

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

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Website: www.steinseniorcenter.org

HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM



MARCH 2014 NEWSLETTER



Can Spring Be Far Behind?



We had such a wonderful time on Tuesday, February 25. We celebrated Black History Month with a performance by **Renee Manning and her band**. By the end of the performance, we were up dancing and singing, people literally throwing down their canes and joining the conga line!!! It's so amazing what music can do to change our mood.

Turtle Bay Music School has started our senior chorus this past month. Allison Davy, who heads the choral department at Turtle Bay, is our conductor and she is whipping us into shape. We will be working towards performances in May, one at Stein and one at Turtle Bay. Please consider joining the chorus, it is great fun and also a healthy activity, bringing oxygen to our brains. We meet on Tuesday mornings at 10:30 to 11:30. We sing songs that most people know.

AARP is providing free tax preparation at Stein every Thursday from 9 am to 3pm until **April 10th**. Come early to get on the list.

Our Feldenkrais study is meeting every Monday and Friday and the assessment for the 1st group will be March 17th at 10:15. After the assessment is completed, the control group will have 12 sessions to learn the Feldenkrais method.

Of course, March is chock full of events – St. Patrick's Day, March 17th will bring Corned Beef and Cabbage and wearing of the green. The first day of spring on the 20th, and Purim on the 15th. We also turn our clocks ahead on Sunday, March 9th, so the light returns. We are planning a trip to the New York Botanical Garden in the Bronx to see the Orchid Show. The date and time to be announced.

Our nurses are here one day a week and they have conducted blood pressure screenings resulting in some instances where participants are showing high blood pressure readings. These readings must be taken seriously as high blood pressure can lead to stroke.

We are going to have a Registration Drive at Stein. If you are not registered, please make an appt. with Ruth. There is no charge to register and it will be important in fulfilling our contract with the Dept. for the Aging.

Jane Barry, Executive Director



STEIN SENIOR CENTER

MARCH 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	Knitting 10:00 – 11:30 Activity Room 2 Belly Dancing 10:45 – 11:45 Lecture Room NOT 3/4 Chorus 10:30 – 11:30 Activity Room 1 Birthday Party 1:30 – 3:00 Dining Room 3/11 Free Legal Clinic 1:30 – 3:00 Activity Room 1 3/11	Strength Training 10:30 – 11:30 Activity Rooms 1 & 2 Play Reading 10:30 – 12:00 Lecture Room 3/5 & 3/19 Meditation 1:00 – 2:00 Activity Room 1 Bridge Club 1:15 – 3:45 Lecture Room	A A R P Income Tax Preparation	Feldenkrais 10:00 – 11:00 Activity Rooms 1 & 2 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 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 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</p> <p>Tuesday and Thursday</p> <p>10:00-1:00</p> <p>Please make an appointment with Ruth Walker</p> <p>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</p> <p>10:00 – 1:00</p>	



SPECIAL PROGRAMS

NUTRITIONIST – Denise Sabal, R.D.N.

Monday, March 24th 11:00 – 1:00 consultations
Presentation: 1:00 – 2:00 Lecture Room
“March is National Nutrition Month”
2:00 – 4:00 - consultations

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



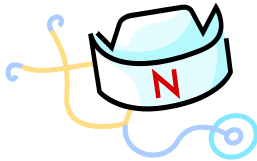
10:30 – 12:00
Lecture Room



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

Monday, March 10th and Wednesday, March 26th

WELCOME
CITY TECH NURSES



Every Tuesday
9:00 – 12:30

PRESENTATION ON TUESDAY, MARCH 11TH

HIV/AIDS
10:00
Dining Room

BEAUTY SPA PARTY FUNDRAISER

**“Don’t let the winter blues get under your skin. Learn how to
treat and condition your skin from head to toes.”**
WIN PRIZES WITH SOME FUN GAMES!



Tuesday, March 18th
1:30
Activity Rooms 1 & 2



SPECIAL PROGRAMS

HICAP

Wednesday, March 19th

See Bob for Appointment

PERFECT HOME CARE

TRIVIA PRESENTATION

Tuesday, March 18th

1:15 – 2:30

Lecture Room

VOCLEASE CABARET PERFORMANCE

WITH EVA SWAN AND GUESTS

Wednesday, March 26th

1:15

Dining Room

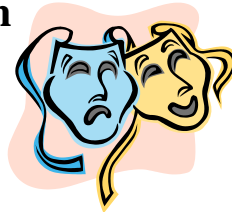


THEATRE & MORE

Wednesdays – 10:30am – 1:30pm

Thursdays – 10:30am – 2:00pm

Fridays – 11:30am – 2:00pm



STEIN SENIOR CENTER MARCH 2014 MENU

LUNCH SERVED FROM 11:30 TO 12:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Apple Juice Chicken Parmesan Noodles Whole Wheat Bread Asparagus Fruit Cocktail	4 Grape Juice Lasagna W/Meat Sauce Whole Wheat Bread Tossed Salad Orange	5 Tomato Soup Eggplant Parmesan Bow Tie Pasta Whole Wheat Bread Pears	6 Blended Juice Hungarian Goulash Whole Wheat Bread Noodles Kale Apple	7 Pineapple Juice Meat Loaf W/Potatoes Whole Wheat Bread Corn & Peppers Spinach Peaches
10 Apple Juice Beef Pot Roast Whole Wheat Bread Roasted Potatoes & Garlic Zucchini & Squash Pineapple Chunks	11 Orange Juice Rosemary Chicken Brown Rice Whole Wheat Bread Garlic Spinach Apple	12 Vegetable Soup Chicken Cutlet Whole Wheat Bread California Blend Roasted Potatoes Orange	13 Pineapple Juice Vegetarian Lasagna Tossed Salad Whole Wheat Bread Banana	14 Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Seasoned Collard Greens Pears
17 Orange Juice Corned Beef & Cabbage Boiled Potato Whole Wheat Bread Green Jell-O	18 Orange Juice Meatballs W/Sauce Spaghetti Whole Wheat Bread Broccoli Spears Pear	19 Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini & Tomatoes Fruited Jell-O	20 Chicken Soup Salisbury Steak Mushroom Gravy Whole Wheat Bread Baked Potato Peas & Carrots Orange	21 Orange Pineapple Juice Pepper Steak Whole Wheat Bread Parsley Baby Carrots Peaches
24 Pineapple Juice Barbeque Chicken Whole Wheat Bread Spinach Banana	25 Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	26 Orange Juice Baked Chicken Whole Wheat Bread Roasted Potato Broccoli Florets Orange	27 Apple Juice Beef Brisket W/Tomatoes & Onions Mashed Potatoes Sautéd String Beans Whole Wheat Bread Apple	28 Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Seasoned Collard Greens Peaches
31 Orange Juice Meatballs W/Sauce Spaghetti Whole Wheat Bread Broccoli Spears Pear				

**Suggested Donation \$2.00 for those 60+
 Guests under 60 - \$4.75**

Partially funded by the Department for the Aging

