This month at the Isaacs Center Senior Center

**NOV 2017**

**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 Medi-care 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!

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**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 BYO 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认识新朋友，为纽约市新移民提供最有的用的信息，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.

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**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

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**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

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**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.

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**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
10:30 Trip: Walmart
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
Stay Well Fitness w/ Denis
Meditation
11AM-3PM HICAP
10AM 2nd Weds
11AM-1PM HIICAP
1:15 Home Repair
1:45 Art for Beginners w/ Frank
2:00 Movie
2:15 Pet Therapy w/ Alice
2:30 Yoga
3:00 Conversations w/ Nancy
3:15 Art Class w/ Nancy
3:30 Bingo

08 Wed
Ticket Sales
Stay Well Fitness w/ Denis
Meditation
11AM-3PM HICAP
10AM 2nd Weds
11AM-1PM HIICAP
1:15 Home Repair
1:45 Art for Beginners w/ Frank
2:00 Movie
2:15 Pet Therapy w/ Alice
2:30 Yoga
3:00 Conversations w/ Nancy
3:15 Art Class w/ Nancy
3:30 Bingo

09 Thu
Ticket Sales
Stay Well Fitness w/ Denis
Meditation
11AM-3PM HICAP
10AM 2nd Weds
11AM-1PM HIICAP
1:15 Home Repair
1:45 Art for Beginners w/ Frank
2:00 Movie
2:15 Pet Therapy w/ Alice
2:30 Yoga
3:00 Conversations w/ Nancy
3:15 Art Class w/ Nancy
3:30 Bingo

10 Fri
Stay Well Fitness w/ Denis
Meditation
11AM-3PM HICAP
10AM 2nd Weds
11AM-1PM HIICAP
1:15 Home Repair
1:45 Art for Beginners w/ Frank
2:00 Movie
2:15 Pet Therapy w/ Alice
2:30 Yoga
3:00 Conversations w/ Nancy
3:15 Art Class w/ Nancy
3:30 Bingo

11 Sat
Veteran’s Day
Stay Well Fitness w/ Denis
Meditation
11AM-3PM HICAP
10AM 2nd Weds
11AM-1PM HIICAP
1:15 Home Repair
1:45 Art for Beginners w/ Frank
2:00 Movie
2:15 Pet Therapy w/ Alice
2:30 Yoga
3:00 Conversations w/ Nancy
3:15 Art Class w/ Nancy
3:30 Bingo

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

Thank You to Ernst & Young for playing Exercise Bingo with us
**November 2017**

**Senior Center Menu**

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

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

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<tr>
<th>Date</th>
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<td>Continental Breakfast</td>
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<td>L:</td>
<td>Beef Stew, Brown Rice, Whole Wheat Bread, Broccoli &amp; Red Peppers, Apple, Milk</td>
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<td>Stuffed Shells w/ Cheese, Whole Wheat Bread, Garden Salad, Sliced Peaches, Orange Pineapple Juice, Milk</td>
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<td>L:</td>
<td>Lean Lamb Chops, Brown Rice w/ Beans, Whole Wheat Bread, California Blend Vegetables, Fruit Cocktail, Orange Pineapple Juice, Milk</td>
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<td>Continental Breakfast</td>
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<td>L:</td>
<td>Over-Baked Pork Chops, Whole Wheat Bread, Collard Greens, Sweet Baked Yams, Banana, Milk</td>
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<td>L:</td>
<td>Baked Chicken Quarters, Whole Wheat Bread, Steamed Green Beans, Yellow Plantains, Honeydew</td>
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<td>Continental Breakfast</td>
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<td>L:</td>
<td>Turkey Meatloaf w/ Mushroom Gravy, Whole Wheat Bread, Whole Wheat Spaghetti, Vegetable Mix, Pearl, Milk</td>
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<td>13</td>
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<td>Continental Breakfast</td>
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<td>L:</td>
<td>Baked Pork, Egg Noodles, Whole Wheat Bread, Brussel Sprouts, Apple, Milk</td>
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<td>14</td>
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<td>Continental Breakfast</td>
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<td>L:</td>
<td>Baked Breaded Lamb Chops, Mashed Potatoes, Whole Wheat Bread, Italian Cut Green Beans, Orange, Apple Juice, Milk</td>
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<td>L:</td>
<td>Chicken Thigh Stew w/ Ginger &amp; Pumpkin, Quinoa, Whole Wheat Bread, Garden Salad, California Blend Vegetables, Cantaloupe, Milk</td>
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<td>L:</td>
<td>Beef Stir Fry, White Rice, Whole Wheat Bread, Baby Carrots w/ Parsley, Baked Sweet Potatoes, Canned Apricots, Milk</td>
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<td>L:</td>
<td>Baked Salmon w/ Citron Citrus Sauce, Whole Wheat Bread, Vegetable Mix, Orange, Milk</td>
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<td>L:</td>
<td>Turkey Bean Chili, White Rice, Whole Wheat Bread, Steamed Peas &amp; Carrots, Carrots</td>
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<td>L:</td>
<td>Baked Macaroni &amp; Cheese, Whole Wheat Bread, Mixed Green Salad, Normandy Blend Vegetables, Orange Pineapple Juice, Apple, Milk</td>
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<td>L:</td>
<td>Beef Stew, Egg Noodles, Whole Wheat Bread, Winter Blend Vegetables, Peach, Milk</td>
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<td>Lean Lamb Chops, Whole Wheat Bread, Baked Sweet Potato, Steamed Broccoli, Banana, Milk</td>
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<td>L:</td>
<td>Teriyaki Beef, Chinese Style Spaghetti, Whole Wheat Bread, Green Bean Saute, Canned Apricots, Apple Juice, Milk</td>
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<td>L:</td>
<td>Lentil Soup, Eggplant Parmesan w/ Ricotta, Whole Wheat Bread, California Blend Vegetables, Garden Salad, Fruit Cocktail, Milk</td>
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**Take Home Lunch**
- Distributed on Friday

**Special Event**
- **Isaacs Center Closed for Thanksgiving Holiday**
  - Doors Open 10:30AM
  - Lunch Serve 11AM

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**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.

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<tr>
<td>Turkey w/ Gravy Egg Noodles Whole Wheat Bread Italian Cut Green Beans Canned Apricots Apple Juice, Milk</td>
<td>Beef Meatloaf w/ Mushroom Gravy Mashed Red Potatoes Whole Wheat Bread California Blend Vegetables Kiwi Apple Juice, Milk</td>
<td>Curried Chicken Legs Egg Noodles Whole Wheat Bread Steamed Broccoli &amp; Cauliflower Applesauce Orange Juice, Milk</td>
<td>Baked Flounder Dill Lemon Sauce Whole Wheat Bread Italian Blend Vegetables Sliced Peaches Orange Pineapple Juice, Milk</td>
<td>Baked Mushroom Chicken Quinoa &amp; Black Beans Couscous Whole Wheat Bread Baby Carrots w/ Parsley Banana Apple Juice, Milk</td>
<td>Baked Flounder Sofrito Whole Wheat Bread Yuca con Mojo Italian Blend Vegetables Canned Pineapple Orange Juice, Milk</td>
<td>Lemon Chicken Barley Whole Wheat Bread Canned Apricots Apple Juice, Milk</td>
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<td>Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Normandy Blend Vegetables Fruit Cocktail Orange Juice, Milk</td>
<td>Baked Turkey Breast Whole Wheat Bread Mashed Red Potatoes Mixed Vegetables Orange Apple Juice, Milk</td>
<td>Rosemary Chicken Bowtie Noodles Whole Wheat Bread Normandy Blend Vegetables Pear Orange Pineapple Juice, Milk</td>
<td>Sweet Orange Salmon Barley Whole Wheat Bread California Blend Vegetables Pear Apple Juice, Milk</td>
<td>Chicken Piccata w/ Lemon Sauce Quinoa w/ Kale &amp; Carrots Whole Wheat Bread Zucchini &amp; Carrots Banana Orange Juice, Milk</td>
<td>Baked Fish w/ Garlic Sauce Couscous w/ Peas &amp; Lemon Whole Wheat Bread Steamed Kale Fruit Cocktail Apple Juice, Milk</td>
<td>Grilled Chicken Breast Ginger Sauce Whole Wheat Bread Red Bliss Potatoes Steamed Broccoli Apple Orange Pineapple Juice, Milk</td>
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<td>Ham Whole Wheat Bread Wild Rice Green Beans &amp; Carrots Canned Apricots Orange Juice, Milk</td>
<td>Braised Beef Tips Egg Noodles Whole Wheat Bread California Blend Vegetables Orange Pineapple Juice, Milk</td>
<td>Baked Asian Style Honey Chicken White Rice Whole Wheat Bread Collard Greens Orange Apple Juice, Milk</td>
<td>Baked Basa Fish Sofrito Orzo Pilaf Whole Wheat Bread Steamed Broccoli Canned Pears Orange Juice, Milk</td>
<td>Orange Pineapple Juice, Milk</td>
<td>Meals will be delivered in advanced</td>
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<td>Turkey w/ Gravy Brown Rice w/ Mushrooms Whole Wheat Bread Cut Green Beans Orange Apple Juice, Milk</td>
<td>Hungarian Goulash w/ Beef Whole Wheat Bread Cut Green Beans Red Bliss Potatoes Orange Apple Juice, Milk</td>
<td>Chicken Alfredo Fettucini w/ Sauce Couscous w/ Peas &amp; Lemon Whole Wheat Bread Baby Carrots w/ Parsley Apple Orange Juice, Milk</td>
<td>Baked Flounder Moroccan Style Sauce Couscous w/ Peas &amp; Lemon Whole Wheat Bread Steamed Spinach Vanilla Pudding Orange Pineapple Juice, Milk</td>
<td>Cranberry Chicken Mashed Red Potatoes Whole Wheat Bread Italian Blend Vegetables Fruit Cocktail Apple Juice, Milk</td>
<td>Meals will be delivered in advanced</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce Quinoa w/ Kale &amp; Carrots Whole Wheat Bread Steamed Broccoli Orange Pineapple Juice, Milk</td>
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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 November.

Find the words that relate to Thanksgiving.

PUZZLES & GAMES

It's November.

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?

Apple Pie
Beans
Bread
Gravy
Potatoes
Pumpkin Pie
Holiday
Turkey
Thanksgiving
Stuffing
Harvest
Tradition

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

1833 Lexington Avenue New York, NY 10029
Hispanic Heritage Celebration

Stanley M. Isaacs Neighborhood Center

November 2017