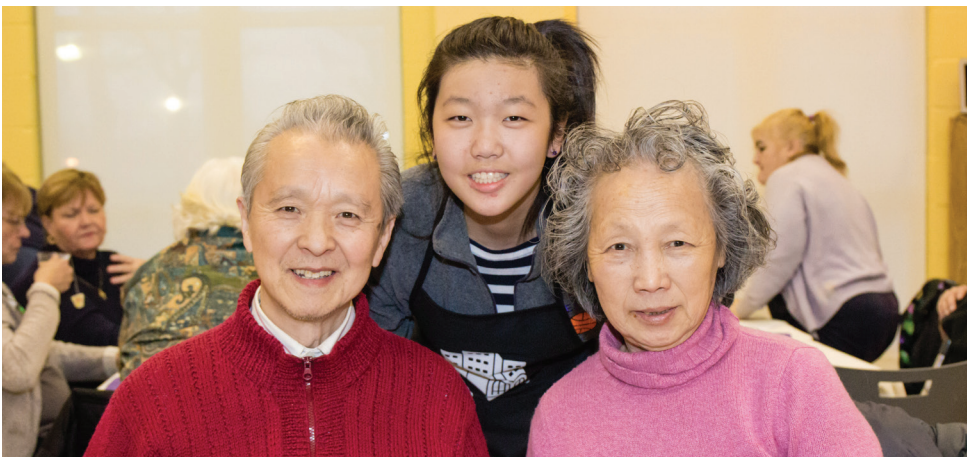




Isaacs | News + Center | Community

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

Sunday Suppers



Closed for Programming

FEB 19 Isaacs Center will be closed on Monday, February 19th, 2018.

Black History Month

FEB Black History Month is celebrated from February 1st- February 28th. This year the theme for Black History Month is "African Americans in Times of War," commemorates the centennial of the end of the First World War in 1918.

THURSDAYS Art Class w/ Nancy

3:00PM I am Nancy Purnell, Art Instructor at Isaacs. I will teach you to draw with pencil and charcoal and to paint with acrylic on canvas board. We paint a variety of pieces.

STARTING FEBRUARY 2ND
9:30AM - 2:00PM
AARP - Every Friday
AARP Tax aide will return on Friday, February 2nd from 9:30am-2:00pm. Please note these services are of no cost to you and on a first come first serve basis.

Black History Month

Interest Meeting

FEB 2
10:00AM
Are you interested in performing at the Black History Month Celebration? If so, please join us on February 2nd, at 10am.

SUNDAY Sunday Suppers

11
3:00PM
Join us for Sunday Suppers on February 11th. Doors open at 3:00PM. Sign up during ticket sales.

WEDNESDAY State of the Senior

14
2:00PM
Center Address
On February 14th at 2:00pm join the Isaacs Center President and Executive Director at the "State of the Senior Center Address".

THURSDAY Mobile Care Clinic

15
2:00PM
On February 15th, 2018 from 2:00pm – 4:30pm, the mobile care mammogram van will provide no cost digital mammograms. Eligibility: • Woman aged 40 and older Currently living in New York City, No Mammogram in the past 12 months.

WEDNESDAY Black History Month Celebration

21
2:30PM
Black History Month, is an annual celebration of achievements by black Americans. The Isaacs Centers Annual Black History Month Celebration will be held on Wednesday, February 21st at 2:30pm.

FRIDAY Dignity Memorial

23
1:15PM
Join us for an engaging presentation on February 23rd at 1:15pm on how to remain safe in the street and avoid assault. Also, we will address helpful hints on safe apartment living.

WEDNESDAY Chinese New Year

28
2:30PM
Lunar New Year also known as Chinese New Year is on Friday, February 16th. The Isaacs Center will celebrate Chinese New Year on Wednesday, February 28th at 2:30pm. We will celebrate Chinese New Year as a family. We will dance, enjoy music and have an amazing meal.

农历中国新年

农历中国新年是2018年2月16日。Isaacs老人中心将于2018年2月28日下午2点半庆祝中国农历新年。我们一家人将会聚在一起庆祝农历春节。届时将会有舞蹈，音乐，和美食！欢迎参加

Sexuality on Aging

I'm happy to report that I received 120 Sexuality and Aging surveys; the results will be posted on the Hospitality table. The First Workshop will take place starting February 7 and is a closed group (participants have already signed up). Thank you, Nancy Hernandez, Case Manager at Isaacs Center.

Movies

at the
Isaacs
Center

Feb 1 Thu Selma	Feb 2 Fri Mandela: Long Walk to Freedom
Feb 5 Mon Winnie Mandela	Feb 8 Thu The Secret Life of Bees
Feb 9 Fri 42 The Jackie Robinson Story	Feb 12 Mon Won't Back Down
Feb 15 Thu Fences	Feb 16 Fri Queen of Katwe
Feb 19 Mon Isaacs Center Closed	Feb 22 Thu The Flowers of War
Feb 23 Fri Not One Less	Feb 26 Mon Zhou Yu's Train

Movie Schedule

Mondays	Thursdays	Fridays
1:30PM	3:30PM	2:30PM

Office Hours w/ Greg

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

Spotlight



SPECIAL THANK YOU TO OUR MEALS ON WHEELS TEAM(AND THOSE NOT PICTURED) FOR THEIR DEDICATION AND HARD WORK EVERY DAY

Upcoming Month

March 2018

- St. Patrick's Day
- Isaacs Center Closed for Good Friday, March 30th 2018.

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.

NORC-SSP

The NORC-SSP provides comprehensive case management and case assistance to older adult residents living in the Isaacs/Holmes Houses.

FREE WI-FI

The Isaacs Center now has free Wi-Fi service. Stop by the front desk to find out how to connect.

Isaacs Youth Center

For information about our Youth Employment and Education Services and our School Age Services and Adolescent Programs, please call 212.360.7625, ext 210.

FEBRUARY 2018

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.

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

- 12 Mon**
 10:30 Zumba w/ Yvonne
 1:15 Art for Beginners w/ Frank
 1:15 **Weill Cornell Presentation “Cataracts”**
 1:30 Pet Therapy w/ Alice
 1:30 Movie
 2:15 Drama Workshop w/ Frank

19 Mon President’s Day
Isaacs Center Closed

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

- 06 Tue Ticket Sales 9AM-10:30AM**
 9:30 Stay Well Fitness w/ Denis
 10:30 Meditation
 1-4PM Nurse Lorraine Walk-In
 1:30 **Food Committee w/ Jeffrey**
 1:15 Rincón Latino w/ Jennifer
 1:30 Computer Basics - OATS
 2:00 **Social Action Committee w/ Aaron**
 Bingo
 2:15 Social Media - OATS
 2:30 **Ed & Rec Committee w/ Anita**
 Arts and Crafts
 3:00 **Hospitality Committee w/ Khristel**

- 13 Tue**
 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 **Nutrition Education w/ Jennilyn “Make Right Choices”**
 1:30 Computer Basics - OATS
 2:15 Bingo
 2:45 Social Media - OATS
 3:30 Arts and Crafts
 7PM **Isaacs Tenant Meetings**

- 20 Tue**
 9:30 Stay Well Fitness w/ Denis
 10:30 Meditation
 10:30 **Care Link Presentation**
 1-4PM Nurse Lorraine Walk-In
 1:15 Rincón Latino w/ Jennifer
 1:15 **19th Precinct Presentation: Phone Scams & Personal Safety**
 1:30 Computer Basics - OATS
 2:15 Bingo
 2:45 Social Media - OATS
 3:30 Arts and Crafts
 7PM **Holmes Tenant Meeting**

- 27 Tue**
 9:30 Stay Well Fitness w/ Denis
 10:30 Meditation
 1-4PM Nurse Lorraine Walk-In
 1:15 Rincón Latino w/ Jennifer
 1:30 Computer Basics - OATS
 2:00 **Nutrition Education “Eating to Avoid Cancer”**
 2:15 Bingo
 2:45 Social Media - OATS
 3:30 Arts and Crafts



Ticket Sales 9AM-10:30AM

- 07 Wed**
 9:45 Health Chat w/ Huda
 “Detecting & Preventing Cancer”
 10:00 Holistic Health & Happiness Group
 10:30 Yoga w/ Nammi
 1:00 没事儿咱聊聊
 1:15 **Membership Meeting**
 2:00 Nutrition Support Group
 2:30 Scrabble Group
 2:30 Bingo

- 14 Wed Ash Wednesday & Valentine’s Day**
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 Nutrition Support Group
 2:00 **State of the Senior Center Address**
 2:30 Scrabble Group
 2:30 Game Day

- 21 Wed**
 10-12PM Blood Pressure Screenings
 10:00 Holistic Health & Happiness Group
 10:30 Yoga w/ Nammi
 1:00 没事儿咱聊聊
 1:15 Groove w/ Yvonne
 2:00 Nutrition Support Group
 2:30 Scrabble Group
 2:30 **Black History Month Celebration**

- 28 Wed**
 10-12PM Blood Pressure Screenings
 10:00 Holistic Health & Happiness Group
 10:30 Yoga w/ Nammi
 1:00 没事儿咱聊聊
 1:15 Groove w/ Yvonne
 2:00 Nutrition Support Group
 2:30 Scrabble Group
 2:30 **Chinese New Year Celebration 农历新年庆祝**

- 01 Thu**
 10:00 Cancer Awareness Group
 12:00 Craft Hour
 1:00 The Group w/ Aaron
 1:15 ESL for Spanish Speakers
 1:30 Computer Basics - OATS
 2:00 Daily Fitness
 2:15 Collaborative Writing Class
 2:20 Learn Spanish
 2:45 Social Media - OATS
 3:00 Art Class w/ Nancy
 3:30 Movie

- 08 Thu Ticket Sales 9AM-10:30AM**
 10:00 Cancer Awareness Group
 12:00 Craft Hour
 1:00 The Group w/ Aaron
 1:15 ESL for Spanish Speakers
 1:30 Computer Basics - OATS
 2:00 Daily Fitness
 2:15 Collaborative Writing Class
 2:20 Learn Spanish
 2:45 Social Media - OATS
 3:00 Art Class w/ Nancy
 3:30 Movie

- 15 Thu**
 10:00 Cancer Awareness Group
 12:00 Craft Hour
 1:00 The Group w/ Aaron
 1:15 ESL for Spanish Speakers
 1:30 Computer Basics - OATS
 2:00 Daily Fitness
 2PM-4:30PM **Mobile Care Clinic Mammogram Van**
 2:15 Collaborative Writing Class
 2:20 Learn Spanish
 2:25 Social Media - OATS
 3:00 Art Class w/ Nancy
 3:30 Movie

- 22 Thu Trip: East River Plaza***
 10:00 Cancer Awareness Group
 12:00 Craft Hour
 1:00 The Group w/ Aaron
 1:15 ESL for Spanish Speakers
 1:30 Computer Basics - OATS
 2:00 Daily Fitness
 2:15 Collaborative Writing Class
 2:20 Learn Spanish
 2:45 Social Media - OATS
 3:30 Movie



- 02 Fri National Wear Red & Groundhog Day**
 9:30 Groove w/ Roger
 10:00 Caregiver Support Group
 10:00 **Black History Month Meeting**
 10:00 Hablando con Maria
 1-4PM Nurse Lorraine Walk-In
 2:00 Pastoral Care
 2:15 Bingo
 2:30 Movie
 3:00 Golden Opportunities

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

- 16 Fri Chinese New Year**
 9:30 Groove w/ Roger
 10:00 Caregiver Support Group
 10:00 Hablando con Maria
 1-4PM Nurse Lorraine Walk-In
 1:15 **Birthday Party**
 2:00 Pastoral Care
 2:30 Movie
 3:00 Bingo
 3:00 Golden Opportunities

- 23 Fri**
 9:30 Groove w/ Roger
 10:00 Caregiver Support Group
 10:00 Hablando con Maria
 1-4PM Nurse Lorraine Walk-In
 1:15 **Dignity Memorial “Smart & Safe”**
 2:00 Pastoral Care
 2:30 Movie
 3:00 Bingo
 3:00 Golden Opportunities

- 03 Sat**
 10:00 Yoga
 11-1PM Granny Squared

- 10 Sat**
 10:00 Yoga

- 17 Sat Random Acts of Kindness Day**
 10:00 Yoga
 11-1PM Granny Squared

- 24 Sat**
 10:00 Yoga



FEBRUARY 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.



05 Mon

B: Continental Breakfast
L: Baked Pork
Egg Noodles
Bread
Brussel Sprouts
Apple, Milk

06 Tue

B: Continental Breakfast
L: Baked Breaded Lamb Chops
Mashed Potatoes
Whole Wheat Bread
Italian Cut Green Beans
Apple Juice, Milk

07 Wed

B: Continental Breakfast
L: Chicken Thigh Stew w/ Ginger & Pumpkin
Quinoa
Whole Wheat Bread
Garden Salad
Cantaloupe, Milk

01 Thu

B: Continental Breakfast
L: Baked Chicken Quarters
Whole Wheat Bread
Steamed Green Beans
Yellow Plantains
Honeydew, Milk

02 Fri

B: Continental Breakfast
L: Rolled Flounder w/ Zucchini & Carrots
Whole Wheat Bread
Steamed Broccoli
Yuca w/ Onions
Pear, Milk

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

L: Turkey Meatloaf w/ Mushroom Gravy
Whole Wheat Bread
Whole Wheat Spaghetti
Vegetable Mix
Orange, Mi

12 Mon

B: Continental Breakfast
L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Normandy Blend Vegetables
Apple
Orange Pineapple Juice, Milk

13 Tue

B: Continental Breakfast
L: Beef Stew
Egg Noodles
Whole Wheat Bread
Winter Blend Vegetables
Peach, Milk

14 Wed

B: Continental Breakfast
L: Lean Lamb Chops
Whole Wheat Bread
Baked Sweet Potato
Steamed Broccoli
Banana, Milk

15 Thu

B: Continental Breakfast
L: Jerk Chicken
Brown Rice w/ Pigeon Peas
Whole Wheat Bread
Baby Spinach Salad
Pineapple Juice, Milk

16 Fri

B: Continental Breakfast
L: Lemon Salmon
Orzo w/ Vegetables
Whole Wheat Bread
Cabbage w/ Shredded Carrots
Orange, Milk

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

L: Chicken Chunks w/ Red Sauce
White Rice
Whole Wheat Bread
Steamed Carrots
Orange Juice, Milk

19 Mon

**Isaacs
Center Closed**

20 Tue

B: Continental Breakfast
L: Teriyaki Beef
Chinese Style Spaghetti
Whole Wheat Bread
Green Bean Saute
Canned Apricots
Apple Juice, Milk

21 Wed

B: Continental Breakfast
L: Lentil Soup
Eggplant Parmesan w/ Ricotta
Whole Wheat Bread
California Blend Vegetables
Garden Salad
Fruit Cocktail, Milk

22 Thu

B: Continental Breakfast
L: BBQ Pulled Pork
Wild Rice
Mixed Vegetables 5-Way
Pineapple Juice, Milk

23 Fri

B: Continental Breakfast
L: Coconut Curried Cod Fish
Whole Wheat Bread
Braised Collard Greens
Roasted Potatoes
Apple, Milk

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

B: Continental Breakfast
L: BBQ Chicken Leg Quarters
Whole Wheat Bread
Baked Sweet Potatoes
Steamed Broccoli
Orange, Milk

26 Mon

B: Continental Breakfast
L: Spanish Style Beef Stew
Whole Wheat Bread
Brown Rice
Green Bean Saute
Apple, Milk

27 Tue

B: Continental Breakfast
L: Chicken Cacciatore
Egg Noodles
Whole Wheat Bread
Steamed Spinach
Sliced Peaches
Orange Juice, Milk

28 Wed

B: Continental Breakfast
L: Turkey Chili w/ Sweet Potatoes & Corn
White Rice
Whole Wheat Bread
Lettuce & Tomato
Orange, Milk



FEBRUARY 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.

04 Sun

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

05 Mon

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

06 Tue

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

07 Wed

Sweet Orange Salmon
Barley
Whole Wheat Bread
California Blend Vegetables
Pear
Apple Juice, Milk

11 Sun

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

12 Mon

Braised Beef Tips
Egg Noodles
Whole Wheat Bread
California Blend Vegetables
Orange Pineapple Juice, Milk

13 Tue

Baked Asian Style Honey Chicken
White Rice
Whole Wheat Bread
Collard Greens
Orange
Apple Juice, Milk

14 Wed

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

18 Sun

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

19 Mon ^{Isaacs Center}
^{Will be}
^{Closed}
Meal will be delivered in advance

20 Tue

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

21 Wed

Baked Flounder
Moroccan Style Sauce
Steamed Spinach
Vannila Pudding
Orange Pineapple Juice, Milk

25 Sun

Herb Grilled Chicken
Rice w/ Corn
Whole Wheat Bread
Broccoli
Canned Apricots
Orange Pineapple Juice, Milk

26 Mon

Swiss Steak w/ Onions
Egg Noodles
Whole Wheat Bread
Vegetable Mix
Apple
Orange Juice, Milk

27 Tue

Italian Roast Chicken
Rice w/ Chickpeas
Whole Wheat Bread
Steamed Kale
Canned Pears
Orange Pineapple Juice, Milk

28 Wed

Baked Tilapia
Creole Sauce
Orzo
Whole Wheat Bread
Italian Blend Vegetables
Kiwi
Apple Juice, Milk

01 Thu

Baked Mushroom Chicken
Quinoa & Black Beans
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple Juice, Milk

02 Fri

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

03 Sat

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

08 Thu

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

09 Fri

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

10 Sat

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

15 Thu

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

16 Fri

Ginger & Lime Salmon
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

17 Sat

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

22 Thu

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

23 Fri

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

24 Sat

Beef Meatballs w/ Sofrito
Egg Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Apple Juice, Milk



Thank you 7th graders from Spence school and Allen-Stevenson for coming by and making quilts with us.

PUZZLES & GAMES

Its February.

Find the words that relate to Black History Month.

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

Sojourner Truth
 Malcolm X
 Black History
 Emancipation

Justice
 Peace
 Civil War
 African American

Diversity
 Equal Rights
 Unity
 Voting

RIDDLES

Take your pick and solve these riddles

1. I have four legs but never walk I may be covered in flowers but have no soil I hold food three times a day but never eat a meal.
2. I make two people out of one. What am I?
3. What is far in the beginning and has arts at end?
4. What is black when you buy it, red when you use it, and gray when you throw it away?
5. What can be heard and caught but never seen?

What am I?

A table. A mirror. "Farts." Charcoal. A remark.

SENIOR VOLUNTEERS



Thank you to all our senior volunteers and those not pictured for all you do. You help keep the Isaacs Center running all year long.

Eugenia Ortiz
 Harriette Chatman
 Sandra Otero
 Jennie Lorenzana
 Florence Schoen
 Helena Kirkpatrick
 Myrna LaBow
 Alice Knight
 Charlotte Golderer
 Deneen Pizarro

Gloria King
 Carmen Claudio
 Hazel Rossbach
 Jacqueline Hardy
 Maria Todisco
 Alma DiPuma
 Ramona Rodriguez
 Nicholas Chern
 Amy Feinstein
 Morgan Detering

Names in no particular order



Isaacs | News + Center | Community

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

Senior Center Birthday Party

