

# STEIN SENIOR CENTER

Jane Barry, Executive Director

Robert F. Doxsey, Deputy Director

204 East 23<sup>rd</sup> Street, 2<sup>nd</sup> Floor

Between 2<sup>nd</sup> & 3<sup>rd</sup> Avenues

New York, NY 10010

Tel: (646)395-8083

Fax: (646) 395-8088

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

## HOURS OF OPERATION

MONDAY – FRIDAY

8:30AM – 4:30PM

## OCTOBER 2013 NEWSLETTER



October is upon us....

We're starting to have those crisp, clear Autumn days that I look forward to. Stein is still adjusting and tweaking what works and what doesn't in the center. We have some new interns – LaToya and Khaldia, who help us in many ways, nurses from various schools, Steven who helps Susan give out the cold packs at lunch and several interns who are coming on board to learn about Stein and contribute their talents. One of the interns is planning to start a senior pet adoption program in the city.

Another new program starting at Stein is a collaboration with Henry Street's **Senior Companion Program**. This program trains and provides small stipends for eligible seniors 55+ to become companions to seniors who would like a visitor or escort on a regular and on-going basis. Senior Companions must work at least 15 hours per week up to 40 hours per week visiting seniors in the community. This is a highly organized program that benefits both the senior companion and the senior being visited. If you would like to find out more about the program, either as a senior companion or would like to have a visitor, please speak with me, Jane Barry or Sandy Daniels.

Our **Feldenkrais** classes have just started again for another 6 weeks, Mondays and Fridays at 10:15. Teachers stress being on-time so that members don't miss important instructions at the beginning of the session. We are thankful that the Feldenkrais Institute has agreed to repeat the 12 classes at Stein because of the success of the previous series of classes. We are requesting a \$2.00 donation for each class or a one-time payment of \$20.00 for the whole 12 sessions.

We have also moved the **Painting class** to Tuesdays at 1:30 to allow more participants to get involved. It seems that 9 am was too early to hold the class. The **Computer Lab** is also undergoing some changes. We are changing the schedule to allow more open time for our members. However, the room will be monitored so that participants must sign-in (hopefully give a donation) and the computers must be used safely (for public consumption, no unacceptable sites, no installation of individual programs, etc.). Two of our members have agreed to monitor the room to ensure compliance. Of course, there will still be times when the room is being used for specifically planned classes and tax preparation on Thursdays starting in February to mid-April. We are also expecting those who use the computers on a daily basis will be considerate of others who would like a turn to use them.

Bob and I are looking into affordable and effective ways to abate the high level of noise in the center. We are looking at wall covering, solar curtains and banners used for such problems.

Thomas Boyd, a writer and musician is starting a series of classes on **“The Act and Art of Storytelling”** on Thursday, October 3<sup>rd</sup> from 2-3pm. We all have a story to tell about our lives. Space is limited so join the group on Thursday, Oct. 3<sup>rd</sup>.

We are running out of days of the week and times to fit in all the activities we want to offer but we will continue to try them out. This past week, a photographer from the Dept for the Aging was here at Stein photographing some of our members for their new program **“Stylin’ Seniors”**. This new program will feature members of the city’s senior centers and focus on our active and stylish members. We were limited to 4 members this time, but if and when we can have more members in the future, we have many more to choose from! The photos will be posted on the Dept. for the Aging’s Facebook page. As soon as we hear when they will be posted, we will let you know.

Next year, 2014 is **Stein Senior Center’s 40<sup>th</sup> anniversary** and we have started planning the festivities. Our newly formed Advisory Board and the Board of Directors will be involved in where, what and when. If you are knowledgeable about event-planning and would like to help, please let me know. Of course, it will also be a fundraiser for us and that will be an important part of the planning.

Jane Barry

## STEIN SENIOR CENTER OCTOBER 2013 ACTIVITIES

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Feldenkrais</b> 10:15 – 11:30 Activity Rooms 1&amp;2</p> <p><b>Tai Chi</b> 11:40 – 12:40 Activity Rooms 1&amp;2</p> <p><b>Opera Appreciation</b> 1:30 – 2:30 Dining Room</p> <p style="text-align: center;"><b>CLOSED OCTOBER 14<sup>TH</sup> COLUMBUS DAY</b></p>	<p><b>Knitting</b> 10:00 – 11:30 Activity Room 2</p> <p><b>Belly Dancing</b> 10:45 – 11:45 Lecture Room</p> <p><b>Birthday Party</b> 1:30 – 2:30 Dining Room <b>10/8</b></p> <p><b>Fine Arts – Painting</b> 1:30 – 3:00 Dining Room <b>NOT 10/8</b></p> <p><b>Book Club</b> 1:00 – 2:00 Lecture Room <b>10/22 ONLY</b> The Paris Wife Paula McLain</p>	<p><b>Bridge Club</b> 1:30 – 3:45 Dining Room <b>NOT 10/30</b></p> <p><b>Meditation</b> 1:00 – 2:00 Activity Room 1 <b>NOT 10/9</b></p> <p><b>Drama Club</b> 2:30 – 3:30 Lecture Room <b>10/9 &amp; 10/23</b></p> <p><b>Play Reading</b> 10:30 – 12:00 Activity Rooms 1&amp;2 <b>10/2 &amp; 10/16</b></p>	<p><b>Arthritis Exercise</b> 10:30 – 11:30 Activity Rooms 1&amp;2</p> <p><b>Strength Training with Renate</b> 12:45 – 1:45 Activity Rooms 1 &amp; 2</p> <p><b>Current Events</b> 1:30 – 2:30 Lecture Room <b>10/10 ONLY</b></p> <p><b>Line Dancing</b> 1:30 – 3:00 Dining Room</p> <p><b>The Act and Art of Story Telling</b> 2:00 – 3:00 Activity Rooms 1 &amp; 2</p>	<p><b>Feldenkrais</b> 10:15 – 11:30 Activity Rooms 1 &amp; 2</p> <p><b>Shakespeare</b> 1:30 – 2:30 Dining Room</p> <p><b>Yiddish Club</b> 10:30-11:30 Lecture Room</p>

**Partially Funded By The Department for the Aging**

## SPECIAL PROGRAMS

<p><b>Crime Victim Services</b></p> <p><b>Program Coordinator and Victim Advocate</b></p> <p><b>Teresa Navarro</b></p> <p><b>646 395-8083</b></p> <p><b>tnavarro@steinseniorcenter.org</b></p>	<p><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><b>Shop &amp; Escort</b></p> <p><b>Shopping services and escort to appointments</b></p> <p><b>Call Anne Lewent at least 3 days in advance 646 395-8083</b></p>	<p><b>Sandy Daniels Social Worker</b></p> <p><b>Case Assistance, Benefits and Information</b></p> <p><b>Call for an appointment Sandy Daniels at 646 395-8083</b></p>
<p><b>Registration</b> <b>Tuesday and Thursday</b> <b>10:00-1:00</b></p> <p><b>Please make an appointment with Ruth Walker</b> <b>CALL: 646 395-8083</b></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>ALL MEMBERS</b></p> <p><b>Need an updated membership card with a '13 sticker</b> <b>Tuesday and Thursday</b> <b>10:00 – 1:00</b></p>	

## **SPECIAL PROGRAMS**

**NUTRITIONIST – Denise Sabal, R.D.N.**

**Wednesday, Oct. 23<sup>rd</sup> – 11:30 – 1:00 consultations**

**Presentation: 1:00 – 2:00 “Carbs Are Not The Enemy”**

**2:00 – 3:30 consultations**

**Friday, Oct. 25<sup>th</sup> – 11:30 – 3:30 consultations**

**Monday, Oct. 28<sup>th</sup> – 11:30 – 3:30 consultations**

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

**EVERY OTHER WEDNESDAY**

**Starting October 2<sup>nd</sup>**

**10:30 – 12:00**

**Lecture Room**

**WELCOMING OUR NURSES FROM  
CITY TECH**

**Tuesdays & Wednesdays**

**HUNTER BELLEVUE**

**Thursdays**

**HICAP**

**Thursday, October 10<sup>th</sup>**

**See Bob for Appointment**

**MEDICARE RIGHTS**

**Iris Fanelli**

**Thursday, October 10<sup>th</sup>**

**12:00**

**Dining Room**

**METRO PLUS MEDICARE INFORMATIONAL DISCUSSION**

**JAQUELINE GARCIA**

**Wednesday, October 23<sup>rd</sup> at 10:00am**

**Activity Rooms 1 & 2**

## **SPECIAL PROGRAMS**

### **VOCAL EASE CABARET PERFORMANCE**

**WITH EVA SWAN AND GUESTS**

**Wednesday, October 30<sup>th</sup> at 1:30**

**Dining Room**

### **THEATRE & MORE**

**Wednesdays – 10:30am – 1:30pm**

**Thursdays – 10:30am – 2:00pm**

**Fridays – 11:30am – 1:30pm**

**STEIN SENIOR CENTER OCTOBER 2013 MENU**  
**LUNCH SERVED FROM 11:30 TO 12:45**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>1</b> Grape Juice Lasagna W/Meat Sauce Whole Wheat Bread Tossed Salad Orange	<b>2</b> Orange Juice Turkey W/Gravy Sweet Potato Whole Wheat Bread Green Beans Pears	<b>3</b> Blended Juice Hungarian Goulash Whole Wheat Bread Peas & Carrots Kale Apple	<b>4</b> Pineapple Juice Meat Loaf W/Potatoes Whole Wheat Bread Corn & Peppers Spinach Peaches
<b>7</b> Apple Juice Beef Pot Roast Whole Wheat Bread Roasted Potatoes & Garlic Zucchini & Squash Pineapple Chunks	<b>8</b> Orange Juice Rosemary Chicken Brown Rice Whole Wheat Bread Garlic Spinach Apple	<b>9</b> Pineapple Juice Chicken Cutlet Whole Wheat Bread California Blend Steamed Corn on the Cob Pears	<b>10</b> Apple Juice Beef Tacos W/Black Beans Spanish Rice Whole Wheat Bread Green Beans/Red Peppers Orange	<b>11</b> Pineapple Juice Breaded Cod W/Tarter Sauce Whole Wheat Bread Tossed Salad Baby Carrots Banana
<b>14</b> <b>CLOSED</b> <b>COLUMBUS</b> <b>DAY</b>	<b>15</b> Orange Juice Meatballs W/Sauce Spaghetti Whole Wheat Bread Broccoli Spears Pear	<b>16</b> Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini & Tomatoes Fruited Jell-O	<b>17</b> Apple Juice Turkey W/Sauce Whole Wheat Bread Baked Sweet Potato Garlic Spinach Orange	<b>18</b> Orange Pineapple Juice Salisbury Steak Whole Wheat Bread Parsley Baby Carrots Peaches
<b>21</b> Orange Juice Baked Salmon Bow Tie Pasta Whole Wheat Bread Collard Greens Pears	<b>22</b> Blended Juice Beef Stew White Rice Whole Wheat Bread Mixed Vegetables Apple	<b>23</b> Orange Juice Baked Chicken Whole Wheat Bread Roasted Potato Broccoli Florets Orange	<b>24</b> Apple Juice Tilapia in Garlic Sauce Whole Wheat Bread Green Peppers/Red Peppers Peaches	<b>25</b> Pineapple Juice Barbeque Chicken Whole Wheat Bread Spinach Banana
<b>28</b> Apple Juice Beef Stew Buttered Noodles Whole Wheat Bread Carrots Green Beans Fruit Cocktail	<b>29</b> Orange Juice Turkey W/Gravy Brown Rice Whole Wheat Bread Broccoli Florets Pear	<b>30</b> Blended Juice Meatballs W/Sauce Spaghetti Whole Wheat Bread Tossed Salad Orange	<b>31</b> Apple Juice Grilled Chicken Cutlet Whole Wheat Bread Kale/Spinach Zucchini/Squash Pears	<b>NOVEMBER 1</b> Orange Juice Baked Salmon in Dill Sauce Yellow Rice Whole Wheat Bread Peas & Carrots Banana

**Suggested Donation \$2.00 for those 60+**  
**Suggested Donation \$4.75 for those under 60**

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