

Stein Scope

AUGUST 2019 EVENTS CALENDAR

Stein Neighborhood Senior Center

204 East 23rd Street, 2ND Floor

Manhattan, New York 10010

Tel.: 1-646-395-8083

Fax: 1-646-395-8088

Website: Steinseniorcenter.org

BUSINESS HOURS: MONDAY'S- FRIDAY'S 8:00AM - 4:00PM



**Stein Neighborhood Senior Center
wishes all Members a
Happy Summer!**

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**We at Stein Neighborhood Senior Center
would like to wish our August Babies a
Happy Birthday!**

**Please Sign-Up in
Advance for All
Parties, Trips and
Special Events, so
we can
accommodate
everyone.**

**If Born in August?
Let us know
no later than
August 5th**

Birthday Celebration

**Date: August 30th
Time: 11-1pm**

MONDAYS- FRIDAYS | 12:00-1:00 Congregate Lunch

M O N D A Y	10:00-12:00 Technology: Computer Class with Senior Planet
	10:30-11:30 Health Management: Presentation
	11:00-12:00 Physical Health: Arthritis Exercise with Barbara Greenburg
	11:30-12:00 Physical Health: Mid-Day Exercise
	1:00-1:30 Education: Presentation
	1:30-2:30 Education: Opera with Jim Furlong
2:00-3:00 Education: Poetry with David Friedman	

T U E S D A Y	10:00-11:00 Art & Culture: Drawing with Zach Seeger
	11:00-12:00 Art & Culture: Painting with Zach Seeger
	11:00-12:00 Education: Global History with Judy Collischan
	10:30-11:30 Health Management: Presentation
	11:30-12:00 Physical Health: Mid-Day Exercise
	1:00-1:30 Education: Presentation
	1:00-2:00 Health Management: Mindfulness with Jacquie McArdle
	1:00-2:00 Physical Health: Chair Exercise with Esther Joythi Larson
2:00-3:00 Physical Health: Zumba with Denise Gumora	
2:00-3:00 Physical Health: Fit & Flexible Knees with Maura Nolan	

W E D N E S D A Y	10:00-11:00 Discussion Group
	10:00-12:00 Technology: Computer Class with Senior Planet
	10:30-11:30 Health Management: Presentation
	10:30-11:30 Education: Books & More (Fundraising)
	10:30-1:30 Art & Culture: Culture in the City (Fundraising)
	11:00-12:00 Physical Health: Strength Training with Sheila Kami shy
	11:30-12:00 Physical Health: Mid-Day Exercise
	1:00-1:30 Education: Presentation
	1:00-2:00 Health Management: Meditation with Jacquie McArdle
	1:00-2:00 Physical Health: Pound Fitness with Jessica Castro
	1:30-2:30 Education: Play Reading
1:00-3:00 Evidence Base: Matter of Balance with Wendy Wasdahl	
1:00-3:00 Education/Recreation: BINGO, Bridge, Ping Pong	
2:00-3:00 Ed./Rec.: Chorus with Turtle Bay (seasonal)	

T H U R S D A Y	10:00-11:00 Education/Recreation: Family Feud
	10:30-11:30 Health Management: Presentation
	11:00-12:00 Physical Health: Arthritis Exercise with Barbara Greenburg
	11:30-12:00 Physical Health: Mid-Day Exercise
	11:30-2:30 Art & Culture: Culture in the City with Edith (Fundraising)
	1:00-1:30 Education/Recreation: Presentation
	1:00-2:00 Physical Health: Chair Yoga with Esther Joythi Larson
	1:00-3:00 Education/Recreation: Movie Showing with Angel Burgos
2:00-3:00 Physical Health: Line Dance with Catherine Edgar	
2:00-3:00 Physical Health: Yoga on Mats (coming Soon)	

F R I D A Y	10:00-11:00 Art & Culture: Knitting with Sandy Danielle's
	10:00-12:00 Technology: Computer Class Practice
	10:30-11:30 Health Management: Presentation
	11:00-12:00 Education/Recreation: Yiddish with Dina Schlesinger
	11:30-12:00 Physical Health: Mid-Day Exercise
	1:00-1:30 Education/Recreation: Presentation
1:30-2:30 Education/Recreation: Shakespeare with Paul Battiato	

	<p>STEIN NEIGHBORHOOD SENIOR CENTER</p> <p>INVITES YOU TO HELP US SPREAD THE WORD</p>
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	<p>Mon., Sept. 9th through Fri., Sept. 13th</p> <p>We ♥ GrandParents</p> <p>Cost: FREE</p>
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	<p>Mon., Sept. 09, 2019- Atlantic City Trip</p> <p>Time: 8:30am-6:00pm</p> <p>Cost: \$30 (Seating # is Identified Upon receipt of Final Payment) (Ticket Includes: Transportation, Playing Credit, Lunch Bag).</p>
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	<p>Tues., Sept. 10, 2019</p> <p>Time: 11:30am-4:30pm</p> <p>Trip: Governors Island: Teaching Garden Cost: Free</p>
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	<p>Wed., Sept. 11, 2019- Senior Breakfast</p> <p>Time: 9:00am-10:30am</p> <p>Cost: Members Free</p> <p>Guest under 60: \$5</p>
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	<p>FUNDRAISER</p> <p>Thurs., Sept. 12, 2019- Bake Sale</p> <p>Time: 10:00am-1:30pm</p> <p>Cost: Individual Items \$1</p>
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	<p>Fri., Sept. 13, 2019- Casino Night</p> <p>Time: 1:00pm-5:00pm Cost: \$5.00</p> <p>(Includes: Sandwich, Chips, Drink, & 1 Playing card)</p>
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	<p>Thurs., Oct. 31, Senior Halloween Party Enter to the Costume Contest</p> <p>1st Prize: \$40 Best Original Costume</p> <p>2nd Prize: \$10 Scariest Costume</p> <p>3rd Prize: \$10 Funniest Costume</p> <p>Cost: FREE</p>
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<p><small>A balanced diet is important for the elderly</small></p>	<p>Wed., Nov. 6, "Information Is Power" Senior Resource Fair!</p> <p>Join us for a day of valuable information, community resources, FREE Healthy Snacks and Refreshments, Workshops, Informative facts about good Nutrition and a raffle giveaway.</p> <p>When: November 6, 2019 Time: 9:30 am to 12:30 pm</p> <p>Cost: FREE</p>
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	<p>Wed. Dec. 4th Stein's Holiday Fair Join us for a Fun filled day of Treasure Hunting & Good Old Fashion Shopping. You are shore to find something for everyone on your holiday shopping list at Unbeatable Prices.</p> <p>When: December 4th, 2019 Time: 9:00am to 3:00pm</p> <p>Cost: Affordable</p>
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AUGUST 2019 MOVIES

Drama & Romance	<p>August 01: <i>The Duchess</i> (1 hr./50 min.) Following the tumultuous life of the 18th-century Duchess of Devonshire, a bright, popular aristocrat who is trapped in a failed marriage has to face personal conflicts - including living with her husband's mistress and falling passionately in love with a young politician. Based on Amanda Foreman's bestselling novel 'Georgiana, Duchess of Devonshire'.</p>
Sports	<p>August- 08: <i>Weeds on Fire</i> (1 hr./34 min.) Ten underdogs in Hong Kong establish a youth baseball team despite their lack of experience. Even after a series of defeats, they refuse to give up and work together to achieve their dream.</p>
Thriller	<p>August-15: <i>Secret Obsession</i> (1 hr./37 min.) When Jennifer wakes up with amnesia after a traumatic attack, her doting husband cares for her. But she soon realizes that the danger is far from over.</p>
Comedy	<p>August-22: <i>Our Idiot Brother</i> (1 hr./29 min.) Easygoing, dimwitted slacker Ned Rochlin (Paul Rudd) makes the biggest mistake of his so-far uninspired life when he sells some pot to a cop. Homeless and jobless upon his release from jail, Ned must prevail upon his three sisters (Elizabeth Banks, Zooey Deschanel, Emily Mortimer) for help. Though Ned himself is utterly without a shred of ambition or guile, it's a different story with his sisters, who find their carefully ordered lives thrown into chaos whenever he's around.</p>
Romance	<p>August-29: <i>The Phantom of the Opera</i> (2 hrs./21 min.) From his hideout beneath a 19th century Paris opera house, the brooding Phantom (Gerard Butler) schemes to get closer to vocalist Christine Daae (Emmy Rossum). The Phantom, wearing a mask to hide a congenital disfigurement, strong-arms management into giving the budding starlet key roles, but Christine instead falls for arts benefactor Raoul (Patrick Wilson). Terrified at the notion of her absence, the Phantom enacts a plan to keep Christine by his side, while Raoul tries to foil the scheme.</p>

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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AUGUST- 2019 PRESENTATIONS

DATE	TIME	PRESENTATIONS
8-9	10:30	Right @ Home
8-12	11:00	PEARLS Presentation



AUGUST-2019 GROUP TRIPS

DATE	DEPARTURE	ARRIVAL	LOCATION
Aug. 9	9:30am	2:00pm	Bay Plaza Shopping Mall



August MENU

MONDAYS	TUESDAYS	WEDNESDAYS	THURSDAYS	FRIDAYS
			1 Sweet and Sour Chicken Thighs Brown Rice 1 cup Roasted Mushrooms Sautéed Bok Choy	2 Beef Brisket w/ Tomatoes & Onion, Orzo Mixed Green Salad Roasted Zucchini
5 Sesame Crusted Salmon, Wild Rice Broccoli & Red Peppers Tossed Salad	6 Soup: Chicken Barley & Vegetable Cheeseburger w/ Onions, Baked Fries Green Bean Sautee	7 Honey Mustard Chicken Breast Orzo with Vegetables Spinach, Apple and Red Onion Salad	8 Grilled Chicken Breast Spinach and Basil Pesto Whole Wheat Spaghetti Steamed Carrots	9 Vegetable Baked Ziti with WWPasta Sautéed Spinach
12 Chicken and Broccoli Stir Fry White Rice Oriental Blend	13 BBQ Pulled Pork Cole Slaw Sweet and Tangy Sautéed Collard Greens	14 Egg Drop Soup Pepper Flank Steak Egg Noodles Broccoli with Toasted Garlic	15 Whole Roasted Chicken California Blend Vegetables Cheddar and Potato Bake	16 Baked Flounder, Brown Rice Pilaf, Kale, Romaine, Apple, Red Cabbage & Parmesan Salad
19 Chicken Parmesan Fettucini with Sauce Sautéed Spinach	20 Coconut Curried Cod Fish Baked Red Potato Wedges California Blend Vegetables	21 Soup: Broccoli & Potato, Chicken Salad Carrot Apple Raisin Salad Herb Potato Salad w/ Mustard Vinaigrette	22 Oven Baked Pork Chops Brown Rice Chinese Style Bok Choy	23 Stuffed Shells with Cheese Garden Salad
26 Minestrone Soup Cheeseburger w/ Onions Arugula Salad with Balsamic Vinegar Baked Sweet Potato	27 Broccoli Cheese Quesadilla Mexican Confetti Rice Tossed Salad with Dressing	28 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Kale with Tomato	29 Ground Beef Stuffed Bell Peppers with Cheese Cauliflower with Carrots and Parsley	30 Lemon Salmon Pasta Salad Beet Salad Mixed Green Salad

FROZEN-AUGUST- 3	FROZEN-AUGUST -10	FROZEN AUGUST- 17	FROZEN AUGUST 24	FROZEN AUGUST-31
Chickpea Stew Hawaiian Chicken Legs Multigrain Bread Perfect White Rice Steamed Kale	Chicken Parmesan Spaghetti Kale with Tomato	Baked Chicken Quarters Tomato Sauce Ziti Steamed Broccoli Steamed Carrots	Arroz con Pollo Chicken Breast and Rice Broccoli with Toasted Garlic	Mushroom, Red Pepper and Onion Sauté Rice Pilaf Steamed Broccoli

Individuals age 60 & over will Not be Denied a meal, if not able to give the \$2.00 suggested donation,

Your contribution goes towards the enhancement of the senior center's Programming.

**PLEASE READ:
IMPORTANT
MESSAGE**

- Lunch Meal is Subject to Change,
- **One does Not have to be a member of Stein to participate in lunch & Information & Referrals,**
- All lunches contain a Cold Pack- 1% MILK, FRUIT, JUICE,
- **All Donations must always remain ANONYMOUS & Entered in a locked box. We do not allow Hand-To-Hand money exchange. If you need to make change- Please see a staff member,**
- **Individuals age 60 & over will Not be denied a meal, if not able to give the \$2.00 suggested donation,**
- **Your contribution goes towards the enhancement of the senior center's Programming.**
- **After 1pm- If any food is left over- Guest under age 60, wishing to eat... Are REQUIRED to pay \$5.00**



**Stop
Foodborne
Illness**

POLICY AT STEIN

PLEASE DO NOT TAKE FOOD OUTSIDE THE SENIOR CENTER FOR LATER CONSUMPTION. TAKING FOOD OUTSIDE THE CENTER POSES A HEALTH HAZARD. THE PROGRAM WILL NOT BE RESPONSIBLE FOR FOOD- BORNE ILLNESS RESULTING FROM THIS PRACTICE. STAFF WILL NOT PROVIDE YOU WITH PLASTIC BAGS, SARAN WRAP, ALUMINUM FOIL OR FOOD CONTAINERS. WE THANK YOU FOR FOLLOWING THE POLICY SET FORTH BY THE NYC DEPARTMENT OF HEALTH & MENTAL HYGIENE, THE NYC DEPARTMENT FOR THE AGING & STEIN NEIGHBORHOOD SENIOR CENTER.

Funded in part by: The Department for the Aging

Stein Neighborhood Senior Center

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PLEASE JOIN US FOR THE FOLLOWING SPECIAL EVENTS



There is no fee for membership
We would like to Welcome All New Members to Stein Neighborhood Senior Center. We are Happy you joined. Please see any Staff if you need assistance or have Questions.

**WE LOVE
OUR VOLUNTEERS**

Share your time and passion for helping others as a Stein Senior Center Volunteer. To learn about volunteer opportunities, contact: Robert Santos- Program Director 1-646-395-8083 X101

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OPPORTUNITIES TO



Consider leaving a legacy to Stein Neighborhood Senior Center. We are a nonprofit and we depend on the generosity of all our friends to be able to offer quality programs and services to all those in need.

Allow us to continue to offer all our services in the future by naming Stein Neighborhood Senior Center in your Will. It is a wonderful way to “Live- On” and “Share your Spirit” with others.

For more information, please call (646) 395-8083 x 103 Contributions can be made to say: Special Thank You! or to Honor a Friend or Loved one. Stein Neighborhood Senior Center will inform the designated family of your thoughtfulness and generosity.

Donations can be made for commemorative plaques on our “Tree of Life” which is prominently displayed at our Center. Donation forms are available in the office.