WORKSHOPS & LECTURES

Friday, 12/1 at 1:00 p.m. Kelly Williams from Weill Cornell Hospital will discuss precision medicine. Precision medicine health care is based on the individual, taking into account factors like family history, where the individual lives, what they do,

Tuesday, 12/5 at 1:00 p.m. Staff from our legal advocacy department will go over the SCRIE (Senior Citizen Rent Increase Exemption) program offered to eligible seniors.

Monday, 12/11 at 2:15 p.m. Lynn Loflin, our Teaching Kitchen Chef joined by Vivian Wang, registered dietician, will make Butternut Squash Soup and discuss ways to start 2018 with best intentions for nutrition and wellness.

Tuesday 12/12 at 1:00 p.m. John Bruschi will lead a discussion about the "Chinese Dream" in this month's edition of International, National and Local Issues.

Friday 12/15 at 10:30 a.m. Art therapy students from the School of Visual Arts will host a special project open to all members. No previous art experience necessary.

Monday, 12/18 at 3:00 p.m. Simon Saad will provide backgroud and context for the concert on 12/19 in a working rehearsal.

Wednesday, 12/27 at 2:15 p.m. Dan Singer will talk about Nat King Cole in this month's Musical Memories.

Friday, 12/22 at 1:00 p.m. Melanie Adsit from the Whitney Museum will discuss current and archived works.

CONCERTS & PERFORMANCES

Friday, 12/8 at 1:00 p.m. International students from the Mannes School of Music will perform classical music.
Friday, 12/15 at 1:00 p.m. Our Singin' Seniors and World Percussion Class will present a recital led by their teachers Deborah Berg and Gary Fritz.
Frid**ay, 12/19 at 1:00 p.m.** The Phoenix Ensemble will perform Elliott Carter 's Quintet for Clarinet and Strings in addition to musical pieces ranging from Bach to Bebop Jazz, and from Mozart to transcriptions of opera arias.

TRANSPORTATION UPDATE

Shopping Trips to Target/Costco, Trader Joes, and Aron's Kosher Market:

- Sign up from 11:30 a.m. to 12:00 p.m.
- 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:

- 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 the New York City Ballet's production of The Nutcracker on Wednesday 12/20 at 2:00 p.m. **Tickets will be given on 12/14** based on a lottery system as follows: Members can submit their names (only one entry per person) in a box placed at the front desk starting at 9:15 a.m. At 9:45 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 arragements to the show.**

Members who received tickets to the Radio City Rockettes in November will not be eligible. *Tickets to The Nutcracker have been made possible by the generous donation of the Eleanor's Outings Program.*

MOVIES

Friday, 12/1 at 2:00 p.m. *The Big Sick* (2017)

Friday, 12/15 at 2:00 p.m. *Allied* (2016)

Friday, 12/29 at 2:00 p.m. *New Year's Eve* (2011)

December 2017 || Newsletter

Senior Center at Saint Peter's Church

Lenox Hill Neighborhood House
since 1894

ANNOUNCEMENTS

We wish all our members a happy and healthy holiday season! To celebrate the end of the year, we will have a party on 12/29 from 12:30-2:00 p.m. Refreshments will be served. Wear your dancing shoes!

Back by popular demand, a Holiday Bazaar will be held in the center on Thursday 12/28 from 10:00 a.m. to 2:00 p.m. All members are welcome to bring gently used and clean household items and knicknacks (no shoes; only freshly laundered clothing). All items will be priced under $5. All proceeds go to the Lenox Hill Neighborhood House.

We will be closed on Monday, December 25th and Tuesday, December 26th.

SCHEDULE UPDATES

Our beloved Tai Chi instructor Paul Jacobs will teach his last class on 12/14. We thank Paul for many years of dedicated service to the center. Members who have studied the Yang Short Form (Cheng Man-ch'ing-style) with Paul will continue to practice on Thursdays at 11:00 a.m. beginning 12/21.

Sara Woodson, our Adult Education Manager will dicuss Android tips and tricks on 12/12 and using the camera function on Android devices on 12/19 at 10:00 a.m.

New Class! By popular demand, we are pleased to begin a Show & Tell for members. Coordinated by Arlene Rodriguez, this is an opportunity for members to talk and show pictures or mementos about their travels, hobbies, or even interesting personal histories. Two members will have the opportunity to show and tell in each session. Please see Arlene if you would like to participate this month on 12/14 at 2:00 p.m.

REMEMBER!

Call (212) 308-1959 for 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

DECEMBER 2017 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 9:45-10:15 Meditation 10:30-11:15 Total Body Workout (Intermediate) 10:30-11:15 Creative Studio 12:00-1:00 Lunch 1:00-2:00 Memory Enchancement 2:00-3:00 Hula 2:00-4:00 Painting 3:00-4:00 Tai Chi for Arthritis (last class 12/4)	9:30-10:30 Total Body Workout (Advanced) 10:00-11:00 Android Devices Workshop (12/12 & 12/19) 10:30-11:30 French (All Levels) 10:30-11:30 Theater and Movie Discussion 12:00-1:00 Lunch	9:30-10:30 Yoga (no class on 12/27) 10:00-11:30 Knitting 10:30-12:00 Wellness in Art 11:00-11:50 Beginner Spanish (no class 12/20 & 12/27) 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	9:30-10:30 Total Body Workout (All Levels) 10:30-11:30 Tai Chi for Arthritis (last class 12/7) 10:30-12:30 Theater Desk (12/14 & 12/28) 11:00-12:00 Yang Short Form Tai Chi Practice (12/21 & 12/28) 11:00-12:00 Wii Bowling 12:00-1:00 Lunch 1:00-2:00 Advanced Tai Chi (last class 12/14) 1:00 -3:00 Acting Workshop (CLOSED) 2:00-3:00 Singin' Seniors (last class 12/7)	9:30-10:30 Yoga 10:30-11:30 Current Events Discussion 11:00-12:00 Drawing(no class 12/15) 12:00-1:00 Lunch 1:00-3:00 Technology One-on-One 2:00-3:00 Belly Dancing 2:00-4:00 Movie Screening & Discussion (12/1, 12/15 & 12/29) 2:00-4:00 Karaoke (12/8 & 12/22)
				1 **Baked Salmon w/ Cilantro Citrus Sauce, Steamed Kale, W.W. Roll** 1:00-2:00 Health Lecture: Precision Medicine
4 **Tuna Salad, Beet & Arugula Salad, Pita Halves**	5 **Spanish style Catfish, Barley, Corn & Black Beans, Romaine Salad** 1:00-2:00 Legal Workshop: SCRIE in depth	6 **Chicken Cacciatore, W.W. Spaghetti, Lemon Garlic Escarole** 2:15-4:00 Opera Appreciation	7 **Baked Ziti, Green Beans, Multigrain Bread** 1:00-3:00 TRADER JOES	8 **Baked Tilapia w/ Garlic Breadcrumbs, Bulgur Pilaf, Arugula Salad** 10:00-12:30 UKRAINIAN MUSEM ($6 ADMISSION) 1:00-2:00 Mannes School of Music Concert
11 **Eggplant Parmesan, Sauteed String Beans, W.W. Roll** *(V)* 10:00-12:30 ZABARS 10:00-11:30 Blood Pressure Screening 2:00-3:00 Healthy Cooking Workshop	12 **Rosemary Chicken, Polenta, Steamed Kale** 10:00-12:30 ARTHUR AVENUE ITALIAN MARKET 1:00-2:00 International Issues Discussion: "The Chinese Dream"	13 **Spinach Mozzerella Quiche, Broccoli, Couscous, W.W. Roll** *(V)* 10:00-12:30 LOUIS ARMSTRONG HOUSE ($6 ADMISSION) 10:30-12:30 NYPL Mobile Library	14 **Chicken & Broccoli Stir Fry, Brown Rice w/ Mushrooms, Romaine Salad** 1:00-3:30 TARGET/COSTCO 2:00-3:00 Show and Tell	15 **Baked Salmon, Couscous w/ Peas & Lemon, Broccoli w/ Garlic** 10:30-12:00 SVA Students Art Therapy Project 1:00-2:00 Concert by Singin' Seniors and Jammin' Drummers
18 **Spinach Mozzarella Quiche, Baby Spinach Salad, W.W. Roll** *(V)* 10:00-12:30 BROOKLYN MUSEUM OF ARTS ($10 ADMISSION) 3:00-4:00 Phoenix Ensemble Workshop	19 **Cornmeal Crusted Catfish, Black Beans & Rice, Roasted Acorn Squash** 10:00-12:30 CITY POINT BROOKLYN 1:00-2:00 Phoenix Ensemble in Concert	20 **Pasta Fagoli, Kale & Cabbage Salad, Multigrain Bread** *(V)* 11:00-12:00 Healthy Cooking Workshop 2:15-4:00 Opera Appreciation	21 **Tomato Rice Soup, Egg Salad, Stewed Okra, Multigrain Bread** *(V)* 1:00-3:00 ARON'S KOSHER MARKET 2:00-3:00 Classical Orchestra 101: Saxophone	22 **Baked Salmon, Orzo w/ Vegetables, Garden Salad, Tartar Sauce** 10:00-12:30 CATHEDRAL ST JOHN THE DIVINE 1:00-2:00 Whitney Art Lecture
25 **CLOSED**	26 **CLOSED**	27 **Garlic Bread Crumb Tilapia, Rice & Beans, Honey Roasted Acorn Squash** 2:15-3:15 Singer's Musical Memories	28 **Black Bean & Sweet Potato Chili, Brown Rice, Garden Salad** *(V)* 10:00-2:00 Senior Center Holiday Bazaar	29 **Baked Chicken Thigh, Cheesy Grits, Green Beans** 1:00-2:00 New Year "Eve" Party

(V) indicates vegetarian indicates a trip