



SENIOR SERVICES

Member Drive!

- Renew Your Own Membership & You'll Receive a Gift!
 - Bring In a Potential New Member for Lunch & You'll Each Receive a Free Meal Voucher
 - If Your Friend Joins, You'll Receive a Scratch-Off Ticket & They'll Receive a Gift!
- Help Our Center To Grow!*

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

April 2017 CALENDAR

Come Try Out Our Fully Equipped Gym

Monday-Friday
9 AM—11 AM
1:30 PM—3:30 PM

Join Us on Sundays for:

Breakfast
4/2: Pet Visiting w/
Betsy & Melville
4/30: Monthly Crafts Group
Midday Dinner
Bingo • Computer Class

Haven't Seen a Friend at
the Center Lately?
Please Let Us Know in
the Offices so We Can
Make Sure They're OK

Celebrations This Month:

Friday, 4/7: Karaoke Dance Party
\$3 & You Must Pre-Register
4:00-5:45: Karaoke & Dance w/
Volunteers from the Moody's Corporation
Refreshments, Prizes

Thursday, 4/20: Birthday Party
\$3 & You Must Pre-Register
2:30-4:30: Music & Dance
Special Dessert, Raffles
Free Admission & Birthday Gift if
You were Born in April

**Thursday, 4/27: Volunteer
Appreciation Celebration**
1:00: Ceremony, Certificates & Gifts
Awarded to Volunteers in Main Room
1:30 Special Refreshments for Our
Volunteers in Rear Activity Room

Trips This Month:

Friday, 4/7: WalMart in Valley Stream

Includes a Bag Lunch
\$10 & You Must Pre-Register
9:00: Arrive at the Program
9:30: Bus Leaves for WalMart
4:30: Bus Returns to Program

Friday, 4/28: Museum of Natural History

Includes a Bag Lunch
\$10 & You Must Pre-Register
9:00: Arrive at the Program
9:30: Bus Leaves for Museum
1:30: Bus Returns to Program

Monday—Friday 9:00am to 6:00pm
Sunday 9:00am to 3:30pm

Please do not come to the Center before 9:00 AM as the doors are locked.

Do you live in the Vladeck Houses and need some help or support? Visit our NORC/Vladeck Cares Office at 351 Madison St. or call 212-477-0455. We are open Monday - Friday 9 AM-5 PM.

Mondays: Chinese News
12:30-2 @ NORC 351 Madison
Tuesdays: Chinese Computer
Class, 10:30-11:30 @ Good
Companions Computer Room

TRIPS/ EVENTS REGISTRATION

Sunday 11:00—1:00
Monday—Friday 1:00—4:00
Please see Simon, Olivia or Cheryl

Do You or Someone You Know
Take Care of an Adult Age 60+
with Dementia? Shop or Run
Errands for Them? Pay Their
Bills? Check on Their Safety?
You are Not Alone and
There is Help & Support
Available for You! Call or Stop
By the Good Companions
Office to Speak with Cathy
O'Sullivan Weekdays 9-5.

Something on your mind?
Feeling down? Worried?
Don't suffer in silence;
lets talk! Call Jacqué
in our CASA program:
212-477-0455 or
212-233-5032

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 10:00 Do-It-Yourself Natural Lotions Workshop w/ The Hopeful Hippy (rescheduled from March) 10:00 Pet Visiting with Betsy & Melville 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>3 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 ZUMBA w/ Priscilla 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "Son of God" 4:30 Dinner Bingo</p>	<p>4 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 4:30 Dinner Bingo</p>	<p>5 10:00 Pet Visiting with Danielle & Bella 1:30 Bingo 1:30 *Beading Class 4:00 Karaoke</p>	<p>6 10:00 Morning Movie: "Trespass" 12:00 Health Focus Group Luncheon for English/Chinese Speakers 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>7 9:00 Trip: WalMart 10:00 Salsa with Carlos 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 3:15 What's Your Story? Writing Group 4:00-5:45 Karaoke Dance Party</p>
<p>9 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>10 11:00 "Preventing Falls," NYC DOHMH 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 ZUMBA w/ Priscilla 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "The Letters" 4:30 Dinner Bingo</p>	<p>11 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 4:30 Dinner Bingo</p>	<p>12 1:30 Bingo 1:30 *Beading Class 4:00 Karaoke</p>	<p>13 10:00 Morning Movie: "Seeking Justice" 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>14 Good Friday 10:00 Salsa with Carlos 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 3:15 What's Your Story? Writing Group 4:15 Karaoke</p>
<p>16 11:00 Easter Egg Hunt 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>17 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 ZUMBA w/ Priscilla 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "David and Goliath" 4:30 Dinner Bingo</p>	<p>18 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 4:30 Dinner Bingo</p>	<p>19 11:00 "Benefiting from the MTA's New EasyPay Metro-Card" 1:30 Bingo 1:30 *Beading Class 4:00 Karaoke</p>	<p>20 9:30 Gentle Dance for Arthritis 10:00 Morning Movie: "Knowing" 10:30 Restorative Skills 1:00 *Art Class with Girl 2:30-4:30 April Birthday Party 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>21 10:00 Salsa with Carlos 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 3:15 What's Your Story? Writing Group 4:15 Karaoke</p>
<p>23 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p>24 11:00 "What is Dementia?," Senior Companions Program 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 ZUMBA w/ Priscilla 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "A Matter of Faith" 4:30 Dinner Bingo</p>	<p>25 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 2:00-4:00 Flea Market 4:30 Dinner Bingo</p>	<p>26 10:00 Arthritis Stretch 11:00 "Know Your Numbers," VNSNY 1:30 Bingo 1:30 *Beading Class 4:00 Karaoke</p>	<p>27 10:00 Morning Movie: "Pay The Ghost" 1:00 *Art Class with Girl 1:00 Volunteer Appreciation Celebration 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo</p>	<p>28 9:00 Trip: Museum of Natural History 10:00 Salsa with Carlos 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 3:15 What's Your Story? Writing Group 4:15 Karaoke</p>
<p>30 10:30 Arts & Crafts Group 1:00 Bingo 1:30 English Computer Class with Kyle</p>	<p align="center"><u>APRIL 2017 Daily Events & Activities</u></p> <p>* = NORC-Funded Activity; Activities in Bold are New or Changed</p> <p align="center"><i>Funded by New York City Department for the Aging (DFTA), Vladeck Cares/NORC, New York State Office for the Aging (NYSOFA), Henry Street Settlement and YOUR Contributions</i></p>			<p align="center"><u>Please Enjoy Our Wifi!</u></p> <p align="center">Password: Henryst1</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
2 Beef Lasagna Brussel Sprouts Orange	3 Broccoli Cheese Quesadilla Creamy Vegetable Soup Cucumber & Tomato Salad Pineapple Juice	4 Sweet & Sour Pork Chop Spinach/Carrot/Onion Salad Yellow Rice Cantaloupe	5 Hamburgers Pasta Salad Tossed Salad w/ Dressing Orange	6 Sliced Turkey Braised Collard Greens Garlic Mashed Potatoes Banana	7 Coconut Curry Cod Fish Wild Rice Cole Slaw Apple
9 Arroz con Pollo // Chicken & Rice Mixed Vegetables Orange Juice	10 Tomato Soup Tuna Fish Salad Pita Halves Beets w/ Carrots & Dill Garden Salad Orange	11 Beef Stew Yellow Rice Corn, Black Bean & Red Pepper Salad Apple Juice	12 Eggplant Parmesan Whole Wheat Spaghetti Sautéed Spinach Apple	13 Lemon Pepper Fish Quinoa Pilaf Italian Blend Pineapple	14 Broccoli & Potato Soup Cheese Pizza w/ Skim Mozzarella Cheese Garden Salad Peach
16 Roasted Chicken Pasta Primavera Tossed Salad w/Dressing Pineapple	17 Stewed Codfish w/ Eggplant Brown Rice Sautéed Spinach Banana Orange Juice	18 BBQ Pork Chop Yucca with Onions Steam Green Beans Apple Juice Fruited Jell-O	19 Beef & Broccoli Rice w/ Chickpeas Spinach, Apple & Red Onion Banana Orange Juice	20 Turkey Meatballs Bowtie Pasta Tossed Salad w/ Dressing Apple	21 Chicken Cacciatore Bowtie Pasta Tossed Salad w/ Dressing Orange
23 Tilapia w/ Salsa Relish Baked Sweet Potato Steamed Broccoli Orange-Pineapple Juice	24 Stuffed Shells w/ Cheese Cucumber Tomato Salad Orange	25 Beef & Turkey Meatloaf Mushroom Gravy Mashed Potato Baby Carrots w/ Parsley Banana	26 BBQ Chicken Baked Macaroni & Cheese Garden Salad Cantaloupe	27 Baked Salmon w/ Lemon, Tarragon & Thyme Rice Pilaf Spinach/Carrots/Onion Salad Orange	28 Chicken Marsala Garlic Rosemary Potatoes Kale w/ Tomato Apple
30 Kosher Italian Sausage Pasta Primavera Tossed Salad Pineapple			<p align="center">APRIL 2017 Lunch Menu Served 12:00 PM - 1:00 PM</p> <p align="center">Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.)</p> <p align="center">Vegetarian & Kosher Options Available on Request * Menu is subject to change without notice</p> <p align="center">Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.</p>		

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ Chicken Baked Macaroni & Cheese California Blend Vegetables Cantaloupe	4 Beef & Broccoli Brown Rice w/ Mushrooms Sautéed Bok Choy Orange	5 Baked White Fish in Garlic Crumb Crust Wild Rice Steamed Broccoli & Cauliflower Banana	6 Curry Chicken White Rice Tossed Salad w/ Dressing Pineapple Juice	7 Jumbo Stuffed Shells w/ Meat Sauce Spinach/ Carrot/Onion Salad Banana Orange Juice
10 Deluxe Cheeseburger w/ Onions Cucumber Tomato Salad Roasted Sweet Potato Fries Pineapple	11 Salmon in Garlic Butter Sauce Penne Pasta w/ Garlic Sauce Broccoli & Red Peppers Banana	12 Chicken Stir Fry White Rice Oriental Blend Vegetables Orange Juice	13 Beef Lasagna Garlic Bread Carrots & Green Beans Orange-Pineapple Juice	14 Baked Salmon w/ Cilantro Citrus Sauce Red Bliss Potatoes Sautéed Spinach Orange
17 Pepper Steak w/ Onions Perfect White Rice Kale w/ Tomatoes Banana Chocolate Pudding	18 Chicken Piccata Wild Rice Mixed Vegetables Orange	19 Lemon Pepper Fish Roasted Vegetable Couscous Broccoli & Red Peppers Pineapple Fruited Jell-O	20 Seafood Carbonara Seafood Bisque Garlic Bread Fruit Cocktail	21 Shepherd's Pie Garden Salad Banana Ambrosia Fruit Salad
24 Baked Fish w/ Garlic Sauce Sweet Baked Yams Sautéed Spinach Banana	25 Orange Glazed Chicken Rice Pilaf Tossed Salad w/ Dressing Apple Ambrosia Fruit Salad	26 Beef Stew {Spanish Style} Yellow Rice Green Beans Orange	27 Beef Lasagna Garlic Bread Baby Spinach Salad Pineapple Juice Fruited Jell-O	28 Sweet & Sour Pork Chop Baked Potatoes Baby Carrots with Parsley Orange Juice



APRIL 2017 Dinner Menu: Served 4:00 PM - 5:45 PM
 Suggested Contribution: \$1.50/meal (*Fee of \$3.00 for those under age 60.*)
 Meals served with Vitamin C, Fat Free milk, whole grain bread & trans-fat free OLEO.
 Vegetarian & Kosher options available on request * *Menu is subject to change without notice* *
 Funded by the New York City Department For the Aging,
 Henry Street Settlement and YOUR Contributions.

WANTED: NEW MEMBERS!

**BRING A PROSPECTIVE
 MEMBER FOR A MEAL &
 YOU'LL EACH**

GET A FREE MEAL VOUCHER!!

**IF THEY JOIN, YOU'LL GET A
 FREE SCRATCH-OFF TICKET!**

**ENJOY ONE OF OUR DELICIOUS
 LUNCH OR DINNER MEALS**

**SUNDAY—FRIDAY 12 PM-1 PM
 MONDAY—FRIDAY 4 PM-5:30 PM**

SENIORS 60+: \$1.50

**SUGGESTED CONTRIBUTION;
 GUESTS UNDER 60: \$3:00**

**INVITE A SUS AMIGOS O FAMILIA
 A CENAR CON NOSOTROS!**

DOMINGOS - VIERNES 12 PM-1 PM

LUNES - VIERNES 4 PM-5:30 PM

**MAYORES DE 60 AÑOS O MÁS:
 \$1.50**

INVITADOS: \$3.00

**GET A DINNER MEAL TO GO
 DURING THE LUNCH SERVICE
 \$2.00 (container included)**