



# STEIN SENIOR CENTER



*Jane Barry, Executive Director - Robert F. Doxsey, Deputy Director*

204 East 23<sup>rd</sup> Street, 2<sup>nd</sup> Floor

**Between 2<sup>nd</sup> & 3<sup>rd</sup> Avenues**

New York, NY 10010

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Website: [www.steinseniorcenter.org](http://www.steinseniorcenter.org)

HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM

## **SEPTEMBER 2014 NEWSLETTER**



As Summer Changes to Autumn,



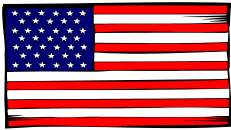
As August winds down, and the kids go back to school, we have several changes going on here at Stein. We are gearing up to renovate and expand our restrooms. I wrote a while back that I'm not looking forward to the disruption that it will entail, but it should take only a couple of weeks to complete the work. We will re-configure the space to allow additional toilets in both the men's and women's bathrooms, taking away the closets, hallway and janitor's closet (moving the Janitor's to another spot). All work should be completed by mid-December. Our next focus is the noise reduction in the dining room.

Because we need to complete this work before the end of the year, we have decided to postpone our 40<sup>th</sup> Anniversary event until next Spring. We will keep you posted. Our Board of Directors are planning fundraisers including art auctions and a Las Vegas Night (dates TBA). We have also been approached by some community institutions to collaborate with them this Fall. We expect to continue our partnership with Turtle Bay Music School with our Senior Chorus; La Mama Theatre is planning to do a workshop here leading to a performance at the theatre later this Fall; The Dept. for the Aging is placing an Artist in Residence here at Stein to teach painting in November; School of Visual Arts students will visit us in September to run a workshop in our Social Adult Day Program; our nurses will return from Hunter Bellevue, Pace and NY Tech to provide blood pressure monitoring, health lectures and special programs; our collaboration with Henry Street Settlement's Senior Companion Program will continue to grow. If you are interested in becoming a senior companion or having a senior companion, please see Sandy Daniels to get more information.

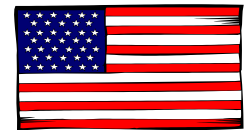
Senior Planet has been teaching our computer classes (sponsored by Rosie Mendez) and is being enjoyed by those attendees. We plan to have additional classes later this Fall. We have been chosen to be part of a study conducted by a professor at Cornell University to monitor the day to day activities of older adults. We will ask 15 members to sign up for this study, 6 men and 9 women. You will be given iPhones (for the study) and trained to use them. When alerted, participants will respond to surveys on the iPhones. They will pay the participants to be in the study. The study will take place from October 6<sup>th</sup> and end on October 13<sup>th</sup>. We will provide more information in the coming days. September 12<sup>th</sup> is Shredding Day sponsored by AARP and Scott Stringer's office! Bring all papers to be shredded from 10am to 1pm outside our center on 23<sup>rd</sup> Street.

Our most important change is the loss of one of our programs. We have been fortunate to have a Crime Victims Service here at Stein for a decade funded by the NYS Office of Victims Services. For the last 7 years, Coordinator Teresa Navarro has helped hundreds of crime victims navigate the system to get reimbursement for losses. She has worked tirelessly advocating for victims. As our contract was ending this September 30<sup>th</sup>, we applied for the grant for the next 5 years, as we had done in the past. We did not get the grant this time and the program will end on September 30<sup>th</sup>. We have reached out to our elected officials who have all responded and tried to help us. We weren't able to save the program. We will continue to try to identify grants that will restore this important service, but in the meantime, the Crime Victims Service will end on September 30, 2014. I know many of you have a close relationship with Teresa as we, her colleagues do. We wish her great success in her future endeavors and hope she can return to Stein at some point.

Jane Barry



# STEIN SENIOR CENTER



## SEPTEMBER 2014 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Feldenkrais</b> 10:00 – 11:00 Activity Rooms 1 & 2 <b>Through 9/29</b>  <b>Arthritis            Exercise</b> 11:15 – 12:15 Activity Rooms 1 & 2  <b>Opera            Appreciation</b> 1:30 – 2:30 Dining Room	<b>Knitting</b> 10:00 – 11:30 Activity Room 2  <b>Birthday            Party</b> 1:30 – 3:00 Dining Room <b>9/9</b>  <b>Medicare            Rights</b> 12:00 Dining Room <b>9/23</b>	<b>Strength            Training</b> 10:30 – 11:30 Activity Room 1  <b>Play Reading</b> 10:30 – 12:00 Activity Room 2 <b>9/3 &amp; 9/17</b>  <b>Meditation</b> 1:00 – 2:00 Activity Room 1  <b>Bridge Club</b> 1:15 – 3:45 Dining Room	<b>Movie (TBA)</b> 1:30 – 3:30 Activity Room 1 <b>9/4, 9/11 &amp; 9/25</b> See Special Programs Page For Titles	<b>Yiddish Club</b> 10:30-11:30 Lecture Room  <b>Shakespeare</b> 1:30 – 2:30 Dining Room

PARTIALLY FUNDED BY THE DEPARTMENT FOR THE AGING

SUGGESTED DONATION FOR EACH PROGRAM IS \$2.00

SUGGESTED DONATION FOR OPERA APPRECIATION, BRIDGE CLUB

AND SHAKESPEARE IS \$5.00



# SPECIAL PROGRAMS

<p><b>Crime Victim Services</b></p> <p><b>Program Coordinator and Victim Advocate</b></p> <p><b>Teresa Navarro</b></p> <p><b>646 395-8083</b></p> <p><b>tnavarro@steinseniorcenter.org</b></p>	<p><b>We Care Committee</b></p> <p><b>Contact Pat Keegan</b></p> <p><b>Tell her about people you have not seen and are concerned about.</b></p> <p><b>A call will be made and, as appropriate, a card sent.</b></p> <p>(You can always leave a message for Pat with Susan James or Sandy Daniels)</p>
<p><b>Shop &amp; Escort</b></p> <p><b>Shopping services and escort to appointments</b></p> <p><b>Call Susan James at least 3 days in advance 646 395-8083</b></p>	<p><b>Sandy Daniels Social Worker</b></p> <p><b>Case Assistance, Benefits and Information</b></p> <p><b>Call for an appointment Sandy Daniels at 646 395-8083</b></p>
<p><b>REGISTRATION</b></p> <p><b>Tuesday and Thursday</b></p> <p><b>10:00-1:00</b></p> <p><b>Please make an appointment with Ruth Walker</b></p> <p><b>CALL: 646 395-8083</b></p> <ol style="list-style-type: none"><li>1. Please bring proof of your age.</li><li>2. The name, address, and telephone number of your doctor, hospital or clinic.</li><li>3. The name, address, and telephone number of an emergency contact such as your spouse, other relative, or friend.</li><li>4. A list of medications you are taking along with the daily dosage.</li></ol> <p><b>There is no cost to become a member of Stein Senior Center.</b></p>	
<p><b>ALL MEMBERS</b></p> <p><b>Need an updated membership card with a '14 sticker</b></p> <p><b>Tuesday and Thursday</b></p> <p><b>10:00am – 1:00pm</b></p>	

## SPECIAL PROGRAMS

New Session

### FELDENKRAIS

Mondays, Through September 29<sup>th</sup>

10:00am – 11:00am

Activity Rooms 1 & 2

## FILM SCREENINGS

Thursday 9/4: Mrs. Palfrey at the Claremont

Featuring Joan Plowright

Thursday 9/11: Leave 'Em Laughing

Featuring Mickey Rooney

Thursday 9/25: Portrait in Black

Featuring Lana Turner

1:15pm

Activity Rooms 1 & 2

Curated by Kenneth Dray



## NEW YORK LIFE FINANCIAL PLANNING

Tuesday, September 9<sup>th</sup>

1:00pm

Activity Rooms 1 & 2



## SEPTEMBER BIRTHDAY PARTY

Tuesday, September 9<sup>th</sup>

1:30 – 3:00pm

Dining Room

Live music with Jose & Maria



# **SPECIAL PROGRAMS**

## **THEATRE & MORE**



**Tickets Available**

**Opens September 10th**

**Wednesdays – 10:30am – 1:30pm**

**Thursdays – 10:30am – 2:00pm**

**Fridays – 11:30am – 2:00pm**

## **HICAP**

**Wednesday, September 10<sup>th</sup>**

**See Bob for Appointment**

## **\*\*\*\*\*BOOK & CARD SALE\*\*\*\*\***



**Wednesday, September 10<sup>th</sup> & 24<sup>th</sup>**

**10:30am – 12:00pm**

**Lecture Room**

**Books – Hard Cover: 50¢ Soft Cover 25¢**

**Cards - 10¢**



## **SENIOR CHORUS**

**with Turtle Bay Music School**

**Dates to be announced**

## **SPECIAL PROGRAMS**

### ***Cabaret***

**With Janet & Leni**  
**Tuesday, September 16<sup>th</sup>**  
**1:15pm**  
**Activity Rooms 1 & 2**



### **HAIRCUTS**

**Tuesday, September 16<sup>th</sup>**  
**\$10, By Appointment, See Susan**

**Health Presentation:**

### **ERECTILE DYSFUNCTION**

**Thursday, September 18<sup>th</sup>**  
**12:45pm**  
**Activity Rooms 1&2**

**Special Event:**

### **STRONG TODAY—FALLS FREE TOMORROW**

**Workshops and Presentations on Fall Prevention**  
**Tuesday, September 23<sup>rd</sup>**  
**10:15am**



## **SPECIAL PROGRAMS**



**MEDICARE RIGHTS**  
**With Iris Finelli**  
**Tuesday, September 23<sup>rd</sup>**  
**12:00pm**  
**Dining Room**

**LEGAL CLINIC**  
**Tuesday, September 23<sup>rd</sup>**  
**1:30pm**

## **ANNOUNCEMENTS**

Thanks to **The Samuel Tilden Democratic Club** for their generous donation to our “Service Program for the Aging” (SPA) for early stage Alzheimer’s members. Recent research finds that a healthy diet low in sugar helps maintain higher cognitive function. This grant will provide healthy, nutritious snacks for the program.





## SEPTEMBER 2014 MENU

**LUNCH SERVED FROM 11:30am TO 12:45pm**



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b>  <b>CLOSED</b>  <b>LABOR DAY</b>  	<b>2</b> Pepper Steak w/Onions Brown Rice Whole Wheat Bread Mixed Vegetables Fruit Cocktail	<b>3</b> Orange Pineapple Juice BBQ Pork Chop Fettuccini w/Sauce Whole Wheat Bread Cauliflower w/Carrots Cantaloupe	<b>4</b> Pineapple Juice Chicken Salad Pasta Salad Whole Wheat Bread Cucumber Tomato Salad Banana	<b>5</b> Apple Juice BBQ Chicken Brown Rice Whole Wheat Bread Collard Greens w/Tomato Orange
<b>8</b> Eggplant Parmesan Pasta Whole Wheat Bread California Blend Vegetables Banana	<b>9</b> Apple Juice Salisbury Steak White Rice Whole Wheat Bread Collard Greens w/Tomato Fruit Cocktail	<b>10</b> Vegetable Soup Tuna Fish Salad Pasta Salad Whole Wheat Bread Garden Salad Orange	<b>11</b> Pineapple Juice Arroz con Pollo Whole Wheat Bread Broccoli w/Red Peppers Canned Apricots	<b>12</b> Orange Pineapple Juice Baked Tilapia Egg Noodles Whole Wheat Bread Baby Carrots Apple
<b>15</b> Apple Juice Vegetable Lasagna Whole Wheat Bread Garden Salad Pear	<b>16</b> Tomato Rice Soup Chicken Cacciatore Baked Potatoes Whole Wheat Bread Steamed Broccoli Apple Sauce	<b>17</b> Beef Brisket w/ Tomatoes & Onion Brown Rice Whole Wheat Bread Steamed Kale Apple	<b>18</b> Curried Chicken White Rice Whole Wheat Bread Cauliflower w/Carrots Orange	<b>19</b> Salmon in Garlic Butter Couscous w/Peas Whole Wheat Bread Collard Greens w/Tomato Banana
<b>22</b> Vegetable Soup Macaroni & Cheese Whole Wheat Bread Baked Zucchini Apple	<b>23</b> Apple Juice Chicken Gumbo Whole Wheat Bread Green Beans Canned Apricots	<b>24</b> Tomato Rice Soup Cheeseburger w/ Onions Whole Wheat Hamburger Bun Baby Beets & Carrots w/Dill Banana	<b>25</b> Pineapple Juice Citrus Sesame Cruled Salmon Rice Pilaf Whole Wheat Bread Sautéed String Beans Fruit Cocktail	<b>26</b> Apple Juice Baked Ziti w/ Meat Sauce Whole Wheat Bread Baby Carrots w/Parsley Orange
<b>29</b> Apple Juice Chili con Carne Brown Rice Whole Wheat Bread Broccoli w/Red Peppers Banana	<b>30</b> Stuffed Peppers w/Turkey Whole Wheat Bread Mashed Butternut Squash Canned Apricots	<b>October 1</b> Pineapple Juice Pork Stir-Fry w/Vegetables Carrots & Raisins Apple	<b>October 2</b> Pea Soup Beef Meatloaf w/Mushroom Gravy Mashed Potatoes Whole Wheat Bread Cantaloupe	<b>October 3</b> Baby Spinach Salad Baked Breaded Fish Fillet Baby Carrots w/Parsley Whole Wheat Bread Orange

**Suggested Donation \$2.00 for those 60+  
Partially funded by the Department for the Aging**

**Guests under 60 - \$4.75  
MENU SUBJECT TO CHANGE**