

ENCORE

Senior Center Newsletter

A Message from Your Senior Center Director

Dear Encore Members,

We need your continued voluntary contributions and support.

Encore's congregate meal program is designed to enhance the health and independence of all our members who can come congregate at the center for socialization, nutrition, and programming. This program holds several benefits for our community such as:

Meal and nutrition programs, Information and assistance, Shop and Escort services, Public entitlements/benefits counseling, as well as Health, fitness, and wellness programs.

Our Homebound Members receive a meal a day. Our meals provide 1/3 of the daily recommended nutrition for a senior and are approved by NYC Dept for the Aging (DFTA) nutritionists. In addition to the nutritious, delicious food and programming members enjoy conversations and companionship with a caring Encore volunteers or Encore staff.

After a gas leak on July 16th 2019 Encore has been working diligently to repair leak, and is proud of the work achieved, ensuring no interruption to our home delivery program, and gaining permissions that allowed the center to fully open after a day closed. Encore extends a heartfelt thank you to its members and volunteers for returning to the center and working with staff to ensure it is the best senior center it can be.

We continue to count on the generous support of Encore members extend by their voluntary contributions. Thanking you in advance for your consideration of making any amount in a voluntary contribution, ideally a suggestion of \$2 per meal as that support is vital to assisting us fund the true cost of our meals.

Respectfully yours,

Jose Luis Sanchez

Director of Programs

Columbus Day: October 14th, 2019

The Senior center will be **closed** in observance of Columbus day on October 14th



October 2019 Senior Center Lunch Program

Menu Information

1st Lunch: 11:00-11:45am 2nd Lunch: 12:30-1:15pm

BREAKFAST CART

(NJ) In Natural Juice
(PW) Packed in Water
(SF) Sugar Free
(TFF) Trans Fat Free
(LS) Low Sodium
(LF) Low fat

All Meals are prepared under strict nutritional guidelines given by:
The Department for the Aging (DFTA)

Margarine: Trans Fat Free (TFF)
Coffee or Tea: If requested is \$.50

Served with each lunch:
Milk: 1% or low-fat milk
Whole Wheat Bread

Coffee, Tea, & Soup are outside DFTA requirements

9AM TO 10AM
\$.50 Coffee
Free Breakfast
Donated by
Community Restaurants

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Apple Juice Tapioca Pudding	2 Beef Meatballs in Tomato Sauce Spaghetti Italian Blend Vegetables Orange Pineapple-Juice Fruit Cocktail	3 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	4 Baked Breaded Fish w/ Tartar Sauce Pesto Pasta Prince Edward Blend Vegetables Apple Juice Orange
7 Stewed Beef Smashed Red Potatoes Steam Broccoli and Cauliflower Apple Juice Orange	8 Chicken Parmesan Penne Mixed Green Salad Steamed Green Beans apple Orange Pineapple-Juice	9 Beef Salisbury Steak w/ Mushroom Sauce Mashed potatoes Sautéed Spinach Orange Juice Canned Peaches	10 Baked Breaded Chicken Cutlet Beets and Baby Carrots w/ Dill Sweet Baked Yams Apple Juice Pear	11 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Orange Pineapple Juice Cantaloupe
14 Columbus Day Senior Center Closed	15 Oven Fried Chicken Red Bliss Potatoes Broccoli and Red Peppers Applesauce Orange Juice	16 German Pot Roast Carrots Steam Green Beans Apple Juice Banana	17 BBQ Chicken Leg Quarters Red Bliss Potatoes Vegetable Mix Orange Juice Apple	18 Baked Fish w/ Zucchini Pasta w/ sweet Peas Steamed Broccoli Orange Orange Pineapple Juice
21 Chili con Carne White Rice Vegetable Mix Apple Orange Juice	22 Brown Stew Chicken Collard Greens w/ Tomato Red Bliss Potatoes Apple Juice Pear	23 Jumbo Stuffed Shells w/ Meat sauce Italian Blend Vegetables Mixed Green Salad Orange Pineapple Juice Orange	24 Baked Turkey-Breast Mashed Sweet Potatoes Steamed Green Beans Orange Juice Fruited Jello	25 Coconut Crusted Tilapia w/ Tartar Sauce Egg Barley w/ Mushrooms Baby Carrots Apple Juice Tangerine
28 Stewed Pork Chops Black Beans & Rice Sautéed String Beans Apple Juice Sliced Peaches	29 Chicken Parmesan w/ Tomato Sauce Spaghetti Italian Blend vegetables Orange Pineapple-Juice Apple	30 Beef Meatloaf w/ Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear	31 Baked Chicken Quarters Baked Macaroni and cheese Sautéed Spinach Apple Juice Canned Pineapple	1 Baked Fish w/ Creamed Corn Sauce Yellow Rice California blend Vegetables Orange Pineapple Juice Orange

October 2019 Activities*

Date/Time	October 2019 Activities
Mon. 10:00-11:00	TECH LOUNGE: Monday through Friday. First Come First Serve. Depending on demand, each senior will get at least 30 minutes. Please sign up on provided sign up sheet
Mon. 10:00-11:00	Painting Class-A with Genie Cameron (Encore West location)
Mon. 10:00-11:00	Qi Gong For Seniors on the Senior Center's stage
Mon. 11:00-12:00	Painting Class-B with Genie Cameron (Encore West location)
Mon. 1:30-2:30	Bingo with DEED Volunteers (only on 10/07/19 and 10/28/19)
Mon. 1:30-3:30	Creative Writing Class at Encore 49 Residence
Mon. 3:00-4:00	Tap Dance class for Fun and Exercise by Instructor Nancy Simpson at the center stage.
Wed. 9:00-12:00	Blood Pressure Screening provided by School of Technology (no nurse available on the 9th and the 16th)
Wed. 10:00-1:00	Sr. Lil's Bargain Store: "Great Items and Great Sales"
Thurs. 10:00-11:00	Yoga Exercise Class with Jane Kristofferson (St. Malachy's Side Chapel)
Thurs. 1:30-2:30	Circle of Hope Support Group Conducted by senior members
Thurs. 3:00-5:00	Tech-101 (assistance with smart phone, tables & computers)
Fri. 10:00-11:00	Qi Gong For Seniors on the Senior Center's stage
Fri. 11:00-1:00	Blood Pressure Screening provided by ESCO pharmacy
Fri. 1:30-3:30	Friday Movies: Followed by discussion and refreshment

Movies for August:

10/4: The Butler

10/11: A Brilliant Mind

10/18: Volver

10/25: The Book of Life

October 2019 Special Events

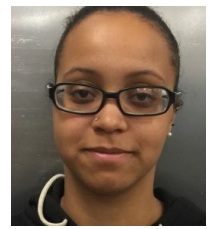
Wed 10/02	1:15-2:15pm	Belly Dance~ Class with Chantal for Fun & Fitness: Come and see the beautiful Chantal dancing. She will teach everybody a few belly dance movements. A series of three classes for the month of November Class will be held Tuesday 10/5, 10/12, and 10/19.
Tues. 10/08	1:15-2:15pm	Workshop : on Ovarian cancer and Breast cancer Taller: Informacion de Cancer de Seno o de Ovario Presented by SHARE: Self-help for Woman with Breast Or Ovarian Cancer
Wed 10/09	1:15-2:15pm	Zumba Class: Fun Dancing exercise with the very talented Desiree Dicupe
Wed 10/16	1st and 2nd Lunch 11:30-3:00	Birthday Lunch Celebration —During the 1st and 2nd Lunch. Don't forget to sign-up ahead of time for a birthday gift! Birthday Dance Celebration: "Dance Your Way to Health" with the music of D J JARANO (Disk Jockey of Latin & American Music) Sponsored by Humana.
Mon 10/21	1:15pm	Senior Safety Workshop: Presented by Bellevue Hospital Center Dept. of Surgery/ Trauma & Injury Prevention Program
Wed 10/23	1:15-2:15pm	Zumba Class: Fun Dancing exercise with the very talented Desiree Dicupe
Mon 10/28	10:00am	FREE LEGAL CLINIC: Find help with drafting and execution of wills, powers of attorney, and other essential life-planning documents, provided by VOLS. First come, first served.
Tues. 10/29	1:15-2:15pm	SING FOR YOUR SENIORS: Enjoy the magic of Broadway! Brought to you by the grants from Broadway Cares/Equity Fights AIDS!
Wed. 10/30	1:30-3:00pm	Halloween Dance & Costume Party: Come dance to the music of Juan Ortega. Don't forget to enter the costume party contest! Costume contestants must register with Nieves. Followed by refreshments and raffle. "Dance Your Way to Health" Prizes for the six most popular costumes

Artist Corner

Paul Kessler an Encore member generously shared his photo above with us. The photo was a part of an art exhibition ‘New York New York: Life in the City’ at The Galleries at Saint Peter’s Church in 2010.



Unleash your inner artist and share your work for all to enjoy. Send us your art (writing, photographs, talents, etc.) and we will showcase it here. Email it to info@encorecommunityservices.org



Encore’s Home Delivered Meals

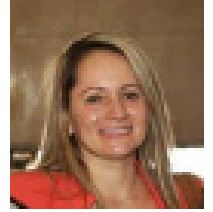
Program (HDML)
212-581-2910
(press option #4)

For homebound seniors who live on the West Side of 8th Ave. to 12th Ave. call: Selfhelp Project Pilot
(212) 787-8106

We deliver nutritious meals to over 1,100 frail homebound seniors on the West Side of Manhattan from 14th to 110th St.

If you are in need of a home delivered meal or know of an elderly friend or family member in need, call the following numbers for more information.

For homebound seniors who live on the East Side of 8th Ave. call: New York Foundation for Senior Citizens
(212) 962-7827



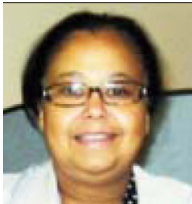
PLEASE SUPPORT ENCORE’S many vital services for both on-site and homebound seniors!

Your donations make it possible for Encore to continue and grow these services. DONATIONS may be made online at www.encorecommunityservices.org



FOOD SERVICE PROGRAM

Encore’s hardworking and dedicated kitchen staff prepares over 4,700 meals every week for the on-site and homebound programs!



SENIOR CENTER

GENERAL INFORMATION
Please contact us at 212-581-2910 (press option #3) to learn more about current events not listed in the newsletter.

ON-SITE SOCIAL SERVICES

212-581-2910
(press option #5)

Provide on-site help with benefits & entitlements such as SNAP (Food Stamps), SCRIE, HEAP, Medicare Beneficiary Program, etc.

Monday-Friday: 9AM-12:30PM(Walk-in)
Appointment only after 2:00PM

Bridge Program: provide information on Health Care Proxies, Living Wills, Power of Attorney, etc. Legal Clinic: Cancelled until further noticed. Operated by Volunteers of Legal Services (VOLS). SNAP Outreach Program: Our trained staff can help you apply/recertify for SNAP (Food Stamps) at the Senior Center. Ask about our homebound outreach program. Call for an appointment!

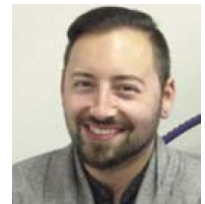
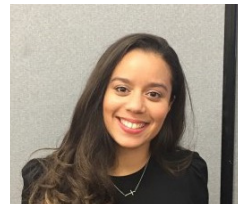
VOLUNTEER & OUTREACH PROGRAMS

Volunteers are an important part of Encore’s dedicated workforce. Standing side by side with our equally dedicated staff, they provide needed services for our seniors.

Volunteers always needed! To learn how you can help, contact the Volunteer Coordinator at ext. 1118

Friendly Visiting Program: matches homebound seniors with Volunteers who provide companionship and a sense of family for seniors living alone. For more information dial ext. 1118

Senior Escort Program: assists seniors with escorts to medical facilities and other needed errands. For more information contact the Program Coordinator at ext. 1125



To Receive Encore Senior Center’s Monthly Newsletter via Email Send your name and email address to: info@encorecommunityservices.org