

Stein Scope

JULY 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 4th of July!



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

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

If Born in July? Let us know no later than July 8th.

Birthday Celebration

**Date: July 26
Time: 11-1pm**

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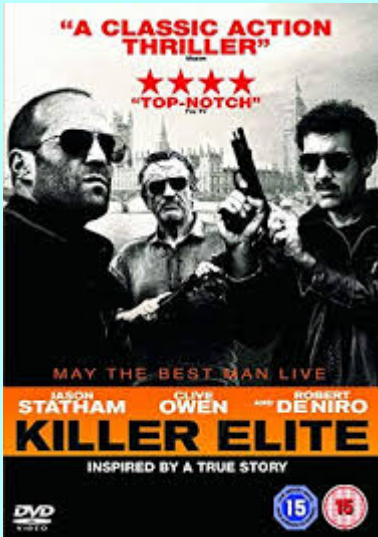
INFORMATION

 A graphic with the text "happy 4th of July" in a stylized font. "happy" is in blue cursive, "4th" is in red with stars, and "July" is in red cursive.	<p>4th of July Lunch & Cup Cakes Date: July 2 Time: 12-1</p>
 A yellow rectangular sign hanging from a string, with the text "WE CLOSE early TODAY" in blue and white.	<p>Closing Early Date: July 3 Time: 1:00pm</p>
 A piece of aged, yellowed paper with the text "Sorry we're closed today" written in cursive. "closed" is in red.	<p>Closed for Independence Dance Date: July 4th</p>
 A piece of aged, yellowed paper with the text "Sorry we're closed today" written in cursive. "closed" is in red.	<p>Closed for Independence Dance Date: July 5th</p>



July 2019 MOVIES

Killer Elite



Thursday, July 11 (1h & 56 Min.)

Danny Bryce (Jason Statham), one of the world's deadliest special-ops agents, returns from self-imposed exile after his mentor, Hunter (Robert De Niro) is captured. Danny reassembles his former team of skilled commandos to launch a rescue mission, and also to infiltrate the highly feared military unit, the British Special Air Service. The mission will not be easy, for Danny and his team must cut their way through Spike (Clive Owen) and a team of assassins known as the Feather Men.

Erased



Thursday, July 18 (1h & 44 Min.)

A former agent (Aaron Eckhart) of the CIA and his estranged daughter (Liana Liberato) go on the run after his employers target them for assassination.

Miami Vice



Thursday, July 25 (2h & 12 Min.)

A case involving drug lords and murder in South Florida takes a personal turn for undercover detectives Sonny Crockett (Colin Farrell) and Ricardo Tubbs (Jamie Foxx). Unorthodox Crockett gets involved romantically with the Chinese-Cuban wife of a trafficker of arms and drugs, while Tubbs deals with an assault on those he loves.



JULY 2019 PRESENTATIONS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>NUTRITION ED</u> Food Pyramid & Cooking Demonstration 11-12	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA
8	9	10	11	12
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>NUTRITION ED</u> Overview of Food Labels & Cooking Demonstration 11-12 <u>EDUCATION</u> Legal Clinic 1:30	<u>EDUCATION</u> AVIDA Presentation 10:30 <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA
15	16	17	18	19
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>NUTRITION ED</u> Food Swap & Cooking 11-12 Greenmarket Presentation 1pm <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> Greenmarket Tour 1pm	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA
22	23	24	25	26
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> Police Dept 10:30-11:30 Presentation Opioid Addiction <u>NUTRITION ED</u> Low Sodium & Cooking 1-2 <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> Healthfirst 11am Presentation <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA
29	30	31		
<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>NUTRITION ED</u> Shopping within Season & Cooking Demonstration 11-12 <u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA	<u>EDUCATION</u> TBA <u>HEALTH MANAGEMENT</u> TBA		

Funded in part by: The Department for the Aging

Group Trips
JULY 2019



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
		GreenMarket Tour 10:30am		
8	9	10	11	12
		Atlantic City 8:30am GreenMarket Tour 10:30am		
15	16	17	18	19
		GreenMarket Tour 1:00pm		
22	23	24	25	26
		GreenMarket Tour 10:30am		
29	30	31		
		Yankee Stadium Game 11am		



Stein Neighborhood Senior Center

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

Tel.: 1-646-395-8083

Title	Name	Extension
Executive Director	Marilyn Green	103
Bookkeeper	Dora Rivas	105
Program Director	Robert Santos	101
Program Coordinator	Jacquelin Delgado	104
Program Coordinator	Jocelyn Ciprian	102
Community Liaison	Ruth Walker	106
Community Liaison	Earl Miller	106
Custodian	Angel Burgos	
Security	Aaron Goldman	

STEIN NEIGHBORHOOD SENIOR CENTER

JULY MENU

LUNCH TIME: 12:00-1:00PM

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
1 Chicken & Broccoli Stir Fry White Rice Oriental Blend	2 BBQ RIBS potato Salad Cole Slaw Collard Greens Cup Cake	3 Egg Drop Pepper Flank Steak Egg Noodles Broccoli with Toasted Garlic	4 <u>Stein Is Close</u> Independence Day	5 <u>Stein Is Close</u> Independence Day
8 Chicken Parmesan Fettuccini w/ Sauce Sautéed Spinach	9 Coconut Curried Cod Fish Baked Red Potato Wedges California Blend Vegetables	10 Soup: Broccoli & Potato, Chicken Salad Carrot Apple Raisin Salad Herb Potato Salad w/ Mustard Vinaigrette	11 Oven Baked Pork Chops Brown Rice 1 cup Chinese Style Bok Choy	12 Stuffed Shells w/ Cheese Garden Salad
15 SoupMinestrone Cheeseburger with Onions Arugula Salad with Balsamic Vinegar Baked Sweet Potato	16 Broccoli Cheese Quesadilla Mexican Confetti Rice Tossed Salad with Dressing	17 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Kale with Tomato	18 Ground Beef Stuffed Bell Peppers with Cheese Cauliflower with Carrots and Parsley	19 Lemon Salmon Pasta Salad Beet Salad Mixed Green Salad
22 Soup: Chicken Noodle Beef Meatloaf with Mushroom Gravy Baked Potatoes Steamed Spinach	23 Vegetable Lasagna Garlic Bread Baby Spinach Salad	24 Chicken Caprese Herb Potato Salad with Mustard Vinaigrette Red Cabbage Salad	25 BBQ Beef Ribs Roasted Zucchini Steamed Corn on the Cob	26 Homemade Breaded Fish Cauliflower Stuffing Steamed Carrots
29 Chicken Meatballs w/ Carrot Sauce, Ziti Broccoli with Toasted Garlic	30 Soup: Mushroom Barley, Grilled Chicken Breast Mashed Butternut Squash, Sautéed String Beans	31 Baked Salmon with Cilantro Citrus Sauce Cucumber Dill Salad Spinach, Apple and Red Onion Salad		

FROZEN- JULY 6	FROZEN- JULY 13	FROZEN- JULY 20	FROZEN- JULY 27
Baked Chicken Quarters Tomato Sauce Steamed Broccoli Steamed Carrots	Chicken Breast White Rice Broccoli with Toasted Garlic	Mushroom, Red Pepper and Onion Sauté Rice Pilaf	Chili con Carne Rice with Vegetables Green Bean Sautee

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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 checked="" type="checkbox"/> ROOM-3 <input type="checkbox"/> ROOM-4

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8-9AM	<input type="checkbox"/> MORN'G DISCU	<input type="checkbox"/> MORN'G DISCU	<input type="checkbox"/> MORN'G DISCU	<input type="checkbox"/> MORN'G DISCU	<input type="checkbox"/> MORN'G DISCU
9-10	<input type="checkbox"/> EARLY GAMS	<input type="checkbox"/> EARLY GAMS	<input type="checkbox"/> EARLY GAMS	<input type="checkbox"/> EARLY GAMS	<input type="checkbox"/> EARLY GAMS
10-10:30	<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.
FUND Raising			<input type="checkbox"/> BOOKS & MORE 10:30-11:30 <input checked="" type="checkbox"/> CULTURE IN THE 10:30-1:30	CITY ON VACA. 11:30-2:30	
10-11		<input type="checkbox"/> DRAWING			<input type="checkbox"/> KNITTING
11-12	<input checked="" type="checkbox"/> <input type="checkbox"/> ARTHRITIS EXE	<input type="checkbox"/> PAINTING <input checked="" type="checkbox"/> GLOBAL HISTORY	<input checked="" type="checkbox"/> <input type="checkbox"/> STRENGTH	<input checked="" type="checkbox"/> <input type="checkbox"/> ARTHRITIS EX	<input checked="" type="checkbox"/> YIDDISH CLUB
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
11:30-12:00	<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
12-1	<input type="checkbox"/> LUNCH	<input type="checkbox"/> LUNCH	<input type="checkbox"/> LUNCH	<input type="checkbox"/> LUNCH	<input type="checkbox"/> LUNCH <input type="checkbox"/> FROZEN MEAL
12-3	<input checked="" type="checkbox"/> <input type="checkbox"/> SERENITY (Exercise) (Storytelling)				<input checked="" type="checkbox"/> <input type="checkbox"/> SERENITY (Art) (Inner Rockstar)
1-2		<input type="checkbox"/> MINDFULNESS	<input type="checkbox"/> MEDITATION <input type="checkbox"/> POUND FITNESS	<input checked="" type="checkbox"/> <input type="checkbox"/> CHAIRYOGA	
1-1:30	<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 checked="" type="checkbox"/> CHAIR DANCE	<input type="checkbox"/> READING		<input type="checkbox"/> SHAKESPEARE
1-3			<input type="checkbox"/> SOCIAL GAMES	<input type="checkbox"/> MOVIE DAY	
2-3	<input type="checkbox"/> POETRY WRITING	<input type="checkbox"/> ZUMBA <input checked="" type="checkbox"/> <input type="checkbox"/> FIT/FLEXIBLE	<input checked="" type="checkbox"/> CHORUS SEASONAL	<input type="checkbox"/> LINE DANCING <input checked="" type="checkbox"/> <input type="checkbox"/> YOGA	
3-4	ALL	ACTIVITIES	END	AT	3PM

Computer Lab Schedule

TIME	MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
8:00-10:00	OPEN to Members	OPEN to Members	OPEN to Members	OPEN to Members	OPEN to Members
10-11	OATS 10 Wks. Basic Computers Start: End:	OPEN to Members	OATS 10 Wks. Basic Computers Start: End:	OPEN to Members	10 weeks PRACTICE TIME
11-12 TO BE CONFIRMED	OATS 5 Wks. Digital Storytelling Start: End: OATS 5 Wks. ETSY for Entrepreneurs Start: End:	OPEN to Members	OATS 5 Wks. Digital Storytelling Start: End: OATS 5 Wks. ETSY for Entrepreneurs Start: End:	OPEN to Members	10 weeks PRACTICE TIME
1:00-3:00	OPEN to Members	OPEN to Members	OPEN to Members	OPEN to Members	OPEN to Members
3-4	THE	COMPUTER	LAB	IS	CLOSED

PLEASE READ: IMPORTANT MESSAGE

- 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,**
- **Your contribution goes towards the enhancement of the senior center's Programming.**
- **After 1pm- If any food is left over- Guest under age 60, wishing to eat... Are REQUIRED to pay \$5.00**



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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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**

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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.