Holiday Luncheon
**Closed for Programming**

Isaacs Center will be closed on Monday, January 1st 2018 and Monday, January 15th 2018.

**Tuesdays & Thursdays**

1:30PM

In this PC-based course, you’ll learn the basics of how to operate a computer and navigate the Internet in ways that can enrich your life. Classes begin on January 9th Tuesdays and Thursdays at 1:30pm. Sign up at the front desk.

**Tuesdays & Thursdays**

2:45PM

Explore popular social media sites such as Facebook, Instagram, Twitter, & more! Classes begin on January 9th Tuesday and Thursdays at 2:45. In order to take this class you have to “graduate” from Computer Basics. Sign up at the front desk.

**Sunday Suppers**

Join us for Sunday Suppers on January 7th.

**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 elegantly creative Jazz singers of today.

**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，目的是为更多的亚洲居民提供一个相互认识新朋友、为纽约市新移民提供有用的信息，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。

**AARP**

ARP Tax aide will return on Friday, February 2nd from 9:30am to 2:00pm. Please note these services are of no cost to you and on a first come first serve basis. Please bring all required documents, if you are claiming dependents please bring original social security cards for each individual. The IRS requires this to prevent fraud.

**Mobile Care Clinic**

Mobile Care Clinic Will Be in Your Neighborhood! On February 15th, 2018 from 2:00pm to 4:30pm To Provide No Cost Digital Mammograms & Clinical Breast Exams Eligibility:

- Woman aged 40 and older Currently living in New York City, No Mammogram in the past 12 months. Sign up today at the front desk.

**NERC-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 212.360.7825, ext 210.
### Mon
- **Isaacs Center Closed**
- **Mon**
  - **10:30** Zumba w/ Yvonne
  - **1:15** Art for Beginners w/ Frank
  - **1:30** Pet Therapy w/ Alice
  - **1:30** Movie
  - **2:15** Drama Workshop w/ Frank

### Tue
- **Ticket Sales 9AM-10:30AM**
  - **9:30** Stay Well Fitness w/ Denis
  - **10:30** Meditation
  - **1:45** Nurse Lorraine Walk-In
  - **1:15** Rincón Latino w/ Jennifer
  - **2:30** Bingo
  - **2:30** Ed & Rec Committee w/ Anita
  - **3:30** Arts and Crafts
  - **3:30** Hospitality w/ Khristel

### Wed
- **Ticket Sales 9AM-10:30AM**
  - **9:00** Stay Well Fitness w/ Denis
  - **10:30** Meditation
  - **11:30** 11AM-3PM Councilman Ben Kallos Mobile Office Hours
  - **1:45** Nurse Lorraine Walk-In
  - **1:15** Social Action Committee w/ Aaron
  - **1:15** Jazz Singer Audrey Silver
  - **1:15** Rincón Latino w/ Jennifer
  - **1:30** Computer Basics - OATS
  - **2:15** Bingo
  - **2:25** Social Media - OATS
  - **3:00** Arts and Crafts
- **1:30** **Save the Eagles Day Trip**
  - **1:30** Trader Joe’s*
  - **1:00** Trip: Manhattan Valley*
- **1:15** **Rincón Latino w/ Jennifer**
  - **1:00** Nutrition Support Group
  - **2:30** Scabbagal
  - **2:30** Conversations w/ Nancy
  - **3:30** Game Day

### Thu
- **Ticket Sales 9AM-10:30AM**
  - **10:00** Zumba w/ Jannelle
  - **10:00** Breast Cancer Survivor Group
  - **10:00** The Group w/ Aaron
  - **1:15** ESL for Spanish Speakers
  - **1:30** Computer Basics - OATS
  - **2:00** Daily Fitness
  - **2:15** Collaborative Writing Class
  - **2:20** Learn Spanish
  - **2:45** Social Media - OATS
  - **3:30** Art Class w/ Nancy
- **10:00** Shadow Group
  - **1:30** Nutrition Support Group
  - **1:15** Rincón Latino w/ Jennifer
  - **2:00** The Group w/ Aaron
  - **10:00** Breast Cancer Survivor Group
  - **10:30** Meditation
  - **10:30** Health Chat w/ Huda
  - **10:30** “Maintaining Good Air Quality”
  - **10:30** Nurse Lorraine Walk-In
  - **1:15** Groove w/ Yvonne
  - **2:30** Nutrition Support Group
  - **3:00** Social Media - OATS
  - **3:30** Arts and Crafts

### Fri
- **Ticket Sales 9AM-10:30AM**
  - **10:00** Zumba w/ Jannelle
  - **10:00** Breast Cancer Survivor Group
  - **10:00** The Group w/ Aaron
  - **1:15** ESL for Spanish Speakers
  - **1:30** Computer Basics - OATS
  - **2:00** Daily Fitness
  - **2:15** Collaborative Writing Class
  - **2:20** Learn Spanish
  - **2:45** Social Media - OATS
  - **3:30** Art Class w/ Nancy

### Sat
- **Ticket Sales 9AM-10:30AM**
  - **9:30** Zumba w/ Jannelle
  - **10:00** Breast Cancer Survivor Group
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  - **2:15** Collaborative Writing Class
  - **2:20** Learn Spanish
  - **2:45** Social Media - OATS
  - **3:30** Art Class w/ Nancy

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**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.

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1. **Jan 2018**
2. **SINC News+Community | January 2018**
3. **Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128**

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4. **SINC News+Community | January 2018**
5. **Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128**
<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Mon</td>
<td>Isaacs Center Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>08 Mon</td>
<td></td>
<td>Continental Breakfast</td>
<td>Arroz con Pollo (Rice and Chicken) Whole Wheat Bread Mixed Green Salad Orange, Milk</td>
</tr>
<tr>
<td>09 Tue</td>
<td></td>
<td>Continental Breakfast</td>
<td>Teriyaki Beef Chinese Style Spaghetti Whole Wheat Bread Green Bean Saute Canned Apricots Apple Juice, Milk</td>
</tr>
<tr>
<td>15 Mon</td>
<td>Isaacs Center Closed</td>
<td></td>
<td></td>
</tr>
<tr>
<td>22 Mon</td>
<td></td>
<td>Continental Breakfast</td>
<td>Black Bean Soup Stewed Codfish Whole Wheat Bread Wild rice Steamed Carrots Apple, Milk</td>
</tr>
<tr>
<td>23 Tue</td>
<td></td>
<td>Continental Breakfast</td>
<td>Ginger Garlic Beef Stew Chinese Style Spaghetti Whole Wheat Bread Steamed Spinach Sliced Peaches Orange Juice, Milk</td>
</tr>
<tr>
<td>29 Mon</td>
<td></td>
<td>Continental Breakfast</td>
<td>Beef Stew Brown Rice Whole Wheat Bread Broccoli &amp; Red Peppers Apple, Milk</td>
</tr>
<tr>
<td>30 Tue</td>
<td></td>
<td>Continental Breakfast</td>
<td>Stuffed Shells w/ Cheese Whole Wheat Bread Garden Salad Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>31 Wed</td>
<td></td>
<td>Continental Breakfast</td>
<td>Over Baked Pork Chops Whole Wheat Bread Collard Greens Sweet Baked Yams Banana, Milk</td>
</tr>
</tbody>
</table>

**January 2018 Senior Center Menu**

**Breakfast**
- 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.
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.

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 January.

Find the words that relate to New Years.

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

Noisemakers
Decorations
Family
Friends

Resolution
New beginnings
Reflections
Resolve

Countdown
Goals
Holiday
Tradition

RIDDLES
Take your pick and solve these riddles

1. What happens when a sea monster gets angry?
2. Can one bird change a light bulb?
3. What is a mummy’s favorite type of paper?
4. I have 4 faces but I am not a cube. What am I?
5. What is the difference between ordinary and extraordinary?

Its January.

PUZZLES & GAMES

Its January.

Find the words that relate to New Years.

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