



Stanley M. Isaacs Neighborhood Center

SINCLINK
MARCH 2016

   @isaacscenternyc

Your Guide to Senior Services at Isaacs Center

WHAT YOU'LL FIND

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Black History Month Celebration, February 17th 2016



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.

NORC-SSP

The **NORC-SSP** provides comprehensive case management and case assistance to older adult residents living in the Isaacs/Holmes Houses. For more information, call Xiomara Martinez at **212.360.7620, ext 159**.

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**.

SONYC

For information about our School’s Out New York City (SONYC) a free afterschool program, please call Jake Menichino, **212.360.7625, ext 213**.

Please bring your NYC DFTA key tag with you for all meals, and activities so that we can scan it to reflect your attendance. If you don’t have a key tag, stop in and talk to Helen at the front desk.

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 - “Reminiscence Road(Collages)”

March 30th - “Conclusion Group”

Join our occupational therapy students for “TrainYour 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, free of charge. 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

Vocal Ease

March 11th 1:15PM

Join us for a shopping trip on March 9th. Bagged lunch and round trip transportation will be provided. Meet at 10:30AM.

Manhattan School of Music

March 15th 1:15PM

Come see and sing with the Vocal Ease singers as they perform a variety of your favorite songs.

Undergraduate and graduate students from Manhattan School of Music will entertain us with a lovely 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.

Piano 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.

Mount Sinai Meditation Presentation

March 23nd 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.

NORC-SSP News & Events

Tenant Association Meetings

The monthly **Isaacs Houses Tenant Association** meeting will take place on **Tuesday, 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.

COUNCILMAN BENJAMIN KALLOS MOBILE OFFICE HOURS



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, March 8th**. Debbie Lightbody, will be 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

Food | Jeffrey

Tues Mar 1st 1:30PM

Hospitality | Khristel

Tues Mar 1st 3:15PM

Social Action | Aaron

Tues Mar 8th 1:00PM

Ed & Rec | Nicole

Fri Mar 11th 3:00PM

MARCH 2016 SENIOR CENTER ACTIVITIES

Please note, all activities are subject to change.

07 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

14 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 Movie 1:15 Franks "Spring Fling" 1:30 Pet Therapy w/ Alice 2:00 Piano Lessons w/ Nick

21 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 1:30 Pet Therapy w/ Alice 2:00 Piano Lessons w/ Nick 2:15 Drama Workshop w/ Frank

28 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 1:30 Pet Therapy w/ Alice 2:00 Piano Lessons w/ Nick 2:15 Drama Workshop w/ Frank

01 Tue Ticket Sales 10-11:30AM 9:30 Stay Well Fitness w/ Denis 1-4PM 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 Commitee w/ Khristel 4:00 Origami Class 5:00 Yoga

08 Tue 9:30 Stay Well Fitness w/ Denis 10-3PM Live on NY 1-4PM Nurse Lorraine Walk-In 1:00 Social Action Committee w/ Aaron 1:15 Rincón Latino w/ Xiomara 1:15 Elder Abuse Presentation w/ Carter Burden 2-5PM 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

15 Tue 9:30 Stay Well Fitness w/ Denis 1-4PM Nurse Lorraine Walk-In 1:15 Rincón Latino w/ Xiomara 1:15 Manhattan School of Music 2:15 Bingo 2:30 Arts and Crafts 4:00 Origami Class 5:00 Yoga 7:00 Holmes Tenant Assoc Mtg

22 Tue 9:30 Stay Well Fitness w/ Denis 10-3PM Live on NY 1-4PM Nurse Lorraine Walk-In 1:15 Rincón Latino w/ Xiomara 1:15 Piano Concert 2:15 Bingo 2:30 Arts and Crafts 4:00 Origami Class 5:00 Yoga

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02 Wed Ticket Sales 10-11:30AM 9:30 TrainYour Brain 9:45 Health Chat w/ Huda: How to Reach Out For Help 10-12PM Blood Pressure Screenings 10:30 Intermediate Spanish Class 10:30 Yoga w/ Nammi 1:00 Water Exercise at Asphalt Green 1:15 Townhall/Membership Meeting 2:30 Scrabble Group

09 Wed Trip: Trader Joes* 9:30 TrainYour Brain 10-12PM Blood Pressure Screenings 10:30 Yoga w/ Nammi 10:30 Intermediate Spanish Class 1:00 Water Exercise at Asphalt Green 1:15 Current Events w/ Midas 2:30 Scrabble Group 3:00 Women's Group w/ Nancy

16 Wed Trip: Royal Manor* 9:30 TrainYour Brain 10:30 Yoga w/ Nammi 10:30 Intermediate Spanish Class 1:00 Water Exercise at Asphalt Green 1:15 Current Events w/ Midas 1:15 Groove w/Yvonne 2:30 Scrabble Group

23 Wed 9:30 TrainYour Brain 10-12PM Blood Pressure Screenings 10:30 Yoga w/ Nammi 10:30 Intermediate Spanish Class 1:00 Water Exercise at Asphalt Green 1:15 Current Events w/ Midas 1:15 Groove w/Yvonne 1:15 Patient Advocacy w/ Jess 2:15 Meditation w/ Mt. Sinai 2:30 Scrabble Group 3:00 Women's Group w/ Nancy

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03 Thu Ticket Sales 10-11:30AM 10:00 Beginners Spanish 10:15 Salsa Dancing w/ Pedro 1:00 The Group w/ Aaron 1:00 Water Exercise at Asphalt Green 1:30 Its All About the Short Story 1:30 Poets and Writers 2:00 Daily Fitness 2:30 Movie 3:00 Art Class w/ Nancy 3:00 Roots and Branches Program

10 Thu 10:00 Beginners Spanish 10:15 Salsa Dancing w/ Pedro 1:00 The Group w/ Aaron 1:00 Water Exercise at Asphalt Green 1:30 Its All About the Short Story 1:30 Poets and Writers 2:00 Daily Fitness 2:30 Movie 3:00 Roots and Branches Program

17 Thu 10:00 Beginners Spanish 10:15 Salsa Dancing w/ Pedro 1:00 The Group w/ Aaron 1:00 Water Exercise at Asphalt Green 1:30 Its All About the Short Story 1:30 Poets and Writers 2:00 Daily Fitness 2:30 Movie 3:00 Art Class w/ Nancy 3:00 Roots and Branches Program

24 Thu 10:00 Beginners Spanish 10:15 Salsa Dancing w/ Pedro 1:00 The Group w/ Aaron 1:00 Water Exercise at Asphalt Green 1:30 Its All About the Short Story 1:30 Poets and Writers 1:30 Metrocard Van 2:00 Daily Fitness 2:30 Movie 3:00 Art Class w/ Nancy 3:00 Roots and Branches Program

31 Thu 10:00 Beginners Spanish 10:15 Salsa Dancing w/ Pedro 1:00 The Group w/ Aaron 1:00 Water Exercise at Asphalt Green 1:30 Its All About the Short Story 1:30 Poets and Writers 2:00 Daily Fitness 2:30 Movie 3:00 Art Class w/ Nancy 3:00 Roots and Branches Program

04 Fri 9:30-2PM AARP Tax Aide 10:15 Swing w/ the Crew 1-4PM Nurse Lorraine Walk-In 1:15 Metropolitan Hospital Presentation 2:15 Bingo 2:30 Movie

11 Fri 9:30-2PM AARP Tax Aide 10-12PM Blood Pressure Screenings 10:15 Swing w/ the Crew 1-4PM Nurse Lorraine Walk-In 1:15 Vocal Ease Performance 2:15 Bingo 2:30 Movie 3:00 Ed & Rec Committee w/ Nicole

18 Fri 9:30-2PM AARP Tax Aide 10-12PM Blood Pressure Screenings 10:15 Swing w/ the Crew 10-12PM VOLS Legal Clinic 1-4PM Nurse Lorraine Walk-In 1:15 BIRTHDAY PARTY "LUCK OF THE IRISH" 2:30 Movie 3:15 Bingo 4:00 Glamour Gals

25 Fri 9:30-2PM AARP Tax Aide 10:15 Swing w/ the Crew 1-4PM Nurse Lorraine Walk-In 1:15 Mount. Sinai Presentation: Elder Abuse 2:15 Bingo 2:30 Movie

05 Sat 9:30 ESL for Spanish Speakers 10:00 Yoga 10:30 Intermediate Spanish 11:00 Board Games 1:00 Jewelry Making 1:15 Bingo 1:15 Mandarin Class 1:15 Meditation 2:15 Salsa Dancing w/ Pedro

12 Sat Walk-In Clinic 9AM-1PM 9:30 ESL for Spanish Speakers 10:00 Yoga 10:30 Intermediate Spanish 11:00 Board Games 1:00 Granny Squared 1:15 Bingo 1:15 Mandarin Class 1:15 Meditation 2:15 Salsa Dancing w/ Pedro

19 Sat 9:30 ESL for Spanish Speakers 10:00 Yoga 10:30 Intermediate Spanish 11:00 Board Games 1:00 Jewelry Making 1:15 Bingo 1:15 Mandarin Class 1:15 Meditation 2:15 Salsa Dancing w/ Pedro

26 Sat 9:30 ESL for Spanish Speakers 10:00 Yoga 10:30 Intermediate Spanish 11:00 Board Games 1:00 Granny Squared 1:15 Bingo 1:15 Mandarin Class 1:15 Meditation 2:15 Salsa Dancing w/ Pedro

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.

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



07 Mon

- B: French Toast
L: Creamy Vegetable Soup
Meat Sauce
Spaghetti
California Blend Vegetables
Orange
Apple Juice, Milk

14 Mon

- B: French Toast
L: Pea Soup
Baked Ziti w/ Meat Sauce
California Blend Vegetables
Apple
Orange Juice, Milk

21 Mon

- B: French Toast
L: Chicken Parmesan
Spaghetti
Whole Wheat Bread
California Blend Vegetables
Orange
Orange Pineapple Juice, Milk

28 Mon

- B: French Toast
L: Arroz con Pollo(Rice w/ Chicken)
Garden Salad
Steamed Broccoli
Orange
Apple Juice, Milk

01 Tue

- B: Corn Muffin w/ Boiled Egg
L: Hometown Turkey Meatloaf
Whole Wheat Bread
Baby Carrots w/ Parsley
Baked Potatoes
Canned Pineapple
Orange Juice, Milk

08 Tue

- B: Corn Muffin w/ Boiled Egg
L: Arroz con Pollo(Chicken & Rice)
Mixed Green Salad
Mixed Vegetables 5-Way
Canned Apricots
Orange Juice, Milk

15 Tue

- B: Corn Muffin w/ Boiled Egg
L: Curry Chicken
Brown Rice w/ Beans
Broccoli
Fruit Cocktail
Orange Pineapple Juice, Milk

22 Tue

- B: Corn Muffin w/ Boiled Egg
L: Barbecue Pork Chop
Whole Wheat Bread
Mashed Sweet Potatoes
Steamed Cabbage Mix
Canned Pineapple
Orange Juice, Milk

29 Tue

- B: Corn Muffin w/ Boiled Egg
L: Beef Pot Roast
Whole Wheat Bread
Baked Potatoes
Mixed Vegetables 5-Way
Grape Juice, Milk

02 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
L: Vegetable Soup
Ravioli, Tomato Sauce
Whole Wheat Bread
California Blend Vegetables
Garden Salad
Fruit Cocktail
Pineapple Juice, Milk

09 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
L: BBQ Short Ribs
Whole Wheat Dinner Roll
Cabbage w/ Shredded Carrots
Roasted Potatoes
Sliced Peaches
Orange Pineapple Juice, Milk

16 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
L: Roast Pork
Whole Wheat Bread
Mashed Potatoes
Mixed Vegetables
Canned Pineapple
Grape Juice, Milk

23 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
L: Vegetable Soup
Beef Lasagna
Garden Salad
Fruit Cocktail
Apple Juice, Milk

30 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
L: BBQ Chicken
Quinoa Pilaf
Sauteed Spinach
Canned Apricots
Orange Juice, Milk

03 Thu

- B: Waffles & Sausage
L: Stewed Chicken
Penne
Buttered French Cut Green Beans
Canned Apricots
Grape Juice, Milk

10 Thu

- B: Waffles & Sausage
L: Beef and Broccoli
White Rice
French Cut Green Beans
Canned Pears
Pineapple Juice, Milk

17 Thu

- B: Waffles & Sausage
L: Vegetable Lasagna
Italian Cut Green Beans
Mixed Green Salad
Canned Apricots
Orange Pineapple Juice, Milk

24 Thu

- B: Waffles & Sausage
L: Jerk Chicken
Spanish Brown Rice
Steamed Carrots
Apple
Orange Pineapple Juice, Milk

31 Thu

- B: Waffles & Sausage
L: Baked Ziti w/ Meat Sauce
California Blend Vegetables
Garden Salad
Orange
Orange Juice, Milk

04 Fri

- B: Pancakes & Scrambled Eggs
L: Baked Salmon
Whole Wheat Bread
Baked Sweet Potato
Sauteed Spinach
Orange
Apple Juice, Milk

11 Fri

- B: Pancakes & Scrambled Eggs
L: Baked Fish w/ Garlic Suace
Whole Wheat Bread
Steamed Corn on the Cob
Steamed Kale
Fruit Cocktail
Grape Juice, Milk

18 Fri

- B: Pancakes & Scrambled Eggs
L: Cream of Broccoli Soup
Baked Salmon w/ Lemon,
Tarragon & Thyme
Whole Wheat Bread
Baked Sweet Potato
Sauteed Spinach
Sliced Peaches
Orange Juice, Milk

25 Fri

- B: Pancakes & Scrambled Eggs
L: Baked Fish w/ Garlic Sauce
Whole Wheat Bread
Mashed Potatoes
Steamed Spinach
Canned Apricots
Grape Juice, Milk

05 Sat

- B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Lentil Soup
Stuffed Cabbage
Whole Wheat Bread
Mixed Green Salad
Apple
Orange Pineapple Juice, Milk

12 Sat

- B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Lentil Soup
Stuffed Shells w/ Cheese
Whole Wheat Bread
Garden Salad
Apple
Orange Juice, Milk

19 Sat

- B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Maraconi & Cheese
Whole Wheat Bread
Mixed Green Salad
Steamed Carrots
Fruit Cocktail
Orange Juice, Milk

26 Sat

- B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Beef & Vegetables Stew
White Rice
Cut Green Beans
Orange Juice, Milk

MARCH 2016SENIOR CENTER MENU

Breakfast is offered Mon-Fri, 8:30AM-9:15AM.
Suggested contribution is 50¢.
A light breakfast is offered on Saturday, 9:15AM,
and is free to Senior Center members.

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.



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
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
Mixed Vegetables
Apple Sauce
Orange Juice, Milk

09 Wed
Barbecue Meatballs
Whole Wheat Bread
Whole Wheat Spaghetti
Broccoli and Red Peppers
Canned Apricots
Orange Pineapple Juice, Milk

10 Thu
Baked Mushroom Chicken
Brown Rice w/ Beans
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple 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 Picatta 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
Pear
Orange Pineapple Juice, Milk

17 Thu
Chicken Cacciatore
Whole Wheat Bread
Mashed Potatoes
Steamed Peas and Carrots
Orange
Apple Juice

18 Fri
Baked Tilapia 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 Pears
Apple Juice, Milk

24 Thu
Rosemary Chicken
Bowtie Noodles
Whole Wheat Bread
Curry Cauliflower & Peas
Sliced Peaches
Orange Pineapple Juice, Milk

25 Fri
Baked Tilapia
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

28 Mon
Beef Stew (Spanish Style)
Baby Carrots w/ Parsley
Whole Wheat Bread
Red Bliss Potatoes
Orange
Apple Juice, Milk

29 Tue
Chicken Alfredo
Fettucini w/ Sauce
Whole Wheat Bread
Mixed Vegetables
Canned Pineapple
Orange Juice, Milk

30 Wed
Baked Fish w/ Cream Corn Sauce
Roasted Potatoes
Whole Wheat Bread
California Blend Vegetables
Apple
Orange Pineapple Juice, Milk

31 Thu
BBQ Chicken
Macaroni and Cheese
Whole Wheat Bread
Broccoli
Fruit Cocktail
Apple Juice, Milk

More Photos from
Black History Celebration



MARCH 2016

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.

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 212.360.7630 x126.

PUZZLES & GAMES

Its March.
Find the words that relate to Women’s History Month.

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

- Suffrage
Rights
Equality
- Politics
Activist
Women
- Voting
Sojourner Truth
Clara Barton
- Amelia Earhart
Inspire
Strong

RIDDLES

Take your pick and solve these riddles

1. I make you see the beauty of nature through colors, My name makes things weigh less And I have no weight at all.

What am I?

Light

2. What is so delicate that saying its name breaks it?

Silence

3. What has Eighty-eight keys but can't open a single door?

Piano

4. What starts with "P" and ends with "E" and has more than 1000 letters?

Post Office

5. Why is 6 afraid of 7?

Because 7 is hungry as 7 ate 9 (7,8,9).

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.



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

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:**

1. Identity 2. Address 3. Total Household Income (Social Security award letter, Income Tax Returns) 4. Housing Expenses (Rent/Mortgage) 5. Utilities 6. Medical Expenses



Mar 3 Thu
A Ballerina's Tale

Mar 4 Fri
Evita

Mar 7 Mon
Million Dollar Baby

Mar 10 Thu
The Piano

Mar 11 Fri
The Josephine
Baker Story

Mar 14 Mon
The Diary of
Anne Frank

Mar 17 Thu
Princess Kaiulani

Mar 18 Fri
The Queen

Mar 21 Mon
The Intern

Mar 24 Thu
Ricki and The Flash

Mar 25 Fri
He Named Me
Malala

Mar 28 Mon
Like Sunday,
Like Rain

Mar 31 Thu
Their Eyes Were
Watching God

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

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

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.