



# 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

## OCTOBER 2012 NEWSLETTER

Stein Senior Center will be

**CLOSED**

on

**Monday October 1<sup>st</sup> & Monday October 8<sup>th</sup>**



## **Hello from the Fourth Floor**

**I would like to wish our Stein Family a Healthy and Happy Rosh Hashanah and Yom Kippur! Enjoy Sukkot as well. Time is rushing by and our renovation is progressing. It's going to be beautiful and modern and clean. There are still hurdles to be overcome as in all renovations, but I'm getting a lot of experience after 2 years of working on this.**

**We are hoping to move in by the middle of November, yes, I know we've been moving the date further, but an important module is in production and must be installed, so we have to be flexible.**

**We hope you have had a chance to look at our new website ([steinseniorcenter.org](http://steinseniorcenter.org)). The design is very professional and user friendly. We are grateful for the time and work done to update our site. There is also a button on the site to donate via Paypal.**

**We have had to close on certain Jewish Holidays here at The East End Temple and will be closed Monday, October 1<sup>st</sup> for Sukkot and Monday, October 8<sup>th</sup> for Columbus Day. We are slowly adding back our programs and activities and will be bringing back Bridge and plan to add Zumba in our new center. Stay tuned for updates.**

**After our move, we will have a ribbon-cutting ceremony and a grand opening inviting all our members and supporters. We will keep you in the loop!**

**Jane Barry**

## STEIN SENIOR CENTER OCTOBER ACTIVITIES

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>CLOSED:</b></p> <p><b>10/1:</b> <b>Sukkot</b></p> <p><b>10/8:</b> <b>Columbus Day</b></p> <p><b>Folk Dancing:</b> 10:00-11:00 Room 403 10/15, 10/22, 10/29</p> <p><b>Opera Appreciation:</b> 1:15-2:15 Lower Level 10/15, 10/22, 10/29</p> <p><b>Tai Chi:</b> 2:30-3:15 Lower Level 10/15, 10/22, 10/29</p>	<p><b>Knitting:</b> 10:00-11:30 Room 403 10/2, 10/9, 10/16,10/23 10/30</p> <p><b>Book Club:</b> 1:00-2:00 Room 403 10/30 Book: “Rise and Shine” by Anna Quindlen</p>	<p><b>Belly Dancing:</b> 10:15-11:00 Lower Level 10/3, 10/10, 10/17,10/24, 10/31</p> <p><b>Drama Club:</b> 1:00-2:00 Lower Level 10/10, 10/24</p> <p><b>Beth Israel Wellness Presentation By Sharon Voytush</b> “Forgetfulness” 11:00 Lower Level 10/17</p>	<p><b>Meditation</b> 10:15-11:15 Room 403 10/4, 10/11, 10/18, 10/25</p> <p><b>Yoga:</b> 1:15-2:15 Lower Level 10/4, 10/11, 10/18</p>	<p><b>Arthritis Exercise:</b> 10:45-11:45 Room 403 10/5, 10/12, 10/19, 10/26</p> <p><b>Shakespeare:</b> 1:15-2:15 Lower Level 10/5, 10/12, 10/19, 10/26</p> <p><b>Yiddish Club:</b> 10:30-11:30 Lower Level 10/5, 10/12, 10/19, 10/26</p>

## SPECIAL PROGRAMS

<p style="text-align: center;"><b>Performing Arts Desk</b></p> <p style="text-align: center;">Wednesday and Thursday</p> <p style="text-align: center;">10:30 – 1:30 Lower Level</p> <hr style="border: 0.5px solid black;"/> <p style="text-align: center;"><b>Crime Victim Services</b></p> <p style="text-align: center;">Program Coordinator and Victim Advocate Teresa Navarro</p> <p style="text-align: center;">646 395-8083 tnavarro@steinseniorcenter.org</p>	<p style="text-align: center;"><b>We Care Committee</b></p> <p style="text-align: center;">Contact Florence Stoller or Pat Keegan</p> <p style="text-align: center;">Tell them about people you have not seen and are concerned about.</p> <p style="text-align: center;">A call will be made and, as appropriate, a card sent.</p> <p style="text-align: center;">(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;">Shopping services and escort to appointments</p> <p style="text-align: center;">Call Anne Lewent at least 3 days in advance 646 395-8083</p>	<p style="text-align: center;"><b>Massage Program</b></p> <p style="text-align: center;">Wednesdays October 3, 10, 17, 24, 31 Room 401 10:00-2:00 By Appointment Only \$15 per _ Hour Session Pre-paid Call Anne 646 395-8083</p>
<p><b>Registration</b> Tuesday and Thursday 10:00-1:00 Room 402</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>Nutritionist – Denise Sabal, R.D.</b> Tuesday, October 9<sup>th</sup>: consultations 10:00-2:00 Thursday, October 18<sup>th</sup>: consultations 10:00-2:00 Tuesday, October 23<sup>rd</sup>: consultations 10:00-1:00 Presentation @ 1:00 “Take a Mediterrean Vacation From Your Toxic American Diet”</p>	

**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**

**HICAP**

**Thursday, October 18<sup>th</sup>**

**See Bob for Appointment**

**ANSONIA MUSIC**

**Thursday, October 25<sup>th</sup>  
1:15  
Lower Level**

**See October Menu on Next Page**

## STEIN SENIOR CENTER OCTOBER MENU

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b>  <b>CLOSED</b>  <b>SUKKOT</b>	<b>2</b> Grape Juice Baked Chicken Whole Wheat Bread Baked Potato Collard Green W/Red Pepper/Onion Sliced Peaches	<b>3</b> Orange Juice Roasted Turkey W/Gravy Whole Wheat Bread Sweet Potato Green Beans W/Garlic Almond Pineapple Chunks	<b>4</b> Blended Juice Meatloaf Rice Whole Wheat Bread Peas/Carrots Apple	<b>5</b> Baked Fish Whole Wheat Bread Corn W/Pepper Spinach Orange
<b>8</b>  <b>CLOSED</b>  <b>COLUMBUS DAY</b>	<b>9</b> Orange Juice Barbecue Chicken Brown Rice Whole Wheat Bread Spinach W/Garlic Apple	<b>10</b> Pineapple Juice Grilled Chicken Cutlet Whole Wheat Bread Roasted Garlic Red Potato Zucchini W/Squash Sliced Pears	<b>11</b> Split Pea Soup Baked Fish Whole Wheat Bread Mashed Potatoes Green Beans W/Carrots Orange	<b>12</b> Orange Juice Vegetarian Lasagna Whole Wheat Bread Tossed Salad Banana
<b>15</b> Pineapple Juice Baked Fish Yellow Rice Whole Wheat Bread Garlic/Spinach Applesauce	<b>16</b> Orange Juice Meat Balls Spaghetti Whole Wheat Bread Broccoli Spears Pears	<b>17</b> Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini/Tomatoes Fruited Jell-O	<b>18</b> Split Pea Soup Roasted Turkey W/Gravy Whole Wheat Bread Sweet Potato Green Beans/Red Peppers Orange	<b>19</b> Apple Juice Vegetarian Lasagna Whole Wheat Bread Tossed Salad Sliced Pineapple
<b>22</b> Orange Juice Baked Salmon Bowtie Pasta Whole Wheat Bread Collard Greens Diced Pears	<b>23</b> Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	<b>24</b> Chicken Soup Baked Chicken Whole Wheat Bread Roasted Potato Broccoli Florets Orange	<b>25</b> Apple Juice Tilapia Fish W/Garlic Sauce Whole Wheat Bread Mashed Potatoes Green Beans W/Red Peppers Sliced Peaches	<b>26</b> Grape Juice Barbecue Chicken Whole Wheat Bread Corn Spinach Banana
<b>29</b> Blended Juice Baked Fish W/Garlic Sauce Buttered Noodles Whole Wheat Bread Peas/Carrots Fruit Cocktail	<b>30</b> Orange Juice Roasted Turkey W/Gravy Brown Rice Whole Wheat Bread Collard Greens Pears	<b>31</b> Apple Juice Meat Balls Spaghetti Whole Wheat Bread Tossed Salad Orange		