

# STEIN SENIOR CENTER

Jane Barry, Executive Director Bob Doxsey, Deputy Director

## Interim Location

The East End Temple  
245 East 17<sup>th</sup> Street  
Between 2<sup>nd</sup> & 3<sup>rd</sup> Avenues  
(Closer to 2<sup>nd</sup> Avenue)  
New York, NY 10003

Tel: (646) 395-8083

Fax: (212) 477-6619

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

HOURS OF OPERATION: 10:00AM – 2:00PM

## AUGUST 2012 NEWSLETTER



## *Hello from The Fourth Floor*

**We're heading into the Dog Days of Summer, 2012 and many issues have fallen into place. Our construction is humming along and we go to construction site meetings every Thursday morning. Each week we see progress. As many people have asked, we expect to be moving to the new site in the beginning of October, save any delays. The Firefighters are upgrading the elevators and installing an automatic front door to replace the heavy door.**

**We will be restoring many of our programs that had to be suspended when we moved to the Temple. We thank you for your patience and understanding and are looking to schedule painting class, Pilates, Ballroom dancing, Play-reading, computer classes, bridge, haircuts, and hopefully, our chorus.**

**We are also looking at establishing an exercise space with treadmill and exercise bikes! One of the innovative ideas we are hoping to accomplish is to make our center programs accessible to other centers and homebound seniors via live video-streaming. This would enable us to transmit classes and programs over a closed circuit to sister agencies and members at home who cannot get to the center. All this is very exciting to imagine. Our Board of Directors is planning some major fundraisers over the next year and we hope you will continue to support our special events.**

**The final news for this month is our new website, which is just about to be launched. We apologize for the delay and unavailability of getting up to date information on the website, but building a professional website is more complicated and work intensive than we imagined. Please let us know what you think once it is launched!**

**I have great confidence that Stein will be a beautiful, innovative and welcoming place where our community will thrive and grow for many years. Thanks again for your dedication and support.**

**Jane Barry  
Executive Director**

# STEIN SENIOR CENTER

## AUGUST ACTIVITIES

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Opera Appreciation:</b> 1:15-2:15 Lower Level 8/13, 8/20</p> <p><b>Tai Chi:</b> 2:30-3:15 Lower Level 8/13, 8/20</p>	<p><b>Knitting:</b> 10:00-11:30 Room 403 8/7, 8/14, 8/21, 8/28</p>	<p><b>Belly Dancing:</b> 10:15-11:00 Lower Level 8/15, 8/22</p> <p><b>Drama Club:</b> 1:00-2:00 Lower Level 8/15, 8/22</p>	<p><b>Meditation:</b> 10:15-11:15 Room 403 8/9 ONLY</p> <p><b>Yoga:</b> 1:15-2:15 Lower Level 8/16, 8/23</p>	<p><b>Arthritis Exercise:</b> 10:45-11:45 Room 403 8/17, 8/24</p> <p><b>Shakespeare:</b> 1:15-2:15 Lower Level 8/3, 8/10, 8/17, 8/24, 8/31</p> <p><b>Yiddish Club:</b> 10:30-11:30 Room 402 8/3, 8/10, 8/17, 8/24, 8/31</p>

## SPECIAL PROGRAMS

<p style="text-align: center;"><b>Performing Arts Desk</b> <b>CLOSED ALL OF AUGUST</b></p> <p style="text-align: center;"><b>Reopens Wednesday, Sept. 5<sup>th</sup></b> <b>Lower Level</b></p> <hr style="width: 50%; margin: 10px auto;"/> <p style="text-align: center;"><b>Crime Victim Services</b></p> <p style="text-align: center;"><b>Program Coordinator and</b> <b>Victim Advocate</b> <b>Teresa Navarro</b></p> <p style="text-align: center;"><b>646 395-8083</b> <b>tnavarro@steinseniorcenter.org</b></p>	<p style="text-align: center;"><b>We Care Committee</b></p> <p><b>Contact Florence Stoller or Pat Keegan</b></p> <p><b>Tell them 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 Florence or Pat with Anne Lewent or Sandy Daniels)</p>
<p style="text-align: center;"><b>Shop &amp; Escort</b></p> <p style="text-align: center;"><b>Shopping services and escort to appointments</b></p> <p style="text-align: center;"><b>Call Anne Lewent</b> <b>at least 3 days in advance</b> <b>646 395-8083</b></p>	<p style="text-align: center;"><b>Massage Program</b> <b>ONLY 2 DAYS IN AUGUST</b> <b>Wednesday, August 15<sup>th</sup> and</b> <b>Wednesday, August 22<sup>nd</sup></b> <b>Room 401</b> <b>10:00-2:00</b> <b>By Appointment Only</b> <b>\$15 per _ Hour Session</b> <b>Pre-paid</b> <b>Call Anne 646 395-8083</b></p>
<p><b>Registration</b> <b>Tuesday and Thursday</b> <b>10:00-1:00</b> <b>Room 402</b></p> <ol style="list-style-type: none"> <li><b>1. Please bring proof of your age.</b></li> <li><b>2. The name, address, and telephone number of your doctor, hospital or clinic.</b></li> <li><b>3. The name, address, and telephone number of an emergency contact such as your spouse, other relative, or friend.</b></li> <li><b>4. A list of medications you are taking along with the daily dosage.</b></li> </ol>	
<p><b>Nutritionist – Denise Sabal, R.D.</b> <b>Thursday, August 9<sup>th</sup>: consultations 10:00-2:00</b> <b>Tuesday, August 21<sup>st</sup>: consultations 10:00-2:00</b> <b>Thursday, August 30<sup>th</sup>: consultations 10:00-2:00</b></p>	

**SPECIAL PROGRAMS**

**ALL MEMBERS**

**Need an updated membership card with a '13 sticker**

**Go to 4<sup>th</sup> Floor, Room 402**

**Tuesday and Thursday**

**10:00-1:00**

**RETRO BIRTHDAY PARTY**

**AUGUST 27<sup>TH</sup>**

**1:30 – 3:30**

**Lower Level**

**Celebrate All Birthdays From December Through August**

**WITH JOSE AND MARIA**

**H. I.C.A.P.**

**August 16<sup>th</sup>**

**See Bob for Appointments**

## STEIN SENIOR CENTER AUGUST MENU

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
		<b>1</b> Split Pea Soup Vegetarian Lasagna Tossed Salad Whole Wheat Bread Orange	<b>2</b> Pineapple Juice Cornish Hen Brown Rice Baby Carrots w/Parsley Whole Wheat Bread Apple	<b>3</b> Pineapple Juice Grilled Chicken Cutlet Garlic Red Potatoes Zucchini/Squash Whole Wheat Bread Sliced Pears
<b>6</b> Apple Juice Salmon w/Dill Sauce Noodles Broccoli/ Cauliflower Whole Wheat Bread Fruit Cocktail	<b>7</b> Grape Juice Baked Chicken Baked Potatoes Collard Greens/Red Peppers/Onions Whole Wheat Bread Orange	<b>8</b> Orange Juice Sliced Turkey w/Gravy Sweet Potato Green Beans w/Garlic/Almonds Whole Wheat Bread Pear	<b>9</b> Blended Juice Meat Loaf Rice Peas/Carrots Whole Wheat Bread Apple	<b>10</b> Pineapple Juice Baked Fish w/Dill Sauce Corn/Peppers Spinach Whole Wheat Bread Sliced Peaches
<b>13</b> Apple Juice Meat Balls/Tomato Sauce Spaghetti Broccoli Florets Whole Wheat Bread Pineapple Chunks	<b>14</b> Orange Juice Barbeque Chicken Brown Rice Garlic Spinach Whole Wheat Bread Apple	<b>15</b> Pineapple Juice Grilled Chicken Cutlet Garlic Red Potatoes Zucchini/Squash Whole Wheat Bread Sliced Pears	<b>16</b> Split Pea Soup Baked Fish Mashed Potatoes Green Beans w/Carrots Whole Wheat Bread Orange	<b>17</b> Orange Juice Vegetarian Lasagna Tossed Salad Whole Wheat Bread Apple
<b>20</b> Orange Juice Baked Salmon Bow Tie Pasta Collard Greens/Garlic/ Onions Whole Wheat Bread Diced Pears	<b>21</b> Blended Juice Beef Stew White Rice Mixed Vegetables Whole Wheat Bread Apple	<b>22</b> Chicken Noodle Soup Baked Chicken Roasted Potatoes Broccoli Florets Whole Wheat Bread Orange	<b>23</b> Apple Juice Tilapia w/Garlic Sauce Mashed Potatoes Greens Beans w/Red Peppers Whole Wheat Bread Sliced Peaches	<b>24</b> Pineapple Juice Barbeque Chicken Corn Spinach Whole Wheat Bread Banana
<b>27</b> Apple Juice Baked Fish w/Garlic Sauce Butter Noodles Carrots/Green Beans Whole Wheat Bread Fruit Cocktail	<b>28</b> Orange Juice Sliced Turkey w/Gravy Brown Rice Broccoli Florets Whole Wheat Bread Pears	<b>29</b> Blended Juice Meat Balls/Tomato Sauce Spaghetti Tossed Salad Whole Wheat Bread Orange	<b>30</b> Grape Juice Grilled Chicken Cutlet Garlic Red Potatoes Zucchini/Squash Whole Wheat Bread Sliced Pears	<b>31</b> Orange Juice Baked Salmon Yellow Rice Peas/Carrots Whole Wheat Bread Banana

