

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 travel to the senior center to participate in social, nutritional, and senior programming. This programming provides multiple benefits to our community beyond just meals, Encore provides Information and assistance, shop and escort services, Technology training, art classes, Public entitlements/benefits counseling, health, fitness, and wellness programs.

At the core of our offering is our homebound and congregate meals program. Both our Homebound and congregate members receive a fresh or frozen 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, congregate members enjoy conversations and companionship with a caring Encore volunteers or Encore staff.

We continue to count on the generous support of Encore members in the form of their voluntary contributions. We Thank you in advance for your consideration in making any voluntary contribution, ideally a suggested amount of \$2 per meal. This support is vital in assisting the agency towards funding the true cost of our meals.

Respectfully yours,

Jose Luis Sanchez

Director of Programs



Friendly Visiting Program

Encore's Friendly Visiting Program matches seniors in the community with volunteers who visit them every week to chat and enjoy the company, take part in activities like going to cafes and museums, share stories, learn new skills, and a variety of other things based on the desires of the companions.

You will be matched with a senior who has a similar personality and interests and you can decide together how to spend your time. Visits can easily fit into your schedule because matches are based on your availability. We ask for a minimum commitment of weekly hour-long visits for a period of at least six months. Many of our Friendly Visiting friendships last much longer!

Be the person who brightens their day and week, and your own!

Artist Corner

Artist: Peter Gallinari
Title: People



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

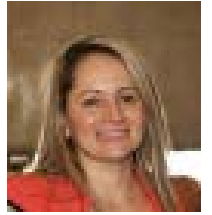
Program (HDML)
212-581-2910
(press option #4)

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.

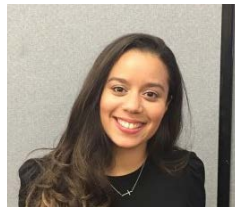
VOLUNTEER & OUTREACH PROGRAMS

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 are 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



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: Canceled 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!

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

March 2020 Activities*

Date/Time	March 2020 Activities
Mon. 10:00-11:00	TECH LOUNGE: Monday through Friday. First Come First Served. 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. 10:00-11:30	Legal Clinic by Vols (4th Monday.03/23/2020)
Mon. 11:00-12:00	Painting Class-B with Genie Cameron (Encore West location)
Mon. 2:15-3:15	Bingo with DEED Volunteers (only on 03/09/20 and 03/23/20)
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. (no class on 3/16)
Wed. 9:00-12:00	Blood Pressure Screening provided by School of Technology
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. 3:00-4:00	Tech 101 Workshop: Volunteers will assist seniors with their tech needs: Smart phones and tablets: please sign in with Crystal
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 March:

03/06: Harriet

03/13: Parasite

03/20: Bombshell

03/27: Fleabag

March 2020 Special Events

Monday	Tuesday	Wednesday	Thursday	Friday					
1:30pm Fun Fitness Movement Class: with Road Runners coach Myna M. Mayors	2	1:30pm Playing Age-Tastic with Melissa Abreu , come and have fun and win prizes .	3	11am-1pm Complimentary tickets for The New York Youth Symphony for Saturday March 10, 2019 at 2PM the Carnegie Hall . Limited tickets available first come first serve.	4		5		6
1:15pm Belly Dance Exercise Class come and learn a few belly dance moves while you are Exercising and having fun. Open level,Presented by instructor Chantal Mariani, followed by Bingo	9	1:15pm Health Advocay Workshop: Presented by Say Ah	10	1:15pm Zumba Fitness class	11		12		13
1:30pm-2:30pm Fun Fitness Movement Class: with Road Runners coach Myna M. Mayors	16	17	1:30pm BIRTHDAY DAY PARTY CELEBRATION: Join us as we Dance Our Way to Health with the music of our friend Juan Ortega. Followed by refreshments & raffle.	18		19		20	
10am Legal Clinic: Sponsored by Volunteers of legal services. 1:15pm-2:30pm Belly Dance Exercise Class	23	1:15pm Health Workshop: " Signs of Dementia" presented by Melissa Abreu	24	1:15pm Zumba Fitness class	25		26		27
1:30pm-2:30pm Fun Fitness Movement Class: with Road Runners coach Myna M. Mayors	30	1:15pm NUTRITION WORKSHOP: "TRIGLYCERIDES " Why do They Matter?	31						

March 2020 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

Coffee, Tea, & Soup are outside DFTA requirements

9AM TO 10AM

Free Breakfast Donated by Community Restaurants

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Stewed Pork Chops Black Beans and Rice Sautéed String Beans Apple Juice Sliced Peaches	3 Chicken Parmesan Tomato Sauce Spaghetti Italian Blend Vegetables Apple Orange Pineapple Juice	4 Beef Meatloaf Brown Gravy Smashed Red Potatoes Steamed Carrots Orange Juice Pear	5 Baked Chicken Baked Macaroni and Cheese Sautéed Spinach Apple Juice Canned Pineapple	6 Baked Fish with Cream Corn Sauce Yellow Rice California Blend Vegetables Orange & Orange Pineapple Juice
9 Beef and Broccoli Brown Rice Oriental Blend Vegetables Orange Pineapple Juice Pear	10 Chicken Legs with Stewed Tomatoes Smashed Red Potatoes Steamed Kale Orange Juice Fruited Jello	11 Spaghetti with Meat Sauce Brussel Sprouts Steamed Broccoli Apple Juice Orange	12 Cranberry Chicken Corn Steamed Spinach Orange Pineapple Juice Strawberry and Applesauce	13 Baked Tilapia Light Basil Cream Sauce California Blend Vegetables Red Bliss Potatoes Kiwi Orange Juice
16 Baked Ziti with Meat Sauce Sautéed Spinach Steamed Carrots Apple Orange Juice	17 Corned Beef Boiled Potatoes Steamed Cabbage Apple Juice Tapioca Pudding	18 Baked Chicken Quarters Yellow Rice Broccoli and Red Peppers Fruit Cocktail Orange Pineapple Juice	19 Dijon Chicken California Blend Vegetables Red Bliss Potatoes Orange Juice Fruited Jello	20 Baked Breaded Fish with Tartar Sauce Pesto Pasta Prince Edward Blend Vegetables Apple Juice Orange
23 Stewed Beef Smashed Red Potatoes Steamed Broccoli and Cauliflower Apple Juice Orange	24 Chicken Parmesan Penne Steamed Green Beans Apple Orange Pineapple Juice	25 Beef Salisbury Steak with Mushroom Sauce Homemade Mashed Potatoes Sautéed Spinach Orange Juice Sliced Canned Peaches	26 Baked Breaded Chicken Cutlet Beets and Baby Carrots with Dill Sweet Baked Yams Apple Juice	27 Parmesan Baked Tilapia Rice Pilaf Prince Edward Blend Vegetables Cantaloupe Orange Pineapple Juice
30 Pasta with Meatballs California Blend Vegetables Apple Orange Pineapple Juice	31 Oven Fried Chicken Broccoli and Red Peppers Red Bliss Potatoes Applesauce Orange Juice			

Protect yourself from **Coronavirus** and other viruses that can make you **sick!**

Wash **Your** **Hands**

Wash with soap and water
for at least 20 seconds.

or

Clean with alcohol based
hand sanitizer.



Cover Your Cough



Cover your mouth and nose with a tissue when you
cough or sneeze.

Dispose of tissue after one use!

or

Cough or sneeze into your upper sleeve, not your
hands.

Avoid touching your face, mouth or eyes.

Feeling Sick?

If you are feeling sick, stay home and consider getting
medical attention, as soon as possible.



For current information on this matter you can call the Novel Coronavirus Hotline at
1-888-364-3065 or visit: <https://health.ny.gov/diseases/communicable/coronavirus/>