

WORKSHOPS & LECTURES

Friday, 1/5 at 1:00 p.m. Staff from our legal advocacy department will talk about tenants' rights.

Friday, 1/12 at 1:00 p.m. Dr. David Barone from Weill Cornell Hospital will give us tips on sleeping for optimal health.

Tuesday, 1/16 at 1:00 p.m. Kirstin Broussard from the Museum of Modern Art will discuss current works.

Friday, 1/19 at 1:00 p.m. Glenda Gresham, social worker at the Carten Burden network will talk about signs of elder abuse and how to prevent it.

Tuesday 1/23 at 1:00 p.m. John Bruschi will talk about what is happening in Alabama in this month's edition of International, National and Local Issues.

Wednesday, 1/24 at 2:15 p.m. Dan Singer will talk about Della Reese in this month's Musical Memories.

Tuesday 1/30 at 1:00 p.m. Tory Stroker, our nutrition intern will talk about proteins in our diet, common myths and intake strategies.

CONCERTS & PERFORMANCES

Tuesday, 1/9 at 1:00 p.m. Madeline Solomon, a Brooklyn based Yiddish performer will present spirited Klezmer music.

Friday, 1/26 at 1:00 p.m. The Navatman Indian classical dance company will present a Bharatanatyam performance, which is an ancient dance from south India.

NUTRITION CONSULTATIONS

Vivian Wang, our intern who is also a registered dietician will be here on Thursday 1/11 from 10-12pm for one and one nutrition consultations. Please sign up in the morning for a half hour time slot.

TRANSPORTATION UPDATE

Shopping Trips to Target/Costco, Trader Joes, and Aron's Kosher Market:

- Sign up from 10:30 to 11:00 a.m.
- Members who live in Manhattan will have the option to be dropped home. Please inform driver of your preference when you board.

All other trips:

- Sign up from 9:30 a.m. to 10:00 a.m.
- Bus will return to the senior center. You may opt to return home directly from the destination. Please inform driver of your preference when you board.
- Members may have lunch when they return to the center by signing in for lunch and dropping off their lunch tickets in the office.

The guided trip to the Metropolitan Museum of Art on 1/23 will be led by our Visual Art Teacher Laura Fiesel.

MOVIES

Friday, 1/5 at 2:00 p.m. *Wonder Woman* (2017)

Friday, 1/12 at 2:00 p.m. *Whiskey Tango Foxtrot* (2016)

Friday, 1/26 at 2:00 p.m. *Dr. Strange* (2016)

A big thank you to Vincent Cardillo for all his years of service to our center leading the Memory Enhancement class. Vincent will continue to participate in the center's activities but is "retiring" from teaching the class.

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Senior Center at Saint Peter's Church



ANNOUNCEMENTS

We will be closed on Monday, January 1st, Tuesday, January 2nd, and Monday January 15th.

SCHEDULE UPDATES

New Class! Symbolism & Storytelling with Deborah and Glenn Doering on Fridays, 2:00-4:00 p.m., beginning 1/12. Learn about text based symbols, building images from letter forms, ancient symbols and tapping into personal experiences to create a unique voice. This class is part of the Lower Manhattan Cultural Council's Su-Casa program and will culminate in a summer exhibition.

New Class! Zumba with Miki Henkin on Wednesdays at 3:00 p.m., begins 1/10.

New Class! Short Story Discussion Group with Pat Lamb on Mondays at 1:00 p.m. Copies of stories will be available in the office a week prior to each session. Please check the bulletin board for the full schedule.

New Class! Learn Sudoku with Shela Ash on Mondays at 1:00 p.m.

New Class! Tai Chi: All Levels with Patty de Llosa on Mondays at 10:45 a.m., begins 1/8. Patty will teach Yang Long Form style blended with Qi Gong. No previous tai chi experience is necessary.

New Class! Dance through the Decades with Diane Skerbec on Thursdays at 10:00 a.m. Diane will teach popular dance trends from the 1920s to the 1990s.

Hula on Mondays will be on hiatus until 2/28.

Meditation will now begin at 9:30 for a 45 minute class.

NYPL's Mobile Library will be held twice a month.

The Acting workshop is now accepting new members.

REMEMBER!

Call (212) 308-1959 for our daily lunch menu and class cancellations.

Call our legal hotline at (212) 218-0503 for assistance with SNAP, healthcare matters such as Medicare and Medicaid, advance directives, and housing issues. Assistance on these and other requests is also available in the office on a walk-in basis.

HOURS & REGISTRATION

Mon, Wed, Thu & Fri from 9:00 a.m. to 4:00 p.m.
Tue from 9:00 a.m. to 2:00 p.m.
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



JANUARY 2018 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 9:30-10:15 Meditation 10:30-11:15 Total Body Workout (Intermediate) 10:30-11:15 Creative Studio 10:45-11:45 Tai Chi: All Levels Yang Long Form 12:00-1:00 Lunch 1:00-2:00 Short Story Discussion Group 1:00-2:00 Learn Sudoku 2:00-4:00 Painting 3:00-4:00 Drumming Circle by Feel the Music	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 11:00-11:50 Beginner Spanish 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 2:15-3:15 Ballet for Balance 2:15-4:00 Opera Appreciation (1/3, 1/17, 1/31) 3:00-4:00 Zumba (begins 1/10)	9:30-10:30 Total Body Workout (All Levels) 10:00-11:00 Dance through the Decades 10:30-12:30 Theater Desk (1/11 & 1/25) 11:00-12:00 Tai Chi Practice: Advanced Yang Short Form 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-3:00 Acting Workshop 3:00-4:00 Yoga	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 2:00-4:00 Movie Screening & Discussion (1/5, 1/19 & 1/26) 2:00-4:00 Symbolism & Storytelling (begins 1/12)
1 CLOSED	2 CLOSED	3 Hamburger, Baked Sweet Potato, Lettuce & Tomato, W.W. Bun	4 Catfish w/ Coconut Curry, Quinoa, Sauteed Kale	5 Beef Stir Fry w/ Snow Peas, Broccoli & Carrots, Brown Rice, Garden Salad 1:00-2:00 Legal Workshop: Tenants' Rights
8 Spanish Style Pollack, Rice & Beans, Collard Greens w/ Tomatoes	9 Chicken Jambalaya, Brown Rice, Baby Spinach Salad 11:00-12:00 Viola Lecture Performance by TBMS 1:00-2:00 Klezmer Music Concert	10 Tuna Fish Salad, Kale, Romaine, Red Cabbage & Apple Salad, Multigrain Bread	11 Chicken Sausage, Louisiana Red Beans & Rice, Romaine, Carrot, Beet & Chickpea Salad 11:00-12:00 Nutrition Consultations 11:00-1:00  TRADER JOES	12 Eggplant Parmesan, Lemon Garlic Spinach, W.W. Roll (V) 10:00-12:30  BANGKOK GROCERY CENTER 10:30-12:30 NYPL Mobile Library 1:00-2:00 Health Lecture: Sleep for Health
15 CLOSED	16 Hamburger, Coleslaw, Lettuce & Tomato, W.W. Bun 10:00-12:30  IKEA 1:00-2:00 Art Lecture with Kirstin Broussard	17 Roast Pork Shoulder, Brown Rice, Sauteed Red Cabbage & Apples 10:00-12:30  LITTLE ODESSA	18 Baked Salmon w/ Cilantro Citrus Sauce, Quinoa, Steamed Kale, W.W. Roll 11:00-2:00  TARGET/COSTCO	19 Rosemary Chicken, Cheesy Grits, Collard Greens w/ Tomatoes 1:00-2:00 Detect and Prevent Abuse Lecture 2:00-4:00 Karaoke
22 Tuna Fish Salad, Beet, Arugula & Feta Salad, Multigrain Bread 2:00-3:00 Show and Tell: Vietnam Mem by Lana Escolano	23 Shepard's Pie w/ Carrots & Turnips, Romaine, Beet & Chickpea Salad, W.W. Roll 10:00-12:30  MET MUSEUM GUIDED TOUR 11:00-12:00 Piano Lecture Performance by TBMS 1:00-2:00 National Issues Discussion: What's Happening in Alabama	24 Catfish w/ Sweet Potato & Coconut Curry, Bulgur, Arugula Salad 10:30-12:30 NYPL Mobile Library 2:15-3:15 Singer's Musical Memories	25 Roast Turkey Breast, Mashed Potatoes, Roasted Winter Squash 11:00-2:00  ARON'S KOSHER MARKET	26 Chicken Cacciatore, Lemon Garlic Escarole, W.W. Spaghetti 1:00-2:00 Bharatanatyam Dance Performance
29 Eggplant Parmesan, Caesar Salad, W.W. Roll (V)	30 Spinach Mozzarella Quiche, Broccoli, Green Beans, Corn & Peas, W.W. Roll (V) 10:00-12:30  SAHADI'S MIDDLE EASTERN MARKET 1:00-2:00 Nutrition Workshop: Proteins	31 Rosemary Chicken, Polenta, Steamed Kale 10:00-12:30  CHELSEA MARKET		

(V) indicates vegetarian  indicates a trip