



Stanley M. Isaacs Neighborhood Center, Senior Center
 415 East 93rd Street
 New York, NY 10128-6904
 Tel: (212)360-7620 Fax: (212) 360-7629
 www.isaacscenter.org
Funded In Part by The New York City Department For the Aging

February 2010

The Center is open from 8:00AM to 5:00 PM on weekdays and 9:00 AM to 3:00 PM on Saturdays. To REGISTER as a Senior Center member, please ask the front desk for an appointment.



Please bring a picture I.D, emergency contact information and your doctor's information when registering.

****FEBRUARY HIGHLIGHTS****

Every Wednesday at 10AM

NEW! Reminiscence Group w/ OT Students from Columbia- Each week is a new topic!

Every Friday between 12:30 and 4:30

TAX AIDE provided for free by AARP- No appointment needed.



Wednesday, February 3rd @ 1PM

General Membership Meeting- All members are encouraged to attend

Tuesday, February 9th @ 9:15AM

Wii Bowling Tournament- Beginners are welcome! Space is limited, sign up with Kerry.

Thursday, February 11th @ 10AM

Target/Marshalls Trip Fee: \$1 Both are proximate to the bus drop off. There will only be time for one.

Thursday, February 11th @ 1-3PM

Metro Card Van- It's back!! The van will be parked on 1st Avenue at 93rd St.



Friday, February 12th @ 1:30PM

Chinese New Years Celebration -Ring in the new year of the Tiger with food and entertainment!

Friday, February 12th @ 5:30PM

Bananas: The Josephine Baker Story - Fee: In honor of Black History Month, the Schomburg Center for Research in Black Culture is presenting this one woman show about the struggles of famous entertainer, Josephine Baker.



Wednesday, February 17th @ 1:15PM

Family Feud- Isaacs Style! How well do you know about the minds of America?

Thursday, February 18th @ 11:30AM

Japanese Hibachi Lunch- Fee: \$15 Watch as your lunch is prepared with skill right in front of you!

Monday, February 22nd @ 10:30AM

Men's Health Chat- "Falls Prevention"



Monday, February 22nd @ 11:00AM

Trader Joes Trip - Fee: \$1





Thursday, February 25th @ 9:30AM

Empire Casino Trip-Fee: \$18. Includes \$10 Food Voucher and \$5 Free Play Voucher. No bagged lunch incl.

Monday	Tuesday	Wednesday
<p style="text-align: center;">1</p> <p>9:30 Tai Chi w/Clara 10:15 Swing w/ Dave, Vi, Al & Ray 10:30 Executive Committee Mtg 1:00 Movie- "The Importance of Being Earnest" 1:00 Art for Beginners 2:00 Piano Lessons with Nick 2-4 Café Stanley - Lounge with us over a cup of coffee and light snack</p>	<p style="text-align: center;">2</p> <p>9:15 Virtual Sports Games 1:00 Women's Pool Club w/ Sarah 1-3 Asphalt Green Water Exercise 1:10 Bingo 2-4 Café Stanley - Lounge with us over a cup of coffee and light snack</p> 	<p style="text-align: center;">3</p> <p>10:00 Reminiscence Group with Columbia OT Students- NEW! 10:30 Yoga 12-2 Asphalt Green Water Exercise 1:00 General Membership Mtg All Members are encouraged to attend! 2:15 Rincon Latino 2:15 Current Events with Emily 2:15 Sing Along 2:15-4 Café Stanley</p>
<p style="text-align: center;">8</p> <p>9:30 Tai Chi w/Clara 10:00 Senior Aide Meeting 10:15 Swing w/ Dave, Vi, Al & Ray 1:00 Movie- "Kramer vs. Kramer" 1:00 Art for Beginners 1:00 Women's Group w/ Janet 2:00 Piano Lessons with Nick 2-4 Café Stanley</p>	<p style="text-align: center;">9</p> <p>9:15 Virtual Sports Games BOWLING TOURNAMENT! Sign up with Kerry! 10:30 Line Dancing w/ Vera 10:30 Nutrition Talk: Heart Healthy Food that Will Fit in Your Budget! 1-3 Asphalt Green Water Exercise 1:00 Entertainment/Program Mtg. 1:10 Bingo 2-4 Café Stanley</p>	<p style="text-align: center;">10</p> <p>10:00 Reminiscence Group with Columbia OT Students- NEW! 10:00 Nurse Huda Chat: Seniorcise- Tips for Keeping Fit and Healthy 10:00 Blood Pressure Screening 10:30 Yoga 12-2 Asphalt Green Water Exercise 1:00 Food Committee Meeting 1:00 Rincon Latino 1:00 Current Events with Emily 1:15 Sing Along 2-4 Café Stanley</p>
<p style="text-align: center;">15</p> <p style="text-align: center;">The Center is Closed for Presidents' Day</p>	<p style="text-align: center;">16</p> <p>9:15 Virtual Sports Games 1-3 Asphalt Green Water Exercise 1:10 Bingo 2-4 Café Stanley - Lounge with us over a cup of coffee and light snack</p> 	<p style="text-align: center;">17</p> <p>10:00 Reminiscence Group with Columbia OT Students- NEW! 10:30 Yoga 12-2 Asphalt Green Water Exercise 1:00 Family Feud- Isaacs Style! 1:00 Rincon Latino- Speaker on Vision Loss 1:15 Sing Along 2-4 Café Stanley</p>
<p style="text-align: center;">22</p> <p>9:30 Tai Chi w/Clara 10:15 Swing w/ Dave, Vi, Al & Ray 10:30 Men's Health Chat: Falls Prevention 11:00 Trader Joes Trip** 1:00 Movie- "Frost/Nixon" 1:00 Art for Beginners 1:00 Women's Group w/ Janet 2:00 Piano Lessons with Nick 2-4 Café Stanley</p>	<p style="text-align: center;">23</p> <p>9:15 Virtual Sports Games 10:00 Hospitality Committee Mtg. 10:30 Line Dancing w/ Vera 1:00 Women's Pool Club 1-3 Asphalt Green Water Exercise 1:10 Bingo 2-4 Café Stanley - Lounge with us over a cup of coffee and light snack</p> <p style="text-align: center;">Isaacs Center Officer Elections 10-2PM</p>	<p style="text-align: center;">24</p> <p>10:00 Reminiscence Group with Columbia OT Students- NEW! 10:30 Yoga 12-2 Asphalt Green Water Exercise 1:00 Rincon Latino 1:00 Current Events with Emily 1:15 Sing Along 2-4 Café Stanley -</p>

[FEBRUARY]

Thursday	Friday	Saturday
<p align="center">4</p> <p>9:15 Belt it out! Karaoke–New Time! 9:30 Drama Workshop 10:00 Indoor Walking @ Asphalt 10:00 Health Info Session: Brain Exercises and Memory 1:00 “The Group” Preregistration required 2:30 Crochet with John</p> 	<p align="center">5</p> <p>TBA 86th St. Movie Trip** Fee: \$6- Bag Lunch Included 9:30 Resistance & Flexibility 10:00 Blood Pressure Screening 10:15 Swing w/ Dave, Vi, Al, & Ray 1:00 Classic Movie–“My Favorite Wife” 1:00 Chess for Beginners 1:10 Bingo 2:30 Crochet with John 12:30-4:30 AARP Tax Aide</p>	<p align="center">6</p> <p>9:15 Café Stanley...Please join us! 9:30 ESL for Chinese Speakers 日用英语课 10:00 Yoga◆ 11:00 Library Card Sign Up 1:00 Movie- “La Habanera” Movie Provided by the 96th St Library 1:00 Busy Hands are Happy Hands 1:00 Granny Squared Knitting Club 1:00 Book Club</p>
<p align="center">11</p> <p>9:30 Drama Workshop 10:00 Indoor Walking @ Asphalt 10 Target & Marshalls Trip** \$1 10:00 Health Info Session: “The Skin You’re In” 1-3pm Metro Card Van 1:00 “The Group” 2:00 Isaacs in Motion VIP Party ** Please see insert for details! 2:30 Crochet with John</p>	<p align="center">12</p> <p>9:30 Resistance & Flexibility 10:15 Swing w/ Dave, Vi, Al, & Ray 1:00 Chess for Beginners 1:30 Chinese New Year Celebration 2:30 Crochet with John 2:30 Bingo 2:30 Classic Movie– “Funny Face” 12:30-4:30 AARP Tax Aide 5:30 Bananas: The Josephine Baker Story ** Fee: \$5</p>	 <p align="center">13</p> <p align="center">The Center is Closed Today</p>
<p align="center">18</p> <p>9:15 Belt it out! Karaoke–New Time! 9:30 Drama Workshop 10:00 Indoor Walking @ Asphalt 10:00 Health Info Session: Managing Your Medications 11:30 Japanese Hibachi Lunch Trip** \$15 1:00 “The Group” 2:30 Crochet with John</p>	<p align="center">19</p> <p>9:30 Resistance & Flexibility 10:00 LEGAL CLINIC 10:00 Blood Pressure Screening 10:15 Swing w/ Dave, Vi, Al, & Ray 1:00 Classic Movie- “A Raisin in the Sun” 1:00 Chess for Beginners 1:10 Bingo 2:30 Crochet with John 12:30-4:30 AARP Tax Aide</p>	<p align="center">20</p> <p>9:15 Café Stanley...Please join us! 9:30 ESL for Chinese Speakers 10:00 Yoga 1:00 Movie- “A Soldier’s Story” 1:00 Busy Hands are Happy Hands 1:00 Book Club 1:00 Nail Salon</p>
<p align="center">25</p> <p>9:30 Empire City Casino Trip** \$18 9:30 Drama Workshop 10:00 Social Action Committee 10:00 Indoor Walking @ Asphalt 10:00 Health Info Session: Elder Abuse 1:00 “The Group” 2:30 Crochet with John LAST DAY OF OFFICER ELECTION! 10-2PM</p>	<p align="center">26</p> <p>9:30 Resistance & Flexibility 10:00 Blood Pressure Screening 10:15 Swing w/ Dave, Vi, Al, & Ray 1:15 February Birthday Party** Sweetheart Dance Theme Please Note: \$1 suggested donation 2:45 Start Time: Classic Movie- “Singin’ in the Rain”, Chess for Beginners, Bingo & Crochet 12:30-4:30 AARP Tax Aide</p>	<p align="center">27</p> <p>9:15 Café Stanley...Please join us! 9:30 ESL for Chinese Speakers 日用英语课 10:00 Yoga 1:00 Movie- “Sounder” 1:00 Busy Hands are Happy Hands 1:00 Granny Squared Knitting Club 1:00 Nail Salon</p>

February is Black History Month! Join us for a one woman show titled “Bananas: The Josephine Baker Story” on Friday, February 12th. We will be departing from the Isaacs Center at 5:30pm. In addition, we will be showing movies on 2/19, 2/20, & 2/27 that are relevant to Black History Month.

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WE ARE HERE FOR YOU!



SENIOR CENTER

Our center offers educational, recreational and social service programs. Breakfast and lunch are served daily (M-F), lunch (only) on Saturday. Other services include health lectures, legal information and casework assistance. We offer counseling through SPOP (New York Service Program for Older Persons, Inc.) and assistance with elder abuse.

MEALS ON WHEELS

Seven nutritious meals are delivered weekly to homebound elderly living between East 59th and 142nd street. Participants receive case assistance, a monthly newsletter, chore and shopping assistance, and are eligible to join the Elders at Home program.

NORC-SSP

Naturally Occurring Retirement Community Supportive Service Program

The NORC-SSP provides comprehensive case management and case assistance to older adult Residents living in the Isaacs/Holmes Houses. We provide these services free of charge to assist older adult residents with maintaining or improving their independent functioning in the community.

Elders at Home



Elders at Home is a senior center without walls for the homebound. With the ring of the phone comes the comfort of a group of new friends, conversation, and hearty discussions all by telephone conference call.

East Side Case Management Consortium

As one of four partner agencies we provide comprehensive care management for frail older adults.