



Isaacs | News + Center | Community

Your Guide to Programs and Services at the
Stanley M. Isaacs Neighborhood Center February 2017

Happy Chinese New Year





Isaacs | News +
Center | Community

Feb 2017

This month at the Isaacs Center Senior Center

MONDAY
FEB
20

Closed for Programming

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

WEDNESDAY
FEB
8
1:15PM

Townhall/Membership Meeting

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

TUESDAY
FEB
14 & 28
10-3PM

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
3:30PM

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.

2nd & 4th
THURSDAYS
3PM

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.

FRIDAY
FEB
3
1:30PM

Black History Month Mtg

Are you interested in performing at the Black History Month Celebration? If so, please join us on February 3rd at 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
17
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 877-628-9090. Hosted by The New York City Council Member Ben Kallos.

FRIDAY
FEB
24
2:30PM

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
24
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!

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 10 Fri
Remember Me

Feb 13 Mon
Selma

Feb 16 Thu
Invictus

Feb 17 Fri
Mandela Long Walk to Freedom

Feb 20 Mon
Isaacs Center Closed

Feb 23 Thu
42 The Jackie Robinson Story

Feb 24 Fri
Biography: Barack Obama The Inaugural Edition

Feb 27 Mon
Chisholm '72: Unbought and Unbossed

Movie Schedule

Mondays	Thursdays	Fridays
2:30PM	3:30PM	1:15PM

Office Hours w/ Greg

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

Senior Spotlight



Sandy

Senior Volunteer

“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 Jewelry Making class was the best thing to happen to me. I love it here.



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.



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

06 Mon
9:30 Tai-Chi w/ Clara
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:15 **Food Committee w/ Jeffrey**
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:30 Movie

13 Mon
9:30 Tai-Chi w/ Clara
10:30 Zumba w/ Yvonne
1-3PM **Metrocards Van**
1:15 Art for Beginners w/ Frank
1:15 **Jazz Singer Audrey Silver**
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:30 Movie

20 Mon

**Isaacs Center closed
in observance of
President’s Day**

27 Mon
9:30 Tai-Chi w/ Clara
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:15 **Mt. Sinai Presentation
“Asthma and Older Adults”**
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:30 Movie

07 Tue **Ticket Sales 9–10:30AM
Send a Card to a Friend Day**
9:30 Stay Well Fitness w/ Denis
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **IRS Phone Scam Presentation**
2:00 **Social Action Committee w/ Aaron**
2:15 Bingo
2:30 **Ed & Rec Committee w/ Anita**
3:30 Arts and Crafts
3:30 **Hospitality Committee w/ Khristel**
5:00 Yoga

14 Tue **Valentine’s Day**
9:30 Stay Well Fitness w/ Denis
10-3PM Live on NY
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
2-5PM **Councilman Ben Kallos Mobile
Office Hours**
2:15 Bingo
3:00 **Dollarama Party**
5:00 Yoga
7PM **Isaacs Tenant Meeting**

21 Tue
9:30 Stay Well Fitness w/ Denis
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **Carelink Presentation**
2:15 Bingo
3:30 Arts and Crafts
5:00 Yoga
7PM **Holmes Tenant Meeting**

28 Tue
9:30 Stay Well Fitness w/ Denis
10-3PM Live on NY
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **LiveOn NY Benefit Workshop**
2:15 Bingo
3:30 Arts and Crafts
5:00 Yoga

01 Wed
9:45 **Body,Mind & Soul: Brain Games**
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:15 Current Events w/ Allyson
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:30 Bingo

08 Wed **Ticket Sales 9–10:30AM**
9:45 **Health Chat w/ Huda
“Eye Care”**
9:45 **Body, Mind & Soul: Stress Less!**
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:15 **General Membership Meeting**
2:30 Scrabble Group
3:00 Women’s Group w/ Nancy
3:30 Bingo

15 Wed **Trip: Traders Joes***
9:45 **Body, Mind, Soul: Pain and Relief**
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:15 Current Events w/ Allyson
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:30 Bingo

22 Wed **Trip: Details to be Posted**
9:45 **Body,Mind & Soul: Fall Prevention**
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:15 Current Events w/ Allyson
1:30 Q&A w/ Computers
2:30 Scrabble Group
3:00 Women’s Group w/ Nancy
3:30 Bingo

Poets and Writers Reading Day



02 Thu **Groundhog Day**
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:20 Mandarin Class
3:00 Art Class w/ Nancy
3:30 Movie
3:00 **SPAC Meeting**

09 Thu **Ticket Sales 9–10:30AM**
10:00 Zumba
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:20 Mandarin Class
3:00 Advanced Jewelry Making
3:00 Art Class w/ Nancy
3:30 Movie

16 Thu
10:00 Zumba
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:20 Mandarin Class
3:00 Art Class w/ Nancy
3:30 Movie

23 Thu
12:00 Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:00 Its All About the Short Story
2:20 Mandarin Class
3:00 Advanced Jewelry Making
3:30 Movie

03 Fri **National Wear Red Day**
9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
1:30 **Black History Month Meeting**
2:15 Bingo

10 Fri
9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
2:15 Bingo
3:00 **Glamour Gals**

17 Fri **Random Acts of Kindess Day**
9:30 Groove w/ Roger
10-12PM **VOLS Legal Clinic**
10-4:30PM **Mammogram Van**
1-4PM Nurse Lorraine Walk-In
1:15 **Birthday Party**
3:00 Movie
3:15 Bingo

24 Fri
9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
2:30 **Black History Month Celebration**

04 Sat
1:15 Granny Squared -
Located at Isaacs Center

11 Sat
10:00 Yoga -
Located at Isaacs Center
1:15 Granny Squared -
Located at Isaacs Center

18 Sat
10:00 Yoga -
Located at Isaacs Center

25 Sat
10:00 Yoga -
Located at Isaacs Center
1:15 Granny Squared -
Located at Isaacs Center

FEBRUARY 2017

SENIOR CENTER ACTIVITIES

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.



06 Mon

- B: French Toast
L: Baked Turkey Breast
Whole Wheat Bread
Mashed Potatoes
Italian Cut Green Beans
Apple
Orange Pineapple Juice, Milk

13 Mon

- B: French Toast
L: Lentil Soup
Arroz con Pollo(Chicken & Rice)
Garden Salad
Orange
Apple Juice, Milk

20 Mon

Isaacs Center closed
in observance of
President’s Day

27 Mon

- B: French Toast
L: Vegetable Soup
Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Sliced Peaches
Apple Juice, Milk

07 Tue

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

14 Tue Special Valentines Day Menu

- B: Corn Muffin w/ Boiled Egg
L: BBQ Spare Ribs
Chicken
Potato Salad, Cole Slaw
Fruited Strawberry Jello,
WhipCream
Apple Juice, Milk

21 Tue

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

28 Tue

- B: Corn Muffin w/ Boiled Egg
L: BBQ Chicken
Whole Wheat Bread
Mustard Greens
Sweet Baked Yams
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

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

15 Wed

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

22 Wed

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

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



02 Thu

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

09 Thu

- B: Waffles & Sausage
L: Vegetable Soup
Oven Fried Chicken
Whole Wheat Bread
California Blend Vegetables
Sweet Baked Yams
Sliced Peaches
Orange Pineapple 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 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

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

10 Fri

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

17 Fri

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

24 Fri

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

04 Sat Take Home Lunch Distributed on Friday

- L: Chili con Carne
White Rice
Green Bean Saute
Apple
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

18 Sat Take Home Lunch Distributed on Friday

- L: Beef and Broccoli
White Rice
Winter Blend Vegetables
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

FEBRUARY 2017
SENIOR CENTER MENU

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.



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



05 Sun

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

12 Sun

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

19 Sun

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

26 Sun

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



06 Mon

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

13 Mon

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

20 Mon <sup>Meals to be
Delivered in
Advance</sup>
**Isaacs Center closed
in observance of
President's Day**

27 Mon

Sheppard's Pie w/ Beef
Whole Wheat Bread
Steamed Broccoli
Kiwi
Orange Pineapple Juice, Milk

07 Tue

Arroz con Pollo(Chicken & Rice)
White Rice
Whole Wheat Bread
Collard Greens
Orange
Apple Juice, Milk

14 Tue

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

21 Tue

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

28 Tue

Orange Glazed Chicken
Black Beans & Rice
Whole Wheat Bread
Mixed Vegetables
Fruit Cocktail
Apple Juice, Milk



01 Wed

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

08 Wed

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

15 Wed

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

22 Wed

Braised Beef Tips
Whole Wheat Bread
Mashed Potatoes
Vegetable Mix
Kiwi
Apple Juice, Milk

02 Thu

Jerk Chicken
Whole Wheat Bread
Yellow Rice
Zucchini & Carrots
Orange
Apple Juice, Milk

09 Thu

Chicken Marsala
Whole Wheat Bread
Italian Blend Vegetables
Roasted Potatoes
Sliced Peaches
Italian Blend Vegetables

16 Thu

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

23 Thu

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

03 Fri

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

10 Fri

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

17 Fri

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

24 Fri

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

04 Sat

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

11 Sat

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

18 Sat

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

25 Sat

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



FEBRUARY 2017

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

- Justice
Carver
Bus
- 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.

- A dozen
- A house
- A single
- One. There is only one b in the word buzzing pider
- Your finger

READY TO MAKE A CHANGE?



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

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



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Whats happening in our Youth Center?

Congrats to our first Career Readiness cohort of 2017

