



SENIOR SERVICES

Good Companions Senior Center
334 Madison St., NY, NY 10002
(212) 349-2770

FEBRUARY MONTHLY SCHEDULE

Dominoes & Pool always available!

Meet the Staff...

- Paula Agulla - Social Worker
- Anthony Brisbon - Head Cook
- Samuel Cardona - Porter
- Cenci DeRomero - Activities Coordinator
- Olivia Johnson - Dinner Program Aide
- Raquel Lopez - Dinner Program Driver
- Haydee Morales - Office Manager
- Gi Sang- Assistant Cook
- Lorenzo Ramirez - Porter
- Wanda Thomas - Dinner Program Kitchen Aide
- Elvira Yanes - Director

TRIPS

*Ellis Island
Philadelphia African Heritage Tour*

PARTIES
*Valentine's Day Party
Mardi Gras Mocktail Party
Monthly Birthday Party*

NEW Bouncing Back Support Group

Help you relieve stress, anxiety and depression by sharing your experiences with the other members and learning from each other

NEW Tax Preparation for Free
Please see Paula for an appointment
REMEMBER We Do Food Stamp Applications
Sign Up In Advance With Elvira

HAVING FUN WITH FRIENDS...PRICELESS!!!

Monday—Friday 9:00am to 6:00pm

Sunday 9:00am to 3:30pm

Please do not come to the center before 9:00. Doors are closed.

Hi Members! In an effort to better serve you we are asking all members to re-register every year. You would need to be an active member to be able to partake in any activity at the center. Thank you for your cooperation!

嗨,各位会员!为了更好地为您服务,每年,我们会要求所有的老会员重新登记.为了您更好在该中心参加的任何活动,你会被要求重新登记为会员.感谢您的合作!

¡Hola Miembros! Para poder servirle mejor le estamos pidiendo a todos los miembros que se registren cada año. Usted tiene que ser un miembro activo para poder participar en cualquier actividad en el centro. Gracias por su colaboración!

We welcome all members to join our Advisory Board meetings and help shape your center!

Please let us know if you would like to join our wonderful volunteer team!

Donations for our thrift shop are gratefully accepted!

Please come see ELVIRA if you have any complaints or Suggestions

Ask us about the SENIOR COMPANION PROGRAM and its BENEFITS!!

Monday—Friday Regular Breakfast Services are cancelled Temporarily due to budgeting



MEALS ON WHEELS

ARE YOU ELIGIBLE FOR HOME-DELIVERED MEALS? IF YOU ARE:

- Homebound
- Unable to shop or cook
- Recently discharged from the hospital
- Lack cooking facilities
- Have dietary restrictions a home care worker cannot meet

HENRY STREET SETTLEMENT

CALL 212.349.2770 TO SEE IF YOU QUALIFY.

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|---|
| <h2 style="text-align: center;">February 2012 Daily Events & Activities</h2> <p style="text-align: center;">Partially funded by NORC-Vladeck CARES New York State Office for the Aging (NYSOFA) and New York City Department for the Aging (DFTA)</p> <p style="text-align: center;">* Sponsored by NORC/Vladeck Cares</p> | | | <p>1</p> <p>10:30 Arthritis Stretch 12:30 *Chinese Current Events 1:00 Walking Club Tour -Money Bingo 1:30 *Bead Art 3:00 -Thrift Shop 4:30 Item Bingo</p> | <p>2</p> <p>9:30 PACE Nurse Screenings 10:00 -*Chinese Computer Class 12:30 Mahjong 2:30 *Gentle Dance 11am-3pm Heart Health Fair @ NYU Langone Medical Center</p> | <p>3</p> <p>National Wear Red Day Open Gym Cancelled Today 10:00-12:00 Computers Made Easy 12:30 *Art Special "What's Your Story?" 1:00 *Chinese ESL Money Bingo 2:00-5:00 Computers Made Easy 3:00 ZUMBA GOLD</p> |
| <p>5</p> <p>Open Gym Access 10-2</p> <p>10:00 Computer Assistance 1:00PM Money Bingo -Painting Class Superbowl Pre-Game Party! 2:30 *Diabetes Group</p> | <p>6</p> <p>Lantern Festival Day 9:30 *Breakfast Club w/Cenci 10:30 Aerobics w/Robin Men's Health & Blood Pressure 11:00 Walking Tour/Group 12:30 *Chinese News 4:00 Arts & Crafts w/ Cenci 4:30 Ballroom Dance Class</p> | <p>7</p> <p>Greet Your Neighbor Day! 10:00 - *Computer Games - Gentle Dance 11:00 Restorative Skills 12:30 Heart Health Hair Cuts w/ Carolina 3:30 -Tai Chi Chuan 4:00 Bounce Back w/Kara 4:30 Theater Group Meeting</p> | <p>8</p> <p>10:30 Arthritis Stretch 12:30 *Chinese Current Events 1:00PM Walking Club Tour -Money Bingo 1:30 *Bead Art 3:00 Thrift Shop 4:30 Item Bingo</p> | <p>9</p> <p>9:30 VOLS Legal Clinic 9:30 PACE Nurse Screenings 10:00 *Chinese Computer Class - Advisory Board 11:00 Chew & Chat 12:30 Mahjong 2:30 *Gentle Dance 4:00 English Movie Night</p> | <p>10</p> <p>Ellis Island Trip 10:00-12:00 Computers Made Easy 12:30 *Art Special "What's Your Story?" 1:00 *Chinese ESL Money Bingo 2:00-5:00 Computers Made Easy 3:00 ZUMBA GOLD 3:30 Crafts w/Olivia</p> |
| <p>12</p> <p>Open Gym Access 10-2</p> <p>10:00 Computer Assistance 11:15 Meditation 1:00PM Money Bingo -Painting Class 2:30 *Diabetes Group</p> | <p>13</p> <p>Open Gym Cancelled Today 9:30 *Breakfast Club w/Cenci 10:30 Aerobics w/Robin 11:00 Walking Tour/Group 12:30 *Chinese News 12:30 *Caregivers & Coffee 4:30 Ballroom Dance Class</p> | <p>14</p> <p>Valentine's Day 10:00 - *Computer Games - Gentle Dance 11:00 Restorative Skills 12:30 Hair Cuts w/ Carolina *Women's Health w/Sandra 3:00 Bounce Back w/Kara 3:30 -Tai Chi Chuan 4-6pm Valentine's Day Party</p> | <p>15</p> <p>10:30 Arthritis Stretch Special Mental Health Presentation 12:30 *Chinese Current Events 1:00PM- Walking Club Tour -Money Bingo 1:30 *Bead Art 3:00 Thrift Shop 4:30 Item Bingo</p> | <p>16</p> <p>9:30 PACE Nurse Screenings 10:00 -*Chinese Computer Class 12:30 Mahjong 1:00 Wellcare Special Nutrition Presentation with Giveaways! 2:30 *Gentle Dance 4:00 Spanish Movie Night</p> | <p>17</p> <p>10:00-12:00 Computers Made Easy 12:30 *Art Special "What's Your Story?" 1:00 *Chinese ESL Money Bingo 2:00-5:00 Computers Made Easy 3:00 ZUMBA GOLD 3:30 Crafts w/ Olivia</p> |
| <p>19</p> <p>Open Gym Access 10-2</p> <p>10:00 Computer Assistance 1:00 - Money Bingo -Chinese Movie -Painting Class 2:30 *Diabetes Group</p> | <p>20</p> <p style="text-align: center;">CLOSED for President's Day</p> | <p>21</p> <p>10:00 - *Computer Games - Gentle Dance 11:00 Restorative Skills 12:30 Heart Health Hair Cuts w/ Carolina 3:30 -Tai Chi Chuan 4:00 Bounce Back w/Kara -Mardi Gras Mocktail Party 4:30 Theater Group Meeting</p> | <p>22</p> <p>Ash Wednesday 10:30 Arthritis Stretch 12:30 *Chinese Current Events 1:00PM - Walking Club Tour -Money Bingo 1:30 *Bead Art 2-6pm Tax Preparation by appointment see Paula 3:00 -Thrift Shop 4:30 Item Bingo</p> | <p>23</p> <p>Table Tennis Day 9:30 PACE Nurse Screenings 10:00AM -*Chinese Computer Class - Advisory Board 11:00 Chew & Chat 12:30 Mahjong GCSC Community Meeting 1:30 Monthly Birthday Party 2:30 *Gentle Dance</p> | <p>24</p> <p>African Heritage Tour PA 10:00-12:00 Computers Made Easy 12:30 *Art Special "What's Your Story?" 1:00 *Chinese ESL Karaoke w/ Beth Israel Nurses! 2:00 Money Bingo 2:00-5:00 Computers Made Easy 3:00 ZUMBA GOLD 3:30 Crafts w/ Olivia</p> |
| <p>26</p> <p>Open Gym Access 10-2</p> <p>10:00 Computer Assistance 11:15 Meditation 1:00PM Money Bingo -Painting Class 2:30 *Diabetes Group</p> | <p>27</p> <p>9:30 *Breakfast Club w/Cenci 10:30 Aerobics w/Robin 11:00 Walking Tour/Group 12:30 *Chinese News 12:30 *Caregivers & Coffee 4:00 Black History Month Celebration 4:30 Ballroom Dance Class</p> | <p>28</p> <p>10:00 - *Computer Games - Gentle Dance 11:00 Restorative Skills 12:30 Hair Cuts w/ Carolina *Women's Health w/Sandra 3:30 -Tai Chi Chuan 4:00 Bounce Back w/Kara</p> | <p>29</p> <p>10:30 Arthritis Stretch 12:30 *Chinese Current Events 1:00PM - Walking Club Tour -Money Bingo 1:30 *Bead Art 2-6pm Tax Preparation by appointment see Paula 3:00 -Thrift Shop 4:30 Item Bingo</p> | <p style="text-align: center;">MEAL SERVICES Lunch (Almuerzo) Sunday—Friday 11:30AM—1:00PM Dinner (Cena) Monday—Friday 4:00PM—6:00PM</p> <p style="text-align: center;">GYM SCHEDULE Monday—Friday 9:00AM—11:00AM Sunday 10:00AM—3:00PM</p> | |

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|--|---|
| February 2012 Lunch Menu Funded Through the New York City Department For the Aging | | | 1 Baked Fish w/Lemon Sauce Butter Green beans Cole Slaw Apple Orange Pineapple Juice | 2 Stuffed Cabbage w/tomato sauce White rice Green bean Orange Apple juice | 3 Crunchy Baked Chicken Kale with onion Corn on a cob Banana Grape juice |
| 5 Chicken w/Ginger & Scallion sauce Yellow Rice Steamed Zucchini Orange Apple juice | 6 Cheese Ravioli w/meat sauce Tossed salad w/tomatoes Steamed peas Orange Grape juice | 7 Chili w/ground turkey White rice Stir-friend celery, pepper, & onion Apricots in own juice Orange juice | 8 Stuffed pepper w/tomato sauce Baked potatoes Steamed carrots Chocolate pudding | 9 BBQ Chicken Corn on a cob Braised cabbage Apple Orange pineapple juice | 10 Oven Fried Tilapia Fillet Baked Potatoes Spinach Diced Peaches in own juices Apple juice |
| 12 Beef Stew Egg Noodles Broccoli Apricots halves Orange juice | 13 Baked Pork Chop Sweet potatoes Bok Choy Orange Apple juice | 14 Chicken Pot Pie Tossed salad w/tomatoes Spinach Banana Grape juice | 15 Baked Fish w/lemon sauce Baked potatoes Broccoli Chocolate pudding Apple juice | 16 Crunchy Baked Chicken Penne pasta Tossed salad w/tomatoes Spinach Banana Grape juice | 17 Beef Stew White rice Red cabbage Diced peaches in own juice Orange juice |
| 19 Baked Pork Chop Sweet potatoes Bok Choy Orange Apple juice | 20 President's Day Center Closed | 21 Meatloaf w/gravy Mashed potatoes Sautéed pepper & onions Orange Apple juice | 22 Baked Fish Fillet w/wine sauce Yellow rice Sautéed kale & onion Banana Orange pineapple juice | 23 BBQ Chicken Tossed salad w/tomato & shredded carrots Corn on a cob Orange Grape juice | 24 Pepper Steak Mashed potatoes Broccoli Oatmeal cookie Orange juice |
| 26 Fish Fillet Mix. Vegetables Mashed Potatoes Orange Apple juice | 27 Meatball w/tomato sauce Spaghetti Broccoli Banana Orange juice | 28 Chicken Pot Pie Tossed Salad w/tomato Bok Choy Chocolate pudding Apple juice | 29 Spanish style pork stew Baked plantain Spinach Apple Grape juice | All meals served with Vitamin C, Fat Free milk, whole grain bread & trans-fat free OLEO Suggested Contribution: \$1.50/meal Vegetarian & Kosher option available <i>** Menu is subject to change without notice</i> | |

| Monday | Tuesday | Wednesday | Thursday | Friday | <p>We welcome you with your family and friends for DINNER. All are welcome with a member! Mon.—Fri. 4-6pm</p> <p>Le damos la bienvenida a su familia y amigos para la cena. Todos son bienvenidos con un miembro! lunes a viernes. 4-6pm</p> <p>我们邀请你和你的家人,朋友共进晚餐。 周一至周五。 下午四时至下午六时</p> |
|---|---|--|---|---|--|
| <p>February 2012 Dinner Menu</p> <p>Funded Through the New York City Department For the Aging</p> | | <p>1</p> <p>BBQ Chicken Baked Sweet Potatoes Zucchini Apple Orange pineapple juice</p> | <p>2</p> <p>Beef w/Ginger Scallions Wild Brown Rice Broccoli Pineapple in juice Apple juice</p> | <p>3</p> <p>Meatloaf Steamed spinach Mashed potatoes Orange Apple juice</p> | |
| <p>6</p> <p>Roasted Chicken Yellow Rice Mustard greens Orange Grape juice</p> | <p>7</p> <p>Salisbury Steak Carrots Sweet Peas Applesauce Orange juice</p> | <p>8</p> <p>Roast Chicken Brussels sprouts Corn Chocolate pudding Apple juice</p> | <p>9</p> <p>Oven Fried Tilapia Fillet Kale Baked potato in skin Apple Orange pineapple juice</p> | <p>10</p> <p>Baked Pork Chop Wild brown rice Pea & Carrots Diced peaches in juice Apple juice</p> | |
| <p>13</p> <p>Chicken w/mushroom sauce Stewed Tomatoes Roast potatoes Orange Apple juice</p> | <p>14</p> <p>Steamed Fish w/Ginger Scallions Brown rice Sliced carrots Banana Grape juice</p> | <p>15</p> <p>Roast Chicken Brussels sprout Corn Chocolate pudding Apple juice</p> | <p>16</p> <p>Beef w/Broccoli Brown Rice Broccoli Diced peaches in juice Orange juice</p> | <p>17</p> <p>Crunchy Baked Chicken Penne Pasta Mix Vegetables Banana Grape juice</p> | |
| <p>20</p> <p>President's Day</p> <p>Center Closed</p> | <p>21</p> <p>Meat sauce Whole Wheat Spaghetti Cauliflower & Broccoli Orange Apple juice</p> | <p>22</p> <p>Cuban Baked Chicken Wild Rice Broccoli Banana Orange pineapple juice</p> | <p>23</p> <p>Baked Pork Chop Wild brown rice Pea & Carrots Diced peaches in juice Apple juice</p> | <p>24</p> <p>Chicken Parmesan Penne Pasta Carrots Oatmeal cookie Orange juice</p> | |
| <p>27</p> <p>Roast Chicken Brussels Sprout Corn Chocolate Pudding Apple juice</p> | <p>28</p> <p>Meatloaf w/Gravy California Mix Mashed Potatoes Banana Orange juice</p> | <p>29</p> <p>Crispy Baked Chicken Brown rice Collard green Apple Grape juice</p> | <p>All meals served with Vitamin C, Fat Free milk, whole grain bread & trans-fat free OLEO</p> <p>Suggested Contribution: \$1.50/meal Vegetarian & Kosher option available</p> <p>** Menu is subject to change without notice</p> | | |