

# September Menu

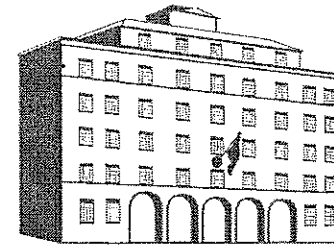
SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
You may sign in for lunch or cottage cheese until 12:15pm. You may sign in for Veggie Burgers until 11:45am	Lunch is served at 12:00pm		<b>1</b> Flounder Brown Rice String Beans with Carrots	<b>2</b> Vegetable Lasagna Garden Salad with Chick Peas	<b>3</b> Baked Chicken Baked Potato Spinach	<b>4</b> Egg Salad Green Bean Salad Greek Salad
<b>5</b> Meatballs Spaghetti Garden Salad	<b>6</b> Senior Center Closed for Labor Day	<b>7</b> Chicken Cacciatore Whole Wheat Egg Noodles Asparagus	<b>8</b> Tilapia Quinoa Collard Greens	<b>9</b> Baked Chicken Potatoes Spinach	<b>10</b> Meatloaf with gravy Mashed Potatoes Carrots and Green Beans	<b>11</b> Spinach Quiche Three Bean Salad Tomato and Cucumber Salad
<b>12</b> Macaroni and Cheese Spinach	<b>13</b> Baked Salmon Brown Rice Spinach	<b>14</b> Senior Center Closed for Pri- mary Voting Day	<b>15</b> Meatballs with Tomato Sauce Spaghetti Carrots	<b>16</b> BBQ Chicken Potatoes Broccoli	<b>17</b> Pepper Steak with Gravy Yellow Rice Broccoli	<b>18</b> Vegetable Quiche Tri-Color Pasta Tomato and Cucumber Salad
<b>19</b> Tuna Pasta Salad Garden Salad	<b>20</b> Mahi Mahi Couscous Broccoli	<b>21</b> Chicken Chili Mustard Potato Salad Carrots	<b>22</b> Roast Turkey with Gravy Mashed Potatoes Collard Greens	<b>23</b> Feta Cheese and Spinach Quiche Green Salad with Chick Peas	<b>24</b> Beef Teriyaki White Rice Vegetable Stir Fry	<b>25</b> Chicken Salad Ziti Pasta with Fresh Herbs Tossed Salad
<b>26</b> Baked Ziti Tomato and Cucumber Salad	<b>27</b> Baked Salmon White Rice Mixed Vegetables	<b>28</b> Baked Chicken Baked Yams Green Zucchini	<b>29</b> Rice and Beans Plantains Broccoli	<b>30</b> Pot Roast with Gravy Brown Rice Vegetable Medley	We reserve the right to change the menu as needed, based on product availability or other circumstances	Cold Pack: Juice, Bread (Whole Grain or Rye), Low Fat Milk, Fruit

## 70th Street Senior Center Staff Members

Patricia Kusnick, Director  
Patricia DePaulo, Assistant Director  
Nadia Campbell-Mitchell, Generalist  
Wilfredo Quinones, Facilities  
Linsford Dominguez, Facilities  
Cooks: Annie Melo-Abreu, Kyle Ford, Keith Odom

## Lenox Hill Neighborhood House

70th Street Senior Center  
343 East 70th Street  
212-744-5905  
www.lenoxhill.org



# Lenox Hill Neighborhood House 70th Street Senior Center

## SEPTEMBER 2010

### Thanksgiving Dinner Dance

This year, in an effort to do away with long lines and to give everyone an equal opportunity, we have changed the process of ticket distribution for the Thanksgiving Dinner Dance. We will be having a lottery to pick the names of those who will be attending. Here's how it will work:

- Lottery Forms will be available to those who are members at either Lenox Hill Neighborhood House Senior Center as of September 30. Forms will be available **from October 1 through October 9**. Just come in, fill out a form and return it to a staff member. Couples fill out one form (but will receive 2 tickets if the form is picked). Names will be randomly selected from all forms submitted. We will be selecting names for seating at the 70th Street Senior Center as well as the Lenox Hill Neighborhood House gym. You are eligible to enter the drawing for **one** site, and may only enter **once**. Multiple entries will be removed. Members submitting multiple entries will become ineligible for the drawing. If you are unable to walk up and down the steps safely and independently, you will be entered into the lottery for a seat at the senior center.
- The names of the winners will be posted on the bulletin board at the senior centers on **October 15**. Ticket distribution and seat assignment times will also be listed. **Please note, you must pick up your ticket at the assigned time or your ticket will be reassigned.**

We hope that our new way of approaching the ticket distribution will give more members an

equal chance of securing a ticket. We welcome your feedback.

### Preventing Falls

Are you afraid of falling? Do you know how to avoid falling and what to do in case you fall? Are you aware of what exercises will help you have better balance?

We will try to provide answers to all these questions and many more at the new Falls Prevention Program **starting on September 16**. The Lenox Hill Neighborhood House 70th Street Senior Center and New York-Presbyterian Hospital Weill Cornell Medical Center will be hosting a five-week program that will meet on Thursdays (September 16, 23, 30 and October 7 & 14) from 1:30-3:30 at the 70th Street Senior Center. Dr. Nimali Jayasinghe, who has been meeting with members and discussing falls prevention over the past six months, will be hosting the event. The workshop will consist of presentations and group practice of physical exercises at each session. Topics will include:

- Balance & Strength Exercises
- How to Move Around Inside the Home
- How to Move Around Outdoors
- Hazards in the Home Environment
- How to Avoid Common Mistakes
- Strategies to Overcome Worry & Defeat

We will have an information session on **Thursday, September 2** at 10:30 to answer questions and register you for the workshop. This will be an exciting and important workshop which is of great value to our members and the community.

The Lenox Hill Neighborhood House Senior Center at 70th Street is open from 9:00 a.m. to 4:00 p.m. on Monday through Friday and from 10:00 a.m. to 4:00 p.m. on Saturday and Sunday. Lunch is served at noon. A donation of \$1.50 is suggested. Vegetarian meal alternatives are available every day.

Registration for membership is from 10:00 a.m. to 4:00 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.

Funded by the New York City Department For The Aging, The Women's Association of The Brick Presbyterian Church and private support and contributions.

# September Activities

MONDAY*	TUES.*	WED.	THURS.	FRIDAY	SATURDAY	SUNDAY
<b>10:30-11:15</b> Exercise with Anita Koffler	<b>10:00-10:45</b> Basic Stretch & Strengthen with Mira (9/21 & 9/28 substitution for Mira)	<b>9:30-11:15</b> Knitting with Muriel, Eleanor & Nancy	<b>9:30-10:30</b> Yoga with German	<b>10:00-10:45</b> Yoga with Linda (except 9/10)	<b>10:30-11:15</b> Be Fit & Be Happy with Del and Stella	<b>12:00</b> Lunch
<b>12:00</b> Lunch	<b>12:00</b> Lunch	<b>10:30-11:15</b> Exercise with Anita Koffler	<b>10:00-12:00</b> Case Assistance with Tricia Spoto, MSW	<b>10:30-11:30</b> Men's Discussion Group with Bob Gould	<b>12:00</b> Lunch	<b>12:45-1:45</b> Bingo with New York Cares Volunteers
<b>1:15-2:15</b> Writing Program with Bob Kerrigan and Mark Bready**	<b>1:00-2:00</b> Bingo with Martha	<b>12:00</b> Lunch	<b>10:00-11:00*</b> Theater Desk with Carole, Anita and Bill (except 9/2)	<b>1:00-2:00</b> Walk-In Legal Clinic (Sign up before 1:00pm) (except 9/10)	<b>1:00-2:00</b> Body Awareness / Learning Balance with Diana	<b>1:15-3:30</b> Bridge Playing
<b>1:15-2:30</b> Women's Discussion Group with Catherine	<b>1:00-2:30</b> Intermediate Spanish with Teresa	<b>1:15-2:00</b> A Gentle Wave Exercise Class with Anita Koffler (except 9/8)	<b>10:30-11:15</b> Awareness through Movement with Jackie (except 9/2)	<b>1:00-2:00</b> Senior Chorale (except 9/24)	<b>1:15-3:15</b> Movie	<b>2:00-3:00</b> Flex & Stretch with Madelyn (except 9/26)
<b>1:15-3:30</b> Bridge Playing	<b>1:15-2:00</b> Book Club with Judy	<b>1:15-2:30</b> Intermediate French with Shara Grau	<b>12:00</b> Lunch	<b>1:15-3:00</b> Needlepoint with Robert and Naomi	<b>1:15-3:30</b> Bridge Playing	<b>2:00-3:30</b> Scrabble with Emily
<b>2:30-3:30</b> Reiki with Reverend Katherine Illescas (except 9/13 & 9/20)	<b>2:00-3:30</b> Cards with Bob	<b>1:15-3:30</b> Chess	<b>1:15-2:15</b> Tap Dancing with Leah (except 9/2 & 9/9)	<b>2:00-3:30</b> Cards with Bob	<b>1:30-2:30</b> Scrabble	
*No Classes Labor Day, September 6	<b>2:30-3:30</b> Sound Off! with Gloria	<b>1:30-3:45</b> Knitting with Harriet	*Note new time for Theater Desk	<b>1:15-3:00</b> Painting & Drawing with Yoshiko		
	<b>2:30-4:00</b> Advanced Beginner Spanish with Teresa	<b>2:00-3:30</b> Cards with Bob	<b>Sept 16, 23, 30 &amp; Oct 7, 14</b>	<b>2:00-3:30</b> Cards with Bob		
**Read your stories, poems and memoirs or listen to those your friends have written.	<b>2:40-3:40</b> Belly Dancing with Levanah	<b>2:00-3:30</b> Scrabble with Emily	<b>1:30-3:30</b> Falls Prevention Workshop			
	*No Classes September 14, Primary Voting Day	<b>2:30-4:00</b> Beginner Spanish with Teresa (except 9/1)				

# Check the Date

<p><b>Menu Improvements at Senior Center</b> From Miles Crettien, Coordinator of Healthy Foods and Wellness: We have listened to your input from menu planning meetings, conversations and the suggestion box and have worked to create a new menu for the fall and winter season!</p> <ul style="list-style-type: none"> <li>One of the most striking changes will be the incorporation of more fish! Not only is fish delicious, it is also a very healthy source of protein that contains beneficial fats called Omega 3 Fatty Acids. These fats help with cholesterol by lowering bad LDL cholesterol and raising beneficial HDL cholesterol.</li> <li>Another important change includes an increase and introduction of some new beneficial whole grains! We are adding barley, more brown rice, whole wheat pastas and even a South American grain called quinoa. Quinoa is a powerhouse of nutrients with 11.14g of protein, 20% the daily value of dietary fiber and 43.5% of your daily value of iron in one 1/2 cup serving.</li> <li>We hope that as we aim to increase the health and quality of our food that your dining experience will be enhanced in increasingly positive ways. We thank you for your patronage at the 70th Street Senior Center.</li> </ul>	<p>students from Lenox Hill Neighborhood House Early Childhood Center will visit our members for <b>an intergenerational project.</b></p> <p>Wednesday, September 15 at 1:30: Doctors from Lenox Hill Hospital's Senior Outreach Program will discuss <b>Sexual Health.</b></p> <p>Wednesday, September 15 at 1:30: <b>Lilyan Barbour presents! Performing Arts Video: "Pagliacci"</b> 75th birthday celebration of tenor, Luciano Pavarotti (1935-2007). Leoncavallo's 1892 opera (The Players) centers on traveling actors in a Sicilian village, where the troupe's leader (Pavarotti) discovers his wife (soprano Teresa Stratas) has been unfaithful. James Levin conducts this Metropolitan Opera performance from the Met at Lincoln Center.</p> <p>Sunday, September 19 at 2:15: <b>Cherub Improviation</b> presents comedy skits interacting with the audience.</p> <p>Thursday, September 23 at 10:45: <b>New Members Meeting.</b> Join us for an introductions to the 70th Street Senior Center and stay for a complimentary lunch.</p> <p>Wednesday, September 22 at 1:30: <b>Just Say Yes: Increasing Your Intake of Fruits and Vegetables.</b> Join us for a lecture and food demonstration with registered dietician Brooke Lowenstein.</p> <p>Friday, September 24 at 1:15: <b>Happy Birthday!</b> Please join us to celebrate our September birthdays with entertainment and birthday cake! We will treat you to a complimentary lunch if your birthday is in September.</p> <p>Tuesday, September 28 at 11:00: Vendolyn from VNS will administer <b>blood pressure monitoring.</b></p> <p>Tuesday, September 28 at 10:30: Bus transportation to <b>Trader Joe's</b> on 14th Street. If you are interested, please sign up. The van will take you back to your apartment. No carts, please.</p> <p>Wednesday, September 29 at 1:15: <b>Memory Enhancement Group</b> with Vince Cardillo.</p>
<p><b>Sign up for Computer Classes at Lenox Hill Neighborhood House!</b> We are offering two special classes for our Senior Center Members.</p> <ul style="list-style-type: none"> <li>Seniors: How To Use Email—Wednesday, September 22, 1:00-3:00, \$35</li> <li>Seniors: How To Use The Internet—Tuesday, September 28, 1:00-3:00, \$35</li> </ul> <p>Please call 212-744-5022, ext. 1305.</p>	
<p>Thursday, September 9 at 12:30: Please join us for a presentation on how to use the <b>new voting machines</b>, co-sponsored by Assembly Member Micah Kellner, the Board of Elections/Department of Elections and the New York Democratic Lawyers Council.</p>	
<p>Thursday, September 9 at 3:00: <b>Advisory Council Meeting.</b></p>	
<p>Friday, September 10 at 10:30: Early childhood</p>	