

## WORKSHOPS & LECTURES

**Tuesday, 2/7 at 1:00 p.m.** Cardiologist Dr. Rachel Bond from Lenox Hill Hospital will talk to us about heart health.

**Wednesday, 2/8 at 1:00 p.m.** Lynn Loflin, our Teaching Kitchen Chef will give us nutritional information about tofu, and show us how to make it baked and scrambled.

**Friday 2/10 at 1:00 p.m.** Staff from our Legal Advocacy department will be here to talk about navigating housing court.

**Tuesday, 2/14 at 1:00 p.m.** John Bruschi will present a talk titled "The Castro Legacy in the Trump Era."

**Friday, 2/17 at 1:00 p.m.** Our nutrition intern Brittany Modell will continue our education on heart health by focussing on foods beneficial for the heart.

**Tuesday, 2/21 at 1:00 p.m.** Kirstin Broussard, art educator at the Musuem of Modern Art, will talk about current and archived exhibits.

**Wednesday, 2/22 at 1:00 p.m.** Lynn Loflin, our Teaching Kitchen Chef, will show us how to make healthy baked beans with turkey bacon.

**Friday 2/24 at 1:00 p.m.** Officer Dennis Wyss from the 17th precinct will talk to us about being safe at home, online and in the community.

**Tuesday, 2/28 at 1:00 p.m.** Licent Valois, program manager at the Alzheimers Association, will speak to us about signs of healthy aging of the brain.

## CONCERTS & PERFORMANCES

**Friday, 2/3 at 1:00 p.m.** Television and theater actress, and cabaret artist Christine Pedi will entertain us with a repertoire form the Great American Songbook.

## TRIP PROCEDURES

**All trips are listed in on the centerfold calender. Please read the following carefully about trips and trip desk procedures.**

All trips depart at 1:00 p.m, unless othwerwise specified. Members are given an hour and a half at every destination and two hours at Target/Costco, unless otherwise specified. Please sign and check in at trip desk on the day of the trip starting 11:00 a.m. to 12:15 p.m. or until all spots have been filled. Once signed in, report to the van by designated time. A voluntary donation of \$1 per ride is suggested. Members who live on the Eastside within our catchment area will have the option to be dropped home after all shopping trips. Please check with and inform driver of your preference when you board.

For the trip and tickets to Beautiful - The Carole King Musical will be given based on a lottery system as follows. Members can submit their names in a box placed at the trip desk starting at 9:00 a.m. At 11:00 a.m. names will be drawn and announced by staff. Members must be present at the time of drawing and line up as their names are announced to sign in their names. Spouses may write their names together to attend the trip together, but both must be present at time of drawing and while boarding the van. Members receiving tickets are required to travel to the venue in our van.

Members who attended Phantom of the Opera last month are not eligible to participate in this lottery.

Tickets to Beautiful - The Carole King Musical have been made possible by the generous donation of the Eleanor's Outings Program.

## MOVIES

**Friday, 2/3 at 2:00 p.m.** *Love is Strange* (2014)

**Friday, 2/10 at 2:00 p.m.** *Whiplash* (2014)

**Friday, 2/24 at 2:00 p.m.** *Million Dollar A* (2014)

February 2017 || Newsletter

# Senior Center at Saint Peter's Church



## ANNOUNCEMENTS

We are excited to announce our new partnership with the Terrence Cardinal Cooke branch of the New York Public Library. On 2/21, sign up for a library card right here in the center, and check out a book at their "mobile library" which will return every two weeks. To sign up for a card, please bring proof of identity and address.

Calling all chefs! Do you have a family recipe or culinary tradition you would like to share? Join our Teaching Kitchen Chef, Lynn Loflin, as a guest speaker and chef in our Healthy Cooking Workshop series. To sign up or for more information, speak to Lynn at one of her workshops this month.

Staff from the Office of the State Comptroller will be here on 2/15 to help members one-on-one find any unclaimed funds they are entitled to.

We will be closed on Monday, 2/20.

## SCHEDULE UPDATES

Feldenkrais classes will end on 2/22. Yoga will resume on Wednesdays on 3/1.

World Percussion/Drumming resumes on 2/13 for a short semester.

Ballet, Singer's Musical Memories and Creative Studio are on hiatus this month.

Magdalena Rytel will take over technology one-on-one assistance from Bengi Tasci beginning 2/15 until Bengi returns in the summer.

## REMEMBER!

For our daily lunch menu and class cancellations call (212) 308-1959.

Tablet computers can be checked out from the office. Submission of a photo I.D. for the duration of usage is required. Tablets borrowed in the morning must be returned by 11:45 a.m.

For assistance with SCRIE, SNAP, healthcare matters such as Medicare and Medicaid, advance directives, and housing issues, call our legal intake hotline at (212) 218-0503. Assistance on these and other requests is also available in the office on a walk-in basis.

## HOURS & REGISTRATION

Our hours are from 9:00 a.m. to 4:00 p.m on Monday, Wednesday, Thursday and Friday and from 9:00 a.m. to 2:00 p.m. on Tuesdays. Lunch tickets are distributed from 9:15 a.m. to 11:45 a.m. You must sign up for lunch before 11:45 a.m. Lunch is served at noon. A voluntary contribution of \$1.50 is suggested.

Registration for membership is from 9:00 a.m. to 3:00 p.m. daily. Individuals 60 and over are eligible for membership. Please bring proof of age with you. There is no charge for membership or programs.

## STAFF

**Director:** Vineeta Chopra;

**Assistant Director:** Nancy Pearl; **Bus Drivers:** Terrence Lewis, Guy Clare, Ricardo Rodriguez;  
**Food Services:** Vincenta Nunez, Jermaine Miller,



# ACTIVITY AND LUNCH MENU

If you would like a vegetarian patty or cottage cheese in lieu of the entrée, please inform the front desk by 11:45 a.m. Quantities are limited. For a meal when our center is closed, the Center @ Lenox Hill Neighborhood House, located at 343 E.70th Street, is open for breakfast, lunch and dinner seven days a week. For more information or their menu, please call 212-218-0319 or visit [www.lenoxhill.org](http://www.lenoxhill.org).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 Feldenkrais Exercise (no class 2/27) 10:30-11:15 Total Body Workout (Intermediate) 11:00-12:00 Creative Writing 12:00-1:00 Lunch 1:00-2:00 Memory Enhancement 2:00-3:00 Hula 2:00-3:00 World Percussion (begins 2/13) 2:00-4:00 Painting	9:30-10:30 Total Body Workout (Advanced) 10:30-11:30 French (All Levels) 10:30-11:30 Theater and Movie Discussion 11:00-11:45 Silver Fox Follies 12:00-1:00 Lunch	9:30-10:30 Feldenkrais Exercise 10:00-11:30 Knitting 10:30-12:00 Wellness in Art 12:00-1:00 Lunch 1:00-2:00 Midtown Jazz 1:00-3:00 Technology One-on-One 3:00-4:00 Intermediate Spanish Conversation	10:00-10:45 Total Body Workout (All Levels) 10:30-11:30 Beginner Spanish (no class 2/16) 10:30-12:30 Theater Desk (2/9 & 2/23 only) 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00 - 2:00 Acting Workshop 1:00-2:00 Advanced Tai Chi 2:00-3:00 Intermediate Tai Chi (CLOSED) 2:00-3:00 Singin' Seniors (no class 2/16, 2/23) 3:00-4:00 Recorder (no class 2/9, 2/23)	9:45-10:30 Yoga 10:30-11:30 Current Events Discussion 11:00-12:00 Drawing 12:00-1:00 Lunch 2:00-4:00 Movie Screening & Discussion (2/3, 2/10 & 2/24) 2:00-3:00 Belly Dancing
		1 <b>Spinach Mozzarella Quiche, Kale, Romaine, Apple, Red Cabbage Salad, W.W. Roll</b> 2:15-4:00 Opera Appreciation	2 <b>Curry Chicken Salad, Spinach Salad, Multigrain bread</b>	3 <b>Baked Salmon, Brown Rice, Garden Salad, Tartar Sauce</b> 1:00-2:00 Christine Pedi in Concert
6 <b>Breaded Tilapia, Rice Pilaf, Braised Kale</b> 1:00 TRIP TRADER JOES	7 <b>Hamburger, Lettuce &amp; Tomato, Cabbage &amp; Carrot Slaw, W.W. Bun</b> 1:00-2:00 Heart Health Lecture	8 <b>Frittata w/ Potatoes and Peas, Mediterranean Salad, Multigrain Bread</b> 2:15-4:00 Healthy Foods Cooking Workshop	9 <b>Chicken Parmesan, W.W. Spaghetti, Broccoli &amp; Red Peppers</b> 1:00 TRIP MUSEUM OF THE AMERICAN INDIAN	10 <b>Acadian Redfish, Couscous, Spinach Salad</b> 1:00 TRIP CURTAIN UP EXHIBITION AT NYPL FOR PERFORMING ARTS 1:00-2:00 Legal Advocacy Workshop
13 <b>Chicken Sausage, Louisiana Red Beans &amp; Rice, Romaine, Carrot, Beet &amp; Chickpea Salad</b> 10:00-11:30 Blood Pressure Screening 1:00 TRIP TARGET/COSTCO	14 <b>Butternut Squash Soup, Chicken Ceasar Salad, Multigrain Bread</b> 1:00 TRIP BARD GRADUATE CENTER GALLERY 1:00-2:00 John Bruschi Presents	15 <b>Tuna Salad, Kale, Romaine, Apple &amp; Red Cabbage Salad, Multigrain Bread</b> 12:00-4:00 Unclaimed Funds Look-up Desk 2:15-4:00 Opera Appreciation	16 <b>Eggplant Parmesan, Broccoli &amp; Red Peppers, W.W. Roll</b>	17 <b>Coconut Curry Salmon, Sweet Potatoes, Spinach, Hard Boiled Egg Salad</b> 1:00-2:00 Healthy Heart Nutrition Lecture 2:00-4:00 Karaoke
20 <b>CLOSED</b>	21 <b>Vegetable Biryani, Garden Salad, Pita Halves</b> 10:30-12:30 NYPL Mobile Library 1:00 TRIP MET MUSEUM OF ART GUIDED TOUR 1:00-2:00 Art Appreciation Lecture	22 <b>W.W. Spaghetti w/ Turkey Meatsauce, Broccoli &amp; Red Peppers</b> 1:00 TRIP BEAUTIFUL THE MUSICAL 2:15-4:00 Healthy Foods Cooking Workshop	23 <b>Baked Tilapia w/ Mushrooms &amp; Peppers, Quinoa Pilaf, Romaine Salad</b>	24 <b>Baked Ziti w/ Meatsauce, Sauteed Spinach, W.W. Roll</b> 1:00-2:00 17th Precinct Safety Lecture
27 <b>Tuna Salad, Beet Arugula Salad, Pita Halves</b> 1:00 TRIP ARON'S KISSENA MARKET 2:00-4:00 SCRIE Clinic (by appointment only)	28 <b>Beef &amp; Vegetable Stew, Romaine, Carrot, Beet &amp; Chickpea Salad, W.W. Roll</b> 1:00 TRIP TARGET/COSTCO 1:00-2:00 Healthy Brain Aging Lecture			