WHAT YOU’LL FIND
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Sunday Suppers March 13th, 2016
This month at the Isaacs Center
Presentations, Workshops & Meetings

TownHall/ Membership Meeting
April 6th, 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.

Sexuality Over 60
Every Monday, 1:15PM

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.

Arts & Crafts
Every Tuesday, 2:30PM

The Arts & Crafts class is held every Tuesday at 2:30PM. Take a load off your mind and join us in painting, coloring, & creating beautiful art pieces.

LiveOn NY
Every 2nd and 4th Tuesday of the month

This month the Isaacs Center welcomes LiveOn NY. Live On will be at the Center every 2nd and 4th Tuesday to meet with members and screen for public benefits eligibility including SNAP (Food Stamps), Medicaid, SCRIE and more.

Roots & Branches Theater
Every Thursday, 3PM until June

Roots & Branches Theater is an inter-generational theater company where participants ages 20 - 90 make shows based on the life stories of its ensemble. Their latest production will be on the lives of the Isaacs’ Senior Center members. Please join us on Thursdays @3pm from March - June, as we create theater art with the community.

AARP Tax Aide: Free Tax Return Prep
9:30AM - 2PM
Every Friday until April 22nd

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.

Jazz Singer
Audrey Silver
April 1st, 1:15PM

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

Gardening w/ Gillen Brewer Students
April 11th, 1:15PM

Please join us on April 11th at 1:15 as the students from the Gillen Brewer School visit the Isaacs Center for a short slide show presentation about their “cycle of life” gardening project, and present Senior Center members with basil plants to be planted in the Isaacs garden.

DFTA Presentation on FIDA
April 12th, 1:15PM

A representative from the Department for the Aging will be at the center to hold a presentation on FIDA (Fully Integrated Duals Advantage). FIDA is a joint Medicare and Medicaid demonstration program designed to integrate care for New Yorkers who have both Medicare and Medicaid and who reside in the targeted geographic area. Join us to learn more.

Foxwoods Casino
April 13th, 8:15AM
Ticket: $40, sign up during ticket sales

Join us for a road trip to Foxwoods Casino. Participants will receive 6 hours at the casino, $10 in slot play, an all you can eat lunch buffet and discounted shopping at the Tanger Outlet mall. Register for this trip on designated ticket sales days.

Mammogram Van
April 14th, 2PM-4PM

The American Italian Cancer Foundation will be providing a Mobile Care Clinic in our neighborhood. There is NO COST to receive a digital mammogram and your clinical breast exam. Please contact 212-360-7620 ex. 110 to make an appointment.

Trader Joe’s
April 20th, 10:30AM
Ticket: $1, sign up during ticket sales

Join us for a shopping trip on April 20th. Bagged lunch and round trip transportation will be provided. Meet at 10:30AM. Sign up during ticket sales.

MEALS ON WHEELS

Childrens Meals on Wheels
For children under age 12
Parents/Guardians call 212.360.7620, ext. 110 to make an appointment.

Senior Meals on Wheels
For seniors age 60 and over

GARDENING

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

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.
### APRIL 2016

#### SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays and 9AM to 3PM on Saturdays.

<table>
<thead>
<tr>
<th>Weekday</th>
<th>Activity Details</th>
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<tbody>
<tr>
<td><strong>Mon</strong></td>
<td>Ticket Sales 10-11:30AM &lt;br&gt; Ticket Sales 10-11:30AM</td>
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<tr>
<td><strong>Tue</strong></td>
<td>Live on NY &lt;br&gt; Live on NY</td>
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<tr>
<td><strong>Wed</strong></td>
<td>Movie &lt;br&gt; Movie</td>
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<td><strong>Thu</strong></td>
<td>Live on NY &lt;br&gt; Live on NY</td>
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<td><strong>Fri</strong></td>
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<td><strong>Sat</strong></td>
<td>Live on NY &lt;br&gt; Live on NY</td>
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**ALL EVENTS ARE HELD AT THE ISAACS CENTER UNLESS OTHERWISE NOTED.**  

**PLEASE NOTE THAT AN ADVANCE TICKET IS REQUIRED FOR SOME ACTIVITIES.**  

**ALL ACTIVITIES ARE SUBJECT TO CHANGE.**
<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tbody>
<tr>
<td>Mon</td>
<td>B:</td>
<td>French Toast</td>
<td>L:  Corn Muffin w/ Boiled Egg</td>
<td>B:  Bagel w/ Cream Cheese &amp; Oatmeal</td>
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<td>L:  Vegetable Lasagna</td>
<td>L:  Rosemary Chicken</td>
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<td>L:  Whole Wheat Bread</td>
<td>L:  Baked Brown Rice Filé</td>
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<td>L:  Italian Cut Green Beans</td>
<td>L:  California Blend Vegetables</td>
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<td>L:  Canned Apricots</td>
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<td>L:  Orange Juice</td>
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<td>L:  Whole Wheat Bread</td>
<td>L:  Orange Pineapple Juice, Milk</td>
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<td>Tue</td>
<td>B:</td>
<td>Corn Muffin w/ Boiled Egg</td>
<td>L:  Baked Chicken Legs</td>
<td>B:  Bagel w/ Cream Cheese &amp; Oatmeal</td>
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<td>L:  Whole Wheat Bread</td>
<td>L:  Baked Fish</td>
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<td>L:  Baked Sweet Potato</td>
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<td>L:  Steamed Broccoli</td>
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<td>L:  Cantaloupe</td>
<td>L:  Winter Blend Vegetables</td>
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<td>L:  Grape Juice, Milk</td>
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<td>L:  Orange Pineapple Juice, Milk</td>
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<td>Wed</td>
<td>B:</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>L:  Baked Chicken Legs</td>
<td>B:  Waffles &amp; Sausage</td>
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<td>L:  Baked Fish</td>
<td>L:  BBQ Short Ribs</td>
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<td>L:  Bowtie Noodles</td>
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<td>L:  Steamed Cabbage Mix</td>
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<td>L:  Orange Pineapple Juice, Milk</td>
<td>L:  Bachelor</td>
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<td>Thu</td>
<td>B:</td>
<td>Waffles &amp; Sausage</td>
<td>L:  Waffles &amp; Sausage</td>
<td>B:  Pancakes &amp; Scrambled Eggs</td>
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<td>L:  Baked Fish</td>
<td>L:  Vegetable Soup</td>
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<td>L:  Grape Juice, Milk</td>
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<td>B:</td>
<td>Pancakes &amp; Scrambled Eggs</td>
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<td>Sat</td>
<td>B:</td>
<td>Muffin &amp; Butter</td>
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<td>B:  Pancakes &amp; Scrambled Eggs</td>
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<td>L:  Fruit Salad</td>
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<td>L:  Coffee</td>
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<td>L:  Tea</td>
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<td>L:  Orange Pineapple Juice, Milk</td>
<td>L:  Bachelor</td>
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The Isaacs Center programs are partially funded by the NYC Department for the Aging.
## APRIL 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 212.360.4344.

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.

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<td>Moroccan Meatballs</td>
<td>Hawaiian Chicken</td>
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<td>Penne</td>
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<td>Baby Carrots w/ Parsley</td>
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### Birthday Parties

- **Isaacs Center Birthday Parties**
- **Birthday Parties**

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**SINCLINK | April 2016**

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**Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128**
Its Spring Time.
Find the words that relate to Spring.

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

RIDDLES
Take your pick and solve these riddles

1. What goes in the water black and comes out red?
2. What two things can you never eat for breakfast?
3. What can you hear but not see?
4. What kind of room has no doors or windows?
5. What kind of coat is always wet when you put it on?

A coat of paint
Sunshine
Cherry blossom
Seed
Umbrella
Puddle

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: April 12 & 26, May 10 & 24, June 14 & 28
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.

LiveOn NY is a better place to age
Movies at the Isaacs Center

Apr 4  Mon  Basquiat
Apr 7  Thu  Criminal Activities
Apr 11 Mon  Mulholland Drive
Apr 14 Thu  Trumbo
Apr 18 Mon  The Hundred-Foot Journey
Apr 21 Thu  The Grifters
Apr 25 Mon  Wait Until Dark
Apr 28 Thu  The French Connection
Apr 29 Fri  Life
Apr 1 Fri  Mahogany
Apr 8 Fri  Enjoy
Apr 15 Fri  Meet the Patels
Apr 22 Fri  Drumline

Drama Group Presentation, Spring Fling

Senior Spotlight

I was born in Yorkville on 77th St and my mom used to come here in the 70s–80s. I like talking to people here and learning about different cultures. Being older doesn’t mean I stop learning.

What's the most interesting thing about coming to the Isaacs Center?

UPCOMING MONTH May 2016

• Mother’s Day Tea Party
• Isaacs Center will be closed on May 28th, 2016 & May 30th 2016.
• Trip to Villa Roma Resort Senior Day in Callicoon, NY, May 31st 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.