WORKSHOPS & LECTURES

Tuesday, 3/5 at 1:00 p.m. Staff from our legal advocacy department will talk about laws related to housing discrimination.

Friday, 3/8 at 1:00 p.m. Dr. Susana Gonzalez, who specializes in gastroenterology at Weill Cornell Medicine in New York will talk to us about acid reflux and other gastrointestinal issues and treatments.

Tuesday, 3/12 at 1:00 p.m. In this month's edition of International, National and Local Issues Dicussion, John Bruschi will discuss Venezuela and "Bolivar Socialism."

Wednesday, 3/13 at 2:15 p.m. Herbalist and author Letha Hadady will give a talk titled "Survive and Thrive: Enhance Immunity Naturally." Stay in tune with the seasons, plan ahead to avoid illness with foods/herbs/ home treatments that defend against stress and aging.

Friday, 3/15 at 1:00 p.m. Gena Hamshaw, our dietetic intern, will educate us on various "superfoods."

Tuesday, 3/19 at 1:00 p.m. Kirstin Broussard from the Museum of Modern Art will talk about interesting works.

Wednesday, 3/27 at 2:15 p.m. Hannah Roucher, our Community Partnerships and Wellness Fellow, will show us how to make hummus.

CONCERTS & PERFORMANCES

Friday 3/1 at 1:00 p.m. Jazz singer Audrey Silver will entertain us with her eclectic repetoire.

Friday 3/22, 1:00 p.m. Singer Anna Bergman, accompanied by pianist Alex Rybeck will entertain us with American classics.

Tuesday, 3/26 at 1:00 p.m. Flamenco Vivo Carlota Santana Dance Company will perform for us after a recital by the students of the Flamenco workshop.

Friday, 3/28, 1:00 p.m. International Students from the Mannes School of Music will perform for us.

TRANSPORTATION UPDATE

Sign up Times:
Gracie Mansion Tour: Sign up on Wednesday, 3/13 from 9:00-9:30. Please bring government issued photo identification on day of tour.

All other trips: 9:00 a.m. - 9:30 a.m. on the day of trip

Drop off Policy:
Target/Costco, Trader Joe's: 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.

MOVIES

Friday, 3/1 at 2:00 p.m. *A Star is Born* (2018)

Friday, 3/8 at 2:00 p.m. *Mariano Parra Dance Company* **Vintage Video**

Friday, 3/22 a*t 2:00 p.m.* The Favo**urite (2018)**

Friday, 3/28 *at 2:00* p.m. The *Wife (2019)*

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Senior Center at Saint Peter's Church

ANNOUNCEMENTS

Officer Dennis Wyss from the 17th Precinct of the NYPD will talk to us about current safety issues, answer questions, and hand out senior packages on Wednesday 2/13 at 11:45 a.m.

Please join us for our annual art exhibition showcasing the work of members in our various visual art classes. Refreshments will be served. Wednesday, 3/20 from 10:30 a.m. to 12:00 p.m.

SCHEDULE UPDATES

New Class! Join us for Total-Work-Of-Art Workshop with Simon Saad, an exploration of the stage arts (writing, acting, designing, and directing), in a production of the comical one-act opera Gianni Schicchi by Giacomo Puccini. You will have a chance not only to sing and act, but also see the inner workings of a show from the backstage perspective, such as script-writing, costume, makeup, jewelry, and set design. Alternatively, you may just observe and learn about opera and theater at large. No prior experience needed. Fridays, 10:30 a.m. to 12:00 p.m., beginning 3/8. Brought to us by the Lower Manhattan Cultural Council's SU-CASA program.

World Percussion with Bashiri Johnson resumes on 3/18 for a six week session. Mondays at 3:00 p.m.

REMEMBER!

Call (212) 308-1959 for a recording of our daily lunch menu and class cancellations.

Call our legal intake line 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 12:00 p.m. 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: Vicenta Nunez, Tim Mercado

619 Lexington Avenue (at 54th Street), New York, NY 10022 || 212 308 1959 || www.lenoxhill.org
Funded by the New York City Department for the Aging, private support and contributions.

MARCH 2019 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
9:30-10:00 Meditation 9:30-10:30 Dahn Yoga 10:30-11:15 Total Body Workout (Intermediate) 10:00-11:45 Painting Likeness 11:00-12:00 Buried in Treasures Workshop (CLOSED; no class on 3/18) 12:00-1:00 Lunch 1:00-2:00 Short Story Discussion 1:00-3:00 Play Rummikub 2:00-3:00 Hula 3:00-4:00 Sevillanas 3:00-4:00 World Percussion (begins 3/18)	9:30-10:30 Total Body Workout (Advanced) 10:30-12:30 A Matter of Balance Program 10:30-11:30 Theater and Movie Discussion 10:30-11:45 French (Intermediate) 12:00-1:00 Lunch	9:45-10:45 Yoga 10:00-11:30 Knitting 10:30-12:00 Wellness in Art 11:00-12:00 Beginner Spanish (CLOSED) 12:00-1:00 Lunch 1:00-2:00 Midtown Jazz 1:00-4:00 Play Mahjong 1:00-3:00 Technology One-on-One 2:15-4:00 Opera Appreciation (3/6 & 3/20) 3:00-3:45 Zumba	9:30-10:30 Chair Yoga 10:30-11:30 Flamenco Workshop 10:30-12:30 Theater Desk (3/37 & 3/21) 11:00-12:00 Wii Bowling 11:00-12:00 Tai Chi Short Form Intermediate 12:00-1:00 Lunch 1:00-2:30 French (Beginner) 1:00-2:30 Acting Workshop 2:00-3:00 Singin' Seniors 3:00-4:00 Yoga	9:30-10:30 Yoga 10:30-11:30 Current Events Discussion 10:30-12:00 Drawing 10:30-12:00 Total-Work-Of-Art Workshop (begins 3/8) 11:30-12:00 Bingo 12:00-1:00 Lunch 2:00-4:00 Movie Screening & Discussion (except 3/15) 2:00-3:00 Belly Dancing
				1 **Vegetable Baked Ziti; W.W. Roll; Garden Salad (*V*)** 1:00-2:00 Audrey Silver in Concert
4 **Tuna Salad; W.W. Bread; Mixed Green Salad**	5 **Black Bean & Sweet Potato Chili; Barley Pilaf; Kale, Romaine, Apple & Parmesan Salad** *(V)* 1:00-2:00 Legal Workshop	6 **Chicken Gumbo; Brown Rice Pilaf; Baby Spinach Salad**	7 **Spinach & Mozzarella Quiche; Arugula Salad; W.W. Roll (*V*)** 9:30-12:30 CITYPOINT BROOKLYN	8 **Turkey Shepherd's Pie; Multigrain Bread; Cauliflower & Carrots w/ Parsley** 1:00-2:00 Health Lecture: Acid Reflux
11 **Potato, Pepper & Spinach Frittata; Romaine, Carrot, Beet & Chickpea Salad; Multigrain Bread** *(V)* 10:00-11:30 Blood Pressure Screening	12 **Italian Roast Chicken; W.W. Spaghetti w/ Tomato Sauce; Roasted Brussels Sprouts** 9:30-11:15 TRADER JOES 1:00-2:00 International Issues Discussion	13 **Butternut Squash Mac-n-Cheese; Kale, Romaine, Cabbage & Apple Salad; W.W. Roll** 10:30-12:30 NYPL Mobile Library 11:45-12:15 NYPD Safety Presentation 2:15-3:00 Natural Immunity Building Lecture	14 **Chicken Stew w/ Pumpkin & Ginger; Barley Pilaf; Spinach, Apple & Red Onion Salad**	15 **Corned Beef & Cabbage; Boiled Potatoes; Irish Soda Bread (*V*)** 1:00-2:00 Nutrition Lecture 2:00-4:00 Karaoke
18 **Moroccan Spiced Baked Chicken Thighs; Baked Sweet Potato; Steamed Green Beans; W.W. Roll** 9:30-12:30 GRACIE MANSION GUIDED TOUR (15 SPOTS ONLY - SEE BACK FOR DETAILS)	19 **Lentil Stew w/ Carrots & Turnips; Quinoa & Wheatberry; Garden Salad (*V*)** 1:00-2:00 Art Lecture	20 **Chicken Cacciatore; Cheesy Grits; Sauteed Broccoli w/ Garlic**	21 **Vegetable Lasagna; Spinach, Hard Boiled Egg, Mushroom & Red Onion Salad; W.W. Bread** *(V)*	22 **Turkey Chili w/ Pumpkin; Barley Pilaf; Kale Salad w/ Lemon** 9:30 MUSEUM OF MODERN ART GUIDED TOUR (15 SPOTS ONLY; ONE WAY ONLY) 1:00-2:00 Anna Bergman in Concert
25 **Lemongrass Curry w/ Tofu & Broccoli; Brown Rice; Garden Salad (*V*)**	26 **Spanish Style Rice w/ Chicken; Multigrain Bread; Collard Greens w/ Tomato** 1:00-2:00 Flamenco Concert	27 **Moroccan Chickpea Stew w/ Chard; Barley PIlaf; Mixed Green Salad (*V*)** 9:30-11:30 TARGET/COSTCO 2:15-3:00 Cooking Workshop	28 **Spanish Style Baked Chicken; Bulgar Pilaf; Steamed Broccoli & Cauliflower**	29 **Indian Style Rice w/ Vegetables & Chickpeas; Arugula Salad; W.W. Roll** 1:00-2:00 Mannes School Students in Concert

(V) indicates vegetarian indicates a trip