



Stanley M. Isaacs Neighborhood Center

SINCLINK
APRIL 2016

f i @isaacscenternyc

Your Guide to Senior Services at Isaacs Center

WHAT YOU'LL FIND

This month at the Isaacs Center **2** NORC News **3** Senior Center Activities **4**
Senior Center Menu **6** Meals on Wheels Menu **8** Puzzles & Games **10** Ad **11**
Senior Center Movies **12** Senior Spotlight **12** Upcoming Month **12**

Sunday Suppers March 13th, 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

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 based 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 22th

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

Gardening w/ Gillen Brewer Students

April 11th 1:15PM

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

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.

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

NORC-SSP News & Events

Tenant Association Meetings

The monthly **Isaacs Houses Tenant Association** meeting will take place on **Tuesday, April 12th at 7PM**. The **Holmes Tower Tenant Association** meeting will be held on **Tuesday, April 19th 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, April 12th**. 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 Apr 5th 1:15PM

Hospitality | Khristel

Tues Apr 5th 3:15PM

Social Action | Aaron

Tues Apr 12th 1:00PM

APRIL 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.

All activities are subject to change.

04 Mon

9:25 Tai Chi w/ Clara
10:15 Swing w/ the Crew
10:30 Zumba w/Yvonne
1:15 Sex Over 60
1:15 Art for Beginners w/ Frank
1:15 Movie
1:15 Palliative Care w/ Brookdale
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

11 Mon

9:25 Tai Chi w/ Clara
10:15 Swing w/ the Crew
10:30 Zumba w/Yvonne
11-2PM **Senator Serrano Mobile Office Hours**
1:15 Sex Over 60
1:15 Art for Beginners w/ Frank
1:15 Movie
1:15 **Gardening w/ Students**
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

18 Mon

9:25 Tai Chi w/ Clara
10:15 Swing w/ the Crew
10:30 Zumba w/Yvonne
1:15 Sex 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

25 Mon

9:25 Tai Chi w/ Clara
10:15 Swing w/ the Crew
10:30 Zumba w/Yvonne
1:15 Sex 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

05 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
1:15 **Food Comittee w/ Jeffrey Carelink Presentation**
2:15 Bingo
2:30 Arts and Crafts
3:15 **Hospitality w/ Khristel**
4:00 Origami Class
5:00 Yoga

12 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 **DFTA Presentation on FIDA**
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**

19 Tue

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

26 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
2:15 Bingo
2:30 Arts and Crafts
4:00 Origami Class
5:00 Yoga

06 Wed Ticket Sales 10-11:30AM

9:45 Health Chat w/ Huda
“End of Life Planning”
10:30 Yoga w/ Nammi
10:30 Intermediate Spanish Class
1:00 Water Exercise at Asphalt Green
1:15 **Townhall/Membership Mtg**
2:30 Scrabble Group

13 Wed Trip: Foxwoods Casino*

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
3:00 **Women’s Group w/ Nancy**

20 Wed Trip: Trader Joes*

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
2:30 Scrabble Group

27 Wed

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
3:00 **Women’s Group w/ Nancy**

Maria’s Piano Concert



07 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
1:00 Crochet w/ Josie
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

14 Thu

10:00 Beginners Spanish
10:15 Salsa Dancing w/ Pedro
1:00 The Group w/ Aaron
1:00 Water Exercise at Asphalt Green
1:00 Crochet w/ Josie
1:30 Its All About the Short Story
1:30 Poets and Writers
2:00 Daily Fitness
2-4PM **Mammogram Van**
2:30 Movie
3:00 Roots and Branches Program

21 Thu

10:00 Beginners Spanish
10:15 Salsa Dancing w/ Pedro
1:00 The Group w/ Aaron
1:00 Water Exercise at Asphalt Green
1:00 Crochet w/ Josie
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

28 Thu

10:00 Beginners Spanish
10:15 Salsa Dancing w/ Pedro
1:00 The Group w/ Aaron
1:00 Water Exercise at Asphalt Green
1:00 Crochet w/ Josie
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

01 Fri

9:30 Virtual Sports
9:30-2PM **AARP Tax Aide**
10:15 Swing w/ the Crew
1-4PM Nurse Lorraine Walk-In
1:15 **Jazz Singer Audrey Silver**
2:15 Bingo
3:00 Movie

08 Fri

9:30 Virtual Sports
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 **Metropolitan Hospital Presentation**
2:15 Bingo
3:00 Movie

15 Fri

9:30 Virtual Sports
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 “Spring Time Bloom”**
3:00 Movie
3:15 Bingo
4:00 **Glamour Gals**

22 Fri

9:30 Virtual Sports
9:30-2PM **AARP Tax Aide**
10:15 Swing w/ the Crew
1-4PM Nurse Lorraine Walk-In
1:15 **Mt. Sinai Presentation**
2:15 Bingo
3:00 Movie

29 Fri

9:30 Virtual Sports
10-12PM Blood Pressure Screenings
10:15 Swing w/ the Crew
1-4PM Nurse Lorraine Walk-In
1:15 **Anti Choking Seminar w/ Mt. Sinai**
2:15 Bingo
3:00 Movie

02 Sat

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

09 Sat Walk-In Clinic 9AM-1PM

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

16 Sat

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

23 Sat

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

30 Sat

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

APRIL 2016

SENIOR CENTER MENU

Breakfast is offered Mon-Fri, 8:30AM-9:15AM.

Suggested contribution is 50c.

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.

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



04 Mon

B: French Toast
L: Stuffed Cabbage w/ Beef
Whole Wheat Bread
Garden Salad
Apple
Orange Pineapple Juice, Milk

05 Tue

B: Corn Muffin w/ Boiled Egg
L: Vegetable Lasagna
Whole Wheat Bread
Italian Cut Green Beans
Canned Apricots
Orange Juice, Milk

06 Wed

B: Bagel w/ Cream Cheese & Oatmeal
L: Rosemary Chicken
Baked Brown Rice Pilaf
California Blend Vegetables
Apple
Grape Juice, Milk

07 Thu

B: Waffles & Sausage
L: BBQ Short Ribs
Whole Wheat Bread
Beet Salad
Cabbage Carrot Slaw
Peach
Orange Pineapple Juice, Milk

01 Fri

B: Pancakes & Scrambled Eggs
L: Vegetable Soup
Baked Flounder
Whole Wheat Bread
Baked Sweet Potato
Mixed Greens
Sliced Peaches
Orange Pineapple Juice, Milk

02 Sat

B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Baked Pork
Egg Noodles
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple Sauce
Orange Juice, Milk

11 Mon

B: French Toast
L: Hamburgers
Whole Wheat Hamburger Bun
Oven Ready Fries
Steamed Carrots
Orange
Apple Juice, Milk

12 Tue

B: Corn Muffin w/ Boiled Egg
L: Baked Chicken Legs
Whole Wheat Bread
Baked Sweet Potato
Steamed Broccoli
Cantaloupe
Grape Juice, Milk

13 Wed

B: Bagel w/ Cream Cheese & Oatmeal
L: Baked Fish
Bowtie Noodles
Whole Wheat Bread
Winter Blend Vegetables
Banana
Orange Pineapple Juice, Milk

14 Thu

B: Waffles & Sausage
L: Baked Pork
Whole Wheat Bread
Baked Potatoes
Steamed Cabbage Mix
Canned Pears
Apple Juice, Milk

15 Fri

B: Pancakes & Scrambled Eggs
L: Baked Fish w/ Sweet & Sour Sauce
Whole Wheat Bread
Baby Beets & Carrots w/ Dill
Corn
Honeydew
Orange Pineapple Juice, Milk

16 Sat

B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Arroz con Pollo(Rice w/ Chicken)
Whole Wheat Bread
Sauteed Spinach
Fruit Cocktail
Orange Juice, Milk

18 Mon

B: French Toast
L: Beef Stew
White Rice
Steamed Broccoli
Apple
Orange Juice, Milk

19 Tue

B: Corn Muffin w/ Boiled Egg
L: BBQ Chicken
Whole Wheat Bread
Mashed Potatoes
Mixed Vegetables
Cantaloupe
Orange Pineapple Juice, Milk

20 Wed

B: Bagel w/ Cream Cheese & Oatmeal
L: Baked Macaroni & Cheese
Whole Wheat Bread
California Blend Vegetables
Banana
Orange Juice, Milk

21 Thu

B: Waffles & Sausage
L: Baked Breaded Lamb Chops
Brown Rice w/ Pigeon Peas
Steamed Spinach
Orange
Grape Juice, Milk

22 Fri

B: Pancakes & Scrambled Eggs
L: Tuna Fish Salad
Whole Wheat Bread
Potato Salad
Red Cabbage Salad
Tapioca Pudding
Orange Juice, Milk

23 Sat

B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Beef Meatball
Spaghetti
Whole Wheat Bread
Steamed Green Beans
Honeydew
Orange Pineapple Juice, Milk

25 Mon

B: French Toast
L: Vegetable Soup
Chicken Salad
Whole Wheat Bread
Diced Beets w/ Onions
Mixed Green Salad
Orange Juice, Milk

26 Tue

B: Corn Muffin w/ Boiled Egg
L: Turkey Meatloaf w/ Mushroom Gravy
Whole Wheat Bread
Garlic & Rosemary Roasted Potatoes
Mustard Greens
Fruit Cocktail
Orange Pineapple Juice, Milk

27 Wed

B: Bagel w/ Cream Cheese & Oatmeal
L: Baked Mushroom Chicken
Brown Rice w/ Beans
California Blend Vegetables
Apple
Orange Juice, Milk

28 Thu

B: Waffles & Sausage
L: Baked Pork
Bowtie Noodles
Whole Wheat Bread
Steamed Spinach
Watermelon
Grape Juice, Milk

29 Fri

B: Pancakes & Scrambled Eggs
L: Baked Flounder
Whole Wheat Bread
Mashed Potatoes
Steamed Spinach
Orange Pineapple Juice, Milk

30 Sat

B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Pea Soup
Stuffed Cabbage w/ Beef
Whole Wheat Bread
Mixed Green Salad
Orange
Apple Juice, Milk

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 212.348.4344.

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.

04 Mon

Basa Fish
Penne
Whole Wheat Bread
California Blend Vegetables
Kiwi
Apple Juice, Milk

05 Tue

Cranberry Chicken
Mashed Red Potatoes
Whole Wheat Bread
Mixed Vegetables
Apple
Orange Juice, Milk

06 Wed

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

07 Thu

Hawaiian Chicken
Brown Rice w/ Beans
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple Juice, Milk

11 Mon

Baked Turkey Breast
Fresh Cranberry Sauce
Whole Wheat Bread
Mixed Vegetables
Sweet Baked Yams
Orange
Apple Juice, Milk

12 Tue

Chicken Picatta w/ Lemon Sauce
Bowtie Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Orange Juice, Milk

13 Wed

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

14 Thu

Curry Chicken
Whole Wheat Bread
Curry Cauliflower and Peas
Mashed Potatoes
Orange
Apple Juice, Milk

18 Mon

Creamy Beef Stroganoff
Egg Noodles
Whole Wheat Bread
California Blend Vegetables
Canned Pineapple
Apple Juice, Milk

19 Tue

Honey Mustard Chicken
Brown Rice w/ Beans
Whole Wheat Bread
Collard Greens
Plum
Orange Juice, Milk

20 Wed

Baked Basa Fish
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Broccoli
Canned Pears
Apple Juice, Milk

21 Thu

Rosemary Chicken
Bowtie Noodles
Whole Wheat Bread
Italian Blend Vegetables
Sliced Peaches
Orange Pineapple Juice, Milk

25 Mon

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

26 Tue

Chicken Alfredo
Pasta
Whole Wheat Bread
Cut Green Beans
Canned Pineapple
Orange Juice, Milk

27 Wed

Baked Basa Fish
Couscous w/ Peas and Lemon
Whole Wheat Bread
California Blend Vegetables
Apple
Orange Pineapple Juice, Milk

28 Thu

BBQ Chicken
Macaroni and Cheese
Whole Wheat Bread
Italian Blend Vegetables
Fruit Cocktail
Apple Juice, Milk

01 Fri

Baked Basa Fish
Couscous w/ Peas & Lemon
Whole Wheat Bread
Collard Greens w/ Tomato
Banana
Orange Pineapple Juice, Milk

02 Sat

Meat Sauce
Whole Wheat Bread
Whole Wheat Spaghetti
Normandy Blend Vegetables
Applesauce
Orange Juice, Milk

03 Sun

Herbed Chicken
Quinoa Pilaf
Whole Wheat Bread
Mixed Vegetables
Canned Apricots
Orange Pineapple Juice, Milk

08 Fri

Baked Fish
Bulgur
Whole Wheat Bread
Brussel Sprouts
Apple
Orange Pineapple Juice, Milk

09 Sat

Baked Mushroom Chicken
Barley
Whole Wheat Bread
California Blend Vegetables
Kiwi
Apple Juice, Milk

10 Sun

Meat Sauce
Whole Wheat Bread
Whole Wheat Spaghetti
Cut Green Beans
Fruit Cocktail
Orange Juice, Milk

15 Fri

Baked Tilapia w/ Mushrooms,
Peppers & Tomatoes
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Kale
Fruit Cocktail
Orange Pineapple Juice, Milk

16 Sat

BBQ Chicken
Whole Wheat Bread
Mashed Red Potatoes
Steamed Broccoli
Kiwi
Apple Juice, Milk

17 Sun

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

22 Fri

Baked Tilapia
Moroccan Fish Sauce
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

23 Sat

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

24 Sun

Turkey w/ Gravy
Brown Rice and Mushrooms
Whole Wheat Bread
Steamed Broccoli
Orange
Apple Juice, Milk

29 Fri

Baked Fish w/ Cream Corn Sauce
Whole Wheat Bread
Roasted Potatoes
Steamed Spinach
Banana
Orange Pineapple Juice, Milk

30 Sat

Meat Sauce w/ Chunky Peppers in
Tomato Sauce
Egg Noodles
Whole Wheat Bread
Normandy Blend
Applesauce
Orange Juice, Milk

Isaacs Center
Birthday Parties



PUZZLES & GAMES

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

- Spring
Flowers
Blossom
- Sunshine
Green
April Fool
- Picnic
Cherry blossom
Seed
- Rainbow
Umbrella
Puddle

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?

Lobster

Lunch & Dinner

Sound

Mushroom

A coat of paint

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: 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:**

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



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

Apr 1 Fri
Mahogany

Apr 4 Mon
Basquiat

Apr 7 Thu
Criminal
Activities

Apr 8 Fri
Enjoy

Apr 11 Mon
Mulholland Drive

Apr 14 Thu
Trumbo

Apr 15 Fri
Meet the Patels

Apr 18 Mon
The Hundred-Foot
Journey

Apr 21 Thu
The Gifters

Apr 22 Fri
Drumline

Apr 25 Mon
Wait Until Dark

Apr 28 Thu
The French
Connection

Apr 29 Fri
Life

Drama Group Presentation, Spring Fling



Senior Spotlight



Maryann

“Whats the most interesting thing about coming to the Isaacs Center?”

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.

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.