

ENCORE Community Services
Senior Center Newsletter



FEBRUARY 2016

239 West 49th Street
New York, NY 10019

212-581-2910 Ext. 122

www.encorecommunityservices.org



"Broadway's Longest Running Act of Loving Care"

**LET'S GET MOVING!
WITH EXERCISE!**

FRIDAY, 2/19/2016 and 2/26/2016
10:00AM - 11:00AM

LOW IMPACT EXERCISE
DANCING, TAI CHI, CHAIR YOGA, AND
STRETCHING

HELP PREVENT FALLS!
GET STRONGER, MORE FLEXIBLE,
& BALANCED
RELAX & HAVE FUN!

Presented by SUNY Downstate Occupational
Therapy Students
Reina Gonzales & Vrinda Singh

It doesn't matter if you have never exercised
before or if you workout every day. If you're
looking for a fun class to improve your health
and wellness, come join us.

ALL ARE WELCOME!

DANZA EXPRESS



Every Tuesday & Wednesday
(Except the 3rd Wednesdays)
2:30PM – 3:45PM

Starting on
Tuesday, February 2, 2016
at

Encore Senior Center
239 West 49th Street, Basement

Experience this beautiful multi-cultural art form first hand!
Join us in a journey through the rhythms and movements of
Flamenco and Mexican Dance with Master Teacher Yloy
Ybarra. Improve your motor skills, body awareness,
coordination, and strength to Paso Doble, Flamenco and
Mexican Dance!

"DANZA EXPRESS" IS SUPPORTED BY PUBLIC FUNDS FROM THE NEW YORK
CITY DEPARTMENT OF CULTURAL AFFAIR, IN PARTNERSHIP WITH THE CITY
COUNCIL.



VALENTINE'S DAY & BIRTHDAY CELEBRATION

Join us as we celebrate love and friendship!

"Dance Your Way to Health"

Music by Juan Ortega
Wednesday, 2/17/2016 at 1:30PM




Encore Senior Center
CLOSED

Presidents' Day -
Monday
2/15/2016

Day/Time	FEBRUARY 2016 WEEKLY ACTIVITIES
Mon. 9:45-10:45 10:00-11:00 10-11:30 10:45-11:45 1:30 1:30	Painting Class-A... with Genie Cameron..(Encore West location, <i>Registration Required</i>) Tai Chi Chih Class , with Sr. Peggy McGirl..(St. Malachy's Side Chapel) Legal Clinic from Volunteers of Legal Services (4th Mon., 2/22/16) Painting Class-B... with Genie Cameron..(Encore West location, <i>Registration Required</i>) Bingo (following 2nd Lunch) Creative Writing Class - at Encore 49 Residence. We are <u>looking for new participants</u> see Elvira if you are interested and want to register for the workshop, <i>Registration Required</i>
Tues. 2:30 - 3:45	DANZA EXPRESS- Improve your motor skills, body awareness, coordination, and strength to Paso Doble, Flamenco and Mexican Dance! Provided by Yloy Ybarra, Artistic Director of Danza España.
Wed. 10:00-1:00 1st & 2nd Lunch 9:00 - 12:00 2:30-3:45	Sr. Lil's Bargain Store - "Great Items and Great Sales" Birthday Dinner Celebration - (3rd Wed., 2/17) Don't forget to sign up in the Senior Center for the Birthday Gifts Blood Pressure Screening - New York City College of Technology (Starting 2/10/16) DANZA EXPRESS- Improve your motor skills, body awareness, coordination, and strength to Paso Doble, Flamenco and Mexican Dance! Provided by Yloy Ybarra, Artistic Director of Danza España. (No Danza Express on Wed. 2/17/16)
Thurs. 10 -11:00 1:30 - 2:30	Yoga Exercise Class , with Jane Kristofferson..(St. Malachy's Side Chapel) "Circle of Hope" Support Group Conducted by senior members.
Fri. 11:00 - 1:00 12:00 - 1:00 1:30	Blood Pressure Screening- in Volunteer Office provided by ESCO Pharmacy Smartphone & Tablet Basic Training - Conducted by Elvira Yanes on the senior center stage Movie & Discussion - see February movie listing below.

<p style="text-align: center;">FRIDAY MOVIES at 1:30PM</p> <p style="text-align: center;">with Discussion & Refreshments</p>				
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Day /Date	Time	FEBRUARY 2016 SPECIAL EVENTS
Thurs. 2/11	12:00	SENIOR ADVISORY COUNCIL - See Nieves Taveras for more information and continue your suggestions in the Suggestion Box.
Tues., 2/16	1:30	ZUMBA GOLD CLASS - Sponsored by Visiting Nurse Services (VNS)
Wed., 2/17	1:30 - 3:00	<p style="text-align: center;"><u>VALENTINE'S DAY & BIRTHDAY DANCE CELEBRATION:</u></p> <p style="text-align: center;">Join us as we celebrate love and friendship at Encore. Come and "Dance Your Way to Health"</p> <p style="text-align: center;">Music by Juan Ortega followed by Refreshments and Raffle</p> 
Frid., 2/19 2/26	10:00 - 11:00	LOW IMPACT EXERCISE - Let's get moving with exercise! Help prevent falls, get stronger, more flexible, and better balance. Relax & Have Fun! Presented by SUNY Downstate Occupational Therapy Students, Reina Gonzales & Vrinda Singh
Tues. 2/23	10:30-12:00	HEALTH MANAGED SCREENING: Blood Sugar Testing, Blood Pressure Screening, Medication & Health Insurance Questions, Provided by Ryan/Chelsea-Clinton Community Health Center
Tues., 2/23	1:30	SING FOR YOUR SENIORS - Broadway Musical Entertainment. Led by Jackie Vanderbeck Disalvo, Executive Director

FEBRUARY 2016
Senior Center On-site
LUNCH PROGRAMS

1st Lunch...11:00AM
 2nd Lunch...12:30PM



All Meals are prepared under strict nutritional guidelines given by the NYC Department for the Aging

Served with each meal:

Milk: 1% or low-fat milk
Margarine: (Trans Fat Free (TFF)

Whole Wheat Bread

Coffee or Tea
 if requested is \$.50

Coffee, Tea & Soup
 are outside the DFTA required menu.

Menu Information

(NJ) In natural juice
 (PW) Packed in Water
 (SF) Sugar Free
 (TFF) Trans Fat Free
 (LS) Low Salt
 (LF) Low Fat



Monday	Tuesday	Wednesday	Thursday	Friday
1 Hungarian Goulash w/ Beef White Rice Baby Carrots w/ Parsley Fresh Apple Orange Juice	2 Hawaiian Chicken Baked Sweet Potato Steamed Green Beans Apple Juice Banana	3 Swedish Meatballs w/ Brown Gravy Bowtie Noodles Collard Greens w/ Tomato Fruit Cocktail OJ Pineapple Juice	4 Rosemary Chicken Brown Rice (1/2 cup) Sautee Mexican Corn Confetti Orange Juice Fruited Jell-O	5 Baked Breaded Fresh Fish w/ Tartar Sauce Roasted Vegetable Couscous Steamed Peas Apple Juice Fresh Orange Homemade Soup
8 Salisbury Steak w/ Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn and Tomatoes Apple Juice Fresh Orange	9 Spanish Style Baked Chicken Rice and Beans Steamed Green Beans Banana OJ Pineapple Juice	10 Ash Wednesday Parmesan Baked Fish Couscous w/ Peas and Lemon Diced Beets w/ Onions Orange Juice Sliced Peaches (NJ)	11 Southern Style Breaded Chicken Baked Sweet Potato Steamed Spinach Apple Juice Fruited Jell-O	12 Lemon Garlic Tilapia Pasta w/ Sweet Peas Baby Carrots w/ Parsley Fresh Cantaloupe OJ Pineapple Juice Homemade Soup
15 CENTER CLOSED 	16 Citrus Marinated Chicken White Rice Steamed Vegetables Orange Juice Fruited Jello	17 Yankee Pot Roast Garlic & Rosemary Roasted Potatoes Steamed Carrots Homemade Cake (TFF) Ice Cream (SF) 	18 BBQ Chicken Roasted Vegetables Couscous Steamed Spinach OJ/Pineapple Juice Fresh Pear	19 Baked Fish w/Creole Sauce Brown Rice Steamed Broccoli Orange Juice Kiwi Homemade Soup
22 Chili con Carne White Rice Steamed Peas and Carrots Orange Juice Fresh Apple	23 Chicken Piccata Roasted Potatoes Steamed Green Beans Apple Juice Fresh Pear	24 Country Style Pepper Steak Brown Rice (1/2 cup) Collard Greens w/ Tomato Banana OJ Pineapple Juice	25 Hometown Turkey Meatloaf Sweet Baked Yams Steamed Broccoli Orange Juice Fruited Jell-O	26 Parmesan Baked Fish Couscous w/ Peas and Lemon Diced Beets w/ Onions Apple Juice Fresh Cantaloupe Homemade Soup

SNAP BENEFITS (Food Stamps)

You can now pay for your \$1.50 contribution with your **EBT Benefit Card**. For more information about eligibility for SNAP benefits visit the Social Service Office at Encore Senior Center.

If your income is less than \$15,301 per year you may qualify for Supplemental Nutrition Assistance Program (SNAP).

Come and ask about SNAP today!

Encore Senior Center
now accepts





PLEASE SUPPORT ENCORE'S
Meals From the Heart Program

so we can continue to provide meals for our frail homebound seniors.

DONATIONS may be made on Encore's Website, by mail or in person. The Website and mailing address is listed on the front cover of this Newsletter.

Encore's Meals Program is vital in the lives of our homebound elderly, especially those with very low incomes. That is why donations matter. Please join Encore in this service.



WHY MEAL CONTRIBUTIONS ARE SO VERY IMPORTANT.

Encore Senior Center exists in part, through government funding, private grants, furnishing and contributions. All of these sources are absolutely necessary. This funding however is not meant to take care of the entire cost. Factored into the meal expenses are funds from meal contributions that are set with the Department for the Aging and built into our Food Service budget.

Encore prides itself on providing wonderful nutritious meals that will aid in the health of our seniors. The estimated cost of the total meal Encore provides, if gotten elsewhere, would be at least \$8.00 to \$10.00. All we ask is \$1.50 so it will not be such a burden. No senior however, will be denied a meal for lack of contributing.

PLEASE ASSIST ENCORE BY CONTRIBUTING \$1.50 for the meal.

Encore truly appreciates all those who continue to support Encore through financial donations, along with donations of Jewelry and other items. These contributions and donations play a vital role in Encore's ability to sustain our many needed programs.

If anyone has **"JEWELRY"** they would like to donate to help Encore, we would be very grateful.

ALL DONATIONS ARE TAX DEDUCTIBLE. You can donate by sending or bringing jewelry to: Sr.Lillian Mc Namara, Director of Operation
Encore 49 Residence
220 West 49th St. NY, NY 10019, or dropping it off at our senior center.

Donations of clothing and other small items can go to the Senior Center Monday through Friday from 8:00AM to 4:30PM.



Sr.Lillian McNamara
Dir. of Operations



Elvira Yanes LMSW
Dir. of Programs



Juan Cruz
Food Service Manager



Nieves Taveras
Assistant Director



Receive Encore's Monthly Newsletter

Please send your name and e-mail address to:
info@encorecommunityservices.org

ENCORE'S HOME DELIVERED MEAL PROGRAM

delivers nutritious meals to over 1100 frail elderly 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, please call the following:

Selfhelp Project Pilot
(212) 787-8106

Homebound seniors living on the West Side of 8th Ave. to 12th Ave.



Adela Rodriguez
Program Manager

New York Foundation for Senior Citizens
(212) 962-7817

Homebound seniors living on the East Side of 8th Ave to 5th Ave.



Melissa Astor
Delivery Coordinator



Mabel Santana
Adm. Assistant

If it is difficult getting in touch with either agency, call: **Encore's Home Delivered Meal Program**
(212) 581-2910 Ex.130

Senior Center General Information
(212) 581-2910 Ext. 122
Senior Center Prog. Dept. Ex. 127

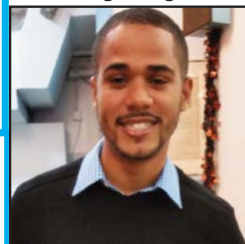
When leaving a message, please leave your name, phone number and subject for the call, so we can get back to you as soon as possible.



Sr.Margaret Rose MSW
Bridge Program



Naryobe Arias
Case Worker



Anthony Concepcion
Volunteer Coordinator



Justin Lang
Case Worker

ON-SITE SOCIAL SERVICE DEPARTMENT- (212) 581-2910 Ext 125

Provides information on benefits and entitlements such as Food Stamps, Medicare, Medicaid, Veterans Benefits etc. **See Programs below:**

Shop and Escort Program - Ex. 125, Assists seniors with escorts to medical and other needed errands.

Bridge Program - Ex. 118, provides information on Health Care Proxies, Living Wills, Power of Attorney etc.

Legal Clinic - Ex. 118, 125 4th Mon. of the month from 10 to 11:30AM, operated by Volunteers of Legal Services. Appointments can be made through Social Service. Check Newsletter for changes in date.

Friendly Visiting Program - Ext. 110, Matches homebound seniors with Volunteers who provide companionship and a sense of family for seniors living alone.