

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

92Y Art Class













Closed for Programming

MAY 26 & 28

Isaacs Center will be closed on Saturday May 26th and Monday, May 28th 2018.

MONDAYS 1:45PM

Art Class w/ Nancy Nancy is an art instructor at Isaacs.

She will teach you to draw with pencil, charcoal and 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.

THURSDAYS 92Y Art Classes at the

Isaacs Center

9:30AM & 1:30PM

Join teaching artist Zach Seegar for a series of drawing and painting classes. Create your own masterpieces in Drawing. Drawing with Color and Watercolor Acrylics. Check the hospitality table for more information.

FRIDAYS

Sewing Class

2:00PM

Are you interested in learning how to sew? Or do you already know how to? If so, join us on Fridays at 2pm.

FRIDAY

Craft Sale

4 11:00AM Join the ladies from Craft Hour as they present and sell some of their handmade items.

FRIDAY

Mary Kay

4 2:00PM Mary Kay will return to the Isaacs Center on Friday, May 4th at 2:00pm. There will be representatives showing us some of the latest products.

SUNDAY Sunday Suppers



Join us for Sunday Suppers on Sunday May 6th for our final Supper of the season. Doors open at 3:30pm, supper serve at 4:30pm.

MONDAY

Visiting Nurse Services of New York - PEARLS

1:15PM

Join us for an educational workshop brought to you by the Visiting Nurse Services of New York's PEARLS program on understanding and treating Depression in Older Adulthood. The presentation will be followed by individual screenings for those who are interested.

MONDAY 7

Volunteer Ice Cream Party

3:00PM

The week of April 16th was volunteer appreciation week. We would like to acknowledge all volunteers at the Isaacs Center for their hard work, dedication and commitment. In true Isaacs form we will celebrate you with ice cream.

WEDNESDAY Trip: Villa Roma

21 7:30AM \$50

Upon arrival you will have coffee and cake. BUS LEAVES Later on in the day you will have a sit down luncheon and a matinee show tribute to Whitney Houston & Donna Summer. Indoor and Outdoor activities included.

TUESDAY

22

The Spence School **Musical Concert**

1:15PM

The 3rd grade students from the Spence School will return on May 22nd at 1:15pm for their annual musical performance.

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。

Movie Isaacs

Movie Schedule

Mondays 1:30PM

Thursdays 2:30PM

Fridays 2:30PM

May 3 Thu **Proud Mary**

May 4 Fri King Kong

May 11 Fri

Phantom Thread

May 25 Fri

I, Daniel Blake

May 7 Mon Godzilla

May 10 Thu The Shape of Water

Molly's Game

May 18 Fri May 17 Thu

Wind River

All The Money in The World

May 21 Mon The Greatest Showman

Mav 14 Mon

May 28 Mon **Isaacs Center** Closed

May 31 Thu North Country

May 24 Thu

Les Miserables

Senior Spotlight



What brings you to the Isaacs Center?

I like the Isaacs Center because it cultivates my interest. I love learning and this is the place to learn. I love the multiplicity of events that arouse my curiousity. Some of the people are my soul mates and I treasure that.

Upcoming Month

June 2018

- June 6th, Ice Cream Social
- June 12th, Annabella Gonzalez Dance Theater
- June 14th, Senior Center trip to the National African American History and Culture Museum

Isaacs Center General Information

Isaacs Center Front Desk

Eileen to schedule a time.

Office Hours w/ Greg

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

*Please note that an advance
ticket is required for some
activities.

07 Mon Zumba w/ Yvonne Pet Therapy w/ Alice 1:30 Movie 1:30 1:45 Art Class w/ Nancy 1:15 **Visiting Nurse Services Presentation "Treating Depression in Older Adults"** 2:30 Isaacs Chorale "Choir" **Volunteer Ice Cream Party** 3:00 14 Mon Zumba w/ Yvonne 10:30 Patient Advocacy w/ Jess 1:15 Pet Therapy w/ Alice 1:30 1:30 Movie 1:45 Art Class w/ Nancy

Isaacs Chorale "Choir"

Chair Yoga

Mo∩ Trip: Villa Roma* Zumba w/ Yvonne 10:30 11AM-2PM Senator Serrano Mobile **Office Hours** 1:30 Pet Therapy w/ Alice 1:30 Movie Art Class w/ Nancy 1:45 2:30 Isaacs Chorale "Choir"

28 Mon

2:30

5:00

Isaacs Center will be closed in honor of Memorial Day

O1 Tue May Day

Ticket Sales 9AM-10:30AM & 1PM-2PM				
9:30	Stay Well Fitness w/ Denis			
10:30	Meditation			
1-4PM	Nurse Lorraine Walk-In			
1:30	Food Committee w/ Jeffrey			
1:15	Rincón Latino w/ Jennifer			
2:15	Bingo			
2:30	Ed & Rec w/ Anita			

3:30 Arts and Crafts 08 Tue Stay Well Fitness w/ Denis

Hospitality Committee w/ Khristel

10:30	Med	litatio	n			
11AM-2	PM C	ounci	lma	n Be	n	Kallos Mobile
Office Hours						

1-4PM	Nurse Lorraine Walk-in
1:15	Rincón Latino w/ Jennifer
1:15	Nutrition Education w/ Jennilyn
1:30	Social Action Committee w/ Aaron
2:15	Bingo
3:30	Arts and Crafts

7PM	Isaacs Tenant Meetings
16	Tuo

IJ	140
9:30	Stay Well Fitness w/ Denis
10:30	Meditation
1-4PM	Nurse Lorraine Walk-In
1:15	Rincón Latino w/ Jennifer
2:15	Bingo

3:30	Arts and Crafts
7PM	Holmes Tenant Meeting

9:30	Stay Well Fitness w/ Denis
10:30	Meditation
1 / DM	Nursa Larraina Walk In

1-4PM	Nurse Lorraine Walk-In
1:15	Rincón Latino w/ Jennifer
1:15	Spence School Annual Musical
	Performance

2:15	Bingo
3:30	Arts and Crafts

22 Tue

29 Tue

9:30	Stay Well Fitness w/ Denis
10:30	Meditation
1-4PM	Nurse Lorraine Walk-In
1:15	Rincón Latino w/ Jennifer
1:15	Nutrition Education w/ Jennilyn
2:15	Bingo
3:30	Arts and Crafts

○2 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	Chatting w/ Chantal			
2:30	Scrabble Group			
2:30	Bingo			

09 Wed Trip: Trader Joes* Health Chat w/ Huda "Managing Bladder Issues"

10-12PM	I Blood Pressure Screening
10:30	Yoga w/ Nammi
1:00	没事儿咱聊聊
1:15	Groove w/ Yvonne
2:00	Tech Talk Q&A
2:00	Poets & Writers
2:30	Scrabble Group
2:30	Game Day

Trip: East River Plaza at 116th Street* Yoga w/ Nammi

10.50	roga w/ maninin
1:00	没事儿咱聊聊
1:15	Groove w/ Yvonne
2:00	Chatting w/ Chantal
2:00	Tech Talk Q&A
2:30	Scrabble Group

23 Wed

Bingo

2:30

Special Ticket Sales for June 14th Trip 9AM - 10:30AM

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1:00	没事儿咱聊聊
1:15	Groove w/ Yvonn
2:00	Tech Talk Q&A
2:30	Scrabble Group
2:30	Game Day

10:30 Yoga w/ Nammi

30 Wed

10:30	Yoga w/ Nammi
1:00	没事儿咱聊聊
1:15	Groove w/ Yvonne
2:00	Tech Talk Q&A
2:30	Scrabble Group
2:30	Bingo

03 Th∪ Ticket Sales 9AM-10:30AM

9:30	92Y Art Class @ Isaacs
10:00	Chronic Illness & Nutrition
10:00	Zumba w/ Janelle & Company
11:00	Talking with Joan
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
2:20	Learn Spanish
3:30	Movie

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9:30	92Y Art Class @ Isaacs
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2:20	Learn Spanish
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Thu

9:30	92Y Art Class @ Isaacs
10:00	Chronic Illness & Nutrition
10:00	Zumba w/ Janelle & Company
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12:00	Craft Hour
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1:00	92Y Art Class @ Isaacs
1:15	ESL for Spanish Speakers
2:00	Daily Fitness
2:20	Learn Spanish

Movie **24** Thu

3:30

Movie

9:30	92Y Art Class @ Isaacs
10:00	Chronic Illness & Nutrition
10:00	Zumba w/ Janelle & Company
11:00	Talking with Joan
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
2:20	Learn Spanish
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31	Thu
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9:30	92Y Art Class @ Isaacs
10.00	Chronic Illness & Nutrition

3:30 31	Thu
9:30	92Y Art Class @ Isaacs
10:00	Chronic Illness & Nutrition
10:00	Zumba w/ Janelle & Company
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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
2:20	Learn Spanish

04	⊢ri Star V	Vars Day	05	Sat
9:30 10:00 10:00 10:00 11:00 11:4PM 2:00 2:00 2:00 2:15 2:30	Groove w/ Rog Caregiver Sup Hablando con Golden Oppor Craft Sale Nurse Lorraine Mary Kay Pre Sewing Class	ger port Group I Maria rtunities e Walk-In		Granny Squared
9:30 10:00 10:00 10:00 1-4PM 1:15 2:00 2:00	Hablando co Golden Oppo Nurse Lorrain Weill Cornel "Strokes" Clutter Supp Sewing Class	pport Group on Maria ortunities ne Walk-In I l Medicine Presentation ort Group w/ Dominique	12 10:00	Sat Yoga
2:15 2:30	Bingo Movie			
18	Fri		19	Sat

Groove w/ Roger 10:00 Yoga Caregiver Support Group 11-1PM Granny Squared Hablando con Maria **Golden Opportunities** 10:00 Nurse Lorraine Walk-In 1:15 **Birthday Party** 2:00 Sewing Class 2:00 Clutter Support Group w/ Dominique 2:30 Movie **Glamour Gals** 2:30 Bingo

Fri	26 Sat
Groove w/ Roger Caregiver Support Group Hablando con Maria	Isaacs Center v
Golden Opportunities Nurse Lorraine Walk-In	closed in hone

will be closed in honor of Clutter Support Group w/ Dominique **Memorial Day**

MAY 2018

Maria Guida Musical Performance

SENIOR CENTER ACTIVITIES

8:00AM to 5:00PM on weekdays Saturdays 9:00AM to 1:00PM for limited programming.

Sewing Class

Bingo

Movie

the Isaacs Center unless otherwise noted.

3:00 25

9:30

10:00

10:00

10:00 1-4PM

1:15

2:00

2:00

2:15

2:30

<u> M</u>	Y 2018 Senior Cent	<u>er Men</u>	U								
		01	Tue	02	Wed	03	Thu	04	Fri	05	Sat Take Home Lunch Distributed on Friday
		B: L:	Continental Breakfast Brown Gravy Turkey Meatballs Whole Wheat Bread Whole Wheat Spaghetti Italian Blend Vegetables Cantaloupe, Milk	B: L:	Continental Breakfast Baked Chicken Quarters Whole Wheat Bread Baked Sweet Potato Collard Greens w/ Tomato Peach, Milk	B: L:	Continental Breakfast Beef Pot Roast Egg Noodles Whole Wheat Bread Steamed Broccoli Tangerine Milk	B: L:	Continental Breakfast Baked Fish w/ Cream Sauce Whole Wheat Bread Baked Sweet Potato Steamed Red or Green Cabbage Watermelon, Milk	L:	Baked Macaroni & Cheese Whole Wheat Bread Italian Cut Green Beans Apple Orange Juice, Milk
07	Mon	08	Tue	09	Wed	10	Thu	11	Fri	12	Sat Take Home Lunch Distributed on Friday
B: L:	Continental Breakfast Cheese Ravioli Tomato Sauce Whole Wheat Bread Kale & Watercress Salad Mixed Vegetables Nectarine, Milk	B: L:	Continental Breakfast Pepper Flank Steak Quinoa Whole Wheat Bread Mixed Green Salad Tomato Cantaloupe, Milk	B: L:	Continental Breakfast Sweet & Sour Chicken Breasts Brown Rice Whole Wheat Bread Broccli & Red Peppers Pineapple Juice, Milk	B: L:	Continental Breakfast Hamburgers Swiss Cheese Cole Slaw Garden Salad Orange, Milk	B: L:	Continental Breakfast Salmon Salad Whole Wheat Bread Apple & Beet Salad Cabbage Carrot Slaw Honeydew Apple Juice, Milk	L:	Turkey w/ Gravy White Rice Whole Wheat Bread Steamed Spinach Pear Orange Juice, Milk
14	Mon	15	Tue	16	Wed	17	Thu	18	Fri	19	Sat Take Home Lunch Distributed on Friday
B: L:	Continental Breakfast Baked Macaroni & Cheese Whole Wheat Bread Mixed Green Salad	B: L:	Continental Breakfast Citrus Marinated Chicken Breakfast Whole Wheat Bread Baked Sweet Potato	B: L:	Continental Breakfast Chinese Style Pork Chinese Style Spaghetti Whole Wheat Bread	B: L:	Continental Breakfast Turkey Meatloaf Whole Wheat Bread California Blend Vegetables	B: L:	Continental Breakfast Baked Breaded Fish Brown Rice Whole Wheat Bread	L:	BBQ Chicken Breasts Bowtie Noodles Whole Wheat Bread

21 Mon

B: Baked Ziti w/ Meat Sauce

Orange Pineapple Juice, Milk

Orange, Milk

Tomato

Continental Breakfast

Whole Wheat Bread Steamed Red or Green Cabbage

28 Mon

Isaacs Center will be B: closed in honor of **Memorial Day**

Continental Breakfast Rice Whole Wheat Bread Steamed Spinach Orange, Milk

Apple, Milk

22 Tue

Continental Breakfast

Chicken Spaghetti Casserole Whole Wheat Bread **Steamed Carrots** Orange, Milk

Italian Cut Green Beans

29 Tue

Mexican Style Chicken Thighs &

Whole Wheat Bread Oriental Blend Vegetables **Canned Pears** Orange Juice, Milk

23 Wed

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

30 Wed

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

California Blend Vegetables Mashed Potatoes Fruit Cocktail Milk

24 Thu

Continental Breakfast Lentil Soup Grilled Cheese Whole Wheat Bread Kale, Romaine, Apple, Red Cabbage & Parmesan Salad Pineapple, Milk

31 Thu

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

Whole Wheat Bread Normandy Blend Vegetables Orange, Milk

Sat Take Home Lunch Distributed on Friday

Isaacs Center will be closed in honor of **Memorial Day**

MAY 2018

SENIOR CENTER MENU

Breakfast

25 Fri

B:

8:30AM-9:15AM. Suggested

Kale & Lemon

Pineapple, Milk

Continental Breakfast

Baked Breaded Fish

Whole Wheat Bread

Baked Sweet Potato

Green Bean Saute

Orange Juice, Milk

Fruit Cocktail

Lunch

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

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.

Isaacs Center will be closed on Saturday May 26th and Monday May 28th. All meals will be delivered in advanced.

01 Tue Honey Mustard Chicken Breast

Rice w/ Chickpeas Whole Wheat Bread Baby Carrots w/ Parsley **Canned Pears** Orange Pineapple Juice, Milk

02 Wed

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

03 Thu

Chicken Parmensan Penne Whole Wheat Bread Steamed Broccoli & Cauliflower Orange Juice, Milk

04 Fri Baked Basa Fish

Bulgur Whole Wheat Bread **Steamed Spinach** Banana Orange Juice Juice, Milk **05** Sat

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

06 Sun

Ham Mashed Red Potatoes Whole Wheat Bread Cut Green Beans Orange Orange Juice, Milk

07 Mon

Beef Meatballs in Tomato Sauce Chicken & Broccoli Stir Fry Whole Wheat Bread Whole Wheat Spaghetti Baby Carrots w/ Parsley Kiwi Orange Pineapple Juice, Milk

08 Tue

White Rice Whole Wheat Bread Apple Juice, Milk

09 Wed

Baked Basa Fish **Ginger Sauce** Orzo Pilaf Whole Wheat Bread Steamed Spinach Apple Orange Juice, Milk

Baked Salmon

Baked Basa Fish

Whole Wheat Bread

California Blend Vegetables

Barley

Thu

Vanilla Pudding

Orange Glazed Chicken Breast Rice w/ Mushroom Whole Wheat Bread Mixed Vegetables Whole Wheat Bread Mixed Vegetables Banana Orange Pineapple Juice, Milk

Thu

Arroz con Pollo (Chicken & Rice)

Fri

Baked Flounder **Greek Sauce Garlic Mashed Potatoes** Whole Wheat Bread **Italian Blend Vegetables** Canned Pineapple Orange Juice, Milk

18

Baked Basa Fish

Fri

Light Basil Cream Sauce Bulgur Whole Wheat Bread Spinach Apple Orange Pineapple Juice, Milk

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

12 Sat

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

13 Sun

Turkey w/ Gravy **Sweet Baked Yams** Whole Wheat Bread Italian Cut Green Beans **Canned Apricots** Apple Juice, Milk

14 Mon

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

15 Tue

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

Wed 16

Dill Lemon Sauce Barley Whole Wheat Bread Italian Blend Vegetables Sliced Peaches Orange Pineapple Juice, Milk **23** Wed

Apple Juice, Milk

Whole Wheat Bread

Banana

Baby Carrots w/ Parsley

Chicken Picatta w/ Lemon Sauce Quinoa w/ Kale & Carrots Whole Wheat Bread Zucchini & Carrots Banana

19 Sat

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

20 Sun

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

21 Mon

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

22 Tue

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

24 Thu

Orange Juice, Milk

26 Sat

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

27 Sun

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

28 Mon

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

29 Tue

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

30 Wed

Apple Juice, Milk

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

Thu

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

MAY 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 x144.

PUZZLES & GAMES

Its May.

Find the words that relate to Memorial Day.

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Memorial Day Summer time Honor Celebrate Salute

Armed Forces
America
Patriotic
Flag
Monument Parade

RIDDLES

Take your pick and solve these riddles

1. If you have three oranges and you take away two, how many will you have?

2. What are three keys that open no doors?

3. When is the time of a clock like the whistle of a train?

4. What treat is never on time?

5. Why did Sally throw butter out of the top window of a 20 story building?

turKeys.

Two. The two you took.

MonKEYs, and donKEYs,

When it's two.

A choco-late!

Sally wanted to see a butter fly!

Need a job? **Need your** high school diploma? Ages 16-24

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

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

Craft Hour











Join us for craft hour on Thursdays at 12pm.