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 NORC Spotlight 12 Upcoming Month 12

Sunday Suppers, May 22nd, 2016

Thank you to all our volunteers from NY Junior League, Temple Shaaray Tefila & SONYC
This month at the Isaacs Center
Presentations, Workshops & Meetings

TownHall/ Membership Meeting
June 1st 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.

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

LiveOn NY welcomes the Isaacs Center with LiveOn NY. LiveOn 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.

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.

ESL Classes for Spanish Speakers
Every Friday 2:30PM

ESL classes for all!! Join our class every Friday morning to learn and practice English. We focus on the rules of English, fundamental everyday language and conversational elements.

Advanced Jewerly Making
Every Friday 3PM

Advanced jewelry making class is held every Friday at 3pm. Come join the fun and leave with a piece you created. Looking forward to seeing you there!

Vocal Ease Performance
June 3rd 1:15PM

On June 3rd at 1:15pm Vocal Ease will perform a cabaret-style show with a small group of professional singers with piano accompaniment. Come hear the group perform show tunes and standards. Audience participation is encouraged.

NYC Cares
June 6th 1:30PM

On June 6th NYC Cares will host a luncheon party at the Isaacs Center. Please join us as we celebrate NYC Cares and their work. There will be music, dancing, fun and so much more.

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 after-school 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.

Isaac’s 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.

NORC-SSP News & Events

Monthly Committee Meetings

Social Action | Aaron
Tues June 7th 11:00AM

Food | Jeffrey
Tues June 7th 1:15PM

Ed & Rec | Anita
Tues June 7th 2:15PM

Hospitality | Khristel
Tues May 3rd 3:15PM

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June 6th 1:30PM

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Piano Concert
June 7th 1:15PM

On June 7th our very own Isaacs Member Maria Liberman will have a piano concert. She will play a variety of music from classical to contemporary.

Trader Joes
June 8th 10:15AM
Ticket: $1, sign up during ticket sales

Join us for a shopping trip on June 8th. Bagged lunch and round trip transportation will be provided. Meet at 10:15AM. Sign up during ticket sales.

Senior Prom
June 9th 3PM

Thank you for voting for the senior prom theme. This year the prom theme will be “Masquerade Ball”. Join us on June 9th at 3:00pm in your masquerade masks for a fun filled afternoon.

Roots&Branches Performance
June 16th 1:15PM

On June 16th at 1:15pm Roots&Branches will perform a play about fighting for what’s right! Poetic Justice looks at seniors and young people taking action, standing up for ourselves, the world, and each other. The setting for the show is the famous City Lights Cafe during an “open mic night.”

Roots&Branches & Isaacs Members Performance
June 17th 5PM

On June 17th at 5pm Isaacs Center Seniors and young members of the Roots&Branches ensemble will perform “Acting Out” an intergenerational play based on their own life stories of “acting out” and defying the norm.

Trip to Philly
June 22nd 7:30AM
Ticket: $50, sign up during ticket sales

On June 22nd at 7:30am we will travel to Philadelphia and meet our professional tour guide to visit the Liberty Bell, the exterior of Independence Hall & Congress Hall, Franklin Court, The Betsy Ross House, Christ Church, and Elfreth’s House. After the tour we will enjoy an all-you-can-eat buffet lunch at Old Country Buffet. The day won’t end after lunch, from there we will head to Parx Casino for some slot play. Hope you win big in Philly!!
JUNE 2016
SENIOR CENTER ACTIVITIES

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

**Please note that an advance ticket is required for some activities.**

### 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 Pet Therapy w/ Alice
1:30 NY Cares Day of Service
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

### Tue
9:30 Stay Well Fitness w/ Denis
1:15 Intermediate Spanish Class
1:15 Piano Concert w/ Maria Liberman
2:00 Yoga
3:00 Art Class w/ Nancy

### Wed
9:45 Health Chat w/ Huda
9:30 Yoga w/ Nammi
10:30 Intermediate Spanish Class
12:15 Agetastic Presentation
1:00 Water Exercise at Asphalt Green
1:15 Townhall/Membership Mtg
2:30 Scrabble Group

### 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
2:00 Daily Fitness
2:30 Movie
3:00 Art Class w/ Nancy
3:00 Roots and Branches Program

### Fri
9:30 ESL for Spanish Speakers
10:15 Salsa Dancing w/ Pedro
1:00 Water Exercise at Asphalt Green
1:15 Metropolitan Hospital Presentation "HIV Workshop"
1:15 Meditation
1:30 Movie
3:00 Advanced Jewelry Making

### Sat
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

### Sun
More Sunday Supper Photos

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**Tickets Sales 9-10:30AM**

- Stay Well Fitness w/ Denis
- Social Action Committee w/ Aaron
- Nurse Lorraine Walk-In
- Piano Concert w/ Maria Liberman
- Councilman Ben Kallos Mobile Office Hours
- Bingo
- Yoga

**Ticket Sales 10-12PM**

- Blood Pressure Screenings
- Intermediate Spanish Class
- Water Exercise at Asphalt Green
- Patient Advocacy w/ Jess
- Scrabble Group
- Women's Group w/ Nancy

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**Event Details**

- **Stay Well Fitness w/ Denis**
- **Social Action Committee w/ Aaron**
- **Nurse Lorraine Walk-In**
- **Piano Concert w/ Maria Liberman**
- **Councilman Ben Kallos Mobile Office Hours**
- **Bingo**
- **Yoga**

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**Schedule by Day**

**Monday, June 6th**

- Tai Chi w/ Clara
- Swing w/ the Crew
- Zumba w/ Yvonne
- Art for Beginners w/ Frank
- Movie
- Pet Therapy w/ Alice
- NY Cares Day of Service
- Piano Lessons w/ Nick
- Drama Workshop w/ Frank

**Tuesday, June 7th**

- Stay Well Fitness w/ Denis
- Social Action Committee w/ Aaron
- Nurse Lorraine Walk-In
- Piano Concert w/ Maria Liberman
- Councilman Ben Kallos Mobile Office Hours
- Bingo
- Yoga
- Art Class w/ Nancy

**Wednesday, June 8th**

- Stay Well Fitness w/ Denis
- Social Action Committee w/ Aaron
- Nurse Lorraine Walk-In
- Piano Concert w/ Maria Liberman
- Councilman Ben Kallos Mobile Office Hours
- Bingo
- Yoga
- Art Class w/ Nancy

**Thursday, June 9th**

- Stay Well Fitness w/ Denis
- Social Action Committee w/ Aaron
- Nurse Lorraine Walk-In
- Piano Concert w/ Maria Liberman
- Councilman Ben Kallos Mobile Office Hours
- Bingo
- Yoga
- Art Class w/ Nancy

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**Event Information**

- **Health Chat w/ Huda**
- **Back Pain & Related Problems**
- **Yoga w/ Nammi**
- **Intermediate Spanish Class**
- **Agetastic Presentation**
- **Water Exercise at Asphalt Green**
- **Townhall/Membership Mtg**
- **Scrabble Group**

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**Contact Information**

Stanley M. Isaacs Neighborhood Center
415 East 93rd Street, New York, NY 10128
### JUNE 2016

#### SENIOR CENTER MENU

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
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</thead>
<tbody>
<tr>
<td>06</td>
<td>French Toast</td>
<td>Corn Muffin w/ Boiled Egg</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Waffles &amp; Sausage</td>
<td>Pancakes &amp; Scrambled Eggs</td>
<td>Muffin &amp; Butter, Fruit Salad</td>
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<td>L:</td>
<td>Vegetable Soup</td>
<td>L: Turkey Meatlof w/ Mushroom Gravy</td>
<td>L: Baked Macaroni &amp; Cheese</td>
<td>L: Baked Breaded Lamb Chops</td>
<td>L: Pancakes &amp; Scrambled Eggs</td>
<td>B: Muffin &amp; Fruit Salad</td>
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<td>Mon</td>
<td>Chicken Salad</td>
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<td>Corn Muffin w/ Boiled Egg</td>
<td>Turkey Meatlof w/ Mushroom Gravy</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
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<td>Tue</td>
<td>L: Arroz con Pollo (Chicken &amp; Rice)</td>
<td>L: Beef Salisbury Steak w/ Mushroom Sauce</td>
<td>L: Baked Macaroni &amp; Cheese</td>
<td>L: Baked Pork</td>
<td>L: Baked Breaded Lamb Chops</td>
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<td>Waffles &amp; Sausage</td>
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<td>Baked Breaded Lamb Chops</td>
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**Breakfast**

Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $1. A light breakfast is offered on Saturday, 9:15AM, and is free to Senior Center members.

**Lunch**

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.

**Suggested contribution is $1.**

**Guest rate is $3.**

**Saturday Lunch is served 11:45AM-12:30PM. Suggested contribution is $1.**

Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128
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<tr>
<td>05</td>
<td>Sun</td>
<td>Turkey w/ Gravy, Brown Rice w/ Mushrooms, Whole Wheat Bread, Steamed Broccoli, Orange Apple Juice, Milk</td>
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<tr>
<td>06</td>
<td>Mon</td>
<td>Beef Stew (Spanish Style), Whole Wheat Bread, Baby Carrots w/ Parsley, Red Bliss Potatoes, Orange Apple Juice, Milk</td>
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<tr>
<td>07</td>
<td>Tue</td>
<td>Chicken Alfredo, Whole Wheat Bread, Cut Green Beans, Canned Pineapple, Orange Apple Juice, Milk</td>
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<tr>
<td>08</td>
<td>Wed</td>
<td>Baked Basa Fish, Couscous w/ Peas &amp; Lemon, Steamed Broccoli, Whole Wheat Bread, Canned Pears, Apple Juice, Milk</td>
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<tr>
<td>09</td>
<td>Thu</td>
<td>Rosemary Chicken, Bowtie Noodles, Italian Blend Vegetables, Whole Wheat Bread, Sliced Peaches, Orange Pineapple Juice, Milk</td>
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<tr>
<td>10</td>
<td>Fri</td>
<td>Baked Tilapia, Moroccan Fish Sauce, Barley, Whole Wheat Bread, Parmesan Rosemary Mashed Potatoes, Zucchini &amp; Peas, Canned Apricots, Orange Pineapple Juice, Milk</td>
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<td>12</td>
<td>Sun</td>
<td>Herbed Chicken, Quinoa Pilaf, Whole Wheat Bread, Broccoli, Canned Apricots, Orange Pineapple Juice, Milk</td>
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<td>13</td>
<td>Mon</td>
<td>Turkey w/ Gravy, Whole Wheat Bread, Italian Blend Vegetables, Mashed Sweet Potatoes, Apple Orange Juice, Milk</td>
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<tr>
<td>14</td>
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<td>Baked Mushroom Chicken, Rice w/ Chickpeas, Whole Wheat Bread, Steamed Kale, Canned Pears, Kiwi Apple Juice, Milk</td>
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<td>15</td>
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<td>Beef and Beans, Quinoa Pilaf, Whole Wheat Bread, Vegetable Mix, Broccoli and Red Peppers, Canned Pineapple, Orange Juice, Milk</td>
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<td>16</td>
<td>Thu</td>
<td>Chicken Parmesan, Penne, Whole Wheat Bread, Broccoli and Red Peppers, Canned Pineapple, Orange Juice, Milk</td>
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<tr>
<td>17</td>
<td>Fri</td>
<td>Baked Basa Fish, Bulgur, Whole Wheat Bread, Steamed Spinach, Banana, Orange Pineapple Juice, Milk</td>
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<tr>
<td>18</td>
<td>Sat</td>
<td>Beef Meatloaf w/ Mushroom Gravy, Whole Wheat Bread, California Blend Vegetables, Mashed Potatoes, Orange Apple Juice, Milk</td>
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<tr>
<td>19</td>
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<td>Baked Ham w/ Pineapple, Whole Wheat Bread, Wild Rice, Baby Carrots w/ Parsley, Apple Orange Juice, Milk</td>
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<td>20</td>
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<td>Bake Ziti w/ Whole Wheat Pasta, Whole Wheat Spaghetti, Broccoli and Red Peppers, Kiwi Orange Pineapple Juice, Milk</td>
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<td>21</td>
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<td>Lemon Chicken, Whole Wheat Bread, Baked Potatoes, Mixed Vegetables, Fruit Cocktail, Apple Juice, Milk</td>
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<td>22</td>
<td>Wed</td>
<td>Baked Fish w/ Garlic Sauce, Orzo Pilaf, Whole Wheat Bread, Steamed Spinach, Apple Orange Juice, Milk</td>
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<td>23</td>
<td>Thu</td>
<td>Baked Asian Style Honey Chicken, Quinoa Pilaf, Whole Wheat Bread, Italian Blend Vegetables, Canned Pineapple, Orange Pineapple Juice, Milk</td>
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<tr>
<td>24</td>
<td>Fri</td>
<td>Baked Basa Fish, Egg Noodles, Whole Wheat Bread, Italian Blend Vegetables, Banana, Orange Juice, Milk</td>
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<tr>
<td>25</td>
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<td>26</td>
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<tr>
<td>27</td>
<td>Mon</td>
<td>Basa Fish, Penne, Whole Wheat Bread, California Blend Vegetables, Apple Orange Juice, Milk</td>
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<td>28</td>
<td>Tue</td>
<td>Cranberry Chicken, Mashed Red Potatoes, Whole Wheat Bread, Mixed Vegetables, Apple Sauce, Orange Juice, Milk</td>
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<td>29</td>
<td>Wed</td>
<td>Moroccan Meatballs, Whole Wheat Bread, Whole Wheat Spaghetti, Broccoli and Red Peppers, Canned Apricots, Orange Pineapple Juice, Milk</td>
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<tr>
<td>30</td>
<td>Thu</td>
<td>Hawaiian Chicken, Whole Wheat Bread, Baby Carrots w/ Parsley, Banana, Apple Juice, Milk</td>
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</table>

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 June.
Find the words that relate to Summer.
IWFWRDRZPSNFJHRYHOMTSESGBPZ
SKROWERIFOLHIUDRCQBEUUBNAU
FXBKORCQICMAMESNOAIKBNLISRCC
SELLMNXTVLUVJHEEEIVSGXDMAC
NEPUIYAHSALPSIQIBNCRLQMDY
HOICAYKPSWBNRIEARYIEJ
CPSVAKTAEBOIHNZREGCYSVGWGS
YRLVORYISFMFIEEEAVEVTSQSEZ
TRCIPMTHVKTMCNIVCYEKZLYL
CPOKOUTSZOTCZUOMTLOSRYUZD
TGLQVMJLURVEWDNBXOZCREAMM

Beach
Swimming
Vacation
Cookouts

Bikes
June
Movies
Carnivals

Fishing
Sunscreen
Parades
Picnics

Splash
Sunglasses
Fireworks
Ice Cream

RIDDLES
Take your pick and solve these riddles

1. I beam, shine and sparkle white, I brighten the day with a single light. I charm and enchant one and all, I can counter the darkest pall.
What am I?

2. What is two days after the day after the day before yesterday?

3. I am a word with two meanings. With one I can be broken, with the second I hold on. What am I?

4. What can you add to one to make it go away?

The letter g. Then it's gone.

A coat of paint. A tie.

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
Movies at the Isaacs Center

- **June 2** Thu: The Big Short
- **June 3** Fri: Foxcatcher
- **June 6** Mon: Carol
- **June 9** Thu: Pride
- **June 10** Fri: The King’s Speech
- **June 13** Mon: The Revenant
- **June 16** Thu: The Good Dinosaur
- **June 17** Fri: Sisters
- **June 20** Mon: Inside Man
- **June 23** Thu: Creed
- **June 24** Fri: 400 Days
- **June 20** Mon: East Side Sushi
- **June 23** Thu: All Roads Lead to Home

Birthday Party May 20th, 2016

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NORC Spotlight

What type of NORC programming would you like to see?

The programs I would like available in NORC are more health awareness classes. For example classes that would help our memory skills.

June is also Deneen’s birthday. Happy Birthday Deneen!

Meet our new President of the Executive Committee

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UPCOMING MONTH July 2016

- Bally’s Casino in Atlantic City, $35.
- Isaacs Center will be closed on Monday, July 4th.

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.