



Isaacs | News + Center | Community

Your Guide to Programs and Services at the
Stanley M. Isaacs Neighborhood Center August 2018

Community Festival 2018



WEDNESDAYS

The SINC Community Awakens

2:00PM

—

4:00PM

The SINC Community Awakens group will have healthy snacks available to you every Wednesday from 2pm – 4pm. Look out for reminders on the Hospitality Table.

FRIDAYS

VOLS

10:00AM

-

12:00PM

Third Friday of the month

The VOLS Elderly Project provides free legal counsel to older adults in New York City. They specialize in the preparation of Wills and Life Planning Documents, and can provide legal advice on a number of legal issues facing older adults. They are here at the Isaacs Center every third Friday of the month for a free legal clinic.

FRIDAYS

Sewing Class

2:00PM

Are you interested in learning how to sew? Or do you already know how to? If so, join us on Fridays at 2pm.

MONDAY

Jazz Singer Audrey Silver

6

1:15PM

Audrey Silver is known as one of the most elegantly creative Jazz singers of today. She has performed at the Tanglewood Jazz Festival and New York’s prestigious JVC Jazz Festival. Join us in welcoming some smooth music to the Isaacs Center.

TUESDAY

Trip: Resorts Atlantic City

14

BUS LEAVES 7:45AM

TICKET: \$35

Join us for a trip to Atlantic City on August 14th. Bagged lunch and round trip transportation will be provided. 6 hour casino stay and \$25 casino bonus. **Please bring picture ID.**

WEDNESDAY

Trader Joes

15

10:45AM

TICKET: \$1

Join us for a shopping trip on August 15th. Snacks and round trip transportation will be provided.

WEDNESDAY

Manhattan Valley

22

10:45AM

TICKET: \$1

Join us for a shopping trip on August 22nd. Snacks and round trip transportation will be provided.

THURSDAY

Trip: Holiday Hill Senior Day

23

BUS LEAVES 7:15AM

TICKET: \$50

Join us for a trip to Holiday Hill on August 23rd. Bagged lunch and round trip transportation will be provided. Unlimited Food upon arrival, music, dancing, bingo, swimming and much more.

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! Accepting supplies until August 31.

Stanley Isaacs Bus Schedule

The Isaacs Center Senior Center has a bus. Stop by the hospitality table for the weekly bus schedule.

Grupos de Apoyo Mutuo

Hemos estado hablando de eso y ahora finalmente está aquí. El Centro de Isaacs desea dar la bienvenida a “Grupos de apoyo”. Habrá una variedad de grupos , favor de revisar la mesa de hospitalidad para conocer las fechas y horarios. Ven y muestra tu apoyo.

Let’s Talk w/ Gloria

“没事儿，咱聊聊”活动小组专为小区亚洲居民量身定制, 目的是为更多亚洲居民创造更多机会认识新朋友, 为纽约市新移民提供最有用的信息, 并更新中美最新消息, 以及为所有人创造一个友好的小区环境。

Movies

at the Isaacs Center

Movie Schedule

| Mondays | Thursdays | Fridays |
|---|--|-----------------------------|
| 1:30PM | 3:00PM | 2:30PM |
| | Aug 2 | Aug 3 |
| | I, Tonya | Thu Fri I Feel Pretty |
| Aug 6 | Aug 9 | Aug 10 |
| Mon Snatched | Thu Spy | Fri Baywatch |
| Aug 13 | Aug 16 | Aug 17 |
| Mon Den of Thieves | Thu Lady Bird | Fri Thor: Rangarok |
| Aug 20 | Aug 23 | Aug 24 |
| Mon The I Love Lucy 50th Anniversary Special | Thu Marx Brothers: Papa Romani / Person to Person | Fri Love Happy |
| Aug 27 | Aug 30 | Aug 31 |
| Mon Monkey Business | Thu The Post | Fri JFK: Special Edition |

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 x144.

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



Maudie

Long time member of the Isaacs Center

Upcoming Month

September 2018

- Financial Literacy Workshop, September 14th
- Senior Field Day at Asphalt Green, September 21st

AUGUST 2018

SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays. Saturdays 9:00AM to 1:00PM for limited programming.

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

06 Mon
10:30 Zumba w/ Yvonne
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
1:15 **Jazz Singer Audrey Silver**
2:30 Isaacs Sing Alongs

13 Mon
10:30 Zumba w/ Yvonne
11:00AM-2PM **Senator Serrano Mobile Office Hours**
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
2:30 Isaacs Sing Alongs

20 Mon
10:30 Zumba w/ Yvonne
1:15 **Latin Fever Zumba Class**
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
2:30 Isaacs Sing Alongs

27 Mon
10:30 Zumba w/ Yvonne
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
2:30 Isaacs Sing Alongs

07 Tue **Ticket Sales 9AM-10:30AM & 1PM-2PM**
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-2PM **Councilman Ben Kallos Mobile Office Hours**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **Patient Advocacy w/ Jess**
2:15 Bingo
3:00 Hablando con Maria
3:30 Arts and Crafts

14 Tue **Trip: Resorts Atlantic City***
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
2:15 Bingo
3:00 Hablando con Maria
3:30 Arts and Crafts

21 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **Mount Sinai Presentation**
2:15 Bingo
3:00 Hablando con Maria
3:30 Arts and Crafts

28 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
2:15 Bingo
3:00 Hablando con Maria
3:30 Arts and Crafts

01 Wed
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Bingo

08 Wed **Ticket Sales 9AM-10:30AM**
9:45 **Health Chat w/ Huda “Working through Emotional Stressors”**
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Game Day

15 Wed **Trip: Trader Joes***
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Bingo

22 Wed **Trip: Manhattan Valley***
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Game Day

29 Wed
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Bingo

02 Thu
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
3:00 Movie

09 Thu **Ticket Sales 9AM-10:30AM**
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
3:00 Movie

16 Thu
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
3:00 Movie

23 Thu **Trip: Holiday Hill Senior Day***
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
3:00 Movie

30 Thu
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
3:00 Movie

03 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
1:15 **Sloan Kettering Presentation**
2:00 Sewing Class
2:15 Bingo
2:30 Movie
3:00 Golden Opportunities

10 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
1:15 **Dancing with Diamond**
2:00 Sewing Class
2:15 Bingo
2:30 Movie
3:00 Golden Opportunities

17 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
10:00AM-12:00PM **VOLS Clinic**
1-4PM Nurse Lorraine Walk-In
1:15 **Birthday Party**
2:00 Sewing Class
2:30 Movie
3:00 Bingo
3:00 Golden Opportunities

24 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
1:15 **Latin Fever Salsa Class**
2:00 Sewing Class
2:15 Bingo
2:30 Movie
3:00 Golden Opportunties

31 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
2:00 Sewing Class
2:15 Bingo
2:30 Movie
3:00 Golden Opportunties

04 Sat
10:00 Yoga
11-1PM Granny Squared

11 Sat
10:00 Yoga

18 Sat
10:00 Yoga
11-1PM Granny Squared

25 Sat
10:00 Yoga

AUGUST 2018

SENIOR CENTER MENU

Breakfast

Breakfast is offered Mon-Fri,
8:30AM-9:15AM. Suggested
contribution is 50¢.

Lunch

A delicious, nutritionally balanced Lunch is
offered Mon-Fri, 11:45AM-12:30PM. Suggested
contribution is \$2 for seniors. Guest rate is \$3.

06 Mon

B: Continental Breakfast
L: Eggplant Rollettes
Whole Wheat Bread
Parslied Carrots
Steamed Broccoli & Cauliflower
Apple
Orange Pineapple Juice, Milk

13 Mon

B: Continental Breakfast
L: Turkey Burger w/ Onions
Whole Wheat Bread
Green Beans
Hash Brown Potatoes
Canned Apricots
Orange Pineapple Juice, Milk

20 Mon

B: Continental Breakfast
L: Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Broccoli & Red Peppers
Mashed Potatoes
Apple
Orange Pineapple Juice, Milk

27 Mon

B: Continental Breakfast
L: Chicken Parmesan
Whole Wheat Bread
Whole Wheat Spaghetti
Steamed Broccoli
Apple
Orange Pineapple Juice, Milk

07 Tue

B: Continental Breakfast
L: Chicken w/ Garlic Sauce
Brown Rice
Whole Wheat Bread
Sauteed Bok Choy
Canned Pears
Orange Juice, Milk

14 Tue

B: Continental Breakfast
L: Pork Stew
Brown Rice
Whole Wheat Bread
Brussel Sprouts
Banana
Apple Juice, Milk

21 Tue

B: Continental Breakfast
L: Sliced Turkey & Gravy
Couscous
Whole Wheat Bread
Mixed Vegetables
Canned Apricots
Apple Juice, Milk

28 Tue

B: Continental Breakfast
L: Unbreaded Veal & Beef Patties
Brown Gravy
Whole Wheat Bread
Kale
Mashed Potatoes
Apple Juice, Milk

01 Wed

B: Continental Breakfast
L: Pork Chop w/ Sweet & Sour Sauce
Egg Noodles
Whole Wheat Bread
Zucchini & Carrots
Banana
Orange Pineapple Juice, Milk

08 Wed

B: Continental Breakfast
L: Swedish Meatballs
Egg Noodles
Whole Wheat Bread
Green Beans
Banana
Apple Juice, Milk

15 Wed

B: Continental Breakfast
L: Baked Ziti w/ Cheese
Whole Wheat Bread
California Blend Vegetables
Canned Pineapple
Orange Juice, Milk

22 Wed

B: Continental Breakfast
L: Herb Roasted Chicken Leg
Whole Wheat Bread
Collards
Yellow Plantain
Banana
Orange Juice, Milk

29 Wed

B: Continental Breakfast
L: Cheese Ravioli w/ Marinara Sauce
Whole Wheat Bread
Sauteed Spinach
Sliced Carrots
Kiwi
Orange Juice, Milk

02 Thu

B: Continental Breakfast
L: Cheese Blintzes
Whole Wheat Bread
Green Beans
Parslied Carrots
Canned Apricots
Apple Juice, Milk

09 Thu

B: Continental Breakfast
L: Sliced Turkey w/ Gravy
Whole Wheat Bread
Collards
Mashed Sweet Potatoes
Applesauce
Orange Pineapple Juice, Milk

16 Thu

B: Continental Breakfast
L: BBQ Chicken
Whole Wheat Bread
Corn Niblets
Kale
Apple
Orange Pineapple Juice, Milk

23 Thu

B: Continental Breakfast
L: Lasagna, Spinach, & Cheese
Whole Wheat Bread
Green Beans
Canned Pineapple
Orange Pineapple Juice, Milk

30 Thu

B: Continental Breakfast
L: Stuffed Peppers w/ Ground Beef
Brown Rice
Whole Wheat Bread
Peas & Carrots
Canned Apricots
Apple Juice, Milk

03 Fri

B: Continental Breakfast
L: Tilapia w/ Creole Sauce
Couscous
Whole Wheat Bread
Brussel Sprouts
Apple
Orange Juice, Milk

10 Fri

B: Continental Breakfast
L: Baked Basa Fillet
Whole Wheat Bread
Yellow Rice
Zucchini & Carrots
Banana
Orange Juice, Milk

17 Fri

B: Continental Breakfast
L: Baked Tilapia
Couscous
Whole Wheat Bread
Green Beans
Canned Pears
Apple Juice, Milk

24 Fri

B: Continental Breakfast
L: Steamed Fish w/ Ginger
Scallion Sauce
Brown Rice
Whole Wheat Bread
Sauteed Bok Choy w/ Garlic
Pear
Apple Juice, Milk

31 Fri

B: Continental Breakfast
L: Tilapia w/ Lemon Dill Sauce
Egg Noodles
Whole Wheat Bread
Green Beans
Banana
Orange Pineapple Juice, Milk

04 Sat

**Take Home Lunch
Distributed on Friday**

L: BBQ Chicken
Whole Wheat Bread
Corn Niblets
Kale
Pear
Orange Pineapple Juice, Milk

11 Sat

**Take Home Lunch
Distributed on Friday**

L: Baked Macaroni & Cheese
Whole Wheat Bread
Sauteed Spinach
Stewed Tomatoes
Canned Apricots
Apple Juice, Milk

18 Sat

**Take Home Lunch
Distributed on Friday**

L: Beef w/ Giner Scallion Sauce
Chinese Style Spaghetti
Whole Wheat Bread
Chinese Style Bok Choy
Kiwi
Orange Juice, Milk

25 Sat

**Take Home Lunch
Distributed on Friday**

L: Turkey Chow Mein
Chinese Style Spaghetti
Whole Wheat Bread
Oriental Vegetable Blend
Applesauce
Orange Juice, Milk

AUGUST 2018

MEALS ON WHEELS MENU

Please remember that Meals on Wheels is here to assist you. If you have questions or concerns regarding the meals you are receiving or the delivery service, please feel free to call our office at 212.348.4344 x144.

05 Sun

Turkey w/ Gravy
Sweet Baked Yams
Whole Wheat Bread
Italian Cut Green Beans
Apple Juice
Canned Apricots, Milk

06 Mon

Beef Stew
Whole Wheat Bread
Baby Carrots w/ Parsley
Red Bliss Potatoes
Kiwi
Apple Juice, Milk

07 Tue

Hawaiian Chicken Legs
Bowtie Noodles
Whole Wheat Bread
Steamed Broccoli & Cauliflower
Applesauce
Orange Juice, Milk

12 Sun

Beef Meatballs in Tomato Sauce
Whole Whea Bread
Whole Wheat Spaghetti
Normandy Blend Vegetables
Fruit Cocktail
Orange Juice, Milk

13 Mon

Baked Turkey Breast
Whole Wheat Bread
Mixed Vegetables
Sweet Baked Yams
Orange
Apple Juice, Milk

14 Tue

Rosemary Chicken
Egg Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Orange Pineapple Juice, Milk

19 Sun

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

20 Mon

Beef Stronganoff w/ Noodles
Whole Wheat Bread
California Blend Vegetables
Orange Pineapple Juice, Milk

21 Tue

Baked Chicken Thighs
Mexican Confetti Rice
Whole Wheat Bread
Baby Carrots w/ Parsley
Orange
Apple Juice, Milk

26 Sun

Turkey w/ Gravy
Whole Wheat Bread
Cut Green Beans
Mashed Sweet Potatoes
Orange
Apple Juice, Milk

27 Mon

Baked Ziti w/ Meat Sauce
Whole Wheat Bread
Cut Green Beans
Orange
Apple Juice, Milk

28 Tue

BBQ Chicken Leg Quarters
Macaroni & Cheese
Whole Wheat Bread
Italian Blend Vegetables
Apple
Orange Juice, Milk

01 Wed

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

08 Wed

Baked Salmon
Dill Lemon Sauce
Barsley
Whole Wheat Bread
Italian Blend Vegetables
Sliced Peaches
Orange Pineapple Juice, Milk

15 Wed

Baked Basa Fish
Barley
Whole Wheat Bread
California Blend Vegetables
Pear
Apple Juice, Milk

22 Wed

Baked Flounder
Sofrito
Orzo Pilaf
Whole Wheat Bread
Steamed Broccoli
Canned Pears
Orange Juice, Milk

29 Wed

Baked Flounder
Moroccan Style Sauce
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Spinach
Orange Pineapple Juice, Milk
Vanilla Pudding

02 Thu

Orange Glazed Chicken Breast
Rice w/ Mushrooms
Whole Wheat Bread
Mixed Vegetables
Banana
Orange Pineapple Juice, Milk

09 Thu

Arroz con Pollo(Chicken & Rice)
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple Juice, Milk

16 Thu

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

23 Thu

Chicken Curry w/ Apples & Peas
White Rice
Whole Wheat Bread
Italian Blend Vegetables
Banana
Apple Juice, Milk

30 Thu

Chicken Alfredo
Fettucini w/ Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Fruit Cocktail
Apple Juice, Milk

03 Fri

Baked Flounder
Greek Sauce
Garlic Mashed Potatoes
Whole Wheat Bread
Italian Blend Vegetables
Canned Pineapple
Orange Juice, Milk

10 Fri

Baked Basa fish
Light Basil Cream Sauce
Bulgur
Whole Wheat Bread
Spinach
Apple
Orange Pineapple Juice, Milk

17 Fri

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

24 Fri

Ginger & Lime Salmon
Barley
Whole Wheat Bread
Collard Greens
Apple
Orange Juice, Milk

31 Fri

Salmon in Garlic Butter Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
California Blend Vegetables
Banana
Orange Pineapple Juice, Milk

04 Sat

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

11 Sat

BBQ Chicken Breasts
Whole Wheat Bread
Cut Green Beans
Mashed Red Potatoes
Kiwi
Apple Juice, Milk

18 Sat

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

25 Sat

Beef Salisbury Steak w/ Msuhroom Sauce
Egg Noodles
Whole Wheat Bread
Zucchini & Peas
Canned Apricots
Orange Pineapple Juice, Milk

PUZZLES & GAMES

Its August.
Find the words that relate to Beach Day.

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

Beach
Boat
Summer
Sunscreen

Swimming
Sunshine
Seashell
Surfing

Vacation
Seagull
Ice cream
Party

RIDDLES

Take your pick and solve these riddles

1. Re-arrange the letters,

O O U S W T D N E J R
2. Why did the orange stop in the middle of the road?
3. What breaks on water but never on land?
4. Why did the toilet paper roll roll down the hill?
5. Why did the can crusher quit his job?

to spell just one word.

Because it was
out of Juice.

Because it ran
A wave.

To get to the bottom.
soda pressing.

'Just one word'

HEALTH AND WELLNESS DAY WITH OUR SUMMER DAY CAMPERS

Thank you to the volunteers from Goldman Sachs for joining us.





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