

## WORKSHOPS & LECTURES

**Tuesday 5/2 at 1:00 p.m.** Christina Butigian, our nutrition intern will talk about fiber, health benefits of soluble versus insoluble fiber, how much they to have, foods rich in fiber, and how to incorporate them into meals.

**Tuesday, 5/9 at 1:00 p.m.** Mary Kiely, nurse practitioner at NYU Langone Medical Center will give us information on bone loss and decline in bone strength related to osteoporosis.

**Wednesday, 5/10 at 2:15 p.m.** Lynn Loflin, our Teaching Kitchen Chef will demonstrate how to make healthy snacks for blood sugar.

**Friday, 5/12 at 2:15 p.m.** Staff from our legal advocacy department will talk to us about landlord buyout offers.

**Tuesday, 5/16 at 1:00 p.m.** John Bruschi will lead this month's discussion of international, national and local issues on the topic of dealing with landlord issues.

**Wednesday, 5/24 at 2:15 p.m.** Singer's Musical Memories will focus this month on Buddy Rich.

## CONCERTS & PERFORMANCES

**Friday, 5/5 at 1:00 p.m.** The Phoenix Ensemble will perform the music of French modernist, Francis Poulenc and ending with a Mozartian experience, in an unusual ensemble of piano and woodwinds.

**Friday, 5/19 at 1:00 p.m.** Flamenco Vivo Carlotta Santana, one of the country's premier flamenco and Spanish dance companies will perform to live music.

**Tuesday, 5/23 at 1:00 p.m.** Jazz Singer Audrey Silver returns to entertain us with a varied repertoire.

**Friday, 5/26 at 1:00 p.m.** Sing for Your Seniors, a nonprofit group of actors and singers will entertain us with music from the Great American songbook.

**Tuesday, 5/30 at 1:00 p.m.** The Sacred Heart Girls Choir from the United Kingdom will perform a repertoire of Broadway, Motown and spiritual music.

## 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., first come first served. 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 the New York Botanical Garden, spots/tickets 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.

*Tickets to the New York Botanical Garden have been made possible by the generous donation of the Eleanor's Outings Program.*

## MOVIES

Friday, 5/5 at 2:00 p.m. *Florence Foster Jenkins* (2016)

Friday, 5/19 at 2:00 p.m. *Sully* (2016)

Friday, 5/26 at 2:00 p.m. *Southside With You* (2016)

May 2017 || Newsletter

# Senior Center at Saint Peter's Church



## ANNOUNCEMENTS

The Libretto workshop is looking for members to assist with costumes, set design and stage help for their performance in June. If you are interested, please submit your name and contact information to the office.

We will be closed on Monday, May 29th.

## SCHEDULE UPDATES

Recorder Ensemble, brought to us by the Turtle Bay Music School will resume on 5/19 for a six week session on Friday mornings.

Francesca Fortunato will lead a by invitation only advanced dance class on Fridays at 3:00 p.m.

Dahn Yoga will Alla Roitman resumes on Mondays, beginning 5/8.

## 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.



619 Lexington Avenue (at 54th Street), New York, NY 10022 || 212 308 1959 || [www.lenoxhill.org](http://www.lenoxhill.org)

Funded by the New York City Department for the Aging, private support and contributions.



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# 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 Dahn Yoga (resumes 5/8) 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 2:00-4:00 Painting 2:00-4:00 Photography Workshop	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 Ballet 12:00-1:00 Lunch	9:30-10:30 Yoga 10:00-11:30 Knitting 10:30-12:00 Wellness in Art (no class 5/17) 12:00-1:00 Lunch 1:00-2:00 Midtown Jazz 1:00-3:00 Technology One-on-One 2:30-4:30 Opera Libretto Workshop 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 2:00-3:00 Singin' Seniors 2:00-4:00 Stepping On Falls Prevention Class	9:45-10:30 Yoga 10:00-11:00 Recorder Ensemble (resumes 5/19) 10:30-11:30 Current Events Discussion 11:00-12:00 Drawing 12:00-1:00 Lunch 2:00-4:00 Movie Screening & Discussion (except 5/12) 2:00-3:00 Belly Dancing 2:30-4:30 Opera Libretto Workshop 3:00-4:00 Advanced Dance
<b>1</b> <b>Tuna Salad, Beet, Arugula &amp; Feta Salad, W.W. Pita</b>	<b>2</b> <b>Beef Stew, Romaine, Carrot &amp; Chickpea Salad, W.W. Roll</b> 1:00-2:00 Nutrition Lecture: Fiber Rich Foods	<b>3</b> <b>Chicken Cacciatore, Yellow Squash, W.W. Spaghetti</b>	<b>4</b> <b>Roast Pork Loin, Mashed Potatoes w/ Spinach, Red Cabbage Salad</b> 1:00 TRIP TRADER JOES	<b>5</b> <b>Baked Tilapia w/ Garlic Crumb Crust, Bulgur, Mediterranean Salad</b> 1:00-2:00 Phoenix Ensemble in Concert
<b>8</b> <b>Eggplant Parmesan, Sauteed String Beans, W.W. Roll</b> 1:00 TRIP HIGHLINE PARK	<b>9</b> <b>Rosemary Chicken, Broccoli &amp; Red Peppers, Roasted Potatoes, W.W. Roll</b> 1:00 TRIP MUSEUM OF MODERN ART W/ KIRSTIN 1:00-2:00 Health Lecture: Osteoporosis	<b>10</b> <b>Spinach Mozzarella Quiche, Broccoli, Green Beans, Corn &amp; Peas, W.W. Roll</b> 1:00 TRIP BRONX ZOO 2:15-4:00 Healthy Foods Cooking Workshop	<b>11</b> <b>Chicken Caesar Salad, W.W. Roll</b> 10:30-12:30 Theater Desk 1:00 TRIP TARGET/COSTCO	<b>12</b> <b>Baked Salmon, Tabbouleh Salad, Corn &amp; Peas</b> 1:00-2:00 Legal Workshop 2:00-4:00 Karaoke
<b>15</b> <b>Pasta Primavera, Baby Spinach Salad, W.W. Roll</b> 1:00 TRIP GREENWOOD CEMETERY	<b>16</b> <b>Baked Tilapia w/ Corn &amp; Potato Sauce, Broccoli, Green Beans, Corn &amp; Peas, Bulgur</b> 1:00 TRIP MET MUSEUM OF ART W/ LAURA 1:00-2:00 John Bruschi Local Issues Discussion	<b>17</b> <b>Spinach Mozzarella Quiche, Kale, Romaine &amp; Red Cabbage Salad, W.W. Roll</b>	<b>18</b> <b>Chicken Curry Salad, Spinach, Hard Boiled Egg &amp; Red Onion Salad, Multigrain Bread</b> 1:00 TRIP ARON'S KOSHER MARKET	<b>19</b> <b>Baked Salmon, Orzo w/ Peas &amp; Corn, Garden Salad, Tartar Sauce</b> 1:00-2:00 Flamenco Dance Performance 2:00-4:00 Photography Workshop Field Trip
<b>22</b> <b>Baked Salmon, Rice Pilaf, Collard Greens</b>	<b>23</b> <b>Hamburger, Cabbage Carrot Slaw, Lettuce &amp; Tomato, W.W. Bun</b> 1:00 TRIP ARTHUR AVENUE ITALIAN MARKETS 1:00-2:00 Audrey Silver in Concert	<b>24</b> <b>Potato &amp; Pea Frittata, Chickpea Salad, Multigrain Bread</b> 2:15-4:00 Singer's Musical Memories 1:00 TRIP NY BOTANICAL GARDEN CHIHULY EXHIBITION	<b>25</b> <b>Beef Pepper Steak w/ Broccoli &amp; Red Peppers, Yucca &amp; Onions, Multigrain Bread</b> 10:30-12:30 Theater Desk 1:00 TRIP BROOKLYN MUSEUM OF ART (Bring \$10 for admission fees)	<b>26</b> <b>Acadian Redfish, Couscous Peas &amp; Lemon, Baked Zucchini</b> 1:00-2:00 Music Concert by Sing For Your Seniors 2:00-4:00 Photography Workshop Field Trip
<b>29</b> <b>CLOSED</b>	<b>30</b> <b>Mushroom Soup, Chicken Caesar Salad, Multigrain Bread</b> 1:00 TRIP TITAN GREEK MARKET 1:00-2:00 Sacred Heart Girls School Concert	<b>31</b> <b>Tuna Salad, Kale, Romaine, Apple &amp; Red Cabbage Salad, Multigrain Bread</b>		