



# Stanley M. Isaacs Neighborhood Center

**SINCLINK**  
**June 2016**

f i @isaacscenternyc

Your Guide to Senior Services at Isaacs Center

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Sunday Suppers, May 22nd, 2016



Thank you to all our volunteers from NY Junior League, Temple Shaaray Tefila & SONYC



# 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

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

This month the Isaacs Center welcomes 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 Jewelry 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.

## NY Cares

June 6th 1:30PM

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

## 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 Wednesday, 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!!

# NORC-SSP News & Events

## Tenant Association Meetings

The monthly **Isaacs Houses Tenant Association** meeting will take place on **Tuesday, June 14th at 7PM**. The **Holmes Tower Tenant Association** meeting will be held on **Tuesday, June 21st 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 on Tuesday, June 14th**. 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

**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

# JUNE 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.

### 06 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

### 13 Mon

- 9:25 Tai Chi w/ Clara
- 10:15 Swing w/ the Crew
- 10:30 Zumba w/Yvonne
- 1:15 Movie
- 1:30 Pet Therapy w/ Alice
- 2:00 Piano Lessons w/ Nick
- 2:30 **Father's Day Show**

### 20 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 Art for Beginners w/ Frank
- 1:15 Movie
- 1:30 Pet Therapy w/ Alice
- 1:30 **Annabella Gonzalez Dance Theatre**
- 2:00 Piano Lessons w/ Nick
- 2:15 Drama Workshop w/ Frank

### 27 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
- 1:15 **Fidelis Care Presentation**
- 1:30 Pet Therapy w/ Alice
- 2:00 Piano Lessons w/ Nick
- 2:15 Drama Workshop w/ Frank

### 07 Tue Ticket Sales 9-10:30AM

- 9:30 Stay Well Fitness w/ Denis
- 11:00 **Social Action Committee w/ Aaron**
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Xiomara
- 1:15 **Piano Concert w/ Maria Liberman**
- 1:15 **Food Committee w/ Jeffrey**
- 2:15 Bingo
- 2:15 **Ed & Rec Committee w/ Anita**
- 2:30 Arts and Crafts
- 3:15 **Hospitality Meeting w/ Khristel**
- 5:00 Yoga

### 14 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
- 2-5PM **Councilman Ben Kallos Mobile Office Hours**
- 2:15 Bingo
- 2:30 Arts and Crafts
- 5:00 Yoga
- 7:00 **Isaacs Tenant Assoc Mtg**

### 21 Tue

- 9:30 Stay Well Fitness w/ Denis
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Xiomara
- 1:15 **Mt. Sinai Presentation "Health Care Proxy & Power of Attorney"**
- 2:15 Bingo
- 2:30 Arts and Crafts
- 5:00 Yoga
- 7:00 **Holmes Tenant Assoc Mtg**

### 28 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
- 5:00 Yoga

### 01 Wed

- 9:45 Health Chat w/ Huda "Back Pain & Related Problems"
- 10:30 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

### 08 Wed Ticket Sales 9-10:30AM 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 Groove w/Yvonne
- 2:30 Scrabble Group
- 3:00 **Women's Group w/ Nancy**

### 15 Wed

- 10:30 Yoga w/ Nammi
- 10:30 Intermediate Spanish Class
- 1:00 Water Exercise at Asphalt Green
- 1:15 Groove w/Yvonne
- 1:15 Patient Advocacy w/ Jess
- 2:30 Scrabble Group

### 22 Wed Trip: Philadelphia\*

- 10-12PM Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 10:30 Intermediate Spanish Class
- 1:00 Water Exercise at Asphalt Green
- 1:15 Groove w/Yvonne
- 2:30 Scrabble Group
- 3:00 **Women's Group w/ Nancy**

### 29 Wed

- 10:30 Yoga w/ Nammi
- 10:30 Intermediate Spanish Class
- 1:00 Water Exercise at Asphalt Green
- 1:15 Groove w/Yvonne
- 2:30 Scrabble Group

### 02 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

### 09 Thu Ticket Sales 9-10:30AM

- 10:00 Beginners Spanish
- 10:15 Salsa Dancing w/ Pedro
- 1:00 Water Exercise at Asphalt Green
- 2:30 Movie
- 3:00 **Senior Prom "Masquerade Ball"**

### 16 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 **Roots&Branches Performance**
- 2:00 Daily Fitness
- 2:30 Movie
- 3:00 Art Class w/ Nancy

### 23 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

### 30 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

### 03 Fri

- 9:30 ESL for Spanish Speakers
- 10-12PM Blood Pressure Screenings
- 10:15 Swing w/ the Crew
- 1-4PM Nurse Lorraine Walk-In
- 1:15 **Vocal Ease Performance**
- 1:15 Meditation
- 3:00 Movie
- 3:00 Advanced Jewelry Making

### 10 Fri

- 9:30 ESL for Spanish Speakers
- 10:15 Swing w/ the Crew
- 1-4PM Nurse Lorraine Walk-In
- 1:15 **Metropolitan Hospital Presentation "HIV Workshop"**
- 1:15 Meditation
- 2:15 Bingo
- 3:00 Movie
- 3:00 Advanced Jewelry Making

### 17 Fri

- 9:30 ESL for Spanish Speakers
- 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**
- 3:00 Movie
- 3:00 Advanced Jewelry Making
- 3:15 Bingo
- 5:00 **Roots&Branches & SINC Members**

### 24 Fri

- 9:30 ESL for Spanish Speakers
- 10:15 Swing w/ the Crew
- 1-4PM Nurse Lorraine Walk-In
- 1:15 **Presentation by SINC Member Patrick**
- 1:15 Meditation
- 2:15 Bingo
- 3:00 Movie
- 3:00 Advanced Jewelry Making

### 04 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

### 11 Sat Walk-In Clinic 9AM-1PM

- 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

### 18 Sat

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

### 25 Sat

- 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

More Sunday Supper Photos





# JUNE 2016

## SENIOR CENTER MENU

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



### 01 Wed

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

### 02 Thu

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

### 03 Fri

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

### 04 Sat

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

### 06 Mon

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

### 07 Tue

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

### 08 Wed

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

### 09 Thu

- B: Waffles & Sausage  
L: Baked Pork  
Bowtie Noodles  
Whole Wheat Bread  
Mixed Vegetables  
Watermelon  
Grape Juice, Milk

### 10 Fri

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

### 11 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

### 13 Mon

- B: French Toast  
L: Vegetable Soup  
Stuffed Shells w/ Cheese  
Whole Wheat Bread  
Mixed Green Salad *or*  
Caesar Salad Dressing  
Apple  
Orange Juice

### 14 Tue

- B: Corn Muffin w/ Boiled Egg  
L: Arroz con Pollo (Chicken & Rice)  
Whole Wheat Bread  
Steamed Cabbage Mix  
Cantaloupe  
Orange Pineapple Juice, Milk

### 15 Wed

- B: Bagel w/ Cream Cheese & Oatmeal  
L: Beef Salisbury Steak w/Mushroom Sauce  
Whole Wheat Bread  
Mixed Vegetables 5-Way  
Sweet Baked Yams  
Orange  
Grape Juice, Milk

### 16 Thu

- B: Waffles & Sausage  
L: Pork Spare Ribs  
Brown Rice w/ Pigeon Peas  
Winter Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk

### 17 Fri

- B: Pancakes & Scrambled Eggs  
L: Baked Salmon  
Whole Wheat Bread  
Garlic Mashed Potatoes  
Steamed Green Beans  
Orange Juice, Milk

### 18 Sat

- B: Muffin & Butter, Fruit Salad  
Coffee *or* Tea  
L: Hamburgers  
Whole Wheat Hamburger Bun  
Cabbage Carrot Slaw  
Oven Ready Fries  
Fruit Cocktail  
Orange Juice, Milk

### 20 Mon

- B: French Toast  
L: Eggplant Parmesan  
Whole Wheat Bread  
Mixed Green Salad  
Steamed Broccoli  
Apple  
Orange Pineapple Juice, Milk

### 21 Tue

- B: Corn Muffin w/ Boiled Egg  
L: Turkey Burger w/ Cheese  
Whole Wheat Hamburger Bun  
Over Ready Fries  
Steamed Cabbage Mix  
Cantaloupe  
Orange Pineapple Juice, Milk

### 22 Wed

- B: Bagel w/ Cream Cheese & Oatmeal  
L: Baked Salmon  
Whole Wheat Bread  
Baked Sweet Potato  
California Blend Vegetables  
Orange  
Apple Juice

### 23 Thu

- B: Waffles & Sausage  
L: Sweet & Sour Chicken  
Quinoa Pilaf  
Sauteed Spinach  
Peach  
Grape Juice, Milk

### 24 Fri

- B: Pancakes & Scrambled Eggs  
L: Tuna Fish Salad  
Whole Wheat Bread  
Apple & Beet Salad  
Potato Salad  
Honeydew  
Orange Pineapple Juice, Milk

### 25 Sat

- B: Muffin & Butter, Fruit Salad  
Coffee *or* Tea  
L: Chicken Stew  
Brown Rice  
Steamed Broccoli & Cauliflower  
Fruit Cocktail  
Orange Juice, Milk

### 27 Mon

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

### 28 Tue

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

### 29 Wed

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

### 30 Thu

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

#### Breakfast

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.

#### 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.

# JUNE 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.

### 05 Sun

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

### 06 Mon

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

### 07 Tue

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

### 12 Sun

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

### 13 Mon

Turkey w/ Gravy  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Sweet Potatoes  
Apple  
Orange Juice, Milk

### 14 Tue

Baked Mushroom Chicken  
Rice w/ Chickpeas  
Whole Wheat Bread  
Steamed Kale  
Canned Pears  
Orange Pineapple Juice, Milk

### 19 Sun

Baked Ham w/ Pineapple  
Whole Wheat Bread  
Wild Rice  
Baby Carrots w/ Parsley  
Apple  
Orange Juice, Milk

### 20 Mon

Bake Ziti w/ Whole Wheat Pasta  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Broccoli and Red Peppers  
Kiwi  
Orange Pineapple Juice, Milk

### 21 Tue

Lemon Chicken  
Whole Wheat Bread  
Baked Potatoes  
Mixed Vegetables  
Fruit Cocktail  
Apple Juice, Milk

### 26 Sun

Rosemary Chicken  
Whole Wheat Bread  
Mashed Potatoes  
Steamed Broccoli  
Canned Apricots  
Apple Juice, Milk

### 27 Mon

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

### 28 Tue

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

### 01 Wed

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

### 08 Wed

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

### 15 Wed

Beef and Beans  
Quinoa Pilaf  
Whole Wheat Bread  
Vegetable Mix  
Kiwi  
Apple Juice, Milk

### 22 Wed

Baked Fish w/ Garlic Sauce  
Orzo Pilaf  
Whole Wheat Bread  
Steamed Spinach  
Apple  
Orange Juice, Milk

### 29 Wed

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

### 02 Thu

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

### 09 Thu

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

### 16 Thu

Chicken Parmesan  
Penne  
Whole Wheat Bread  
Broccoli and Red Peppers  
Canned Pineapple  
Orange Juice, Milk

### 23 Thu

Baked Asian Style Honey Chicken  
Quinoa Pilaf  
Whole Wheat Bread  
Brussel Sprouts  
Canned Pineapple  
Orange Pinappe Juice, Milk

### 30 Thu

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

### 03 Fri

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

### 10 Fri

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

### 17 Fri

Baked Basa Fish  
Bulgur  
Whole Wheat Bread  
Steamed Spinach  
Banana  
Orange Pineapple Juice, Milk

### 24 Fri

Baked Basa Fish  
Egg Noodles  
Whole Wheat Bread  
Italian Blend Vegetables  
Banana  
Orange Juice, Milk

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 Sat

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

### 11 Sat

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

### 18 Sat

Beef Meatloaf w/ Mushroom Gravy  
Whole Wheat Bread  
California Blend Vegetables  
Mashed Potatoes  
Orange  
Apple Juice, Milk

### 25 Sat

Beef Salisbury Steak w/ Mushroom Sauce  
Rice Pilaf  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Orange  
Orange Pineapple Juice, Milk

Thank you to our SONYC Volunteers at Sunday Suppers





PUZZLES & GAMES

Its June.  
Find the words that relate to Summer.

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

- Beach  
Bikes  
Fishing  
Splash
- Swimming  
June  
Sunscreen  
Sunglasses
- Vacation  
Movies  
Parades  
Fireworks
- Cookouts  
Carnivals  
Picnics  
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.
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?
5. What kind of coat is always wet when you put it on?

What am I?

A coat of paint. The letter g. Then it's gone. A tie Tomorrow Smile

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](mailto:benefits@liveon-ny.org)

Stanley M. Isaacs Neighborhood Center

415 East 93<sup>rd</sup> 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



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**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



## NORC Spotlight



### Deneen

Meet our new President of the Executive Committee

**“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!**

## 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.