



Isaacs | News + Center | Community

Your Guide to Programs and Services at the
Stanley M. Isaacs Neighborhood Center August 2017

Join us for lunch Monday–Friday 11:45AM–12:30PM



WEDNESDAY The SINC Community Awakens

2:00PM Introducing the SINC Community Awakens group. Join the members of the Isaacs Center as they promote healthy eating every Wednesday from 2pm – 4pm. Look out for reminders on the Hospitality Table.

THURSDAYS It's All About the Short Story

2PM It's All About the Short Story has returned on Thursdays at 2:00pm. This literature course focuses on the key elements of writing a short story. Students will host a "publishing party" during the final class, where participants will read their stories to the instructor, classmates and invited guests.

TUESDAYS HIICAP

11AM-3PM Do you have questions about your health insurance? Every Tuesday, from 11am to 3pm, there is a HIICAP (Health Insurance Information, Counseling and Assistance Program) counselor who can answer your questions. Ms. Erlich provides current and objective information on Medicare and its related programs. She can also discuss ways that you may be able to save money on your health care costs. Sign up at the front desk.

WEDNESDAY Trader Joes

9 10:45AM Join us for a shopping trip on August 9th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM. **TICKET: \$1**

MONDAY

14 1:15PM

Emblem Presentation

Join Emblem Health on August 14th at the Stanley M. Isaacs Senior Center for a medicare seminar and a day of trivia! There will be medicare experts to answer any questions you may have about your plan, or Medicare itself. There will also be refreshments and a trivia game with prizes (gift-cards)! Join us!

TUESDAY

15 9AM-11AM

Farmers Market Distribution

New York State Farmers Market Nutrition Program has returned for another year. The Farmers Market Coupons will be distributed on Tuesday, August 15th at 9am. You will receive ONE \$20 voucher booklet per household that can be used at authorized Farmers Markets only.

TUESDAY

15 1:15PM

Fun Moves: Brain & Body Fitness Activities

On August 15th at 1:15pm please join us while having fun and getting fit with hoops, balls, parachute, streamers, scarves, inter-active games and more.

WEDNESDAY

16 10:45AM

TICKET: \$1

Manhattan Valley

Join us for a trip to Manhattan Valley on Columbus Ave. While there you can visit stores such as Home Goods, Whole Foods and much much more.

WEDNESDAY

23 8:15AM

TICKET: \$25

Bally's Atlantic City

Spend the day in Atlantic City playing on the slots or walking on the boardwalk. You will receive \$20 in slot play. There will also be an air show from 11:00am to 3:00pm

TUESDAY

29 8:15AM

TICKET: \$50

Holiday Hill Senior Day

Enjoy delicious unlimited breakfast and lunch. Spend the day playing bingo, dancing to music by the DJ, boating on the lake, mini golf, bocce ball or relaxing by the swimming pool

Back to School Drive

Give a child the head start they need, by giving supplies for school. Donations needed are: pencils, pens, crayons, Elmer's glue, loose-leaf paper, composition notebooks, glue sticks and 1 subject notebooks. Bring in your donations TODAY!

Movies

at the Isaacs Center

Aug 3 Thu
GOLD

Aug 4 Fri
Florence Foster Jenkins

Aug 7 Mon
Still Alice

Aug 10 Thu
A Beautiful Mind

Aug 11 Fri
The Hours

Aug 14 Mon
Extremely Loud Incredibly Close

Aug 17 Thu
Straight Outta Compton

Aug 18 Fri
The Soloist

Aug 21 Mon
The Help

Aug 24 Thu
Get on Up

Aug 25 Fri
Why Him

Aug 28 Mon
Sleepless

Aug 31 Thu
Jackie

Movie Schedule

Mondays
2:30PM

Thursdays
3:00PM

Fridays
1:15PM

Office Hours w/ Greg

Stop in to speak with Greg during his weekly "office hours." See Eileen to schedule a time.

Isaacs Center General Information

Isaacs Center Front Desk

For Isaacs Center information, please call Helen, our front desk receptionist, at 212.360.7620 ext. 110. Stop by and say hello to Helen.

Meals on Wheels

For Meals on Wheels information and registration, please call us at 212.348.4344.

Senior Center

Membership and registration are free to all NYC residents age 60 and over. To become a Senior Center member, please ask for an appointment at the front desk.

Senior Spotlight



Octavia

Whats your favorite memory of the Isaacs Center?

“ My favorite memory is the togetherness of the Center. Everyone is together with each other. I don't see any discrimination, disagreements but they don't last very long. ”

Upcoming Month September 2017

- Isaacs Center closed on Labor Day, Monday September 4th.
- Senior Center trip to Villa Roma on Monday September 18th.



01 Tue **Tisha B'AV**
Ticket Sales 9-10:30AM
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
1:00 OATS Basic Computer Class
1-4PM Nurse Lorraine Walk-In
1:15 Un cerebro saludable
2:15 OATS Advanced Computer Class
2:15 Bingo
3:30 Arts and Crafts
5:00 Yoga

07 Mon **Raksha Bandhan**
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:30 Pet Therapy w/ Alice
2:15 Drama Workshop w/ Frank
2:30 Movie

14 Mon
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:15 **Emblem Trivia Game**
1:30 Pet Therapy w/ Alice
2:15 Drama Workshop w/ Frank
2:30 Movie

21 Mon
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:30 Pet Therapy w/ Alice
2:15 Drama Workshop w/ Frank
2:30 Movie

28 Mon
10:30 Zumba w/ Yvonne
11AM-2PM **Senator Serrano Office Hrs**
1:15 Art for Beginners w/ Frank
1:30 Pet Therapy w/ Alice
2:15 Drama Workshop w/ Frank
2:30 Movie

08 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
1:00 OATS Basic Computer Class
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
2-5PM **Councilman Ben Kallos Mobile Office Hours**
2:15 OATS Advanced Computer Class
2:15 Bingo
3:30 Arts and Crafts
5:00 Yoga

15 Tue **Relaxation Day**
9AM-11AM**Farmers Market Coupon Distrubution**
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
1-4PM Nurse Lorraine Walk-In
1:00 OATS Basic Computer Class
1:15 Rincón Latino w/ Jennifer
1:15 **Fun Moves - Brain & Body Fitness**
2:15 Bingo
2:15 OATS Advanced Computer Class
3:30 Arts and Crafts
5:00 Yoga

22 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
11:30AM-1:30PM FIDA Tabling
1-4PM Nurse Lorraine Walk-In
1:00 OATS Basic Computer Class
1:15 Rincón Latino w/ Jennifer
2:00 OATS Advanced Computer Class
2:15 Bingo
3:30 Arts and Crafts
5:00 Yoga

29 Tue **Trip: Holiday Hill Senior Day***
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
1-4PM Nurse Lorraine Walk-In
1:00 OATS Basic Computer Class
1:15 Rincón Latino w/ Jennifer
2:00 OATS Advanced Computer Class
2:15 Bingo
3:30 Arts and Crafts
5:00 Yoga

02 Wed **Ticket Sales 9-10:30AM**
10-12PM Blood Pressure Screenings
11:30 **FIDA Tabling**
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:30 Bingo

09 Wed **International Day of the World's Indigenous People**
Trip: Traders Joes*
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:00 Women's Group w/ Nancy
3:30 Bingo

16 Wed **Trip: Manhattan Valley***
9:45 Health Chat w/ Huda
"Fall Prevention"
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:30 Bingo

23 Wed **International Day for the Remembrance of the Slave Trade and its Abolition**
Trip: Bally's Atlantic City*
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:00 Women's Group w/ Nancy
3:30 Bingo

30 Wed
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:30 Bingo

03 Thu **Ticket Sales 9-10:30AM**
12:00 Craft Hour
1:00 The Group w/ Aaron
1:00 OATS Basic Computer Class
1:15 ESL for Spanish Speakers
2:00 OATS Advanced Computer Class
3:00 Movie
3:00 Art Class w/ Nancy

10 Thu
12:00 Craft Hour
1:00 The Group w/ Aaron
1:00 OATS Basic Computer Class
1:15 ESL for Spanish Speakers
2:00 Its All About the Short Story
2:00 OATS Advanced Computer Class
3:00 Movie

17 Thu
12:00 Craft Hour
1:00 The Group w/ Aaron
1:00 OATS Basic Computer Class
1:15 ESL for Spanish Speakers
2:00 Its All About the Short Story
2:00 OATS Advanced Computer Class
3:00 Movie
3:00 Art Class w/ Nancy

24 Thu
12:00 Craft Hour
1:00 OATS Basic Computer Class
1:00 The Group w/ Aaron
1:15 ESL for Spanish Speakers
2:00 Its All About the Short Story
2:00 OATS Advanced Computer Class
3:00 Movie

31 Thu
12:00 Craft Hour
1:00 OATS Basic Computer Class
1:00 The Group w/ Aaron
1:15 ESL for Spanish Speakers
2:00 Its All About the Short Story
2:00 OATS Advanced Computer Class
3:00 Movie

04 Fri
9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
2:15 Bingo

11 Fri **Son and Daughter Day**
9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
2:15 Bingo

18 Fri
9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
1:15 **Birthday Party**
3:00 Bingo

25 Fri
9:30 Groove w/ Roger
10-12PM **VOLS Legal Clinic**
1-4PM Nurse Lorraine Walk-In
1:15 Movie
2:15 Bingo

05 Sat
10:00 Yoga -
Located at Isaacs Center
11-1PM Granny Squared -
Located at Isaacs Center

12 Sat **Race Unity Day**
10:00 Yoga -
Located at Isaacs Center

19 Sat
10:00 Yoga -
Located at Isaacs Center
11-1PM Granny Squared -
Located at Isaacs Center

26 Sat
10:00 Yoga -
Located at Isaacs Center

AUGUST 2017

SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays.

All events are held at the Isaacs Center unless otherwise noted.

*Please note that an advance ticket is required for some activities.



01 Tue

B: Continenta Breakfast

L: Eggplant Parmesan
Whole Wheat Bread
Garden Salad
Kale w/ Tomato
Orange, Milk

07 Mon

B: Continental Breakfast

L: Vegetable Soup
Eggplant Parmesan
Whole Wheat Bread
Cucumber Salad
Lettuce & Tomato
Apple
Orange Pineapple Juice, Milk

14 Mon

B: Continental Breakfast

L: Chili con Carne
White Rice
Whole Wheat Bread
Steamed Green Beans
Orange, Milk

21 Mon

B: Continental Breakfast

L: Baked Ziti w/ Meat Sauce
Whole Wheat Bread
California Blend Vegetables
Mixed Greens
Orange, Milk

28 Mon

B: Continental Breakfast

L: Oven-Baked Pork Chops
Mushroom Rice Pilaf
Whole Wheat Bread
Italian Cut Green Beans
Orange, Milk

02 Wed

B: Continental Breakfast

L: Mango Chutney Pork Roast
Couscous
Whole Wheat Bread
Mixed Green Salad
Cantaloupe, Milk

09 Wed

B: Continental Breakfast

L: Lentil Soup
Turkey Meatballs
Whole Wheat Bread
Whole Wheat Spaghetti
Italian Cut Green Beans
Kiwi, Milk

16 Wed

B: Continental Breakfast

L: Baked Ziti w/ Beef Meatballs
Whole Wheat Bread
Steamed Spinach
Banana, Milk

23 Wed

B: Continental Breakfast

L: Sweet & Sour Pork
Brown Rice
Whole Wheat Bread
Sauteed String Beans
Cantaloupe, Milk

30 Wed

B: Continental Breakfast

L: Grilled Carribean Chicken Breast
Bowtie Noodles
Whole Wheat Bread
Steamed Carrots
Cantaloupe

03 Thu

B: Continental Breakfast

L: Lean Lamb Chops
Quinoa
Whole Wheat Bread
Collard Greens w/ Tomato
Banana, Milk

10 Thu

B: Continental Breakfast

L: Baked Chicken Legs
Baked Sweet Potato
Whole Wheat Bread
Steamed Broccoli
Sliced Peaches

17 Thu

B: Continental Breakfast

L: Pea Soup
Chicken Teriyaki
Chinese Style Spaghetti
Whole Wheat Bread
Oriental Blend Vegetables
Canned Apricots
Apple Juice, Milk

24 Thu

B: Continental Breakfast

L: Vegetable Lasanga
Whole Wheat Bread
Garden Salad
Banana, Milk

31 Thu

B: Continental Breakfast

L: Beef Pot Roast
Whole Wheat Bread
Baked sweet Potato
Collard Greens w/ Tomato
Watermelon, Milk

04 Fri

B: Continental Breakfast

L: Tilapia w/ Lemon Dill Sauce
Whole Wheat Bread
Roasted Potatoes
Spinach, Apple & Red Onion Salad
Fruit Cocktail, Milk

11 Fri

B: Continental Breakfast

L: Baked Flounder
Whole Wheat Bread
Yuca w/ Onions
Sauteed Spinach
Canned Apricots
Apple Juice, Milk

18 Fri

B: Continental Breakfast

L: Breaded Fish Filet
Whole Wheat Bread
Baked Sweet Potato
Steamed Cabbage Mix
Orange, Milk

25 Fri

B: Continental Breakfast

L: Spanish Style Baked Fish
Polenta
Whole Wheat Bread
Collard Greens
Honeydew

05 Sat **Take Home Lunch Distributed on Friday**

L: Hawaiian Chicken
Whole Wheat Bread
Yellow Rice
Brussel Sprouts
Orange, Milk

12 Sat **Take Home Lunch Distributed on Friday**

L: Arroz con Pollo(Rice w/ Chicken)
Whole Wheat Bread
California Blend Vegetables
Apple
Orange Juice, Milk

19 Sat **Take Home Lunch Distributed on Friday**

L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Vegetables 5-Way
Cantaloupe, Milk

26 Sat **Take Home Lunch Distributed on Friday**

L: Beef Salisbury Steak w/ Mushroom Sauce
Egg Noodles
Whole Wheat Bread
Steamed Broccoli
Orange, Milk





06 Sun

Turkey w/ Gravy
Egg Noodles
Whole Wheat Bread
Italia Cut Green Beans
Canned Apricots
Apple Juice, Milk

13 Sun

Beef Meatball
Whole Wheat Bread
Spaghetti
Normandy Blend Vegetables
Fruit Cocktail
Orange Juice, Milk

20 Sun

Ham
Whole Wheat Bread
Wild Rice
Green Beans & Carrots
Canned Apricots
Orange Juice, Milk

27 Sun

Turkey w Gravy
Brown Rice w/ Mushrooms
Whole Wheat Bread
Cut Green Beans
Orange
Apple Juice, Milk

07 Mon

Beef Meatloaf w/ Mushroom Gravy
Mashed Red Potatoes
Whole Wheat Bread
California Blend Vegetables
Kiwi
Apple Juice, Milk

14 Mon

Baked Turkey Breast
Whole Wheat Bread
Mashed Red Potatoes
Mixed Vegetables
Orange
Apple Juice, Milk

21 Mon

Braised Beef Tips
White Rice
Whole Wheat Bread
California Blend Vegetables
Orange Pineapple Juice, Milk

28 Mon

Beef Stew w/ Carrots & Onions
Whole Wheat Bread
Cut Green Beans
Red Bliss Potatoes
Orange
Apple Juice, Milk

01 Tue

Orange Glazed Chicken
Black Beans & Rice
Whole Wheat Bread
Mixed Vegetables
Apple Juice, Milk

08 Tue

Curry Chicken
Egg Noodles
Whole Wheat Bread
Steamed Broccoli & Cauliflower
Applesauce
Orange Juice, Milk

15 Tue

Chicken w/ Oyster Sauce
Chinese Style Spaghetti
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Orange Pineapple Juice, Milk

22 Tue

Baked Asian Style Honey Chicken
Egg Noodles
Whole Wheat Bread
Collard Greens
Orange
Apple Juice, Milk

29 Tue

Chicken Alfredo
Fettucini w/ Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Vanilla Pudding
Orange Juice, Milk

02 Wed

Baked Basa Fish
Dill Lemon Sauce
Orzo Pilaf
Whole Wheat Bread
Steamed Spinach
Apple
Orange Juice, Milk

09 Wed

Baked Whiting Fish Fillets
Dill Lemon Sauce
Couscous
Whole Wheat Bread
Italian Blend Vegetables
Sliced Peaches
Orange Pineapple Juice, Milk

16 Wed

Pineapple Glazed Salmon
Barley
Whole Wheat Bread
California Blend Vegetables
Pear
Apple Juice, Milk

23 Wed

Baked Basa Fish
Sofrito
Quinoa Pilaf
Whole Wheat Bread
Steamed Broccoli
Canned Pears
Orange Juice, Milk

30 Wed

Baked Basa Fish
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Spinach
Apple
Orange Pineapple Juice, Milk

03 Thu

Coconut Chicken Curry w/
Broccoli & Tomato
White Rice
Whole Wheat Bread
Banana
Orange Pineapple Juice, Milk

10 Thu

Hawaiian Chicken
Brown Rice w/ Beans
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple Juice, Milk

17 Thu

Chicken Picatta w/ Lemon Sauce
Quinoa Pilaf
Whole Wheat Bread
Zucchini & Carrots
Banana
Orange Juice, Milk

24 Thu

Chicken Chasseur
Whole Wheat Bread
Italian Blend Vegetables
Roasted Potatoes
Banana
Apple Juice, Milk

31 Thu

Cranberry Chicken
Mashed Red Potatoes
Whole Wheat Bread
Italian Blend Vegetables
Fruit Cocktail
Apple Juice, Milk

04 Fri

Citrus Sesame
Crusted Salmon
Whole Wheat Bread
Italian Blend Vegetables
Mashed Red Potatoes
Canned Pineapple
Orange Juice, Milk

11 Fri

Baked Basa Fish
Ginger Sauce
Bulgur
Whole Wheat Bread
Spinach
Apple
Orange Pineapple Juice, Milk

18 Fri

Baked Fish w/ Garlic Sauce
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Kale
Fruit Cocktail
Apple Juice, Milk

25 Fri

Teriyaki Tilapia
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

05 Sat

Beef Salisbury Steak w/ Mushroom Sauce
Quinoa Pilaf
Whole Wheat Bread
Steamed Broccoli
Orange
Orange Pineapple Juice, Milk

12 Sat

Baked Musroom Chicken
Barley
Whole Wheat Bread
Cut Green Beans
Kiwi
Apple Juice, Milk

19 Sat

Grilled Chicken Breast
Ginger Sauce
Whole Wheat Bread
Red Bliss Potatoes
Steamed Broccoli
Apple
Orange Pineapple Juice, Milk

26 Sat

Beef Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Garlic & Rosemary Roasted Potatoes
Zucchini & Peas
Canned Apricots
Orange Pineapple Juice, Milk



PUZZLES & GAMES

Its July.
Find the words that relate to Summer Time Fun.

s T U O K O O C V N C Z V S O S M L G S R J S B D X
G C C A S B N R X U O C M N E J P N M E F S K Z I C
G O X R S U W D V B A I Q N M L I L L W E U R F G G
S N O W C O N E S R S C T R H H C K A E K M O L N I
A F T E Z W J S N R V T V A S A N I P S E M W I I P
P A R T I E S I S P E J P I C I J U S V H E E P P M
H S K B W J V N A R Q L F S R A C B Y P J R R F M I
H C A E B A I R M S E Q S P U R V A S N O P I L A N
U T A C L U A B J J D E S P H G W L O D G P F O C H
E X I J R D U W K R R T N G T S G L N W T Z V P F V
P Q Z H E E M E S E W H E U H I D X E D R Q I S W Y

- Popsicles

Beach

Camping

Carnival
- Cookouts

Fishing

Fireworks

Sprinkler
- Snowcones

Sunscreen

Splash

Summer
- Vacation

Parties

Parade

Flipflops

RIDDLES
Take your pick and solve these riddles

1. What is the worst vegetable to have on a ship?

2. I have a bee in my hand, what is in my eye?

3. What do you call a bear without an ear?

4. I am gentle enough to soothe your skin, light enough to fly in the sky, strong enough to crack rocks. What am I?

5. What bow has no string?

A leek.

Beauty is in the eye of the BEE-holder.

“B.”

I’m Water.

Rainbow.

CYCLOPEDIA 2017





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Your Guide to Programs and Services at the
Stanley M. Isaacs Neighborhood Center August 2017

Health & Wellness Day at Johnson Cornerstone with Goldman Sachs Volunteers

