

Stein Senior Center Inc.

204 East 23rd Street 2nd Floor Manhattan, New York 10010

Tel: 1-646-395-8083

Business Days & Hours: Monday- Friday 8am-4pm

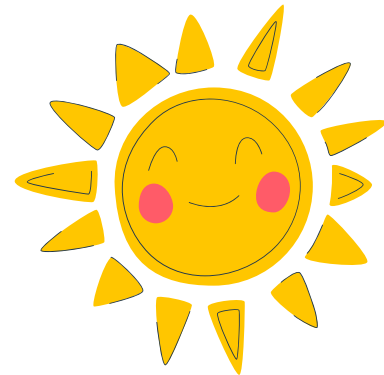
Funded by: NYC AGING

STEIN SCOOP

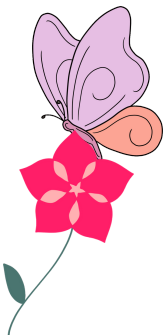


April Classes, Activities & Programs

for Active & Well-Minded Adults



HELLO SPRING



STEIN 204 EAST 23 STREET MANHATTAN NY 10010

BUSINESS DAYS & HOURS: MONDAY - FRIDAY 8AM - 4PM

STEIN IS A PROGRAM FUNDED BY NYC AGING.
STEIN PROVIDES PROGRAMS AND SERVICES TO
INDIVIDUALS AGED 60+

FOR MORE INFORMATION VISIT OUR WEBSITE:
[HTTPS://WWW.STEINSENIORCENTER.ORG/](https://www.steinseniorcenter.org/)



FUNDED BY: NYC
AGING



If you would like to Volunteer for Stein OAC Please reach out to **Marilyn Green** (*executive Director*)
Robert Santos (*program Director*)



Need to find an active food pantry near you?

- -Call 311 to find the locations nearest you.

-Look it up with the new interactive Food

- Help NYC Map.

<https://finder.nyc.gov/foodhelp/locations>

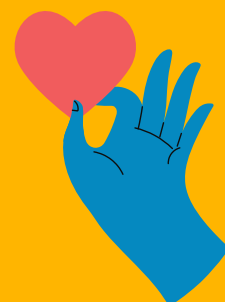
NYC Well is your connection to FREE, Confidential crisis counseling, mental health and substance use support, information and referrals. You can reach the TOLL-FREE HELP LINE 24/7 by phone, text, online chat.

1-888-NYC-WELL

1-800- 692-9355

•1-888-692-9355 (Español)

1-888-692-9355 (繁體中文) 711 (TTY for hearing impaired)





HELP US PLAN



The Stein Senior Advisory Council is made up of a group of members/volunteers.

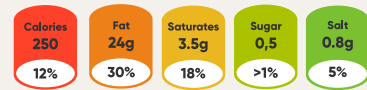
We meet once a month to collaborate with staff on the development of programming, fundraising, nutrition and much more. Council members dedicate their time and talents to improve the quality of life for Stein participants.



PROGRAMS & NUTRITION

Date: April 2, 9 and 16 2024

Time: 11am



Senior Advisory Council

Date: April 11, 2024

Time: 10am - 11am

Now interviewing



Reach out to Robert Santos and Chelsea Bello



Happy Birthday Celebration!!!

Last Wednesday of the month



FOOD BANK FOR NEW YORK CITY

Food Pantry Day

DATE: WEDNESDAY, APRIL 10, 2024

TIME: 10AM-2PM

·PARTICIPANTS MUST BE ENROLLED IN THE PROGRAM.

·MUST PROVIDE IDENTIFICATION CARD & PROOF OF ADDRESS

IF YOU WISH TO GET A BOX BUT ARE UNABLE TO COME ON THE DISTRIBUTION DAY- YOU HAVE THE OPTION OF ASSIGNING A FRIEND, NEIGHBOR, OR FELLOW STEIN PEER AS A PROXY. ALL PROXY'S MUST PROVIDE TO FOOD BANK STAFF THE BELOW. NO EXCEPTIONS!

·COMPLETED SIGNED PROXY FORM

·PROXY'S IDENTIFICATION CARD

·PARTICIPANTS' IDENTIFICATION CARD & PROOF OF ADDRESS

NO NEW CLIENTS AT THIS TIME

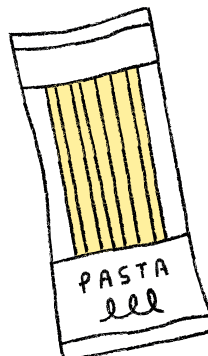
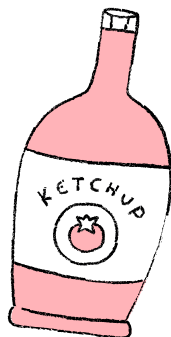
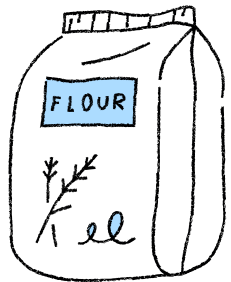
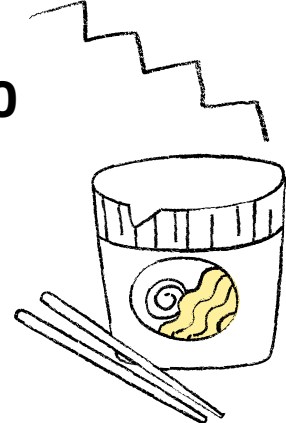
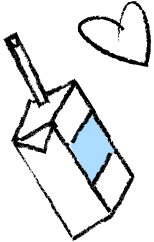
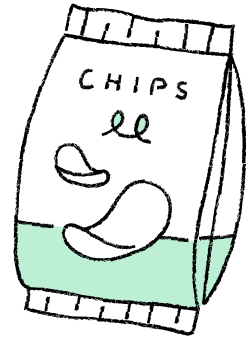
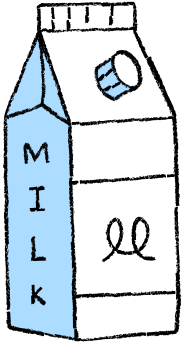
Get in Touch

39 Broadway, New York, NY 10006

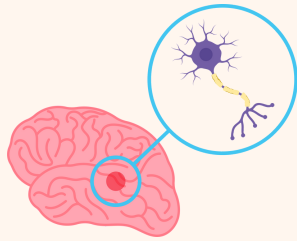
Phone: 212.566.7855

Fax: 212.566.1463

FUNDED BY: NYC AGING



What we need to Know about



Parkinson's Disease



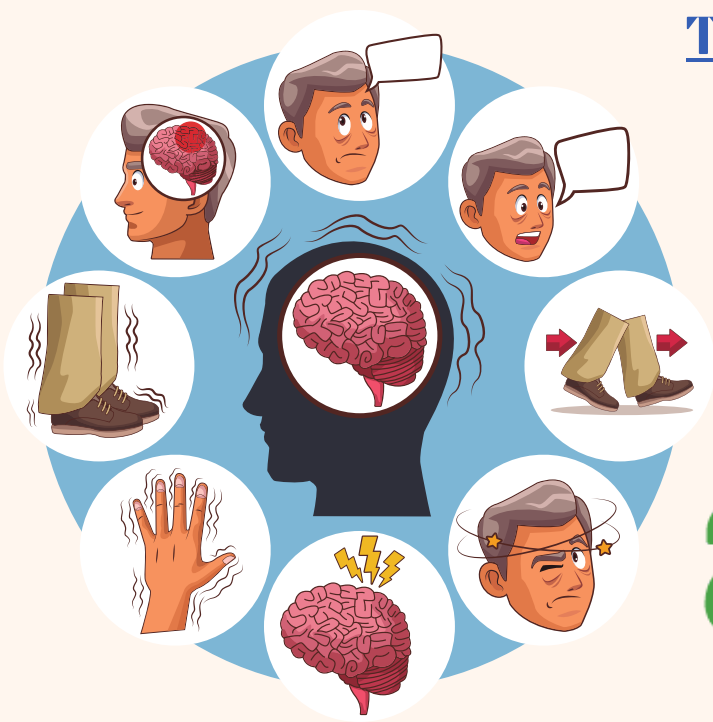
Parkinson's disease is a brain disorder that causes unintended or uncontrollable movements, such as shaking, stiffness, and difficulty with balance and coordination. Symptoms usually begin gradually and worsen over time. As the disease progresses, people may have difficulty walking and talking.

*Join us at Stein OAC (204 East 23rd Street, 2nd Floor,
Manhattan, New York 10010)*

*for a presentation on Parkinson Disease from the
American Parkinson Disease Association (APDA)
by Vicky Chan and Elvin Yao*

DATE: THURSDAY, APRIL 18

TIME: 12PM



*Learn about motor/non-
motor symptoms and
Treatment!*

apda

AMERICAN
PARKINSON DISEASE
ASSOCIATION

Strength in optimism. Hope in progress.



International **VOLUNTEER DAY**

Date: Thursday, April 18th

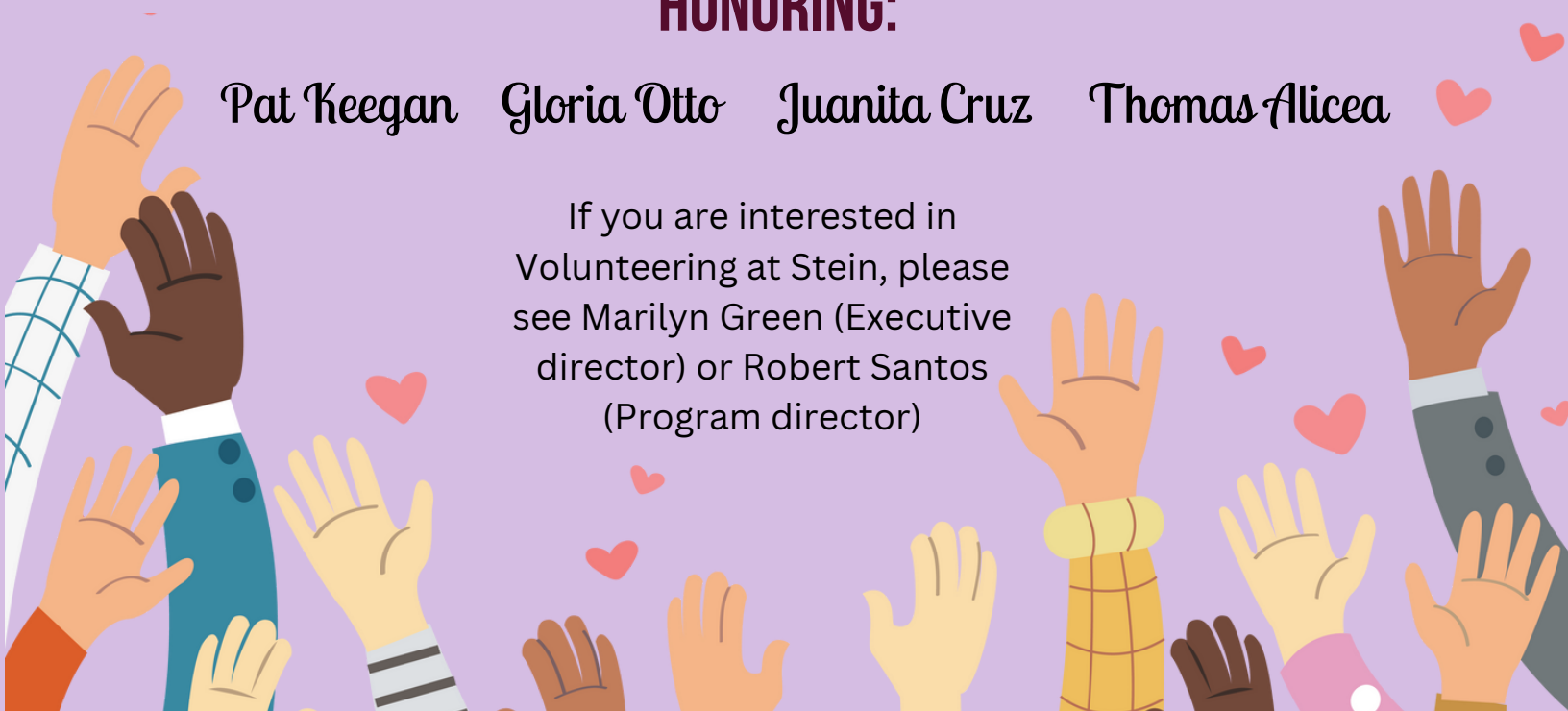
The annual celebration of those who selflessly benefit the lives of others by providing a helping hand to those in need; Older adults, agencies, children, animals... we are all naturally working towards making the world a better place.

Volunteer Recognition Day

Every single one of us has benefited from the work of a Volunteer and Volunteer Recognition Day acknowledges the beauty of this phenomenon. Every direction we turn, we can do something outside of our daily list of requirements. As you go about your day, honor and thank those who go the extra mile.

HONORING:

Pat Keegan Gloria Otto Juanita Cruz Thomas Alicea



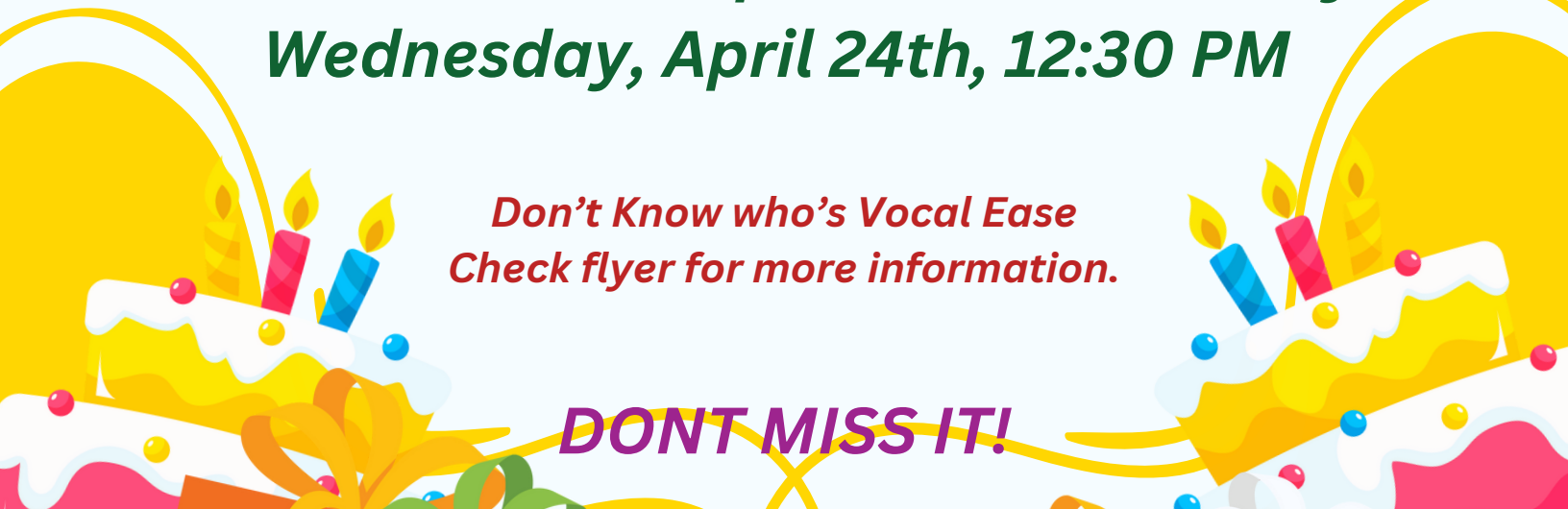
If you are interested in
Volunteering at Stein, please
see Marilyn Green (Executive
director) or Robert Santos
(Program director)



HAPPY BIRTHDAY

Stein Invites you to come and
Celebrate our **April Babies** on
April 24, 2024
(There will be cake!!!)

*With a special live **Vocal Ease** performance
(in celebration of April Babies birthday's)
Wednesday, April 24th, 12:30 PM*



*Don't Know who's Vocal Ease
Check flyer for more information.*

DONT MISS IT!



LIVE VOCAL EASE PERFORMANCE CELEBRATING APRIL BABIES

AT STEIN OAC

Wednesday, April 24, 12:30pm

Vocal Ease

SONGS FROM THE HEART



A Singing Organization for Senior Citizens



“Vocal Ease brings the talent, wonder and joy of performance to many who can’t access it otherwise.”

-GALE BREWER-
NYC Council Member



“Over the years Vocal Ease performances dependably deliver an hour of happiness that lingers long after the group has departed.”

-ROBIN STRASHUN-
Outreach & Volunteer Coordinator of Search and Care



“When I’m in my retirement place please, please have the joyous, talented, thoughtful members of Vocal Ease visit me.”

- BETH LEAVEL-
Tony Award winner



Sexual Harassment Presentation

by Crime victim treatment center

Eric Mcgriff

Date: Monday, April 29 @ 10:30am



Elder Abuse is an intentional act or failure to act that causes or creates a risk of harm to an older adult. An older adult is someone age 60 or older. The abuse occurs at the hands of a caregiver or a person the elder trusts. Common types of elder abuse include:



Physical abuse is when an elder experiences illness, pain, injury, functional impairment, distress, or death as a result of the intentional use of physical force and includes acts such as hitting, kicking, pushing, slapping, and burning.



Sexual abuse involves forced or unwanted sexual interaction of any kind with an older adult. This may include unwanted sexual contact or penetration or non-contact acts such as sexual harassment.



Emotional or Psychological Abuse refers to verbal or non-verbal behaviors that inflict anguish, mental pain, fear, or distress on an older adult. Examples include humiliation or disrespect, verbal and non-verbal threats, harassment, and geographic or interpersonal isolation.



Neglect is the failure to meet an older adult's basic needs. These needs include food, water, shelter, clothing, hygiene, and essential medical care.



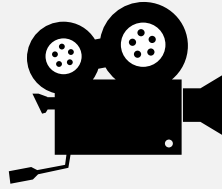
Financial Abuse is the illegal, unauthorized, or improper use of an elder's money, benefits, belongings, property, or assets for the benefit of someone other than the older adult.



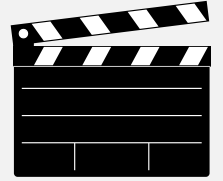
If you suspect someone is a victim of elder abuse, call the NYS Adult Protective Services Helpline at 1-844-697-3505 (8:30 a.m. to 8 p.m., Monday through Friday). For emergencies that require immediate attention, call 9-1-1



April Movies



MOVIE: RED NOTICE
GENRE: ACTION
TIME: 1 HOUR 58 MINUTES
DATE: TUESDAY, APRIL 2
START TIME: 1PM



AN FBI PROFILER PURSUING THE WORLD'S MOST WANTED ART THIEF BECOMES HIS RELUCTANT PARTNER IN CRIME TO CATCH AN ELUSIVE CROOK WHO'S ALWAYS ONE STEP AHEAD.

STARRING: DWAYNE JOHNSON, RYAN REYNOLDS, GAL GADOT

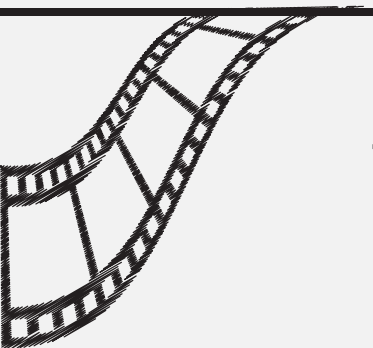


MOVIE: BULLET TRAIN
GENRE: ACTION [R]
TIME: 2 HOUR 6 MINUTES
DATE: TUESDAY, APRIL 9
START TIME: 12:30PM

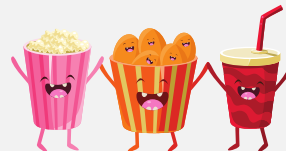


FIVE ASSASSINS BOARD A JAPANESE BULLET TRAIN BOUND FOR KYOTO AND COME TO DISCOVER THAT THEIR SEEMINGLY SEPARATE MISSIONS ARE MYSTERIOUSLY LINKED.

STARRING: BRAD PITT, JOEY KING, AARON TAYLOR-JOHNSON

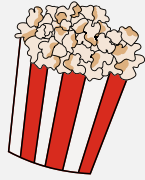


Movie: 27 Dresses
Genre: Comedy [PG-13]
Time: 1 hour 50minutes
Date: Tuesday, April 16
Start: Time: 1:00pm

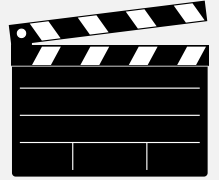


Jane, a bridesmaid dozens of times but never the bride, faces a new dilemma when she agrees to plan her sister's wedding to the man she secretly loves.

Starring: Katherine Heigl, James Marsden, Malin Akerman

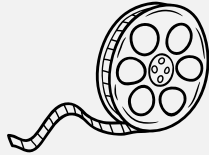


MOVIE: TWINS
GENRE: COMEDY
TIME: 1 HOUR 46MINUTES
DATE: TUESDAY, APRIL 23
START TIME: 1PM



SEPARATED AT BIRTH AFTER A GENETIC EXPERIMENT GONE AWRY, LONG-LOST TWIN BROTHERS REUNITE IN THIS COMEDY STARRING ARNOLD SCHWARZENEGGER AND DANNY DEVITO.

STARRING:ARNOLD SCHWARZENEGGER, DANNY DEVITO, KELLY PRESTON

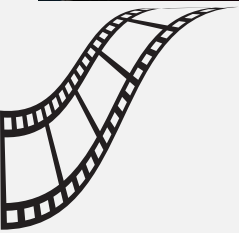
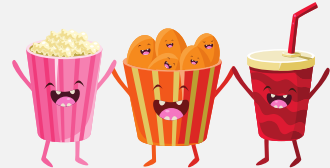


MOVIE: BIRD ON A WIRE
GENRE: ACTION
TIME: 1 HOUR 50 MINUTES
DATE: TUESDAY, APRIL30TH
START TIME: 1PM



AN ATTORNEY AND HER EX-FIANCE WHO'S BEEN IN THE WITNESS PROTECTION PROGRAM SINCE RATTING OUT DRUG SMUGGLERS GO ON THE RUN AFTER SHE BLOWS HIS COVER.

STARRING:MEL GIBSON, GOLDIE HAWN, DAVID CARRADINE





LUNCH SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4/1 Eggplant Parmesan with Creamy Cashew Ricotta	4/2 Beef Salisbury Steak with Mushroom Sauce OR Roasted Vegetable, Black Bean, and Corn Enchilada Casserole	4/3 Pork Spare Ribs OR New Orleans Style Sweet Potato Gumbo	4/4 BBQ Chicken Leg Quarters OR Latin Sweet Potato and Red Bean Chili	4/5 Citrus Sesame Crusted Salmon OR Eggplant and Lentil Curry Delight
4/8 Homestyle Vegan Whole Grain Mac and Cheese	4/9 Beef and Cheese Lasagna OR Baked Ziti with Cheese	4/10 Baked White Fish with Garlic Crumb Crust OR Chipotle Bean and Veggie Chili	4/11 General Tso's Chicken OR Grandma's Baked Eggplant Parmesan	4/12 Tuna Fish Salad OR Whole Wheat Quesadillas with Cheddar, Black, Beans, and Veggies
4/15 Eggplant Chickpea Tagine (Moroccan Eggplant and Chickpea Stew)	4/16 Turkey with Gravy Or Grandma's Baked Eggplant Parmesan	4/17 Baked Chicken Quarters OR Potato and Cheese Pierogi (Pre-prepared) with Sour Cream	4/18 Beef Salisbury Steak with Mushroom Sauce Or Whole Wheat American Cheese Sandwich	4/19 BBQ Chicken Breasts OR Whole Wheat Penne with White Beans, Eggplant, and Tomatoes
4/22 Curry Chickpea Stew (PrePrepared)	4/23 Deluxe Cheeseburger with Sauteed Green Peppers and Onions OR Basil Quinoa Stuffed Peppers	4/24 Chicken Breast with Mushrooms and Peppers OR Veggie Lover Lasagna Alfredo	4/25 Baked Salmon OR Vegetable Lasagna	4/26 BBQ Chicken Leg Quarters OR Roasted Vegetable, Black Bean, and Corn Enchilada Casserole
4/29 A Nice Vegetable Soup Southern Italian Tofu Parmigiana	4/30 Baked White Fish with Garlic Crumb Crust OR Traditional Whole Wheat Bean Burrito	<div style="background-color: #ADD8E6; padding: 10px; border-radius: 10px; text-align: center;"> <p>*All Food comes with 1% Lowfat Milk Whole Wheat Bread One Fruit*</p> </div>		





April

PRESENTATIONS



MONDAY, APRIL 1:

ED/REC: WHAT IS HASA HOUSING TIME: 10AM

HP/NEB: SEXUALLY TRANSMITTED DISEASES TIME: 12PM

TUESDAY, APRIL 2:

ED/REC: HOW TO ENROLL IN MEDICARE TIME: 10AM

NUTRITION: SEASONAL FOODS (NUTRITIONAL SPRING FOODS) TIME: 11AM

HP/NEB: IRRITABLE BOWEL SYNDROME IN OLDER ADULTS TIME: 12PM

WEDNESDAY, APRIL 3:

ED/REC: HOW TO APPLY FOR SNAP AND ELIGIBILITY TIME: 10AM

HP/NEB: SERIES OF CLASSES **BY DANIEL CLANDORF** TIME: 12PM

THURSDAY, APRIL 4:

ED/REC: FALLS PREVENTION TIME: 10AM

HP/NEB: ARTHRITIS IN OLDER ADULT TIME: 12PM

FRIDAY, APRIL 5:

ED/REC: HOW TO APPLY FOR MEDICAID AND ELIGIBILITY TIME: 10AM

HP/NEB: UNRINAY TRACT INFECTIONS AMONG OLDER ADULTS

TIME: 12PM

MONDAY, APRIL 8:

ED/REC: HOW TO APPLY FOR SENIOR HOUSING AND ELIGIBILITY

TIME:10AM

HP/NEB: ALL ABOUT HEARING LOSS **BY MAURA OLSON** TIME: 12PM

TUESDAY, APRIL 9:

ED/REC: WHAT IS THE CDPAP PRGRAM TIME:10AM

NUTRITION: NUTRITION DIET AND HYPERTENSION **BY HUNTER NURSES**

TIME: 11AM

HP/NEB: MEMORY LOSS IN OLDER ADULTS TIME:12PM

WEDNESDAY, APRIL 10:

ED/REC: NYC CONNECTS **BY LILI LOPEZ** TIME: 10AM

HP/NEB: SERIES OF CLASSES **BY DANIEL CLANDORF** TIME: 12PM

THURSDAY, APRIL 11:

ED/REC: THE IMPORTANCE OF VACCINES TIME: 10AM

HP/NEB: RSV IN OLDER ADULTS TIME: 12PM

FRIDAY, APRIL 12:

ED/REC: PREVENTING SPREAD OF VIRUSES WHEN SICK TIME: 10AM

HP/NEB: LISTERIA AND OLDER ADULTS TIME: 12PM

MONDAY, APRIL 15:

ED/REC: HOW TO APPLY FOR SCRIE AND ELIGIBILITY TIME: 10AM

HP/NEB: COVID-19 TIME: 12PM

TUESDAY, APRIL 16:

ED/REC: TURNING EATING INTO A SOCIAL EVENT TIME: 10AM

NUTRITION: NUTRITION AND PROTEINS **BY HUNTER NURSES**

TIME: 11AM

HP/NEB: THE IMPORTANCE OF STAYING HYDRATED TIME: 12PM

WEDNESDAY, APRIL 17:

ED/REC: HICAP COUNSELING **BY MARY LOUISE** TIME: 10AM

HP/NEB: ALZAIMERS PRESENTATION **BY YANAIRY GUERRERO**

TIME: 12PM

THURSDAY, APRIL 18:

ED/REC: THE IMPORTANCE ON SCHEDULING REGULAR CHECK-UPS
WITH YOUR DOCTOR TIME: 10AM

HP/NEB: PARKINSONS DISEASE PRESENTATION **BY VICKY CHAN AND
ELVIN YAO** TIME: 12PM

FRIDAY, APRIL 19:

ED/REC: THE IMPORTANCE OF ANNUAL VISION EXAMS TIME: 10AM

HP/NEB: DIABETES MELLITUS AND OLDER ADULTS TIME: 12PM

MONDAY, APRIL 22:

ED/REC: MUSIC AND OLDER ADULTS TIME: 10AM

HP/NEB: ORAL CONDITIONS IN OLDER ADULTS TIME: 12PM

TUESDAY, APRIL 23:

ED/REC: GERIATRIC FRIENDLY EMERGENCY CARE TIME: 10AM

HP/NEB: INFLUENZA & PNEUMONIA AND OLDER ADULTS TIME: 12PM

WEDNESDAY, APRIL 24:

ED/REC: ALCOHOL ABUSE AND MEDICATION TIME: 10AM

HP/NEB: HEART DISEASE AND OLDER ADULTS TIME: 12PM

THURSDAY, APRIL 25:

ED/REC: GRANPARENTS PROGRAM BY DFTA KRISBILL GONZALEZ

TIME: 10AM

HP/NEB: OVERDOSE PREVENTION BY SARAH CANFIELD TIME: 12PM

FRIDAY, APRIL 26:

ED/REC: SERVICES FOR OLDER ADULTS HOMEBOUND

TIME: 10AM

**HP/NEB: COLORECTAL CANCER BY AMERICAN CANCER SOCIETY
JULIANNE ROMAN TIME: 12PM**

MONDAY, APRIL 29:

**ED/REC: SEXUAL HARRASSMENT PRESENTATION BY CRIME VICTIMS
TREATMENT CENTER ERIC MCGRIFF TIME: 10AM**

HP/NEB: TIME:12PM

TUESDAY, APRIL 30:

**ED/REC: HOW TO PROPERLY DISCARD EXPIRED MEDICATION
TIME: 10AM**

HP/NEB: WHAT IS CEREBROVASCULAR DISEASES TIME:12PM

Most Anticipated presentations for April



Hearing Loss

Monday, April 8 @12pm



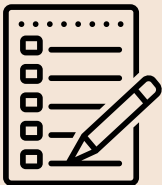
Alzheimer's Disease

Wednesday, April 17 @ 12pm



Parkinsons Disease

Thursday, April 18 @ 12pm



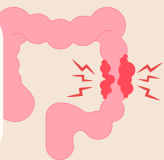
Grandparents Program

Thursday, April 25 @ 11am



Overdose Prevention

Thursday, April 25 @ 12pm



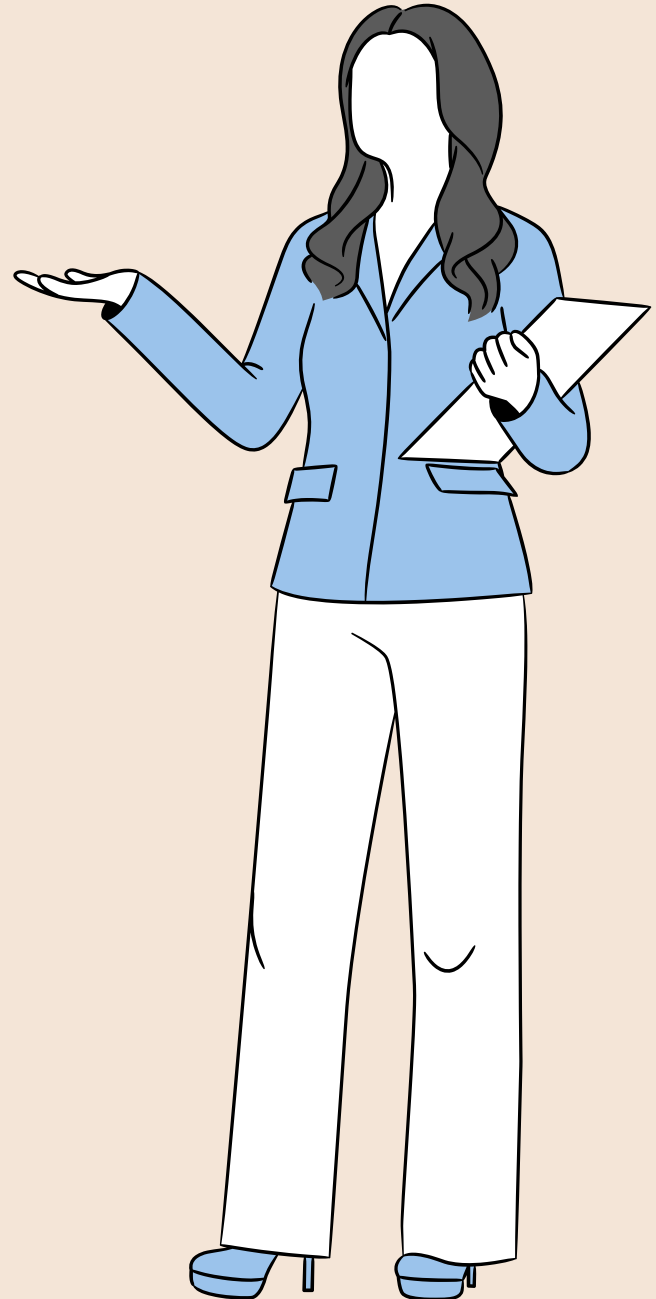
Colorectal Cancer

Friday, April 26 @ 12pm



Sexual Harassment

Monday, April 29 @ 10am



COMING IN MAY 2024

STEIN'S 2024

SPRING EXTRAVAGANZA

JOIN US ON FOR THIS YEARS - SENIOR SPRING EXTRAVAGANZA. THIS YEAR, THE THEME FOR OLDER AMERICANS MONTH IS POWERED BY CONNECTION. THIS THEME RECOGNIZES THE PROFOUND IMPACT THAT MEANINGFUL RELATIONSHIPS AND SOCIAL CONNECTIONS HAVE ON OUR HEALTH AND WELL-BEING. WE WILL EXPLORE THE VITAL ROLE THAT CONNECTEDNESS PLAYS IN SUPPORTING INDEPENDENCE AND AGING IN PLACE BY COMBATTING ISOLATION, LONELINESS, AND OTHER ISSUES.

**THIS YEAR, WE WILL BE GOING BACK TO THE
70S!**

**LOOKING FOR OUR TALENTED MEMBERS TO
JOIN OUR 70S TALENT COMPETITION**

**DATE:
THURSDAY, MAY 16, 2024**

ARTS & CRAFT WORKSHOP

*Painting, Crafting and
Drawing!*

DATE: EVERY THURSDAY

TIME: 10AM - 12PM

INSTRUCTOR: NADIA REISFELD



Senior Planet will be instructing a new class at Stein OAC

SENIOR PLANET FROM ~~AARP~~



Intro to Digital Culture:

Mondays & Wednesdays | 11:00am - 12:15pm EST

Starts Monday, 04/08 and concludes Wednesday, 05/08

This 5-week course covers the essentials of how to use the basic functions of a personal computer, how to navigate the internet, and how to send and receive email.

Privacy and Security Primer:

Mondays & Wednesdays | 11:00am - 12:15pm EST Starts Monday, 05/13 and concludes Monday, 06/17

The series includes lectures and hands-on sessions that explore how to create strong passwords and identify scams, how ad-targeting works online, tips for managing privacy settings, and more! The series also includes open sessions for extra practice on the topics that are most relevant to the group.

To register for 1 or both programs please reach out to:
Chelsea Bello (Operation Specialist)

All classes, workshops, and discussion groups are intended for adults ages 60 and over. Classes will be delivered in-person!

Programs @ Stein OAC

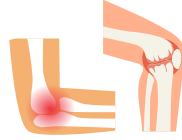
204 E 23rd St, 2nd floor New York, NY 10010 Tel:(646) 395-8083

Monday Programs



Basic Computer

Time: 11AM - 3PM



Arthritis Exercise

Time: 11AM - 12PM



Poetry Writing & Reading

Time: 12 - 1PM



Opera Appreciation

Time: 1 - 2:30PM

SENIOR PLANET
FROM AARP
Computer Class

"Intro to Digital Culture & Privacy and Security Primer"

Time: 11am - 12:15pm

Tuesday Programs



Basic Computer

Time: 11AM - 3PM



Zumba

Time: 11AM - 12PM



Meditation

Time: 1 - 2PM



Movie Day

1 - 3PM



Shakespeare

Time: 1 PM



Art Music Appreciation

Time: 2 - 3PM

Wednesday Programs



Basic Computer

Time: 11AM - 3PM



Fit For Life!

Time: 11AM - 12PM

Fitness Class for an Active Lifestyle



Spanish 101

Time: 1 - 2PM

SENIOR PLANET
FROM AARP
Computer Class

"Intro to Digital Culture & Privacy and Security Primer"

Time: 11am - 12:15pm

Programs @ Stein OAC

204 E 23rd St, 2nd floor New York, NY 10010 Tel:(646) 395-8083

Thursday Programs



Photography

Time: 10 - 11AM



Sketching & Crafts

Time: 11AM - 12PM



Basic Computer

Time: 11AM - 3PM



Chair Yoga

Time: 1 - 2PM



Social Brain Games

Time: 1 - 3PM

Friday Programs



Basic Computer

Time: 11AM - 3PM



Spanish 101

Time: 1 - 2PM

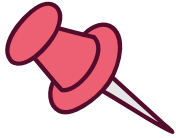


Social Brain Games

Time: 1 - 3PM

Programs @ Stein OAC

204 E 23rd St, 2nd floor New York, NY 10010 Tel:(646) 395-8083



Older adults have to be registered in order to participate in any program at Stein OAC as well as needing assistance with Cases

For scheduling appointments, registration, re- registration, needing information on classes, activities, and meals; information referrals and case assistance.



Please Reach out to:

Robert Santos (Program Director)

Raymond Luciano (Program Coordinator)

Chelsea Bello (Operation Specialist)

