



Isaacs | News + Center | Community

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

Hispanic Heritage Celebration





Isaacs | News +
Center | Community

NOV 2017

This month at the Isaacs Center Senior Center

NOV
24 & 25

Closed for Programming

Isaacs Center will be closed on Friday November 24th and Saturday November 25th.

NOV

National American Indian Heritage Month

Celebrates and honors the history and culture of Native Americans in the United States

WEDNESDAYS The SINC Community Awakens

2:00PM
—
4:00PM

The SINC Community Awakens group will have healthy snacks available to you every Wednesday from 2pm – 4pm. Look out for reminders on the Hospitality Table.

MONDAY

6

8:15AM
TICKET: \$10

Trip: Walmart

Are you thinking about starting your holiday shopping early? If so, please join us as we head to Walmart. They have the best prices ever.

FRIDAY

10

2:00PM

Fashion Show

The Isaacs Center will be hosting a Fashion Show on Friday, November 10th. Come out and show your support. Maybe even walk the runway too.

TUESDAY

14

1:15PM

Emblem Presentation

Join Emblem Health on November 14th 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!

WEDNESDAY

15

2:00PM

Dollarama Party

Feel like having fun? Do you want to hang out with some great people? If you said yes, then you should join the hospitality committee fundraiser on November 15th at 2:00pm. Cost is only \$1 to get in. Please B.Y.O.D – Bring your own drinks (non-alcoholic).

WEDNESDAY

22

11AM

Temple Emanu-El

Temple Emanu-El has invited the Isaacs Senior Center members to enjoy a wonderful Thanksgiving meal on November 22nd at 4:30pm. If you are interested in going please sign up with Anita. *Tickets will be won by raffle only.* Names will be drawn on Monday, November 13th.

THURSDAY

23

11AM

Thanksgiving Luncheon

Join us on Thursday, November 23rd for our annual Thanksgiving Luncheon. Doors will open at 10:30am, lunch will be served at 11am. Sign up during ticket sales on November 7th

THURSDAY

30

8:15AM

TICKET: \$50

Trip: Caesars Casino

Enjoy a 6 hour casino stay at Caesars Casino with \$25 slot play and an all you can eat lunch buffet at Caesars. Plus, see the Smoky Mountain Christmas Show. YOU MUST BRING YOUR ID!!!!

Let's Talk w/ Gloria

“没事儿，咱聊聊”活动小组专为小区亚洲居民量身定制，目的是为更多亚洲居民创造更多机会认识新朋友，为纽约市新移民提供最有用的信息，并更新中美最新消息，以及为所有人创造一个友好的小区环境。

Cafe Stanley

Enjoy a sweet treat or get your caffeine fix on Monday's, Wednesday's, and Friday's in the lobby between 2pm and 4pm.

Movies

at the
Isaacs
Center

Nov 2

Thu

Split Second

Nov 3

Fri

Paris, Texas

Nov 6

Mon

La La Land

Nov 9

Thu

The Band's Visit

Nov 10

Fri

The Good Lie

Nov 13

Mon

Brooklyn

Nov 16

Thu

Life

Nov 17

Fri

Before I Fall

Nov 20

Mon

The Shack

Nov 23

Thu

Isaacs Center
Closed

Nov 24

Fri

Isaacs Center
Closed

Nov 27

Mon

A Dog's Purpose

Nov 30

Thu

A United Kingdom

Movie Schedule

Mondays

2:30PM

Thursdays

3:00PM

Fridays

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



Blas

What brings you to the Isaacs Center?

“I play pool and I’m in Rincon Latino. I’m also a member of the Poets and Writers class. I’ve been writing poetry since I was 13 years old. I’ve published 5 books and shared my poetry all over Central America.”

Upcoming Month

December 2017

- December 1st, Vocal Ease Performance & Annual Holiday Decorating Party
- December 18th, Senior Center trip to Ligreci's Staaten
- December 21st, Holiday Party at the Isaacs Center
- December 25th, Holiday Lunch

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 x144.

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.

NOVEMBER 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 Trip: Walmart

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

07 Tue

Ticket Sales
Trip: Election Day
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
1:15 **19th Precinct Presentation: Senior Safety Crime Prevention**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
2:00 **Food Committee w/ Jeffrey**
2:15 Bingo
2:30 **Ed & Rec Commitee w/ Anita**
3:30 Arts and Crafts
3:30 **Hospitality w/ Khristel**

13 Mon American Education Week

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

14 Tue

9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **Emblem Health “Medicare Trivia”**
2-5PM **Councilman Ben Kallos Mobile Office Hours**
2:15 Bingo
3:30 Arts and Crafts
7PM **Isaacs Tenant Meetings**

20 Mon

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

21 Tue

9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **Carelink Presentation**
2:15 Bingo
3:30 Arts and Crafts
7PM **Holmes Tenant Meeting**

27 Mon Cyber Monday

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

28 Tue Special Ticket Sales 9–10:30AM

9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM **HIICAP**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **Mt. Sinai Presentation**
2:15 Bingo
3:30 Arts and Crafts

01 Wed All Saints’ Day

10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:30 Scrabble Group
3:30 Bingo

08 Wed Ticket Sales Trip: Trader Joes*

9:45 Health Chat w/ Huda
“Skin Care”
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:15 **Membership Meeting**
2:30 Scrabble Group
3:00 Conversations w/ Nancy
3:30 Game Day

15 Wed

10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
1:15 **Patient Advocacy w/ Jess**
2:00 **Dollarama Party**
2:30 Scrabble Group

22 Wed Trip: East River Plaza

10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:30 Scrabble Group
3:00 Conversations w/ Nancy
3:30 Game Day

29 Wed Special Ticket Sales 9–10:30AM

10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:30 Scrabble Group
3:30 Bingo

02 Thu

12:00 Craft Hour
1:00 The Group w/ Aaron
1:15 ESL for Spanish Speakers
2:00 Collaborative Writing Class
3:00 Movie
3:00 Art Class w/ Nancy

09 Thu Ticket Sales

10:00 Zumba
11AM-12PM **Aetna Better Health Blood Pressure Screening**
12:00 Craft Hour
1:00 The Group w/ Aaron
1:15 ESL for Spanish Speakers
2:00 Collaborative Writing Class
3:00 Movie

16 Thu

10:00 Zumba
12:00 Craft Hour
1:00 The Group w/ Aaron
1:15 ESL for Spanish Speakers
2:00 Collaborative Writing Class
3:00 Movie
3:00 Art Class w/ Nancy

23 Thu

Thanksgiving Luncheon
Doors Open 10:30AM
Lunch Serve 11AM

30 Thu Special Ticket Sales 9–10:30AM

Trip: Caesars Casino
12:00 Craft Hour
1:00 The Group w/ Aaron
1:15 ESL for Spanish Speakers
2:00 Collaborative Writing Class
3:00 Movie
3:00 Art Class w/ Nancy

03 Fri

9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
2:15 Bingo

10 Fri

9:30 Groove w/ Roger
1-4PM Nurse Lorraine Walk-In
1:15 Movie
2:00 **Fashion Show**

17 Fri World Peace Day

9:30 Groove w/ Roger
10-12PM **VOLS Legal Clinic**
1-4PM Nurse Lorraine Walk-In
1:15 Movie
1:15 **Birthday Party**
2:30 **Glamour Gals**
3:00 Bingo

24 Fri

Isaacs Center
Closed for
Thanksgiving
Holiday

04 Sat

10:00 Yoga
11-1PM Granny Squared

11 Sat Veteran’s Day

10:00 Yoga

18 Sat

10:00 Yoga
11-1PM Granny Squared

25 Sat

Isaacs Center
Closed for
Thanksgiving
Holiday

Thank You to Ernst & Young for playing Excerise Bingo with us



NOVEMBER 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.

06 Mon

- B: Continental Breakfast
L: Beef Stew
Brown Rice
Whole Wheat Bread
Broccoli & Red Peppers
Apple, Milk

07 Tue

- B: Continental Breakfast
L: Stuffed Shells w/ Cheese
Whole Wheat Bread
Garden Salad
Sliced Peaches
Orange Pineapple Juice, Milk

13 Mon

- B: Continental Breakfast
L: Baked Pork
Egg Noodles
Whole Wheat Bread
Brussel Sprouts
Apple, Milk

14 Tue

- B: Continental Breakfast
L: Baked Breaded Lamb Chops
Mashed Potatoes
Whole Wheat Bread
Italian Cut Green Beans
Orange
Apple Juice, Milk

20 Mon

- B: Continental Breakfast
L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Normandy Blend Vegetables
Orange Pineapple Juice
Apple, Milk

27 Mon

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

28 Tue

- B: Continental Breakfast
L: Teriyaki Beef
Chinese Style Spaghetti
Whole Wheat Bread
Green Bean Saute
Canned Apricots
Apple Juice, Milk

01 Wed

- B: Continental Breakfast
L: Lean Lamb Chops
Brown Rice w/ Beans
Whole Wheat Bread
California Blend Vegetables
Fruit Cocktail
Orange Pineapple Juice, Milk

08 Wed

- B: Continental Breakfast
L: Over-Baked Pork Chops
Whole Wheat Bread
Collard Greens
Sweet Baked Yams
Banana, Milk

15 Wed

- B: Continental Breakfast
L: Chicken Thigh Stew w/ Ginger & Pumpkin
Quinoa
Whole Wheat Bread
Garden Salad
Cantaloupe, Milk

22 Wed

- B: Continental Breakfast
L: Lean Lamb Chops
Whole Wheat Bread
Baked Sweet Potato
Steamed Broccoli
Banana, Milk

29 Wed

- B: Continental Breakfast
L: Lentil Soup
Eggplant Parmesan w/ Ricotta
Whole Wheat Bread
California Blend Vegetables
Garden Salad
Fruit Cocktail, Milk

02 Thu

- B: Continental Breakfast
L: Oven Fried Chicken
Whole Wheat Bread
Baked Sweet Potato
Collard Greens
Banana, Milk

09 Thu

- B: Continental Breakfast
L: Baked Chicken Quarters
Whole Wheat Bread
Steamed Green Beans
Yellow Plantains
Honeydew

16 Thu

- B: Continental Breakfast
L: Beef Stir Fry
White Rice
Whole Wheat Bread
California Blend Vegetables
Apples, Milk

23 Thu

Thanksgiving Luncheon
Doors Open 10:30AM
Lunch Serve 11AM

30 Thu

- B: Continental Breakfast
L: BBQ Pulled Pork
Wild Rice
Mixed Vegetables 5-Way
Pineapple Juice, Milk

03 Fri

- B: Continental Breakfast
L: Vegetable Soup
Salmon Burger
Quinoa
Whole Wheat Bread
Mixed Green Salad
Sliced Peaches
Orange Juice, Milk

10 Fri

- B: Continental Breakfast
L: Rolled Flounder w/ Zucchini & Carrots
Whole Wheat Bread
Steamed Broccoli
Yuca w/ Onions
Pear, Milk

17 Fri

- B: Continental Breakfast
L: Baked Salmon w/ Cilantro Citrus Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Baked Sweet Potatoes
Canned Apricots, Milk

24 Fri

Isaacs Center Closed for Thanksgiving Holiday

04 Sat **Take Home Lunch Distributed on Friday**

- L: Turkey Bean Chili
White Rice
Whole Wheat Bread
Steamed Peas & Carrots
Carrots

11 Sat **Take Home Lunch Distributed on Friday**

- L: Turkey Meatloaf w/ Mushroom Gravy
Whole Wheat Bread
Whole Wheat Spaghetti
Vegetable Mix
Orange, Milk

18 Sat **Take Home Lunch Distributed on Friday**

- L: Chili con Carne
Brown Rice
Green Bean Saute
Fruit Cocktail
Milk

25 Sat

Isaacs Center Closed for Thanksgiving Holiday

Our YALP Students



NOVEMBER 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.

05 Sun

Turkey w/ Gravy
Egg Noodles
Whole Wheat Bread
Italian Cut Green Beans
Canned Apricots
Apple Juice, Milk

12 Sun

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

19 Sun

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

26 Sun

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

06 Mon

Beef Meatloaf w/ Mushroom Gravy
Mashed Red Potatoes
Whole Wheat Bread
California Blend Vegetables
Kiwi
Apple Juice, Milk

13 Mon

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

20 Mon

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

27 Mon

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

07 Tue

Curried Chicken Legs
Egg Noodles
Whole Wheat Bread
Steamed Broccoli & Cauliflower
Applesauce
Orange Juice, Milk

14 Tue

Rosemary Chicken
Bowtie Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Orange Pineapple Juice, Milk

21 Tue

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

28 Tue

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

01 Wed

Baked Basa Fish
Fresh Tomato Salsa
Orzo Pilaf
Whole Wheat Bread
Steamed Spinach
Apple
Orange Juice, Milk

08 Wed

Baked Flounder
Dill Lemon Sauce
Couscous
Whole Wheat Bread
Italian Blend Vegetables
Sliced Peaches
Orange Pineapple Juice, Milk

15 Wed

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

22 Wed

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

29 Wed

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

02 Thu

Coconut Curried Chicken Breast
White Rice
Whole Wheat Bread
Broccoli
Banana
Orange Pineapple Juice, Milk

09 Thu

Baked Mushroom Chicken
Quinoa & Black Beans
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple Juice, Milk

16 Thu

Chicken Picatta w/ Lemon Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
Zucchini & Carrots
Banana
Orange Juice, Milk

23 Thu

Special Thanksgiving Lunch will be delivered

30 Thu

Cranberry Chicken
Mashed Red Potatoes
Whole Wheat Bread
Italian Blend Vegetables
Fruit Cocktail
Apple Juice, Milk

03 Fri

Baked Flounder
Sofrito
Whole Wheat Bread
Yuca con Mojo
Italian Blend Vegetables
Canned Pineapple
Orange Juice, Milk

10 Fri

Baked Basa Fish
Ginger Sauce
Bulgur
Whole Wheat Bread
Spinach
Apple
Orange Pineapple Juice, Milk

17 Fri

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

24 Fri

Meals will be delivered in advanced

Ginger & Lime Salmon
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
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.

04 Sat

Beef Salisbury Steak w/ Mushroom Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
Steamed Broccoli
Orange
Orange Pineapple Juice, Milk

11 Sat

Lemon Chicken
Barley
Whole Wheat Bread
Cut Green Beans
Kiwi
Apple Juice, Milk

18 Sat

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

25 Sat

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



PUZZLES & GAMES

Its November.

Find the words that relate to Thanksgiving.

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

Apple Pie
Beans
Bread
Gravy

Potatoes
Pumpkin Pie
Holiday
Turkey

Thanksgiving
Stuffing
Harvest
Tradition

RIDDLES

Take your pick and solve these riddles

1. Why did Snap, Crackle and Pop get scared?
2. What Time Is It When An Elephant Sits on Your Chair?
3. What temperature does ice freeze at?
4. What do you call a ghost without a host?
5. Which insect prays for the other insects?

They heard
there was a
cereal killer on
the loose.

Time to get a
new chair.

Ice doesn't
freeze, it's
already fro-
zen.

G.

The praying
mantis.

BIRTHDAY PARTY AT
JOHNSON CORNERSTONE

1833 Lexington Avenue New York, NY 10029



Join us at Johnson Cornerstone for our monthly birthday parties on every last Thursday of the month.



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Hispanic Heritage Celebration

