

WORKSHOPS & LECTURES

Friday, 9/8 at 1:00 p.m. Brittany Modell, our nutrition intern will talk about plant based diets.

Tuesday, 9/12 at 1:00 p.m. Lynn Loflin, our Teaching Kitchen Chef will demonstrate culinary and medicinal uses of herbs in this month's Healthy Cooking Workshop.

Friday, 9/22 at 1:00 p.m. Melanie Adsit, art educator from the Whitney Museum will talk about current and archived works in the museum.

Tuesday 9/26 at 1:00 p.m. John Bruschi will talk about various international, national and local issues.

Wednesday, 9/27 at 2:15 p.m. Dan Singer will talk about Robert Mitchum in this month's edition of Singer's Musical Memories.

Friday, 9/29 at 1:00 p.m. Medicare Open Enrollment is approaching! Staff from our Legal Advocacy department will talk about Medicare Part D and Advantage Plans, to help you determine what is right for you.

CONCERTS & PERFORMANCES

Friday, 9/1 at 1:00 p.m. Concert pianist Roy Eaton, who has played at Carnegie Hall and Alice Tully Hall will perform a classical repertoire.

Tuesday, 9/5 at 1:00 p.m. Performers from the Glamour Tango, an all female company will present a concert in the form of a lecture demonstration of their art.

Friday, 9/15 at 1:00 p.m. Singers and performers from the nonprofit Vocal Ease will entertain us with songs from the Great American Songbook.

Tuesday, 9/19 at 1:00 p.m. For its first offering this fall, the Phoenix Ensemble will pair both Elliot Carter's and Brahms' clarinet quintets. Carter is considered the greatest composer of the complexity school, while Brahms created perhaps the greatest clarinet chamber music compositions in the XIX centuries.

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. Two vans will be available for the trip to Target/Costco on 9/7. For trips to Target/Costco, Trader Joes, and Aron's Kosher Market, please sign 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. Please inform driver of your preference when you board.

For the trip to Brighton Beach, please sign in at the trip desk on the day of the trip starting at 9:45 a.m. to 10:15 a.m. and report to the van by 11:00 a.m.

We are happy to give away tickets to the Mary Confino interactive tour at the Tenement Museum on 9/20. Drop in on 14-year-old Victoria Confino, who lived in the tenement in 1916 to hear about the immigrant experience in an intimate setting. Tour her apartment, ask her questions about her life, and get a unique perspective on adjusting to life on the Lower East Side.

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. Spouses may write their names together but both must be present at time of drawing. The tour begins at 1:30 p.m. Transportation will be provided, departing the senior center at 12:50 p.m.

Tickets to the Tenement Museum have been made possible by the generous donation of the Eleanor's Outings Program.

MOVIES

Friday, 9/1 at 2:00 p.m. *Cloud Atlas* (2012)

Friday, 9/15 at 2:00 p.m. *Zodiac* (2007)

Friday, 9/29 at 2:00 p.m. *The Place Beyond the Pines* (2014)

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Senior Center at Saint Peter's Church



ANNOUNCEMENTS

We will be closed on Monday, 9/4.

Please join our executive chef, Robert Dziekonski, in a meeting to discuss our lunch menu on Tuesday, 9/12 at 11:00 a.m.

Our legal hotline at (212) 218-0503 reopens on 9/5.

SCHEDULE UPDATES

Hula, Memory Enhancement, Meditation, Beginner Spanish and Tai Chi return this month. Please check calendar for resume dates.

Beginner Spanish is moving to Wednesdays at 11:00 a.m.

Chinese Calligraphy is moving to Thursdays at 10:00 a.m.

A Matter of Balance ends this month.

Wellness in Art is on a short hiatus this month. There will be one class on 9/6.

The Acting Class is not accepting new students at this time.

Advanced Dance is cancelled.

Ballet for Balance with Francesca will be on hiatus until October.

REMEMBER!

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

For assistance with 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.

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	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 11:00-11:50 Beginner Spanish (resumes 9/13) 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	10:00-10:45 Total Body Workout (All Levels) 10:00-11:00 Chinese Calligraphy 10:45-11:15 Beauty Tips 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-3:00 A Matter of Balance (last class 9/21) 1:00-3:00 Acting Workshop (CLOSED)	9:30-10:30 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 Baked Ziti w/ Meat Sauce, Sauteed Spinach, W.W. Roll 1:00-2:00 Roy Eaton in Concert 2:00-4:00 Movie Screening & Discussion
4 CLOSED	5 Beef Stew, Romaine, Carrot, Beet & Chickpea Salad, W. W. Roll 1:00-2:00 Tango Performance and Education	6 Chicken Cacciatore, Yellow Squash, W.W. Spaghetti 10:30-12:00 Wellness in Art 2:15-4:00 Opera Appreciation	7 Roast Pork Loin, Mashed Potatoes w/ Spinach, Red Cabbage Salad 1:00-3:30 TRIP TARGET/COSTCO	8 Baked Tilapia w/ Garlic Crumb Crust, Bulgur, Mediterranean Salad 1:00-2:00 Nutrition Workshop 2:00-4:00 Karaoke
11 Eggplant Parmesan, Sauteed String Beans, W.W. Roll 10:00-11:30 Blood Pressure Screening	12 Rosemary Chicken, Broccoli & Red Peppers, Roasted Potatoes, W.W. Roll 11:00-12:00 Menu Meeting with Chef Dziekonski 1:00-2:00 Healthy Foods Cooking Workshop	13 Spinach Mozzarella Quiche, Broccoli, Green Beans, Corn & Peas, W.W. Roll	14 Chicken Caesar Salad, W. W. Roll 1:00-3:30 TRIP ARON'S KISSENA KOSHER MARKET	15 Baked Salmon, Tabbouleh Salad, Corn & Peas 1:00-2:00 Concert by Vocal Ease 2:00-4:00 Movie Screening & Discussion
18 Pasta Primavera, Baby Spinach Salad, W.W. Roll	19 Tilapia w/ Corn & Potato Sauce, Broccoli, Corn & Peas, Bulgur 1:00-2:00 Phoenix Ensemble in Concert	20 Eggplant Parmesan, String Beans, W.W. Roll 10:30-12:30 NYPL Mobile Library 1:00-3:15 TRIP TENEMENT MUSEUM GUIDED TOUR 2:15-4:00 Opera Appreciation	21 Chicken Curry Salad w/ Apples & Peas, Baby Spinach Salad, Barley	22 Salmon, Orzo w/ Corn & Peas, Garden Salad 1:00-2:00 Art Lecture 2:00-4:00 Karaoke
25 Pasta Fagioli, Baby Spinach Salad, W.W. Roll	26 Cornmeal Crusted Catfish, Black Beans & Rice, Roasted Acorn Squash 11:00-2:30 TRIP BRIGHTON BEACH 1:00-2:00 International, National & Local Issues Discussion	27 Spinach Mozzarella Quiche, Kale & Cabbage Salad, Multigrain Bread 2:15-4:00 Singer's Musical Memories	28 Tomato Rice Soup, Egg Salad, Stewed Okra, Multigrain Bread 1:00-3:30 TRIP TRADER JOES 1:00-2:00 Advanced Tai Chi Resumes 2:00-3:00 Beginner Tai Chi Resumes	29 Baked Salmon, Orzo w/ Vegetables, Garden salad, Tartar Sauce 1:00-2:00 Legal Workshop: Medicare 2:00-4:00 Movie Screening & Discussion