

ENCORE Community Services Senior Center Newsletter



March, 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"



ST PATRICK'S DAY Luncheon & Dance Celebration

Come join Macy's Volunteers as we
celebrate March Birthdays and

St. Patrick's Day

LUNCH starts at 11:00AM and dancing
starts at 1:30PM

MUSIC by JUAN ORTEGA
Wednesday 3/16/2016

*Funded by Macy's and hosted by our friends at
St. Francis Food Pantries and Shelters !*

Most folks celebrate the Irish holiday by wearing green, having a good corned Beef & Cabbage meal, filling our hearts with beautiful Irish music, or even following one of the Irish traditions or myths that are part of this holiday. This myth leads us to search for the famous pot of gold at the end of a rainbow.

It doesn't take long however to realize that the gold pieces that fill this pot of gold are actually the treasures of friendship, kind words and actions, and a belief that we are not only a part of this treasure, but we are also obligated to share this treasure with others. This sharing increases the treasure a hundred fold and illuminates the goodness found in this world of ours.



DANZA EXPRESS

Every Tuesday & Wednesday

(Except the 3rd Wednesdays)

2:30PM – 3:45PM

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 COUNCIL, IN PARTNERSHIP WITH THE NEW YORK CITY DEPARTMENT OF CULTURAL AFFAIRS AND DEPARTMENT FOR THE AGING.



More and more people over the age of 60 are going online and using Facebook, Google, and even Youtube. They are emailing, texting and blogging—and it is having a positive impact on their lives. If you have recently gotten a Smartphone or Tablet and would like more information on how to better use it, come to our class on Fridays. The class is conducted by Encore's Director of Programs, Elvira Yanes, and she is more than happy to assist you in gaining more facility in their use.



Encore will be
CLOSED

Good Friday, March 25th

also CLOSED

after 2nd Lunch

Thursday, March 24th

Day/Time	MARCH 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., 3/28/16) 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., 3/16/16) Don't forget to sign up in the Senior Center for the Birthday Gifts Blood Pressure Screening - New York City College of Technology 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. 3/16/16)
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 March movie listing below.

FRIDAY MOVIES at 1:30PM

with Discussion & Refreshments

3/04 - The Big Short
 3/11 - Brooklyn
 3/18 - Steve Jobs



3/4



3/11



3/18

Day /Date	Time	MARCH 2016 SPECIAL EVENTS
Thurs. 3/10	12:00	SENIOR ADVISORY COUNCIL - See Nieves Taveras for more information and continue your suggestions in the Suggestion Box.
Tues., 3/15	1:30	NUTRITION WORKSHOP - FLAVOR YOUR FOOD WITH HERBS & SPICES, Presented by Amelia Jalandoni
Wed., 3/16	1:30 - 3:00	ST. PATRICK'S DAY Luncheon & Dance Celebration Come join Macy's Volunteers as we celebrate March Birthdays and St. Patrick's Day <p style="text-align: center;"><u>MUSIC by JUAN ORTEGA</u></p> <i>Funded by Macy's and hosted by our friends at St. Francis Food Pantries and Shelters</i>
Tues., 3/22	1:30-2:30	CHAIR YOGA - Yoga is know to reduce anxiety, protect your joints, build strength and balance, minimize hypertension, boost mood, and sharpen your mind. Check with your physician before beginning any exercise program. <i>Sponsored by Visiting Nurse Services (VNS)</i>
Tues. 3/29	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



MARCH 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



COME JOIN US AT ENCORE for the best Food, Friends & Programs on

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Chicken Parmesan Spaghetti Italian Blend Vegetables OJ/Pineapple Juice Fresh Apple	2. Homemade Beef Stew Brown Rice Brussel Sprouts Orange Juice Fresh orange	3. Southern Style Breaded Chicken Baked Macaroni and Cheese Tangy Green Beans Apple Juice Pineapple Tidbits	4. Baked Fish with Light Basil Cream Sauce Red Bliss Potatoes California Blend Vegetables Fresh Orange Homemade Soup
7. Beef Stroganoff Egg Noodles Mixed Vegetables OJ Pineapple Juice Fresh Pear	8. Honey Mustard Chicken Rice Pilaf Brussel Sprouts Orange Juice Fruit Cocktail	9. Italian Meatballs w/ Diced Tomato Sauce Pasta Braised Collard Greens Apple Juice Pineapple Tidbits	10. Cranberry Chicken Corn Steamed Green Beans Banana OJ Pineapple Juice	11. Baked Fish w/ Creole Sauce Couscous w/ Peas and Lemon Broccoli and Red Peppers Cantaloupe Homemade Soup
14. Hungarian Goulash w/ Beef White Rice Baby Carrots w/ Parsley Apple Orange Juice	15. Hawaiian Chicken Baked Sweet Potato Steamed Green Beans Apple Juice Banana	16. Corned Beef with Mustard Boiled Potatoes Steamed Cabbage OJ/Pineapple Juice Sugar Free Ice Cream	17. Rosemary Chicken Brown Rice Mexican Corn Confetti Sautee Orange Juice Fruited Jell-O	18. Baked Breaded Fresh Fish w/ Tartar Sauce Roasted Vegetable Couscous Steamed Peas Orange Homemade Soup
21. Salisbury Steak w/ Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn and Tomatoes Apple Juice Orange	22. Spanish Style Baked Chicken Rice and Beans Steamed Green Beans Banana OJ Pineapple Juice	23. Beef and Vegetable Stew Penne California Blend Vegetables Orange Juice Sliced Peaches	24. Southern Style Breaded Chicken Baked Sweet Potato Steamed Spinach Apple Juice Fruited Jell-O	25. CENTER CLOSED
28. Stewed Pork Chops Red Bliss Potatoes Steamed Carrots Apple OJ Pineapple Juice	29. Citrus Marinated Chicken White Rice Steamed Vegetables Orange Juice Fruited Jello	30. Jumbo Stuffed Shells w/ Meat Sauce Brussel Sprouts Tossed Salad with Dressing Apple Juice Orange	31. BBQ Chicken Roasted Vegetables Couscous Steamed Spinach OJ/Pineapple Juice Fresh Pear	Encore Senior Center now accepts SNAP BENEFITS

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.



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

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.



Receive Encore's Monthly Newsletter

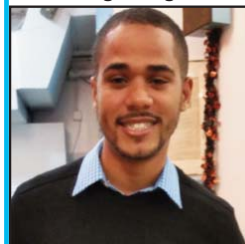
Please send your name and e-mail address to:
info@encorecommunityservices.org



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.