What You’ll Find

This month at the Isaacs Center
NORC News
Senior Center Activities
Senior Center Menu
Elders at Home Call Conference Schedule
Puzzles & Games
Meals on Wheels Menu
Senior Center Movies
Senior Spotlight
Upcoming Month

SPECIAL ANNOUNCEMENT
The Isaacs Center will be closed on Friday January 1st 2016 and Monday January 18th 2016.

Thanksgiving Lunch, November 26th 2015.
This month at the Isaacs Center
Presentations, Workshops & Meetings

East Side Scrappers
Tuesdays at 1:15PM

There is a scrapbook group called “The East Side Scrappers,” with fifth grade students from the Spence School that takes place on Tuesdays at 1:15PM.

Nutrition Seminar
January 5th 1:15PM

The first Wednesday of the month, all Senior Center members are invited to meet the staff, hear program updates and ask questions. We would love your feedback.

New Art Class
January 7th 3PM
January 21st 3PM
January 28th 3PM

We will be offering a new art class starting on January 7 at 3pm! The class will include drawing and painting and has the potential to evolve over time and include collages, sculpting etc. All skill levels are welcomed!

Taino Towers Presentation
January 8th, 1:15PM
January 25th, 1:15PM

Join us for a presentation by Taino Towers. On January 8th we will be discussing New Years resolutions and how to make health a priority.

On January 25th we will be discussing the importance of exercising.

Successful Aging Seminar
January 12th 1:15PM

Come for an informative seminar about successful aging.

Trader Joe’s
January 13th 10:30AM
Ticket: $1, sign up during ticket sales

Join us for a shopping trip on January 13th. Bagged lunch and round trip transportation will be provided. Meet at 10:30AM.

Sands Casino
January 20th 8:45AM
Ticket: $30, sign up during ticket sales

Join us for a fun filled trip to the Sands Casino in PA. Meet at Isaacs at 8:45am. Round trip transportation and a bagged lunch will be included. You will receive $25 in slot play and a $5 food voucher. Join our lovely members for a Special Reading Day.

In addition to blood pressure screenings, we will be having glucose screenings and pulse oximetry on January 29 from 10am-noon. It will be held at the same time/date as blood pressure screenings for your convenience!

Crochet Announcement
Isaacs Closing

Drama Group Presentation, “Through the Years”

Join us for a presentation by Sands Casino. January 20th 8:45AM
Ticket: $30, sign up during ticket sales

Poets & Writers Reading Day
January 22nd 1:15PM

Join our lovely members for a Special Reading Day.

The Isaacs Center will be closed on Friday, January 1st 2016 and Monday, January 18th 2016.

We will be open on Saturday, January 2nd 2016 from 9AM - 1PM.

NORC-SSP News & Events
Tenant Association Meetings

The monthly Isaacs Houses Tenant Association meeting will take place on Tuesday, January 12th at 7PM. The Holmes Tower Tenant Association meeting will be held on Tuesday, January 19th at 7pm. Open to residents of the Isaacs/Holmes development.

Our City Council Member Ben Kallos’ Director of Constituent Services will be on location at the Stanley Isaacs Center from 2-5PM in Room 6 on Tuesday, January 12th. Debbie Lightbody, will answering questions about city agencies and assist you with applications for SCRIE, SNAP, Medicaid, Access-A-Ride, and other benefits and city services; tenant issues; and much more.

Monthly Committee Meetings

Hospitality | Khristel
Tues Jan 5th 3:15PM

Ed & Rec | Nicole
Fri Jan 8th 3:00PM

Food | Jeffrey
Thu Jan 14th 1:30PM

Social Action | Aaron
Tues Jan 19th 11:00AM
JANUARY 2016
SENIOR CENTER ACTIVITIES
The Isaacs Center is open from 8:00am to 5:00pm on weekdays and 9am to 3pm on Saturdays.

04 Mon
9:25 Tai Chi w/ Clara
10:15 Swing w/ the Crew
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:15 Movie
1:30 PetTherapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

05 Tue
9:30 ticket Sales 10-11:30AM
Stay Well Fitness w/ Denis
1:00-4:00 Nurse Lorraine Walk-In
1:15 Rinçon Latino w/ Xiomara
East Side Scrappers
1:15 Art for Beginners w/ Frank
1:15 Movie
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

06 Wed
9:45 Ticket Sales 10-11:30AM
Health Chat w/ Huda: Diabetes
10:30 Yoga w/ Nammi
10:30 Basic Spanish
1:00 Water Exercise at Asphalt Green
1:15 Townhall/Membership Meeting
2:30 Scrabble Group

07 Thu
10:15 Ticket Sales 10-11:30AM
Salsa Dancing w/ Pedro
1:00 The Group w/ Aaron
1:00 Water Exercise at Asphalt Green
1:30 Daily Fitness
2:15 Movie
3:00 Art Class w/ Nancy

08 Fri
10:00 ESL for Spanish Speakers
10-12PM Blood Pressure Screenings
10:15 Swing w/ the Crew
10:15-4:00 Nurse Lorraine Walk-In
1:15 Taino Towers Presentation: New Years Resolutions
2:15 Bingo
2:15 Movie
3:00 Ed & Rec Committee w/ Nicole

09 Sat
Walk-In Clinic 9AM-1PM
Ticket Sales 10-11:30AM

ISAACS CENTER IS CLOSED FOR NEW YEAR’S DAY

ISAACS CENTER IS CLOSED FOR MARTIN LUTHER KING JR’S DAY

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1:15 Movie
1:30 PetTherapy w/ Alice
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Sun
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10:30 Zumba w/ Yvonne
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1:15 Movie
1:30 PetTherapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

Tues
9:30 Stay Well Fitness w/ Denis
1:00-4:00 Nurse Lorraine Walk-In
1:15 Rinçon Latino w/ Xiomara
1:15 Successful Aging Seminar
1:15 East Side Scrappers
2:00 Yoga
3:00 Isaacs Tenant Assoc Mtg

Wed
9:30 Stay Well Fitness w/ Denis
1:00-4:00 Nurse Lorraine Walk-In
1:15 Rinçon Latino w/ Xiomara
1:15 East Side Scrappers
2:15 Bingo
5:00 Yoga
7:00 Holmes Tenant Assoc Mtg

Thurs
9:30 Stay Well Fitness w/ Denis
11:00 Social Action Committee w/ Aaron
1:00-4:00 Nurse Lorraine Walk-In
1:15 Rinçon Latino w/ Xiomara
1:15 East Side Scrappers
2:15 Bingo
5:00 Yoga
7:00 Holmes Tenant Assoc Mtg

Fri
9:30 Yoga w/ Nammi
10:30 Basic Spanish
1:00 Water Exercise at Asphalt Green
1:15 Current Events w/ Madias
1:15 Groove w/ Yvonne
1:15 Patient Advocacy w/ Jess
2:30 Scrabble Group
3:00 Women’s Group w/ Nancy

Sat
9:30 Yoga w/ Nammi
10:30 Basic Spanish
1:00 Water Exercise at Asphalt Green
1:15 Current Events w/ Madias
1:15 Groove w/ Yvonne
2:30 Scrabble Group

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10:15-4:00 Nurse Lorraine Walk-In
1:15 Taino Towers Presentation: New Years Resolutions
2:15 Bingo
2:15 Movie
3:00 Ed & Rec Committee w/ Nicole

02 Sat
Early Closing at 1PM
10:00 Yoga
10:30 Arts & Crafts
10:30 Basic Spanish
10:30 ESL for Chinese Speakers
11:00 Board Games w/ Erinn
1:00 Movie
1:00 Granny Squared
1:15 Mandarin Class
1:15 Meditation
2:15 Salsa Dancing w/ Pedro
2:15 ESL for Spanish Speakers

03 Sun
10:00 Yoga
10:00 Arts & Crafts
10:30 Basic Spanish
10:30 ESL for Chinese Speakers
11:00 Board Games w/ Erinn
1:00 Movie
1:00 Granny Squared
1:15 Mandarin Class
1:15 Meditation
2:15 Salsa Dancing w/ Pedro
2:15 ESL for Spanish Speakers

04 Mon
10:00 ESL for Spanish Speakers
10-12PM Blood Pressure Screenings
10:15 Swing w/ the Crew
10-12PM VOLS Legal Clinic
1:00-4:00 Nurse Lorraine Walk-In
1:15 BIRTHDAY PARTY
2:15 Movie
3:15 Bingo

05 Tue
10:00 ESL for Spanish Speakers
10:15 Swing w/ the Crew
10-12PM VOLS Legal Clinic
1:00-4:00 Nurse Lorraine Walk-In
1:15 BIRTHDAY PARTY
2:15 Movie
3:15 Bingo

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2:15 Movie
3:15 Bingo

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2:15 Bingo
2:15 Movie
3:00 Ed & Rec Committee w/ Nicole

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1:00 Granny Squared
1:15 Mandarin Class
1:15 Meditation
2:15 Salsa Dancing w/ Pedro
2:15 ESL for Spanish Speakers
## JANUARY 2016

### SENIOR CENTER MENU

<table>
<thead>
<tr>
<th>MON</th>
<th>TUE</th>
<th>WED</th>
<th>THU</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>B:</strong> Arroz Con Pollo (Chicken &amp; Rice)</td>
<td><strong>B:</strong> Corn Muffin w/ Boiled Egg</td>
<td><strong>B:</strong> Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td><strong>B:</strong> Waffles &amp; Sausage</td>
<td><strong>B:</strong> Pancakes &amp; Sausage</td>
<td><strong>B:</strong> Pancakes &amp; Sausage</td>
</tr>
<tr>
<td><strong>L:</strong> Garden Salad</td>
<td><strong>L:</strong> Whole Wheat Bread</td>
<td><strong>L:</strong> Baked Fish w/ Garlic Sauce</td>
<td><strong>L:</strong> Stewed Chicken</td>
<td><strong>L:</strong> Lentil Soup</td>
<td><strong>L:</strong> Lentil Soup</td>
</tr>
<tr>
<td><strong>L:</strong> Mixed Green Salad</td>
<td><strong>L:</strong> Baby Carrots w/ Parsley</td>
<td><strong>L:</strong> Whole Wheat Bread</td>
<td><strong>L:</strong> Butternut Squash</td>
<td><strong>L:</strong> Stuffed Cabbage</td>
<td><strong>L:</strong> Stuffed Cabbage</td>
</tr>
<tr>
<td><strong>L:</strong> Canned Apricots</td>
<td><strong>L:</strong> Baked Potatoes</td>
<td><strong>L:</strong> Garden Salad</td>
<td><strong>L:</strong> Canned Apricots</td>
<td><strong>L:</strong> Lentil Soup</td>
<td><strong>L:</strong> Lentil Soup</td>
</tr>
<tr>
<td><strong>L:</strong> Orange Juice, Milk</td>
<td><strong>L:</strong> Mixed Vegetables 5-Way</td>
<td><strong>L:</strong> Fruit Cocktail</td>
<td><strong>L:</strong> Orange Juice, Milk</td>
<td><strong>L:</strong> Orange Pineapple Juice, Milk</td>
<td><strong>L:</strong> Orange Pineapple Juice, Milk</td>
</tr>
</tbody>
</table>

A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45am-12:30pm. Suggested contribution is $2 for seniors. Guest rate is $3. Saturday Lunch is served 11:45am-12:30pm. Suggested contribution is $1.

The Isaacs Center programs are partially funded by the NYC Department for the Aging.
CONFERENCE CALL INSTRUCTIONS:
1. Choose your activity from this schedule.
2. Call Tracy at 212.360.7620 ext 127 to sign up.
3. We will call you just before the session to connect you to the call.

JANUARY 2016
ELDERS AT HOME
CONFERENCE CALL SCHEDULE

Monday       Tuesday       Wednesday       Thursday       Friday

Jan 4
11am Sittercise
2:30pm Gratitude
3pm Music by Request
4pm Low Vision

Jan 5
11am Meditation
2pm Current
3pm Events
4pm Low Vision

Jan 6
11am Sittercise
2pm Story Time
3pm Where Are They Now?

Jan 7
10am Bingo
11am Meditation
2pm Stuff You Missed in History Class

Jan 8
10am Bingo
11am Sittercise
3pm Name That Tune

Jan 9
1pm Where Are They Now?

Jan 10
10am Bingo
11am Meditation
2pm Story Time

Jan 11
10am Bingo
11am Sittercise
2pm This Week in History

Jan 12
10am Bingo
11am Meditation
3pm Name That Tune

Jan 13
10am Sittercise

Jan 14
10am Bingo
3pm Spelling Bee

Jan 15
10am Bingo
3pm Spelling Bee

Jan 16
ISAACS CENTER IS CLOSED FOR MARTIN LUTHER KING JR’S DAY

Jan 17

Jan 18
ISAACS CENTER IS CLOSED FOR NEW YEAR’S DAY

Jan 19

Jan 20

Jan 21

Jan 22

Jan 23

Jan 24

Jan 25

Jan 26

Jan 27

Jan 28

Jan 29

PUZZLES & GAMES

Brrrr, its January.
Find the words that relate to January.

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

Cold
Snowman
Blizzard

NewYears
Resolution
Martin Luther King

Aquarius
Capricorn
Snowflake

Healthy
NFL Playoffs
Ice

Skiing
Scraf

Hot Chocolate

RIDDLES
Take your pick and solve these riddles

1. Moving to and fro,
Dancing all the time.
10. It stalks the countryside,
with ears that cannot hear.
Only to be moved
Never sad,
with others
sometimes new.
by others
sometimes blue.
To allow them to
Never empty,
pass by.
sometimes full.
To pass by.
Never pushes,
What am I?
always pulls.
What am I?

_______  _______  _______  _______  _______
Applesauce  The Moon  A Door  Appliance  Com
Downtown  _______  _______  _______  _______  _______
Stanley M. Isaacs Neighborhood Center | 415 East 93rd Street, New York, NY 10128
8 SINCLINK | January 2016
9
| Mon | 01 Fri | Beef Salisbury Steak w/ Mushroom Sauce
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk |
| 04 Mon | Beef Stew
Baby Carrots w/ Parsley
Whole Wheat Bread
Red Bliss Potatoes
Orange
Apple Juice, Milk |
| Wed | 13 Wed | Beef and Beans
Macaroni
Whole Wheat Bread
Vegetable Mix
Canned Pears
Orange Pineapple Juice, Milk |
| Thu | 14 Thu | Chicken Parmesan
Penne
Whole Wheat Bread
Broccoli and Red Peppers
Canned Pineapple
Orange Juice, Milk |
| Fri | 15 Fri | Baked Basa Fish
Coconut w/ Peas and Lemon
Whole Wheat Bread
Collard Greens w/ Tomato
Banana
Orange Pineapple Juice, Milk |
| Sun | 18 Sun | Beef Meatballs
Whole Wheat Bread
Whole Wheat Spaghetti
Broccoli and Red Peppers
Kiwi
Orange Pineapple Juice, Milk |
| Tue | 06 Wed | Baked Fish w/ Cream Corn Sauce
Roasted Potatoes
Whole Wheat Bread
California Blend Vegetables
Apple
Orange Pineapple Juice, Milk |
| 07 Thu | BBQ Chicken
Macaroni and Cheese
Whole Wheat Bread
Broccoli
Apple Juice, Fruit Cocktail |
| 08 Fri | Baked Basa Fish
Coconut w/ Peas and Lemon
Whole Wheat Bread
Collard Greens w/ Tomato
Banana
Orange Pineapple Juice, Milk |
| 10 Sun | Herbed Chicken
Quinoa Pilaf
Whole Wheat Bread
Mixed Vegetables
Canned Apricots
Orange Pineapple Juice, Milk |
| 12 Tue | Baked Mushroom Chicken
Rice w/ Chickpeas
Whole Wheat Bread
Steamed Kale
Canned Pears
Orange Pineapple Juice, Milk |
| 13 Wed | Beef and Beans
Macaroni
Whole Wheat Bread
Vegetable Mix
Canned Pears
Orange Pineapple Juice, Milk |
| 14 Thu | Chicken Parmesan
Penne
Whole Wheat Bread
Broccoli and Red Peppers
Canned Pineapple
Orange Juice, Milk |
| 15 Fri | Baked Basa Fish
Coconut w/ Peas and Lemon
Whole Wheat Bread
Collard Greens w/ Tomato
Banana
Orange Pineapple Juice, Milk |
| 17 Sun | Baked Ham w/ Pineapple
Whole Wheat Bread
Wild Rice
Steamed Broccoli
Apple
Orange Juice, Milk |
| 19 Tue | Lemon Chicken
Baked Potatoes
Whole Wheat Bread
Mixed Vegetables
Apple
Orange Juice, Milk |
| 20 Wed | Baked Fish w/ Cream Sauce
Bulgur
Whole Wheat Bread
Baby Carrots w/ Parsley
Fruit Cocktail
Apple Juice, Milk |
| 21 Thu | Curried Chicken
Ginger Noodles
Whole Wheat Bread
Brussel Sprouts
Italian Blend Vegetables
Banana
Orange Pineapple Juice, Milk |
| 22 Fri | Baked Bass Fish
Coconut w/ Peas and Lemon
Whole Wheat Bread
Collard Greens w/ Tomato
Banana
Orange Pineapple Juice, Milk |
| 23 Sat | Beef Salisbury Steak w/ Mushroom Sauce
Rice Pilaf
Whole Wheat Bread
Steamed Broccoli
Canned Apricots
Apple Juice, Milk |
| 26 Tue | Arroz con Pollo (Chicken & Rice)
Rice Pilaf
Whole Wheat Bread
Mixed Vegetables
Apple Sauce
Orange Juice, Milk |
| 27 Wed | Barbeque Meatballs
Whole Wheat Bread
Whole Wheat Spaghetti
Broccoli and Red Peppers
Canned Apricots
Orange Pineapple Juice, Milk |
| 28 Thu | Baked Mushroom Chicken
Brown Rice w/ Beans
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple Juice, Milk |
| 29 Fri | Baked Fish
Bulgur
Whole Wheat Bread
Brussel Sprouts
Italian Blend Vegetables
Kiwis
Apple Juice, Milk |
| 30 Sat | Beef Salisbury Steak w/ Mushroom Sauce
Rice Pilaf
Whole Wheat Bread
Steamed Broccoli
Canned Apricots
Apple Juice, Milk |
| 31 Sun | Baked Mushroom Chicken
Barley
Whole Wheat Bread
Steamed Green Beans
Kiwis
Orange Juice, Milk |
Movies at the Isaacs Center

Jan 1 Fri
Isaacs Center Closed

Jan 2 Sat
I Want to Live

Jan 4 Mon
Marty

Jan 5 Fri

Jan 7 Thu
Georgy Girl

Jan 8 Fri
Hope Springs

Jan 9 Sat
Motherhood

Jan 11 Mon
Little Miss Sunshine

Jan 14 Thu
500 Days of Summer

Jan 15 Fri
Then She Found Me

Jan 16 Sat
Hachi: A Dogs Tale

Jan 18 Mon
Isaacs Center Closed

Jan 21 Thu
Marley & Me

Jan 22 Fri
The Time Travelers Wife

Jan 23 Sat
The Magic of Belle Isle

Jan 25 Mon
Invictus

Jan 28 Thu
Pixels

Jan 29 Fri
Secretariat

Jan 30 Sat
Crazy, Stupid, Love

More Photos from Thanksgiving.

Senior Spotlight

Maria
Maria will be moving to Texas.
What’ll you miss about the Isaacs Center?
I have lots of friends here. I’ll miss them and the great staff here.

UPCOMING MONTH

Feb 2016

• Isaacs Center will be closed on February 15th 2016 for President’s Day

• Black History Celebration February 17th 2016

• Spence School Concert February 24th 2016

Office Hours w/ Greg or Rhonda
Stop in to speak with Greg or Rhonda during their weekly “office hours.” See Eileen to schedule a time.