

Stein Scope

JUNE 2019 EVENTS CALENDAR

Stein Neighborhood Senior Center
204 East 23rd Street, 2ND Floor
Manhattan, New York 10010
Tel.: 1-646-395-8083
Fax: 1-646-395-8088
Website: Steinseniorcenter.org

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



We at Stein Neighborhood Senior Center wish all our Dad's a Happy Father's Day!



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

Please Sign-Up in Advance for All Parties, Trips and Special Events, so we can accommodate everyone.

If Born in June? Let us know no later than June 7th.

Birthday Celebration

**Date: June 28
Time: 11-1pm**



Hello Dad's!

We have so many wonderful *Gentlemen* at the center and our wish is for our guys to take good care of themselves.

So, we at the Stein Neighborhood Senior Center would like to raise Awareness by following the Campaign- "Dare to Care!" Where we are dedicating the whole month of June to Men's Health and Wellness.

We encourage all members to share the daily Presentations with every loved male in your life to ensure they are living well. All of June, we at Stein are having a special awareness campaign, where men and women are encouraged to:

Wear your Stein Blue T-Shirt to the Center to show YOUR support for the Health and Well-Being of Boys and Men June is Men's Health Month — spread the word!

Let's Work together:

1. **Early screenings! Can save your life and/or make life easier to manage if diseases are caught early on.**
2. **Exercise, Go out and move around.**
(Note: There is no true correlation between the summer broadcast schedule and exercise.) You should get at least 30 minutes of exercise.
3. **Father's Day is coming up! Why not give the father figure in your life the gift of knowledge along with your gift? Share the daily Presentations. Because information will help educate you and your father about risks of prostate cancer and other diseases.**
4. **Remember that anyone can assist in the men's health movement, and help is not limited by gender. Anyone can be supportive and help men make that first step toward a better life.**

I hope you join me and the Stein Neighborhood Senior Center family in making this season & month all about Dad's!

Sincerely,
Marilyn Green- Executive Director



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PLEASE JOIN US FOR THE FOLLOWING SPECIAL EVENTS

	<p>Father's Day B.I.N.G.O Date: June 12 Time: 1:30</p>
	<p>Father's Day Breakfast Date: June 14 Time: 9-10am</p> <p>Father's Day Celebration Date: June 14 Time: 11-1pm Entertainment: DJ</p>
	<p>Senior Spring Mixer Date: June 21 Time: 3-6pm Ticket Price: \$5.00 Raffles DJ</p>
	<p>Su-Casa's Art Exhibit Date: June 26 Time: 1pm-3:45pm</p> <p>Seniors' Art Exhibit Date: June 28 Time: 1pm-3:45pm</p>

Funded in part by: The Department for the Aging



June 2019 MOVIES



June 6 – A Red Violin

The intricate history of a beautiful antique violin is traced from its creation in Cremona, Italy, in 1681, where a legendary violin maker (Carlo Cecchi) paints it with his dead wife's blood to keep her memory alive, to an auction house in modern-day Montreal, where it draws the eye of an expert appraiser (Samuel L. Jackson). Over the years between, the violin travels through four different countries, where it has a profound impact on all those who own it.



June 13- Jersey Boys

In the 1960s, four scrappy young men from New Jersey -- Frankie Valli (John Lloyd Young), Bob Gaudio (Erich Bergen), Nick Massi (Michael Lomenda) and Tommy DeVito (Vincent Piazza) -- have the magic sound that propels them from singing under streetlights to singing in spotlights. With songs like "Sherry," "Big Girls Don't Cry" and "Walk Like a Man," the quartet finds itself at the top of the charts. However, personal and professional problems threaten to tear the group apart.



June 20- Extremely Wicked Shockingly Evil & Vile

A chronicle of the crimes of Ted Bundy, from the perspective of his longtime girlfriend, who refused to believe the truth about him for years.



June 27- Despite Everything

After their mother's death, four sisters learn a shocking family secret and embark on an adventure to discover the truth about their genealogy.

Our Community Neighbors



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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JUNE 2019 PRESENTATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Heart Disease	<u>EDUCATION</u> Ways to Lower your Con Ed Bill <u>HEALTH MANAGEMENT</u> Hording	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Depression	<u>EDUCATION</u> Overview of LifeLine Services <u>HEALTH MANAGEMENT</u> Skin Care	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Kidney Disease
10	11	12	13	14
<u>EDUCATION</u> Driving after 60 <u>HEALTH MANAGEMENT</u> Cancers	<u>EDUCATION</u> Taking a Defense Driving Class <u>HEALTH MANAGEMENT</u> Staying Hydrated during the summer months	<u>EDUCATION</u> Overview of SCRIE <u>HEALTH MANAGEMENT</u> Suicide Prevention	<u>EDUCATION</u> Information on Patient Advocates in Hospitals <u>HEALTH MANAGEMENT</u> Smoking	<u>EDUCATION</u> Seeking Legal Assistance for Housing Situations <u>HEALTH MANAGEMENT</u> Alzheimer's Disease
17	18	19	20	21
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Stroke	<u>EDUCATION</u> Information of Hospital Social Worker Assistance <u>HEALTH MANAGEMENT</u> Cataract	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Influenza & Pneumonia	<u>EDUCATION</u> Understanding Your Rights as a Patient in Hospitals <u>HEALTH MANAGEMENT</u> Drug Addition	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Prostate Health
24	25	26	27	28
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> COPD-Chronic Obstructive Pulmonary Disease	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Arthritis	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Diabetes	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Back Pain	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Urinary Incontinence

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Group Trips

JUNE 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7 Cross County Mall Leaving 10:15am Returning 3:00pm
10	11	12 Central Park Zoo Leaving 11:15am Returning 2:00pm	13	14 The Intrepid Museum Leaving 10:15am Returning 3:00pm
17 Highline Leaving 11:15am Returning 2:00pm	18	19 Yankee Stadium	20	21
24	25 Orchard Beach Leaving 11:15am Returning 2:00pm	26	27 Ridge hill Mall Leaving 11:15am Returning 1:45pm	28



Stein Neighborhood Senior Center

204 East 23rd Street, 2ND Floor, Manhattan, New York 10010

Title	Name	Phone Number	Extension
Executive Director	Marilyn Green	Tel.: 1-646-395-8083	103
Bookkeeper	Dora Rivas	Tel.: 1-646-395-8083	105
Program Director	Robert Santos	Tel.: 1-646-395-8083	101
Program Coordinator	Jacquelin Delgado	Tel.: 1-646-395-8083	104
Program Coordinator	Jocelyn Ciprian	Tel.: 1-646-395-8083	102
Community Liaison	Ruth Walker	Tel.: 1-646-395-8083	107
Community Liaison	Earl Miller	Tel.: 1-646-395-8083	107
Custodian	Aaron Goldman	Tel.: 1-646-395-8083	
Security	Angel Burgos	Tel.: 1-646-395-8083	

PLEASE READ: IMPORTANT MESSAGE

- The Lunch Meal is Subject to Change,
- One does Not have to be a member of Stein to participate in lunch & Information & Referrals,
- All lunches contain a Cold Pack- 1% MILK, FRUIT, JUICE,
- All Donations must always remain ANONYMOUS & Entered in a locked box. We do not allow Hand-To-Hand money exchange. If you need to make change- Please see a staff member,
- Individuals age 60 & over will not be denied a meal, if not able to give the \$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



Stop Foodborne Illness

POLICY AT STEIN

PLEASE DO NOT TAKE FOOD OUTSIDE THE SENIOR CENTER FOR LATER CONSUMPTION. TAKING FOOD OUTSIDE THE CENTER POSES A HEALTH HAZARD. THE PROGRAM WILL NOT BE RESPONSIBLE FOR FOOD- BORNE ILLNESS RESULTING FROM THIS PRACTICE. STAFF WILL NOT PROVIDE YOU WITH PLASTIC BAGS, SARAN WRAP, ALUMINUM FOIL OR FOOD CONTAINERS. WE THANK YOU FOR FOLLOWING THE POLICY SET FORTH BY THE NYC DEPARTMENT OF HEALTH & MENTAL HYGIENE, THE NYC DEPARTMENT FOR THE AGING & STEIN NEIGHBORHOOD SENIOR CENTER.

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STEIN NEIGHBORHOOD SENIOR CENTER

LUNCH MENU- JUNE 2019 | LUNCH TIME: 12:00-1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FROZEN MEALS
3	4	5	6	7	FROZEN
Chicken Parmesan Oven Bake Mini Roasted Potatoes Broccoli & Baby Carrots Toasted Salad	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 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
10	11	12	13	14	FROZEN
Soup: Chicken Noodle Beef Meatloaf with Mushroom Gravy Baked Potatoes Steamed Spinach	Vegetable Lasagna Baby Spinach Salad	Chicken Caprese 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
17	18	19	20	21	FROZEN
Chicken Meatballs with Carrot Sauce Ziti Broccoli with Toasted Garlic	Soup: Mushroom Barley Grilled Chicken Breast Mashed Butternut Squash Sautéed String Beans	Baked Salmon with Cilantro Citrus Sauce Cucumber Dill Salad Spinach, Apple and Red Onion Salad	Sweet and Sour Chicken Thighs Brown Rice 1 cup Roasted Mushrooms Sautéed Bok Choy	Beef Brisket with Tomatoes and Onions Orzo Mixed Green Salad Roasted Zucchini	Chickpea Stew Hawaiian Chicken Legs White Rice Steamed Kale
24	25	26	27	28	FROZEN
Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad with Dressing	BBQ Ribs Whole Oven Bake Red Potato Cauliflower Stuffing Steamed Carrots Toasted Salad	Honey Mustard Chicken Breast Orzo with Vegetables Spinach, Apple and Red Onion Salad	Grilled Chicken Breast Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots	Chicken Parmesan Spaghetti Kale with Tomato	Vegetable Baked Ziti with Whole Wheat Pasta Garlic Bread Sautéed Spinach

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STEIN NEIGHBORHOOD SENIOR CENTER	ACTIVITY ROOMS:
ACTIVITIES	<input type="checkbox"/> LUNCH ROOM <input type="checkbox"/> ROOM- 1 <input type="checkbox"/> ROOM-2 <input type="checkbox"/> ROOM-3 <input type="checkbox"/> ROOM-4

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"/> TABLE TALK <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"/> TABLE TALK <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"/>
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"/> 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 <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"/> LUNCH	<input type="checkbox"/> LUNCH	<input type="checkbox"/> LUNCH	<input type="checkbox"/> LUNCH	<input type="checkbox"/> LUNCH
12:00-3:00	<input type="checkbox"/> <input type="checkbox"/> SERENITY (Exercise) (Storytelling)				<input type="checkbox"/> <input type="checkbox"/> SERENITY (Art) (Inner Rockstar)
1:00-2:00	<input type="checkbox"/> TEAM SPORTS <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"/> INNER ROCKSTAR <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> CHAIR 31' 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 PRES.	<input type="checkbox"/> HM PRES.	<input type="checkbox"/> HM PRES.	<input type="checkbox"/> HM PRES.	<input type="checkbox"/> HM PRES.
1:30-2:30	<input type="checkbox"/> OPERA	<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	ALL	ACTIVITIES	END	AT	3PM

Computer Lab Schedule

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:00-12:00	Available to Members	Available to Members	Available to Members	Available to Members	Available to Members
1:00-2:30	Available to Members	Available to Members	Available to Members	Available to Members	Available to Members
2:30-4	THE	COMPUTER	LAB	IS	CLOSED

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PLEASE JOIN US FOR THE FOLLOWING SPECIAL EVENTS



There is no fee for membership
We would like to Welcome All New Members to Stein Neighborhood Senior Center. We are Happy you joined. Please see any Staff if you need assistance or have Questions.

**WE LOVE
OUR VOLUNTEERS**

**Share your time and passion for helping others as a Stein Senior Center Volunteer. To learn about volunteer opportunities, contact:
Robert Santos- Program Director
1-646-395-8083 X101**

Funded in part by: The Department for the Aging

OPPORTUNITIES TO



Consider leaving a legacy to Stein Neighborhood Senior Center. We are a nonprofit and we depend on the generosity of all our friends to be able to offer quality programs and services to all those in need.

Allow us to continue to offer all our services in the future by naming Stein Neighborhood Senior Center in your Will. It is a wonderful way to “Live- On” and “Share your Spirit” with others.

For more information, please call (646) 395-8083 x 103 Contributions can be made to say: Special Thank You! or to Honor a Friend or Loved one. Stein Neighborhood Senior Center will inform the designated family of your thoughtfulness and generosity.

Donations can be made for commemorative plaques on our “Tree of Life” which is prominently displayed at our Center. Donation forms are available in the office.