April 11th is National Pet Day! Let’s give thanks to our beloved animal friends and family!

April 22nd we celebrate the annual international holiday Earth Day, which was created to support environmental protection. Here are some ways you can help this important cause.

- Practice the three R’s - Reduce the waste you generate, Reuse items when possible, Recycle waste to reduce pollution.
- Conserve water and energy. Turn off faucets and lights when not in use.
- Volunteer with Wildlife NYC, a campaign launched by the City of New York to increase public awareness about urban wildlife. Visit nyc.gov/wildlife for volunteer opportunities.

“The earth is what we all have in common.” — Wendell Berry

April 7: Senior Center closed at 1:30pm; Grab-and-Go until 2:30pm
April 8: Senior Center closed; Grab-and-Go from 11:00am - 2:30pm
April 15: Senior Center closed  April 18: Senior Center closed
# APRIL 2022 Weekly Activities

## MONDAY

**Tai Chi for Arthritis & Fall Prevention** with Coach Jean Fung  
Every Monday at 10:00 AM  
This Evidence-Based Tai Chi program is recommended by the CDC as an effective program that is shown to reduce the recurrence of falls. Participants who complete 15 sessions will receive a gift from Encore.

**JOIN VIA ZOOM**  
https://zoom.us  
Meeting ID: 221 377 2276  
Password: 261323  
One Tap Mobile: 1929 205 6099#, 1#, 261323#(US)

Class will also be playing on the Encore computer T.V.  
Members are welcome to take the class at the Senior Center at 10am.

**Sustainable Fashion Workshop** with aricoco  
Every Monday and Thursday at 11:00 AM  
Each week, the artist aricoco shares different methods of upcycling used clothing and leftover textiles: Clothing exchanges, woven cardboard, pompom and fabric collages, etc. Participants are also introduced to sustainable ways of living, and the workshops will culminate in the Upcycle Fashion Show (in Mid-June), showcasing participants’ transformation as fashion models with their upcycled wearables.

**Health Management Program Series**  
Every Monday at 1:15 PM  
Monday, April 4: Stretching and Balance  
Monday, April 11: Circuit Light  
Monday, April 18: Stability and Meditation  
Monday, April 25: Stretching & Balance

**JOIN VIA ZOOM**  
https://zoom.us  
Meeting ID: 883 929 2828  
Password: 0ZX9h7

## TUESDAY

**Chair Yoga Exercise** with Nancy Guzman  
Every Tuesday at 10:00 AM

**JOIN VIA ZOOM**  
https://zoom.us  
Meeting ID: 221 377 2276  
Password: 261323  
One Tap Mobile: 1929 205 6099#, 1#, 261323#(US)

Class will also be playing on the Encore computer T.V.  
Members are welcome to take the class at the Senior Center at 10am.

**Nutrition Workshop: What you need to know about GMOs**; Presented by Amelia Jalandoni, Certified Nutritionist  
Tuesday, April 12 at 12:00 PM/NOON  
GMOs (Genetically Modified Organisms) are produced using scientific methods that include recombinant DNA technology. GMOs have become a part of everyday life, through agriculture, medicine, research, and environmental management. However, the production of GMOs remains a highly controversial topic in many parts of the world. At this workshop, you can learn more about GMOs and ask questions from a certified nutritionist.

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**Virtual or In Person**

**In Person**

**Virtual or Telephone**

**In Person**

**Virtual**

**Telephone**
**APRIL 2022 Weekly Activities**

**TUESDAY**

**Free Hoarding Workshop** with Housing Conservation Coordinators  
Tuesday, April 19 at 12:00 PM/NOON  
Hoarding can become a way of living that affects our quality of life, and in some cases, even become dangerous. Learn how to become less cluttered and more organized!  
Registration is required. Please call (212) 581-2910 Ext. 1135 or sign up online at https://tinyurl.com/ecshcc

**Vocal Ease Phone Concert**  
Tuesday, April 26 at 12:00 PM/NOON  
A 30-minute musical concert to entertain members with songs that bring good memories. All you have to do is pick up the telephone and say hello—the music will start for you to sing along!  
Registration is required. Contact Nieves Taveras to sign up for the concert robocall, and Vocal Ease will call all registered participants on the day of the concert.  
Phone: (212) 581-2910 Ext. 1127  
Email: ntaveras@encorenyc.org

**BINGO at Encore**  
Every Tuesday at 1:30 PM  
Join us for fun games with special prizes such as food, cosmetics, jewelry, and more!  
In Person

**Bible Studies**  
with Victoria Prophet  
Every Tuesday from 2:30 PM – 3:30 PM  
Group discussion about our connection to God.  
JOIN VIA PHONE  
Phone: 1 (844) 855-4444  
Code: 54 56 523  
then press #

**VNSNY Choice Virtual Exercise Series**  
Every Tuesday at 2:30 PM  
Tuesday, April 5: Zumba Gold in Chair  
Tuesday, April 12: Chair Exercise  
Tuesday, April 19: Chair Yoga  
Tuesday, April 26: Chair Exercise  
JOIN VIA ZOOM  
https://zoom.us  
Meeting ID: 7726 62 3351

Class will also be playing on the Encore computer T.V.  
Members are welcome to take the class at the Senior Center at 2:30pm.

**Tai Chi for Arthritis & Fall Prevention** with Coach Jean Fung  
Every Wednesday at 10:00 AM  
This Evidence-Based Tai Chi program is recommended by the CDC as an effective program that is shown to reduce the recurrence of falls. Participants who complete 15 sessions will receive a gift form Encore.  
JOIN VIA ZOOM OR PHONE  
https://zoom.us  
Meeting ID: 221 377 2276  
Password: 261323  
One Tap Mobile: 1929 205 6099#, 1#, 261323#(US)

Class will also be playing on the Encore computer T.V.  
Members are welcome to take the class at the Senior Center at 10am.

**Sing For Your Seniors**  
Wednesday, April 13 at 1:00 PM  
Sing For Your Seniors brings the magic of Broadway to seniors who can’t attend the theater. Thanks to grants from Broadway Cares and Equity Fights AIDS, we’ve been able to bring cast members from over fifteen productions! Come enjoy the show and sing along!

**Fused Glass Jewelry Class** with Naomi Rabinowitz  
Every Wednesday at 1:00 PM  
Students learn to make various fused glass pieces, such as jewelry, small bowls, and plates.

**Cooking Live with DFTA!**  
Chocolate Chip Banana Bread.  
Wednesday, April 27, 2022 at 11:00 am  
Join via zoom https://zoom.us  
Meeting ID: 845 9930 9153  
Passcode: 123  
Dial in number: +1 929 436 2866 US (New York)

**WEDNESDAY**

**APRIL BIRTHDAY RECOGNITION**  
Wednesday, April 20 from 11:00 AM – 3:00 PM  
Join us as we sing Happy Birthday to all our members born in the month of April! Members with April birthdays can add their name to the birthday sign-in list at the Front Desk, to be a part of the celebration and receive a special birthday gift.

**Tai Chi for Arthritis & Fall Prevention** with Coach Jean Fung  
Every Wednesday at 10:00 AM  
This Evidence-Based Tai Chi program is recommended by the CDC as an effective program that is shown to reduce the recurrence of falls. Participants who complete 15 sessions will receive a gift form Encore.  
JOIN VIA ZOOM OR PHONE  
https://zoom.us  
Meeting ID: 221 377 2276  
Password: 261323  
One Tap Mobile: 1929 205 6099#, 1#, 261323#(US)

Class will also be playing on the Encore computer T.V.  
Members are welcome to take the class at the Senior Center at 10am.

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Wednesday, April 27, 2022 at 11:00 am  
Join via zoom https://zoom.us  
Meeting ID: 845 9930 9153  
Passcode: 123  
Dial in number: +1 929 436 2866 US (New York)
**Yoga Chair Exercise** with Jane Kristofferson  
Every Thursday at 10:00 AM  
Yoga exercise while standing or seated.  
JOIN VIA ZOOM OR PHONE  
https://zoom.us  
Meeting ID:  221 377 2276  
Password: 261323  
One Tap Mobile: 1 (929) 205 6099#, 1#, 261323# (US)  
Class will also be playing on the Encore computer T.V.  
Members are welcome to take the class at the Senior Center at 10am.

**Sustainable Fashion Workshop** with aricoco  
Every Monday and Thursday at 11:00 AM  
Each week, the artist aricoco shares different methods of upcycling used clothing and leftover textiles: Clothing exchanges, woven cardboard, pom pom and fabric collages, etc. Participants are also introduced to sustainable ways of living, and the workshops will culminate in the Upcycle Fashion Show (in Mid-June), showcasing participants’ transformation as fashion models with their upcycled wearables.

**First Thursday: Chair Yoga Exercise**  
Thursday, April 1, 2022 at 2:00 PM  
In-person exercise class with yoga coach Jessica Tiare.

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**APRIL 2022**  
***MENU SUBJECT TO CHANGE/SUBSTITUTION PENDING AVAILABILITY OF ITEMS***

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>4</td>
<td>5</td>
<td>6</td>
<td>7</td>
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</tbody>
</table>
| Lasagna Rollettes with Homemade Tomato Sauce  
Normandy Blend Vegetables  
Roasted Brussel Sprouts | Brown Gravy Salisbury Steak  
Baked Sweet Potato  
Roasted Zucchini | Sweet and Sour Chicken Breasts with White Rice  
Steamed Broccoli | Senior Center closed at 1:30pm.  
Grab-and-Go until 2:30pm” | Senior Center closed. Grab-and-Go from 11:00 – 2:30pm |
| 11     | 12      | 13        | 14       | 15     |
| Lasagna with Turkey  
Steamed Carrots  
Steamed Cauliflower | Baked Chicken Quarters with Yellow Rice  
Sauteed Spinach | Beef Meatballs with Sofrito with Penne Pasta  
with Garlic Sauce  
Steamed Broccoli | Curry Chicken with Baked Brown Rice Pilaf  
Steamed Green Beans | Senior Center closed for Spring Holiday |
| 18     | 19      | 20        | 21       | 22     |
| Senior Center closed for Spring Holiday | Sweet and Sour Chicken Breasts with Chinese Style Spaghetti  
Roasted Zucchini | Oven Baked Pork Chops with Brown Gravy  
Baked Sweet Potato  
Steamed Broccoli | Cranberry Chicken with Brown Rice  
Baby Carrots with Parsley | Baked Tilapia with Rustic Tomato Sauce with Baked Brown Rice Pilaf  
Steamed Green Beans  
Yellow Plantains |
| 25     | 26      | 27        | 28       | 29     |
| Chicken Fajitas  
Garlic Mashed Potatoes  
Baby Carrots with Parsley | Vegetarian Lasagna  
Sauteed Zucchini  
Steamed Green Beans | Stewed Chicken Breast with Cous Cous  
Steamed Cauliflower | Beef Meatballs in Tomato Sauce with Barley Lemon Pilaf  
Steamed Broccoli | Teriyaki Baked Fish  
Yellow Plantains  
Steamed Green Beans |

All meals will be accompanied by a carton of milk, whole wheat bread, margarine, juice, and a piece of fruit (fruit & juice vary every day).
APRIL 2022 Weekly Activities

THURSDAY

**Circle of Hope Support Group** with Martha Reid (SV)  
Every Thursday at 1:00 PM  
Positive thoughts and ideas to support each other during a challenging time.

JOIN VIA PHONE  
Call: (844) 855-4444  
Code: 54 56 523 then press #

**Circulo de la Esperanza** (Grupo de apoyo con Nieves Taveras)  
Todos los jueves a las 2:30 PM  
Conversacion positiva entre amigos para apoyarse mutuamente.

**Bilingual Health Management Series:** “Speed up your mind”  
Every Thursday at 2:15 PM  
Coach Martha Lopez will lead this bilingual program to engage members in various fun games to exercise the mind and improve memory.

JOIN VIA ZOOM  
https://zoom.us  
Meeting ID: 883 929 2828  
Passcode: OZX9h7

One tap mobile: 1 646 558 8656 US (New York)  
Meeting ID: 883 929 2828  
Passcode: 401763

FRIDAY

**Tai Chi**  
Every Friday at 10:00 AM  
Exercise class sponsored by the Visiting Nurse Service of New York (VNSNY).

JOIN VIA ZOOM  
https://zoom.us  
Meeting ID: 7726 62 3351

Class will also be playing on the Encore computer T.V.  
Members are welcome to take the class at the Senior Center at 10am.

**Theater of Light Acting Workshop:** “Telling Your Story”  
Every Friday from 11:30 AM – 12:30 PM  
Acting workshops telling your story and “starring” YOU!

Workshops will include storytelling, Theater games, improvisation, and song.

**Bonus:** Professional storyteller performance held on May 6, 2022.

**First Friday Performance:** Vocal Ease “Songs from the Heart”  
Friday, April 1 at 12:00 PM/NOON

Vocal Ease provides entertainment to spread joy and enhance the quality of life for older adults in New York City. Performing cabaret-style shows with a small group of singers, accompanied by piano and drums.

For more information about class registration and the monthly newsletter, please contact:  
Nieves Taveras, Activities Director  
Phone: (212) 581-2910 Ext. 1127  
Email: ntaveras@encorenyc.org
MOVIES & DISCUSSION
Watch a selected movie every Friday of this month!

Every Friday at 1:30 PM

Being the Ricardos
Friday, April 1, 2022 at 1:30 PM
Being the Ricardos stars Nicole Kidman, Javier Bardem, and J.K. Simmons. The film explores what it takes to bring the behind-the-scenes story of an iconic sitcom to life.

Dark Waters
Friday, April 22, 2022 at 1:30PM
A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution.

Fly Away Home
Friday, April 29, 2022 at 1:30PM
Fly Away Home (a.k.a. Flying Wild and Father Goose) is a 1996 family drama film directed by Carroll Ballard. The film stars Anna Paquin, Jeff Daniels, and Dana Delany. Fly Away Home was released on September 13, 1996, by Columbia Pictures.

SPOP INFO:
Service Program for Older People (SPOP) offers workshops and individual therapy at Encore and other locations. Therapy is a private, one-on-one, ongoing conversation over time with a trained and licensed therapist, focused on exploring, coping with, and problem solving distressing emotions or life circumstances such as family conflicts, medical conditions, or changes in identity. All of our therapists practice LGBT-affirming care, have been trained in trauma-centered treatment, and are experienced in working with adults of diverse backgrounds. We accept Medicare, Medicaid and many insurance plans. Please call (212) 787-7120 for assistance.

Encore: To make an appointment, please call 212-581-2910 and press 1133. Leave your name, number and reason for calling. Thank you!

Para hacer una cita, por favor llame al 212-581-2910 y presione 1133. Deje su nombre, numero y razon de su llamada.