

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

NOVEMBER 2013 NEWSLETTER



I Have Many Thanks to Give.....

November has a way of sneaking up on you. Right now, I'm listening to our SPA group laughing and dancing to groovy music, while at the other end of the center, Bob Smith is teaching a large Shakespeare crowd about "Twelfth Night". In between, about nine people are working on the computers! I was so proud to see our "Stylin' Seniors" appear on the Dept for the Aging Facebook page. Four of our beautiful seniors posed for photos and wrote short bios for the new pages and each one came out so individual. I hope Dept. for the Aging will come back and take more photos. Recently, we re-instituted the Advisory Board, a group of center members who care enough to give feedback about the operations of the center. I want to thank them in advance for all the work they will do. We have already met with our caterer to give feedback about our meals and what needs fixing. Reports are that people see a marked improvement already.

We are now planning for our 40th anniversary celebration which will take place next Fall and will need lots of help in making this event a huge success. Another new program starting this month is a collaboration with Turtle Bay Music School. We will be starting a new senior chorus led by the Choral Director at Turtle Bay! They have gotten a grant to do this project and they have chosen Stein to develop this wonderful program. We had so much fun with our recent chorus and unfortunately couldn't continue due to fiscal shortcomings. So please watch for a starting date and time.

We are also starting our Senior Companion program through Henry Street Settlement. Already, some friendships have begun and the future is bright. Let us know if you would like to have a senior companion or would like to be a senior companion. The second Feldenkrais series is ending on Nov. 11th but the Feldenkrais Institute is planning a third series in January specifically as a study to find out how participants improve over the six week program. We will need a control group of 7 or 8 who don't take the class along with the same number who do take the classes. A baseline interview will be done for each group. The control group will also get to join in a future class being offered after the study.

The Story Telling group is slowly growing and those involved are enjoying it tremendously. Yesterday, we had a wonderful dance party led by teachers of the Gabrielle Roth Five Rhythms method. All our participants had a great time dancing and swaying to the liveliest music. I couldn't stay in my chair and had to see what was happening. That will be going on each Thursday at 1:30 in the dining room. So little time and too little space for all that is happening. Play-reading, Yiddish club, strength-training, Tai Chi, painting class accompanied by a fabulous jazz pianist and so many more activities. That's my Thanksgiving – to see people involved, learning and enjoying all that's offered.

I have just met a young woman who wants to offer services for pet owners who may need help caring for their pets. I believe there is a need for these services and we are working together to see if we can develop this service in the near future.

Finally, I want to thank all our wonderful volunteers who help us in so many ways, who step up to the plate each day. Our staff is caring, talented and devoted to Stein. We have truly dedicated interns in LaToya and Khaldia, who have become part of our family. We are a sought after site for our nursing students, dancers, and a variety of others looking to get experience in their fields of study. We are glad to provide this to them and the wider New York community. Have a Happy Thanksgiving.

Jane Barry

STEIN SENIOR CENTER NOVEMBER 2013 ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Feldenkrais 10:15 – 11:30 Activity Rooms 1&2 LAST CLASS 11/11</p> <p>Tai Chi 11:40 – 12:40 Activity Rooms 1&2</p> <p>Opera Appreciation 1:30 – 2:30 Dining Room NOT 11/25</p>	<p>Knitting 10:00 – 11:30 Activity Room 2 NOT 11/12</p> <p>Belly Dancing 10:45 – 11:45 Lecture Room NOT 11/12 NOT 11/26</p> <p>Birthday Party 1:30 – 2:30 Dining Room 11/12 ONLY</p> <p>Fine Arts – Painting 1:30 – 3:00 Dining Room NOT 11/12</p> <p>Book Club 1:00 – 2:00 Lecture Room 11/19 ONLY Huckleberry Finn</p>	<p>Bridge Club 1:30 – 3:45 Dining Room NOT 11/27</p> <p>Meditation 1:00 – 2:00 Activity Room 1 NOT 11/27</p> <p>Drama Club 2:30 – 3:30 Lecture Room 11/13 ONLY</p> <p>Play Reading 10:30 – 12:00 Activity Rooms 1&2 11/6 & 11/20</p>	<p>Arthritis Exercise 10:30 – 11:30 Activity Rooms 1&2</p> <p>Strength Training with Renate 12:45 – 1:45 Activity Rooms 1 & 2</p> <p>The Act and Art of Story Telling 11:00 – 12:00 Lecture Room STARTING 11/14</p> <p>Current Events 1:30 – 2:30 Lecture Room 11/14 ONLY</p> <p>Gabrielle Roth Movement 1:30 – 2:30 Dining Room</p>	<p>Feldenkrais 10:15 – 11:30 Activity Rooms 1 & 2</p> <p>Shakespeare 1:30 – 2:30 Dining Room</p> <p>Yiddish Club 10:30-11:30 Lecture Room</p>

**PARTIALLY FUNDED BY THE DEPARTMENT FOR THE AGING
SUGGESTED DONATION FOR EACH PROGRAM IS \$2.00**

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, Nov. 18th – 11:30 – 3:30 consultations

Friday, Nov 22nd – 11:30 – 3:30 consultations

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

EVERY OTHER WEDNESDAY

Starting November 13th

10:30 – 12:00

Lecture Room

**WELCOMING OUR NURSES FROM
CITY TECH**

Tuesdays & Wednesdays

HICAP

Thursday, November 14th

See Bob for Appointment

MEDICARE RIGHTS

Iris Fanelli

Monday, November 18th

12:00

Dining Room

FREE LEGAL CLINIC

Tuesday, November 12th

1:30 – 3:00

Activity Rooms 1 & 2

HAIRCUTS

\$10.00

Wednesday, November 20th

See Anne for Appointment

SPECIAL PROGRAMS

2013 HEART HEALTHY FAIR
Stein Senior Center in Association with
Registered Nurses of NYCCT

TUESDAY, NOVEMBER 12TH
10:00 – 1:00

Come and join us for a fun filled day of FREE games, information
and a chance to win FREE PRIZES

MEMORY SCREENING
WITH CITY TECH NURSES

Tuesday, November 19th

THEATRE & MORE
Wednesdays – 10:30am – 1:30pm
Thursdays – 10:30am – 2:00pm
Fridays – 11:30am – 2:00pm

SPECIAL PROGRAMS IN DECEMBER

HANUKKAH PARTY

Friday, December 6th

10:00 – 11:15

Hosted by the Yiddish Club

CABARET & HOLIDAY MUSIC

WITH SEAN MAHONY

Tuesday, December 10th

1:30 – 2:30

STEIN HOLIDAY PARTY

Tuesday, December 17

1:30 – 3:30

Music by Jose & Maria & Co

13th PRECINCT HOLIDAY DINNER

Wednesday, December 11th

3:00 - 5:30

RESERVATIONS REQUIRED

CELEBRATE NEW YEAR'S LUNCHEON

Tuesday, December 31st

LUNCHEON

Please be Seated by 11:45

Ring in the New Year with your Friends & Staff

Entrée – Cornish Game Hen

STEIN SENIOR CENTER NOVEMBER 2013 MENU

LUNCH SERVED FROM 11:30 TO 12:45

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Orange Juice Baked Salmon in Dill Sauce Yellow Rice Whole Wheat Bread Peas & Carrots Banana
4 Grape Juice Turkey Burger With Swiss Baked Sweet Potato Fries Whole Wheat Bread Spinach Apple Sauce	5 Orange Juice Honey Mustard Chicken Whole Wheat Bread Roasted Potato Mixed Vegetables Fruit Cocktail	6 Apple Juice Lasagna W/Meat Sauce Whole Wheat Bread Tossed Salad Orange	7 Pineapple Juice Beef W/Broccoli in Gravy Brown Rice Whole Wheat Bread Baby Carrots Apple	8 Blended Juice Cornish Hen Bow Tie Pasta Whole Wheat Bread Green Beans Banana
11 Apple Juice Chicken Parmesan Noodles Whole Wheat Bread Asparagus Fruit Cocktail	12 Grape Juice Lasagna W/Meat Sauce Whole Wheat Bread Tossed Salad Orange	13 Orange Juice Roasted Turkey in Gravy Sweet Potato Whole Wheat Bread Green Beans Pears	14 Blended Juice Hungarian Goulash Whole Wheat Bread Peas & Carrots Kale Apple	15 Pineapple Juice Meat Loaf W/Potatoes Whole Wheat Bread Corn & Peppers Spinach Peaches
18 Apple Juice Beef Pot Roast Whole Wheat Bread Roasted Potatoes & Garlic Zucchini & Squash Pineapple Chunks	19 Orange Juice Rosemary Chicken Brown Rice Whole Wheat Bread Garlic Spinach Apple	20 Pineapple Juice Chicken Cutlet Whole Wheat Bread California Blend Corn On The Cob Pears	21 Apple Juice Beef Tacos W/Black Beans Spanish Rice Whole Wheat Bread Green Beans/Red Peppers Orange	22 Pineapple Juice Breaded Cod W/Tartar Sauce Whole Wheat Bread Tossed Salad Baby Carrots Banana
25 Pineapple Juice Chicken Teriyaki Yellow Rice Whole Wheat Bread Green Beans/Red Peppers Applesauce	26 THANKSGIVING CELEBRATION RESERVATIONS ONLY \$3.00	27 Grape Juice Baked Chicken Whole Wheat Bread Mashed Potatoes Zucchini & Tomatoes Fruited Jell-O	28 CLOSED FOR THANKSGIVING	29 CLOSED FOR THANKSGIVING

Suggested Donation \$2.00 for those 60+

Guests under 60 - \$4.75

Partially funded by the Department for the Aging