Sunday Suppers & Fall Prevention Exercise with Asphalt Green
**October 2017**

**Monday, October 9**
Closed for Programming

Isaacs Center will be closed on Monday, October 9th.

**October**

**National Hispanic Heritage Month**

National Hispanic Heritage Month is from September 15th - October 15th. During this month Hispanic and Latino cultures are celebrated for their contributions. We celebrate their heritage and culture by participating in many of the events planned nationwide. The Isaacs Center is pleased to present our 4th Annual Hispanic Heritage Month Celebration on October 13th from 2:30pm - 4:30pm. Join us in lively music, singing, and Latin cuisine.

**Trip: Foxwoods Casino**

You will have a 6 hour casino stay, $10 Keno and an all you can eat lunch buffet.

**You MUST BRING YOUR ID!**

**Annual Orange & Black Birthday Party**

Looking for some fun on a Friday. Join us at our monthly birthday party on Friday, October 20th at 1:15pm. Dance a little, eat a little and have lots of fun. Don’t forget to wear Orange and Black

**Sunday Suppers**

Join us for Sunday Suppers on September 22nd. Doors open at 3:00PM. Sign up during ticket sales.

**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.

**Halloween Party**

Join us if you dare for a Halloween Scare and Costume Party on Tuesday, October 31st from 2:30-4:30pm. Who will carry the title for Best Costume? Join us if you dare for a Halloween Scare and Costume Party on Tuesday, October 31st from 2:30-4:30pm. Who will carry the title for Best Costume?

**Office Hours w/ Greg**

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

**Movie Schedule**

- **Mondays**
  - 2:30PM
- **Thursdays**
  - 3:00PM
- **Fridays**
  - 1:15PM

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Movie</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oct 2</td>
<td>Mon</td>
<td>Like Water for Chocolate</td>
</tr>
<tr>
<td>Oct 5</td>
<td>Mon</td>
<td>My Family</td>
</tr>
<tr>
<td>Oct 6</td>
<td>Fri</td>
<td>The Lost City</td>
</tr>
<tr>
<td>Oct 9</td>
<td>Mon</td>
<td>Isaacs Center Closed</td>
</tr>
<tr>
<td>Oct 12</td>
<td>Thu</td>
<td>El Cantante</td>
</tr>
<tr>
<td>Oct 13</td>
<td>Fri</td>
<td>Pinero</td>
</tr>
<tr>
<td>Oct 16</td>
<td>Mon</td>
<td>Cantinflas</td>
</tr>
<tr>
<td>Oct 19</td>
<td>Thu</td>
<td>How To Be A Latin Lover</td>
</tr>
<tr>
<td>Oct 20</td>
<td>Fri</td>
<td>Don’t Breathe</td>
</tr>
<tr>
<td>Oct 23</td>
<td>Mon</td>
<td>10 Cloverfield Lane</td>
</tr>
<tr>
<td>Oct 26</td>
<td>Thu</td>
<td>Shutter Island</td>
</tr>
<tr>
<td>Oct 27</td>
<td>Fri</td>
<td>The Girl With All The Gifts</td>
</tr>
</tbody>
</table>

**Iams 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 x244.

**Senior Center**
Member ship 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.

**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.

**Norc-Ssp**
The Norc-Ssp provides comprehensive case management and care 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.

**Upcoming Month**

November 2017

- Walmart, Valley Stream, NY
- Thanksgiving Lunch
- Smokey Mountain Christmas Show at Cesar’s Casino in Atlantic City

**What brings you to the Isaacs Center?**

The fella in the pool room brings me here. The food here is the best I’ve tasted from all the centers. Plus, Jeffrey’s cookies are great too.

**What brings you to the Isaacs Center?**
- Thanksgiving Lunch
- Smokey Mountain Christmas Show at Cesar’s Casino in Atlantic City

**Senior Spotlight**

Jose

What brings you to the Isaacs Center?

The fella in the pool room brings me here. The food here is the best I’ve tasted from all the centers. Plus, Jeffrey’s cookies are great too.

**Thanksgiving Lunch**

Atlantic City

**Upcoming Month**

November 2017
### OCTOBER 2017 Senior Center Activities

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
</table>
| **Mon** | 10:30 Zumba w/ Yvonne  
1:15 Art for Beginners w/ Frank  
1:15 Pet Therapy w/ Alice  
2:15 Drama Workshop w/ Frank  
2:30 Movie  
2:30 Poets and Writers |
| **Tue** | 9:30 Ticket Sales 9-10:30AM  
10:30 Stay Well Fitness w/ Denis  
10:30 Meditation  
11:45-3:30 HIPAC  
1:15 Nurse Lorraine Walk-In  
1:30 Community w/ Jeffrey  
2:15 Ed & Rec Committee w/ Anita  
3:30 Arts and Crafts  
7PM Hospitality Committee w/ Kristel |
| **Wed** | 10:30 Stay Well Fitness w/ Denis  
10:30 Meditation  
11:30-3:30 HIPAC  
1:15 Financial Exploitation Workshop w/ Capital One Bank  
1:15 Social Action Committee w/ Aaron  
2:15 Councilman Ben Kallos Mobile Office Hours  
3:30 Arts and Crafts  
7PM Isaacs Tenant Meetings |
| **Fri** | 11:30 FPO SD  
11:30-12:30 Information on the Eradication of Poverty  
3:30 Game Day  
7PM International Day for the Eradication of Poverty |
| **Sat** | 10:00 Yoga  
1:15 Tai Chi  
2:30 M.A.T.H. Workshop  
2:30 Art & Writing  
7PM Holmes Tenant Meeting |
| **Sun** | 11:00 Yoga  
11:00 Tai Chi  
2:30 M.A.T.H. Workshop  
2:30 Art & Writing  
7PM Holmes Tenant Meeting |

---

**Indigenous People's Day**

**Isaacs Center Activities**

**Closed**

**Monday**

**10:30** Zumba w/ Yvonne
**1:15** Art for Beginners w/ Frank
**1:15** Pet Therapy w/ Alice
**2:15** Drama Workshop w/ Frank
**2:30** Movie
**2:30** Poets and Writers

**Tuesday**

**9:30** Ticket Sales 9-10:30AM
**10:30** Stay Well Fitness w/ Denis
**10:30** Meditation
**11:45-3:30** HIPAC
**1:15** Nurse Lorraine Walk-In
**1:30** Food Committee w/ Jeffrey
**2:15** Ed & Rec Committee w/ Anita
**3:30** Arts and Crafts
**7PM** Hospitality Committee w/ Kristel

**Wednesday**

**10:30** Stay Well Fitness w/ Denis
**10:30** Meditation
**11:30-3:30** HIPAC
**1:15** Financial Exploitation Workshop
**1:00** Social Action Committee w/ Aaron
**1:15** Councilman Ben Kallos Mobile Office Hours
**2:15** Arts and Crafts
**3:30** Isaacs Tenant Meetings

**Thursday**

**10:30** Stay Well Fitness w/ Denis
**10:30** Meditation
**11:30-3:30** HIPAC
**1:15** Nurse Lorraine Walk-In
**1:30** Carelink Students Presentation
**2:15** Arts and Crafts
**3:30** Holmes Tenant Meeting

**Friday**

**10:00** Yoga
**1:15** Tai Chi
**2:30** M.A.T.H. Workshop
**2:30** Art & Writing

**Saturday**

**10:00** Yoga

---

**Fall Prevention Exercise with Asphalt Green**

---

**OCTOBER 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.*
**Senior Center Menu**

**Breakfast** is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $0.50.

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

### Hurricane Relief Bake Sale

**STANLEY M. ISAACS NEIGHBORHOOD CENTER**

**Location:**

415 East 93rd Street, New York, NY 10128

**OCTOBER 2017**

**Take Home Lunch**

Distributed on Friday

---

**CARETAKER ASSISTANCE**

**16 Mon**

**Breakfast**

- Continental Breakfast

**Lunch**

- Vegetable Soup
- Arroz con Pollo (Chicken & Rice)
- Whole Wheat Bread
- Mixed Green Salad
- Orange, Milk

---

**23 Mon**

**Breakfast**

- Continental Breakfast

**Lunch**

- Spanish Style Beef Stew
- Whole Wheat Bread
- Brown Rice
- Green Bean Saute
- Apple, Milk

---

**30 Mon**

**Breakfast**

- Continental Breakfast

**Lunch**

- Black Bean Soup
- Stewed Codfish
- Whole Wheat Bread
- Wild Rice
- Steamed Carrots
- Apple, Milk

---

**02 Tue**

**Breakfast**

- Continental Breakfast

**Lunch**

- Baked Macaroni & Cheese
- Whole Wheat Bread
- Mixed Vegetables
- Orange, Milk

---

**09 Tue**

**Breakfast**

- Continental Breakfast

**Lunch**

- Baked Pork
- Egg Noodles
- Whole Wheat Bread
- Brussel Sprouts
- Apple, Milk

---

**16 Tue**

**Breakfast**

- Continental Breakfast

**Lunch**

- Teriyaki Beef
- Chinese Style Spaghetti
- Whole Wheat Bread
- Green Bean Saute
- Canned Apricots
- Apple Juice, Milk

---

**23 Tue**

**Breakfast**

- Continental Breakfast

**Lunch**

- Chicken Cacciatore
- Egg Noodles
- Whole Wheat Bread
- Sliced Spinach
- Sliced Peaches
- Orange Juice, Milk

---

**02 Wed**

**Breakfast**

- Continental Breakfast

**Lunch**

- Chicken Thigh Stew w/ Ginger & Pumpkin
- Whole Wheat Bread
- Garden Salad
- Cantaloupe, Milk

---

**09 Wed**

**Breakfast**

- Continental Breakfast

**Lunch**

- Lean Lamb Chops
- Whole Wheat Bread
- Steamed Broccoli
- Banana, Milk

---

**16 Wed**

**Breakfast**

- Continental Breakfast

**Lunch**

- Lentil Soup
- Eggplant Parmesan w/ Ricotta
- Whole Wheat Bread
- Green Bean Saute
- Canned Apricots
- Apple Juice, Milk

---

**23 Wed**

**Breakfast**

- Continental Breakfast

**Lunch**

- Turkey Chili w/ Sweet Potatoes & Corn
- White Rice
- Whole Wheat Bread
- Lettuce & Tomato
- Orange, Milk

---

**02 Thu**

**Breakfast**

- Continental Breakfast

**Lunch**

- Beef Stir Fry
- White Rice
- Whole Wheat Bread
- California Blend Vegetables
- Apple, Milk

---

**09 Thu**

**Breakfast**

- Continental Breakfast

**Lunch**

- Jerk Chicken
- Brown Rice w/ Pigeon Peas
- Whole Wheat Bread
- Baby Spinach Salad
- Pineapple, Milk

---

**16 Thu**

**Breakfast**

- Continental Breakfast

**Lunch**

- BBQ Pulled Pork
- Wild Rice
- Mixed Vegetables S-Way
- Pineapple Juice, Milk

---

**23 Thu**

**Breakfast**

- Continental Breakfast

**Lunch**

- Roast Pork Spanish Style
- Whole Wheat Bread
- Steamed Carrots
- Canned Pears
- Orange Pineapple Juice, Milk

---

**02 Fri**

**Breakfast**

- Continental Breakfast

**Lunch**

- Baked Salmon w/ Cilantro Citrus Sauce
- Whole Wheat Bread
- Baby Carrots w/ Parsley
- Baked Sweet Potato
- Canned Apricots, Milk

---

**09 Fri**

**Breakfast**

- Continental Breakfast

**Lunch**

- Chicken Thigh w/ Pumpkin
- Whole Wheat Bread
- Garden Salad
- Cantaloupe, Milk

---

**16 Fri**

**Breakfast**

- Continental Breakfast

**Lunch**

- Lentil Soup
- Eggplant Parmesan w/ Ricotta
- Whole Wheat Bread
- Green Bean Saute
- Canned Apricots
- Apple Juice, Milk

---

**23 Fri**

**Breakfast**

- Continental Breakfast

**Lunch**

- Baked Macaroni & Cheese
- Whole Wheat Bread
- Steamed Carrots
- Apple, Milk
Meals on Wheels Menu

01 Sun
Beef Meatballs in Tomato Sauce
Whole Wheat Bread
Whole Wheat Spaghetti
Normandy Blend Vegetables
Fruit Cocktail
Orange Juice, Milk

02 Mon
Baked Turkey Breast
Whole Wheat Bread
Mixed Vegetables
Mashed Red Potatoes
Orange Apple Juice, Milk

03 Tue
Rosemary Chicken
Bowie Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Orange Pineapple Juice, Milk

04 Wed
Sweet Orange Salmon
Barley
Whole Wheat Bread
California Blend Vegetables
Pear
Apple Juice, Milk

05 Thu
Chicken Picatta w/ Lemon Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
Sofrito
Barley
Orange Juice, Milk

06 Fri
Baked Fish w/ Garlic Sauce
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Kale
Fruit Cocktail
Apple Juice, Milk

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

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

09 Mon
Braised Beef Tips
Egg Noodles
Whole Wheat Bread
California Blend Vegetables
Orange Pineapple Juice, Milk

10 Tue
Baked Asian Style Honey Chicken
White Rice
Whole Wheat Bread
Collard Greens
Orange Juice, Milk

11 Wed
Baked Basa Fish
Sofrito
Orzo Pilaf
Whole Wheat Bread
Steamed Broccoli
Canned Pears
Orange Juice, Milk

12 Thu
Chicken Chasseur
Whole Wheat Bread
Italian Blend Vegetables
Roasted Potatoes
Banana
Apple Juice, Milk

13 Fri
Ginger and Lime Salmon
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple Orange Juice, Milk

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

15 Sun
Turkey w/ Gravy
Brown Rice w/ Mushroom
Whole Wheat Bread
Cut Green Beans
Orange Apple Juice, Milk

16 Mon
Hungarian Goulash w/ Beef
Whole Wheat Bread
Cut Green Beans
Red Bliss Potatoes
Orange Apple Juice, Milk

17 Tue
Chicken Alfredo
Fettucini w/ Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Orange Juice, Milk

18 Wed
Baked Flounder
Moroccan Style Sauce
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Spinach
Vanilla Pudding
Orange Pineapple Juice, Milk

19 Thu
Cranberry Chicken
Mashed Red Potatoes
Whole Wheat Bread
White Rice
Steamed Broccoli
Canned Pears
Orange Juice, Milk

20 Fri
Salmon in Garlic Butter Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
California Blend Vegetables
Pear Apple Juice, Milk

21 Sat
Beef Meatballs w/ Sofrito
Egg Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Apple Juice, Milk

22 Sun
Herb Grilled Chicken
Rice w/ Corn
Whole Wheat Bread
Broccoli
Canned Apricots
Orange Pineapple Juice, Milk

23 Mon
Swiss Steak w/ Onions
Egg Noodles
Whole Wheat Bread
Vegetable Mix
Apple Orange Juice. Milk

24 Tue
Italian Roast Chicken
Rice w/ Chickpeas
Whole Wheat Bread
Steamed Kale
Canned Pears
Orange Pineapple Juice, Milk

25 Wed
Baked Tilapia
Creole Sauce
Orzo
Whole Wheat Bread
Italian Blend Vegetables
Kiwi
Apple Juice, Milk

26 Thu
Chicken Parmesan
Penne
Whole Wheat Bread
Sautéed Broccoli w/ Mushrooms
Pear Onions
Vanilla Pudding
Orange Juice, Milk

27 Fri
Baked Basa Fish
Bulgur
Whole Wheat Bread
California Blend Vegetables
Apple Orange Juice, Milk

28 Sat
Beef Meatloaf w/ Mushroom Gravy
White Rice
Whole Wheat Bread
California Blend Vegetables
Apple Orange Juice, Milk

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.

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.
Its October.
Find the words that relate to Autumn.

PUZZLES & GAMES

RIDDLES

Take your pick and solve these riddles

1. What food lives at the beach?

2. I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place.

3. I am fast and little, and I can attack anything, I can fly to my home while I have a job, I live with my honey. What am I?

4. You can’t touch me nor see me, but I always pull you, keeping you heavy. When I am gone you will always float. What am I?

5. If you eat me, my sender will eat you. What am I?


Pumpkin Sweater Apple Cider Rake Trees Leaves Scarecrow Harvest Acorn Squirrel Willow Butternut

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 October 16th to Thursday November 3rd
Free Metrocards & Stipends

For more information please contact
Charles Franchino, 212.360.7625 x221
Cfranchino@isaacscenter.org

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