

STEIN SENIOR CENTER

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

204 East 23rd Street, 2nd Floor

Between 2nd & 3rd Avenues

New York, NY 10010

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Website: www.steinseniorcenter.org

HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM

AUGUST 2013 NEWSLETTER

August!

I think we had the “dog days of August” in July this year. It’s a pleasure to come to the office and the AC works. By 10 am, I need my sweater, but I’m not complaining. We just got word from the building management that they will be testing the fire alarm system along with the elevators and sirens. This will take place on Friday, August 2nd and Thursday, August 8th. We will be closed those 2 days, but we will distribute lunches for you to take home on the day before. The fact that the elevators will not be working and the loud sirens and no air conditioning has made it impossible to open. We are sorry for this inconvenience.

Stein Senior Center continues to grow. The Feldenkrais classes are full twice a week and the Feldenkrais Institute is planning to continue the classes after the initial 6 weeks due to the interest in the community. Most of our other classes are well attended and a few are not. We are now assessing the attendance and contribution levels to see what will stay and what needs to go. As a publicly-funded program, we need to be fiscally responsible ie., the Dept. for the Aging requires that guests and staff under 60 years of age must pay the cost of the meal each day. You will notice that we have put up a sign explaining that rule. We pay \$4.75 for each meal to our caterer, but we only get reimbursed by our funding source for those people who are 60+. Since we moved to our new space, our meal numbers have doubled, but our budget hasn’t. Please step up to the plate and contribute what is possible for you.

We are trying to make the sign-in process smoother and faster. The new scanning system is still working out its glitches, so we apologize for the long line and hope to see a solution very soon. We are re-establishing our member Advisory Council starting in September. This group meets with Bob on a regular basis to discuss programs, menus, ideas for trips, improvement, etc. If you would like to join the Advisory Council, please speak to Bob.

We want to welcome our new bookkeeper, Dora Rivas, who started on July 29th. Dora comes to Stein with many years of experience with senior centers funded by NYC Dept. for the Aging. Dora will be here every day of the week and will be active in the center, helping out where she is needed. Thank you for your generosity and loyalty. Enjoy the rest of the summer. Jane Barry

FREE Feldenkrais Exercise Classes Start Monday, July 8

The innovative exercise program **Moving Forward with the Feldenkrais Method: Flexibility, Balance and Pain Relief for Seniors** will be offered free at the Stein Senior Center starting Monday, July 8, for six weeks.

“More and more people of all ages are discovering Feldenkrais,” said Stein Senior Center Executive Director Jane Barry. “We appreciate the generosity of the Feldenkrais Foundation and its sponsors for introducing the program to our members with a selection of exercises specifically designed to meet their needs.”

Moving Forward with the Feldenkrais Method is described as safe, easy-to-do and stress-free, with benefits that include reduced pain and stiffness, reduced arthritis symptoms, improved coordination and posture, and help in recovering from an injury. Exercises can be done while sitting in a chair or while lying on the floor.

“Our method is ideally suited for older adults,” said Nancy Judson, Feldenkrais Foundation Executive Director. “Instead of stretching or using muscular effort, Feldenkrais exercises stimulate the brain with an ingenious blend of gentle movement and guided attention to bring about improvements in the body.” For more information, visit feldenkraisfoundation.org.

Class Schedule

Feldenkrais classes at the Stein Senior Center will meet for six weeks every Monday and Thursday from 10:30-11:30 a.m. on the **Second Floor of 204 East 23rd Street** between Second and Third avenues; 646-395-8083.

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STEIN SENIOR CENTER

AUGUST 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Fine Arts 9:00 – 10:30 Dining Room Every Monday Feldenkrais 10:00 Activity Rooms 1&2 Through 8/12 Tai Chi 11:30 – 12:30 Activity Rooms 1&2 8/5 ONLY Opera Appreciation 1:30 – 2:30 Dining Room 8/5 ONLY	Knitting: 10:00 – 11:30 Activity Room 2 Every Tuesday Belly Dancing 10:45 – 11:45 Lecture Room Every Tuesday NOT 8/27 Birthday Party 1:30 – 2:30 Dining Room 8/13	Bridge Club: 1:30 – 3:45 Dining Room Every Wednesday Meditation 1:00 – 2:00 Activity Room 1 Every Wednesday Drama Club 2:30 – 3:30 Lecture Room 8/14 & 8/28 Play Reading 10:30 – 12:00 Activity Rooms 1&2 8/7 & 8/21	Strength Training with Renate 12:45 Activity Rooms 1 & 2 Every Thursday NOT 8/8 Line Dancing 1:30 – 3:00 Lecture Room Every Thursday NOT 8/8 Feldenkrais 10:00 Activity Rooms 1&2 NOT 8/8 Through 8/15 CENTER CLOSED 8/8	Arthritis Exercise 10:45-11:45 Activity Rooms 1&2 Every Friday NOT 8/2 8/9 ONLY Shakespeare 1:30 – 2:30 Dining Room Every Friday NOT 8/2 Yiddish Club 10:30-11:30 Lecture Room Every Friday NOT 8/2 CENTER CLOSED 8/2

Please note: All Activities are subject to change

SPECIAL PROGRAMS

<p>Crime Victim Services</p> <p>Program Coordinator and Victim Advocate</p> <p>Teresa Navarro</p> <p>646 395-8083</p> <p>tnavarro@steinseniorcenter.org</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>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>Sandy Daniels Social Worker</p> <p>Case Assistance, Benefits and Information</p> <p>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 CALL: 646 395-8083</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</p> <p>Tuesday and Thursday 10:00 – 1:00</p>	

SPECIAL PROGRAMS

NUTRITIONIST – Denise Sabal, R.D.N.

Wednesday, August 7th – consultations 11:30 – 3:30

Monday, August 19th – consultations 11:30 – 3:30

Monday, August 26th – consultations 11:30 – 3:30

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

EVERY OTHER WEDNESDAY

Starting August 7th

10:30 – 12:00

Lecture Room

**RSVP PRESENTATION
FOR SENIOR MENTORS**

Tuesday, August 6th

11:30

Activity Room 1

H.I.C.A.P.

Wednesday, 8/21

See Bob for appointment

STEIN SENIOR CENTER AUGUST 2013 MENU

LUNCH SERVED FROM 11:30 TO 12:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Pineapple Juice Cornish Hen Brown Rice Whole Wheat Bread Baby Carrots W/Parsley Apple	2 Blended Juice Eggplant Parmesan Bowtie Pasta Whole Wheat Bread Spinach Banana
5 Apple Juice Salmon W/Dill Sauce Noodles Whole Wheat Bread Broccoli W/Cauliflower Fruit Cocktail	6 Tomato Juice Tuna Salad Tri Color Pasta Lettuce & Tomato Whole Wheat Bread Pear	7 Orange Juice Turkey W/Gravy Sweet Potatoes Whole Wheat Bread Green Beans W/Garlic/Almond Pears	8 Blended Juice Meatloaf Rice Whole Wheat Bread Peas & Carrots Apple	9 Pineapple Juice Baked Fish W/Dill Sauce Whole Wheat Bread Corn/Peppers Spinach Sliced Peaches
12 Apple Juice Meat Balls Spaghetti Whole Wheat Bread Broccoli Florets Pineapple Chunks	13 Orange Juice Barbeque Chicken Brown Rice Whole Wheat Bread Garlic Spinach Apple	14 Apple Juice Egg Salad Macaroni Salad Lettuce & Tomato Whole Wheat Bread Banana	15 Split Pea Soup Baked Fish Mashed Potatoes Whole Wheat Bread Green Beans W/Carrots Orange	16 Orange Juice Chicken Parmesan Tossed Salad Whole Wheat Bread Baby Carrots W/Parsley Banana
19 Pineapple Juice Baked Fish Yellow Rice Whole Wheat Bread Green Beans & Red Peppers Apple Sauce	20 Orange Juice Meat Balls Spaghetti Whole Wheat Bread Broccoli Spears Pears	21 Cranberry Juice Chicken Salad Potato Salad Lettuce & Tomato Rye Bread Cantaloupe	22 Split Pea Soup Turkey W/Gravy Sweet Potatoes Whole Wheat Bread Garlic Spinach Orange	23 OJ/Pineapple Juice Salisbury Steak Brown Rice Whole Wheat Bread Baby Carrots W/Parsley Sliced Peaches
26 Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Collard Greens W/Garlic & Onion Diced Pears	27 Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	28 Chicken Noodle Soup Baked Chicken Roasted Potato Whole Wheat Bread Broccoli Florets Orange	29 Apple Juice Tilapia Fish W/Garlic Sauce Mashed Potatoes Whole Wheat Bread Green Beans W/Red Peppers Sliced Peaches	30 Apple Juice Hot Dogs Beans Cole Slaw Ice Cream