

ENCORE Community Services Senior Center Newsletter



May, 2017

239 West 49th Street
New York, NY 10019

212 581-2910

www.encorecommunityservices.org



"Broadway's Longest Running Act of Loving Care".



Memorial Day
In Honor of Our Fallen

Remember

Remember those
who served before.
Remember those
who are no more.
Remember those
who serve today
Remember them all
on Memorial Day.

Emily Toma

JOIN US at ENCORE

Tues. May 23, 2017

1:15PM to 2:15PM

for a workshop on:

"The Benefits of Fruits & Dairy"

The NY Common Pantry - Live Healthy! program will be providing a workshop about the benefits of eating a variety of colorful fruits & vegetables and how dairy can keep you healthy and strong.

General Information: New York Common Pantry works toward the reduction of hunger and food insecurity through an array of programs that function to establish long-term independence for those they serve. the whole-person approach starts with food provision through the distribution of nutritious, fresh food pantry packages. **Mission Statement:** New York Common Pantry is dedicated to reducing hunger throughout New York City while promoting dignity and self-sufficiency.



Wednesday

May 10, 2017



Happy Mother's Day
Dance Celebration
1:30- 3:30pm

Dance Your Way to Health
with the Music of Juan Ortega

Followed by Raffle
and Refreshments.

The "Caring Caravan"



This Volunteer Dance Troupe is back by popular demand after a wonderful presentation back in March. It will be an afternoon filled with fun as you join these lovely ladies!

Wednesday, 5/31/17 at 1:30PM



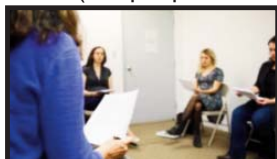
= MEMORIAL DAY =
Mon., May 29, 2017
SENIOR CENTER CLOSED
Fri., May 26th
**CENTER CLOSED
AFTER LUNCH**

Encore Community Services and The Irish Arts Center invite you to

Sing and Dance into Spring with the Irish Arts Center

"Traditional Irish Singing" for Beginners

(For people of all backgrounds who like to sing!)



Time: 11am-12pm
Location: **Encore West**
755 Tenth Avenue
(btw. 51st & 52nd)



"Social Dancing (Irish Céili) Dance"

(For people of all backgrounds who like to dance!)

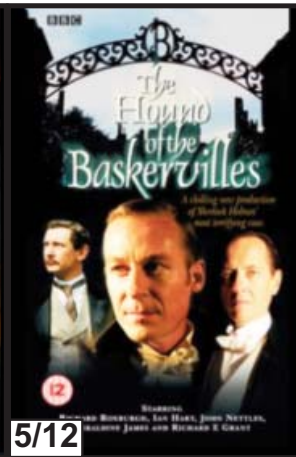
Time: 10am-11pm
Location: **Encore West**
755 Tenth Avenue
(btw. 51st & 52nd)



Day/Time	May 2017 WEEKLY ACTIVITIES
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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.

Mon. 9:45-10:45 10:00-11:00 10:00- 12:00 10:45 - 11:45 1:00-2:00 1:30- 2:30 1:30- 3:30 2:30-3:30	Painting Class-A with Genie Cameron (Encore West location) Tai Chi Chih Class with Sr. Peggy McGill (St. Malachy's Side Chapel) Legal Clinic by Vol. of Legal Services (4th Mon., 5/22) Painting Class-B with Genie Cameron (Encore West location) SAIL Evidence-based Program in Encore West Residence (Last Class 5/18) Bingo with DEED Volunteers Creative Writing Class in Encore 49 Residence. (<i>Registration Required</i>) Computer Class for Beginners with Irene (See Nieves for more information)
Tues. 11:00-12:00 2:30- 3:45	Singing Class with Carrie Erving (Encore West Location) DANZA EXPRESS: Join us in a journey through the rhythms & movements of dance to help improve balance and strength with Yloy Ybarra.
Wed. 9:00 - 12:00 10:00-1:00 1:00-3:00	Blood Pressure Screening provided by the School of Technology (last day 5/3) Sr. Lil's Bargain Store. "Great Items and Great Sales" Playwriting Class with Crystal Skillman (Registration is Closed)
Thurs. 10:00-11:00 1:00- 2:00 1:30- 2:30	Yoga Exercise Class, with Jane Kristofferson (St. Malachy's Side Chapel) SAIL Evidence-based Program at Encore West Residence (Last Class 5/18) Circle of Hope Support Group Conducted by senior members.
Fri. 10:00-11:00 11:00-1:00 1:30-3:30	Traditional Irish dancing with Laura Neese (Encore West Location) Blood Pressure Screening provided by ESCO pharmacy FRIDAY MOVIES followed by discussion and refreshment.



WE ACCEPT SNAP!

You can use your EBT card to pay for your lunch contribution!

Putting Healthy Food Within Reach

For more information about SNAP benefits, come see us in the Social Service Office **TODAY!**

Day/Date	Time	MAY 2017 MONTHLY SPECIAL EVENTS
Mon. 5/10	1:30-3:30	MOTHER'S DAY CELEBRATION: "Dance Your Way to Health" with the music of Juan Ortega. Followed by a raffle and refreshments.
Wed. 5/17	11:00 & 12:30	BIRTHDAY LUNCH CELEBRATION: Come join us as we celebrate all the May babies. Sign-up ahead of time for a birthday gift.
Wed. 5/17	1:30-3:30	BIRTHDAY ENTERTAINMENT: Sing a long with the talented singers of VOCAL EASE
Mon. 5/22	10:00-12:00	LEGAL CLINIC with Volunteers of Legal Services: you can discuss your legal problems with an attorney in confidence, receive advice and brief services, and, if appropriate, obtain a referral to a volunteer lawyer for representation. You can receive advice on legal matters in the areas of housing, consumer debt, public benefits, and life-planning documents. Referrals are also provided to organizations that can provide representation in these and other types of legal matters. You can be seen on a FIRST COME, FIRST SERVE basis
Tues. 5/23	1:15-2:15	WORKSHOP: "THE BENEFITS OF FRUITS AND DAIRY" provided by the NY Common Pantry - Live healthy! Program covering the benefits of eating a variety of colorful fruits and vegetables and how dairy can keep you healthy.
Tues. 5/30	1:15-2:15	WORKSHOP: "POWER UP YOUR DAY: EAT BREAKFAST!" presented by Marta Garcia, Community Educator at Cornell University Cooperative Extension. Come and learn the importance of a healthy breakfast, create a breakfast to go, and breakfast makeover.
Wed. 5/31	1:30-2:30	TURKISH AFTERNOON DELIGHTS: Special presentation from the caring caravan, Volunteer dance Troupe. An afternoon of fun, and awing dancers.

Funded in part by the NYC Department for the Aging, Citymeals on wheels, grants, contributions & fundraising.

May 2017
Senior Center On-site LUNCH PROGRAMS

1st Lunch..11:00- 11:45AM
 2nd Lunch..12:30- 1:15PM



COME JOIN US AT ENCORE
 for the best Food, Friends & Programs on **BROADWAY**

Doors OPEN - 8:30am at the earliest.
 If arriving before 8:30AM Please wait in the Actor's Chapel above senior center.



BREAKFAST CART
9AM TO 10AM

Menu Information
 (NJ) In natural juice
 (PW) Packed in Water
 (SF) Sugar Free
 (TFF) Trans Fat Free
 (LS) Low Salt
 (LF) Low Fat

All Meals are prepared under strict nutritional guidelines given by the (DFTA) NYC Department for the Aging
Served with each meal:
Milk: 1% or low-fat milk
Margarine: (Trans Fat Free (TFF)
Coffee or Tea if requested is \$.50
Coffee, Tea & Soup are outside DFTA requirements

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Meatballs w/ Tomato Sauce Spaghetti Italian Blend Vegetables Whole Wheat Bread Pineapple Enriched Fruit Juice	2 Honey Mustard Chicken Rice Pilaf Sauteed String Beans Whole Wheat Bread Fruit Cocktail Enriched Fruit Juice	3 Baked Ziti w/ Meat Sauce Sauteed Asparagus Tossed Salad w/ Dressing Whole Wheat Bread Fresh Pear Enriched Fruit Juice	4 Cranberry Chicken Steamed Green Beans Corn nuggets Whole Wheat Bread Fresh Banana Enriched Fruit Juice	5 Oven Fried Fish Broccoli and Red Peppers Cantaloupe Whole Wheat Bread Enriched Fruit Juice Homemade Soup
8 Swedish Meatballs w/ Gravy Bowtie Noodles Baby Carrots w/ Parsley Whole Wheat Bread Fresh Apple Enriched Fruit Juice	9 Hawaiian Chicken Baked Sweet Potato Broccoli and Red Peppers Whole Wheat Bread Banana Enriched Fruit Juice	10 Chickpea Stew (Vegetarian) Brown Rice Steamed Broccoli Whole Wheat Bread Fruit Cocktail Enriched Fruit Juice	11 Rosemary Chicken California Blend Vegetable Roasted Potatoes Whole Wheat Bread Fruited Jello Enriched Fruit Juice	12 Baked Fish w/ Tartar Sauce Roasted Vegetable Couscous Steamed Peas Whole Wheat Bread Fresh Orange Homemade Soup
15 Salisbury Steak w/Mushroom Gravy Homemade Mashed Potatoes Zucchini w/ Corn & Tomatoes Whole Wheat Bread Fresh Orange Enriched Fruit Juice	16 Spanish Style Baked Chicken Cuban Style Yellow Rice Steamed Green Beans Whole Wheat Bread Fresh Banana Enriched Fruit Juice	17 Yankee Pot Roast  Garlic & Rosemary Potatoes Steamed Carrots Whole Wheat Bread Homemade Cake (TFF) Ice Cream (SF) Enriched Fruit Juice	18 Southern Style Breaded Chicken Egg Barley w/ Mushrooms Steamed Spinach Whole Wheat Bread Fruited Jello Enriched Fruit Juice	19 Baked Salmon w/Cilantro & Citrus Sc. Pesto Pasta w/Broccoli Baby Carrots w/Parsley Whole Wheat Bread Cantaloupe Homemade Soup
22 Stewed Pork Chops Enriched White Rice Steamed Vegetables Whole Wheat Bread Fresh Apple Enriched Fruit Juice	23 Oven Fried Chicken Red Bliss Potatoes Steamed Green Beans Whole Wheat Bread Fruited Jello Enriched Fruit Juice	24 Jumbo Stuffed Shells w/Meat Sauce Brussels Sprouts Tossed Salad w/ Dressing Whole Wheat Bread Fresh Orange Enriched Fruit Juice	25 Barbecue Chicken Roasted Potatoes Mixed Greens Whole Wheat Bread Fresh Pear Enriched Fruit Juice	26 Baked Fish w/ Creole Sauce Brown Rice Steamed Broccoli Whole Wheat Bread Fresh Kiwi Homemade Soup
29 CENTER CLOSED  Memorial Day	30 Chicken Fricassee Roasted Potatoes Collard Greens w/ tomato Whole Wheat Bread Fresh Pear Enriched Fruit Juice	31 Country Style Pepper Steak Brown Rice Steamed Peas and Carrots Whole Wheat Bread Fresh Banana Enriched Fruit Juice	 For many years, people have known that certain foods in their diet reduced pain and joint inflammation from arthritis. Fruits & veggies including broccoli, brussels sprouts, garlic and tart cherries are some named. Included also are fatty fish & whole grains as they are all natural inflammation fighters that can also help control your weight. To stay healthy, eat well and keep active.	

The Artists of Encore

Show Business Star
Bernie Brandall



Born in Havana Cuba Sep., of 1936 Bernie came with his parents to live in Miami Fl. at age 10. At age 17, he began a career in show business as a dancer, and traveled all over the U.S.A, South America and Canada. In 1964 he branched out into magic combined with the illusion of a female impersonator along with producing, directing and emceeding his own shows: "Guys Will Be Dolls" & "Brandall Follies".

He was later to continue as a male dancer both in NYC and Puerto Rico, combining his music with magic and finally realizing his dream as a multi-talented professional entertainer for 50 years, traveling all over the USA from coast to coast, Canada, South and Central America and Europe. Now in his 80's he still carries on in Show business and anyone fortunate to witness his performances will surely be captured by the "Magic of Brandall"



Encore
Community Services



PLEASE SUPPORT ENCORE'S

**Many Vital Services both on-site
and for our Homebound Seniors.**

Your donations and contributions make it possible for Encore to continue and grow these services. **DONATIONS** may be made on the: Encore's Website, by mail or in person at the addresses listed at the top of the front page of this newsletter.

It is also important that those receiving our meal services contribute the small amount of **\$1.50** to offset the cost of the meal. No senior however will be deprived of a meal without a contribution.

ALL DONATIONS ARE TAX DEDUCTIBLE.

Donations can be mailed or dropped off at Encore Senior Center from 8:30AM to 4:00 PM Monday through Friday.

Donations can be dropped off any time at Encore 49 Residence, 220 West 49th St. Please put attention Sr. Lillian.

THANK YOU ALL VERY MUCH.

Senior Center General Information
(212) 581-2910 Ext. 1122

Senior Center Prog. Dept. Ex. 1127

When leaving a message, please leave your name, phone number and subject for the call, so we can get back to you as soon as possible.



Sr. Lillian McNamara
Dir. of Operations



Elvira Yanas
LMSW
Dir. of Programs



Juan Cruz
Food Service
Manager



Nieves Taveras
Assistant Director



Emma Anderson
LMSW, Director of
Volunteer Services



ENCORE'S HOME DELIVERED MEAL PROGRAM

We deliver nutritious meals to over 1100 frail elderly 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 for homebound seniors that live on the West Side of 8th Ave. to 12th Ave.

Selfhelp/Project Pilot
(212) 787-8106

Call the following for homebound seniors that live on the East Side of 8th Ave to 5th Ave

New York Foundation for Senior Citizens
(212) 962-7817



Adela Rodriguez
Program Director

If you are having difficulty getting in touch with either agency, Please call:

Encore's Home Delivered Meals Office
(212) 581-2910 Ex. 1130



Nohar Ramlall
Assistant Director



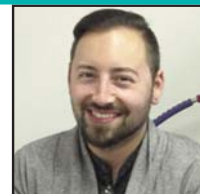
Dora Navarette
Meal Coordinator



Melissa Astor
Adm. Assistant



Teresa Moises
Volunteer Coordinator



Justin Lang
Case Worker



Naryobe Arias
Case Worker

VOLUNTEERS are an important part of Encore's dedicated work force.

Standing side by side with our equally dedicated staff, they provide needed services for our seniors.

ON-SITE SOCIAL SERVICES--(212) 581-2910 Ext 1125

Provides on-site information on benefits and entitlements such as Food Stamps, Medicare, Medicaid, Veterans Benefits etc.

Bridge Program - Ex. 1119, 1125 provides information on Health Care Proxies, Living Wills, Power of Attorney etc.

Legal Clinic - Ex. 1119, 1125, 4th Mon. of the month from 10 to 11:30AM, operated by Volunteers of Legal Services. You can come in on a walk-in basis. First come, first served. Check the Newsletter for changes in date.

HOMEBOUND OUTREACH PROGRAMS

Director of Volunteer Services Ext 1118

handles **Friendly Visiting Program**, matching homebound seniors with Volunteers who provide companionship and a sense of family for seniors living alone.

Volunteer Coordinator - Ex. 1110

assists volunteers with volunteer opportunities at Encore including Volunteers interested in the Friendly Visiting Program.

Senior Escort Program - Ex. 1125, assists seniors with escorts to medical facilities and other needed errands.

Receive Encore's
Monthly Newsletter

Send your name and e-mail address to:
info@encorecommunityservices.org