matches have been a godsend to those people. We are still looking for more senior companions for the program. This program, sponsored **by Henry Street Senior Companion Program** provides on-going support for seniors who would like a weekly visitor who will help with shopping, escort to the senior center or doctor's office or just a stroll. Senior companions are trained and supervised and are required to work at least 15 hours per week for a stipend. The senior companion will have more than one senior to visit weekly. For more information, please speak with Sandy Daniels or Jane Barry.

We wish all our Chinese members a Happy New Year and celebrate Black History month in February. We have scheduled Renee Manning and Earle McIntyre to celebrate with music and singing on Tuesday, February 25<sup>th</sup> at 1:30 pm. Some of you may remember Renee and her band when they came to our old site on 24<sup>th</sup> Street about 3 years ago. We are still planning a Chinese New Year celebration. Stay tuned...

Stay warm,

Jane Barry



# STEIN SENIOR CENTER FEBRUARY 2014 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Feldenkrais</b> 10:00 – 11:00 Activity Rooms 1 & 2  <b>Arthritis                      Exercise</b> 11:15 – 12:15 Activity Rooms 1 & 2  <b>Opera                      Appreciation</b> 1:30 – 2:30 Dining Room  <b>CLOSED</b> <b>2/17</b> <b>PRESIDENT                      S'                      BIRTHDAY</b>	<b>Knitting</b> 10:00 – 11:30 Activity Room 2  <b>Belly                      Dancing</b> 10:45 – 11:45 Lecture Room  <b>Chorus</b> 10:30 – 11:30 Activity Room 1  <b>Birthday                      Party</b> 1:30 – 3:00 Dining Room <b>2/11</b>	<b>Strength                      Training</b> 10:30 – 11:30 Activity Rooms 1 & 2  <b>Play Reading</b> 10:30 – 12:00 Lecture Room <b>2/5 and 2/19</b>  <b>Meditation</b> 1:00 – 2:00 Activity Room 1  <b>Bridge Club</b> 1:15 – 3:45 Lecture Room	<b>A                      A                      R                      P</b>  <b>Income                      Tax                      Prepara-                      tion</b>  <b>Start                      Date                      February                      6th</b>	<b>Feldenkrais</b> 10:00 – 11:00 Activity Rooms 1 & 2  <b>Yiddish                      Club</b> 10:30-11:30 Lecture Room  <b>Shakespeare</b> 1:30 – 2:30 Dining Room

**PARTIALLY FUNDED BY THE DEPARTMENT FOR THE AGING  
FOR EACH PROGRAM IS \$2.00**

**SUGGESTED DONATION**



## SPECIAL PROGRAMS

<p style="text-align: center;"><b>Crime Victim Services</b></p> <p style="text-align: center;"><b>Program Coordinator and Victim Advocate</b></p> <p style="text-align: center;"><b>Teresa Navarro</b></p> <p style="text-align: center;"><b>646 395-8083</b></p> <p style="text-align: center;"><b>tnavarro@steinseniorcenter.org</b></p>	<p style="text-align: center;"><b>We Care Committee</b></p> <p style="text-align: center;"><b>Contact Florence Stoller or Pat Keegan</b></p> <p style="text-align: center;"><b>Tell them about people you have not seen and are concerned about.</b></p> <p style="text-align: center;"><b>A call will be made and, as appropriate, a card sent.</b></p> <p style="text-align: center;">(You can always leave a message for Florence or Pat with Anne Lewent or Sandy Daniels)</p>
<p style="text-align: center;"><b>Shop &amp; Escort</b></p> <p style="text-align: center;"><b>Shopping services and escort to appointments</b></p> <p style="text-align: center;"><b>Call Anne Lewent at least 3 days in advance 646 395-8083</b></p>	<p style="text-align: center;"><b>Sandy Daniels Social Worker</b></p> <p style="text-align: center;"><b>Case Assistance, Benefits and Information</b></p> <p style="text-align: center;"><b>Call for an appointment Sandy Daniels at 646 395-8083</b></p>
<p><b>Registration</b>  <b>Tuesday and Thursday</b>  <b>10:00-1:00</b></p> <p><b>Please make an appointment with Ruth Walker</b>  <b>CALL: 646 395-8083</b></p> <ol style="list-style-type: none"> <li><b>1. Please bring proof of your age.</b></li> <li><b>2. The name, address, and telephone number of your doctor, hospital or clinic.</b></li> <li><b>3. The name, address, and telephone number of an emergency contact such as your spouse, other relative, or friend.</b></li> <li><b>4. A list of medications you are taking along with the daily dosage.</b></li> </ol>	
<p><b>ALL MEMBERS</b></p> <p><b>Need an updated membership card with a '14 sticker</b>  <b>Tuesday and Thursday</b>  <b>10:00 – 1:00</b></p>	

## SPECIAL PROGRAMS

**NUTRITIONIST – Denise Sabal, R.D.N.**  
**Friday, February 21<sup>st</sup> – 11:30 – 3:30 consultations**

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

**EVERY OTHER WEDNESDAY**



**Starting February, 5<sup>th</sup>**

**10:30 – 12:00**

**Lecture Room**

**WELCOME**

**CITY TECH NURSES**

**Every Tuesday**

**9:00 – 12:30**

**HICAP**

**Wednesday, February 5<sup>th</sup>**

**See Bob for Appointment**

**ACORN CHILDRENS CHORUS**

**VALENTINE'S DAY**

**Friday, February 14<sup>th</sup> at 10:15**

**Dining Room**

**SING-A-LONG**

**WITH DAN SCHLESINGER**

**VALENTINE'S DAY**

**Friday, February 14<sup>th</sup> during Lunchtime**

**Dining Room**



**MEDICARE RIGHTS**

**Iris Fanelli**

**Tuesday, February 18<sup>th</sup> at 12:00**

**Dining Room**

## **SPECIAL PROGRAMS**

### **RENEE MANNING CABARET HONORING BLACK HISTORY MONTH**

**Tuesday, February 25<sup>th</sup> at 1:30**

**Dining Room**

### **THEATRE & MORE**

**Wednesdays – 10:30am – 1:30pm**

**Thursdays – 10:30am – 2:00pm**

**Fridays – 11:30am – 2:00pm**

### **MAKEOVERS WITH ZOE**

**Tuesday, February 18<sup>th</sup>**

**1:15**

**Lecture Room**



## STEIN SENIOR CENTER FEBRUARY 2014 MENU

**LUNCH SERVED FROM 11:30 TO 12:45**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Apple Juice Chicken Parmesan Noodles Whole Wheat Bread Asparagus Fruit Cocktail	<b>4</b> Grape Juice Lasagna W/Meat Sauce Whole Wheat Bread Tossed Salad Orange	<b>5</b> Orange Juice Turkey W/Gravy Sweet Potato Whole Wheat Bread Green Beans Pears	<b>6</b> Blended Juice Hungarian Goulash Whole Wheat Bread Noodles Kale Apple	<b>7</b> Pineapple Juice Meat Loaf W/Potatoes Whole Wheat Bread Corn & Peppers Spinach Peaches
<b>10</b> Apple Juice Beef Pot Roast Whole Wheat Bread Roasted Potatoes & Garlic Zucchini & Squash Pineapple Chunks	<b>11</b> Orange Juice Rosemary Chicken Brown Rice Whole Wheat Bread Garlic Spinach Apple	<b>12</b> Pineapple Juice Chicken Cutlet Whole Wheat Bread California Blend Roasted Potatoes Pears	<b>13</b> Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Seasoned Collard Greens Pears	<b>14</b> Pineapple Juice Breaded Cod W/Tartar Sauce Whole Wheat Bread Tossed Salad Baby Carrots Banana 
<b>17</b> <b>CLOSED</b> <b>PRESIDENTS'</b> <b>DAY</b>	<b>18</b> Orange Juice Meatballs W/Sauce Spaghetti Whole Wheat Bread Broccoli Spears Pear	<b>19</b> Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini & Tomatoes Fruited Jell-O	<b>20</b> Apple Juice Turkey W/Sauce Whole Wheat Bread Baked Sweet Potato Garlic Spinach Orange	<b>21</b> Orange Pineapple Juice Pepper Steak Whole Wheat Bread Parsley Baby Carrots Peaches
<b>24</b> Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Seasoned Collard Greens Pears	<b>25</b> Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	<b>26</b> Orange Juice Baked Chicken Whole Wheat Bread Roasted Potato Broccoli Florets Orange	<b>27</b> Apple Juice Tilapia W/Garlic Sauce Whole Wheat Bread Green Beans/Red Peppers Peaches	<b>28</b> Pineapple Juice Barbeque Chicken Whole Wheat Bread Spinach Banana

**Suggested Donation \$2.00 for those 60+**

**Guests under 60 - \$4.75**

**Partially funded by the Department for the Aging**

