

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



JUNE 2014 NEWSLETTER

HAPPY
Father's Day



June is Bustin' Out All Over!

Greetings, I wanted to thank all our members who attended the annual membership meeting in May. It gave us a chance to update everyone on our future goals and changes at Stein and answer your questions and concerns. We are striving every day to tweak our services and operations so that things run in a smoother way. We care very much about your suggestions and ideas to improve Stein. We also announced that we had reinstated our Senior Advisory Council, made up of 8 members of the center. This group of active members meets with staff to advise us about center programs, menus and other outstanding issues. They give us suggestions about what programs are working and what needs changing. The Advisory Council representative can also report to the Board of Directors if a problem cannot be solved by staff.

The Board Chairperson, Bob and myself are working on alleviating the noise level in the dining room. We have been consulting with experts in the field and will make the decision in the next month to start work on insulation of the ceiling and other means of noise reduction. We also discussed the new schedule for lunch service, moving the time back 15 minutes to start serving from 11:30 to 12:30. The reason for this is to allow our maintenance staff to clean the tables and floor before our afternoon programs. We certainly don't want our members to feel rushed or pushed out but to give staff the space to re-set the room for popular programs like Shakespeare and Opera and the bridge group.

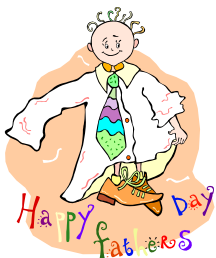
There was also discussion about the men's and women's bathrooms. We know that we could use a few more stalls and we are working on that but it will take some time to accomplish. Stay tuned! We are lucky to be extending the Feldenkrais classes through the generosity of an anonymous donor. Twelve more sessions will begin on Monday, June 2nd and meet Mondays and Thursdays at 10 am. We are asking for a contribution of \$5 per class if you can afford it but if not, please give what you can.

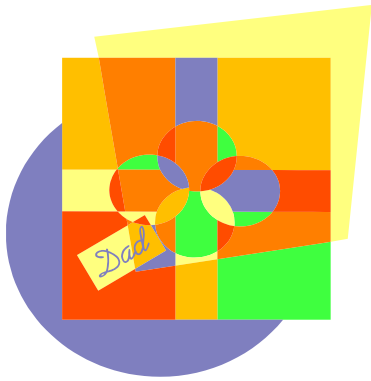
I did talk about the fact that we have many dynamic programs at Stein and the cost of these programs far exceed our budget. We rely on your support in contributions to help pay for the programs we offer. Please do your part to the extent that you can. We also discussed the computer lab and the new schedule posted which limits the time each person can spend on the computers. This gives others the chance to use the computers too.

We are honoring our wonderful corps of volunteers on May 29th with a breakfast. There are 40 or so longtime and new volunteers without whom we couldn't function. We are so thankful for their help.

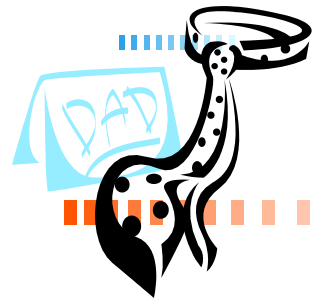
I am also planning to make the "Lecture room" into a lounge furnishing it with couches tables and lamps for more comfort and better lighting. I want to thank you for your suggestions, support and patience. The past 2 years have been a challenging time and we are reinventing Stein for this time and place.

Jane Barry





STEIN SENIOR CENTER JUNE 2014 ACTIVITIES



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| Feldenkrais 10:00 – 11:00 Activity Rooms 1 & 2 Arthritis Exercise 11:15 – 12:15 Activity Rooms 1 & 2 Opera Appreciation 1:30 – 2:30 Dining Room Not 6/23 | Knitting 10:00 – 11:30 Activity Room 2 Belly Dancing 10:45 – 11:45 Lecture Room Not 6/17 or 6/24 Birthday Party 1:30 – 3:00 Dining Room 6/24 | Strength Training 10:30 – 11:30 Activity Room 1 6/4 Only Play Reading 10:30 – 12:00 Activity Room 2 6/4 & 6/18 Meditation 1:00 – 2:00 Activity Room 1 Bridge Club 1:15 – 3:45 Dining Room | Feldenkrais 10:00 – 11:00 Activity Rooms 1 & 2 Movie (TBA) 1:30 – 3:30 Dining Room Not 6/12 | Sit & Be Fit DVD exercise 10:30 – 11:30 Activity Room 1 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

Happy Fathers Day



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 Pat Keegan</p> <p style="text-align: center;">Tell her 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 Pat with Susan James 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 Susan James 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</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>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 & Thursdays
10:00am – 11:00am
Mon 6/2 through Thurs 7/24
Activity Rooms 1 & 2



FDNY Lecture
“Emergency Preparedness”
Tuesday, June 3rd
1:15pm Dining Room

Sean Mahony
Entertainer
June 10th
1:30pm
Dining Room

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

Wednesday, June 11th & June 25th

10:30am – 12:00pm
Lecture Room

Books – Hard Cover: 50¢ Soft Cover 25¢
Cards - 10¢

CARING COMMUNITY SENIOR CHORUS

CONCERT

Tuesday, June 17th

1:30pm

Dining Room



SPECIAL PROGRAMS

HAIRCUTS

Thursday, June 19th

\$10, By Appointment, See Susan



JUNE BIRTHDAY PARTY

Tuesday, June 24th

1:30pm

Dining Room

Live music with Jose & Maria



NUTRITIONIST – Denise Sabal, R.D.N.

Presentation: “Taste—And Our Aging Palate”

Tuesday, June 24th

1:15pm Activity Room 1

MEDICARE RIGHTS

With Iris Finelli

Tuesday, June 24th

12:00pm

Dining Room

PROSPECT HILLS SENIOR CHORUS

CONCERT

Directed by Renee Manning

Thursday, June 12th

1:30pm

Dining Room



SPECIAL PROGRAMS

NURSES ON SITE

9:00am

CITY TECH NURSES Tuesdays & Wednesdays through 7/2

PACE NURSES Thursdays through 6/26

HUNTER NURSES Fridays through 7/18

THEATRE & MORE

Tickets Available



Wednesdays – 10:30am – 1:30pm

Thursdays – 10:30am – 2:00pm

Fridays – 11:30am – 2:00pm

“SIT and BE FIT”

DVD exercise narrated and led by Mary Ann Wilson, RN

As seen on Public Television

Every Friday

10:30am

Activity Room 1&2



FILM SCREENINGS



Thursday, June 5th, 19th & 26th

1:30pm

Activity Rooms 1 & 2

See Front Desk for Schedule



STEIN SENIOR CENTER JUNE 2014 MENU

LUNCH SERVED FROM 11:30 TO 12:30



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---|--|---|--|
| 2 Orange Juice Eggplant Parmesan Wheat Spaghetti Whole Wheat Bread Garden Salad Apple | 3 Orange Pineapple Juice Chicken Cutlet Brown Rice Whole Wheat Bread Broccoli w/Red Peppers Banana | 4 Apple Juice Turkey Meatloaf Egg Noodles Whole Wheat Bread California Blend Vegetables Pineapple in Juice | 5 Orange Pineapple Juice Baked Chicken Legs Whole Wheat Bread Cauliflower w/Carrots Kiwi | 6 Baked Salmon Yellow Rice Whole Wheat Bread Steamed Vegetables Orange |
| 9 Orange Juice Stuffed Shells w/Cheese Whole Wheat Bread Garden Salad Canned Apricots | 10 Pepper Steak w/Onions Brown Rice Whole Wheat Bread Mixed Vegetables Fruit Cocktail | 11 Orange Pineapple Juice BBQ Pork Chop Fettuccini w/Sauce Whole Wheat Bread Cauliflower w/Carrots Cantaloupe | 12 Pineapple Juice Chicken Salad Pasta Salad Whole Wheat Bread Cucumber Tomato Salad Banana | 13 Apple Juice BBQ Chicken Brown Rice Whole Wheat Bread Collard Greens w/Tomato Orange |
| 16 Eggplant Parmesan Pasta Whole Wheat Bread California Blend Vegetables Banana | 17 Apple Juice Salisbury Steak White Rice Whole Wheat Bread Collard Greens w/Tomato Fruit Cocktail | 18 Vegetable Soup Tuna Fish Salad Pasta Salad Whole Wheat Bread Garden Salad Orange | 19 Pineapple Juice Arroz con Pollo Whole Wheat Bread Broccoli w/Red Peppers Canned Apricots | 20 Orange Pineapple Juice Baked Tilapia Egg Noodles Whole Wheat Bread Baby Carrots Apple |
| 23 Apple Juice Vegetable Lasagna Whole Wheat Bread Garden Salad Pear | 24 Tomato Rice Soup Chicken Cacciatore Baked Potatoes Whole Wheat Bread Steamed Broccoli Apple Sauce | 25 Beef Brisket w/ Tomatoes & Onion Brown Rice Whole Wheat Bread Steamed Kale Apple | 26 Curried Chicken White Rice Whole Wheat Bread Cauliflower w/Carrots Orange | 27 Orange Juice Salmon in Garlic Butter Couscous w/Peas Whole Wheat Bread Collard Greens w/Tomato Banana |
| 30 Orange Juice Stuffed Cabbage w/Beef Whole Wheat Bread Baby Carrots Apple | July 1 Rosemary Chicken Bowtie Noodles Whole Wheat Bread Baby Spinach Salad Orange | July 2 Pineapple Juice Beef & Vegetable Stew Brown Rice Whole Wheat Bread Cut Green Beans Banana | July 3 Orange Pineapple Juice Baked Tilapia Mashed Potatoes Whole Wheat Bread Broccoli w/Red Peppers Apple | July 4 Closed for 4th of July Holiday  |

Suggested Donation \$2.00 for those 60+

Guests under 60 - \$4.75

Partially funded by the Department for the Aging