



Isaacs | News + Center | Community

Your Guide to Programs and Services at the
Stanley M. Isaacs Neighborhood Center in August 2016



Birthday Party July 2016





Isaacs | News +
Center | Community

AUG 2016

This month at the Isaacs Center Senior Center

SATURDAY & MONDAY SEPT 3 & 5

Isaacs Center Closing

The Isaacs Center will be closed in observance of Labor Day on Saturday, September 3rd and Monday, September 5th.

MONDAYS & WEDNESDAYS AUG 1:30PM

OATS

Learn to use the mouse and keyboard, get on the Internet, and use email to stay in touch with family and friends. You'll learn the basics of how to operate a computer and navigate the Internet in ways that can enrich your life.

TUESDAYS AUG 9 & 23 10AM-3PM

LiveOn NY

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.

TUESDAYS 3PM

Arts & Crafts

The Arts & Crafts class is held every Tuesday at 3pm. Take a load off your mind and join us in painting, coloring, and creating beautiful art pieces.

FRIDAYS 3PM

Advanced Jewelry Making

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!

WEDNESDAY AUG 17 10:15AM TICKET: \$1

Trader Joes

Join us for a shopping trip on August 17th. Bagged lunch and round trip transportation will be provided. Meet at 10:15AM. Sign up during ticket sales.

WEDNESDAY AUGUST 3 8:15AM TICKET: \$50

Trip: Radio City

The Rockettes will be performing their first ever Spring Spectacular, celebrating summer time in the Big Apple. Please note sign-ups for this trip began in July. **There are still more seats available.**

TUESDAY AUG 9 2-5PM

COUNCILMAN KALLOS MOBILE OFFICE HOURS

Our City Council Member Ben Kallos' will send a member of his team to answer questions about city agencies and assist you with applications for SCRIE, SNAP, Medicaid and much more.

WEDNESDAY SEPT 7 2:30PM

Poets & Writers

Poets and Writers will return on September 7 at 2:30! We would love to see new faces join! This group helps you to write down your thoughts, ideas, feelings, past experiences and more through various writing styles.

WEDNESDAY SEPT 8 1:30PM

It's All About the Short Story

It's All About the Short Story will return on September 8th at 1:30! This literature course focuses on the key elements of writing a short story.

Special Sign-Ups: Holiday Hill

TICKET: \$50

On September 3rd, we will enjoy a delicious unlimited breakfast and lunch at Holiday Hill. Spend the day playing bingo, dancing to music by the DJ, boating on the lake, mini golf, bocce ball or relaxing by the swimming pool. **Please note sign ups will begin on August 23rd, August 24th, and August 25th 10am-11:30pm.**

Back to School Drive

Give a child the head start they need, by giving supplies for school. Donations needed are: pencils, pens, crayons, Elmer's glue, loose-leaf paper, composition notebooks, glue sticks and 1 subject notebooks. Bring in your donations TODAY!

Movies

The movies on Mondays will now be screened at 3:30pm.

Movies

at the
Isaacs
Center

Aug 1 Mon
Something of
Value

Aug 4 Thu
Fathers and
Daughters

Aug 5 Fri
Dear John

Aug 6 Sat
Creed

Aug 8 Mon
Criminal

Aug 11 Thu
Ant-Man

Aug 12 Fri
San Andreas

Aug 13 Sat
U.N.C.L.E.

Aug 15 Mon
Ride Along

Aug 18 Thu
Ride Along 2

Aug 19 Fri
The Lady in the
Van

Aug 20 Sat
The Grand
Budapest Hotel

Aug 22 Mon
(500) Days of
Summer

Aug 25 Thu
Brooklyn

Aug 26 Fri
Miracles from
Heaven

Aug 27 Sat
The Secrets
of Jonathan
Sperry

Aug 29 Thu
Different
Drummers

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.

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.

Senior Spotlight



Maria

“ Why did you choose to play piano at the Isaacs Center?

I've played the piano for 65 years, 10 at Isaacs Center. Playing the piano here makes me feel happy. I am very thankful for the senior citizens. This is my second home, I eat here, swim, exercise, do yoga, take classes, present concerts, where else can I get all this?

”

Upcoming Month Sept 2016

- Isaacs Center will be closed on September 3rd & 5th in observance of Labor Day.
- Holiday Hill Senior Day September 7th.

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.

01 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
1:30 Pet Therapy w/ Alice
1:30 Beginners Computer Class
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:45 Advanced Computer Class
3:30 Movie

08 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
1:30 Pet Therapy w/ Alice
1:30 Beginners Computer Class
2:00 Piano Lessons w/ Nick
2:00 **Musicians Fest**
2:15 Drama Workshop w/ Frank
2:45 Advanced Computer Class
3:30 Movie

15 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
1:30 Pet Therapy w/ Alice
1:30 Beginners Computer Class
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:45 Advanced Computer Class
3:30 Movie

22 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
1:30 Pet Therapy w/ Alice
1:30 Beginners Computer Class
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:45 Advanced Computer Class
3:30 Movie

29 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
1:30 Pet Therapy w/ Alice
1:30 Beginners Computer Class
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:45 Advanced Computer Class
3:30 Movie

02 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
1:30 **Allegiant Health Care Presentation**
2:15 Bingo
3:00 Arts and Crafts
5:00 Yoga

09 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
1:30 **Nutrition Presentation by VNS Councilman Ben Kallos Mobile Office Hours**
2-5PM **Glamour Gals**
2:00 Bingo
2:15 Bingo
3:00 Arts and Crafts
5:00 Yoga

16 Tue
9:30 Stay Well Fitness w/ Denis
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Xiomara
2:15 Bingo
3:00 Arts and Crafts
5:00 Yoga

23 Tue **Special Ticket Sales 10-11:30AM**
9:30 Stay Well Fitness w/ Denis
10-3PM **Live on NY**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Xiomara
1:15 **Dignity Memorial Presentation: Safety While Out and About**
2:15 Bingo
3:00 Arts and Crafts
5:00 Yoga

30 Tue
9:30 Stay Well Fitness w/ Denis
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Xiomara
2:15 Bingo
3:00 Arts and Crafts
5:00 Yoga

03 Wed **Trip: Radio City* Ticket Sales 9-10:30AM**
10:30 Yoga w/ Nammi
10:30 Intermediate Spanish Class
1:15 Groove w/Yvonne
1:15 Current Events w/ Jennifer
1:30 Beginners Computer Class
2:30 Scrabble Group
2:45 Advanced Computer Class

10 Wed
9:45 **Health Chat w/ Huda “Urological Health Men & Women”**
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
10:30 Intermediate Spanish Class
1:15 Groove w/Yvonne
1:15 Current Events w/ Jennifer
1:30 Beginners Computer Class
2:30 Scrabble Group
2:45 Advanced Computer Class
3:00 **Women’s Group w/ Nancy**

17 Wed **Trip: Traders Joes***
10:30 Yoga w/ Nammi
10:30 Intermediate Spanish Class
1:15 Groove w/Yvonne
1:15 Current Events w/ Jennifer
1:30 Beginners Computer Class
2:30 Scrabble Group
2:45 Advanced Computer Class

24 Wed **Special Ticket Sales 10-11:30AM**
10:30 Yoga w/ Nammi
1:15 Groove w/Yvonne
1:15 Current Events w/ Jennifer
1:30 Beginners Computer Class
2:30 Scrabble Group
2:45 Advanced Computer Class
3:00 **Women’s Group w/ Nancy**

31 Wed
10:30 Yoga w/ Nammi
1:15 Groove w/Yvonne
1:15 Current Events w/ Jennifer
1:30 Beginners Computer Class
2:30 Scrabble Group
2:45 Advanced Computer Class

04 Thu **Ticket Sales 9-10:30AM**
10:00 Beginners Spanish
12:00 Crochet w/ Josie
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:30 Movie
3:00 Art Class w/ Nancy

11 Thu
10:00 Beginners Spanish
12:00 Crochet w/ Josie
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:30 Movie

18 Thu
10:00 Beginners Spanish
12:00 Crochet w/ Josie
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:30 Movie
3:00 Art Class w/ Nancy

25 Thu **Special Ticket Sales 10-11:30AM**
12:00 Crochet w/ Josie
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:30 Movie

05 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
2:15 Bingo
3:00 Movie
3:00 Advanced Jewelry Making

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

19 Fri
9:30 Virtual Spots
9:30 ESL for Spanish Speakers
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

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

06 Sat
10:00 Yoga
10:30 Intermediate Spanish
11:00 Board Games
11:00 Arts & Crafts
1:00 Granny Squared
1:15 Bingo
1:15 Movie

13 Sat **Walk-In Clinic 9AM-1PM**
10:00 Yoga
10:30 Intermediate Spanish
11:00 Board Games
11:00 Arts & Crafts
1:15 Bingo
1:15 Movie

20 Sat
10:00 Yoga
11:00 Board Games
11:00 Arts & Crafts
1:00 Granny Squared
1:15 Bingo
1:15 Movie

27 Sat
10:00 Yoga
10:30 ESL for Chinese Speakers
11:00 Board Games
11:00 Arts & Crafts
1:15 Bingo
1:15 Movie

AUGUST 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.



01 Mon

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

08 Mon

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

15 Mon

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

22 Mon

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

29 Mon

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

02 Tue

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

09 Tue

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

16 Tue

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

23 Tue

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

30 Tue

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

03 Wed

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

10 Wed

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

17 Wed

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

24 Wed

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

31 Wed

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

04 Thu

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

11 Thu

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

18 Thu

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

25 Thu

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

05 Fri

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

12 Fri

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

19 Fri

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

26 Fri

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

06 Sat

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

13 Sat

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

20 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

27 Sat

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

AUGUST 2016
SENIOR CENTER MENU

Breakfast
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.

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.



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

01 Mon

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

08 Mon

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

15 Mon

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

22 Mon

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

29 Mon

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

02 Tue

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

09 Tue

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

16 Tue

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

23 Tue

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

30 Tue

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

03 Wed

Baked Fish w/ Garlic Sauce
Orzo Pilaf
Whole Wheat Bread
Baked Potatoes
Mixed Vegetables
Fruit Cocktail
Apple Juice, Milk

10 Wed

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

17 Wed

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

24 Wed

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

31 Wed

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

04 Thu

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

11 Thu

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

18 Thu

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

25 Thu

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

28 Thu

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

05 Fri

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

12 Fri

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

19 Fri

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

26 Fri

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

06 Sat

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

13 Sat

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

20 Sat

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

27 Sat

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

07 Sun

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

14 Sun

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

21 Sun

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

28 Sun

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



AUGUST 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 August.

Find the words that relate to a day at the beach.

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

- | | | | |
|---------|-------------|-----------|----------|
| Ball | Seaweed | Umbrella | Shells |
| Frisbee | Sand castle | Jellyfish | Shovel |
| Crab | Surf | Pier | Sunblock |
| Dolphin | Swimsuit | Sand | |

RIDDLES

Take your pick and solve these riddles

1. What did the Tin Man say when he got run over by a steamroller?
2. What do you call a bear without an ear?
3. What do you break before you use it?
4. What is easy to get into, but hard to get out of?
5. Yellow I look and massive I weigh. In the morning I come to brighten your day. What am I?

A school bus
Trouble
An egg
A "b"
Curses! Foil again!

SUMMER CAMP 2016





Isaacs | News + Center | Community

What's going on with our Youth Center?



Health and Wellness Day with Goldman Sachs Volunteers

