

WORKSHOPS & LECTURES

Tuesday, 3/7 at 1:00 p.m. Kirstin Broussard, art educator at the Museum of Modern Art, will talk about current and archived exhibits.

Wednesday, 3/8 at 10:45 a.m. Singer's Musical Memories returns with a session on Dame Cleo Laine.

Wednesday, 3/8 at 1:00 p.m. Lynn Loflin, our Teaching Kitchen Chef will make falafels with guest chef Linda Meyers.

Friday 3/10 at 1:00 p.m. Staff from our Legal Advocacy department will be here to talk about Medicaid.

Tuesday, 3/14 at 1:00 p.m. John Bruschi will present a talk titled "A Nation of Immigrants."

Tuesday, 3/21 at 1:00 p.m. ADA Specialist Windy Long from Clear Captions will present how to get their captioned telephones for free.

Tuesday, 3/28 at 1:00 p.m. Dr Tanak Dune, Urogynecologist at Weill Cornell Medical College will talk to us about important issues such as incontinence and maintaining urogynecological health.

CONCERTS & PERFORMANCES

Friday, 3/3 at 1:00 p.m. Audrey Silver will entertain us with a repertoire of jazz standards.

Friday, 3/17 at 1:00 p.m. Singers and performers from the nonprofit group Vocal Ease will perform a variety of Broadway and American Songbook numbers.

Friday, 3/24 at 1:00 p.m. Members from our very own Singin' Seniors and World Percussion classes will present a spring recital.

Friday, 3/31 at 1:00 p.m. Singers and performers from the nonprofit group Sing For Your Seniors will perform a variety of Broadway and American Songbook numbers.

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 otherwise 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.

The guided tour at the Metropolitan Museum of Art will be led by Laura Fiesel and will cover the American Wing.

For the trip to the Museum of American Finance, please note that sign up is restricted to eight members.

MOVIES

Friday, 3/3 at 2:00 p.m. *Gosford Park* (2001)

Friday, 3/10 at 2:00 p.m. *The Age of Adeline* (2015)

Friday, 3/24 at 2:00 p.m. *Morning Glory* (2010)

Friday, 3/31 at 2:00 p.m. *Gone Girl* (2014)

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Senior Center at Saint Peter's Church



ANNOUNCEMENTS

We are pleased to announce that Dale Lamb will lead a new four part meditation series on Mondays at 9:45 a.m. this month.

The NYPL mobile library will return to our center on Wednesday, 3/22 from 10:30 a.m. to 12:30 p.m.

SCHEDULE UPDATES

Yoga on Wednesdays will resume on 3/8, taught by Beth Edelson.

World Percussion/Drumming and Singin' Seniors will end this cycle of classes with a concert on 3/24.

Madeline Cottingham returns to teach a series of four photography classes, the first being on Tuesday 3/28 at 10:00 a.m.

Creative Studio resumes on 3/6 at 10:30 a.m.

Creative Writing is on hiatus until further notice.

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, Annie Concepcion.



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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:45-10:15 Meditation 10:30-11:15 Total Body Workout (Intermediate) 10:30-11:15 Creative Studio 12:00-1:00 Lunch 1:00-2:00 Memory Enhancement 2:00-3:00 Hula 2:00-3:00 World Percussion (last class 3/20) 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 Yoga (begins 3/8) 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 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 (last class 3/23) 3:00-4:00 Recorder Ensemble	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 (3/3, 3/10, 2/24 & 3/31) 2:00-3:00 Belly Dancing
		1 Chicken Cacciatore, W.W. Spaghetti, Broccoli 2:15-4:00 Opera Appreciation	2 Roast Pork Loin, Mashed Potatoes w/ Spinach, Red Cabbage Salad, W.W. Roll	3 Garlic Crumb Crust Dogfish, Bulgur, Mediterranean Salad 1:00-2:00 Audrey Silver in Concert
6 Eggplant Parmesan, Carrot Salad, String Beans, W.W. Roll 1:00 TRIP TRADER JOES	7 Roast Chicken, Baked Sweet Potato, Broccoli & Red Peppers, Multigrain Bread 1:00 TRIP ARTHUR AVE ITALIAN MARKET 1:00-2:00 Art Appreciation Lecture	8 Spinach Mozzarella Quiche, Broccoli, Green Beans, Corn & Peas, W.W. Roll 10:45-11:45 Singer's Musical Memories 2:15-4:00 Healthy Foods Cooking Workshop	9 Chicken Caesar Salad, W. W. Roll 10:30-12:30 Theater Desk	10 Baked Salmon, Tabbouleh, Collard Greens, Tartar Sauce 1:00-2:00 Legal Advocacy Workshop
13 Pasta Fagoli, Baby Spinach Salad, W.W. Roll 10:00-11:30 Blood Pressure Screening 1:00 TRIP ARON'S KISSENA MARKET	14 Acadian Redfish w/ Blackbean Sauce, Broccoli, Green Beans, Peas & Corn, Bulgur 1:00 TRIP MET MUSEUM OF ART GUIDED TOUR 1:00-2:00 John Bruschi Presents	15 Spinach Mozzarella Quiche, Kale, Romaine, Apple & Red Cabbage Salad, W.W. Roll 1:00 TRIP THE MUSEUM AT FIT 2:15-4:00 Opera Appreciation	16 Curry Chicken Salad, Spinach, Hard Boiled Egg, Mushroom & Onion Salad, Multigrain Bread 1:00 TRIP TARGET/COSTCO	17 Baked Salmon, Garden Salad, Brown Rice Pilaf 1:00-2:00 Vocal Ease in Concert 2:00-4:00 Karaoke
20 Baked Tilapia, Steamed Kale, Brown Rice Pilaf 1:00 TRIP TRADER JOES	21 Hamburgers, Lettuce & Tomato, W.W. Bun, Cabbage Carrot Slaw 1:00 TRIP MUSEUM OF AMERICAN FINANCE (bring \$5) 1:00-2:00 Clear Captions Presentation	22 Potato & Pea Frittata, Mediterranean Salad, Multigrain Bread 10:30-12:30 NYPL Mobile Library 1:00 TRIP NEW YORK TRANSIT MUSEUM (bring \$5)	23 Chicken Parmesan, W.W. Spaghetti, Broccoli w/ Red Peppers 10:30-12:30 Theater Desk 1:00 TRIP BANKGOK GROCERY CENTER 3:00-4:00 Extra World Percussion Class	24 Baked Tilapia, Couscous w/ Peas & Lemon, Roasted Acorn Squash 1:00-2:00 Singin' Seniors and World Percussionists in Concert
27 Chicken Sausage w/ Louisiana Kidney Beans & Rice, Romaine, Beet & Chickpea Salad 1:00 TRIP IKEA 2:00-4:00 SCRIE Clinic (by appointment only)	28 Butternut Squash Soup, Chicken Caesar Salad, Multigrain Bread 10:00-11:00 Photography Session 1:00 TRIP TARGET/COSTCO 1:00-2:00 Urogynecology Lecture	29 Tuna Salad, Kale, Romaine, Red Onion Salad, Multigrain Bread 2:15-4:00 Opera Appreciation	30 Eggplant Parmesan, Broccoli & Red Peppers, W.W. Roll 1:00 TRIP UKRAINIAN MUSEUM (bring \$6)	31 Coconut Curry Salmon, Sweet Potatoes, Spinach Hard Boiled Egg & Mushroom Salad 1:00-2:00 Sing for Your Seniors in Concert