Monthly Birthday Party
This month at the Isaacs Center Senior Center

**Spanish Dinner**
Our Spanish Dinner will be held on October 3rd at 1:15PM. Join us to enjoy a delicious dinner with traditional Spanish cuisine.

**Movies Senior Spotlight**

**Hispanic Heritage Celebration**
During National Hispanic Heritage Month (September 15 to October 15) we recognize the contributions and the important presence of Hispanic and Latino Americans to the United States. We celebrate their heritage and culture by participating in many of the events planned nationwide. The Isaacs Center is pleased to present our 3rd Annual Hispanic Heritage Month Celebration on October 6th from 2:30pm-4:00pm. Join us in lively music, singing, and Latin cuisine.

**Councilman Kallas Mobile Office Hours**
Our City Council Member Ben Kallas’ Director of Constituent Services will be on location at the Isaacs Center from 2-5PM on Tuesday, Oct 11th. You can ask questions about city agencies and receive assistance with applications for SRO, SNAP, Medicaid, Access-A-Ride, and other benefits and city services; tenant issues; and much more.

**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 wellness.

**Trip: Foxwoods Casino**
Enjoy a 6 hour casino stay, $10 in slot play, all you can eat lunch buffet and shopping at the Tanger Outlets. Sign up during ticket sales.

**Sunday Suppers**
Join us on Sunday, October 23rd for our fall supper. Sign up during ticket sales.

**Trader Joes**
Join us for a shopping trip on Oct 24th. Bagged lunch and round trip transportation will be provided. Meet at 10:15AM. Sign up during ticket sales.

**Upcoming Month**
- Senior Center Trip to Poconos Flea Market on November 4th
- Manhattan School of Music November 7th
- Senior Center Trip to Royal Manor on November 29th

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**About the Isaacs Center Senior Center**
- Isaacs Center will be closed in observance of Columbus Day on Monday, October 10th.

**Contact Information**
- Isaacs Center Front Desk: Call Helen, our front desk receptionist, at 212.360.7620 ext. 110.
- Meals on Wheels: Call Xiomara Martinez at 212.360.7620, ext 159.
- 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.

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**Senior Spotlight**

Josie
Senior Member Volunteer - Crochet with Josie

"What did you enjoy most during your years of service? I love working with the members and meeting the ladies every week. The energy I get from them and the class is what I enjoyed the most."

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**Senior Center Trip to Royal Manor on November 29th**
- Senior Center Trip to Poconos Flea Market on November 4th
- Manhattan School of Music November 7th
Thank you to volunteers from
The United Synagogue of
Conservative Judaism for
helping us serve lunch.
**Senior Center Menu**

**OCTOBER 2016**

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>B: French Toast</td>
<td>B: Corn Muffin w/ Boiled Egg</td>
<td>B: Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>B: Waffles &amp; Sausage</td>
<td>B: Pancakes &amp; Scrambled Eggs</td>
<td>Take Home Lunch Distributed on Friday</td>
</tr>
<tr>
<td>L: Baked Turkey Breast</td>
<td>L: Chicken with Tomato Sauce</td>
<td>L: Beef Stew w/ Carrots &amp; Onions</td>
<td>Vegetable Soup</td>
<td>L: Pancakes &amp; Scrambled Eggs</td>
<td>L: Split Pea Soup</td>
</tr>
<tr>
<td>Whole Wheat Bread</td>
<td>Boxtie Noodles</td>
<td>Whole Wheat Bread</td>
<td>Oven Fried Chicken</td>
<td>Baked Fish w/ Soy Sauce</td>
<td>Baked Macaroni &amp; Cheese</td>
</tr>
<tr>
<td>Homemade Mashed Potatoes</td>
<td>Whole Wheat Bread</td>
<td>Sweet Baked Yams</td>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>Italian Cut Green Beans</td>
<td>Mixed Vegetables</td>
<td>Sweet Baked Yams</td>
<td>California Blend Vegetables</td>
<td>Mixed Green Salad</td>
<td>Mixed Green Salad</td>
</tr>
<tr>
<td>Apple</td>
<td>Canned Apricots</td>
<td>Sliced Peaches</td>
<td>Orange</td>
<td>Canned Pineapple</td>
<td>Canned Pineapple</td>
</tr>
<tr>
<td>Orange Pineapple Juice, Milk</td>
<td>Orange Juice, Milk</td>
<td>Orange Pineapple Juice, Milk</td>
<td>Grape Juice, Milk</td>
<td>Orange Juice, Milk</td>
<td>Apple Juice, Milk</td>
</tr>
</tbody>
</table>

**Columbus Day**

- **10 Mon**
  - **Mon**
  - **11 Tue**
  - **17 Mon**
  - **18 Tue**
  - **19 Wed**
  - **20 Thu**
  - **21 Fri**
  - **22 Sat**

**Take Home Lunch Distributed on Friday**

**Breakfast**

- Breakfast is offered Mon-Fri, 8:30AM-9:15AM.
- Suggested contribution is 50¢.

**Lunch**

- A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested contribution is $2 for seniors. Guest rate is $3.

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Thank you Senator Serrano and NYC Emergency Management for the emergency preparedness kits.

**Strengthening Independence & Connections**

SINC News+Community | October 2016
**OCTOBER 2016 Meals on Wheels Menu**

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

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

**03 Mon**  
Beef Stroganoff  
Egg Noodles  
Whole Wheat Bread  
Cauliflower Greens  
Canned Pineapple  
Apple Juice, Milk

**04 Tue**  
Arroz con Pollo (Rice w/Chicken)  
White Rice  
Whole Wheat Bread  
Wild Rice  
Green Beans & Carrots  
Canned Pineapple  
Apple Juice, Milk

**05 Wed**  
Baked Basa Fish  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Broccoli  
Canned Pears  
Orange Juice, Milk

**06 Thu**  
Chicken Marsala  
Whole Wheat Bread  
Italian Blend Vegetables  
Roasted Potatoes  
Sliced Peaches  
Orange Pineapple Juice, Milk

**07 Fri**  
Baked Tilapia  
Creole Sauce  
Barley  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Apple Juice, Milk

**08 Sat**  
Beef Salisbury Steak w/ Mushroom Sauce  
Whole Wheat Bread  
Garlic & Rosemary Roasted Potatoes  
Zucchini & Peas  
Orange Pineapple Juice, Milk

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

**10 Mon**  
ISAACS CENTER CLOSED IN OBSERVANCE OF COLUMBUS DAY  
A MEAL WILL BE DELIVERED IN ADVANCE

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

**12 Wed**  
Baked Basa Fish  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Broccoli  
Canned Pears  
Orange Juice, Milk

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

**14 Fri**  
Baked Fish w/ Soy Sauce  
Whole Wheat Bread  
Roasted Potatoes  
Steamed Spinach  
Banana  
Orange Pineapple Juice, Milk

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

**16 Sun**  
Herbed Chicken  
Quinoa Pilaf  
Whole Wheat Bread  
Broccoli  
Canned Apricots  
Orange Juice, Milk

**17 Mon**  
Baked Turkey Breast  
Fresh Cranberry Sauce  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Sweet Potatoes  
Apple Juice, Milk

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

**19 Wed**  
Braised Beef Tips  
Whole Wheat Bread  
Mashed Potatoes  
vegetable Mix  
Kiwi  
Apple Juice, Milk

**20 Thu**  
Chicken Parmesan  
Penne  
Whole Wheat Bread  
Broccoli & Red Peppers  
Canned Pineapple  
Orange Juice, Milk

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

**22 Sat**  
Beef Meatloaf w/ Mushroom Gravy  
Orzo  
Whole Wheat Bread  
California Blend Vegetables  
Orange Juice, Milk

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

**24 Mon**  
Sheppard’s Pie w/ Beef  
Whole Wheat Bread  
Steamed Broccoli  
Kiwi  
Orange Juice, Milk

**25 Tue**  
Orange Glazed Chicken  
Black Beans and Rice  
Whole Wheat Bread  
Mixed Vegetables  
Fruit Cocktail  
Apple Juice, Milk

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

**27 Thu**  
Chicken Jambalaya  
Whole Wheat Bread  
Brussel Sprouts  
Canned Pineapple  
Orange Juice, Milk

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

**29 Sat**  
Beef Salisbury Steak w/ Mushroom Sauce  
Quinoa Pilaf  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Orange Juice, Milk

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

**31 Mon**  
Teriyaki Beef  
Egg Noodles  
Whole Wheat Bread  
California Blend Vegetables  
Kiwi  
Apple Juice, Milk

Please note Isaacs Center will be closed on Monday October 10th 2016 in observance of Columbus Day. A meal will be delivered in advance.

**Check out our Pool Room in Room 4.**

**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.**

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**OCTOBER 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.
PUZZLES & GAMES

Halloween
Spooky
Scary
Ghost
Witch
Werewolf
Monster
Skeleton
Frankenstein
Spider
Black
Gray
Red
Green
Blue
Brown
White
Black
Yellow
Orange
Green
Blue
Red
Pink
Purple
RIDDLE
Take your pick and solve these riddles
1. If a rooster laid a brown egg and a white egg, what kind of chicks would hatch?
2. One word in this sentence is misspelled. What word is it?
3. From the beginning of every end, and the end of every place, what am I?
4. Why do birds fly south?
5. How do you spell candy in 2 letters?

COMMUNITY HEALTH
Complete training with our employer partner and become Home Health Aide, Certified Nursing Assistant(CNA), Licensed Practical Nurse(LPN), and Nurse.

EDUCATION & CHILD DEVELOPMENT
Our participants receive paid internships working in afterschool programs to re-engage them in high school, high school equivalency programs, vocational programs and college programs to improve their current and future earning potential.

HOSPITALITY & FOOD SERVICES
Acquire the skills to work in cafes and restaurants. Through our Guest Services Training, you will attain skills to work in concierges, reception, gym/spas, and customer service.

EDUCATIONAL OPPORTUNITIES
HIGH SCHOOL EQUIVALENCY
We have on-site High School Equivalency classes (HSE). Through our educational advisement program we work with out-of-school youth to re-engage them in high school, high school equivalency programs, vocational programs and college programs to improve their current and future earning potential.

COLLEGE ACCESS
We also provide college advisement and offer scholarships to help close the gap in financial aid. Full-time working college degree holders earn $17,500 greater than those who only have high school diplomas.

LITERACY
Participants receive pre-HSE basic skills instruction, with the goal of improving students literacy and math skills.

GET STARTED TODAY
Make an appointment or walk in.

For more information please contact,Kenette Guerrier, 212.360.7625 x210, kguerrier@isaacscenter.org.
What’s going on with our Youth Center?

READY TO MAKE A CHANGE?

JOIN OUR FREE CLASS
Monday October 17th to Friday November 4th
Free Metrocards & Stipends

For more information please contact
Kenette Guerrier, 212.360.7625 x210
kguerrier@isaacscenter.org

Stanley M. Isaacs Neighborhood Center
Youth Center
1792 1st Avenue, NYC

FIND A JOB...START A CAREER
Community Health
Education & Child Development
Hospitality & Food Services

GRADUATE...EARN A DIPLOMA
High School Equivalency
Literacy Classes
Academic Support

GO TO COLLEGE
College Advisement
Scholarship
Financial Aid