

# SPOTLIGHT

## NEWSLETTER



## Have You Heard of the ACP?

The Affordable Connectivity Program (ACP) was created by Congress and implemented by the Federal Communications Commission (FCC) to assist low-income households to pay for internet service. The ACP will provide assistance to customers needing to connect to their job, healthcare and virtual classrooms.

### Eligibility:

- Household's income is below 200% of the Federal Poverty Line
- Participation in Government Assistance Programs (SNAP, Medicaid, WIC, SSI and more)
- Participation in Lifeline

For more information contact Tiffany Rogers at [trogers@encorenyc.org](mailto:trogers@encorenyc.org)



# ENCORE COMMUNITY SERVICES UPDATES

The Aging Through Arts Center is closed Monday, May, 29th, 2023.

Need Shop & Escort Assistance? Contact Natasha Vanderhorst by phone, (212) 991-3727 Ext.1144 or email at [nvanderhorst@encorenyc.org](mailto:nvanderhorst@encorenyc.org).



## CONGREGATE MAY 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
	<b>Mexican Style Chicken Thighs and Rice</b> Green Beans Steamed Broccoli	<b>Cheese Lasagna Rollups in Tomato Sauce</b> Steamed Carrots Steamed Cauliflower	<b>Beef Meatloaf with Mushroom Gravy</b> Smashed Red Potatoes & Steamed Broccoli	<b>Black Bean and Sweet Potato Chili</b> Winter Blend Vegetables	<b>Spanish Style Baked Fish</b> <b>Cous Cous</b> Vegetable Mix
7	8	9	10	11	12
	<b>Stuffed Shells with Cheese in Tomato Sauce</b> California Blend Vegetables	<b>Sweet and Sour Chicken Thighs</b> <b>Baked Brown Rice Pilaf</b> Green Beans	<b>Chicken Kofta (Meatballs) with Tomato Curry</b> Steamed Broccoli	<b>Chili con Carne</b> <b>Perfect White Rice</b> Baby Carrots with Parsley	<b>Baked Fish and Rustic Tomato Sauce</b> <b>Yellow Plantains</b> Steamed Green Beans
14	15	16	17	18	19
	<b>Cheese Lasagna Rollups with Tomato Sauce</b> Baby Carrots with Parsley Steamed Cauliflower	<b>Grilled Chicken Breast in Mushroom Gravy</b> <b>Rice and Red Beans</b> Steamed Broccoli	<b>BBQ Pork Spare Ribs</b> <b>Baked Sweet Potatoes</b> Steamed Green Beans	<b>Beef Meatballs in Tomato Sauce</b> <b>Barley Lemon Pilaf</b> Steamed Cauliflower	<b>Teriyaki Baked Fish</b> <b>Yellow Plantains</b> Vegetable Mix
21	22	23	24	25	26
	<b>Stuffed Shells in Tomato Sauce</b> Baby Carrots with Parsley Green Beans	<b>Honey Mustard Chicken Drumstick</b> <b>Baked Sweet Potato</b> Steamed Broccoli	<b>Chicken Tefteli</b> Yellow Rice California Blend Vegetables	<b>Creamy Beef with Mushroom Gravy</b> <b>Egg Noodles</b> Beets and Baby Carrots with Dill	<b>Homemade Coconut Breaded Fish with Yogurt Tartar Sauce</b> Garlic and Rosemary Roasted Potatoes Normandy Blend
28	29	30	31		
	<b>ATA is Closed for Memorial Day</b>	<b>Stewed Chicken Breast</b> <b>Yellow Plantains</b> Steamed Cauliflower	<b>BBQ Chicken</b> <b>Yellow Rice</b> Steamed Carrots		

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).

# MAY 2023 WEEKLY ACTIVITIES

## Encore Unlimited Virtual Center

### MONDAYS

---

#### **VIRTUAL AFROBEATS DANCE CLASS**

Afrobeats is a dance class that utilizes the beat of drums and movement to bring health and wellness to the mind, body and spirit.

Every Monday  
@ 12:00 PM

### TUESDAYS

---

#### **VIRTUAL FOOD FOR LIFE: CULINARY CLASS**

Explore the ancestral ties of West African food and the culinary traditions such as soul food developed by African Americans in the United States and how to create healthy, nutritious, recipes. All supplies will be mailed, pre-registration required.

Every Tuesday  
@ 11:30 AM

#### **VOCAL EASE PHONE CONCERT**

A 30-minute phone musical concert to entertain members. No special equipment is necessary--just pick up the phone and listen in! To register for this program, please call Nieves Taveras.

Tuesday, May  
16th @ 12:00  
PM

**For questions regarding virtual programs, please  
contact Tiffany Rogers - [trogers@encorenyc.org](mailto:trogers@encorenyc.org)**

# MAY 2023 WEEKLY ACTIVITIES

## Encore Unlimited Virtual Center

### WEDNESDAYS

---

#### **VIRTUAL SUNRISE YOGA FLOW**

Wake up to the gentle flow of yoga lead by instructor Danielle Medina. Pre-registration required.

Every Wednesday  
@ 10:00 AM

#### **VIRTUAL MEDITATION WITH KADEEM**

Join this holistic wellness class that utilizes techniques associated with meditation such as deep breathing to help diminish stress, pain, and increase emotional and spiritual connectedness.

Every Wednesday  
@ 11:00 AM

#### **VIRTUAL COOKING LIVE WITH NYC AGING**

Learn how to make a pineapple zucchini cake, just in time for Mother's Day! This program will be in English and Spanish.

Wednesday, May  
10th @ 11:00 AM

#### **VIRTUAL IN PROGRESS: MOVEMENT & ART**

Get ready for a session full of movement, art and discussions. Supplies will be provided. Pre-registration required.

Every Wednesday  
@ 12:45 PM

**For questions regarding virtual programs, please  
contact Tiffany Rogers - [trogers@encorenyc.org](mailto:trogers@encorenyc.org)**



# MAY 2023 WEEKLY ACTIVITIES

## Encore Unlimited Virtual Center

### THURSDAYS

---

#### CIRCLE OF HOPE SUPPORT GROUP

Positive thoughts and ideas to support each other during hard times and better times. Class via phone, to join dial (844) 855-4444 enter code 54 56 523 THEN PRESS #

Every Thursday  
@ 1:00 PM

#### VIRTUAL INDIAN CLASSICAL DANCE

Join this class to learn various Indian classical dance movements that can be modified to be done seated or standing. Pre-registration required.

Every Thursday  
@ 12:00 PM

#### VIRTUAL ART THERAPY

Art Therapy incorporates creative methods of expression through visual arts. All materials will be mailed to participants. Pre-registration required.

Every Thursday  
@ 4:00 PM



Open your camera and aim at QR code with your phone or tablet to access the survey.



### Encore Unlimited: We want to hear from you!

To meet the needs of our community, Encore Unlimited would like you to share your thoughts on what programming you are looking for, how we can assist you in accessing online programming and more.

# MAY 2023 WEEKLY ACTIVITIES ENCORE UNLIMITED VIRTUAL CENTER



Encore Unlimited Program Manager, Tiffany Rogers

## ACCESSING VIRTUAL PROGRAMS

1. Go to [www.encorenyc.org](http://www.encorenyc.org)

2. Click Programs

3. Click Virtual Programs

4. Choose from the list of programs offered and click on the red "Click here to join"

Programs can also be accessed from our weekly bulletins. Contact Tiffany Rogers for more information.

**For questions regarding virtual programs, please contact Tiffany Rogers - [trogers@encorenyc.org](mailto:trogers@encorenyc.org)**

# MAY 2023 WEEKLY ACTIVITIES

## Aging Through Arts Center In Person Activities

239 West 49th St  
New York, NY 10019

**MONDAYS**

### **QI GONG**

Gentle fluid movements increase energy, open the joints, stretch muscles and enhance balance. \*No Class 5/29

Every Monday @  
10:00 AM

### **CREATIVE WRITERS GROUP**

Write and share your stories with us! We will self-publish a book together with your writing and art. \*No class 5/29

Every Monday @  
1:30 PM

### **SAIL (STAY ACTIVE INDEPENDENTLY FOR LIFE)**

SAIL is a strength and balance fitness exercise for older adults. Benefits include increased strength, balance, and flexibility. \*No class 5/29

Every Monday @  
2:30 PM



Pictured: Encore members gathered at The Aging Through Arts Center for a Wellderly Week celebration.

**For questions regarding in-person programs, please  
contact Nieves Taveras - [ntaveras@encorenyc.org](mailto:ntaveras@encorenyc.org).**

May 2023

[WWW.ENCORENYC.ORG](http://WWW.ENCORENYC.ORG)



# MAY 2023 WEEKLY ACTIVITIES

## Aging Through Arts Center In Person Activities

239 West 49th St  
New York, NY 10019

### TUESDAYS

---

#### ENCORE COMMUNITY CLOTHING STORE

Come visit our store and buy clothing, home goods, and accessories at bargain prices!

Tuesday, May 2nd  
and Tuesday, May  
9th @ 10:30 AM

#### EMOTIONAL WELLNESS WORKSHOP

Come learn with us at our "Understanding Dementia" presentation. We will learn about dementia, its signs and symptoms, and how it relates to emotional wellness.

Tuesday, May 16th  
@ 11:00 AM

#### BINGO

Play a fun game with neighbors with the chance to win prizes!  
\*No bingo on 5/16

Every Tuesday @  
1:30 PM

#### PLAYWRITING CLASS

Come tell your story through this playwriting course. The culminating event will be a special reading of your play with professional actors!

Every Tuesday @  
2:30 PM

For questions regarding in-person programs, please  
contact Nieves Taveras - [ntaveras@encorenyc.org](mailto:ntaveras@encorenyc.org).



# MAY 2023 WEEKLY ACTIVITIES

## Aging Through Arts Center In Person Activities

239 West 49th St  
New York, NY 10019

### WEDNESDAYS

---

#### QI GONG

Gentle fluid movements increase energy, open the joints, stretch muscles and enhance balance.

Every  
Wednesday @  
10:00AM

#### HEALTH PROMOTION EVENTS

Nurses will be available to assist with Health Promotion Workshop and Blood Pressure Screening. \*Screenings will resume 5/31

Wednesday,  
May 3rd @  
11:30AM

#### FUSED GLASS JEWELRY CLASS

Learn to make various fused glass pieces such as jewelry, small bowls & plates!

Every  
Wednesday @  
1:00 PM

#### SAIL (STAY ACTIVE INDEPENDENTLY FOR LIFE)

SAIL is a strength and balance fitness exercise for older adults. Benefits include- increased strength, balance, and flexibility.

Every  
Wednesday @  
2:30 PM



Pictured: Encore members enjoying Wellderly Week by participating in Zumba

**For questions regarding in-person programs, please  
contact Nieves Taveras - [ntaveras@encorenyc.org](mailto:ntaveras@encorenyc.org).**

# MAY 2023 WEEKLY ACTIVITIES

## Aging Through Arts Center In Person Activities

239 West 49th St  
New York, NY 10019

### THURSDAYS

---

#### CHAIR YOGA

Low impact exercise that stretches and relieves pain, increase relaxation, and flexibility. \*No class 5/30

Every Thursday  
@ 10:00 AM

#### CHAIR YOGA EXERCISE WITH ROSHNI SHAH

Low-impact exercise that stretches and relieves pain, increases relaxation and flexibility.

Thursday, May  
11th @ 2:30 PM

#### MOTHER'S DAY & MAY BIRTHDAY CELEBRATION WITH JUAN ORTEGA

All are welcome to enjoy dancing, refreshments and raffles. Sign up in advance with Nieves to receive your birthday gift.

Thursday, May  
18th @ 2:15 PM

#### SING FOR YOUR SENIORS

SFYS Brings the magic of Broadway to seniors. No tickets required: Just come and enjoy a great performance with talented singers.

Thursday, May  
25th @ 12:00 PM

For questions regarding in-person programs, please  
contact Nieves Taveras - [ntaveras@encorenyc.org](mailto:ntaveras@encorenyc.org).

# MAY 2023 WEEKLY ACTIVITIES

## Aging Through Arts Center In Person Activities

239 West 49th St  
New York, NY 10019

### FRIDAYS

---

#### PLAYWRITING CLASS

Come tell your story through this playwriting course. The culminating event will be a special reading of your play with professional actors!

Every Friday @  
10:00 AM

#### CINCO DE MAYO CELEBRATION

A belly dancing show presented by the Caring Caravan group as well as music honoring Mexican heritage.

Friday, May 5th  
@ 12:00 PM

#### SMART NUTRITION WORKSHOP- THROUGH LAUGHTER AND LEARNING

Free individual nutrition counseling sessions via Zoom.

Friday, May 12th  
@ 12:00 PM

#### PIANO RECITAL BY RYAN ALWI

Singer-songwriter and CUNY Baruch student Ryan Alwi shows us some of his never-before-seen original pieces of music, inspired by classic artists like Billy Joel and Elton John.

Friday, May 19th  
@ 12:00 PM

**For questions regarding in-person programs, please  
contact Nieves Taveras - [ntaveras@encorenyc.org](mailto:ntaveras@encorenyc.org).**

# MOVIES & DISCUSSIONS - EVERY FRIDAY @ 1:30 PM

\*Movies are subject to change and/or cancellation due to changes in scheduling\*



## Black Orpheus

Young lovers Orfeu and Eurydice run through the favelas of Rio during Carnaval, on the lam from a hitman dressed like Death and Orfeu's vengeful fiancée Mira. \*This movie is in Portuguese with English subtitles\*

Friday, May 5th  
@ 1:30 PM



## Living

In 1950s London, a humorless bureaucrat receives a grim diagnosis, and decides to take time off work to experience life.

Friday, May 12th  
@ 1:30 PM



## The Fabelmans

Growing up in post-World War II Arizona, young Sammy Fabelman aspires to become a filmmaker, but soon discovers a shattering family secret and explores how the power of films can help him see the truth.

Friday, May 19th  
@ 1:30 PM



## Murder Mystery 2

After starting their own detective agency, Nick and Audrey Spitz land a career-making case when their billionaire friend is kidnapped from his wedding.

Friday, May 26th  
@ 1:30 PM