

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

Senior Fashion Show

















This month at the Isaacs Center Senior Center

Closed for Programming

Isaacs Center will be closed on **DEC 25**

Monday, December 25th and Monday,

JAN 1 January 1st.

WEDNESDAYS The SINC Community Awakens

The SINC Community Awakens group will 2:00PM

have healthy snacks available to you every 4:00PM Wednesday from 2pm - 4pm. Look out for

reminders on the Hospitality Table.

FRIDAY Vocal Ease Performance

1 1:15PM On December 1st at 1:15pm Vocal Ease will perform a cabaret-style show with a small group of professional singers with piano accompaniment. The show will be comprised of standards and musical theater songs from seniors' era. The performance will be lively and audience interactive.

FRIDAY Holiday Decorating Party

2:00PM

On Friday, December 1st we will enjoy some holiday cheer with Vocal Ease then head over to the lobby to deck the halls with bells. Please join us for our 2nd annual Holiday Decorating Party. See you soon!

WEDNESDAY Trader Joes

13 10:45AM TICKET: \$1

Join us for a shopping trip on December 13th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM.

FRIDAY Craft Sale

15 11AM Join the ladies from Craft Hour as they present and sell some of their handmade items. Friday, December 15th starting at 11am

MONDAY

Trip: Ligreci's Staaten Join us for Christmas Cheer at Ligreci's Sta-

8:45AM

aten in Staten Island. See a holiday show at TICKET: \$50 Ligreci's Staaten, and a choice of entrée with salad, side dishes, dessert and beverages.

TUESDAY

Maria Guida Musical

19 1:15PM

Extravaganza

Join Maria in singing along to some oldies but goodies on December 19th at 1:15pm. So, clear your throats and get ready to participate.

WEDNESDAY Manhattan Valley

20 10:45AM TICKET: \$1

Join us for a trip to Manhattan Valley on Columbus Ave. While there you can visit stores such as Home Goods, Whole Foods and much, much more.

MONDAY Christmas Luncheon

25 **11AM**

Join us on Monday, December 25th for our annual Christmas Luncheon. Doors will open at 10:30am, lunch will be served at 11am. Sign up during ticket sales beginning on December 5th.

Peer Support Groups

We've been talking about it and now it's finally here. The Isaacs Center would like to welcome "Peer Led Support Groups." There will be a variety of groups so check out the Hospitality Table for dates and times. Come out and show your support.

Grupos de Apoyo Mutuo

Hemos estado hablando de eso y ahora finalmente está aquí. El Centro de Isaacs desea dar la bienvenida a "Grupos de apoyo". Habrá una variedad de grupos, favor de revisar la mesa de hospitalidad para conocer las fechas y horarios. Ven y muestra tu apoyo.

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。

Movies at the Isaacs Center

Dec 1 Fri Baywatch

Dec 4 Mon Baby Driver

Dec 7 Thu Central Intelligence

Dec 8 Fri Guardians of the Galaxy

Dec 11 Mon Guardians of the Galaxy vol. 2

Dec 14 Thu A Taste of Chanukah

Dec 15 Fri The Holiday

Dec 18 Mon Love Actually

Dec 21 Thu The Santa Clause

Dec 22 Fri

Dec 25 Mon Isaacs Center Closed

Dec 28 Thu Miracle on 34th St **Dec 29** Fri The Space Between Us

Movie Schedule

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

Office Hours w/ Greg

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

Group Spotlight



"没事儿,咱聊聊"国语活动小组火 热进行中!快快加入我们,学英语, 谈健康,知新闻,聊时事。每周三下 午1点在6号房间,我们等你来!

Upcoming Month

January 2018

- January 1st, Isaacs Center closed for programming.
- Poets & Writers Reading Day

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.

DECEMBER 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.

			¹ activities.		
10:30	Patient Advocacy w/ Jess Pet Therapy w/ Alice Drama Workshop w/ Frank Movie	9:30 10:30	Stay Well Fitness w/ Denis Meditation BPM HIICAP Nurse Lorraine Walk-In Rincón Latino w/ Jennifer Food Committee w/ Jeffrey Bingo Ed & Rec Commitee w/ Anita Arts and Crafts Hospitality w/ Khristel	9:45	Wed Ticket Sales Health Chat w/ Huda "Skin Care" M Blood Pressure Screenings Yoga w/ Nammi 没事儿咱聊聊 Membership Meeting Scrabble Group
10:30	Zumba w/ Yvonne Art for Beginners w/ Frank Emblem Health Presentation Pet Therapy w/ Alice Drama Workshop w/ Frank Movie Poets and Writers	9:30 10:30 11AM-3 1-4PM 1:15 1:15 2-5PM 2:15 3:30 7PM	Stay Well Fitness w/ Denis Meditation BPM HIICAP Nurse Lorraine Walk-In Rincón Latino w/ Jennifer Weill Cornell Medicine "Precision Medicine/All of Us" Councilman Ben Kallos Mobile Office Hours Bingo Arts and Crafts Isaacs Tenant Meetings	10-12P 10:30 1:00 1:15 2:00 2:30 3:00 3:30	Chanukah Trip: Trader Joes* M Blood Pressure Screenings Yoga w/ Nammi 没事儿咱聊聊 Groove w/ Yvonne Nutrition Support Group Scrabble Group Conversations w/ Nancy Game Day
10:30	Zumba w/ Yvonne Art for Beginners w/ Frank Pet Therapy w/ Alice Drama Workshop w/ Frank Movie	9:30 10:30 11AM-3 1-4PM 1:15 1:15 2:15 3:30 7PM	Stay Well Fitness w/ Denis Meditation BPM HIICAP Nurse Lorraine Walk-In Rincón Latino w/ Jennifer Maria Guida Musical Extravaganza Bingo Arts and Crafts Holmes Tenant Meeting	10:30 1:00 1:15 2:00 2:30 3:30	Wed Trip: Manhattan Valley* Yoga w/ Nammi 没事儿咱聊聊 Groove w/ Yvonne Nutrition Support Group Scrabble Group Bingo
Ho	√○∩ Christmas Day liday Luncheon rs Open 10:30AM nch Serve 11AM	9:30 10:30 11AM-3	TUE Kwanzaa Stay Well Fitness w/ Denis Meditation BPM HIICAP Nurse Lorraine Walk-In Rincón Latino w/ Jennifer Bingo	10:30 1:00 1:15 2:00 2:30 3:00	Wed Yoga w/ Nammi 没事儿咱聊聊 Groove w/ Yvonne Nutrition Support Group Scrabble Group Conversations w/ Nancy

3:30

3:30

Bingo

Game Day

3:30

Arts and Crafts

Fri World AIDS Day 01 Halloween with our afterschool kids 9:30 Groove w/ Roger 10:00 **Caregiver Support Group** 10:00 Hablando con Maria 1-4PM Nurse Lorraine Walk-In Movie 1:15 1:15 **Vocal Ease Performance** 2:00 **Holiday Decorating Party** 2:15 Bingo **Ticket Sales** Fri Thu Pearl Harbor Day 08 Zumba w/ Jannelle 10:00 9:30 Groove w/ Roger 10:00 Caregiver Support Group 11-1PM Granny Squared 12:00 Craft Hour 10:00 Hablando con Maria 1:00 The Group w/ Aaron 1-4PM Nurse Lorraine Walk-In 1:15 **ESL for Spanish Speakers** Movie 1:15 2:00 **Collaborative Writing Class** 2:00 Pastoral care 3:00 Movie 2:15 Bingo 3:00 Art Class w/ Nancy 3:00 Golden Opportunities 4:00 Brainstorming w/ Pearl Thu Sat 15 Fri Bill of Rights Day 14 16 10:00 Zumba w/ Jannelle 9:30 Groove w/ Roger 10:00 Yoga 10:00 **Caregiver Support Group** 11-1PM Granny Squared 10:00 **Breast Cancer Survivor Group** 10:00 Hablando con Maria 12:00 Craft Hour 10-12PM VOLS Legal Clinic **Craft Sale** 11:00 1:00 The Group w/ Aaron 1-4PM Nurse Lorraine Walk-In ESL for Spanish Speakers 1:15 1:15 Movie 2:00 **Collaborative Writing Class Birthday Party** 1:15 2:00 Pastoral care 3:00 Movie 3:00 Bingo 3:00 **Golden Opportunities** 4:00 Brainstorming w/ Pearl **T**|∩∪ First Day of Winter 22 Fri **23** Sat 10:00 Zumba w/ Jannelle 9:30 Groove w/ Roger 10:00 Yoga 10:00 **Caregiver Support Group** 10:00 **Breast Cancer Survivor Group** 12:00 Craft Hour 10:00 Hablando con Maria The Group w/ Aaron 1-4PM Nurse Lorraine Walk-In 1:00 1:15 ESL for Spanish Speakers 1:15 Movie 2:00 **Collaborative Writing Class** 2:00 Pastoral care **Holiday Party** 2:30 3:00 Bingo 3:00 3:00 Movie Golden Opportunities 3:00 Art Class w/ Nancy 4:00 Brainstorming w/ Pearl **30** Sat Thu 29 28 Fri 9:30 10:00 **Breast Cancer Survivor Group** Groove w/ Roger **Isaacs Center** 10:00 **Caregiver Support Group** 12:00 Craft Hour **Closed for** 10:00 Hablando con Maria 1:00 The Group w/ Aaron 1-4PM Nurse Lorraine Walk-In 1:15 ESL for Spanish Speakers **New Year's Holiday** 1:15 Movie

2:00

3:00

3:00

4:00

Pastoral care

Golden Opportunities

Brainstorming w/ Pearl

Bingo

Collaborative Writing Class

Art Class w/ Nancy

2:00

3:00

3:00

Movie

DECEMBER 2017

SENIOR CENTER MENU

Breakfast

Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested

Lunch

A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested Pumpkin Carving Sponsored by the Genatt family



O4 Mon

B: Continental Breakfast L: Spanish Style Beef Stew Whole Wheat Bread Brown Rice Green Bean Saute Apple, Milk

05 Tue

Continental Breakfast B: L: Chicken Cacciatore **Egg Noodles** Whole Wheat Bread Steamed Spinach Sliced Peaches Orange Juice, Milk

B:

06 Wed

Continental Breakfast Turkey Chili w/ Sweet Potatoes L: & Corn White Rice Whole Wheat Bread Lettuce & Tomato Orange, Milk

Mon

B: Continental Breakfast L: Black Bean Soup Stewed Codfish Whole Wheat Bread Wild Rice **Steamed Carrots** Apple, Milk

Tue

B: Continental Breakfast L: Ginger Garlic Beef Stew Chinese Style Spaghetti Whole Wheat Bread Steamed Spinach Orange, Milk

13 Wed

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

18 Mon

Continental Breakfast L: **Beef Stew Brown Rice** Whole Wheat Bread Broccli & Red Peppers Apple, Milk

19 Tue

B: Continental Breakfast L: Stuffed Shells w/ Cheese Whole Wheat Bread Garden Salad Sliced Peaches Orange Pineapple Juice, Milk **20** Wed

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

25 Mon

Holiday Luncheon Doors Open 10:30AM Lunch Served 11AM

26 Tue

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

27 Wed

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



07 Thu

B: Continental Breakfast
 L: Roast Pork Spanish Style
 Whole Wheat Bread
 California Blend Vegetables
 Roasted Potatoes
 Fruit Cocktail, Milk

14 Thu

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

21 Thu

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

28 Thu

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

01 Fri

 B: Continental Breakfast
 L: Coconut Curried Cod Fish Whole Wheat Bread
 Braised Collard Greens
 Roasted Potatoes
 Apple, Milk

08 Fri

B: Continental Breakfast
L: Baked Tilapia w/ Vegetables
Egg Noodles
Whole Wheat Bread
Steamed Carrots
Canned Pears
Orange Pineapple Juice, Milk

15 Fri

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

22 Fri

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

29 Fri

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

O2 Sat Take Home Lunch Distributed on Friday

L: BBQ Chicken Leg Quarters
Whole Wheat Bread
Baked Sweet Potato
Steamed Broccoli
Orange, Milk

O9 Sat Take Home Lunch Distributed on Friday

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

16 Sat Take Home Lunch Distributed on Friday

L: Turkey Bean Chili
White Rice
Whole Wheat Bread
Steamed Peas & Carrots
Orange, Milk

23 Sat

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

30 Sat

B: Continental Breakfast
L: Chili con Carne
Brown Rice
Green Bean Saute
Fruit Cocktail, Milk

DECEMBER 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.

03 Sun

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

04 Mon

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

05 Tue

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

Baked Tilapia Creole Sauce 0r70 Whole Wheat Bread **Italian Blend Vegetables** Kiwi Apple Juice, Milk

10 Sun

Ham Mashed Red Potatoes Whole Wheat Bread Baby Carrots w/ Parsley Orange Orange Juice, Milk

Mon

Beef Meatballs in Tomato Sauce Whole Wheat Bread Baby Carrots w/Parsley **Garlic Mashed Potatoes** Kiwi Orange Pineapple Juice, Milk

12 Tue

Orange Glazed Chicken Breast Rice w/ Mushrooms Whole Wheat Bread Mixed Vegetables Apple Juice, Milk

17 Sun

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

18 Mon

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

19 lue

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

24 Sun

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

25 Mon

Special Holiday Meal to be Delivered

26 Tue

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

Wed **13**

Meals will be delivered

Sun

in advanced

Baked Flounder

Dill Lemon Sauce

Whole Wheat Bread

06 Wed

Sliced Peaches

Italian Blend Vegetables

Orange Pineapple Juice, Milk

Couscous

Baked Basa Fish Fresh Tomato Salsa Orzo Pilaf Whole Wheat Bread **Steamed Spinach Apple** Orange Juice, Milk **20** Wed

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

Wed

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



01 Fri

Salmon in Garlic Butter Sauce Quinoa w/ Kale & Carrots Whole Wheat Bread California Blend Vegetables Banana Orange Pineapple Juice, Milk **02** Sat

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



Pumpkin Carving

07 Thu

Chicken Parmesan
Penne
Whole Wheat Bread
Sauteed Broccli w/ Mushrooms
& Pearl Onions
Vanilla Pudding
Orange Juice, Milk

08 Fri

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

09 Sat

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

14 Thu

Coconut Curried Chicken Breast White Rice Whole Wheat Bread Broccoli Banana Orange Pineapple Juice, Milk **15** Fri

Baked Flounder
Sofrito, Whole Wheat Bread
Yuca con Mojo
(Yuca w/ Garlic Lime Sauce)
Italian Blend Vegetables
Canned Pineapple
Orange Juice, Milk

16 Sat

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

21 Thu

Baked Mushroom Chicken Quinoa & Black Beans Whole Wheat Bread Baby Carrots w/ Parsley Banana Apple Juice, Milk **22** Fri

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

23 Sat

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



28 Thu

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

Baked Fish w/ Garlic Sauce Couscous w/ Peas & Lemon Whole Wheat Bread

Steamed Kale Fruit Cocktail Apple Juice, Milk **30** Sat

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



PUZZLES & GAMES

Its December.

Find the words that relate to the December Holidays.

W	Q	М	Ο	K	В	Α	С	U	R	U	Т	Α	V	Z	R	S	F	Р	Н	Χ	K	Т	Z	R	W
G	I	Υ	I	R	Q	Н	Α	Ε	С	Н	R	I	S	Т	М	Α	S	О	Т	В	Т	W	О	W	R
L	Υ	Ν	Ο	S	Α	G	K	Z	Υ	Α	В	С	Ο	Υ	L	N	Е	I	Α	С	R	I	V	U	V
0	О	Υ	Т	Ν	Т	С	Q	М	N	С	Р	D	R	Ε	L	Т	В	N	Ε	Ο	М	В	Н	K	R
G	R	С	U	Ε	Α	L	D	Χ	V	Α	L	Χ	S	М	Т	Α	Α	S	R	K	Ε	D	S	С	J
F	Α	K	Α	R	R	Н	E	J	Р	Α	W	Ν	Ε	Р	W	W	D	Ε	W	0	Р	V	W	N	G
М	Α	I	С	В	D	Q	Р	Т	G	В	I	K	S	В	В	Ε	С	Т	В	Z	Z	В	I	Α	S
Н	S	Т	Ν	Ε	S	Ε	R	Р	0	Т	S	D	Q	Χ	F	L	Н	Т	G	L	J	С	Р	Р	U
0	U	Н	G	K	W	Υ	U	Υ	Н	Ε	Χ	Р	Ο	Р	S	С	N	Α	Н	D	Т	G	L	W	С
N	М	G	М	Ο	Р	Р	G	Z	Q	С	Р	Т	V	Υ	U	D	Q	Ο	Р	U	J	I	S	I	Α
М	Ε	L	I	Χ	В	С	Ε	Υ	Ε	Ν	K	J	С	Α	Ν	D	L	Ε	Ε	G	L	R	Ε	Т	S

Wreath Christmas Chanukah Kwanzaa Santa Tinsel Candle Mistletoe Nutcracker Poinsetta Winter Presents

RIDDLES

Take your pick and solve these riddles

1. Where did pilgrims land when they arrived in America?

2. How much will a 38° angle measure when looked at under a microscope that magnifies ten times?

3. What has one hundred heads, and no legs?

4. Why was the cell phone wearing glasses?

5. Remove some and I will give you trouble. What am I?

It will still be On their feet. 38°.

ni Adollar in Seinned.

lt lost it's contacts.

l am Troublesome.

HALLOWEEN 2017























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Senior Fashion Show

























