

WORKSHOPS & LECTURES

Wednesday, 7/11 at 1:00 p.m. Staff from the Office of the State Comptroller will be here to help members one-on-one find any unclaimed funds they are entitled to.

Wednesday, 7/11 at 2:15 p.m. Our nutrition intern, Lauren Kremer will talk about gluten, what it is, how it affects some people, and simple gluten substitutes.

Wednesday, 7/25 at 2:15 p.m. Dan Singer will talk about the life and work of Leslie Uggams in this month's edition of Singer's Musical Memories.

Tuesday, 7/31 at 1:00 p.m. In this month's international issues discussion, John Bruschi will give a talk titled *Turkey: From Democracy to Dictatorship*.

CONCERTS & PERFORMANCES

Tuesday, 7/3 & 7/17 at 1:00 p.m. Join famed jazz arranger and pianist Sy Johnson for an interactive afternoon of jazz standards, easy listening favorites, and tales from Sy's rich and storied career of collaborating with many of the greats-- Miles Davis, Elvis Costello, Charles Mingus, and Frank Sinatra to name a few. **Brought to us by the Turtle Bay Music School**

Tuesday, 7/10 at 1:00 p.m. Vocalist Anna Bergman, whose versatile career spans from Broadway to opera to cabaret, will perform.

Tuesday, 7/24 at 1:00 p.m. Join us for a collaborative lecture and performance by Nick Birmelin, percussionist and composer, and Quenia Ribeiro, dancer and choreographer. They will explore the unique music and dance of South America's largest and most diverse country Brazil, sharing its history and culture through the dance and song of its various regions. **Brought to us by the Turtle Bay Music School**

TRANSPORTATION UPDATE

Sign up Times:

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

Governors Island and Coney Island 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 the musical *Hello Dolly* on Thursday 7/5 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 arrange their own transportation to the venue.

Members who received tickets to *Giselle* in May and *Romeo and Juliet* in June will not be eligible. To be eligible you must be a member of our center as of 7/3/2018.

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

MOVIES

Friday, 7/6 at 2:00 p.m. *Victoria and Abdul* (2017)

Friday, 7/13 at 2:00 p.m. *Lady Bird* (2017)

Friday, 7/27 at 2:00 p.m. *He Named Me Malala* (2015)

July 2018 || Newsletter

Senior Center at Saint Peter's Church



ANNOUNCEMENTS

We will be closed on Wednesday 7/4.

SCHEDULE UPDATES

Join us for A Matter of Balance, a program designed to reduce fear of falling and improve activity. Presented by Donna Bonn, the program covers practical coping strategies to reduce fear and risk of falling through group discussions, mutual problem solving, and exercises to improve strength, coordination and balance. Begins Tuesday, 7/10 from 10:30-11:30 a.m. for 8 weeks.

Join us for Chair Yoga, a gentle form of yoga that is practiced sitting on a chair or standing using a chair as support. Open to all levels. Mondays at 9:30 only in July!

Our technology workshops in July will focus on social media. Registration is required - call 212-218-0491 or email swoodson@lenoxhill.org. Topics as follows:

7/12 Understanding Social Media

7/19 Facebook and Privacy

7/26 Instagram and Twitter

BINGO lovers, rejoice! Every Friday in July at 1:00 p.m. our summer intern Isabella will host, and on Wednesday 7/18, our Administration Manager Daye will host a session.

Dahn Yoga and Theater Desk are on hiatus.

Creative Studio with Carrie Lo returns on Mondays at 10:30 a.m. on 7/23.

Hula and Sevillanas with Jane Orendain return on Mondays at 3:00 p.m. and 4:00 p.m. respectively.

Acting Workshop is moving to Wednesdays at 1:00 p.m.

Opera Appreciation is moving to the first two Fridays at 10:30, only for July.

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



JULY 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 Chair Yoga 9:30-10:15 Meditation 10:30-11:30 Creative Studio (resumes 7/23) 10:30-11:15 Total Body Workout (Intermediate) 12:00-1:00 Lunch 1:00-2:30 Short Story Discussion 1:00-3:00 Play Rummikub 2:00-3:00 Hula 3:00-4:00 Sevillanas	9:30-10:30 Total Body Workout (Advanced) 10:30-11:30 A Matter of Balance (Begins 7/10) 10:30-11:30 French (Intermediate) 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 11:00-12:00 Feldenkrais 12:00-1:00 Lunch 1:00-2:00 Midtown Jazz 1:00-2:30 Acting Workshop 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) 10:30-12:00 Painting Studio 11:00-12:00 Tai Chi Short Form Practice 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-2:30 French (Beginner) 1:00-2:00 Social Media Workshop (except 7/5) 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 1:00-2:00 Bingo with Isabella 2:00-4:00 Movie & Discussion (except 7/20) 2:00-3:00 Belly Dancing 3:00-4:00 Ballet for Balance
2 Beef Burger, Cabbage & Carrot Slaw, W.W. Bun	3 Chicken Parmesan, W.W. Spaghetti, Arugula Salad 1:00-2:00 Sy Johnson in Concert	4 CLOSED 	5 Beef Stir Fry, Brown Rice, Garden Salad 11:00 Lottery for <i>Hello Dolly</i> 1:00 -3:30  SAHADI MIDDLE EASTERN MARKET	6 Chicken with Rice, Collard Greens, Dinner Roll 10:30-12:00 Opera Appreciation
9 Baked Salmon, Brown Rice, Tartar Sauce, Yellow Squash 9:30-2:00  GOVERNORS ISLAND	10 Chicken Sausage, Louisiana Red Beans, Brown Rice, Collard Greens 1:00-2:00 Anna Bergman in Concert	11 Eggplant Parmesan, Broccoli, Dinner Roll (V) 12:45-3:00  TARGET/COSTCO 1:00-3:00 Unclaimed Funds Look Up Desk 2:15-3:00 Nutrition Workshop	12 Fish Tacos, Yellow Plantains, Cabbage & Carrot Slaw	13 Pesto Pasta w/ Broccoli & Red Peppers, Caesar Salad (V) 10:30-12:00 Opera Appreciation
16 Salmon Burger, Tartar Sauce, W.W. Bun, Cabbage & Carrot Slaw 10:00-11:30 Blood Pressure Screening	17 Beef Meatloaf, Yellow Rice w/ Carrots & Peas, Arugula Salad 1:00-2:00 Sy Johnson in Concert	18 Soy Ginger Chicken Thighs, Bulgur, Sauteed Cabbage 2:15-3:15 Bingo with Daye	19 Tuna Salad, Cucumber & Tomato Salad, Multigrain Bread	20 Vegetarian Lasagna, Mixed Green Salad (V) 9:30-12:30  CONEY ISLAND 2:00-4:00 Karaoke
23 Pasta Primavera w/ Mozzarella, Romaine, Carrot & Chickpea Salad, W.W. Roll (V)	24 Chicken Stir Fry, Brown Rice, Spinach, Mushroom & Red Onion Salad 1:00-2:00 Nick Birmelin and Quenia Ribero Brazilian music and dance Concert	25 Spaghetti Bolognese, Roasted Zucchini 2:15-3:15 Singer's Musical Memories	26 Vegetable Biryani w/ Chickpeas, Pita Halves, Garden Salad (V) 1:00-2:45  TRADER JOES	27 Chicken Salad, Arugula & Cucumber Salad, W.W. Bread 1:00-3:30  IKEA
30 Beef Stew, Brown Rice, Baked Sweet Potato	31 Jerk Chicken, Polenta, Collard Greens 11:00-1:15  ARON'S KOSHER MARKET 1:00-2:00 International Issues Discussion			