

Stein Scope

MAY 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 Members a Happy May!



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

Birthday Celebration
Date: May 31
Time: 11-1pm



*Hello Friends!
Happy
Older Americans Month!*

It's Spring and the weather is warming up and the flowers are blooming, and the birds are chirping. What a great reminder that there's no better time than now to get off to a fresh start. Whether that means joining a new class, making new friends or signing up for a group trip, I can't think of a better place than Stein Neighborhood Senior Center to get started. Stein's team of staff and volunteers are available and eager to work with you on your journey.

There is so much to discover at Stein Neighborhood Senior Center- it's what makes us "The Place to Want to Be". So, join us on making a difference in the lives of older adults, Caregivers, families and the community. Apply to become:

- **Member**
- **Volunteer**
- **Intern**

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

Sincerely,

Marilyn Green- Executive Director

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PLEASE JOIN US FOR THE FOLLOWING SPECIAL EVENTS

<p>OLDER AMERICANS MONTH</p>  <p>CONNECT, CREATE, CONTRIBUTE MAY 2019</p> <p>CELEBRATION DATE: WEDNESDAY, MAY 15, 2019</p>
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Engage at every Age Take the Selfie Challenge!

Older Americans Month is a great time to show the world you are never too old (or too young) to enrich your life and your community.

This year, we want to see how you stay engaged so that you can help inspire others to do the same. Snap a selfie or have someone take your picture participating in activities that improve your mental and physical well-being.

Encourage your peers to do the same and you might just gain a little inspiration from others. No matter where you are in your life, there is no better time than now to start engaging in yourself and the world around you.

Post your image to social media using the hashtag #OAM18.

SPECIAL EVENT: MAY 15, 2019

- Take the Selfie Challenge
- Share Your Story
- Snack

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Mother's Day B.I.N.G.O
Date: May 8
Time: 1:30



Stein's Mother's Day Breakfast
Date: May 9
Time: 9-10am

Stein's Mother's Day Celebration
Date: May 9
Time: 11-1pm

Entertainment: DJ






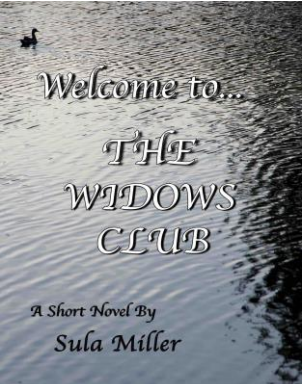

Stein's Volunteer Appreciation Ceremony
Date: May 17
Breakfast Time: 9-10am
Ceremony Time: 10-11:30am



Golden Games Health Competition
STEIN is partnering with NYC Parks Department
Location: Asser Levy Recreational Center
392 Asser Levy Pl. & 23rd St, N.Y., N.Y. 10010
Date: May 22
Time: 10am-2pm



Chorus Musical Performance
Date: May 22
Time: 12am-1pm

	<p>In Observance of Memorial Day Date: May 24, 2019 Stein will be Closing Early Today's Special Hours: 8:00am -1:30pm</p>
	<p>Happy Memorial Day Date: May 27, 2019 Stein is Closed</p>
	<p>Pace University- Nursing Students Are Coming to Stein This Summer! Day: Tuesdays Time: 9am-1pm Starting: May 28 Ending: July 30</p>
 	<p>Stein is Hosting a Special Book Reading Author - Sula Miller Book: "Welcome to... The Widows Club" Date: Friday, May 31, 2019 Time: 11:00am Please Sign Up with Staff</p>

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	<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>

Have You Ever Wondered How to Dispose of Sharp Items?



LABEL
HOME SHARP
DO NOT
RECYCLE
 Write the Above
 on the Outside of container

According to 311, NYC – Must Take the below
Steps:

1:	Get a Plastic Container with a Seal Top/Cover. Example, Detergent Container
2.	Place ALL Syringes, Unwanted Scissors, Knives, Razors etc. inside container
3.	When Filled- Close container and seal with tape



May 2019 MOVIES

<p>May 2</p>	<p>Queen of the Desert (2 hrs. & 8 minutes) <i>82% of People Liked this Movie.</i> Gertrude Bell's life as a writer, archaeologist, explorer, cartographer, and political attaché for the British Empire at the dawn of the twentieth century.</p>
<p>May 9</p>	<p>Secretariat (2 hrs. & 3 minutes) <i>93% of People Liked this Movie.</i> Secretariat was an American Thoroughbred racehorse who, in 1973, became the first Triple Crown winner in 25 years. His record-breaking victory in the Belmont Stakes, which he won by 31 lengths, is widely regarded as one of the greatest races of all time.</p>
<p>May 16</p>	<p>Same Kind of Different As Me (1 hr. & 59 minutes) <i>92% of People Liked this Movie.</i> Successful businessman Ron Hall and his wife, Deborah, discover a renewed sense of purpose when they begin to volunteer at a local mission in Fort Worth, Texas. Their lives change forever when they develop an unlikely friendship with Denver Moore, a homeless man who inspires them to save their struggling marriage.</p>
<p>May 23</p>	<p>The Soloist (1 hr. & 57 minutes) <i>90% of People Liked this Movie.</i> Los Angeles columnist Steve Lopez (Robert Downey Jr.) has reached an impasse in his life. His marriage is on the rocks, and he's disillusioned with his job. Then, while wandering through L.A.'s Skid Row, he spots a homeless man (Jamie Foxx) playing a two-stringed violin with a virtuoso's skill. Lopez initially thinks of the man, named Nathaniel Ayers, as just a story idea. But as he begins to unravel the mystery of Ayers' strange fate, Lopez realizes that a change is happening within himself.</p>
<p>May 30</p>	<p>The Boy In The Striped Pajamas (1 hr. & 34 minutes) <i>95% of People Liked this Movie.</i> During World War II, 8-year-old Bruno (Asa Butterfield) and his family leave Berlin to take up residence near the concentration camp where his father (David Thewlis) has just become commandant. Unhappy and lonely, he wanders out behind his house one day and finds Shmuel (Jack Scanlon), a Jewish boy of his age. Though the barbed-wire fence of the camp separates them, the boys begin a forbidden friendship, oblivious to the real nature of their surroundings.</p>



MAY 2019 PRESENTATIONS TRIPS & EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
		<u>EDUCATION</u>	<u>EDUCATION</u>	<u>EDUCATION</u>
		<u>HEALTH MANAGEMENT</u>	<u>HEALTH MANAGEMENT</u>	<u>HEALTH MANAGEMENT</u>
6	7	8	9	10
<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> Elderplan Home First Info Overview <u>HEALTH MANAGEMENT</u>	 Mother's Day B.I.N.G.O 1:30	 Mother's Day Breakfast 9:00am Mother's Day Celebration 12pm	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>
13	14	15	16	17
Bernie the Watchman Visiting	<u>TRIP</u> CITY ISLAND 10am-3pm <u>EDUCATION</u> FutureCare Info Overview	<u>EDUCATION</u> HiiCAP <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>
20	21	22	23	24
<u>EDUCATION</u> Ears for Eyes Info Overview <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> AES Elite Health Care Info Overview <u>HEALTH MANAGEMENT</u>	Memorial Day Celebration	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>
27	28	29	30	31
<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>	<u>EDUCATION</u> <u>HEALTH MANAGEMENT</u>

Funded in part by: The Department for the Aging

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- MAY 2019 | LUNCH TIME: 12:00-1:00PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	FROZEN
		1	2	3	
		Chicken Caprese Herb Potato Salad with Mustard Vinaigrette Red Cabbage Salad	BBQ Beef Ribs Roasted Zucchini Steamed Corn on the Cob	Breaded Fish Cauliflower Stuffing Steamed Carrots	Chili con Carne Rice with Vegetables Green Bean Sautee
6	7	8	9	10	
Chicken Meatballs with Carrot Sauce WW Dinner Roll Ziti Broccoli with Toasted Garlic	Soup Mushroom Barley Grilled Chicken Breast WW Dinner Roll Mashed Butternut Squash Sautéed String Beans	Baked Salmon with Cilantro Citrus Sauce WW Dinner Roll 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
13	14	15	16	17	
Citrus Sesame Crusted Salmon Wild Rice Broccoli and Red Peppers Tossed Salad with Dressing	Soup Chicken Barley and Vegetable Deluxe Cheeseburger with Onions WW Bun Baked Fries Green Bean Sautee	Honey Mustard Chicken Breast Orzo with Vegetables Whole Wheat Bread Spinach, Apple and Red Onion Salad	Grilled Chicken Breast Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots	Vegetable Baked Ziti with Whole Wheat Pasta Garlic Bread Sautéed Spinach	Chicken Parmesan Spaghetti Kale with Tomato
20	21	22	23	24	
Chicken and Broccoli Stir Fry White Rice Oriental Blend	BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens	Soup Egg Drop Pepper Flank Steak Egg Noodles Multigrain Bread Broccoli with Toasted Garlic	Whole Roasted Chicken WW Dinner Roll California Blend Vegetables Cheddar and Potato Bake	Baked Flounder Baked Brown Rice Pilaf Kale, Romaine, Apple, Red Cabbage and Parmesan Salad	Baked Chicken Quarters Tomato Sauce Steamed Broccoli Steamed Carrots
27	28	29	30	31	
Chicken Parmesan Fettuccini with Sauce Sautéed Spinach	Coconut Curried Cod Fish Baked Red Potato Wedges California Blend Vegetables	Soup Broccoli and Potato Chicken Salad WW Dinner Roll Carrot Apple Raisin Salad Herb Potato Salad with Mustard Vinaigrette	Oven Baked Pork Chops Brown Rice 1 cup Chinese Style Bok Choy	Stuffed Shells with Cheese Garden Salad	White Rice Chicken Breast Broccoli with Toasted Garlic

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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"/> ROOM4

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"/> INNER ROCKSTAR <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"/> <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					

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