Happy Chinese New Year
This month at the Isaacs Center Senior Center

THURSDAYS
2nd & 4th
1:30PM

FRIDAY
3
1:30PM

TUESDAY
FEB 7
1:30PM

IRS Phone Scam
Tax season can get a little bit overwhelming. Please join the Officers of the 19th Precinct for a presentation on IRS Phone Scams February 7th at 1:30pm.

TUESDAY
FEB 14
2-5PM

COUNCILMAN KALLOS MOBILE OFFICE HOURS
A member of our City Council Member Ben Kallos will be on location at the Isaacs Center from 2-5PM on Tuesday, Feb 14th. You can ask questions about city agencies and receive assistance with applications for SCRIE, SNAP, Medicaid, Access-A-Ride, and other benefits and city services; tenant issues; and much more.

TUESDAY
FEB 20
10AM–4:30PM

Mammogram Van
The American Italian Cancer Foundation Mobile Mammogram Van will be back at the Isaacs Center on Friday, February 17th from 10am-4:30pm. To make an appointment please call 877-628-4909. Hosted by The New York City Council Member Ben Kallos.

TUESDAY
FEB 27
Mon
Chisholm ’72: Unbought and Unbossed

Black History Month Celebration
Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans. The Isaacs Centers Annual Black History Month Celebration will be held on Friday, February 24th, 2017 at 2:30pm.

FRIDAY
FEB 3
2:30PM

Body, Mind & Soul Workshop
Join our Occupational Therapy students for the “Body, Mind, and Soul” seminar series every Wednesday at 9:30am. We will use games, activities, and discussion to promote physical health, brain fitness, and social interaction. You will learn about pain management, holistic health care, relaxation techniques… and more!

FRIDAY
FEB 10
Fri
Remember Me

Movies at the Isaacs Center

Feb 2 Thu
Elsa & Fred

Feb 3 Fri
And So It Goes

Feb 6 Mon
When Harry Met Sally

Feb 9 Thu
Sleepless in Seattle

Feb 13 Mon
Selma

Feb 16 Thu
Invictus

Feb 20 Mon
Isaacs Center Closed

Feb 27 Mon
Chisholm ’72: Unbought and Unbossed

Feb 23 Thu
42 The Jackie Robinson Story

Feb 24 Fri
Biography: Barack Obama The Inaugural Edition

Movie Schedule

Mondays
2:30PM

Thursdays
3:30PM

Fridays
1:15PM

Office Hours w/ Greg
Stop in to speak with Greg during his weekly “office hours.” See Eileen to schedule a time.

Closed for Programming
Isaacs Center will also be closed on Monday, February 20th.

Townhall/Membership Meeting
All Senior Center members are invited to meet the staff, hear program updates and ask questions. We would love your feedback.

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.

Arts & Crafts
The Arts & Crafts class is held every Tuesday at 3:30pm. Take a load off your mind and join us in painting, coloring, and creating beautiful art pieces.

Advanced Jewelry Making
Advanced jewelry making class is held every other Thursday at 3pm. Come join the fun and leave with a piece you created.

Senior Spotlight
What brought you to the Isaacs Center?
I was going through a period of depression. My therapist suggested I keep busy and recommended the Isaacs Center. Being here and helping out with Meals on Wheels and the Jewerly Making class was the best thing to happen to me. I love it here.

Sandy
Senior Volunteer

Upcoming Month
March 2017

• Senior Trip to the Brownstone on March 14th.

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.

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.
**SENIOR CENTER ACTIVITIES**

**FEBRUARY 2017**

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays. All events are held at the Isaacs Center unless otherwise noted.

*Please note that an advance ticket is required for some activities.*

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**February Activities**

**Mon, 06 Feb**
- Tai-Chi w/ Clara
- Zumba w/ Yvonne
- "Art for Beginners w/ Frank"
- "Food Committee w/ Jeffrey"
- Piano Lessons w/ Nick
- Drama Workshop w/ Frank
- Movie

**Mon, 13 Feb**
- Tai-Chi w/ Clara
- Zumba w/ Yvonne
- Metrocard Van
- "Art for Beginners w/ Frank"
- "Jazz Singer Audrey Silver"
- Pet Therapy w/ Alice
- Piano Lessons w/ Nick
- Drama Workshop w/ Frank
- Movie

**Mon, 20 Feb**
- Tai-Chi w/ Clara
- Zumba w/ Yvonne
- "Mt. Sinai Presentation: Asthma and Older Adults"
- Pet Therapy w/ Alice
- Piano Lessons w/ Nick
- Drama Workshop w/ Frank
- Movie

**Mon, 27 Feb**
- Tai-Chi w/ Clara
- Zumba w/ Yvonne
- "Art for Beginners w/ Frank"
- "Mt. Sinai Presentation: Asthma and Older Adults"
- Pet Therapy w/ Alice
- Piano Lessons w/ Nick
- Drama Workshop w/ Frank
- Movie

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**Tuesday Activities**

**Tue, 07 Feb**
- "Ticket Sales 9-10:30AM: Send a Card to a Friend Day"
- Stay Well Fitness w/ Dennis
- Nurse Lorraine Walk-In
- Rincón Latino w/ Jennifer
- "Eye Care"
- Body, Mind & Soul: Stress Less!
- General Membership Meeting
- Hospitality Committee w/ Kristin

**Tue, 14 Feb**
- Valentine's Day
- Stay Well Fitness w/ Dennis
- Live on NY
- Nurse Lorraine Walk-In
- Rincón Latino w/ Jennifer
- Councilman Ben Kallos Mobile Office Hours
- Bingo
- Dollarama Party
- Yoga
- Isaacs Tenant Meeting

**Tue, 21 Feb**
- Stay Well Fitness w/ Dennis
- Nurse Lorraine Walk-In
- Rincón Latino w/ Jennifer
- Carelink Presentation
- Bingo
- Arts and Crafts
- Yoga
- Holmes Tenant Meeting

**Tue, 28 Feb**
- Stay Well Fitness w/ Dennis
- Live on NY
- Nurse Lorraine Walk-In
- Rincón Latino w/ Jennifer
- LiveOn NY Benefit Workshop
- Bingo
- Arts and Crafts

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**Wednesday Activities**

**Wed, 01 Feb**
- Body, Mind & Soul: Brain Games
- 10-12PM Blood Pressure Screenings
- Yoga w/ Nammi
- Groove w/ Yvonne
- Current Events w/ Allyson
- Q&A w/ Computers
- Scrabble Group
- Bingo

**Wed, 08 Feb**
- "Ticket Sales 9-10:30AM: Health Chat w/ Huda ‘Eye Care’"
- Body, Mind & Soul: Pain and Relief
- Yoga w/ Nammi
- Groove w/ Yvonne
- Current Events w/ Allyson
- Q&A w/ Computers
- Scrabble Group
- Bingo

**Wed, 15 Feb**
- "Trip: Traders Joe's*
- Body, Mind, Soul: Fall Prevention
- Yoga w/ Nammi
- Groove w/ Yvonne
- Current Events w/ Allyson
- Q&A w/ Computers
- Scrabble Group
- Bingo

**Wed, 22 Feb**
- "Trip: Details to bePosted"
- Body, Mind & Soul: Fall Prevention
- Yoga w/ Nammi
- Groove w/ Yvonne
- Current Events w/ Allyson
- Q&A w/ Computers
- Scrabble Group
- Bingo

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**Thursday Activities**

**Thu, 02 Feb**
- "Groundhog Day"
- Craft Hour
- The Group w/ Aaron
- Daily Fitness
- Mandarín Class
- Art Class w/ Nancy
- Movie

**Thu, 09 Feb**
- "Ticket Sales 9-10:30AM: Zumba"
- Craft Hour
- The Group w/ Aaron
- Daily Fitness
- Mandarín Class
- Advanced Jewelry Making
- Art Class w/ Nancy
- Movie

**Thu, 16 Feb**
- "Body, Mind, Soul: Pain and Relief"
- Yoga w/ Nammi
- Groove w/ Yvonne
- Current Events w/ Allyson
- Q&A w/ Computers
- Scrabble Group
- Bingo

**Thu, 23 Feb**
- Craft Hour
- The Group w/ Aaron
- Daily Fitness
- Its All About the Short Story
- Mandarín Class
- Advanced Jewelry Making
- Movie

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**Friday Activities**

**Fri, 03 Feb**
- National Wear Red Day
- Groove w/ Roger
- Nurse Lorraine Walk-In
- Movie

**Fri, 10 Feb**
- "Random Acts of Kindness Day"
- Groove w/ Roger
- Nurse Lorraine Walk-In
- Movie

**Fri, 17 Feb**
- Glamour Gals

**Fri, 24 Feb**
- Groove w/ Roger
- Nurse Lorraine Walk-In
- Movie

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**Saturday Activities**

**Sat, 04 Feb**
- "Granny Squared - Located at Isaacs Center"

**Sat, 11 Feb**
- Yoga - Located at Isaacs Center

**Sat, 18 Feb**
- Yoga - Located at Isaacs Center

**Sat, 25 Feb**
- Yoga - Located at Isaacs Center

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**I Love You...Go.**

Congratulations to Leslie Corn, Isaacs Center Volunteer, for her successful play launch, I Love You...Go.

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SINC News+Community | February 2017

Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128
06 Mon
B: French Toast
L: Baked Turkey Breast
Whole Wheat Bread
Mashed Potatoes
Italian Cut Green Beans
Apple
Orange Pineapple Juice, Milk

14 Tue
B: Corn Muffin w/ Boiled Egg
L: Chicken w/ Tomato Sauce
Bowlie Noodles
Whole Wheat Bread
Mixed Vegetables
Canned Apricots
Orange Juice, Milk

20 Mon
Isaacs Center closed in observance of President’s Day

28 Tue
B: Corn Muffin w/ Boiled Egg
L: Beef Lasagna
Lettuce & Tomato
Sliced Peaches
Orange Pineapple Juice, Milk

01 Wed
B: Bagel w/ Cream Cheese & Oatmeal
L: Baked Ziti w/ Meat Sauce
Whole Wheat Bread
Lettuce & Tomato
Mustard Greens
Orange
Pineapple Juice, Milk

02 Thu
B: Waffles & Sausage
L: BBQ Chicken
Whole Wheat Bread
Baked Sweet Potato
Steamed Cabbage Mix
Apple
Orange Juice, Milk

03 Fri
B: Pancakes & Scrambled Eggs
L: Baked Flounder
Whole Wheat Bread
Steamed Corn on the Cob
Steamed Peas & Carrots
Fruit Cocktail
Orange Pineapple Juice, Milk

04 Sat Take Home Lunch
Distributed on Friday
L: Chili con Carne
White Rice
Green Bean Saute
Apple
Orange Juice, Milk

07 Tue
B: Corn Muffin w/ Boiled Egg
L: Chicken w/ Tomato Sauce
Bowlie Noodles
Whole Wheat Bread
Mixed Vegetables
Canned Apricots
Orange Juice, Milk

08 Wed
B: Bagel w/ Cream Cheese & Oatmeal
L: Beef Stew w/ Carrots & Onions
Baked Brown Rice Pilaf
Steamed Cabbage Mixed
Orange
Grape Juice, Milk

09 Thu
B: Waffles & Sausage
L: Vegetable Soup
Govan Fried Chicken
Whole Wheat Bread
California Blend Vegetables
Sweet Baked Yams
Sliced Peaches
Orange Pineapple Juice, Milk

10 Fri
B: Pancakes & Scrambled Eggs
L: Baked Fish w/ Soy Sauce
Whole Wheat Bread
Yuca
Mustard Greens
Fruit Cocktail
Orange Juice, Milk

11 Sat Take Home Lunch
Distributed on Friday
L: Split Pea Soup
Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Canned Pineapple
Apple Juice, Milk

12:30PM. Suggested contribution is $2 for seniors. Guest rate is $3.

13 Mon

15 Wed
B: Bagel w/ Cream Cheese & Oatmeal
L: Jerk Chicken
Brown Rice w/ Pigeon Peas
California Blend Vegetables
Grape Juice, Milk

16 Thu
B: Waffles & Sausage
L: Meatballs in Tomato Sauce
Whole Wheat Bread
Whole Wheat Spaghetti
Baby Carrots w/ Parsley
Canned Pineapple
Orange Pineapple Juice, Milk

17 Fri
B: Pancakes & Scrambled Eggs
L: Creamy Vegetable Soup
Tuna Noodle Casserole
Cucumber Chickpea Salad
Lettuce & Tomato
Orange Pineapple Juice, Milk

18 Sat Take Home Lunch
Distributed on Friday
L: Beef and Broccoli
White Rice
Winter Blend Vegetables
Orange
Apple Juice, Milk

21 Tue
B: Corn Muffin w/ Boiled Egg
L: Curry Chicken
White Rice
Winter Blend Vegetables
Canned Apricots
Orange Juice, Milk

22 Wed
B: Bagel w/ Cream Cheese & Oatmeal
L: Beef Lasagna
Lettuce & Tomato
Sliced Peaches
Orange Pineapple Juice, Milk

23 Thu
B: Waffles & Sausage
L: Turkey w/ Gravy
Whole Wheat Bread
Braised Collard Greens
Sweet Baked Yams
Fruited Jello
Grape Juice, Milk

24 Fri
B: Pancakes & Scrambled Eggs
L: Baked Salmon
Whole Wheat Bread
California Blend Vegetables
Mashed Potatoes
Orange
Apple Juice, Milk

25 Sat Take Home Lunch
Distributed on Friday
L: Arroz con Pollo (Chicken & Rice)
Yellow Rice
Mixed Green Salad
Apple
Orange Pineapple Juice, Milk

Join our Bingo group, every Tuesday at 2:15PM and Wednesday at 3:30PM.
PUZZLES & GAMES

Its February.
Find the words that relate to Black History Month.

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

Justice
Carver
Abolitionist
Oppression
Vote
March
Integration
Freedom
Slavery
South
Equality
Diversity
Unity
Peace

RIDDLES

Take your pick and solve these riddles

1. How many three cent stamps are in a dozen?
2. It have rib bones and back bones. It swallows human beings whole, then spits them out alive. What is it?
3. How far is it from March to June?
4. A queen bee was buzzing, a worker bee was buzzing, a honey bee was buzzing, and a killer bee was buzzing. How many bees were in buzzing?
5. What can point in every direction but can’t reach the destination by itself.

JOIN OUR FREE CLASS

Monday March 6th to Friday March 24th
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
What's happening in our Youth Center?

Congrats to our first Career Readiness cohort of 2017