Black History Month Celebration, February 17th 2016
This month at the Isaacs Center
Presentations, Workshops & Meetings

TownHall/ Membership Meeting
March 2nd 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.

Train Your Brain
Wednesdays 9:30AM
March 2nd - “Memory Workshop”
March 9th - “Board Game Bonanza”
March 16th - “Crossword Puzzles”
March 23rd - “Second Thoughts”
March 30th - “Allie’s Group”
Join our occupational therapy students for “Train Your Brain,” a program that uses games, activities, and social discussion to stimulate attention, improve problem solving skills, and promote memory training strategies to improve brain health and function.

AARP Tax Aide: Free Tax Return Prep
9:30AM–2PM
Every Friday until April
Have your NY state and federal tax returns prepared and filed, for free. Meet with an IRS certified tax volunteer from AARP on Fridays through April.

Roots & Branches Theater
March 3rd 3:00PM
Every Thursday until June
Join us as we create a theatre production at the Isaacs Center. Working with Roots & Branches, an intergenerational theatre company that creates shows based on the life stories of its ensemble. Seniors will meet on Thursdays from March - June to share their stories and create meaningful art with our community.

Sexuality Over 60
March 7th 1PM
Every Monday
Join us in our open dialogue to discuss sex related topics among diverse aging populations. We will focus on promoting healthy sexual lives, education, and other topics of interest about sexuality and healthy aging.

Carter Burden Presentation
March 8th 1:15PM
Come learn about what Elder Abuse is, how to know whether you or a loved one has been a victim, and what to do if you suspect it.

Trader Joe’s
March 9th 10:30AM
Ticket: $1, sign up during ticket sales
Join us for a shopping trip on March 9th. Bagged lunch and round trip transportation will be provided. Meet at 10:30AM.

Vocal Ease
March 11th 1:15PM
Come see and sing with the Vocal Ease singers as they perform a variety of your favorite songs.

Manhattan School of Music
March 15th 1:15PM
Undergraduate and graduate students from Manhattan School of Music will entertain us with a lively jazz performance on March 15th at 1:15PM. Join us for this special event!

Royal Manor
March 16th 10AM
Ticket: $40, sign up during ticket sales
We heard your request and we are GOING. Join us at Royal Manor (Ace in the Hole) March 16! Take a wonderful trip to New Jersey and have a complete family style Irish meal, a complimentary drink and listen to fun music. There will be an entertainer as well. Don’t forget to bring your dancing shoes! Tickets are $40 and will be sold on March 1, 2, 3 from 10AM–11:30AM. Round trip transportation will be provided.

Plano Concert
March 22nd 1:15PM
Piano Concert by our very own member: Maria Liberman at 1:15PM. She will perform a variety of different classic pieces from different countries.

Volunteer Breakfast
March 24th 10AM
Meet and enjoy a healthy breakfast with our hard-working volunteers.

Mount Sinai Meditation Presentation
March 23rd 2:15PM
Elizabeth from Mount Sinai will conduct meditation on March 23 at 2:15PM! Be sure to join us right after the Groove class for relaxation and stress reduction.

Metrocard Van
March 24th 1:30PM-3:00PM
The Metro Card Van is scheduled to be on 1st Avenue and 93rd street from 1:30PM–3PM. For your convenience, you can purchase and refill your metro cards and fill out senior discount transit applications.

TownHall/ Tenant Association Meeting
March 8th at 7PM
The Holmes Tower Tenant Association meeting will be held on Tuesday, March 15th at 7PM. Meetings are open to residents of the Isaacs/Holmes development.

SINCLINK | March 2016
Mon
9:25  Tai Chi w/ Clara
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  2nd Annual Spence School Grade 3 Concert
1:30  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

Tue
9:30  Stay Well Fitness w/ Dennis
1:45PM  Nurse Lorraine Walk-In
1:15  Rincón Latino w/ Xiomara
1:30  Food Committee w/ Jeffrey
2:15  Bingo
2:30  Arts and Crafts
3:15  Hospitality Committee w/ Kristel
4:00  Origami Class
5:00  Yoga

Wed
9:30  Stay Well Fitness w/ Dennis
10:30PM Live on NY
1:45PM Nurse Lorraine Walk-In
1:15  Social Action Committee w/ Aaron
1:15  Rincón Latino w/ Xiomara
1:15  Elder Abuse Presentation w/ Carter Burden
1:30  Councilman Ben Kallos Mobile Office Hours
2:15  Bingo
2:30  Arts and Crafts
4:00  Origami Class
5:00  Yoga
7:00  Isaacs Tenant Assoc Mtg

Thu
9:30  Stay Well Fitness w/ Dennis
10:00 Beginners Spanish
10:15 Salsa Dancing w/ Pedro
10:30  VOLS Legal Clinic
10:45PM Nurse Lorraine Walk-In
1:15  Mount. Sinai Presentation:
1:15  Elder Abuse
1:15  Vocal Ease Performance
1:20  Bingo
2:30  Movie
3:00  Ed & Rec Committee w/ Nicole

Fri
9:30  Yoga
10:00 Beginners Spanish
10:15 Salsa Dancing w/ Pedro
10:30  BIRTHDAY PARTY
10:45PM Nurse Lorraine Walk-In
1:15  BIRTHDAY PARTY
“LUCK OF THE IRISH”
1:20  Bingo
2:30  Glamour Gals

Sat
9:30  Yoga
10:00 Beginners Spanish
10:15 Salsa Dancing w/ Pedro
10:30  Birthday Party
10:45PM Nurse Lorraine Walk-In
1:15  Birthday Party
1:20  Bingo
2:30  Movie
3:00  Salsa Dancing w/ Pedro

Sun
9:30  Yoga
10:00 Beginners Spanish
10:15 Salsa Dancing w/ Pedro
10:30  Birthday Party
10:45PM Nurse Lorraine Walk-In
1:15  Birthday Party
1:20  Bingo
2:30  Movie
3:00  Salsa Dancing w/ Pedro

MARCH 2016
SENIOR CENTER ACTIVITIES
Please note, all activities are subject to change.

Mon
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  2nd Annual Spence School Grade 3 Concert
1:30  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

Tues
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

Wed
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

Thurs
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

Fri
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

Sat
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

Sun
10:15  Swing w/ the Crew
10:30  Zumba w/ Yvonne
1:00  Sexuality Over 60
1:15  Art for Beginners w/ Frank
1:15  Movie
1:15  Pet Therapy w/ Alice
2:00  Piano Lessons w/ Nick
2:15  Drama Workshop w/ Frank

MARCH 2016
SENIOR CENTER ACTIVITIES
The Isaacs Center is open from 8:00AM to 5:00PM on weekdays and 9AM to 3PM on Saturdays.
All events are held at the Isaacs Center unless otherwise noted. Please note that an advance ticket is required for some activities.
### MARCH 2016 Senior Center Menu

**The Isaacs Center programs are partially funded by the NYC Department for the Aging.**

<table>
<thead>
<tr>
<th>Date</th>
<th>Monday Breakfast</th>
<th>Monday Lunch</th>
<th>Tuesday Breakfast</th>
<th>Tuesday Lunch</th>
<th>Wednesday Breakfast</th>
<th>Wednesday Lunch</th>
<th>Thursday Breakfast</th>
<th>Thursday Lunch</th>
<th>Friday Breakfast</th>
<th>Friday Lunch</th>
<th>Saturday Breakfast</th>
<th>Saturday Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>02</td>
<td>B: French Toast&lt;br&gt;L: Creamy Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal&lt;br&gt;L: Vegetable Soup</td>
</tr>
<tr>
<td>04</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
<td>B: Pancakes &amp; Scrambled Eggs&lt;br&gt;L: Baked Salmon&lt;br&gt;Whole Wheat Bread</td>
</tr>
</tbody>
</table>

**Suggested contribution is $5.**

**A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested contribution is $5.**

**A light breakfast is offered on Saturday, 9:15AM, and is free to Senior Center members.**

---

**Senior Center Menu**

- Breakfast is offered Mon-Fri, 8:30AM-9:15AM.
- Suggested contribution is $5.
- A light breakfast is offered on Saturday, 9:15AM, and is free to Senior Center members.

---

- MARCH 2016
- Senior Center Menu
- The Isaacs Center programs are partially funded by the NYC Department for the Aging.
- A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested contribution is $5.
- A light breakfast is offered on Saturday, 9:15AM, and is free to Senior Center members.

---

**Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128**

---

**SINCLINK | March 2016**
**MARCH 2016 Meals on Wheels Menu**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Menu</th>
</tr>
</thead>
</table>
| 01   | Tue | Lemon Chicken  
Baked Potatoes  
Whole Wheat Bread  
Mixed Vegetables  
   Apple  
   Orange Juice, Milk |
| 02   | Wed | Baked Fish w/ Cream Sauce  
Bulgur  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
   Fruit Cocktail  
   Apple Juice, Milk |
| 03   | Thu | Curried Chicken  
Quinoa Pilaf  
Whole Wheat Bread  
   Baby Carrots w/ Parsley  
   Brussel Sprouts  
   Orange  
   Orange Pineapple Juice |
| 04   | Fri | Baked Basa Fish  
Egg Noodles  
Whole Wheat Bread  
Italian Blend Vegetables  
   Banana  
   Orange Juice, Milk |
| 05   | Sat | Beef Salisbury Steak w/ Mushroom Sauce  
   Rice Pilaf  
   Whole Wheat Bread  
   Steamed Spinach  
   Canned Pineapple  
   Orange Pineapple Juice, Milk |
| 06   | Sun | Rosemary Chicken  
Mashed Potatoes  
Whole Wheat Bread  
Steamed Broccoli  
   Canned Apricots  
   Apple Juice, Milk |
| 07   | Mon | Basa Fish  
   Penne  
   Whole Wheat Bread  
   California Blend Vegetables  
   Kiwi  
   Apple Juice, Milk |
| 08   | Tue | Arroz con Pollo (Chicken & Rice)  
   Rice Pilaf  
   Whole Wheat Bread  
   Spaghetti  
   Canned Peppers  
   Canned Apricots  
   Orange Pineapple Juice, Milk |
| 09   | Wed | Barbecue Meatballs  
   Whole Wheat Bread  
   Whole Wheat Spaghetti  
   Broccoli and Red Peppers  
   Orange Pineapple Juice, Milk |
| 10   | Thu | Baked Mushroom Chicken  
   Brown Rice w/ Beans  
   Whole Wheat Bread  
   Baby Carrots w/ Parsley  
   Banana  
   Orange Pineapple Juice, Milk |
| 11   | Fri | Baked Fish  
   Bulgur  
   Whole Wheat Bread  
   Brussel Sprouts  
   Apple  
   Orange Pineapple Juice, Milk |
| 12   | Sat | Meat Sauce  
   Whole Wheat Bread  
   Whole What Spaghetti  
   California Blend Vegetables  
   Kiwi  
   Apple Juice, Milk |
| 13   | Sun | Baked Mushroom Chicken  
   Barley  
   Whole Wheat Bread  
   Steamed Green Beans  
   Banana  
   Orange Juice, Milk |
| 14   | Mon | Baked Turkey Breast  
   Fresh Cranberry Sauce  
   Whole Wheat Bread  
   Mixed Vegetables  
   Sweet Baked Yams  
   Orange  
   Apple Juice, Milk |
| 15   | Tue | Chicken Piccata w/ Lemon Sauce  
   Bowtie Noodles  
   Whole Wheat Bread  
   Steamed Spinach  
   Kiwi  
   Orange Juice, Milk |
| 16   | Wed | Salmon in Garlic Butter Sauce  
   Barley  
   Whole Wheat Bread  
   California Blend Vegetables  
   Peach  
   Orange Pineapple Juice, Milk |
| 17   | Thu | Chicken Cacciatore  
   Whole Wheat Bread  
   Mashed Potatoes  
   Steamed Peas and Carrots  
   Orange  
   Apple Juice |
| 18   | Fri | Baked Tofu w/ Mushrooms, Peppers & Tomatoes  
   Couscous w/ Peas & Lemon  
   Whole Wheat Bread  
   Steamed Kale  
   Fruit Cocktail  
   Orange Pineapple Juice, Milk |
| 19   | Sat | Ham  
   Mashed Red Potatoes  
   Whole Wheat Bread  
   Mixed Vegetables  
   Kiwi  
   Apple Juice, Milk |
| 20   | Sun | BBQ Chicken  
   Whole Wheat Bread  
   Wild Rice  
   Steamed Broccoli  
   Apple  
   Orange Juice, Milk |
| 21   | Mon | Creamy Beef Stroganoff  
   Egg Noodles  
   Whole Wheat Bread  
   California Blend Vegetables  
   Canned Pineapple  
   Apple Juice, Milk |
| 22   | Tue | Italian Roast Chicken  
   Brown Rice w/ Beans  
   Whole Wheat Bread  
   Collard Greens  
   Plum  
   Orange Juice, Milk |
| 23   | Wed | Baked Basa Fish  
   Couscous w/ Peas & Lemon  
   Whole Wheat Bread  
   Steamed Broccoli  
   Canned Peas  
   Apple Juice, Milk |
| 24   | Thu | Rosemary Chicken  
   Bowtie Noodles  
   Whole Wheat Bread  
   Curry Cauliflower & Peas  
   Sliced Peaches  
   Orange Pineapple Juice, Milk |
| 25   | Fri | Baked Tofu  
   Moroccan Fish Sauce  
   Barley  
   Whole Wheat Bread  
   Baby Carrots w/ Parsley  
   Apple  
   Orange Juice, Milk |
| 26   | Sat | Beef Salisbury Steak w/ Mushroom Sauce  
   Parmesan Rosemary Mashed Potatoes  
   Whole Wheat Bread  
   Zucchini & Peas  
   Canned Apricots  
   Orange Pineapple Juice, Milk |
| 27   | Sun | Turkey w/ Gravy  
   Brown Rice and Beans  
   Whole Wheat Bread  
   Steamed Broccoli  
   Orange  
   Apple Juice, Milk |

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. If you know someone who would benefit from Meals on Wheels or if you have further questions regarding the program, please call Alicia Flores at 212.380.7630 x126.
Its March.
Find the words that relate to Women’s History Month.

SUFFRAGE
Rights
Equality

POLITICS
Activist
Women

VOTING
Sojourner Truth
Clara Barton

INSPIRE
Strong

PUZZLES & GAMES

SINCLINK | March 2016

Are You Getting All Your Benefits?

You may be eligible for benefits that help to pay for food and rent!

SNAP (Nutrition Assistance) is available to anyone living on a low or fixed income. If you are over age 60 and your income was less than $1,962 (1 person) or $2,655 (2 people) in the past month, you may be eligible.

SCRIE (Senior Rent Freeze Program) is available to anyone over age 62 or disabled, living in a rent regulated apartment, with an income less than $50,000 last year, and paying at least 1/3 of their income towards rent.

Stanley M. Isaacs Neighborhood Center
415 East 93rd St. New York, NY 10128

Tuesdays: January 26, February 9 & 23, March 8 & 22

Time: 10am to 3pm

To assist with determination of eligibility and your application, please bring copies of documents that verify the following:

For more information call LiveOn NY (347) 815-5930 or email: benefits@liveon-ny.org

LiveOn NY is an equal opportunity provider and employer. This publication has been produced by LiveOn NY with financial assistance, in part through grants from the NYS Office for the Aging, the NYS Office of Temporary and Disability Assistance, and the United States Department of Agriculture the Federal SNAP agency.

Stanley M. Isaacs Neighborhood Center | 415 East 93rd Street, New York, NY 10128

For more information call LiveOn NY (347) 815-5930 or email: benefits@liveon-ny.org

LiveOn NY is an equal opportunity provider and employer. This publication has been produced by LiveOn NY with financial assistance, in part through grants from the NYS Office for the Aging, the NYS Office of Temporary and Disability Assistance, and the United States Department of Agriculture the Federal SNAP agency.
Movies at the Isaacs Center

Mar 7  Mon
Million Dollar Baby

Mar 10  Thu
The Piano

Mar 14  Mon
The Diary of Anne Frank

Mar 17  Thu
Princess Kaiulani

Mar 21  Mon
The Intern

Mar 24  Thu
Ricki and The Flash

Mar 28  Mon
Like Sunday, Like Rain

Mar 31  Thu
Their Eyes Were Watching God

Mar 3  Thu
A Ballerina’s Tale

Mar 4  Fri
Evita

Mar 11  Fri
The Josephine Baker Story

Mar 18  Fri
The Queen

Mar 25  Fri
He Named Me Malala

UPCOMING MONTH

• Breast Cancer Awareness Van 4/14
• Birthday Party Theme “Spring Time Bloom” 4/15
• Anti-Choking Seminar w/ Mount Sinai 4/29

Chinese New Year Celebration, February 12th 2016

Senior Spotlight

Gloria
Gloria was the President of the Executive Committee for the past 4 years.

“...What advice do you have for the next President?
Spend time getting to know the members, take time to listen and get all the facts. Treat people like you would like to be treated. Keep a positive attitude and most of all, enjoy the experience.

UPCOMING MONTH

Apr 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.