

WORKSHOPS & LECTURES

Tuesday 8/1 at 1:00 p.m. Abbey Reiser, our nutrition intern will give us information on healthy carbohydrates, and which ones to choose.

Friday, 8/4 at 1:00 p.m. Learn about Indian culture with Vineeta in a show and tell of clothes, jewelery, home goods, spices and flavors from her recent trip to India.

Tuesday 8/8 at 1:00 p.m. Nicole Bilecki, our summer intern will talk to us about Polish culture in Greenpoint.

Friday, 8/11 at 1:00 p.m. Tabitha Lopez, music therapist, will lead a discussion about Latinos in movies and media.

Tuesday 8/15 at 1:00 p.m. Leah Gable, our Administration Manager, ballet aficionado and former dancer will talk about the world and history of ballet.

Tuesday 8/22 at 1:00 p.m. Staff from the Hospital for Special Surgery will talk to us about common skin and foot issues and how to care for them.

Wednesday, 8/23 at 2:15 p.m. Dan Singer will talk about Helen Forrest in this month's edition of Singer's Musical Memories.

Tuesday, 8/29 at 1:00 p.m. Lynn Loflin, our Teaching Kitchen Chef will demonstrate making seasonal grain bowls in this month's Healthy Cooking Workshop.

CONCERTS & PERFORMANCES

Friday, 8/18 at 1:00 p.m. Professional performing artists from the nonprofit Sing for your Seniors will entertain us with numbers from the American Songbook.

Friday, 8/25 at 1:00 p.m. The Saint Peters Thespians, comprised of members of our acting class, led by Sylvia Pilar will perform a repertoire of monologues.

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. For all trips, please sign and check in at trip desk on the day of the trip starting 11:00 a.m. to 12:15 p.m.

Once signed in, report to the van by 1:00 p.m. 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 Broadway show On Your Feet at the Marquis Theater on Wednesday 8/16 at 2:00 p.m. Tickets will be given on the same day 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. 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 July will not be eligible.

Tickets to On Your Feet have been made possible by the generous donation of the Eleanor's Outings Program.

MOVIES

Friday, 8/4 at 2:00 p.m. *Manchester by the Sea* (2016)

Friday, 8/18 at 2:00 p.m. *Hail Caesar!* (2016)

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Senior Center at Saint Peter's Church



ANNOUNCEMENTS

The New York State Farmers Market Nutrition Program coupon booklets have arrived and will be distributed beginning 8/1 until supplies last. These coupons can only be used at authorized farmers markets. Please call 311 for locations for farmers markets nearest to you.

For additional coupons, join Leah Gable our Administration Manager in a walking tour of the Dag Hammarskjold Plaza Greenmarket, located at 47th Street and 2nd Avenue on 8/9. Coupons will be distributed at the end. Meet outside the senior center office at 2:30 p.m.

SCHEDULE UPDATES

Hula, Memory Enhancement and Tai Chi are on hiatus.

John Bruschi will facilitate lectures on Global and Local Issues on Mondays at 1:00 p.m. in August.

Sara Woodson, our Adult Education Program Manager, will lead a four part workshop for iPad and iPhone users which will cover basic usage, tips, and apps. Thursdays 1:00-2:00 p.m., starting 8/10.

Back by popular demand! A Matter of Balance is a program specifically designed to reduce fear of falling and improve activity. The program includes eight two-hour classes presented by trained coaches who will teach practical coping strategies to reduce fear and risk of falling through group discussions, mutual problem solving, exercises to improve strength, coordination and balance, and home safety evaluation. Begins Thursday, 8/3 from 1:00-3:00 p.m. for 8 weeks.

REMEMBER!

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

Assistance with matters such as SCRIE, SNAP, housing and healthcare related matters is 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.

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 Global & Local Issues Lectures 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) 10:45-11:15 Beauty Tips 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-3:00 Acting Workshop 2:00-3:00 Chinese Calligraphy (no class 8/10) 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
	1 Rosemary Chicken, Broccoli & Red Peppers, Roasted Potatoes, Multigrain Bread 1:00-2:00 Nutrition Lecture	2 Spinach Mozzarella Quiche, Broccoli, Green Beans, Corn & Peas 2:15-4:00 Opera Appreciation	3 Chicken Caesar Salad w/ Creamy Dressing, Multigrain Bread	4 Baked Tilapia, Tabbouleh Salad, Corn & Peas 1:00-3:30 TRIP TARGET/COSTCO 1:00-2:00 Indian Culture Show & Tell 2:00-4:00 Movie Screening & Discussion
7 Pasta Primavera, Baby Spinach Salad, Multigrain Bread 1:00-2:00 Global & Local Issues: Free Trade	8 Tilapia w/ Corn & Potato Sauce, Broccoli, Bulgur w/ Corn & Peas 1:00-3:30 TRIP ARON'S KISSENA KOSHER MARKET 1:00-2:00 Polish Culture Lecture	9 Spinach Mozzarella Quiche, Green Salad, W.W. Roll 2:30-3:30 Walking Tour of Dag Hammarskjold Plaza Greenmarket	10 Chicken Curry Salad w/ Apples & Peas, Baby Spinach Salad, Barley 1:00-2:00 iPhone/iPad Workshop for Beginners	11 Baked Catfish, Orzo w/ Corn & Peas, Garden Salad 1:00-2:00 Latinos in Media Lecture 2:00-4:00 Karaoke
14 Roasted Tilapia, Rice Pilaf, Braised Collard Greens 10:00-11:30 Blood Pressure Screening 1:00-2:00 Global & Local Issues: Aging	15 Classic Hamburger, Cabbage Carrot Slaw, Lettuce & Tomato, W.w. Bun 1:00-2:00 History of Ballet Lecture	16 Potato & Pea Frittata, Chickpea Salad, Multigrain Bread 10:30-12:30 NYPL Mobile Library 2:15-4:00 Opera Appreciation	17 Beef Pepper Steak w/ Broccoli & Red Peppers, Yucca & Onions, Multigrain Bread 1:00-3:30 TRIP ARTHUR AVENUE ITALIAN MARKET 1:00-2:00 iPhone/iPad Workshop for Beginners	18 Acadian Red Fish, Couscous Peas & Lemon, Baked Zucchini 1:00-2:00 Concert by Sing for your Seniors 2:00-4:00 Movie Screening & Discussion
21 Chicken Sausage, Louisiana Beans & Rice, Romaine, Carrot & Beet Salad 1:00-2:00 Global & Local Issues: North Korea	22 Mushroom Soup, Chicken Caesar Salad, Multigrain Bread 1:00-2:00 Skin & Foot Care Lecture	23 Tuna Fish Salad, Kale, Romaine, Apple & Red Cabbage Salad, Multigrain Bread 2:15-4:00 Singer's Musical Memories	24 Eggplant Parmesan Zucchini, Corn & Tomatoes, W.W. Roll 1:00-3:30 TRIP TARGET/COSTCO 1:00-2:00 iPhone/iPad Tips	25 Chesapeake Catfish, Spinach & Hardboiled Egg Salad, Yucca 7 Onions 1:00-2:00 Performance by Saint Peters Thespians 2:00-4:00 Karaoke
28 Coconut Curry Chicken w/ Broccoli & Tomato, Brown Rice, Chickpea & Tomato Salad 1:00-2:00 Global & Local Issues: Medicare	29 Tuna Nicoise Salad w/ Potatoes & Green Beans, W.W. Pita 1:00-3:00 TRIP TRADER JOES 1:00-2:00 Healthy Foods Cooking Workshop	30 W.W. Spaghetti w/ Bolognese, Broccoli & Red Peppers 2:15-4:00 Opera Appreciation	31 Acadian Red Fish, Quinoa Pilaf, Romaine, Carrot & Beet Salad 1:00-2:00 iPhone/iPad Apps Workshop	