

Isaacs | News + Center | Community

Your Guide to Programs and Services at the Stanley M. Isaacs Neighborhood Center April 2018

Sunday Suppers













This month at the Isaacs Center Senior Center

MONDAYS

Art Class w/ Nancy

1:45PM Nancy is an art instructor at Isaacs.

> She will teach you to draw with pencil and charcoal and to paint with acrylic on canvas board. We paint a variety of pieces.

MONDAYS

Isaacs Chorale "Choir"

2:30PM

The Isaacs Center choir meets weekly. If you are interested in singing please join us.

TUESDAYS

Arts & Crafts Class

3:30PM

Tired of the gloomy weather? If you answered yes please join the Arts & Crafts class on Tuesdays at 3:30. We will help cheer you up and bring some sunshine to you the Isaacs way.

THURSDAYS 92Y Art Classes at the **Isaacs Center**

BEGINNING APRIL 12

Join teaching artist Zach Seegar for a series of drawing and painting classes. Create your own masterpieces in Drawing, Drawing with Color, and Watercolor and Acrylics. The classes will be held at the Isaacs Center beginning on April 12th. Check the hospitality table for more information. Sign up at the front desk today!

FRIDAY

Movie Update

6 3:00PM

The movie on April 6th will begin at 3:00pm.

TUESDAY

HIICAP Presentation

17 1:15PM

A representative from the NYC Department for the Aging's HIICAP program will speak about how to get Medicare information right here at Stanley Isaacs on April 17th at 1:15pm. Every Tuesday, Susan, a certified HIICAP counselor, is available to provide information on Medicare and its related programs.

WEDNESDAY Trip: Amish Country Tour

18

7:45AM \$40

Trip includes lunch buffet at the Golden BUS LEAVES Corral, professional guided Amish Tour of Lancaster then visit the Bird n Hand Farmers Market. See hospitality table for more information.

WEDNESDAY

Dollarama Party

25 2:30PM

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 April 25th at 2:30pm. Cost is only \$1 to get in. Please B.Y.O.D - Bring your own drinks (non-alcoholic). Refreshments will be served.

Sewing Class

Are you interested in learning how to sew? Do you already know? If so, join us on Fridays at 2pm beginning April 13th

Karaoke

The Isaacs Center is thinking about a karaoke party but we need your help. If there are songs you would like to sing please write the name of the artist and the name of the song and place it in the suggestion box. We need your help!

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。

at the Movie Isaacs

Movie Schedule

Wednesday Mondays Thursdays Fridays 2:30PM 2:30PM 1:30PM 2:15PM

Apr 2 Apr 4 Wed Apr 5 Dunkirk Let The Bullet Fly Home Again 让子弹飞

Apr 13 Wed Apr 6 Fri Apr 9 Mon If Your Are the One Atomic Blonde The Man From 非诚勿扰 U.N.C.L.E.

Apr 16 Mon Apr 12 Thu Apr 13 Fri Battle of the Sexes Central Intelligence The Glass Castle

Apr 18 Wed Apr 19 Thu Apr 20 Fri Raise The Red Lantern Stronger Last Flag Flying 大红灯笼高高挂

Apr 23 Mon Apr 25 Wed Apr 26 Thu Beguiled Seven Sword Detriot 七剑下天山

Apr 27 Fri Apr 30 Mon Random Harvest Meet Me in St. Louis

Office Hours w/ Greg

Thank you to Deneen and Dorothy who

Spotlight

served as the President and Vice President on the Executive Committee at the Senior Center.

Upcoming Month May 2018

- Monday, May 21st, Trip to Villa Roma
- Tuesday, May 22nd, Musical Performance by Spence School

Isaacs Center General Information

Isaacs Center Front Desk

Eileen to schedule a time.

For Isaacs Center information, please call Helen, our front desk

Stop in to speak with Greg during his weekly "office hours." See

Meals on Wheels

Senior Center

The NORC-SSP provides comprehensive case management and case

FREE WI-FI

find out how to connect.

Isaacs Youth Center

09 Mo∩Unicorn Day Zumba w/ Yvonne

11AM-2PM Senator Serrano Mobile

Office Hours

1:30 Pet Therapy w/ Alice

1:30 Movie

1:45 Art Class w/ Nancy

Isaacs Chorale "Choir" 2:30

Mon 16

Zumba w/ Yvonne 10:30 1:15 Patient Advocacy w/ Jess

1:30 Pet Therapy w/ Alice 1:30 Movie

1:45 Art Class w/ Nancy

Isaacs Chorale "Choir" 2:30 5:00 Chair Yoga

23 Mon

10:30

2:30

1:15 Patient Advocacy w/ Jess 1:30 Pet Therapy w/ Alice 1:30 Movie 1:45 Art Class w/ Nancy

Isaacs Chorale "Choir"

Zumba w/ Yvonne

30 Mon

Zumba w/ Yvonne 1:30 Pet Therapy w/ Alice 1:30 Movie Art Class w/ Nancy 1:45

Isaacs Chorale "Choir" 2:30

5:00 Chair Yoga

03 Tue Ticket Sales 9AM-10:30AM & 1PM-2PM

9:30 Stay Well Fitness w/ Denis 10:00 **Golden Opportunities**

10:30 Meditation 1-4PM Nurse Lorraine Walk-In 1:30

Nutrition Education w/ Jeffrey & Jennilynn Rincón Latino w/ Jennifer

2:15 Bingo

2:30 Ed & Rec w/ Anita 3:00 Arts and Crafts

3:30 **Hospitality Committee w/ Khristel**

10 Tue

Stay Well Fitness w/ Denis 9:30 10:00 **Golden Opportunities** 10:30 Meditation

11AM-2PM Councilman Ben Kallos Mobile **Office Hours**

Nurse Lorraine Walk-In 1:15 Rincón Latino w/ Jennifer 1:15 **Carelink Presentation** 2:15 Bingo

3:00 **Arts and Crafts** 7PM **Isaacs Tenant Meetings**

U⊕ Tax Day

Stay Well Fitness w/ Denis 9:30 10:00 **Golden Opportunities**

Meditation 10:30 1-4PM Nurse Lorraine Walk-In

Rincón Latino w/ Jennifer 1:15 1:15 **HIICAP Presentation**

2:15 Bingo

3:30 **Arts and Crafts**

7PM **Holmes Tenant Meeting**

24 Tue

Stay Well Fitness w/ Denis **Golden Opportunities** 10:00 10:30 Meditation 1-4PM Nurse Lorraine Walk-In 1:15 Rincón Latino w/ Jennifer 1:15 Mt Sinai Presentation "Important Vaccines All Seniors Should Have" 2:15 Bingo 3:30 Arts and Crafts

Thank you to Wells Fargo 86th Street for serving lunch



04 Wed Ticket Sales 9AM-10:30AM

10-12PM Blood Pressure Screenings 10:30 Yoga w/ Nammi

1:00 没事儿咱聊聊 1:15 **Membership Meeting**

2:00 **Tech Talk Q&A** Chatting w/ Chantal 2:00

2:15 国语电影

2:30 Scrabble Group 2:30 Bingo

11 **Wed Trip: Trader Joes***

Health Chat w/ Huda 9:45 "Healthy Heart"

10-12PM Blood Pressure Screenings

10:30 Yoga w/ Nammi 没事儿咱聊聊 1:00 1:15 Groove w/ Yvonne 2:00 **Poets & Writers**

2:15 国语电影 2:30 Scrabble Group 2:30 Game Day

Trip: The Amish Country Wed ""Tour*

10-12PM Blood Pressure Screenings

10:30 Yoga w/ Nammi 1:00 没事儿咱聊聊

1:15 Groove w/ Yvonne

2:00 **Chatting w/ Chantal**

2:00 **Tech Talk Q&A** 2:15 国语电影

2:30 Scrabble Group

2:30 Bingo

Administrative **Professional Day**

Trip: Manhattan Valley*

10-12PM Blood Pressure Screenings

Yoga w/ Nammi 10:30 没事儿咱聊聊 1:00

1:15 Groove w/ Yvonne 2:00 **Poets & Writers**

2:15 国语电影 2:30 Scrabble Group **Dollarama Party**

Thu Ticket Sales 9AM-10:30AM

Chronic Illness & Nutrition 10:00 Zumba w/ Janelle & Company Talking with Joan 11:00

Craft Hour 12:00 1:00 The Group w/ Aaron

1:15 ESL for Spanish Speakers 2:00 Daily Fitness

2:15 Collaborative Writing Class

2:20 Learn Spanish 3:30 Movie

Thu

92Y Art Class @ Isaacs 9:30 Chronic Illness & Nutrition 10:00 10:00 Zumba w/ Janelle & Company Talking with Joan 11:00

12:00 Craft Hour 1:00 The Group w/ Aaron 1:00 92Y Art Class @ Isaacs

1:15 **ESL for Spanish Speakers** 2:00 Daily Fitness

Collaborative Writing Class 2:15 2:20 Learn Spanish 3:30 Movie

19 Thu

9:30 92Y Art Class @ Isaacs 10:00 Chronic Illness & Nutrition Zumba w/ Janelle & Company 10:00 11:00 Talking with Joan Craft Hour 12:00

1:00 The Group w/ Aaron 1:00 92Y Art Class @ Isaacs 1:15 **ESL for Spanish Speakers**

2:00 **Daily Fitness** 2:20 Learn Spanish

3:30 Movie

Thu 26

9:30 92Y Art Class @ Isaacs 10:00 Chronic Illness & Nutrition

Zumba w/ Janelle & Company 10:00 11:00 Talking with Joan Craft Hour 12:00 1:00 The Group w/ Aaron

1:00 92Y Art Class @ Isaacs **ESL for Spanish Speakers** 1:15

2:00 Daily Fitness 2:20 Learn Spanish

Movie

3:30

06 Fri

Groove w/ Roger 9:30 Caregiver Support Group Hablando con Maria

Sat Passover Ends

Yoga

Sat

Yoga

Sat

Yoga

Sat

Yoga

10:00

11-1PM Granny Squared

11-1PM Granny Squared

10:00

14

10:00

10:00

SPAC Meeting 11:00 11AM-1PM Emblem Health Tabling

Nurse Lorraine Walk-In

2:15 Bingo 3:00 Movie

13 Fri Groove w/ Roger 9:30

Caregiver Support Group 10:00 Hablando con Maria 10:00

2:00 Clutter Support Group w/ Dominique

Nurse Lorraine Walk-In

2:00 **Sewing Class** 2:15 Bingo

2:30 Movie

1-4PM

20

9:30 Groove w/ Roger 10:00 Caregiver Support Group

10:00 Hablando con Maria 1-4PM Nurse Lorraine Walk-In

1:15 **Birthday Party Sewing Class** 2:00 2:30 Movie

2:30 **Glamour Gals**

3:00 Bingo Fri

9:30 Groove w/ Roger

Caregiver Support Group 10:00 10:00 Hablando con Maria 1-4PM Nurse Lorraine Walk-In

Audrey Silver Musical Performance 2:00 Clutter Support Group w/ Dominique

2:00 **Sewing Class** 2:30 Movie 3:00 Bingo

APRIL 2018

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

02 Mon

B: Continental Breakfast

L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Tomato
Orange, Milk

09 Mon

B: Continental Breakfast
 L: Baked Ziti w/ Meat Sauce
 Whole Wheat Bread
 Steamed Red or Green Cabbage
 Apple
 Orange Pineapple Juice, Milk

16 Mon

 B: Continental Breakfast
 L: Creamy Beef & Mushroom Sauce Whole Wheat Bread
 Red Bliss Potatoes
 Steamed Red or Green Cabbage

Apple Juice, Milk

23 Mon

B: Continental BreakfastL: Stuffed Shells w/ CheeseWhole Wheat BreadItalian Blend VegetablesBanana, Milk

30 Mon

B: Continental Breakfast L: Chicken Salad

Whole Wheat Dinner Roll
Apple & Beet Salad
Carrots & Raisins
Orange Pineapple Juice, Milk

03 Tue

B: Continental Breakfast
 L: Citrus Marinated Chickne Breast
 Whole Wheat Bread
 Baked Sweet Potato
 Italian Cut Green Beans
 Apple, Milk

10 Tue

B: Continental BreakfastL: Chicken Spaghetti CasseroleWhole Wheat BreadSteamed CarrotsOrange, Milk

17 Tue

B: Continental Breakfast
L: Mexican Style Chicken Thighs
& Rice
Whole Wheat Bread
Steamed Spinach
Orange, Milk

24 Tue

B: Continental Breakfast
L: Chicken Stir Fry w/ Vegetables
Brown Rice
Whole Wheat Bread
Garden Salad
Pineapple Juice, Milk

04 Wed

L:

Continental Breakfast
Chinese Style Pork
Chinese Style Spaghetti
Whole Wheat Bread
Oriental Blend Vegetables
Canned Pears
Orange Juice, Milk

11 Wed

B: Continental Breakfast
L: Beef & Turkey Meatloaf w/
Mushroom Gravy
Whole Wheat Bread
California Blend Vegetables
Mashed Potatoes
Banana, Milk

18 Wed

B: Continental Breakfast
L: Beef & Broccoli
 Quinoa
 Whole Wheat Bread
 Kale, Romaine, Apple,
 Red Cabbage & Parmesan Salad
 Pineapple, Milk

25 Wed

B: Continental Breakfast
L: Hamburgers
Swiss Cheese
Whole Wheat Hamburger Bun
Lettuce & Tomato
Over Ready Fries
Honeydew, Milk

05 Thu

B: Continental Breakfast
L: Turkey Meatloaf
Whole Wheat Bread
California Blend Vegetables
Mashed Potatoes
Fruit Cocktail, Milk

12 Thu

B: Continental Breakfast
L: Lentil Soup
Grilled Chhese
Whole Wheat Bread
Kale, Romaine, Apple,
Red Cabbage & Parmesan Salad
Pineapple, Milk

19 Thu

B: Continental Breakfast
 L: BBQ Chicken Leg Quarters
 Whole Wheat Bread
 Baked Sweet Potato
 California Blend Vegetables
 Apple, Milk

26 Thu

B: Continental Breakfast
L: Pork Spare Ribs
Baked Macaroni & Cheese
Whole Wheat Bread
Braised Collard Greens
Orange, Milk

06 Fri

B: Continental Breakfast
L: Baked Breaded Fish
Brown Rice
Whole Wheat Bread
Kale & Lemon
Pineapple, Milk

13 Fri

B: Continental Breakfast
L: Baked Breaded Fish
Whole Wheat Bread
Baked Sweet Potato
Green Bean Saute
Fruit Cocktail
Orange Juice, Milk

20 Fri

B: Continental Breakfast
L: Pineapple Glazed Salmon
Whole Wheat Bread
Wild Rice
Steamed Broccoli
Orange Juice, Milk

27 Fri

B: Continental Breakfast
L: Tuna Fish Salad
Whole Wheat Bread
Arugula Salad w/ Balsamic Vinegar
Cole Slaw
Watermelon, Milk

07 Sat Take Home Lunch Distributed on Friday

L: BBQ Chicken Breasts
Bowtie Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Orange, Milk

14 Sat Take Home Lunch Distributed on Friday

L: Garlic Beef Meatballs
Whole Wheat Bread
Whole Wheat Spaghetti
California Blend Vegetables
Orange, Milk

21 Sat Take Home Lunch Distributed on Friday

L: Baked Ziti w/ Meat Sauce
Whole Wheat Bread
Normandy Blend Vegetables
Orange, Milk

28 Sat Take Home Lunch Distributed on Friday

B: Continental Breakfast
L: Baked Chicken Thighs
Quinoa
gar Whole Wheat Bread
California Blend Vegetables
Apple, Milk

APRIL 2018

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.



The Isaacs Center programs are partially funded by the NYC Department for the Aging.

01 Sun

Turkey w/ Gravy Brown Rice w/ Mushrooms Whole Wheat Bread **Cut Green Beans** Orange

08 Sun

Apple Juice, Milk

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

15 Sun

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

22 Sun

Turkey w/ Gravy Whole Wheat Bread **Cut Green Beans Mashed Sweet Potatoes** Orange Apple Juice, Milk

29 Sun

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

02 Mon

Beef Stew Whole Wheat Bread Baby Carrots w/ Parsley **Red Bliss Potatoes** Kiwi Apple Juice, Milk

09 Mon

Whole Wheat Bread Mixed Vegetables **Sweet Baked Yams** Orange Apple Juice, Milk

16 Mon

Beef Stroganoff w/ Noodles Whole Wheat Bread California Blend Vegetables Orange Pineapple Juice, Milk

23 Mon

Baked Ziti w/ Meat Sauce Whole Wheat Bread Cut Green Beans Orange Apple Juice, Milk

30 Mon

Turkey Pie Whole Wheat Bread Italian Blend Vegetables Apple Orange Juice, Milk

03 Tue

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

10 Tue

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

Tue

Baked Chicken Thighs Mexican Confetti Rice Whole Wheat Bread Baby Carrots w/ Parsley Orange Apple Juice, Milk

24 Tue

BBQ Chicken Leg Quarters Whole Grain Macaroni & Cheese Whole Wheat Bread **Italian Blend Vegetables Apple** Orange Juice, Milk

04 Wed

Baked Salmon Dill Lemon Sauce Barley Whole Wheat Bread **Italian Blend Vegetables** Sliced Peaches Orange Pineapple Juice, Milk

Wed

Baked Basa Fish Barley Whole Wheat Bread California Blend Vegetables Apple Juice, Milk

18 Wed

Baked Flounder Sofrito Orzo Pilaf Whole Wheat Bread Steamed Broccoli **Canned Pears** Orange Juice, Milk

25 Wed

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

05 Thu

Arroz con Pollo (Chicken & Rice) Whole Wheat Bread Baby Carrots w/ Parsley Banana Apple Juice, Milk

Thu

Ouinoa w/ Kale & Carrots

Whole Wheat Bread

Zucchini & Carrots

Orange Juice, Milk

Banana

Chicken Picatta w/ Lemon Sauce

Apple Orange Pineapple Juice, Milk

Bulgur

Spinach

13

06 Fri

Baked Basa Fish

Light Basil Cream Sauce

Whole Wheat Bread

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

Fri

19 Thu

Chicken Curry w/ Apples & Peas White Rice Whole Wheat Bread Italian Blend Vegetables Banana Apple Juice, Milk

26 Thu

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

20 Fri

Ginger & Lime Salmon Barley Whole Wheat Bread **Collard Greens** Apple Orange Juice, Milk

27 Fri

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

07 Sat

BBO Chicken Breasts Whole Wheat Bread **Cut Green Beans** Mashed Red Potatoes Kiwi Apple Juice, Milk

14 Sat

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

21 Sat

Beef Salisbury Steak w/ Mushroom Sauce Egg Noodles Whole Wheat Bread Zucchini & Peas **Canned Apricots** Orange Pineapple Juice, Milk

28 Sat

Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Normandy Blend Vegetables Apple Juice, Milk

APRIL 2018

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.

PUZZLES & GAMES

Its April.

Find the words that relate to Spring.

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

> Seed Sunny Blossom Delicious

Tiny **Treasures Easter Bunny** Eggs

Spring Air Warm

RIDDLES

Take your pick and solve these riddles

1. What is black when you buy it, red when you use it, and gray when you throw it away?

2. What is it that when you take away the whole, you still have some left over?

feather, yet no man can hold it for long. What am I?

3. This is as light as a 4. I was carried into a 5. This old one runs dark room, and set on forever, but never fire. I wept, and then my head was cut off. What am I?

moves at all. He has not lungs nor throat, but still a mighty roaring call. What is

Charcoal Mholesome Your breath A candle Ilemetertall



For more information, please contact Justina Sharrock, Jsharrock@isaacscenter.org or 212.360.7625 x210

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