

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



*MARCH Classes, Activities & Programs
for Active & Well-Minded Adults*



STEIN 204 EAST 23 STREET MANHATTAN NY 10010

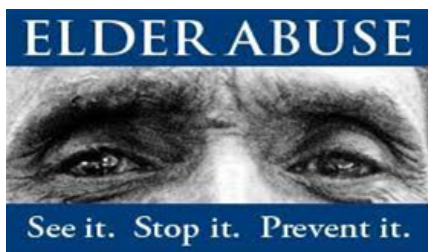
BUSINESS DAYS & HOURS: MONDAY - FRIDAY 8AM - 4PM

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/)

Stein
SENIOR CENTER INC.

FUNDED BY: NYC
AGING



REPORT ABUSE



**VOLUNTEER NEEDED!
@STEIN OAC**



How do I REPORT ELDER ABUSE in NYC?

- Call 311 Call Center or
- 212-NEW-YORK (212-639-9675)



**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>

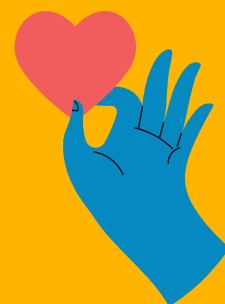
**NYC Well is your connection to FREE,
Confidential crisis counseling, mental health and
substance use support, information and
referrals. You can reach the TOLL-FREE HELP
LINE 24/7 by phone, text, online chat.**

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)**



FUNDED BY: NYC AGING



HELP US PLAN



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

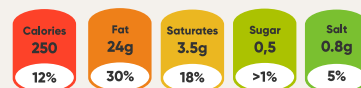
We meet once a month to collaborate with staff on the development of programming, fundraising, nutrition and much more. Council members dedicate their time and talents to improve the quality of life for Stein participants.



PROGRAMS & NUTRITION

Date: March 5, 12 and 19 of 2024

Time: 11am



Senior Advisory Council

Date: March 15, 2024

Time: 11am

Now Interviewing



SUNSHINE

Date: March 21, 2024

Time: 11am



Happy Birthday Celebration!!!
Last Wednesday of the month





International **WOMEN'S DAY**



MARCH 6, 2024

***CELEBRATING THE STRENGTH,
RESILIENCE, AND PASSION OF
WOMEN WORLDWIDE.***

Stein Older adult Center
204 E 23rd St Fl 2, New York, NY 10010
(646) 395-8083





Stein Older Adult Center

MAKING CONNECTIONS


(COOKING CLASS)

Time: 10am

Class is closed after 10:15am

No latecomers

*Join us while we cook and make
connections*



Date: Monday,
March 11, 18 and 25



Cooking theme:
Healthy Treats



204 E 23rd St Fl 2, New York, NY 10010
(646) 395-8083

FUNDED BY: NYC AGING





FOOD BANK FOR NEW YORK CITY

Food Pantry Day

DATE: WEDNESDAY, MARCH 13, 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

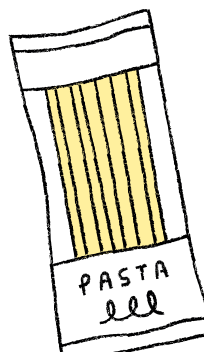
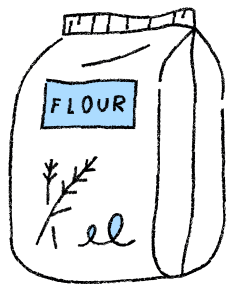
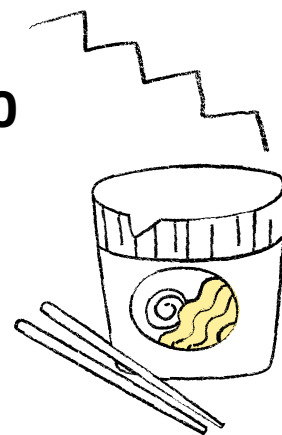
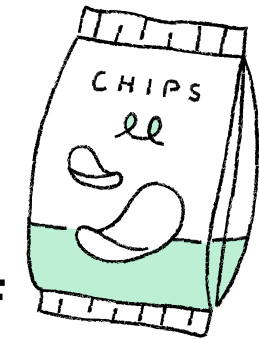
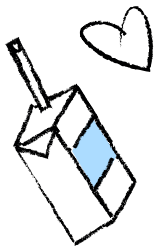
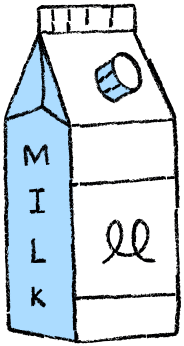
Get in Touch

39 Broadway, New York, NY 10006

Phone: 212.566.7855

Fax: 212.566.1463

FUNDED BY: NYC AGING



STEIN OAC INVITES YOU TO A

SAINT PATRICK'S DAY LUNCHEON

LUNCH MENU

Corn Beef Brisket

Red Potatoes

Cabbage

Carrots & Onions

Mustard

Soda Cake & Bread

DATE: THURSDAY, MARCH 14

TIME: 10AM - 1PM

204 E 23rd St Fl 2, New York, NY 10010

(646) 395-8083





HAPPY *Birthday* TO YOU



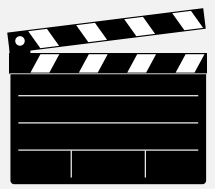
**Stein Invites you to come
and Celebrate our March
Babies on**

March 27, 2024





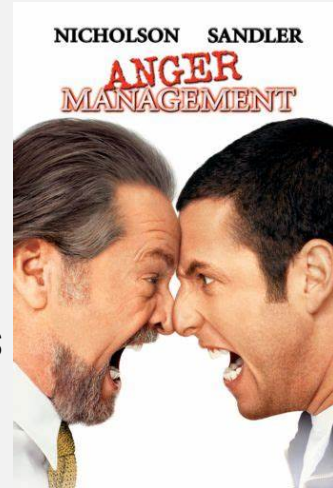
MOVIE: ROMEO + JULIET
GENRE: DRAMA/ROMANCE
TIME: 1 HOUR 31 MINUTES
DATE: TUESDAY, MARCH 5TH
START TIME: 1PM



A MODERN TWISTED VERSION OF WILLIAM SHAKESPEARE'S PLAY ABOUT TWO YOUNG PEOPLE FROM OPPOSITE FAMILIES WHO FALL IN LOVE IN SECRET. MULTIPLE EVENTS WILL SHAPE THEIR LIVES THAT WILL LEAVE THEM AND THEIR FAMILIES IN TROUBLE AND PUNISHMENT IN THE CITY.

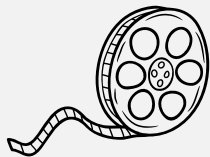


MOVIE: ANGER MANAGEMENT
GENRE: COMEDY
TIME: 1 HOUR 45 MINUTES
DATE: TUESDAY, MARCH 12
START TIME: 1:00PM

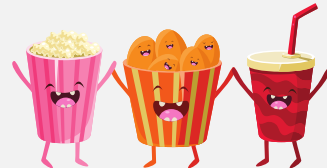


AFTER A GENTLE OFFICE WORKER IS FORCED TO GET ANGER MANAGEMENT COUNSELING, HIS THERAPIST MOVES IN – BUT TURNS OUT TO HAVE ANGER ISSUES OF HIS OWN.

STARRING: ADAM SANDLER, JACK NICHOLSON, MARISA TOMEI

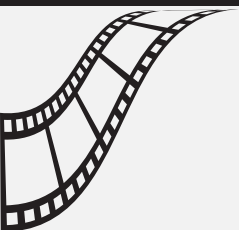


MOVIE: THE OTHER GUYS
GENRE: ACTION COMEDY
TIME: 1 HOUR 47 MINUTES
DATE: TUESDAY, MARCH 19TH
START TIME: 1PM

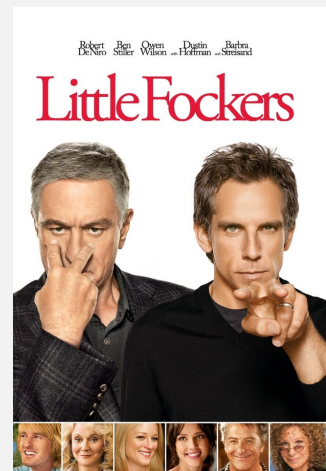
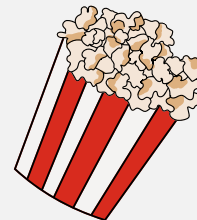


DESPERATE TO BE THE TOP COPS ON THE FORCE, TWO MISFIT DETECTIVES BREAK FREE FROM THEIR DESK JOBS AND STUMBLE ONTO THE BIGGEST CASE OF THEIR CAREERS.

STARRING: WILL FERRELL, MARK WAHLBERG, EVA MENDES



MOVIE: LITTLE FOCKERS
GENRE: FAMILY COMEDY
TIME: 1 HOUR 38 MINUTES
DATE: TUESDAY, MARCH 26TH
START TIME: 1PM



GREG FOCKER HAS A PAIR OF RAMBUNCTIOUS KIDS, AND THE TENSION WITH HIS FATHER-IN-LAW RISES TO THE SURFACE ONCE AGAIN.

STARRING: ROBERT DE NIRO, BEN STILLER, OWEN WILSON



MARCH LUNCH SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



***All Food comes with
1% Lowfat Milk
Whole Wheat Bread
One Fruit***



3/1

BBQ Chicken
Leg Quarters
Or
Stuffed Shells
with cheese

3/4

A Nice Vegetable
Soup
A Chili-lime Wild
Rice and Black
Bean Salad

3/5

Grilled Chicken Breast
with Eggplant and
Peppers
Or
Whole Wheat Pasta
Primavera

3/6

Spanish Style Roast
Pork
Or
Potato and Cheese
Pierogi (Preprepared)
with Sour Cream

3/7

Spanish Chicken
with Potatoes and
Garlic
Or
Meaty Mushroom
and Cauliflower
Bolognese

3/8

Baked Fish with
Vegetables
Or
Whole Wheat
Quesadilla with
Broccoli

3/11

A Nice Vegetable
Soup
Lentil Curry with
Carrots and
Turnips

3/12

Chicken
Parmesan
Or
Eggplant
Parmesan

3/13

Baked Chicken
Quarters
Or
Baked Ziti with
Cheese

3/14

**Saint Patrick's
Day Luncheon**
Check flyer for
menu



3/15

Tuna Fish Salad
Or
Spinach Cheese
Jumbo Ravioli
(Pre-Prepared)

3/18

Creamy
Coconut Curry
with Tofu,
Broccoli, and
Carrots

3/19

Beef and Cheese
Lasagna
Or
Vegetable
Lasagna

3/20

Tomato Sauce
Turkey Meatballs
Or
Chipotle Bean and
Veggie Chili

3/21

BBQ Pork Chops
Or
Finger Lickin'
BBQ Tofu
Fingers

3/22

Baked Fish with
Vegetables
Or
Rustic
Moroccan
Chickpea Stew

3/25

Creamy
Southern
Chickpea Salad
Cuban Style
Split Pea Soup

3/26

Chicken and
Broccoli Stir Fry
Or
Aloo Baingan
(Potatoes with
Eggplant)

3/27

Beef and
Cheese Lasagna
Or
Vegetable
Lasagna

3/28

Chicken Salad
Or
Egg Salad
(3oz)

3/29

Coconut Curried
Fish
Or
Jamaican Jerk
Tofu



Funded by NYC Aging





MARCH

PRESENTATIONS



FRIDAY, MARCH 1:

ED/REC: HOMECARE AGENCY PRESENTATION TIME: 10AM

HP/NEB: NOROVIRUS INFECTION TIME: 12PM

MONDAY, MARCH 4:

ED/REC: TAX COUNSELING FOR THE ELDERLY TIME: 10AM

HP/NEB: "ALL ABOUT BLOOD TEST" BY **BOBBY LEE** TIME: 12PM

TUESDAY, MARCH 5:

ED/REC: APPLYING FOR SNAP TIME: 10AM

NUTRITION: DIABETES & STARCH BY **HUNTER NURSES** TIME: 11AM

HP/NEB: ARTHRITIS TIME: 12PM

WEDNESDAY, MARCH 6:

ED/REC: HOW TO APPLY FOR MEDICARE SAVINGS PROGRAM TIME: 10AM

HP/NEB: **DANIEL LAMPORT** SENIOR EDUCATION CLASSES TIME: 12PM

THURSDAY, MARCH 7:

ED/REC: UNDERSTANDING MEDICARE NOW BY **GARY** TIME: 10AM

HP/NEB: BEGINNING STAGES OF DEMENTIA & ALZHEIMERS TIME: 12PM

FRIDAY, MARCH 8:

ED/REC: HOW TO APPLY FOR A FREE METRO CARD TIME: 10AM

HP/NEB: MAXIMIZING YOUR MEMORY BY **ELIZABETH FINE** TIME: 12PM

MONDAY, MARCH 11:

ED/REC: FALL PREVENTION TIME: 10AM

HP/NEB: GASTROESOPHAGEAL REFLUX DISEASE (GERD) TIME: 12PM





TUESDAY, MARCH 12:



ED/REC: HOW TO QUIT SMOKING TIME: 10AM

NUTRITION: NUTRITION AND CARBOHYDRATES TIME: 11AM

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

WEDNESDAY, MARCH 13:

ED/REC: WHY SENIORS MAY NOT SLEEP AT NIGHT TIME: 10AM

HP/NEB: **DANIEL LAMPORT** SENIOR EDUCATION CLASSES TIME: 12PM

THURSDAY, MARCH 14:

ED/REC: HOW TO APPLY FOR ACCESS-A-RIDE TIME: 10AM

HP/NEB: "DIABETES 101" BY **KYLE SOMERS** TIME: 12PM

FRIDAY, MARCH 15:

ED/REC: HOW TO DISCARD UNWANTED MEDICATIONS TIME: 10AM

HP/NEB: HIGH BLOOD PRESSURE (HYPERTENSION) TIME: 12PM

MONDAY, MARCH 18

ED/REC: TIPS FOR HEALTHY SKIN PRESENTED BY **LUI PHARMACY**

TIME: 10AM

HP/NEB: HIV/AIDS TIME: 12PM



TUESDAY, MARCH 19:

ED/REC: LOCATING NEIGHBORHOOD PANTRIES TIME: 10AM

HP/NEB: CHRONIC KIDNEY DISEASE TIME: 12PM



WEDNESDAY, MARCH 20

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

HP/NEB: **DANIEL LAMPORT** SENIOR EDUCATION CLASSES TIME: 12PM



THURSDAY, MARCH 21:

ED/REC: APPLYING FOR SCRIE TIME: 10AM

HP/NEB: OSTEOPOROSIS TIME: 12PM





FRIDAY, MARCH 22:

ED/REC: APPLYING FOR HEAP

HP/NEB: WARNING SIGNS OF STROKE

TIME: 10AM

TIME: 12PM



MONDAY, MARCH 25:

ED/REC: PRESENTATION ABOUT ELDER ABUSE

HP/NEB: EXCESSIVE ALCOHOL USE

TIME: 10AM

TIME: 12PM

TUESDAY, MARCH 26:

ED/REC: BENEFITS OF PHYSICAL ACTIVITIES

NUTRITION: ALLERGIES, MEDICATIONS AND NUTRITION

HP/NEB: COLORECTAL CANCER FROM **CANCER SOCIETY**

TIME: 10AM

TIME: 11AM

TIME: 12PM

WEDNESDAY, MARCH 27:

ED/REC: SEASONAL ALLERGIES

HP/NEB: **DANIEL LAMPORT** SENIOR EDUCATION CLASSES

TIME: 10AM

TIME: 12PM

THURSDAY, MARCH 28

ED/REC: HYGIENE

HP/NEB: ALL ABOUT EYES AND CATARACTS

TIME: 10AM

TIME: 12PM



FRIDAY, MARCH 29:

ED/REC: SCHEDULING REGULAR CHECK UPS WITH DOCTORS

HP/NEB: DEPRESSION AND OLDER ADULTS

TIME: 10AM

TIME: 12PM



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

For **registration** or **re-registration**
Please see or make an appointment with:

Harvey Simon

Preferably called: Simple Simon

Monday Programs



Basic Computer

Time: 11AM - 3PM



Arthritis Exercise

Time: 11AM - 12PM



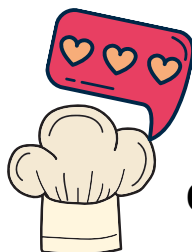
Poetry Writing & Reading

Time: 12 - 1PM



Opera Appreciation

Time: 1 - 2:30PM



Baking and Making Connections

Time: 10AM

Programs @ Stein OAC

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

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



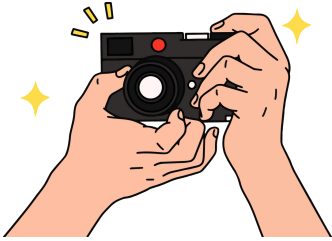
Spanish 101

Time: 1 - 2PM

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



Social Brain Games

Time: 1 - 3PM



Chair Yoga

Time: 1 - 2PM

Friday Programs



Basic Computer

Time: 11AM - 3PM



Spanish 101

Time: 1 - 2PM



Social Brain Games

Time: 1 - 3PM