

STEIN SENIOR CENTER

Jane Barry, Executive Director

Robert F. Doxsey, Deputy Director



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HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM

SEPTEMBER 2013 NEWSLETTER

L'Shana Tova! Happy Labor Day! Welcome Autumn...

The activity of this season has already begun and we wish you a happy, healthy year ahead. We have been in our new home for almost 8 months and we're working out the glitches, researching ways to make the dining room easier on the ears and the possibility of more bathrooms! We appreciate your input and ideas and we do read every comment and suggestion.

Stein Senior Center is known for its programs in cultural and health/wellness topics. We have the great Bob Smith whose Shakespeare groupies follow him around the city. Jim Furlong makes Opera Appreciation a joy, Barbara Greenberg and Renate Brand lead us in exercising. We are repeating the 12 session Feldenkrais Institute program (due to its success) starting on September 30th, meeting on Monday and Friday mornings (10:15). We recently met Ken Gray, who teaches Qi Gong, an ancient form of Tai Chi Chih. He will present a demonstration on Wednesday, Sept. 18 at 10 am. Stein Belly dancers led by Zoe Kennedy and Stein Line dancers will perform at the **Kips Bay Street Fair on Saturday, Sept. 21 at 1:30 and 2:00 pm** on 2nd Ave. between 30th and 33rd Street. Go and cheer them on! Our play-reading group led by John Windsor Cunningham is enjoyed by a growing group and meets on the first and third Wednesday of the month at 10:30.

We are planning to offer a **memoir writing workshop** led by published writer, teacher and actor, **Hector Lino**. This would be a 6 week module and Hector would create a book with the writings. We are determining the interest in such a program and will post a sign-up sheet. The Board of Directors at Stein is looking at expenses and assessing whether programs should be cut either for low attendance and/or low contributions. I wanted to explain why we need your contributions at Stein.

Our budget for activities does not cover the cost of the vast range of activities we provide. We are so thankful when a teacher is able to volunteer their services, but that is rare. We rely on your donations to carry us through, not only with supporting the classes and activities, but also with your contributions for lunch. Your contributions are built into our budget in that an anticipated amount is put into our bottom line and that amount must be collected over the fiscal year. The reason we have to ask guests under 60 years of age to pay the cost of the meal at \$4.75 is that the Dept. for the Aging will not reimburse us for those lunches and we must pay our caterer for the food. Another shortfall is the use of the computers. As far as I can see, not a single dollar has been given for the full day use of our computers. Please contribute whatever possible when you use our computers. We are presently working on the computers to get rid of the viruses on the machines from going onto sites that infect our machines. Having this work done is an expensive proposition.

Being from a Social Work background, I did not think of a senior center as a "business". But in the last decade or so, we have had to become more self-sufficient and can't rely on government funding for all our needs. We are so fortunate to have been able to renovate and move into this beautiful new space, with the support of the Dept. for the Aging and our city and state officials, but to maintain it and grow it, it needs to be a partnership with you, dear members. Have a wonderful Labor Day.

Jane Barry

STEIN SENIOR CENTER

SEPTEMBER 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
Feldenkrais 10:30 – 11:30 Activity Rooms 1&2 STARTING 9/30 Tai Chi 11:30 – 12:30 Activity Rooms 1&2 Opera Appreciation 1:30 – 2:30 Dining Room CLOSED SEPTEMBER 2 LABOR DAY	Knitting 10:00 – 11:30 Activity Room 2 Belly Dancing 10:45 – 11:45 Lecture Room Birthday Party 1:30 – 2:30 Dining Room 9/10 Free Legal Clinic 1:30 Activity Rooms 1&2 9/10 Fine Arts – Painting 1:30 – 3:00 Dining Room NOT the 2nd Tuesday of the month	Bridge Club 1:30 – 3:45 Dining Room Meditation 1:00 – 2:00 Activity Room 1 NOT 9/25 Drama Club 2:30 – 3:30 Lecture Room 9/11 & 9/25 Play Reading 10:30 – 12:00 Activity Rooms 1&2 9/4 & 9/18	Arthritis Exercise 10:30 – 11:30 Activity Rooms 1&2 Strength Training with Renate 12:45 – 1:45 Activity Rooms 1 & 2 Line Dancing 1:30 – 3:00 Dining Room	Shakespeare 1:30 – 2:30 Dining Room Yiddish Club 10:30-11:30 Lecture Room

PARTIALLY FUNDED BY THE DEPARTMENT FOR THE AGING

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>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 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 style="text-align: center;">Registration Tuesday and Thursday 10:00-1:00</p> <p style="text-align: center;">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 style="text-align: center;">ALL MEMBERS</p> <p style="text-align: center;">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, September 23rd – 11:30 – 3:00

Friday, September 27th – 11:30 – 3:00

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

EVERY OTHER WEDNESDAY

Starting September 4th

10:30 – 12:00

Lecture Room

WELCOMING BACK OUR NURSES FROM

PACE

CITY TECH

HUNTER BELLEVUE

Wednesday, September 11th

HAIRCUTS - \$10

Thursday, September 12th

See Anne for Appointment

FREE LEGAL SEMINAR – AMATO LAW, PLLC

Linda Amato, Attorney at Law

**Feel free to bring any questions and learn valuable tips on how to
avoid costly mistakes in the event of:**

Incapacity

An outdated will

Blended families with conflicting interests

Long-term care plans not in place

Probate

Tuesday, September 17 at 1:00

Activity Rooms 1 & 2

SPECIAL PROGRAMS

Energizing Qi Gong

The body needs to be recharged

Increase energy

Prevent injuries

Develop inner strength

DEMONSTRATION CLASS

Wednesday, September 18th at 10:00

Activity Rooms 1&2

MEDICARE RIGHTS

Iris Fanelli

Wednesday, September 25th

12:00

Dining Room

THEATRE & MORE

Wednesdays – 10:00am – 2:00pm

Thursdays – 10:00am – 2:00pm

Fridays – 10:00am – 1:30pm

STARTING WEDNESDAY, SEPTEMBER 11TH

STEIN SENIOR CENTER SEPTEMBER 2013 MENU

LUNCH SERVED FROM 11:30 TO 12:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CLOSED FOR LABOR DAY	3 Orange Juice Meat Balls W/Sauce Spaghetti Whole Wheat Bread Broccoli Spears Pear	4 Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini & Tomatoes Fruited Jell-O	5 Apple Juice Turkey W/Gravy Whole Wheat Bread Sweet Potato Garlic Spinach Orange	6 Orange Pineapple Juice Salisbury Steak Whole Wheat Bread Parsley Baby Carrots Peaches
9 Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Collard Greens Pears	10 Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	11 Orange Juice Baked Chicken Whole Wheat Bread Roasted Potato Broccoli Florets Orange	12 Apple Juice Tilapia in Garlic Sauce Whole Wheat Bread Green Beans/Red Peppers Peaches	13 Pineapple Juice Barbeque Chicken Whole Wheat Bread Spinach Banana
16 Apple Juice Beef Stew Buttered Noodles Whole Wheat Bread Carrots/Green Beans Fruit Cocktail	17 Orange Juice Turkey W/Gravy Brown Rice Whole Wheat Bread Broccoli Florets Pear	18 Blended Juice Meat Balls W/Sauce Spaghetti Whole Wheat Bread Tossed Salad Orange	19 Apple Juice Grilled Chicken Cutlet Whole Wheat Bread Kale/Spinach Zucchini/Squash Pears	20 Orange Juice Baked Salmon W/Dill Sauce Yellow Rice Whole Wheat Bread Peas & Carrots Banana
23 Grape Juice Turkey Burger W/Swiss Sweet Potato Fries Whole Wheat Bread Spinach Apple Sauce	24 Orange Juice Honey Mustard Chicken Whole Wheat Bread Roasted Potato Mixed Vegetables Fruit Cocktail	25 Apple Juice Lasagna W/Meat Sauce Whole Wheat Bread Tossed Salad Orange	26 Pineapple Juice Beef W/Broccoli in Gravy Brown Rice Whole Wheat Bread Baby Carrots Apple	27 Blended Juice Cornish Hen Bow Tie Pasta Whole Wheat Bread Green Beans Banana
30 Apple Juice Chicken Parmesan Noodles Whole Wheat Bread Asparagus Fruit Cocktail	October 1st Grape Juice Lasagna Meat Sauce Whole Wheat Bread Tossed Salad Orange	2 Orange Juice Turkey W/Gravy Sweet Potato Whole Wheat Bread Green Beans Pears	3 Blended Juice Hungarian Goulash Whole Wheat Bread Peas & Carrots Kale Apple	4 Pineapple Juice Meat Loaf W/Potatoes Whole Wheat Bread Corn & Peppers Spinach Peaches

Suggested Donation \$2.00 for those 60+

Suggested Donation \$4.75 for those under 60

Partially funded by the Department for the Aging