

## WORKSHOPS & LECTURES

**Tuesday 7/11 at 1:00 p.m.** Christina Butigian, our nutrition intern will give us information on reading nutrition labels and separating fact from fiction in food related information.

**Tuesday, 7/18 at 1:00 p.m.** John Bruschi will talk about international, national and local current issues.

**Wednesday, 7/26 at 2:15 p.m.** Dan Singer will talk about Jo Stafford in this month's edition of Singer's Musical Memories.

## CONCERTS & PERFORMANCES

**Tuesday, 7/25 at 1:00 p.m.** Jazz singer Audrey Silver will entertain us with a varied repertoire.

## MOVIES

Friday, 7/7 at 1:00 p.m. *The Bucket List* (2007)

Friday, 7/21 at 1:00 p.m. *Bridget Jones Baby* (2016)

## TRANSPORTATION UPDATE

We are partnering with the New York Foundation for Senior Citizens to continue to provide shopping and cultural trips for our members.

Vans can accommodate 10 members, 9 with a wheelchair. Members are given an hour and a half at every destination and two hours at Target/Costco, unless otherwise specified.

For trips departing on 7/6, 7/13 & 7/18: Please sign and check in at trip desk on the day of the trip starting 11:00 a.m. to 12:15 p.m.

For trip departing on 7/25: Please sign and check in at trip desk on the day of the trip starting 9:30 a.m. to 10:45 a.m.

Once signed in, report to the van by designated time. Members who live in Manhattan will have the option to be dropped home after shopping trips. Please check with and inform driver of your preference when you board.

## TICKETS GIVEAWAY

We are happy to give away tickets to The American Ballet Theater's production of Tchaikovsky Spectacular on Saturday 7/8 at 2:00 p.m. Tickets will be given on Friday 7/7 based on a lottery system as follows. Members can submit their names in a box placed at the front desk starting at 9:00 a.m. on Friday 7/7. At 11:00 a.m. names will be drawn and announced by staff, and the lucky winners will receive their tickets. Spouses may write their names together to receive tickets together, but both must be present at time of drawing. Members must make their own transportation arrangements to the show.

Members who received tickets to the American Ballet Theater show in June will not be eligible.

*Tickets to the American Ballet Theater have been made possible by the generous donation of the Eleanor's Outings Program.*

## July 2017 || Newsletter

# Senior Center at Saint Peter's Church



## ANNOUNCEMENTS

We are pleased to welcome Arlene Rodriguez as our new Assistant Director. Many members know Arlene from the Center @ Lenox Hill where she worked since 2010, working directly with senior center members, teaching classes, and performing critical administrative duties. Prior to that, Arlene worked for several years at a Senior Center in Queens.

We would also like to welcome our intern Nicole Bielecki in July and part of August. Nicole is majoring in social work at Hunter College, and we are sure she will be a wonderful addition to our community this summer.

Vineeta will be away from 7/10 to 7/25. Please see Arlene or Nicole for assistance or referrals.

We will be closed on Monday 7/3 and Tuesday 7/4.

## SCHEDULE UPDATES

Kate Shen, who has taught Chinese language in schools will teach a new 8 week Chinese Calligraphy class on Thursdays at 2:00 p.m., beginning 7/6.

Theater Desk will be on hiatus until the fall.

Advanced Dance with Francesca Fortunato is moving to Mondays at 3:00 p.m.

Ballet for Balance with Francesca Fortunato returns to Wednesdays at 3:00 p.m.

Opera Appreciation resumes to its previous schedule of first, third (and fifth if any) Wednesday of the month at 2:15 p.m.

## REMEMBER!

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

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:** Arlene 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](http://www.lenoxhill.org).

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 Dahn Yoga 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 3:00-4:00 Advanced Dance	9:30-10:30 Total Body Workout (Advanced) 10:30-11:30 French (All Levels) 10:30-11:30 Theater and Movie Discussion 12:00-1:00 Lunch	9:30-10:30 Yoga 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 2:00-3:00 Intermediate Spanish Conversation 3:00-4:00 Ballet for Balance	10:00-10:45 Total Body Workout (All Levels) 10:30-11:30 Special Topics in Music w/ TBMS 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00 - 3:00 Acting Workshop 1:00-2:00 Advanced Tai Chi 2:00-3:00 Intermediate Tai Chi 2:00-3:00 Chinese Calligraphy 3:00-4:00 Feldenkrais	9:45-10:30 Yoga 10:30-11:30 Current Events Discussion 11:00-12:00 Drawing 12:00-1:00 Lunch 2:00-3:00 Belly Dancing
3 <b>CLOSED</b>	4 <b>CLOSED</b>	5 <b>Potato &amp; Pea Frittata, Chickpea Salad, Multigrain Bread</b> 2:15-4:00 Opera Appreciation	6 <b>Beef Pepper Steak w/ Broccoli &amp; Red Peppers, Yucca &amp; Onions, Multigrain Bread</b> 1:00 TRIP TARGET/COSTCO 2:15-4:00 Opera Appreciation	7 <b>Tilapia, Couscous w/ Peas &amp; Lemon, Baked Zucchini</b> 1:00-3:00 Movie Screening & Discussion
10 <b>Chicken Sausage, Kidney Beans &amp; Rice, Romaine, Carrot &amp; Beet Salad</b>	11 <b>Mushroom Soup, Chicken Caesar Salad, Multigrain Bread</b> 1:00-2:00 Nutrition Lecture	12 <b>Tuna Salad, Kale, Romaine, Apple &amp; Red Cabbage Salad, Multigrain Bread</b>	13 <b>Eggplant Parmesan, Zucchini, Corn &amp; Tomatoes, W.W. Roll</b> 1:00 TRIP IKEA	14 <b>Tilapia Coconut Curry, Spinach, Hardboiled Egg, Mushroom Salad, Yucca &amp; Onions</b> 1:00-3:00 Karaoke
17 <b>Coconut Curry Chicken w/ Broccoli &amp; Tomatoes, Brown Rice, Chickpea &amp; Tomato Salad</b> 10:00-11:30 Blood Pressure Screening	18 <b>Tuna Nicoise Salad w/ Potatoes &amp; Green Beans, W.W. Pita</b> 1:00 TRIP TRADER JOES 1:00-2:00 John Bruschi Local Issues Discussion	19 <b>W.W. Spaghetti w/ Turkey Meat Sauce, Broccoli &amp; Red Peppers</b> 10:30-12:30 NYPL Mobile Library 2:15-4:00 Opera Appreciation	20 <b>Tilapia w/ Mushrooms, Peppers &amp; Potatoes, Quinoa Pilaf, Romaine, Carrot &amp; Beet Salad</b>	21 <b>Baked Ziti w/ Meat Sauce, Sauteed Spinach, W.W. Roll</b> 1:00-3:00 Movie Screening & Discussion
24 <b>Tuna Salad, Beet, Arugula &amp; Feta Salad, W.W. Pita</b> 2:00-4:00 SCRIE Clinic (by appointment only)	25 <b>Beef Stew, Romaine, Carrot, Beet &amp; Chickpea Salad, W.W. Roll</b> 11:00 TRIP BRIGHTON BEACH 1:00-2:00 Audrey Silver in Concert	26 <b>Chicken Cacciatore, Yellow Squash, W.W. Spaghetti</b> 2:15-4:00 Singer's Musical Memories	27 <b>Roast Pork Loin, Mashed Potatoes w/ Spinach, Red Cabbage Salad</b>	28 <b>Baked Tilapia w/ Garlic Crumb Crust, Bulgur, Mediterranean Salad</b> 1:00-3:00 Karaoke
31 <b>Eggplant Parmesan, String Beans, Garden Salad, W.W. Roll</b>				