MARCH BIRTHDAY DANCE CELEBRATION
Wednesday, March 20, 2019 at 1:30pm

Come and celebrate all March babies the best way we know how to...DANCING! To the music of Juan Ortega.

Dance Your Way To Health...did you know that Dancing is a whole-body workout that’s actually fun? It’s good for your heart, it makes you stronger, and it will help with balance and coordination. 30 minutes of dancing burns between 130 and 250 calories.

¿Sabias que bailar es un entrenamiento de cuerpo entero que es realmente divertido? Es bueno para tu corazón, te hace más fuerte, y te ayudará con el equilibrio y la coordinación. 30 minutos de baile queman entre 130 y 250 calorías.

ST. PATRICK’S DAY LUNCHEON & DANCE
Wednesday, March 13, 2019

Starting with a wonderful corned beef meal at 11AM or 12:30PM. Followed by a dance celebration at 1:30PM.

This event is hosted by our friends at St. Francis Food Pantries & Shelters. This special day will be filled with good food, entertainment, special treats and very special people...and all is FREE.

Note from Jose Luis

Many Encore members have remarked how interesting my name is and I wanted to share name is in honor of my maternal great-grandparents – my Papa José and Mama Luisa. I honor my great-grandparents every single day, and I was very fortunate to have them and my grandmother in my life. I grew up hearing stories of their lives, learning about where they came from, and thinking about how that impacts my life, my decisions and they always instilled in me a sense of community. I continue to be inspired by stories from members, from hearing of their past and future plans, and am grateful to have been accepted into Encore’s community. The community not only includes our members and dedicated staff but also our tireless volunteers. For volunteers, this is real work! Not only is the work unrelenting on our deliverers, case managers, fundraisers, the executive team that responds to emergencies, our volunteers play a vital part in ensuring Encore continues to thrive and service older adults in our wider community. Volunteers support our mission so if we fall short, if we miss one meal, one person needing assisting, then we have the resources to do so. The City looks to Encore to assure the safety of every member, so for example a homebound member is not home on a given day, the whole agency activates to ensure that member is ok. In short, we are so much more than a typical senior center, I’m proud to say we are a community.

Muchos miembros de Encore han comentado lo interesante que es mi nombre y quería compartir mi nombre es en honor a mis bisabuelos maternales – mi papá José y Mamá Luisa. Honro a mis bisabuelos todos los días, y tuve la suerte de tenerlos a ellos y a mi abuela en mi vida. Crecí escuchando historias de sus vidas, aprendiendo de donde vinieron, y pensando en cómo eso impacta mi vida, mis decisiones y siempre los inculcaron un sentido de comunidad. Sigo inspirándome en las historias de los miembros, desde la audición de sus planes pasados y futuros, y estoy agradecido de haber sido aceptado en la comunidad de Encore.
### TECH LOUNGE
Monday through Friday. First Come First Serve.

Depending on demand, each senior will get at least 30 minutes. Please sign up with Nieves

<table>
<thead>
<tr>
<th>Day/Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>Mon. 10:00-11:00</td>
<td>Painting Class-A with Genie Cameron (Encore West location)</td>
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<tr>
<td>10:00-11:00</td>
<td>Qi Gong For Seniors on the Senior Center’s stage</td>
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<tr>
<td>10:00-11:30</td>
<td>Legal Clinic by Volunteers of Legal Services (4th Mon. 3/25/19)</td>
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<tr>
<td>11:00-12:00</td>
<td>Painting Class-B with Genie Cameron (Encore West location)</td>
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<tr>
<td>1:30-2:30</td>
<td>Bingo with DEED Volunteers (3/11/19 &amp; 3/25/19)</td>
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<tr>
<td>1:30-3:30</td>
<td>Creative Writing Class in Encore 49 Residence</td>
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**Tues. 10:00-1:00**

Sr. Li’s Bargain Store. Will be open Tuesday March 12, 2019 instead of Wednesday (No Sale on 3/13/19) “Great Items and Great Sales”

**Wed. 9:00-12:00**

Blood Pressure Screening provided by RN from the NYC College of Technology Sr. Li’s Bargain Store. “Great Items and Great Sales” (No Sale on 3/13/19)

**Thurs. 10:00-11:00**

Yoga Exercise Class with Jane Kristofferson (St. Malachy’s Side Chapel)

**1:30-2:30** Circle of Hope Support Group Conducted by senior members

**Thurs. 2:00-4:00**

Tech 101 Workshop: Volunteer will assist seniors with the tech needs: Smart phone and tablets: please sign in with Marilou.

**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

**1:30-3:30** FRIDAY MOVIES followed by discussion and refreshment

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**ST. PATRICK’S DAY LUNCHEON**

This event is hosted by our friends at St. Francis Food Pantries & Shelters and generously funded by Macy’s. **Wed., 3/13** will be filled with good food, special treats and very special people...all FREE. **During 1st and 2nd Lunch.**

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### MARCH 2019 MONTHLY SPECIAL EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue 3/5</td>
<td>3-5</td>
<td>Tech 101 Workshop: Volunteer will assist seniors with the tech needs: Smart phone and tablets: please sign in with Marilou.</td>
</tr>
<tr>
<td>Thurs 3/7</td>
<td>11-1</td>
<td>Complimentary tickets for Dances and Cultures of Tibet and Japan for Sunday March 17, 2019 from 3-4PM at Tenri Cultural Institute. Limited tickets available first come first serve. (Sign up with Nieves) On Thursday March 7, 2019 between 11 and 1.</td>
</tr>
<tr>
<td>Tues 3/12</td>
<td>1:30</td>
<td>Fun Fitness Movement Class: with Road Runners coach Myna M. Mayors</td>
</tr>
<tr>
<td>2:30</td>
<td>She is coming back as requested by popular demand</td>
<td></td>
</tr>
<tr>
<td>Wed 3/13</td>
<td>2:00PM</td>
<td>Join Our Book Club: Hosted by Naryobe The Book is “Running with Scissors” If interested in Joining Book Club please be sure to Sign Up with Marilou.</td>
</tr>
<tr>
<td>Thurs 3/14</td>
<td>10-1</td>
<td>SPECIAL JEWELRY SALE: we will having this special sale today only. Do not miss out! Come for a bargain...</td>
</tr>
<tr>
<td>Mon. 3/18</td>
<td>1:15</td>
<td>NUTRITION WORKSHOP: “Mediterranean style of Eating” Presented by Amelia Jalandoni</td>
</tr>
<tr>
<td>Tues. 3/19</td>
<td>1:15</td>
<td>SENIOR SAFETY INFORMATION on Scams , Zero Vision, Home safety and Crime Prevention: FREE Safety bag will be giving away to the participant. Presented by NYCPD COMMUNITY OUTREACH PROGRAM</td>
</tr>
<tr>
<td>Wed 3/20</td>
<td>1:30</td>
<td>BIRTHDAY DAY PARTY CELEBRATION: Join us as we Dance Our Way to Health with the music of our friend Juan Ortega. Followed by refreshments &amp; raffle.</td>
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<tr>
<td>Tues. 3/26</td>
<td>1:15</td>
<td>SNAP PROGRAM WORKSHOP: Learn who is eligible, eligibility requirements, initial applications, recertification’s, 12 month periodic reports, document submissions, and case changes, and Q&amp;A. Presented by Justin Lang (Encore Case Worker)</td>
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</tbody>
</table>

Funded in part by the NYC Department for the Aging, Citymeals on Wheels, grants, contributions & fundraising
**Menu Information**

(NJ) In Natural Juice  
(PW) Packed in Water  
(SF) Sugar Free  
(TFF) Trans Fat Free  
(LS) Low Sodium  
(LF) Low fat

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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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</table>
| 4 Beef & Broccoli  
Brown Rice  
Oriental Blend  
Orange Pineapple  
Juice  
Pear | 5 Chicken Legs w/  
Stewed Tomatoes  
Smashed Red Potatoes  
Steamed Kale  
Orange Juice  
Fruited Jello | 6 Parmesan Baked  
Tilapia  
Rice Pilaf  
Prince Edward Blend  
Vegetables  
Cantaloupe | 7 Cranberry Chicken  
Corn  
Steamed Spinach  
Orange Pineapple  
Juice  
Plum | 8 Baked Tilapia w/  
Light Basil Cream  
California Blend Vegetables  
Red Bliss Potatoes  
Kiwi  
Homemade Soup |
| 11 Hungarian Goulash with Beef  
Egg Noodles  
Broccoli and Red Peppers  
Orange Juice  
Apple | 12 Arroz con Pollo  
Steamed Peas and Carrots  
Apple Juice  
Tapioca Pudding | 13 Corned Beef w/Mustard  
Boiled Potatoes  
Steamed Cabbage  
Irish Soda Bread  
Cup Cake  
Ice cream (SF)  
Apple Juice | 14 Dijon Chicken  
California Blend Vegetables  
Red Bliss Potatoes  
Orange Juice  
Banana  
Fruited Jello | 15 Baked Breaded Fish w/Tartar Sauce  
Pesto Pasta with Broccoli  
Prince Edward Vegetables  
Orange  
Homemade Soup |
| 18 Stewed Beef  
Mixed Vegetables  
Smashed Red Potatoes  
Apple Juice  
Plum | 19 Spanish Style Baked Chicken  
Cuban Style Brown Rice  
Steamed Green Beans  
Orange Pineapple Juice  
Apple | 20 Birthday Celebration  
Yankee Pot Roast  
Garlic & Rosemary Potatoes  
Steamed Carrots  
Homemade Cake (TFF)  
Ice cream (SF) | 21 Baked Breaded Chicken  
Beets and Baby Carrots with Dill Mashed Butternut Squash  
Apple Juice  
Pecan | 22 Parmesan Baked  
Rice Pilaf  
Prince Edward Blend Vegetables  
Cantaloupe  
Homemade Soup |
| 25 Meatballs w/Brown Gravy  
Pasta  
California Blend Vegetables  
Orange Pineapple Juice  
Apple | 26 Oven Fried Chicken  
Red Bliss Potatoes  
Steamed Green Beans  
Orange Juice  
Applesauce | 27 Sofrito Steak  
Brown Rice  
Carrots  
Apple Juice  
Banana | 28 BBQ Chicken  
Baked Potatoes  
Boiled Southern Greens  
Orange Juice  
Pear | 29 Baked Fish w/ Zucchini  
Pasta with Sweet Peas  
Steamed Broccoli  
Orange  
Homemade Soup |

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The Artists of Encore...

Encore Member Lana Dietz in photo below and who is in our writing class wrote the poem below.

The Hand

This hand I'm looking at is mine.
The beginnings of age are showing.
Liver spots on one, raised veins on the other.
These are the hands that caressed.
These are the hands that massages.
These are the hands that wipe a small face, combed
the tiny head hairs, put on and
took off diapers.
These hands remember a life time has passed.
These hands are still going strong.

Unleash your inner artist and share your work for all to enjoy. Send us your art (writing, photograph, talents, etc.) and we will showcase it here. Email it to info@encorecommunityservices.org

ENCORE’S HOME DELIVERED MEALS PROGRAM (HDM)
212-581-2910 (press option #4)

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 West Side of 8th Ave. to 12th Ave., call:

Selfhelp Project Pilot
(212) 787-8106

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

It is also important that those receiving our
meal services contribute the small amount of
$1.50 per meal to offset the cost of the meal.
No senior will be deprived of a meal if
he/she is unable to make the voluntary
donation.

ALL DONATIONS ARE TAX DEDUCTIBLE
(to the extent allowed by the law)

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 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

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

Legal Clinic by Volunteers of Legal Services
4th Mon. 1/28, first come first serve.

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