

STEIN SENIOR CENTER

Jane Barry, Executive Director Bob Doxsey, Deputy Director

Interim Location
The East End Temple
245 East 17th Street
Between 2nd & 3rd. Avenues
(Closer to 2nd Avenue)
New York, NY 10003

Tel: (646) 395-8083

Fax: (212) 477-6619

Website: www.steinseniorcenter.org

HOURS OF OPERATION: 10:00AM – 2:00PM

JULY 2012 NEWSLETTER

Independence Day



Hello from the Fourth Floor

Lots of activity happening here at Stein, both good and sad. We lost our wonderful member and volunteer, Lyn Queenan last month. We will be scheduling a memorial service here sometime in July. Our sincere condolences go to her family and all her friends.

We have started our renovation of our new site! We chose a contractor acceptable to the Firefighter's Assn. In fact, the father of the contractor built the building in the 1950's! The work will take approximately 90 days. We are planning a big ribbon-cutting to celebrate our new center. We also want to acknowledge the help of our elected officials who worked with us to secure funding for the renovation.

We want to thank our members who are contributing to our building fund. We have raised about \$17,000 and it is growing. Although our governmental funding was saved, we still have responsibilities to pay for certain parts of the renovation project. We will be initiating a fundraising campaign over the next year to ensure that Stein is on firm financial ground for many years to come.

We have also re-designed our website (www.steinseniorcenter.org) which will be available any day now. It will list our menus, activities and allow donations on-line, etc. We hope you enjoy the new site and give our thanks to staff, board members and volunteers for their input and hard work to accomplish this. Parts of the website are still under construction, so it is a work in progress.

When we move into our new center, we will be adding back all our wonderful activities and classes. We are sorry that we were not able to continue all our various activities here at the East End Temple, but we have kept activities that fit into the abridged hours here. Overall, it has worked out well for us and hopefully for the Temple. They have been welcoming and flexible in allowing us to stay on until our site is finished. Thanks to Rabbi

Adelson, Sharon, Shira, Sarah, Lauren, Karen and the board for their understanding and patience.

Jane Barry

SPECIAL PROGRAMS

<p>Performing Arts Desk</p> <p>Wednesday and Thursday</p> <p>10:30-1:30 Lower Level</p>	<p>We Care Committee</p> <p>Contact Florence Stoller or Pat Keegan</p> <p>Tell them about people you have not seen and are concerned about.</p> <p>A call will be made and, as appropriate, a card sent.</p> <p>(You can always leave a message for Florence or Pat with Anne Lewent or Sandy Daniels)</p>
<p>Crime Victim Services</p> <p>Program Coordinator and Victim Advocate Teresa Navarro</p> <p>646 395-8083 tnavarro@steinseniorcenter.org</p>	
<p>Shop & Escort</p> <p>Shopping services and escort to appointments</p> <p>Call Anne Lewent at least 3 days in advance 646 395-8083</p>	<p>Massage Program</p> <p>ONLY 2 DAYS IN JULY</p> <p>Wednesday, July 11th and Wednesday, July 18th</p> <p>Room 401 10:00-2:00</p> <p>By Appointment Only \$15 per _ Hour Session Pre-paid</p> <p>Call Anne 646 395-8083</p>
<p>Registration</p> <p>Tuesday and Thursday 10:00-1:00 Room 402</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>Nutritionist – Denise Sabal</p> <p>Tuesday, July 10th: consultations 10:00-2:00 Thursday, July 19th: consultations 10:00-2:00 Tuesday, July 31st: consultations 10:00-2:00</p>	

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JULY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Opera Appreciation: 1:15-2:15 Lower Level 7/9, 7/16 Tai Chi: 2:30-3:15 Lower Level 7/9, 7/16	Knitting 10:00-11:30 Room 403 7/10, 7/17, 7/31	Belly Dancing: 10:15-11:00 Lower Level 7/11, 7/18 Drama Club: 1:00-2:00 Lower Level 7/18, 7/25 Beth Israel Wellness Presentation By Sharon Voytush “EXERCISE” 11:00 Lower Level 7/25	Meditation: 10:15-11:15 Room 403 7/12, 7/19 Yoga: 1:15-2:15 Lower Level 7/12, 7/19 Current Events Discussion Group: 1:00-2:00 Room 403 7/12	Arthritis Exercise: 10:45-11:45 Room 403 7/13, 7/20 Shakespeare: 1:15-2:15 Lower Level 7/6, 7/13, 7/20, 7/27 Yiddish Club: 10:30-11:30 Room 402 7/6, 7/13, 7/20, 7/27

STEIN SENIOR CENTER JULY MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Apple Juice Meat Balls Spaghetti Broccoli Florets Whole Wheat Bread Pineapple Chunks	3 Orange Juice Barbeque Chicken Brown Rice Garlic Spinach Whole Wheat Bread Apple	4 HOLIDAY CLOSED	5 Split Pea Soup Baked Fish Mashed Potatoes Green Beans With Carrots Whole Wheat Bread Orange	6 Grape Juice Vegetarian Lasagna Tossed Salad Whole Wheat Bread Orange
9 Orange Juice/Pineapple Juice Baked Fish Yellow Rice Green Beans Red Peppers Whole Wheat Bread Apple Juice	10 Orange Juice Meat Balls Spaghetti Broccoli Spears Whole Wheat Bread Pears	11 Grape Juice Baked Chicken Mashed Potatoes Zucchini With Tomatoes Whole Wheat Bread Fruited Jello	12 Split Pea Soup Turkey With Gravy Baked Sweet Potatoes Garlic Spinach Whole Wheat Bread Orange	13 Pineapple Juice Salisbury Steak Brown Rice Baby Carrots Whole Wheat Bread Sliced Peaches
16 Orange Juice Baked Salmon Bow Tie Pasta Collard Greens, Garlic & Onions Whole Wheat Bread Diced Pears	17 Blended Juice Beef Stew White Rice Mixed Vegetables Whole Wheat Bread Apple	18 Chicken Noodle Soup Baked Chicken Roasted Potatoes Broccoli Florets Whole Wheat Bread Orange	19 Apple Juice Tilapia Fish With Garlic Sauce Mashed Potatoes Green Beans With Red Peppers Whole Wheat Bread Sliced Peaches	20 Pineapple Juice Barbeque Chicken Corn Spinach Whole Wheat Bread Banana
23 Apple Juice Baked Fish With Garlic Sauce Butter Noodles Carrots With Green Beans Whole Wheat Bread Fruit Cocktail	24 Orange Juice Turkey Loaf Brown Rice Broccoli Florets Whole Wheat Bread Pear	25 Blended Juice Meat Balls Tomato Sauce Spaghetti Tossed Salad Whole Wheat Bread Orange	26 Grape Juice Grilled Chicken Cutlet Garlic Red Potatoes Fresh Zucchini With Squash Whole Wheat Bread Sliced Pears	27 Orange Juice Baked Salmon Yellow Rice Peas & Carrots Whole Wheat Bread Banana
30 Grape Juice Baked Fish With Tarter Sauce Corn/Red Peppers Spinach Whole Wheat Bread Apple Sauce	31 Orange Juice Honey Mustard Chicken Garlic Red Potatoes Italian Green Beans Whole Wheat Bread Fruit Cocktail			

