

STEIN SENIOR CENTER

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



**HAPPY
FATHER'S
DAY**

204 East 23rd Street, 2nd Floor
Between 2nd & 3rd Avenues
New York, NY 10010

Tel: (646) 395-8083

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Website: www.steinseniorcenter.org

HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM

JUNE 2013

NEWSLETTER

Hello from our new Home: “*Sumer is a cumin in*” and has arrived! We’re not used to having air conditioning, and it will be well used this summer. As you may have noticed, we are adding many of our activities back onto the calendar and premiering some new ones. Play reading is back with John, exercise and dance classes, discussion and book sales, computer classes for beginners and intermediate, just to name a few. We have two time limited workshops – The Feldenkrais method, which improves your balance will be here for 6 weeks, on Mondays and Thursdays at 10:30 starting Monday, **July 8th**. The other new program is “Performance Art for the Generations” starting Tuesday, June 4th at 1:30. This program will use acting, writing, movement and music to create a performance piece that will touch on many of the concerns related to the aging process. No experience necessary to join. This workshop will be taught by **Linda Gelman**, who is Executive Producer of Chicago City Limits (the acclaimed Improvisational Theater) and **Sandi Sacks**, LMSW, a geriatric social worker and activity specialist.

On June 10, Monday at 10:30, we will have a visit from **Debby Lowenstein**, who runs the Senior Companions program. She is looking for people who would like to do Friendly Visiting in our neighborhood with homebound seniors. There is a stipend for those who join and training for new volunteers. Please attend this meeting if you would like more information.

We have installed our “**Tree of Life**” wall and it is filling up nicely. We think it is very elegant and if you are interested in memorializing a loved one, please leave a message for Leigh Merrill and she will get back to you.

We are working on some specific issues in our new space. We will add additional toilets to the men’s and women’s bathrooms as soon as we can and we are looking into acoustical noise reduction to deal with too much noise! Thank you for your patience and although we will never be perfect, we’re getting closer.

We thank you for your suggestions and when possible, we try to put them into practice. Our center has gone through a long process of moving twice and finally settled into our new space. We need to take care of it, so please do your part. Even though we have 5,000 sq. feet of space here, it’s more compact and closer together than our old space in ICD, so activities are closer and sound travels.

— Jane Barry, CSW, Executive Director

STEIN SENIOR CENTER JUNE 2013

ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fine Arts 9:00 – 10:30 Dining Room Every Monday</p> <p>Folk Dancing 10:00 – 11:00 Activity Rooms 1&2 Every Monday</p> <p>Tai Chi 11:30 – 12:30 Activity Rooms 1&2 Every Monday</p> <p>Opera Appreciation 1:30 – 2:30 Dining Room Every Monday</p>	<p>Knitting: 10:00 – 11:30 Activity Room 2 Every Tuesday</p> <p>Belly Dancing 10:45 – 11:45 Lecture Room Every Tuesday</p> <p>Ballroom Dancing 1:30 – 2:30 Dining Room 6/4 & 6/25</p> <p>Birthday Party 1:30 – 2:30 Dining Room 6/18</p> <p>Mahjong 1:30 – 2:30 Lecture Room</p>	<p>Bridge Club: 1:30 – 3:45 Dining Room Every Wednesday</p> <p>Meditation 1:00 – 2:00 Activity Room 1 Every Wednesday NOT 6/5</p> <p>Drama Club 2:30 – 3:30 Lecture Room 6/12 & 6/26</p> <p>Play Reading 10:30 – 12:00 Activity Room 1&2 6/5 & 6/19</p>	<p>Strength Training with Renate 1:45 – 2:45 Activity Rooms 1 & 2 6/20 & 6/27</p> <p>Line Dancing 1:30 – 3:00 Lecture Room Every Thursday</p> <p>Current Events 1:30 – 2:30 Lecture Room 6/27</p>	<p>Arthritis Exercise 10:45-11:45 Activity Rooms 1&2 Every Friday NOT 6/21</p> <p>Shakespeare 1:30 – 2:30 Dining Room Every Friday</p> <p>Yiddish Club 10:30-11:30 Lecture Room Every Friday</p>

Please note: All Activities are subject to change

SPECIAL PROGRAMS

<p style="text-align: center;">Crime Victim Services</p> <p style="text-align: center;">Program Coordinator and Victim Advocate</p> <p style="text-align: center;">Teresa Navarro</p> <p style="text-align: center;">646 395-8083</p> <p style="text-align: center;">tnavarro@steinseniorcenter.org</p>	<p style="text-align: center;">We Care Committee</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;">Shop & Escort</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;">Sandy Daniels Social Worker</p> <p style="text-align: center;">Case Assistance, Benefits and Information</p> <p style="text-align: center;">Call for an appointment Sandy Daniels at 646 395-8083</p>
<p>Registration Tuesday and Thursday 10:00-1:00</p> <p>Please make an appointment with Ruth Walker</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>ALL MEMBERS</p> <p>Need an updated membership card with a '13 sticker Tuesday and Thursday 10:00 – 1:00</p>	

SPECIAL PROGRAMS

NUTRITIONIST – Denise Sabal, R.D.N.
Monday, June 3rd – consultations 11:30 – 3:30
Friday, June 14th – consultations 11:30 – 3:30
Monday, June 24th – consultations 11:30 – 1:00
Presentation 1:00 – 2:00 “The Importance of Protein”
consultations 2:00 – 4:00

COMPUTER CLASS

Beginner Class
Tuesdays, 10:00
Intermediate Class
Thursdays, 1:00

MEDICARE RIGHTS

With Iris Fanelli
Tuesday, June 18th
11:15
Dining Room

*******BOOK & CARD SALE*******

EVERY OTHER WEDNESDAY

Starting June 12th
10:30 – 12:00
Lecture Room

MAHJONG

STARTING TUESDAY, JUNE 4TH
1:30 – Lecture Room
Every Tuesday in June

VOCAL EASE CABARET PERFORMANCE

Tuesday, June 11th
1:30 in the Dining Room

SPECIAL PROGRAMS

PERFORMING ART FOR THE GENERATIONS

**Tuesday – 1:30
Activity Room 1**

Participants through the creative processes of acting, writing, movement, music and more will create a performance piece that will touch on many of the concerns related to the aging process.

THEATRE & MORE

**HOURS: WEDNESDAY & FRIDAY 10:30 – 1:30
THURSDAY 10:30 – 2:00**

A warm welcome to our new volunteer Rose Marie Gallager, former government employee and 8 year soup kitchen volunteer.

Come see our varied selection of plays and music.

For opera lovers come and see Carmen's Place (a fantasy) – the music from the opera Carmen and a new romance.

Janet Schwartz

“Theatre & More” – coordinator and staff

STEIN SENIOR CENTER JUNE 2013 MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Collard Greens/Garlic & Onions Diced Pears	4 Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	5 Chicken Noodle Soup Baked Chicken Whole Wheat Bread Roasted Potato Broccoli Florets Orange	6 Apple Juice Tilapia Fish/Garlic Sauce Mashed Potatoes Whole Wheat Bread Green Beans/Red Peppers Sliced Peaches	7 Pineapple Juice Barbeque Chicken Whole Wheat Bread Corn Spinach Banana
10 Apple Juice Baked Fish/Garlic Sauce Buttered Noodles Whole Wheat Bread Carrots/Green Beans Fruit Cocktail	11 Orange Juice Turkey/Gravy Brown Rice Whole Wheat Bread Broccoli Florets Pear	12 Blended Juice Meatballs/Tomato Sauce Spaghetti Whole Wheat Bread Tossed Salad Orange	13 Grape Juice Grilled Chicken Cutlet Whole Wheat Bread Red Potatoes Zucchini/Squash Sliced Pears	14 Orange Juice Baked Salmon Yellow Rice Whole Wheat Bread Peas/Carrots Banana
17 Grape Juice Baked Fish/Tarter Sauce Whole Wheat Bread Corn/Red Peppers Spinach Applesauce	18 Orange Juice Honey Mustard Chicken Whole Wheat Bread Garlic Potato Green Beans Fruit Cocktail	19 Split Pea Soup Vegetarian Lasagna Whole Wheat Bread Tossed Green Salad Orange	20 Pineapple Juice Cornish Hen Brown Rice Whole Wheat Bread Baby Carrots/Parsley Apple	21 Blended Juice Eggplant Parmesan Bow Tie Pasta Whole Wheat Bread Spinach Banana
24 Apple Juice Salmon/Dill Sauce Noodles Whole Wheat Bread Broccoli/ Cauliflower Fruit Cocktail	25 Grape Juice Baked Chicken Whole Wheat Bread Baked Potato Greens/Red Peppers/ Onions Orange	26 Orange Juice Turkey/Gravy Whole Wheat Bread Sweet Potato Green Beans/Garlic & Almond Pears	27 Blended Juice Meatloaf Rice Whole Wheat Bread Peas/Carrots Apple	28 Pineapple Juice Baked Fish/Dill Sauce Whole Wheat Bread Corn/Peppers Spinach Sliced Peaches