



Isaacs | News + Center | Community

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

Senior Prom 2016



Thank You to the Volunteers from Goldman Sachs.





Isaacs | News +
Center | Community

JULY 2016

This month at the Isaacs Center Senior Center

SATURDAY & MONDAY JULY 2 & 4 Isaacs Center Closing

The Isaacs Center will be closed in observance of Independence Day on Saturday, July 2nd and Monday, July 4th.

TUESDAY JULY 12 & 26 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 2:30PM Arts & Crafts

The Arts & Crafts class is held every Tuesday at 2:30pm. 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 JULY 13 Trader Joes

Join us for a shopping trip on July 13th. Bagged lunch and round trip transportation will be provided. Meet at 10:15AM. Sign up during ticket sales.

TUESDAY JULY 12 Age-Tastic

Age-tastic is the Department for The Aging health and wellness board game. Come and increase your awareness in the areas of health, nutrition, fitness and emotional well-ness. Classes begin on July 12 at 10:30am.

TUESDAY
JULY
12
2-5PM



COUNCILMAN KALLOS MOBILE OFFICE HOURS

Our City Council Member Ben Kallos' Director of Constituent Services will be on location at the Isaacs Center from 2-5PM on Tuesday, July 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.

TUESDAY
JULY
19
1:30PM

Jazz Singer Audrey Silver

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.

WEDNESDAY
JULY
20
8:15AM
TICKET: \$35

Trip: Bally's Casino in Atlantic City

Wednesday, July 20th, leaving the Isaacs Center at 8:15am spend your day at Bally's Casino in Atlantic City with \$20 in slot play. Spend time on the board walk, at the outlets or just sightseeing. Sign up during ticket sales.

NO
MEETINGS

Tenant Association Mtg

There will be no tenant meetings during the summer. Tenant Association meetings will resume in the fall.

NO
MEETINGS

Townhall/Membership Mtg

There will be no townhall/membership meeting during the summer. Meetings will resume in the fall.

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

Special Sign-Ups: 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 will be held on *July 19th, July 20th, and July 21st 10am-11:30am.*

Movies

at the
Isaacs
Center

July 1 Fri
Spotlight

July 9 Sat
Appaloosa

July 15 Fri
Driving Ms.
Daisy

July 21 Thu
Southpaw

July 25 Mon
The Impossible

July 30 Sat
Joy

July 7 Thu
American
Sniper

July 11 Mon
Born to be
Blue

July 16 Sat
The Bucket
List

July 22 Fri
Facing Ali

July 28 Thu
Valley of
Love

July 8 Fri
Shelter

July 14 Thu
Dead Poets
Society

July 18 Mon
My Sister's
Keeper

July 23 Sat
Straight Outta
Compton

July 29 Fri
45 Years

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



Hazel

“What brings you to the Isaacs Center everyday?”

The art and exercise classes brings me to the center everyday. I like to paint religious abstract art and exercising makes me feel good.



Upcoming Month

August 2016

- Radio City Rockettes, August 3rd
- Trader Joe's, August 17th

JULY 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.

Father's Day Show with our Drama Group.



04 Mon

Isaacs Center Closed

- 11 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

- 18 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

- 25 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
 - 2:30 **Songs w/ Lou Stallman**

- 05 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
 - 2:15 Bingo
 - 2:30 Arts and Crafts
 - 5:00 Yoga

- 12 Tue**
- 9:30 Stay Well Fitness w/ Denis
 - 10-3PM **Live on NY**
 - 10:30 Age-Tastic
 - 1-4PM Nurse Lorraine Walk-In
 - 1:00 **Social Action Committee w/ Aaron**
 - 1:15 Rincón Latino w/ Xiomara
 - 1:15 **Blue Cross Blue Shield Presentation**
 - 2-5PM **Councilman Ben Kallos Mobile Office Hours**
 - 2:00 **Glamour Gals**
 - 2:15 Bingo
 - 2:30 Arts and Crafts
 - 5:00 Yoga
- 19 Tue** **Special Ticket Sales 10-11:30AM**
- 9:30 Stay Well Fitness w/ Denis
 - 10:30 Age-Tastic
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 Rincón Latino w/ Xiomara
 - 1:30 **Jazz Singer Audrey Silver**
 - 2:15 Bingo
 - 2:30 Arts and Crafts
 - 5:00 Yoga

- 26 Tue**
- 9:30 Stay Well Fitness w/ Denis
 - 10:30 Age-Tastic
 - 10-3PM **Live on NY**
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 Rincón Latino w/ Xiomara
 - 2:00 **Glamour Gals**
 - 2:15 Bingo
 - 2:30 Arts and Crafts
 - 3:00 Art Class w/ Nancy
 - 5:00 Yoga

- 06 Wed** **Ticket Sales 9-10:30AM**
- 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/ Jennifer
 - 2:30 Scrabble Group

- 13 Wed** **Trip: Trader Joes***
- 9:45 **Health Chat w/ Huda "Dealing w/ Loss"**
 - 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/ Jennifer
 - 1:15 Patient Advocacy w/ Jess
 - 2:30 Scrabble Group
 - 3:00 **Women's Group w/ Nancy**
- 20 Wed** **Trip: Atlantic City* Special Ticket Sales 10-11:30AM**
- 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/ Jennifer
 - 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 Groove w/Yvonne
 - 1:15 Current Events w/ Jennifer
 - 2:30 Scrabble Group
 - 3:00 **Women's Group w/ Nancy**

- 07 Thu** **Ticket Sales 9-10:30AM**
- 10:00 Beginners Spanish
 - 10:15 Salsa Dancing w/ Pedro
 - 12:00 Crochet w/ Josie
 - 1:00 Water Exercise at Asphalt Green
 - 2:30 Movie
 - 3:00 Art Class w/ Nancy

- 14 Thu**
- 10:00 Beginners Spanish
 - 10:15 Salsa Dancing w/ Pedro
 - 12:00 Crochet w/ Josie
 - 1:00 The Group w/ Aaron
 - 1:00 Water Exercise at Asphalt Green
 - 2:00 Daily Fitness
 - 2:30 Movie

- 21 Thu** **Special Ticket Sales 10-11:30AM**
- 10:00 Beginners Spanish
 - 10:15 Salsa Dancing w/ Pedro
 - 12:00 Crochet w/ Josie
 - 1:00 The Group w/ Aaron
 - 1:00 Water Exercise at Asphalt Green
 - 2:00 Daily Fitness
 - 2:30 Movie
 - 3:00 Art Class w/ Nancy

- 28 Thu**
- 10:00 Beginners Spanish
 - 10:15 Salsa Dancing w/ Pedro
 - 12:00 Crochet w/ Josie
 - 1:00 The Group w/ Aaron
 - 1:00 Water Exercise at Asphalt Green
 - 2:00 Daily Fitness
 - 2:30 Movie
 - 3:00 Art Class w/ Nancy

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

- 08 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 **Metropolitan Hospital**
 - 1:15 Meditation
 - 2:15 Bingo
 - 3:00 Movie
 - 3:00 Advanced Jewelry Making

- 15 Fri**
- 9:30 Virtual Spots
 - 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
- 22 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

- 29 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 Meditation
 - 2:15 Bingo
 - 3:00 Movie
 - 3:00 Advanced Jewelry Making

02 Sat

Isaacs Center Closed

- 09 Sat** **Walk-In Clinic 9AM-1PM**
- 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 Movie
 - 2:00 Salsa Dancing w/ Pedro

- 16 Sat**
- 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 Movie
 - 1:15 Meditation
 - 2:00 Salsa Dancing w/ Pedro

- 23 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
 - 2:00 Salsa Dancing w/ Pedro

- 30 Sat**
- 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 Movie
 - 2:00 Salsa Dancing w/ Pedro

JULY 2016

SENIOR CENTER MENU

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.

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



04 Mon

Isaacs
Center
Closed

11 Mon

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

18 Mon

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

25 Mon

- B: French Toast
L: A Vegetable Soup
Stuffed Shells w/ Cheese
Whole Wheat Bread
Mixed Green Salad
Apple
Orange Juice, Milk

05 Tue

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

12 Tue

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

19 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

26 Tue

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

06 Wed

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

13 Wed

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

20 Wed

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

27 Wed

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

07 Thu

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

14 Thu

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

21 Thu

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

28 Thu

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

01 Fri Isaacs BBQ

- B: Pancakes & Scrambled Eggs
L: BBQ Short Ribs
Whole Wheat Bread
Cole Slaw
Potato Salad
Peach
Orange Pineapple Juice

08 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

15 Fri

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

22 Fri

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

29 Fri

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

02 Sat

Isaacs
Center
Closed

09 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

16 Sat

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

23 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

30 Sat

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

JULY 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.



04 Mon

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

11 Mon

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

18 Mon

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

25 Mon

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

05 Tue

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

12 Tue

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

19 Tue

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

26 Tue

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

06 Wed

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

13 Wed

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

20 Wed

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

27 Wed

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

07 Thu

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

14 Thu

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

21 Thu

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

28 Thu

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

01 Fri

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

08 Fri

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

15 Fri

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

22 Fri

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

29 Fri

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

02 Sat

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

09 Sat

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

16 Sat

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

23 Sat

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

30 Sat

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

03 Sun

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

10 Sun

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

17 Sun

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

24 Sun

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

31 Sun

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



PUZZLES & GAMES

Its July.
Find the words that relate to Independence Day.

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

- Barbecue
Flag
Parade
Party
- Summer
Patriotism
Picnic
White
- Blue
Independence
Freedom
USA
- Liberty
Fireworks
United
States

RIDDLES
Take your pick and solve these riddles

1. Which is the most curious letter?
2. What has 13 hearts, but no other organs?
3. Where is the ocean the deepest?
4. A man rode in to town on Tuesday, and left two days later on Tuesday. How so?
5. I have holes in my top and bottom, my left and right, and in the middle. But I still hold water. What am I?

cards
A deck of

bottom
On the

Tuesday
His horse is named

A sponge

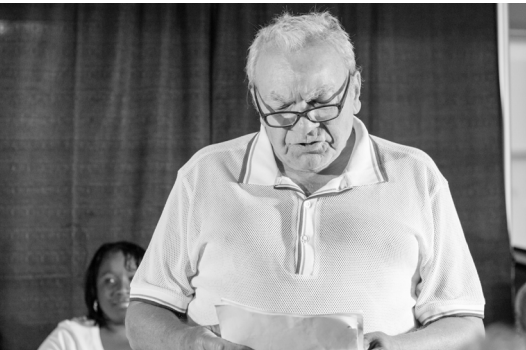
Y?

ROOTS&BRANCHES
PERFORMANCE



On June 16th and June 17th Roots&Branches performed 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.

Isaacs Center Seniors and young members of the Roots&Branches ensemble performed "Acting Out" an intergenerational play based on their own life stories of "acting out" and defying the norm. The setting for the show is the famous City Lights Cafe during an "open mic night."





What's going on with our Youth Center?



Isaacs Center Scholarship Awards Ceremony 2016

Each June, we celebrate the achievements of our college-bound young adults at our annual Isaacs Center Scholarship Ceremony. Congratulations to this year's recipients.

