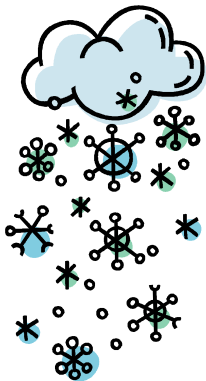




STEIN SENIOR CENTER

Jane Barry, Executive Director

Robert F. Doxsey, Deputy Director



204 East 23rd Street, 2nd Floor

Between 2nd & 3rd Avenues

New York, NY 10010

Tel: (646)395-8083

Fax: (646)395-8088

Website: www.steinseniorcenter.org

HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM



HAPPY NEW YEAR – 2014 !!!

This must have been the year that went too fast. As I'm writing this, we've had 70 degree weather, setting records for this date. We have been fortunate to have collaborated with The Feldenkrais Institute, who have presented 2 series of workshops at Stein. They have recently gotten a grant to study the effects of the Feldenkrais method before and after taking the workshops. They will enlist 2 groups- one group will take the classes and the control group will not. (the control group will get their own series after the study is completed in March).

If you are interested in participating in the **Feldenkrais study** and you haven't taken the class in the past, please attend the informational session on January 27th, Monday at 10:00 am. Many people are finding Feldenkrais very helpful in reducing stress, pain and stiffness. Space is very limited for this study, so please attend if you are interested.

We recently had a performance and sing-a-long with Sean Mahoney and had a great time singing (he was wonderful). Many people have expressed interest in starting up our senior chorus again. Turtle Bay Music School has gotten a grant to create music in the community. We are one of the lucky recipients and will re-establish our senior chorus. The Director of Turtle Bay's choral department will lead the chorus and when we are all well-trained, we may sing with the children's chorus at Turtle Bay.

We also met a doctoral student in psychology who will be at Stein in mid- January. She would like to meet one-to-one with seniors helping them to solve problems and make decisions. She is writing her doctoral thesis on this subject. This will be a free program and each private session will be 45-50 minutes. We will give more information in mid January.

I recently met with Speech Pathologists from the United Federation of Teachers Retirement Program and Harvey Alter, who is founder of a post-stroke support program. They would like to expand their sites for support groups to meet at Stein center. They would also send speech pathologists to our center to give a lecture series on stroke and aphasia.

Have a Happy and Healthy Holiday and New Year. Jane Barry, executive Director



STEIN SENIOR CENTER

JANUARY 2014 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Feldenkrais 10:00 – 11:30 Activity Rooms 1 & 2 STARTING 1/27 Arthritis Exercise 11:40 – 12:40 Activity Rooms 1 & 2 Opera Appreciation 1:30 – 2:30 Dining Room	Knitting 10:00 – 11:30 Activity Room 2 Belly Dancing 10:45 – 11:45 Lecture Room Fine Arts – Painting 1:30 – 3:00 Dining Room NO INSTRU- CTOR Birthday Party 1:30 – 3:00 Dining Room 1/14	Strength Training 10:00 – 11:00 Activity Rooms 1 & 2 Play Reading 10:30 – 12:00 Lecture Room 1/8 and 1/15 Meditation 1:00 – 2:00 Activity Room 1 Bridge Club 1:15 – 3:45 Lecture Room NO INSTRUCTOR	A A R P Income Tax Prepar- ation Start Date February 6th	Feldenkrais 10:00 – 11:30 Activity Rooms 1 & 2 STARTING 1/31 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

SPECIAL PROGRAMS

<p style="text-align: center;">Crime Victim Services</p> <p style="text-align: center;">Program Coordinator and Victim Advocate</p> <p style="text-align: center;">Teresa Navarro</p> <p style="text-align: center;">646 395-8083</p> <p style="text-align: center;">tnavarro@steinseniorcenter.org</p>	<p style="text-align: center;">We Care Committee</p> <p style="text-align: center;">Contact Florence Stoller or Pat Keegan</p> <p style="text-align: center;">Tell them about people you have not seen and are concerned about.</p> <p style="text-align: center;">A call will be made and, as appropriate, a card sent.</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;">Shop & Escort</p> <p style="text-align: center;">Shopping services and escort to appointments</p> <p style="text-align: center;">Call Anne Lewent at least 3 days in advance 646 395-8083</p>	<p style="text-align: center;">Sandy Daniels Social Worker</p> <p style="text-align: center;">Case Assistance, Benefits and Information</p> <p style="text-align: center;">Call for an appointment Sandy Daniels at 646 395-8083</p>
<p>Registration Tuesday and Thursday 10:00-1:00 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>ALL MEMBERS Need an updated membership card with a '14 sticker Tuesday and Thursday 10:00 – 1:00</p>	

SPECIAL PROGRAMS

NUTRITIONIST – Denise Sabal, R.D.N.
Wednesday, January 15th – 1:30 – 3:30 consultations
Wednesday, January 29th – 1:30 Presentation

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

EVERY OTHER WEDNESDAY

Starting January 8th

10:30 – 12:00

Lecture Room

MEDICARE RIGHTS

Iris Fanelli

Tuesday, January 14th

12:00

Dining Room

SCORE REHAB PRESENTATION

Tuesday, January 14th

1:15

Activity Room 2

OSCAR STRAUSS

PRESENTATION

Tuesday, January 21st

1:15

THEATRE & MORE

Wednesdays – 10:30am – 1:30pm

Thursdays – 10:30am – 2:00pm

Fridays – 11:30am – 2:00pm

STEIN SENIOR CENTER JANUARY 2014 MENU
LUNCH SERVED FROM 11:30 TO 12:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 CLOSED NEW YEAR'S DAY	2 Apple Juice Beef Tacos W/Black Beans Spanish Rice Whole Wheat Bread Green Beans/Red Peppers Orange	3 Pineapple Juice Breaded Cod W/Tartar Sauce Whole Wheat Bread Tossed Salad Baby Carrots Banana
6 Pineapple Juice Chicken Teriyaki Yellow Rice Whole Wheat Bread Green Beans/Red Peppers Applesauce	7 Orange Juice Meatballs W/Sauce Spaghetti Whole Wheat Bread Broccoli Spears Pear	8 Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini & Tomatoes Fruited Jell-O	9 Apple Juice Turkey W/Sauce Whole Wheat Bread Baked Sweet Potato Garlic Spinach Orange	10 Orange Pineapple Juice Salisbury Steak Whole Wheat Bread Baby Carrots Peaches
13 Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Seasoned Collard Greens Pears	14 Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	15 Orange Juice Baked Chicken Whole Wheat Bread Roasted Potato Broccoli Florets Orange	16 Apple Juice Tilapia in Garlic Sauce Whole Wheat Bread Green Beans/Red Peppers Peaches	17 Pineapple Juice Barbeque Chicken Whole Wheat Bread Spinach Banana
20 CLOSED MARTIN LUTHER KING DAY	21 Orange Juice Turkey W/Gravy Brown Rice Whole Wheat Bread Broccoli Florets Pear	22 Blended Juice Meatballs W/Sauce Spaghetti Whole Wheat Bread Tossed Salad Orange	23 Apple Juice Grilled Chicken Cutlet Whole Wheat Bread Kale/Spinach Zucchini/Squash Pears	24 Orange Juice Baked Salmon W/Dill Sauce Yellow Rice Whole Wheat Bread Peas & Carrots Banana
27 Grape Juice Turkey Burger W/Swiss Sweet Potato Fries Whole Wheat Bread Spinach Apple Sauce	28 Orange Juice Honey Mustard Chicken Whole Wheat Bread Roasted Potato Mixed Vegetables Fruit Cocktail	29 Apple Juice Lasagna W/Meat Sauce Whole Wheat Bread Tossed Salad Orange	30 Pineapple Juice Beef W/Broccoli in Gravy Brown Rice Whole Wheat Bread Baby Carrots Apple	31 Blended Juice Cornish Hen Bow Tie Pasta Whole Wheat Bread Green Beans Banana

Suggested Donation \$2.00 for those 60+

Guests under 60 - \$4.75

Partially funded by the Department for the Aging

