SPOTLIGHT

NEWSLETTER

MAY 2022

ENCORE COMMUNITY SERVICES
encorenyc.org

Aging Through Arts Center
239 W 49th Street
New York, NY 10019

Mother's Day—Member's Profile

Pilar Vasquez

On this Mother's Day, Encore Community Services celebrates Pilar Vasquez, who turned 106 years old in February!

Pilar has been a longtime Encore member and volunteer. She was born in Puerto Rico and came to New York when she was 20 years old, later marrying her spouse and raising their children. She worked very hard for her family, working at an umbrella factory and additional work in retail.

At 106 years old, Pilar says she is blessed with good health and good children who never gave her a hard time as they were growing up! She has 3 sons, 6 grandchildren, 9 great-grandchildren, and 5 great-great grandchildren.

We asked Pilar for her secret to looking and feeling great at 106 years old, and she told us to "have a sense of humor, keep active and useful, stay connected with your family and be blessed with good health"—all useful tips! It is an honor to know Pilar for the past 25 years and to hear about her vibrant life.

Our Offices Will be Closed Monday May 30th

May 8th

Mother's Day Honoring the women who made us who we are!

May 30th

Memorial Day Remembering those who lost their lives serving our country

Find us on:

Facebook.com/EncoreCommunityServices
Twitter.com/EncoreCommServices
Instagram.com/encorecommunityservices

#encorenyc
#nycseniors
#encorecommunityservices
#endseniorhunger

MAY 2022 Weekly Activities

MONDAY

Zumba Gold
Every Monday at 10:00 AM
Fun exercise classes with music.

Virtual

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 10:00am.

Qi Gong for Adults
Every Monday and Wednesday at 10:00 AM
Aging Through Arts Center(St. Malachy's)

In Person

Exercise to heal: Qi Gong is the perfect exercise for seniors. The gentle, fluid movements increase energy, open the joints, stretch muscles, and enhance balance.

Sustainable Fashion Workshop with aricoco
Every Monday and Thursday at 11:00 AM
Aging Through Arts Center(St. Malachy's)

In Person

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 and Wellness Workshop
Every Monday at 1:00 PM
Aging Through Arts Center(St. Malachy's)

In Person/Virtual

The goal is to improve the overall balance of a person's wellness
in the dimensions of physical, social, emotional, intellectual, environmental, and spiritual wellness.

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

One Tap Mobile: 1-646-558-8656
Meeting ID: 883 929 2828
Passcode: 401763

Creative Writers' Group
Every Monday at 2:00 PM-3:30PM
Aging Through Arts Center(St. Malachy's)

In Person

Write and share your stories with us! We will self publish a book together with your writings and art!

TUESDAY

Chair Yoga Exercise with Nancy Guzman
Every Tuesday at 10:00 AM
Aging Through Arts Center(St. Malachy's)

In Person/Virtual

JOIN VIA ZOOM
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 10:00am.

MAY 2022 Weekly Activities

TUESDAY

BINGO
at Encore

Every Tuesday
at 1:30 PM
Aging Through Arts Center
(St. Malachy's)

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 #

Telephone

Vocal Ease Phone Concert

Telephone

Tuesday, May 24 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 at 12:00pm on the day of the concert.
Phone: (212) 581-2910 Ext. 1127
Email: ntaveras@encorenyc.org

Health Presentation: Blood Pressure

Telephone

Tuesday, May 24 at 12:00 PM/NOON
May is Blood Pressure Education Month. Presenter Ryan Chelsea-Clinton will guide us in understanding normal blood pressure, and the symptoms and causes of high blood pressure.

VNSNY Choice Virtual Exercise Series

In Person/Virtual

Every Tuesday at 2:30 PM
Aging Through Arts Center(St. Malachy's)

Tuesday, May 3: Zumba Gold in Chair
Tuesday, May 10: Chair Exercise
Tuesday, May 17: Chair Yoga
Tuesday, May 24: Chair Exercise
Tuesday, May 31: 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.

WEDNESDAY

Qi Gong for Adults

In Person

Every Monday and Wednesday at 10:00 AM
Aging Through Arts Center(St. Malachy's)
Exercise to heal: Qi Gong is the perfect exercise for seniors. The gentle, fluid movements increase energy, open the joints, stretch muscles, and enhance balance.

Mother's Day Celebration: Sing-along with Carl

In Person

Wednesday, May 4 at 12:00 PM/NOON
Aging Through Arts Center(St. Malachy's)
Meet Carl at the piano and sing along as we honor all the mothers of the world! There will be a raffle with fun prizes for all the participants.

May Birthday Party & Mother's Day Dance

In Person

With music by DJ David Vincent
Wednesday, May 25 from 2:00 – 3:00 PM
Aging Through Arts Center(St. Malachy's)
Come and dance your way to wellness! Join us as we celebrate our members born in the month of May and all of the mothers in our community! There will be raffle drawings and light refreshments.

Registration is required: Tickets will be available during lunch hours starting Wednesday, May 11.
Birthday sign-in list: Members with May birthdays can add their name to the birthday list at the Front Desk to receive a special birthday gift.

For information about class registration, please contact:
Nieves Taveras Phone: (212) 581-2910 Ext. 1127 Email: ntaveras@encorenyc.

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Chicken Marsala with Rice Pilaf Baby Carrots with Parsley	**Sweet and Sour Tofu with Chinese Style Spaguetti** Steamed Broccoli	**Orange Chicken with Rosemary** Baked Sweet Potato Kale and Lemon	**Caribbean Squash with Ground Beef (Stuffed Chayote) and Couscous** Steamed Green Beans	**Homemade Coconut Breaded Tilapia** Cuban Black Beans Steamed Cauliflower
9	10	11	12	13
Vegan Stuffed Cabbage with Rice Pilaf Steamed Green Beans	**Jerk Chicken Leg Quarter with Black** Beans and Rice Steamed Cauliflower	**Turkey Meat Sauce with Egg Noodles** Carrots	**Stewed Chicken Breast** Baked Sweet Potato Steamed Spinach	**Baked Tilapia with Dill Lemon Sauce with Yellow Rice** California Blend Vegetables
16	17	18	19	20
Homemade Tomato Sauce Lasagna Rollettes 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	**Arroz con Pollo / Chicken with Rice** Peas and Pearl Onions Steamed Carrots	**Breaded Pollock Fish Fillet with Yogurt Tartar Sauce** Yellow Plantains Steamed Green Beans
23	24	25	26	27
Lasagna with Turkey Steamed Carrots Steamed Cauliflower	**Baked Chicken Quarters with Yellow Rice** Sauteed Spinach	**Beef Meatballs with Sofrito with Penne Pasta and Garlic Sauce** Steamed Broccoli	**Curry Chicken with Baked Brown Rice Pilaf** Steamed Green Beans	**Spanish Style Baked Cod with Polenta** Kale with Tomato
30	31			
Center closed	**Sweet and Sour Chicken Breasts with Chinese Style Spaguetti** Roasted Zucchini			

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).

WEDNESDAY

Nutrition Workshop: Ways to Increase Fiber in Your Meals

In Person

Presented by Amelia F. Jalandoni, MA, RDN, CDN
Wednesday, May 11 at 12:00 PM/NOON
Aging Through Arts Center(St. Malachy's)
Learn about the benefits of fiber, which plays an important part in a healthy diet.

Fused Glass Jewelry Class with Naomi Rabinowitz

In Person

Every Wednesday at 1:00 PM
Aging Through Arts Center(St. Malachy's)
Students learn to make various fused glass pieces, such as jewelry, small bowls, and plates.

THURSDAY

Yoga Chair Exercise with Jane Kristofferson

In Person/Virtual

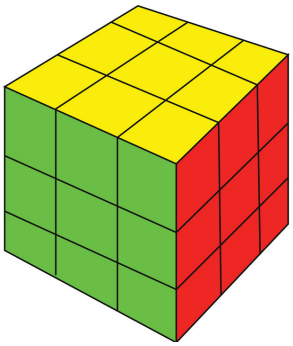
Every Thursday at 10:00 AM
Aging Through Arts Center(St. Malachy's)
Yoga exercise while standing or seated.

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 10:00am.

MAY 2022 Weekly Activities

THURSDAY



Bilingual Health Management Series: "Speed up your mind"

Every Thursday at 1:00 PM
Aging Through Arts Center(St. Malachy's)
Coach Martha Lopez will lead this bilingual program to engage members in various fun games to exercise the mind and improve memory.

In Person/Virtual

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

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

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.

Telephone

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

Circulo de la Esperanza (Grupo de apoyo con Nieves Taveras)

En Persona

Todos los jueves a las 2:30 PM
Aging Through Arts Center(St. Malachy's)
Conversacion positiva entre amigos para apoyarse mutuamente.

First Thursday: Chair Yoga Exercise

In Person

Thursday, May 5 at 2:00 PM
Aging Through Arts Center(St. Malachy's)
In-person exercise class with yoga coach Jessica Tiare.

FRIDAY

Tai Chi

Every Friday at 10:00 AM
Exercise class sponsored by the Visiting Nurse Service of New York
Aging Through Arts Center(St. Malachy's)

In Person/Virtual

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 10:00am.

First Friday Performance: "Senior Acting Show"
Presented by Theatre of Light

In Person

Friday, May 6 at 12:00 PM/NOON
Aging Through Arts Center(St. Malachy's)
Professional storyteller performance presented by actors from the Theatre of Light and members of Encore Community Services.

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

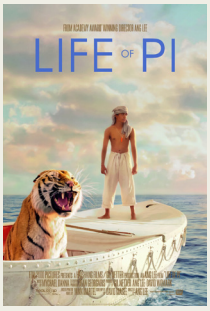
Watch a selected movie every Friday of this month!

Every Friday at 1:30 PM

Always Be My Maybe

Friday, May 6, 2022 at 1:30 PM

After being unexpectedly dumped by their respective lovers, a man and a woman have a chance meeting at a resort and embark on a unique relationship.



Life of Pi

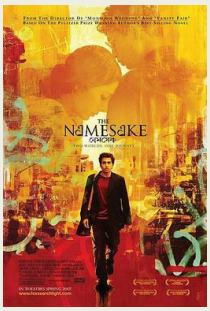
Friday, May 13, 2022 at 1:30PM

Based on Yann Martel's 2001 novel of the same name, the storyline revolves around two survivors of an oceanliner shipwreck. One is a sixteen-year-old Indian boy named Pi Patel (Suraj Sharma) and the other is a ferocious Bengal tiger named Richard Parker that are on a lifeboat stranded in the Pacific Ocean for 227 days.

Crazy Rich Asians

Friday, May 20, 2022 at 1:30PM

Excited about visiting Asia for the first time but nervous about meeting Nick's family, Rachel is unprepared to learn that Nick has neglected to mention a few key details about his life. It turns out that he is not only the scion of one of the country's wealthiest families but also one of its most sought-after bachelors. Being on Nick's arm puts a target on Rachel's back, with jealous socialites and, worse, Nick's own disapproving mother taking aim. And it soon becomes clear that while money can't buy love, it can definitely complicate things.



The Namesake

Friday, May 27, 2022 at 1:30PM

A young woman agrees to an arranged marriage and leaves Calcutta to seek a future in the United States. The young couple learns to cope with life in the U.S. but as their children grow up their son Gogol's life choices cause a clash of cultures.