



Stanley M. Isaacs Neighborhood Center

SINCLINK
May 2016

   @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** Staff Spotlight **12** Upcoming Month **12**

Students from the Gillen Brewer School, April 11th 2016



**Stay tuned to the
next visit from
the students of
the Gillen Brewer
School.**



The Isaacs Center will be closed on Saturday May 28th and Monday May 30th in honor of Memorial Day.

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

May 4th 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. 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.

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.

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.

Volunteers of Legal Service

May 6th 1:15PM

New York City Council Member Ben Kallos office and Volunteers of Legal Service will have a presentation titled Who Will Decide for Me? Join us in learning about Healthcare Advanced Directives, Powers of Attorney, Last Wills and Testaments, and Burial Planning.

Mother’s Day Show

May 6th 2:30PM

Help us celebrate the women at the Isaacs Center during this special show. We will have a production from the Drama club and a special performance by Jazz Singer Audrey Silver. Refreshments will be served following the show.

Tenant Rights Training

May 10th 1:15PM

The Met Council on Housing will be conducting Tenant Rights training for our members. The training includes information on getting repairs, rent stabilization laws, SCRIE, and much more.

Robert McIntire - Memorial Service

May 16th 2PM

Please join us for a Memorial Service in remembrance of our member Robert McIntire on Monday, May 16th at 2:00.

Stew Leonard’s

May 18th 10:15AM

Ticket: \$1, sign up during ticket sales

Join us for a shopping trip on May 18th. Bagged lunch and round trip transportation will be provided. Meet at 10:15AM. Sign up during ticket sales.

Sunday Suppers

May 22nd

Peformance at 3PM

Supper at 4:30PM

On May 22nd before Sunday Supper there will be a special concert at 3pm in the lobby with the Shaaray School of Rock. Supper will be served at 4:30PM.

Villa Roma Resort Senior Day

May 31st 7:45AM

Ticket: \$50, sign up during ticket sales

Enjoy a wonderful day at the beautiful Villa Roma Resort with a refreshment station with unlimited beverages, four course luncheon. DJ and Dancing in the Nightclub, Bingo, indoor sport complex with bocce, shuffle-board, ping pong, table and video games, indoor and outdoor swimming pool, & Jacuzzi, Fitness Center, outdoor bocce & shuffleboard courts.

Senior Prom Theme Suggestion Box

It’s that time of year again when we need your help to choose a theme for our annual Senior Prom to be held on June 9th. Please cast your vote in our “special suggestion box” on the hospitality table. The themes are as follows:

Masquerade Ball

Mardi Gras

Summer Fling

NORC-SSP News & Events

Tenant Association Meetings

The monthly **Isaacs Houses Tenant Association** meeting will take place on **Tuesday, May 10th at 7PM**. The **Holmes Tower Tenant Association** meeting will be held on **Tuesday, May 17th 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, May 10th**. 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 May 3rd 1:15PM

Ed & Rec | Anita
Tues May 3rd 2:15PM

Hospitality | Khristel
Tues May 3rd 3:15PM

Social Action | Aaron
Tues May 10th 11:00AM

02 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
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

09 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
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

16 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
2:00 **Memorial Service for Robert McIntire**
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

23 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
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

30 Mon

Isaacs Center
Closed

03 Tue Ticket Sales 9-10:30AM
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**
2:15 Bingo
2:15 **Ed & Rec Committee w/ Anita**
2:30 Arts and Crafts
3:15 **Hospitality w/ Khristel**
5:00 Yoga

10 Tue
9:30 Stay Well Fitness w/ Denis
10-3PM **Live on NY Social Action Committee w/ Aaron**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Xiomara
1:15 **Tenant Rights Presentation Councilman Ben Kallos Mobile Office Hours**
2-5PM Bingo
2:15 Arts and Crafts
2:30 Yoga
5:00 **Isaacs Tenant Assoc Mtg**
7:00

17 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
7:00 **Holmes Tenant Assoc Mtg**

24 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

31 Tue Trip: Villa Roma*
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

04 Wed Ticket Sales 9-10:30AM
9:45 Health Chat w/ Huda
“Foot Health”
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

11 Wed
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
1:15 Current Events w/ Midas
2:30 Scrabble Group
3:00 **Women’s Group w/ Nancy**

18 Wed Trip: Stew Leonard*
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

25 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**

Thank you to all the work our social work interns have done.



05 Thu Ticket Sales 9-10:30AM
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
2:00 Daily Fitness
2:30 Movie
3:00 Art Class w/ Nancy
3:00 Roots and Branches Program

12 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 Poets and Writers
2:00 Daily Fitness
2:30 Movie
3:00 Roots and Branches Program

19 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

26 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

06 Fri
9:30 Virtual Sports
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 **VOLS Presentation**
2:00 Meditation
2:30 **Mother’s Day Show**
3:00 Movie
3:00 Advanced Jewelry Making
4:00 **Glamour Gals**

13 Fri
9:30 Virtual Sports
9:30 ESL for Spanish Speakers
10:15 Swing w/ the Crew
1-4PM Nurse Lorraine Walk-In
2:00 Meditation
2:15 Bingo
3:00 Movie
3:00 Advanced Jewelry Making

20 Fri
9:30 Virtual Sports
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

27 Fri
9:30 Virtual Sports
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 **Mt. Sinai Presentation**
2:00 Meditation
2:15 Bingo
3:00 Movie
3:00 Advanced Jewelry Making

07 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
2:00 Salsa Dancing w/ Pedro
14 Sat Walk-In Clinic 9AM-1PM
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
2:00 Salsa Dancing w/ Pedro

21 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

28 Sat

Isaacs Center
Closed

MAY 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.

02 Mon

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

09 Mon

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

16 Mon

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

23 Mon

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

30 Mon

Isaacs Center
Closed

03 Tue

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

10 Tue

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

17 Tue

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

24 Tue

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

31 Tue

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

04 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

11 Wed

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

18 Wed

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

25 Wed

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

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



05 Thu

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

12 Thu

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

19 Thu

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

26 Thu

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

06 Fri

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

13 Fri

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

20 Fri

- B: Pancakes & Scrambled Eggs
L: Baked Fish w/ Vegetables
Whole Wheat Bread
Mixed Vegetables 5-Way
Yuca w/ Onions
Orange
Apple Juice, Milk

27 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

07 Sat

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

14 Sat

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

21 Sat

- B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Baked Ziti w/ Cheese
Mixed Green Salad
Canned Pineapple
Orange Juice, Milk

28 Sat

Isaacs Center
Closed

MAY 2016
SENIOR 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 Sun
Herbed Chicken
Quinoa Pilaf
Whole Wheat Bread
Broccoli
Canned Apricots
Orange Pineapple Juice, Milk

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

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

04 Wed
Beef & Beans
Quinoa Pilaf
Whole Wheat Bread
Vegetable Mix
Kiwi
Apple Juice, Milk

05 Thu
Chicken Parmensan
Penne
Whole Wheat Bread
Broccoli & Red Peppers
Canned Pineapple
Orange Juice, Milk

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

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

Isaacs Center
Birthday Parties



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

09 Mon
Baked Ziti w/ Whole Wheat Pasta
Whole Wheat Bread
Whole Wheat Spaghetti
Broccoli & Red Peppers
Kiwi
Orange Pineapple Juice, Milk

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

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

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

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

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



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

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

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

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

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

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

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



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

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

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

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

26 Thu
Curry Chicken
Whole Wheat Bread
Curry Cauliflower & Peas
Mashed Potatoes
Orange
Apple Juice, Milk

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

28 Sat
Isaacs Center Closed
BBQ Chicken
Whole Wheat Bread
Mashed Red Potatoes
Steamed Broccoli
Kiwi
Apple Juice, Milk

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

30 Mon
Isaacs Center Closed
Creamy Beef Stroganoff
Egg Noodles
Whole Wheat Bread
California Blend Vegetables
Canned Pineapple
Apple Juice, Milk

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

The Isaacs Center
will be closed on
**Saturday May 28th and
Monday May 30th.**
All meals will be
delivered in advanced.

MAY 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 May.
Find the words that relate to Memorial Day.

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

- Veterans
Decorations
Flags
- Service
Honor
Holidays
- Ceremony
Freedom
Heroes
- May
Flowers
Memorial

RIDDLES

Take your pick and solve these riddles

1. I'm tall when I'm young and I'm short when I'm old. What am I?

2. If I drink, I die. If i eat, I am fine. What am I?

3. What has hands but can not clap?

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

5. You draw a line. Without touching it, how do you make the line longer?

- Candle
- A fire
- A clock
- Silence
- You draw a shorter line next to it, and it becomes the longer line.

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



May 2 Mon

Secret In Their Eyes

May 5 Thu

Bridge of Spies

May 6 Fri

The Big Short

May 9 Mon

Spotlight

May 12 Thu

The Martian

May 13 Fri

Interstellar

May 16 Mon

Star Wars: The Force Awakens

May 19 Thu

Steve Jobs

May 20 Fri

I'll See You In My Dreams

May 23 Mon

The 100-Year-Old Man Who Climbed Out The Window And Disappeared

May 26 Thu

Everest

May 27 Fri

Concussion

Special thanks to the students & adults who volunteered at Sunday Suppers, April 17th 2016.



Staff Spotlight



Anita

Member Engagement Manager

“Meet our new Member Engagement Manager, Anita.

I love it here at the Isaacs Center. Not only are the seniors welcoming and the staff has been so great and supporting to me as well. I like the strength that the Isaacs Center offers this community.”

UPCOMING MONTH

June 2016

- Maria Liberman piano concert June 6 at 1:15pm.
- Senior Prom is June 9th.
- Trip to Philadelphia June 22.

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.