



# August 2010

## Upcoming Events

### Wed., 9/1 - Rosh Hashanah Luncheon

Join us for a festive holiday meal at the Y. This annual event is a great way to start off the Jewish New Year. Enjoy background music performed by Juan Ortega. \$7 by 8/27, \$10 after.

### Mon., 9/13 - Cemetery Visit: Beth-El & Cedar Park

There is limited space for this trip, please reserve ASAP. Remember to bring an umbrella. \$10; depart Y at 9:30am.

### Tue., 9/21 - Westchester Dinner Theater: "Rent"

Ten Tony Award Nominations, Tony Winner for Best Musical, Pulitzer Prize Winner for Best Drama. \$62.

### Mon., 9/27 - Atlantic City Trip

Details TBA

**Martin G. Englisher,**  
Executive Vice President

**Sharon Asherman,**  
Senior Center Director,  
ext. 221

**Mira Myteberi,**  
Program Coordinator,  
ext. 231

## Save the Date!

### Mon., 10/4 to Thu., 10/7 - Three Nights and Four Days Tour and Cruise to Cape Cod & Martha's Vineyard (Sponsored By the Y)

Includes round trip motor coach transportation, three nights accommodations, three deluxe continental breakfasts, three complementary dinners (one w/entertainment and complementary cocktail), Hyannis Highlight Tour, Hyannis JFK Museum, The Hoxie House, Heritage Museum and Gardens, Martha's Vineyard cruise and tour, Stop at Foxwoods Casino and more. \$420 per person, double occupancy; single room \$495. For more information, call Mira at x.231.

### Thu., 10/28 - Day trip to Brooklyn Museum of Arts and Botanical Garden

Join us in visiting the oldest and largest art museum in the country, from Egyptian masterpieces to contemporary art. Enjoy the second part of the day at the Brooklyn Botanical Garden, the premier horticultural attraction in the region. \$15 bagged lunch included. Depart Y at 9:30am.

*All trips require advance registration. No reservations without payment.  
Register at the volunteer desk or call Mira at (212)569-6200 x.231*

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**Daniel Gwartzman  
Dance Company  
Performs**

## ENCORE

Sunday,  
August 1, 2010  
3:00pm



## BEACON PROGRAM @ CAMP KAUFMANN

### Every Tuesday & Thursday through 8/17/10

Discussion groups, exercise, bingo, swimming, arts & crafts, nature walks, lunch and afternoon coffee & tea. Musical presentations w/ J. Ortega, Ricky Pen and more. All this for the price of just **\$18.00 per day.** For further information contact Mario at x208.

To register, call Ephi at x200.



**August Classes**

**August Lunch Menu w/ Alternatives**

Sun.8/1	Baked Ziti (Baked Flounder)
Mon.8/2	Spinach Cheese Casserole (Salmon Salad)
Tues.8/3	Baked Salmon w/ Tartar Sauce (Chicken Tahitian)
Wed.8/4	Chicken Salad (Egg Salad)
Thu.8/5	Baked Flounder (Stuffed Peppers)
Fri.8/6	Asian-Style Honey Chicken (Salmon)
Sun.8/8	Hamburgers w/ Onions (Chicken Salad)
Mon.8/9	Baked Scrod w/ Lemon Sauce (Tofu Spinach Casserole)
Tue.8/10	Meatloaf w/ Tomato Sauce (Vegetable Stuffed Cabbage)
Wed.8/11	Roast Turkey w/Gravy (Egg Salad)
Thu.8/12	Cold Roast Beef (Salmon Salad)
Fri.8/13	Italian Herbed Roast Chicken Breast (Baked Scrod)
Sun.8/15	Veal Stew (Chicken Salad)
Mon.8/16	Baked Flounder (Vegetable Stuffed Peppers)
Tue. 8/17	BBQ Chicken Legs (Baked Flounder)
Wed.8/18	Salmon Salad (Chicken Salad)
Thu.8/19	Stuffed Peppers (Salmon Salad)
Fri.8/20	Chicken Cacciatore (Tuna Salad)
Sun.8/22	Turkey Burgers w/ Onions (Salmon Salad)
Mon.8/23	Three Cheese Quiche ( Salmon Salad)
Tue.8/24	Tuna Salad (Chicken Salad )
Wed.8/25	Spanish Beef Stew (Egg Salad)
Thu.8/26	Egg Salad (Tuna Salad)
Fri.8/27	Baked Mushroom Chicken (Salmon Salad)
Sun.8/29	Baked Ziti (Baked Flounder)
Mon8/30	Spinach Cheese Casserole (Salmon Salad)
Tue.8/31	Baked Salmon w/ Tartar Sauce (Chicken Tahitian)

TIME	SUNDAY
10:30-11:30	Yoga
1:30-3:30	Various Performers/Lectures/Discussions
	<b>MONDAY</b>
9:00-10:00	Tai Chi
10:15-11:15	Morning Exercise
11:00-12:00	Senior-to-Senior Support Group (only for Summer)
1:00-3:00	Painting Class
1:15-3:30	Monday Movies
	<b>TUESDAY</b>
10:15-11:15	Morning Exercise
10:45-11:45	Blood Pressure
12:30-3:30	Canasta Time
1:00-3:30	Bridge
	<b>WEDNESDAY</b>
9:00-10:00	Walking Club
10:00-11:00	Yoga
1:30-3:00	Dance Parties/Concerts
	<b>THURSDAY</b>
9:45-10:45	Chair Aerobics
	<b>FRIDAY</b>
9:00-10:00	Chinese Relaxation
11:00-12:00	Blood Pressure
11:00-12:00	Opera Appreciation (8/6 & 8/20)
12:30-3:30	Cards and Games
1:30-2:30	Social/Political Discussion
1:30-2:30	Bingo

- **Menu Subject to change. Call ext. 301 for updated weekly menu.**
- **Tue. & Thu. lunch is extended to 1:30pm.**

*Limited Eyesight?  
Difficulty Reading?  
The Y now has a machine that  
can help you  
read your documents.*

**Meet Tuesday, August 3, 2010 at  
10:00 a.m to learn more.**

## August Movies

### Monday Movies at 1:15 pm.

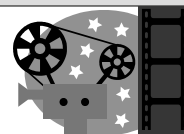
8/2 - "Changeling"—w/ Angelina Jolie and Jeffrey Donovan. Rated R.

8/9 - "Valentine's Day"—w/ Julia Roberts, Bradley Cooper & Ashton Kutcher. Rated PG-13.

8/16 - "Revolutionary Road"—w/ Kate Winslet & Leonardo Di Caprio. Rated R.

8/23 - "The Duchess"—w/ Keira Knightly & Dominic Cooper. Rated PG-13.

8/30 - "Our Family Wedding"—w/ America Ferrera, Forest Whitaker & Carlos Mencia.  
Rated PG-13.



## August Special Events

Sun., 8/1-Daniel Gwartzman Dance Company: Encore—\$10; tickets available at the door. 3:00pm.

Wed., 8/4-Dance Party w/ Juan Ortega—\$2; tickets are available same day of event, from 11:00am to 1:00pm. Free raffle. Refreshments served. 1:30pm.

Sun., 8/8-Workshop: Safety Tips for Hot Weather—With Abraham Palma. At 1:30pm.

Wed., 8/11-Dance Party w/ Norman Curtis—Refreshments served. 1:30pm.

Sun., 8/15-Movie: "Zodiac"—With Robert Downey, Jr. Rated R. 1:30pm.

Wed., 8/18-Annual Talent Show—Cheer on your peers as they share their many talents. If you would like to perform or display your art work, call Mira at x231 before August 6<sup>th</sup>. Refreshments served. 1:30pm.

Thu., 8/19-Woodbury Commons Trip: Outlet Mall Shopping—\$12, bagged lunch included. Depart Y at 9:30am.

Sun., 8/22-Manicures w/ Angelica's Nail Salon—\$2; sign-up in advance. 1:00pm.

Thu., 8/26-Trip to US Open Qualifiers—Watch the pros practice and compete during this annual tennis event. \$10; bagged lunch included. Depart Y at 10:00am.

Wed., 8/25-Birthday Party w/ Lenny Cherry—Join us as we celebrate August birthdays. Refreshments served. 1:30pm.

Sun., 8/29-Bingo—Come and try your luck with only \$1 per card. 1:30pm.

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## **\*\*ROOFTOP GARDENING\*\***

See Mira (x231, Senior Center Main Floor) if you can help out by watering plants or planting in our garden!

# Calendar

## AUGUST 2010

### The Harry and Jeanette Weinberg Senior Center



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