

WORKSHOPS & LECTURES

Friday, 3/2 at 1:00 p.m. Dr Tracy Paul, full time faculty at Weill Cornell Hospital will give a lecture on cardiovascular health. Dr Paul practices cardiology, critical care cardiology and echocardiology.

Friday, 3/9 at 1:00 p.m. Staff from our legal advocacy department will go over landlord buyout offers.

Tuesday 3/13 at 1:00 p.m. Kirstin Broussard from the Museum of Modern Art will discuss current and archived works.

Wednesday, 3/14 at 2:15 p.m. Our Teaching Kitchen Chef Lynn Loflin will talk about the nutritional value of chickpeas. She will cook with a chickpea pasta called Banza and will also roast chickpeas as a snack.

Tuesday 3/27 at 1:00 p.m. In this month's international issues discussion, John Bruschi will talk about economic reform in Cuba.

CONCERTS & PERFORMANCES

Tuesday, 3/6 at 1:00 p.m. Jazz singer and songwriter Audrey Silver returns to entertain us with a concert.

Friday, 3/16 at 1:00 p.m. Professional singers from the world of Broadway and cabaret will perform, brought to us by the nonprofit Vocal Ease.

Tuesday, 3/20 at 1:00 p.m. Sean Satin and Jay Kauffman from the Turtle Bay Music School will perform selections that span the 500 year history of classical guitar. Solo and duo pieces will be presented and discussed - composers represented will be Luis de Narvaez, Francisco Tarrega, Barrios and Jay Kauffman

Friday, 3/23 at 1:00 p.m. Broadway and television actress and singer Shauna Hicks will entertain us with a varied repertoire.

TRANSPORTATION UPDATE

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

- Sign up from 10:30 a.m. 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.

MOVIES

Friday, 3/2 at 2:00 p.m. *The Beguiled* (2017)

Friday, 3/9 at 2:00 p.m. *Zootopia* (2016)

Friday, 3/23 at 2:00 p.m. *The Nice Guys* (2016)

March 2018 || Newsletter

Senior Center at Saint Peter's Church



ANNOUNCEMENTS

Please join us for our annual art exhibition showcasing the work of members. Refreshments will be served. 3/7 from 10:30 a.m. to 12:00 p.m.

In an effort to maintain health and hygiene in our center, we ask that all members regularly wash their hands, especially after coming from the outside, and after participating in various activities that require handling equipment and materials.

We will be closed on Friday, March 30 and Monday, April 2 due to church holidays.

SCHEDULE UPDATES

Photography Workshop with Janis Lewin returns for a four month semester. Held both in the center and outdoors on field trips, in this class participants will learn how to see the details, corners, shadows, and light both in art and everyday life. There will be a final exhibition and cameras will be provided for the duration of the class. Tuesdays 10:00-12:00, beginning 3/6.

Ballet for Balance, Opera Appreciation and Singer's Musical Memories are on hiatus this month.

Singin' Seniors with Deborah Berg and World Percussion with Bashiri Johnson resume on 3/1 and 3/5 respectively.

Sevillanas with Jane Orendain is moving to Thursdays at 11:00 a.m.

Sara Woodson, our Adult Education Manager, will teach a new series of technology classes on Fridays at 10:00 a.m. This month, topics will focus on beginner smartphone skills as follows:

3/2 - Texting; making/receiving calls

3/9 - Manage your settings (brightness, volume, etc.)

3/16 - Connect to Wifi/Browse the Internet

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



MARCH 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 9:45-10:15 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 2:00-3:00 Hula 2:00-4:00 Painting 3:00-4:00 World Percussion	9:30-10:30 Total Body Workout (Advanced) 10:00-12:00 Photography Workshop 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 3:15-4:00 Zumba	9:30-10:30 Total Body Workout (All Levels) 10:00-11:00 Dance through the Decades 10:30-12:30 Theater Desk (3/8 & 3/22) 11:00-11:50 Tai Chi Practice: Advanced Yang Short Form 11:00-11:50 Sevillanas Dance 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-2:00 Symbolism & Storytelling 1:00-3:00 Acting Workshop 2:00-3:00 Singin' Seniors 3:00-4:00 Yoga	9:30-10:30 Yoga 10:00-11:00 Beginner Smartphone Skills (no class 2/23) 10:30-11:30 Current Events Discussion 11:00-12:00 Drawing 12:00-1:00 Lunch 1:00-3:00 Technology One-on-One 2:00-3:00 Belly Dancing 2:00-4:00 Movie Screening & Discussion (3/2, 3/9 & 3/23)
			1 Baked Salmon w/ Cilantro Citrus Sauce, Quinoa w/ Ginger & Carrots, Steamed Kale, W.W. Roll	2 Lemon Baked Chicken, Cheesy Grits, Sautéed Green Beans 10:30-12:30 NYPL Mobile Library 1:00-2:00 Health Lecture
5 Spanish style Catfish, Rice & Beans, Collard Greens w/ Tomatoes	6 Baked Chicken Breast, Mushroom & Barley Soup, Baby Spinach Salad 1:00-2:00 Audrey Silver in Concert	7 Tuna Fish Salad, Kale, Romaine, Apple & Red Cabbage Salad, Multigrain Bread 10:30-12:00 Art Show	8 Chicken Sausage, Rice & Beans, Romaine, Carrot, Beet & Chickpea Salad 12:45-3:00  TARGET/COSTCO	9 Eggplant Parmesan w/ Spinach, Lemon Garlic Escarole, W. W. Roll (V) 1:00-2:00 Legal Workshop
12 Chicken, Ginger & Pumpkin Stew, Herb Bulgur, Spinach Salad 10:00-11:30 Blood Pressure Screening 1:00-2:45  TRADER JOES	13 Classic Hamburger, Coleslaw, Lettuce & Tomato 1:00-2:00 Art Lecture	14 Slow Roasted Pork Shoulder, Brown Rice, Cabbage & Carrots 10:00-12:30  IKEA 2:15-3:15 Healthy Cooking with Lynn Loflin	15 Vegetable Biryani w/ Chickpeas, Pita Halves, Steamed Napa Cabbage (V)	16 Chicken & broccoli stir fry, Roasted Winter Squash, Sesame W.W. Noodles 10:00-12:30  AMAZING SAVINGS BROOKLYN 1:00-2:00 Concert by Vocal Ease 2:00-4:00 Karaoke
19 Tuna Fish Salad, Kale, Romaine, Apple & Red Cabbage Salad, Multigrain Bread	20 Shepard's Pie w/ Beef & Turkey, Romaine, Beet & Chickpea Salad, Multigrain Bread 10:00-12:30  CHINATOWN 1:00-2:00 Turtle Bay Music School Concert	21 Catfish w/ Curried Coconut & Sweet Potato Sauce, Bulgur, Arugula Salad 10:30-12:30 NYPL Mobile Library	22 Italian style Pork, Parmesan Polenta, Roasted Winter Squash 11:00-1:15  ARON'S KOSHER MARKET	23 Chicken Cacciatore, Sautéed Lemon Escarole, W.W. Spaghetti 10:00-12:30  MUSEUM OF JEWISH HERITAGE 1:00-2:00 Shauna Hicks in Concert
26 Frittata w/ Potato & Peas, Steamed Napa Cabbage, W.W. Bread	27 Fish Taco, Lemon & Chive Potato Salad 10:00-12:30  MUSEUM OF THE AMERICAN INDIAN 1:00-2:00 International Issues Discussion	28 Classic Hamburger, Coleslaw, Lettuce & Tomato 10:00-12:30  MEDITERRANEAN FOODS QUEENS	29 Spanish style Catfish, Couscous w/ Peas, Collard Greens w/ Tomatoes	30 CLOSED

(V) indicates vegetarian  indicates a trip