

WORKSHOPS & LECTURES

Tuesday, 5/1 at 1:00 p.m. In this month's international issues discussion, John Bruschi will give a talk titled "Kim, Trump: What to Expect."

Friday, 5/4 at 1:00 p.m. Our new executive chef Stephen Kanhai will talk about the planning process and sourcing of food that goes into preparing our meals, in addition to noting feedback about the menu from members.

Tuesday 5/22 at 1:00 p.m. Kirstin Broussard from the Museum of Modern Art will discuss current and archived works.

Wednesday, 5/23 at 2:15 p.m. Dan Singer will talk about the life and work of Pearl Bailey in this month's edition of Singer's Musical Memories.

Tuesday, 5/29 at 1:00 p.m. Staff from Weill Cornell will talk to us about podiatric issues related to aging.

CONCERTS & PERFORMANCES

Tuesday, 5/8 at 1:00 p.m. Cabaret singer and recording artist Jeff Harnar will entertain us with a concert.

Friday, 5/11 at 1:00 p.m. Our Singin' Seniors class led by Deborah Berg and our World Percussion class taught by Bashiri Johnson will give a recital.

Tuesday, 5/15 at 1:00 p.m. The TOWN Music Guild, which supports artists from Taiwan will present an ensemble concert.

Friday, 5/18 at 1:00 p.m. Professional theater actors and cabaret singers will perform as part of the nonprofit group Sing for Your Seniors.

Friday, 5/25 at 1:00 p.m. Our Acting class, led by Sylvia Pilar will perform a series of short plays and monologues.

TRANSPORTATION UPDATE

Shopping Trips to Target/Costco, Trader Joe's, 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

Trip to Brighton Beach:

- Sign up from 9:15 a.m. to 9:30 a.m.

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.

TICKETS GIVEAWAY

We are happy to give away tickets to a performance of *Giselle* by the American Ballet Theater on Wednesday 5/16 at 2:00 p.m. Tickets will be given based on a lottery system as follows: Members can submit their names (only one entry per person) in a box placed at the trip desk starting at 9:15 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 Play That Goes Wrong* in April will not be eligible. Tickets to *Giselle* have been made possible by the generous donation of the Eleanor's Outings Program.

MOVIES

Friday, 5/4 at 2:00 p.m. *Goodbye Christopher Robin* (2017)

Friday, 5/11 at 2:00 p.m. *Phantom Thread* (2017)

Friday, 5/25 at 2:00 p.m. *The Greatest Showman* (2017)

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Senior Center at Saint Peter's Church



ANNOUNCEMENTS

Dr. Alexandra Zweig, clinical audiologist from New York Hearing Doctors, will conduct free hearing screenings on Thursday 5/17, 1:00-3:00 p.m. Sign up in the morning.

We are thrilled to partner again with Flamenco Vivo Carlota Santana dance company, who will lead six weekly flamenco workshops on Thursdays at 2:00 p.m. beginning 5/24 culminating in a performance in June.

Join us on 5/24 for an exhibition of the Symbols & Storytelling class on "Totems." At 11:00 a.m., "Totems" created by workshop participants will be displayed. Artist-Educators Deborah and Glenn Doering will be available to answer questions. At 1:00 p.m. refreshments will be served and participants will talk about their work.

We will be closed on Monday, May 28th in observance of Memorial Day.

SCHEDULE UPDATES

Our Adult Education Manager Sara Woodson and volunteer Joan Kushinoff will lead a series of interactive workshops called "Tech Talks for the Tech-Shy" on Fridays at 11:00 a.m. covering the following topics (more details can be found on the bulletin board):

- 5/4 - Guide to Smartphone Plans
- 5/11 - What is the Cloud?
- 5/18 - Guide to Good Passwords

Join us for leisurely games of Rummikub on Mondays at 1:00 p.m. or start learning by observing ongoing games.

Singin' Seniors and World Percussion will have their final classes this month and will return in the fall.

Hula and Sevillanas dance are on hiatus until further notice.

REMEMBER!

Call (212) 308-1959 for a recording of 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



MAY 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) 12:00-1:00 Lunch 1:00-2:00 Short Story Discussion 1:00-3:00 Play Rummikub 2:00-3:00 Bollywood Dance 2:00-4:00 Painting 3:00-4:00 World Percussion (last class 5/21)	9:30-10:30 Total Body Workout (Advanced) (no class 5/29) 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 <div style="border: 1px solid black; padding: 5px; text-align: center;"> **BINGO AT LUNCHTIME** Get a bingo board when you sign up for lunch </div>	9:30-10:30 Yoga 10:00-11:30 Knitting 10:30-12:00 Wellness in Art (no class 5/9) 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 3:15-4:00 Zumba (no class 5/16 & 5/23)	9:30-10:30 Total Body Workout (All Levels) 10:00-11:00 Dance through the Decades 10:30-12:30 Theater Desk (5/3, 5/10 & 5/31) 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-3:00 Symbols & Storytelling (last class 5/31) 1:00-3:00 Acting Workshop 2:00-3:00 Singin' Seniors (last class 5/10) 2:00-3:00 Flamenco Workshop (begins 5/24) 3:00-4:00 Yoga	9:30-10:30 Yoga 10:00-11:00 Tech Talks for the Tech-Shy (no class 5/25) 10:30-11:30 Current Events Discussion 11:00-12:00 Drawing 12:00-1:00 Lunch 1:00-2:00 Technology One-on-One 2:00-3:00 Belly Dancing 2:00-4:00 Movie Screening & Discussion (5/4, 5/11 & 5/25)
	1 Chicken Salad, Spinach, Hard boiled Egg, Mushroom & Onion salad, Multigrain bread 1:00-2:00 International Issues Discussion	2 Black Bean & Sweet Potato Chili, Sautéed Zucchini, Brown rice w/ Parsley and Carrot (V) 2:15-4:00 Opera Appreciation	3 Lemon Salmon, Tabbouleh w/ Chickpeas, W.W. Roll	4 Chicken Cacciatore, Arugula salad w/ balsamic vinegar, W.W. Spaghetti 1:00-2:00 Menu Feedback & Food Service Information Meeting
7 Swiss Beef Steak w/ Onions, Beet Salad, Barley	8 Tuna Nicoise, Mixed Green Salad, Multigrain Bread 12:45-3:00  TARGET/COSTCO 1:00-2:00 Jeff Harnar in Concert	9 Rosemary Chicken, Creamed Spinach, Quinoa w/ Kale & Carrots 10:30-12:30 NYPL Mobile Library	10 Italian Style Pork Loin, Vegetable Ratatouille, Baked Brown Rice Pilaf 10:00-12:30  CENTRAL PARK CONSERVATORY	11 Classic Beefburger, Carrot Apple Raisin Salad, W.W. Roll 1:00-2:00 Singin' Seniors & Drummers in Concert
14 Vegetable Baked Ziti, Garden Salad, W.W. Roll 10:00-11:30 Blood Pressure Screening 10:00-12:30  ARTHUR AVE ITALIAN MARKET	15 Moroccan Style Pollack, Braised Collard Greens, Herb Barley 1:00-2:00 TWNY Concert	16 Spinach Mozzarella Quiche, Kale, Romaine, Apple Salad, W.W. Roll 11:00 Lottery for ABT's <i>Giselle</i> 2:15-4:00 Opera Appreciation 1:00-2:45  TRADER JOES	17 Chicken Salad, Spinach, Apple & Onion Salad, Tabbouleh w/ Chickpeas 1:00-3:00 Hearing Screenings	18 Dill & Lemon Salmon, Steamed Broccoli, Carrot & Brown Rice 10:00-12:30  MET CLOISTERS 1:00-2:00 Sing for Your Seniors in Concert 2:00-4:00 Karaoke
21 Classic Beefburger, Cabbage Carrot Salw, Baked Red Potato Wedges, W.W. Roll 10:00-12:30  JACKSON HEIGHTS WITH VINEETA	22 Teriyaki Baked Pollack, Roasted Zucchini, Mixed Vegetable Bulgur 10:30-12:30 NYPL Mobile Library 1:00-2:00 Art Lecture	23 Chicken Parmesan, Kale w/ Tomatoes, W.W. Spaghetti 9:30-12:30  BRIGHTON BEACH 2:15-3:15 Singer's Musical Memories	24 BBQ Turkey Meatloaf, Beet, Arugula & Feta Salad, Polenta 11:00-1:15  ARON'S KOSHER MARKET 11:00-2:00 Symbols & Storytelling "Totems" Exhibition	25 Chicken Sausage w/ Peppers, Steamed Broccoli, Black Beans w/ Rice 1:00-2:00 Acting Class Performance
28 CLOSED	29 Baked Ziti w/ Meat Sauce, Baby Kale Salad, Baked Sweet Potato 1:00-2:00 Health Lecture: Podiatry	30 Eggplant Parmesan, Spinach & Mushroom Salad, W.W. Roll 10:00-12:30  POLISH MARKET GREENPOINT 2:15-4:00 Opera Appreciation	31 Jerk Chicken, Carrot, Apple, Raisin Salad, Black Beans w/ Rice	