

NATURALLY OCCURRING RETIREMENT COMMUNITY

Mondays –Fridays from 8:00am to 5:00pm

Saturdays from 9:00am to 3:00pm

(212) 360-7620

Funded in part by the New York City Department for the Aging (DFTA)
and NYS Office for the Aging (NYSOFA)



February 2012 HEALTH EVENTS

Nutrition Chat

◆ Preventing High Cholesterol
Thursday, February 2, at 10:30am

◆ Heart Health
Wednesday, February 22 at 10:30am



Blood Pressure Screening

Get your screening done free
Fridays, February 3, 17, & 24
at 10:00am

Nurse Huda Chat

Diabetes
Wednesday, February 8
at 9:45am



Depression: Questions & Answers

With Nurse Huda and Janet
Wednesday, February 15 at 9:45am

EXERCISE GROUPS

Yoga Classes

Wednesdays, February 1, 8, 15, 22, & 29
at 10:30am
Saturdays, February 4, 11, & 25 at 10am

Tai Chi w/ Clara

Ancient Chinese techniques
Mondays, February 6, 13, & 27
at 9:30am

Zumba Gold Exercise

Mondays, February 6, 13, & 27
at 10:30am
Wednesdays, February 8, 15, 22, & 29
at 1:15pm

Indoor Walking Club Starts AGAIN!

Join us!
Thursdays, February 9, 16, & 23
at 10:00am

Stretch & Relax

Learn to relax your body and senses
Tuesdays, February 7, 14, 21, & 28
at 9:30am

Virtual Sports Tournament

Come and play your favorite sport!
Friday, February 17
at 9:30am

MUSIC & DANCING GROUPS

Karaoke Party

Sing your favorite song out loud!
Thursdays, February 2
at 1:15pm

Swing w/ the crew!

Fridays, February 3, 10, 17, & 24
at 10:15am
Mondays, February 6, 13, & 27
at 10:15am

Piano Lessons

Learn to play the piano with Nick
Monday, February 6, 13, & 27 at 2:00pm



FEBRUARY'S EVENTS

<p>AARP Tax Aide Begins! Come and get your taxes done! Fridays, February 3, 10, 17, & 24 at 10:30am to 3:00pm</p>	<p>Election Forum <i>Meet the candidates for your new Isaacs Executive Committee</i> Tuesday, February 7 at 1:00pm</p>
<p>Chinese New Year Celebration <i>Celebrate the year of the dragon with us!</i> Friday, February 10 at 1:15pm</p>	<p>Nutrition & Cooking Class Celebration! Mondays, February 13 at 1:30pm</p>
<p>Valentine's Day Dance <i>Join us for music, dancing, and snacks!</i> Tuesday, February 14 from 4:00pm to 6:00pm</p>	<p>Black History Month Film & Discussion <i>Thursday, February 16 at 1:00pm</i></p>
<p>February Birthday Party** Celebrate the birthdays of this month! Friday, February 17 at 1:15pm</p>	<p>Atlantic City Showboat & Casino Trip** <i>Fee: \$35.00 w/ bag lunch</i> Thursday, February 23 at 8:30am</p>

ISAACS'S GROUPS

<p>Drama Workshops Act out your talent! Thursdays, February 2, 9, 16, & 23 at 9:30am</p>	<p>Bingo Game Tuesdays, February 7 (2:00pm), 14, 21 & 28 at 1:10pm Fridays, February 3 (1:10pm), 10, 17, & 24 at 2:30pm</p>
<p>Granny Square Knitting Join this famous knitting club! Saturdays, February 11 & 25 at 10:30am</p>	<p>Jewelry Making w/ Wilma Learn to make precious jewelry! Saturdays, February 11 & 25 at 10:30am</p>
<p>Leadership/ Volunteerism– New Group Come join students from Columbia's OT Program Wednesdays, February 15, 22, & 29 at 2:00pm</p>	<p>Legal Clinic <i>Get the advice you deserve!</i> Friday, February 17 at 10:00am</p>

STAFF-LED GROUPS

<p>The Group with Joshua Thursdays, February 2 (2:30pm), 9, & 16 at 1:15pm</p>	<p>Women's Group with Janet Mondays, February 6 & 27 at 1:00pm</p>
<p>Rincon Latino w/ Indira Wednesdays, February 8, 15, 22, & 29 at 1:00pm</p>	<p>Current Events with Nina <i>Wednesday, February 15 & 22 at 1:00pm</i></p>

Center will be closed on Saturday, February 18th &
Monday, February 20 in
observation of President's Day



**United States
Presidents**