

September Menu

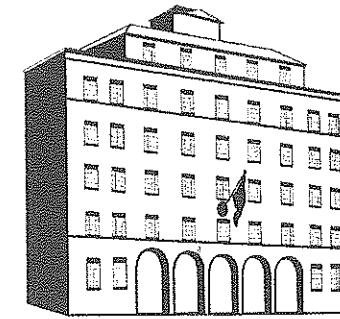
MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
We reserve the right to change the menu as needed, based on product availability or other circumstances	1 Flounder, Brown Rice, String Beans with Carrots	2 Vegetable Lasagna, Garden Salad with Chick Peas	3 Baked Chicken, Baked Potato, Spinach	4 Egg Salad, Green Bean Salad, Greek Salad
6 Senior Center Closed for Labor Day	8 Tilapia, Quinoa, Collard Greens	9 Baked Chicken, Potatoes, Spinach	10 Meatloaf with Gravy, Mashed Potatoes, Carrots & Green Beans	11 Spinach Quiche, Three Bean Salad, Tomato & Cucumber Salad
13 Baked Salmon, Brown Rice, Spinach	15 Meatballs with Tomato Sauce, Spaghetti, Carrots	16 BBQ Chicken, Potatoes, Broccoli	17 Pepper Steak with Gravy, Yellow Rice, Broccoli	18 Vegetable Quiche, Tri-Color Pasta, Tomato & Cucumber Salad
20 Mahi Mahi, Couscous Broccoli	22 Roast Turkey with Gravy, Mashed Potatoes, Collard Greens	23 Feta Cheese & Spinach Quiche, Green Salad with Chick Peas	24 Beef Teriyaki, White Rice, Vegetable Stir Fry	25 Chicken Salad, Ziti Pasta with Fresh Herbs, Tossed Salad
27 Baked Salmon, White Rice, Mixed Vegetables	29 Rice & Beans, Plantains, Broccoli	30 Pot Roast with Gravy, Brown Rice, Vegetable Medley		Cold Pack: Juice, Whole Grain Bread, Low Fat Milk, Fruit

Senior Center at Saint Peter's Church Staff
 Fredericka Mabon, LCSW, ACSW, Director
 Stephanie Prince, LMSW, Assistant Director
 Nadia Campbell-Mitchell, Generalist
 Bus Drivers: Louis Allegro, Guy Clare
 Maintenance: Hector Alvarez
 Cooks: Kyle Ford, Omar Kenner

Editorial Staff
 Gloria Jaeger, Connie Weininger and Barbara Cramers

Visit our websites
 Lenox Hill Neighborhood House: www.lenoxhill.org
 Saint Peter's Church: www.saintpeters.org
 United Neighbors of East Midtown: www.unem.org

Lenox Hill Neighborhood House
 Senior Center at Saint Peter's Church
 619 Lexington Avenue (at 54th Street)
 212-308-1959



Lenox Hill Neighborhood House Senior Center At Saint Peter's Church

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 as-**

signed 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.

Songwriting Workshop by Feel the Music!

Come and join this weekly 10 session class where we'll reach into our memories and get at the raw material of our own lives with writing prompts and games. As you tap into your personal history and imagination, your writing will gain power, depth and color. Use what you find in this workshop to shape your songs, poems, stories and memoirs in rich, new and unexpected ways. No musical experience is needed, just come and join us in making music together.

The Songwriting Workshop will be taught by singer/songwriters Ina May Wool and Tom Boyd. The first class will begin Monday, September 13 at 10:30. Special thanks to Lucia Dundara and Valerie Ghent from Feel the Music! for making this project possible.

Computer Classes

We are offering a special class on How To Use Email for our senior center members at Lenox Hill Neighborhood House. It will meet on Wednesday, September 22, 1:00-3:00, and costs \$35. Please call 212-744-5022, ext. 1305

The Lenox Hill Neighborhood House Senior Center at Saint Peter's Church is open from 9:00 a.m. to 4:00 p.m. on Monday, Wednesday, Thursday and Friday and from 9:00 a.m. to 2:00 p.m. on Saturdays. Lunch tickets are distributed from 10:00 a.m. to 11:45 a.m. You must sign up for lunch before 11:45. Lunch is served at noon. A donation 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.

Funded by the New York City Department For The Aging, private support and contributions.

September Activities

MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:30-10:30 Yoga with S. Green	10:00-11:30 Knitting with M. Ribone	10:30-11:30 Writing Program with R. Kerrigan (Studio)	9:30-10:30 Yoga with A. Borrero	10:30-11:30 Balance, Aerobics and Stretch 'n' Strengthen with J. Kutler
10:00-11:00 Women's Issues Group with P. Brown, LCSW (Sacristy)	10:15-11:30 Crafts & Needlepoint with N. Weiner and R. Murray	10:30-1:00 Theater Desk with D. Baker & P. Passalacqua (beginning 9/23)	10:30-11:30 Current Events with M. Hans (Music Room)	11:00-12:00 Conversational French with M. Girod (Plaza Room) (except 9/4)
10:30-11:30 Conversational Spanish with W. Bellefond (Studio)	10:30-11:30 Reminiscence & Life Review with P. Brown, LCSW (Studio)	11:00-1:00 Trip Desk with G. George & H. Stark	11:30-1:00 Theater Desk with P. Passalacqua (beginning 9/24)	12:00-1:00 LUNCH
12:00-1:00 LUNCH	10:30-11:30 Balance, Aerobics and Stretch 'n' Strengthen with J. Kutler	12:00-1:00 LUNCH	12:00-1:00 LUNCH	September 4 1:00-2:00 Bingo with Zuisetsu Gai
1:00-2:00 Memory Enhancement Group with V. Cardillo	12:00-1:00 LUNCH	1:00-2:30 Intermediate Tai Chi/Fundamentals of Tai Chi and Sword (combined class) with P. Jacobs (except 9/2 & 9/30)	1:00-3:30 Bridge	September 11 1:00-2:00 September 11 Memorial Reading by Marilyn Bernard
September 6 Holiday Senior Center Closed	1:00-2:00 Midtown Jazz at Midday (Sanctuary)	2:00-3:00 Conversational Italian with G. Montesi (studio) (beginning 9/9) (except 9/30)	2:00-3:00 Belly Dancing with Levanah (Music Room)	September 18 1:00-2:00 Video: <i>The Parthenon</i>
September 13, 20, 27 10:30-11:30 Songwriting Project sponsored by Feel the Music!	2:00-4:00 Movie Presentation (see next page for details)	September 16 10:00-11:00 Nutrition and Wellness Presentation by B. Loewenstein & M. Crettien	September 3 1:00-2:00 Line Dancing with Ellie Minor	September 25 1:00-2:00 Video Presentation hosted by Lenny Manoff
	September 1 2:00-3:00 Health Presentation by Lenox Hill Hospital Senior Outreach	September 16 1:00-2:00 Advisory Council	September 10 1:00-3:00 Vintage Movie Presentation by Allen Vandersluis	
			September 24 1:00-2:00 Latin & Line Dancing with Judith Nocella	

Check the Date

<input type="checkbox"/> Wednesday, September 1, 2:00 Lenox Hill Hospital Senior Outreach: <i>Sexual Health</i>	<input type="checkbox"/> Wednesday, September 22, 2:00 Movie Presentation: <i>Date Night</i> starring Steve Carell & Tina Fey
<input type="checkbox"/> Friday, September 3, 1:00 Line Dancing with Ellie Minor	<input type="checkbox"/> Friday, September 24, 12:00 Birthday Cake served with Lunch
<input type="checkbox"/> Saturday, September 4, 1:00 Bingo hosted by Zuisetsu Gai	<input type="checkbox"/> Friday, September 24, 1:00 Latin & Line Dancing hosted by Judith Nocella
<input type="checkbox"/> Monday, September 6 Senior Center closed in observance of Labor Day	<input type="checkbox"/> Saturday, September 25, 1:00 Video Presentation hosted by Lenny Manoff
<input type="checkbox"/> Wednesday, September 8, 2:00 Movie Presentation: <i>My Best Friend's Wedding</i> Starring Julia Roberts & Rupert Everett	<input type="checkbox"/> Wednesday, September 26, 2:00 Movie Presentation: <i>Gaslight</i> starring Ingrid Bergman & Charles Boyer
<input type="checkbox"/> Friday, September 10, 1:00 Vintage Movie Presentation by Allen Vandersluis	<input type="checkbox"/> Thursday, September 30, 1:00 Introductory Presentation hosted by Museum for African Art
<input type="checkbox"/> Saturday, September 11, 1:00 September 11 Memorial Readings by Marilyn Bernard and guests	<input type="checkbox"/> Friday, October 1 Thanksgiving Lottery Application Begins Please see instructions on Front Page
<input type="checkbox"/> Monday, September 13, 10:30 NEW CLASS: Conversational Spanish with Warren Bellefond	<input type="checkbox"/> Saturday, October 2, 1:00 Bingo hosted by Zuisetsu Gai
<input type="checkbox"/> Monday, September 13, 10:30 NEW CLASS: Songwriting Workshop with Ina May Wool & Tom Boyd of Feel the Music!	Weekend Connections Events
<input type="checkbox"/> Wednesday, September 15, 2:00 Movie Presentation: <i>African Queen</i> starring Humphrey Bogart & Katharine Hepburn	September 12 King Tut Museum Leaving 70th Street Senior Center at 1:00 p.m.
<input type="checkbox"/> Thursday, September 16, 10:00 Nutrition & Wellness Seminar presented by Brooke Loewenstein, Registered Dietitian and Miles Crettien, Coordinator of Healthy Food and Wellness at Lenox Hill Neighborhood House	September 26 <i>In Transit</i> An Off Broadway Production Leaving 70th Street Senior Center at 12:00 p.m.
<input type="checkbox"/> Thursday, September 16, 1:00 Advisory Council Meeting	If you are a member of <i>Weekend Connections</i> , you may contact Phil Polito, Transportation Coordinator at 21-744-5022, ext. 1057 to sign up for a particular outing. <i>Weekend Connections</i> is a trip and escort program serving older adults with physical disabilities. If you would like to learn more about how to apply, please see Ricky or Stephanie.
<input type="checkbox"/> Saturday, September 18, 1:00 Video Presentation: <i>The Parthenon</i>	