

**The Center is Closed
Sunday 5/28 &
Monday 5/29 for
Memorial Day**



SENIOR SERVICES

GOOD COMPANIONS SENIOR CENTER - 334 MADISON ST., NY, NY 10002 - (212) 349-2770

May 2017 CALENDAR

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!

Help Our Center Grow!

Come Try Out Our Fully Equipped GYM

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

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

ENJOY OUR NEW ACTIVITIES IN MAY

Mondays: A Matter of Balance
Wednesdays & Thursdays:
Tai Chi for Arthritis
Fridays: Sing-A-Long at the Piano

CELEBRATIONS THIS MONTH:

Monday, 5/8: Vocal Ease Performance
12:30 in the Main Dining Room
Tuesday, 5/9: Game Day w/ Volunteers
from Moody's Corp.
Games, Raffle Prizes & Refreshments
Sunday, 5/14: Mother's Day Celebration
Gift & Special Dessert for All the Ladies
Thursday, 5/25: 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 May

TRIPS THIS MONTH:

Thursday, 5/11: Sands Casino
\$35 Includes \$20 Slot Play + \$5 Food Credit
8:30: Arrive & Check In at the Program
9:00: Bus Pulls Away from the Curb
6:00: Return to Program
Monday, 5/15: Union Square Farmers'
Market Tour & Tasting
\$2 + MTA Bus fare; Please Pre-Register
Includes a Free Lunch Voucher
9:00: Arrive at the Program
9:30: Leave Via M14A Bus @ Jackson St
10:30: Market Tour & Tasting
12:30: Return to Program
Wednesday, 5/24: Jersey Dreamers
"Rockin' in the '50s"
\$50 Includes Transportation & Bag Lunch
9:00: Arrive & Check In at the Program
9:30: Bus Pulls Away from the Curb
5:00: Return to Program
Tuesday, 5/30: 9/11 Museum & Memorial
\$2 + MTA Bus fare; Please Pre-Register
Includes Free Bag Meal & Museum Tour
3:15: Leave Via M22 Bus
7:00: Return to Madison Street

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

Please do not come to the Center early; we hate to keep you waiting outside!

**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 Mon-
day - 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
4/30 10:30 Arts & Crafts Group 1:00 Bingo 1:30 English Computer Class with Kyle	1 10:30 A Matter of Balance 11:00 Zumba Gold 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "Queen of Katwe" 4:30 Dinner Bingo	2 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 1:30 Latino Culture & Life Discussion w/ Packer Collegiate Spanish Language Students 4:30 Dinner Bingo	3 10:00 Pet Visiting with Danielle & Bella 10:00 Tai Chi for Arthritis 11:00 Nutrition Talk: Food Safety 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	4 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo	5 10:00 Salsa with Carlos 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
7 10:00 Pet Visiting with Betsy & Melville 1:00 Bingo 1:30 English Computer Class with Kyle	8 10:30 A Matter of Balance 11:00 Zumba Gold 12:00 *Blood Pressure Screening 12:30 Performance: Vocal Ease 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "The Great Gilly Hopkins" 4:30 Dinner Bingo	9 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 1:30-4:00 Game Day w/ Vols from Moody's Corp/NY Cares 4:30 Dinner Bingo	10 10:00 Tai Chi for Arthritis 11:00 Presentation: Power Over Diabetes 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	11 8:30 Trip: Sands Casino 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo	12 10:00 Salsa with Carlos 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
14 12-1 Mother's Day Celebration 1:00 Bingo 1:30 English Computer Class with Kyle 	15 9:45 Trip: Union Sq. Farmer's Market 10:30 A Matter of Balance 11:00 Zumba Gold 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners 2:15 Afternoon at the Movies: "True Memoirs of an Intl Assassin" 4:30 Dinner Bingo	16 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	17 10:00 Tai Chi for Arthritis 12:30 Member Forum 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	18 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class with Girl 1:00-3:00 Senior Services Spring Birthday Carnival 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo	19 10:00 Salsa with Carlos 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
21 10:30 Arts & Crafts Group 1:00 Bingo 1:30 English Computer Class with Kyle	22 10:30 A Matter of Balance 11:00 Zumba Gold 1-3 Trip: Sewing Group to Abrons Center Sewing Bee Quilting Session 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 2:15 Afternoon at the Movies: "The BFG" 4:30 Dinner Bingo	23 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 11:00 Presentation: NYC's Vision Zero & You 1:00-3:00 Crochet Corner 4:30 Dinner Bingo	24 9:00 Trip: Jersey Dreamers: "Rockin' in the 50s" 10:00 Tai Chi for Arthritis 11:00 Presentation: Health Care Proxies: The Decision is YOURS 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	25 10:00 Tai Chi for Arthritis 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle 2:30-4:30 May Birthday Party 4:30 Dinner Bingo	26 10:00 Salsa with Carlos 10:30 Presentation: Preventing Cataracts 11:00 Sing-A-Long 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
28 CLOSED 	29 CLOSED 	30 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner 3:15 Trip: 9/11 Memorial & Museum 4:30 Dinner Bingo	31 10:00 Tai Chi for Arthritis 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	MAY 2017 Daily Activities & Events * = NORC-Funded Activity; Activities in Bold are New or Changed 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	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Baked Ziti w/ Beef Meatballs Baby Spinach Salad Banana	2 Salmon in Garlic Butter Sauce Marinated Beet Salad Roasted Vegetable Couscous Pineapple Juice	3 Baked Breaded Fish Fillet Pesto Pasta W/ Broccoli Cucumber Dill Salad Strawberries	4 Teriyaki Beef Chinese Style Spaghetti Broccoli and Red Peppers Pineapple	5 BBQ Pork Chops Yucca w/Onions Spinach, Carrots & Onion Salad Banana Orange Juice
7 Beef Stew (Spanish Style) White Rice Tossed Salad w/ Dressing Honeydew	8 Broccoli-Cheese Quesadilla Mexican Confetti Rice Dill Cucumber Salad Banana	9 Oven Fried Fish Baked Sweet Potato Steamed Broccoli Apple Juice	10 Spaghetti Carbonara w/ Green Peas Green Bean Salad Mandarin Orange Slices	11 Chicken Stir Fry w/ Vegetables Brown Rice Cauliflower w/ Carrots & Parsley Banana	12 Sweet & Sour Pork Chinese Style Spaghetti Sautéed Spinach Sliced Apricots Orange Juice
14 Vegetarian Baked Ziti Broccoli and Red Peppers Pineapple Juice	15 Creamy Vegetable Soup Broccoli-Cheese Quesadilla Cucumber Tomato Salad Pineapple Juice	16 Sweet & Sour Pork Chops Spinach, Carrot & Onion Salad Yellow Rice Cantaloupe	17 Hamburger Pasta Salad Tossed Salad w/ Dressing Orange	18 Sliced Turkey Braised Collard Greens Garlic Mashed Potatoes Banana	19 Coconut Curry Cod Fish Wild Rice Cole Slaw Apple
21 Arroz con Pollo (Chicken with Rice) Mixed Vegetables Orange Juice	22 Tomato Soup Tuna Fish Salad in Pita Halves Baby Beets & Carrots w/ Dill Garden Salad Orange	23 Beef Stew (Spanish Style) Yellow Rice Corn, Black Bean & Red Pepper Salad Apple Juice	24 Eggplant Parmesan Whole Wheat Spaghetti Sautéed Spinach Apple	25 Lemon Pepper Fish Quinoa Pilaf Italian Blend Vegetables Pineapple	26 Broccoli & Potato Soup Cheese Pizza w/ Skim Mozzarella Cheese Garden Salad Peach
Closed	Closed	30 BBQ Pork Chops Steamed Green Beans Yucca with Onions Apple Juice Fruited Jell-O	31 Beef & Broccoli Brown Rice Spinach, Apple & Red Onion Salad Banana Orange Juice	<u>MAY 2017 Lunch Menu</u> <i>Served 12:00 PM - 1:00 PM</i> Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.) Vegetarian & Kosher Options Available on Request <i>* Menu is subject to change without notice</i> Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	<div><div>WANTED: NEW MEMBERS!</div><div>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!</div><div>*****</div><div>ENJOY ONE OF OUR DELICIOUS LUNCH OR DINNER MEALS</div><div>SUNDAY—FRIDAY 12 PM-1 PM</div><div>MONDAY—FRIDAY 4 PM-5:45 PM</div><div>SENIORS 60+: \$1.50</div><div>SUGGESTED CONTRIBUTION; GUESTS UNDER 60: \$3:00</div><div>*****</div><div>INVITE A SUS AMIGOS O FAMILIA A CENAR CON NOSOTROS!</div><div>DOMINGOS - VIERNES 12 PM-1 PM</div><div>LUNES - VIERNES 4 PM-5:45 PM</div><div>MAYORES DE 60 AÑOS O MÁS: \$1.50</div><div>INVITADOS: \$3.00</div><div>*****</div><div>GET A DINNER MEAL TO GO DURING THE LUNCH SERVICE \$2.00 (container included)</div></div>
1 Chicken Cacciatore Pasta Primavera Garden Salad Apple Fruit Cocktail	2 Deluxe Cheeseburger w/ Onions Potato Salad Garden Salad Orange Fruited Jell-O	3 Salisbury Steak w/ Mushroom Gravy Garlic Mashed Potatoes Broccoli w/ Toasted Garlic Apple Juice Applesauce	4 Baked Chicken Legs Dominican Moro w/ Black Beans Cucumber Tomato Salad Orange Juice	5 Black Bean Soup Oven Fried Fish Mexican Roasted Vegetable Couscous Broccoli & Red Peppers Apple	
8 Beef Lasagna Garlic Bread California Blend Vegetables Pineapple Juice Sliced Peaches	9 Turkey Meatloaf w/ Mushroom Gravy Red Bliss Potatoes Cauliflower w/ Carrots & Parsley Orange	10 Lemon Pepper Fish Rice with Corn Spinach, Carrots & Onion Salad Apple Juice Watermelon	11 Pineapple Glazed Salmon Homemade Mashed Potatoes Oriental Blend Vegetables Banana	12 Salisbury Steak w/ Mushroom Gravy Egg Noodles Vegetable Mix Pineapple	
15 BBQ Chicken Baked Macaroni w/ Cheese California Blend Vegetables Cantaloupe	16 Beef & Broccoli Brown Rice w/ Mushrooms Sautéed Bok Choy Orange	17 Baked White Fish in a Garlic Crumb Crust Wild Rice Steamed Broccoli & Cauliflower Banana	18 Curry Chicken w/ White Rice Tossed Salad w/ Dressing Pineapple Juice	19 Jumbo Stuffed Shells w/ Meat Sauce Spinach, Carrot & Onion Salad Banana Orange Juice	
22 Deluxe Cheese Burger w/ Onions, Cucumber & Tomato Roasted Sweet Potato Fries Pineapple	23 Salmon in Garlic Butter Sauce Penne Pasta w/ Garlic Sauce Broccoli & Red Peppers Banana	24 Chicken Stir Fry w/ Vegetables White Rice Oriental Blend Vegetables Orange Juice	25 Beef Lasagna Garlic Bread Carrots & Green Beans Orange-Pineapple Juice	26 Baked Salmon w/Cilantro Citrus Sauce Red Bliss Potatoes Sautéed Spinach Orange	
CLOSED	30 Chicken Piccata Wild Rice Mixed Vegetables Orange	31 Lemon Pepper Fish Roasted Vegetable Couscous Broccoli & Red Peppers Pineapple Fruited Jell-O	<div>May 2017 Dinner Menu</div> <div>Served 4:00 PM - 5:45 PM</div> <div>Suggested Contribution: \$1.50/meal (Fee of \$3.00 for those under age 60.)</div> <div>Vegetarian & Kosher Options Available on Request</div> <div>* Menu is subject to change without notice</div> <div>Funded by the New York City Department For the Aging, Henry Street Settlement and YOUR Contributions.</div>		