

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.

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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 <b>10:30 Arts &amp; Crafts Group</b> 1:00 Bingo 1:30 English Computer Class with Kyle	1 <b>10:30 A Matter of Balance</b> 11:00 Zumba Gold 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners <b>2:15 Afternoon at the Movies: "Queen of Katwe"</b> 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 <b>1:30 Latino Culture &amp; Life Discussion w/ Packer Collegiate Spanish Language Students</b> 4:30 Dinner Bingo	3 <b>10:00 Pet Visiting with Danielle &amp; Bella</b> <b>10:00 Tai Chi for Arthritis</b> <b>11:00 Nutrition Talk: Food Safety</b> 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	4 <b>10:00 Tai Chi for Arthritis</b> 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 <b>11:00 Sing-A-Long</b> 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
7 <b>10:00 Pet Visiting with Betsy &amp; Melville</b> 1:00 Bingo 1:30 English Computer Class with Kyle	8 <b>10:30 A Matter of Balance</b> 11:00 Zumba Gold 12:00 *Blood Pressure Screening <b>12:30 Performance: Vocal Ease</b> 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners <b>2:15 Afternoon at the Movies: "The Great Gilly Hopkins"</b> 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 <b>1:30-4:00 Game Day w/ Vols from Moody's Corp/NY Cares</b> 4:30 Dinner Bingo	10 <b>10:00 Tai Chi for Arthritis</b> <b>11:00 Presentation: Power Over Diabetes</b> 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	11 <b>8:30 Trip: Sands Casino</b> <b>10:00 Tai Chi for Arthritis</b> 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 <b>11:00 Sing-A-Long</b> 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
14 <b>12-1 Mother's Day Celebration</b> 1:00 Bingo 1:30 English Computer Class with Kyle 	15 <b>9:45 Trip: Union Sq. Farmer's Market</b> <b>10:30 A Matter of Balance</b> 11:00 Zumba Gold 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC 1:00 Sewing/Quilting for Beginners <b>2:15 Afternoon at the Movies: "True Memoirs of an Intl Assassin"</b> 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 <b>10:00 Tai Chi for Arthritis</b> <b>12:30 Member Forum</b> 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	18 <b>10:00 Tai Chi for Arthritis</b> 11:00 Yoga 1:00 *Art Class with Girl <b>1:00-3:00 Senior Services Spring Birthday Carnival</b> 2:00 English Computer Class w/ Kyle 4:30 Dinner Bingo	19 10:00 Salsa with Carlos <b>11:00 Sing-A-Long</b> 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
21 <b>10:30 Arts &amp; Crafts Group</b> 1:00 Bingo 1:30 English Computer Class with Kyle	22 <b>10:30 A Matter of Balance</b> 11:00 Zumba Gold <b>1-3 Trip: Sewing Group to Abrons Center Sewing Bee Quilting Session</b> 12:00 *Blood Pressure Screening 12:30 *Chinese News at NORC <b>2:15 Afternoon at the Movies: "The BFG"</b> 4:30 Dinner Bingo	23 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class <b>11:00 Presentation: NYC's Vision Zero &amp; You</b> 1:00-3:00 Crochet Corner 4:30 Dinner Bingo	24 <b>9:00 Trip: Jersey Dreamers: "Rockin' in the 50s"</b> <b>10:00 Tai Chi for Arthritis</b> <b>11:00 Presentation: Health Care Proxies: The Decision is YOURS</b> 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	25 <b>10:00 Tai Chi for Arthritis</b> 11:00 Yoga 1:00 *Art Class with Girl 2:00 English Computer Class w/ Kyle <b>2:30-4:30 May Birthday Party</b> 4:30 Dinner Bingo	26 <del>10:00 Salsa with Carlos</del> <b>10:30 Presentation: Preventing Cataracts</b> <b>11:00 Sing-A-Long</b> 11:30 *Blood Pressure Screening 1:30 Bingo 1:30 Beading Class 4:15 Karaoke
28 <b>CLOSED</b> 	29 <b>CLOSED</b> 	30 9:30 Gentle Dance for Arthritis 10:30 Restorative Skills 10:30 *Chinese Computer Class 1:00-3:00 Crochet Corner <b>3:15 Trip: 9/11 Memorial &amp; Museum</b> 4:30 Dinner Bingo	31 <b>10:00 Tai Chi for Arthritis</b> 1:30 Bingo 1:30 *Beading Class (Chinese) 4:00 Karaoke	<b>MAY 2017 Daily Activities &amp; Events</b> * = 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
	<b>1</b> Baked Ziti w/ Beef Meatballs Baby Spinach Salad Banana	<b>2</b> Salmon in Garlic Butter Sauce Marinated Beet Salad Roasted Vegetable Couscous Pineapple Juice	<b>3</b> Baked Breaded Fish Fillet Pesto Pasta W/ Broccoli Cucumber Dill Salad Strawberries	<b>4</b> Teriyaki Beef Chinese Style Spaghetti Broccoli and Red Peppers Pineapple	<b>5</b> BBQ Pork Chops Yucca w/Onions Spinach, Carrots & Onion Salad Banana Orange Juice
<b>7</b> Beef Stew (Spanish Style) White Rice Tossed Salad w/ Dressing Honeydew	<b>8</b> Broccoli-Cheese Quesadilla Mexican Confetti Rice Dill Cucumber Salad Banana	<b>9</b> Oven Fried Fish Baked Sweet Potato Steamed Broccoli Apple Juice	<b>10</b> Spaghetti Carbonara w/ Green Peas Green Bean Salad Mandarin Orange Slices	<b>11</b> Chicken Stir Fry w/ Vegetables Brown Rice Cauliflower w/ Carrots & Parsley Banana	<b>12</b> Sweet & Sour Pork Chinese Style Spaghetti Sautéed Spinach Sliced Apricots Orange Juice
<b>14</b> Vegetarian Baked Ziti Broccoli and Red Peppers Pineapple Juice	<b>15</b> Creamy Vegetable Soup Broccoli-Cheese Quesadilla Cucumber Tomato Salad Pineapple Juice	<b>16</b> Sweet & Sour Pork Chops Spinach, Carrot & Onion Salad Yellow Rice Cantaloupe	<b>17</b> Hamburger Pasta Salad Tossed Salad w/ Dressing Orange	<b>18</b> Sliced Turkey Braised Collard Greens Garlic Mashed Potatoes Banana	<b>19</b> Coconut Curry Cod Fish Wild Rice Cole Slaw Apple
<b>21</b> Arroz con Pollo (Chicken with Rice) Mixed Vegetables Orange Juice	<b>22</b> Tomato Soup Tuna Fish Salad in Pita Halves Baby Beets & Carrots w/ Dill Garden Salad Orange	<b>23</b> Beef Stew (Spanish Style) Yellow Rice Corn, Black Bean & Red Pepper Salad Apple Juice	<b>24</b> Eggplant Parmesan Whole Wheat Spaghetti Sautéed Spinach Apple	<b>25</b> Lemon Pepper Fish Quinoa Pilaf Italian Blend Vegetables Pineapple	<b>26</b> Broccoli & Potato Soup Cheese Pizza w/ Skim Mozzarella Cheese Garden Salad Peach
<b>Closed</b>	<b>Closed</b>	<b>30</b> BBQ Pork Chops Steamed Green Beans Yucca with Onions Apple Juice Fruited Jell-O	<b>31</b> Beef & Broccoli Brown Rice Spinach, Apple & Red Onion Salad Banana Orange Juice	<b>MAY 2017 Lunch Menu</b> <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
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
<b>CLOSED</b>	30 Chicken Piccata Wild Rice Mixed Vegetables Orange	31 Lemon Pepper Fish Roasted Vegetable Couscous Broccoli & Red Peppers Pineapple Fruited Jell-O	<p align="center"><b>May 2017 Dinner Menu</b>  <i>Served 4:00 PM - 5:45 PM</i>            Suggested Contribution: \$1.50/meal            (Fee of \$3.00 for those under age 60.)            Vegetarian &amp; 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.</p>	

**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!**

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**ENJOY ONE OF OUR DELICIOUS  
LUNCH OR DINNER MEALS  
SUNDAY—FRIDAY 12 PM-1 PM  
MONDAY—FRIDAY 4 PM-5:45 PM  
SENIORS 60+: \$1.50  
SUGGESTED CONTRIBUTION;  
GUESTS UNDER 60: \$3:00**

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**INVITE A SUS AMIGOS O FAMILIA  
A CENAR CON NOSOTROS!  
DOMINGOS - VIERNES 12 PM-1  
PM  
LUNES - VIERNES 4 PM-5:45 PM  
MAYORES DE 60 AÑOS O MÁS:  
\$1.50  
INVITADOS: \$3.00**

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