

WORKSHOPS & LECTURES

Tuesday, 6/5 at 1:00 p.m. Our Teaching Kitchen Chefs Lynn Loflin and Evelyn Garcia will prepare a summer salad of cucumbers, green peas, and wheatberries with a lemon basil vinaigrette and talk about the nutrients in summer vegetables.

Tuesday, 6/12 at 1:00 p.m. Kirstin Broussard from the Museum of Modern Art will discuss current and archived works in her final talk at our center this year.

Friday, 6/15 at 1:00 p.m. Our legal advocacy staff will talk about Medicaid, what it means to "Spend-Down."

Tuesday, 6/26 at 1:00 p.m. In this month's international issues discussion, John Bruschi will give a talk titled "Trump, Kim: What's Next with North Korea"

Wednesday, 6/27 at 2:15 p.m. Dan Singer will talk about the life and work of Joe Williams in this month's edition of Singer's Musical Memories.

CONCERTS & PERFORMANCES

Friday, 6/1 at 1:00 p.m. The Youth Choir from the First United Methodist Church in Albany, GA is visiting and will perform a variety of spiritual music such as Mary & Martha and Ose Shalom.

Friday, 6/8 at 1:00 p.m. Madeline Solomon, a performer originally from London, will perform a lively selection of Yiddish music on flute, piano and accordion.

Tuesday, 6/19 at 1:00 p.m. Jazz singer Audrey Silver will entertain us with soothing jazz standards.

Friday, 6/22 at 1:00 p.m. Our dance classes, Ballet, Belly and Bollywood, will present a recital.

Friday, 6/29 at 1:00 p.m. Flamenco Vivo Carlota Santana dance company will present a flamenco show along with a recital by members who attended the 6 week class.

TRANSPORTATION UPDATE

Sign up Times:

All afternoon trips from 11:00 a.m.-11:30 a.m.

Brighton Beach from 9:00 a.m. to 9:30 a.m.

Aron's Kosher Market from 10:30 a.m. to 11:00 a.m.

Drop off Policy:

Target/Costco, Trader Joe's, and Aron's Kosher Market: 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: Bus will return to the senior center.

TICKETS GIVEAWAY

We are happy to give away tickets to a performance of *Romeo and Juliet* by the American Ballet Theater on Wednesday 6/13 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 *Giselle* in May will not be eligible. Tickets to *Romeo and Juliet* have been made possible by the generous donation of the Eleanor's Outings Program.

MOVIES

Friday, 6/1 at 2:00 p.m. *Coco* (2017)

Friday, 6/8 at 2:00 p.m. *Mamma Mia* (2008)

Friday, 6/22 at 2:00 p.m. *The Post* (2017)

Friday, 6/29 at 2:00 p.m. *The Shape of Water* (2017)

June 2018 || Newsletter

Senior Center at Saint Peter's Church



ANNOUNCEMENTS

Join us on 6/27 at 11:00 a.m. for an exhibition of our Photography class called "Visual Diaries". Artist-Educator Janis Lewin and class participants will be available to answer questions. Refreshments will be served.

Join our Administration Manager Daye Ju for our first "Wednesday Walkabout" on 6/20 at 2 p.m. to promote our senior center to seniors in the neighborhood.

We will host a walk-in SCRIE clinic sponsored by city council member Keith Powers on 6/18 from 10 a.m. to 2 p.m. SCRIE helps to freeze the rent of seniors who live in rent-controlled or rent-stabilized apartments. If your income is below \$50,000/year and you would like to learn about or apply for SCRIE, please bring your lease (or MBR forms if you are in a rent-controlled apartment), as well as proof of your income from 2017 and proof of your age.

SCHEDULE UPDATES

Our technology workshops are moving to Thursdays at 1:00 p.m. This month we learn "Smartphone Skills":

- 6/7 Android Tips & Tricks
- 6/14 Android Camera Skills
- 6/21 iPhone Texting
- 6/28 Apple iCloud

Registration is required to attend - call or email Sara Woodson at 212-218-0491 or swoodson@lenoxhill.org.

Back by popular demand, Feldenkrais taught by Rika Lesser will begin on 6/20 for a twelve week series. Feldenkrais is a type of exercise therapy that uses gentle movements and directed attention to improve posture, balance and muscle flexibility. Wednesdays at 11:00 a.m.

A new class of beginner level French, taught by Renate Koble will be held Thursdays from 1:00-2:30 p.m. Our intermediate class will continue on Tuesdays at 11:00 a.m.

Acting Workshop is on hiatus this month.

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



JUNE 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 Ballet for Balance	9:30-10:30 Total Body Workout (Advanced) 10:00-12:00 Photograhly Workshop 10:30-11:30 French (Intermediate) 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 6/20 & 6/27) 11:00-12:00 Beginner Spanish (last class 6/13) 11:00-12:00 Feldenkrais (begins 6/20) 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 3:00-3:45 Zumba	9:30-10:30 Total Body Workout (All Levels) 10:00-11:00 Dance through the Decades 10:30-12:30 Theater Desk (6/14 & 6/28) 11:00-12:00 Tai Chi Short Form Practice 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-2:00 Smartphone Shape-Up Workshop 1:00-2:30 French (Beginner) 2:00-3:00 Flamenco Workshop (last class 6/28) 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 1:00-2:00 Technology One-on-One 2:00-3:00 Belly Dancing 2:00-4:00 Movie & Discussion (except 6/15)
				1 Lemongrass Curry w/ Broccoli & Tofu, Kale & Romaine Salad, Herb Bulgur (V) 1:00-2:00 Concert by Youth Choir
4 Beef Hamburger, Cabbage Carrot Slaw, W.W. Bun	5 Arroz con Pollo, Beet, Arugula & Feta Salad, W.W. Roll 12:45-3:00  TARGET/COSTCO 1:00-2:00 Healthy Cooking Workshop	6 W.W. Spaghetti w/ Turkey Meat Sauce, Steamed Broccoli 2:15-4:00 Opera Appreciation	7 Lentil Stew w/ Chicken Sausage, Romaine, Carrot, Beet & Chicken Salad, Steamed Brown Rice 1:00-3:30  REGO PARK MALL	8 Tilapia w/ Mushroom, Peppers & Tomatoes, Creamed Spinach, Quinoa w/ Kale & Carrots 1:00-2:00 Klezmer Music Concert
11 Pasta Primavera, Romaine, Carrot & Beet Salad, W.W. Roll (V) 10:00-11:30 Blood Pressure Screening 1:00-3:30  HIGHLINE PARK	12 Chicken Salad, Spinach, Mushroom & Onion Salad, Multigrain Bread 1:00-2:00 Art Lecture	13 Black Bean & Sweet Potato Chili, Roasted Zucchini, Seasoned Brown Rice (V) 10:30-12:30 NYPL Mobile Library 11:00 Lottery for ABT's <i>Romeo & Juliet</i> 1:00-2:45  TRADER JOES	14 Lemon Baked Salmon, Tabbouleh w/ Chickpeas, W.W. Roll	15 Chicken Cacciatore, Arugula Salad, W. W. Spaghetti 1:00-3:30  IKEA 1:00-2:00 Legal Workshop 2:00-4:00 Karaoke
18 Swiss Steak w/ Onions, Beet Salad, Herbed Barley 10:00-2:00 Walk-in SCRIE Clinic	19 Tuna Nicoise, Mixed Green Salad, Multigrain Bread 1:00-2:00 Audrey Silver in Concert	20 Rosemary Roasted Chicken, Creamed Spinach, Quinoa w/ Kale & Carrots 2:15-4:00 Opera Appreciation	21 Italian Style Pork, Vegetable Ratatouille, Baked Brown Rice Pilaf 11:00-1:15  ARON'S KOSHER MARKET	22 Beef Hamburger, Coleslaw, W.W. Bun 1:00-2:00 Dance Showcase
25 Baked Salmon w/ Tarrago & Thyme, Garden Salad, W.W. Roll	26 Chicken Caprese, Roasted Broccoli, Mixed Vegetable Bulgur 9:30-12:30  BRIGHTON BEACH 10:30-12:30 NYPL Mobile Library 1:00-2:00 International Issues Discussion	27 Spinach Mozzarella Quiche, Kale & Red Cabbage Salad, W.W. Roll (V) 11:00-1:00 Photography Workshop Exhibition 2:15-3:15 Singer's Musical Memories	28 W.W. Spaghetti w/ Savory Meat Sauce, Sauteed Green Beans 1:00-3:30  ARTHUR AVENUE ITALIAN MARKET	29 BBQ Pulled Pork, Baked Macaroni & Cheese, W.W. Bun 1:00-2:00 Flamenco Performance