This month at the Isaacs Center Senior Center

**JULY 2017**

**TUESDAY**

**JUL 4**

Closed for Programming

Isaacs Center will be closed on Tuesday, July 4th.

**WEDNESDAY**

**2:00PM**

The SINC Community Awakens

Introducing the SINC Community Awakens group. Join the members of the Isaacs Center as they promote healthy eating every Wednesday from 2pm – 4pm. Look out for reminders on the Hospitality Table.

**THURSDAYS**

**12 & 19**

**2:00PM**

It’s All About the Short Story

It’s All About the Short Story has returned on Thursdays at 2:00pm. This literature course focuses on the key elements of writing a short story. Students will host a “publishing party” during the final class, where participants will read their stories to the instructor, classmates and invited guests.

**TUESDAYS & THURSDAYS**

Free Computer Classes for Isaacs Members

OATS will be hosting computer classes at the Isaacs Center beginning on July 11th and ending on September 14th. Computer basics class will be held on Tuesdays and Thursdays at 1:00pm and Beyond the basics (advanced) class will be held on Tuesdays and Thursdays at 2:15.

**WEDNESDAY**

**11**

Emblem Presentation

Join Emblem Health on July 11th at the Stanley M. Isaacs Senior Center for a medicare seminar and a day of trivia! There will be medicare experts to answer any questions you may have about your plan, or Medicare itself. There will also be refreshments and a trivia game with prizes (gift cards)! Join us!

**12**

Trip: Kruckers Picnic Grove

Enjoy a fun filled day at Kruckers with biscuits and coffee upon arrival, luncheon will be franks, burgers, sausage and peppers, french fries, salad, clam chowder and more. Dinner is oven roasted chicken, sliced roast beef, mashed potatoes, corn and more. While there you can play bocce ball, bingo, dancing, music and much more.

**14**

Interest Meeting for Isaacs Choir

Are you interested in joining the Isaacs Center choir? If so, please join us on July 14th at 1:15pm to learn more.

**17**

The Beauty of American Sign Language

Join one of our Isaacs Members Kitty as she teaches you the unique expressive language of sign.

**25**

Maria Guida Musical Extravaganza

Join Maria in singing along to some oldies but goodies on July 25th at 1:15pm. So, clear your throats and get ready to participate.

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**12**

Trade Joes

Join us for a shopping trip on July 12th and 19th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM.

**WEDNESDAY**

**14**

Office Hours w/ Greg

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

**TUESDAY**

**25**

Sully

Patriots Day

Join us for a shopping trip on July 12th and 19th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM.

**WEDNESDAY**

**10:45AM**

TICKET: $50

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### JULY 2017 Senior Center Activities

#### JULY 2017

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<th>Day</th>
<th>Activity</th>
<th>Time</th>
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#### Independence Day

- **Mon**: Tai Chi w/ Clara, Zumba w/ Yvonne, Art for Beginners w/ Frank, Pet Therapy w/ Alice, Drama Workshop w/ Frank, Movie

#### Workaholics Day

**Ticket Sales 9-10:30AM**

- **Wed**: 10-12PM Blood Pressure Screenings
  - **11:30**: FIDA Tabling
  - **12:00**: Yoga w/ Nammi
  - **1:00**: ESL for Spanish Speakers
  - **1:15**: Q&A w/ Computers
  - **1:30**: Scrabble Group
  - **2:30**: Bingo

#### Saturday, July 8

- **9:30 AM**: Yoga - Located at Isaacs Center
  - **10:00 AM**: Tai Chi w/ Clara
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**JULY 2017 Senior Center Menu**

### Breakfast

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<th>Saturday</th>
<th>Sunday</th>
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<tr>
<td>Mon</td>
<td>Continental Breakfast</td>
<td>Stuffed Shells</td>
<td>Baked Ziti w/ Beef Meatballs</td>
<td>Pea Soup</td>
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<tr>
<td>Tue</td>
<td>Continental Breakfast</td>
<td>Stewed Chicken</td>
<td>Baked Ziti w/ Beef Meatballs</td>
<td>Chinese Style Spaghetti</td>
</tr>
<tr>
<td>Wed</td>
<td>Continental Breakfast</td>
<td>Turkey Meatloaf w/ Mushroom Gravy</td>
<td>Grilled Caribbean Chicken Breast</td>
<td>Sweet &amp; Sour Pour</td>
</tr>
<tr>
<td>Thu</td>
<td>Continental Breakfast</td>
<td>Stewed Chicken</td>
<td>Beef &amp; Broccoli</td>
<td>Oriental Blend Vegetables</td>
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<td>Fri</td>
<td>Continental Breakfast</td>
<td>Turkey Meatloaf w/ Mushroom Gravy</td>
<td>Grilled Caribbean Chicken Breast</td>
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<tr>
<td>Sat</td>
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<td>Stewed Chicken</td>
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**Take Home Lunch**

- Distributed on Friday

#### Suggested Contribution

- Breakfast: 50¢
- Lunch: $2 for seniors, $3 for guest rate.
Meals on Wheels Menu

**JULY 2017**

**Sun 02**
Baked Meatball
Whole Wheat Bread
Whole Wheat Spaghetti
Normandy Blend Vegetables
Fruit Cocktail
Orange Pineapple Juice, Milk

**Sun 09**
Ham
Whole Wheat Bread
Wild Rice
Green Beans & Carrots
Canned Apricots
Orange Juice, Milk

**Sun 16**
Turkey w/ Gravy
Brown Rice w/ Mushrooms
Whole Wheat Bread
Cut Green Beans
Orange
Apple Juice, Milk

**Sun 23**
Honey-Apricot Glazed Chicken
Rice w/ Corn
Whole Wheat Bread
Broccoli
Canned Apricots
Orange Pineapple Juice, Milk

**Sun 30**
Baked Ham w/ Pineapple
Whole Wheat Bread
Wild Rice
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

**Mon 03**
Baked Turkey Breast
Whole Wheat Bread
Whole Wheat Spaghetti
Normandy Blend Vegetables
Mixed Vegetables
Orange
Apple Juice, Milk

**Mon 10**
Braised Beef Tips
White Rice
Whole Wheat Bread
California Blend Vegetables
Orange Pineapple Juice, Milk

**Mon 17**
Baked Meatloaf w/ Mushroom Gravy
Penne
Whole Wheat Bread
Spinach & Cheese
Garlic & Rosemary Roasted Potatoes
Apple Juice, Milk

**Mon 24**
Baked Turkey Breast
Whole Wheat Bread
Italian Blend Vegetables
Mashed Sweet Potatoes
Apple
Orange Juice, Milk

**Mon 31**
Barbecued Boneless Beef Ribs
Whole Wheat Bread
Baby Carrots w/ Parsley
Garlic Mashed Potatoes
Kiwi
Orange Pineapple Juice, Milk

**Tue 04**
Chicken w/ Oyster Sauce
Chinese Style Spaghetti
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Orange Pineapple Juice, Milk

**Tue 11**
Baked Asian Style Honey Chicken
Egg Noodles
Whole Wheat Bread
Collard Greens
Orange Pineapple Juice, Milk

**Tue 18**
Chicken Alfredo
Fettucini w/ Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Vanilla Pudding
Orange Juice, Milk

**Tue 25**
Chicken Fricassee
Rice w/ Chicken
Whole Wheat Bread
Steamed Kale
Canned Pears
Orange Pineapple Juice, Milk

**Wed 05**
Pineapple Glazed Salmon
Barley
Whole Wheat Bread
California Blend Vegetables
Pear
Apple Juice, Milk

**Wed 12**
Baked Basa Fish
Sofrito
Quinoa Pilaf
Whole Wheat Bread
Steamed Spinach
Apple Juice, Milk

**Wed 19**
Baked Basa Fish
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Spinach
Orange Juice, Milk

**Wed 26**
Swiss Steak w/ Onions
Penne
Whole Wheat Bread
Steamed Spinach
Vanilla Pudding
Orange Juice, Milk

**Thu 06**
Chicken Picatta w/ Lemon Sauce
Quinoa Pilaf
Whole Wheat Bread
Zucchini and Carrots
Banana
Orange Juice, Milk

**Thu 13**
Chicken Chasseur
Whole Wheat Bread
Italian Blend Vegetables
Roasted Potatoes
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

**Thu 20**
Cranberry Chicken
Whole Wheat Bread
Italian Blend Vegetables
Steamed Spinach
Fruit Cocktail
Apple Juice, Milk

**Thu 27**
Chicken Parmesan
Penne
Whole Wheat Bread
Steamed Spinach
Vanilla Pudding
Orange Juice, Milk

**Fri 07**
Baked Fish w/ Garlic Sauce
Cranberry Sauce
Whole Wheat Bread
Steamed Kale
Fruit Cocktail
Apple Juice, Milk

**Fri 14**
Teriyaki Tilapia
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

**Fri 21**
Salmon in Garlic Butter Sauce
Quinoa Pilaf
Whole Wheat Bread
Steamed Spinach
Banana
Orange Pineapple Juice, Milk

**Fri 28**
Baked Basa Fish
Bulgur
Whole Wheat Bread
Steamed Spinach
Banana
Orange Pineapple Juice, Milk

**Sat 08**
Grilled Chicken Breast
Ginger Sauce
Whole Wheat Bread
Red Bliss Potatoes
Steamed Broccoli
Apple
Orange Pineapple Juice, Milk

**Sat 15**
Beef Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Garlic & Rosemary Roasted Potatoes
Zucchini & Peas
Canned Apricots
Orange Pineapple Juice, Milk

**Sat 22**
Meat Sauce w/ Chunky Peppers in Tomato Sauce
Egg Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Apple Juice, Milk

**Sat 29**
Baked Meatloaf w/ Mushroom Gravy
Oroz
Whole Wheat Bread
California Blend Vegetables
Orange
Apple Juice, Milk

**Mon 01**
Baked Mushroom Chicken
Barley
Whole Wheat Bread
Cut Green Beans
Apple Juice
Kiwi, Milk

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

Independence Day
Fireworks
Declaration
Flag

Picnic
Barbecue
King
Freedom

Colonies
Patriotic
July
Nation

RIDDLES
Take your pick and solve these riddles
1. Why did outlaws sleep on the ground after robbing a bank?
2. It can be green, black, or even sweet. And it sounds like a letter. What is it?
3. What is your foot’s favorite game?
4. The tallest trees fall, at my glorious call, some may resist, but only for so long. What am I?
5. Where did the cat go after losing its tail?

Gravity. To the retail store.
Tic Tac Toe!
They want-ed to lie low.
Tea.

Thank you to all Goldman Sachs volunteers who joined us for the Senior Prom.