Visiting Nurse Services of New York - PEARLS
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.

Volunteer Ice Cream Party
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.

Trip: Villa Roma
Upon arrival you will have coffee and cake. 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.

The Spence School Musical Concert
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 estamos 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。

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

Craft Sale
Join the ladies from Craft Hour as they present and sell some of their handmade items.

Mary Kay
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 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.

Office Hours w/ Greg
Stop in to speak with Greg during his weekly “office hours.” See Eileen to schedule a time.

Movies at the Isaacs Center
Movie Schedule
Mondays 1:30PM
Thursdays 2:30PM
Fridays 2:30PM
May 3 Thu Proud Mary
May 4 Fri King Kong
May 7 Mon Godzilla
May 10 Thu The Shape of Water
May 14 Mon All The Money in The World
May 17 Thu Molly’s Game
May 21 Mon The Greatest Showman
May 24 Thu Les Misérables
May 25 Fri I, Daniel Blake
May 28 Mon Isaacs Center Closed

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

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 curiosity. Some of the people are my soul mates and I treasure that.”

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.
07 Mon
10:30 Zumba w/ Yvonne
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
1:15 Visiting Nurse Services Presentation “Treating Depression in Older Adults”
2:30 Isaacs Chorale “Choir”
3:00 Volunteer Ice Cream Party
3:00 Choir Yoga
14 Mon
10:30 Zumba w/ Yvonne
1:15 Patient Advocacy w/ Jess
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
2:30 Isaacs Chorale “Choir”
5:00 Chair Yoga
21 Mon Trip: Villa Roma*
10:30 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
2:30 Isaacs Chorale “Choir”
28 Mon
Isaacs Center will be closed in honor of Memorial Day
29 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
1:15 Nurse Lorraine Walk-In
1:15 Nutrition Education w/ Jennilyn
1:15 Bingo
2:30 Arts and Crafts
01 Tue May Day
Ticket Sales 9AM-10:30AM & 1PM-2PM
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
1:30 Nurse Lorraine Walk-In
1:30 Food Committee w/ Jeffrey
1:15 Rincon Latino w/ Jennifer
1:15 Bingo
2:30 Ed & Rec w/ Anita
3:30 Hospitality Committee w/ Kristel
3:30 Arts and Crafts
02 Wed Ticket Sales 9AM-10:30AM
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
10:30 Meditation
11:15 Membership Meeting
12:00 Choral Group
12:30 Bingo
03 Thu Ticket Sales 9AM-10:30AM
9:00 92Y Art Class @ Isaacs
10:00 Chronic Illness & Nutrition
10:00 Zumba w/ Janelle and 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
2:30 Learn Spanish
3:30 Movie
04 Fri Star Wars Day
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
10:00 Golden Opportunities
11:00 Craft Sale
11:00 Nurse Lorraine Walk-In
11:00 Mary Kay Presentation
2:00 Sewing Class
2:00 Clutter Support Group w/ Dominique
2:30 Movie
05 Sat
11-1PM Granny Sanded
12 Sat
10:00 Yoga
19 Sat
10:00 Yoga
26 Sat
Isaacs Center will be closed in honor of Memorial Day

*MAY 2018 Senior Center Activities

SINC News+Community | May 2018

Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128

All events are held at the Isaacs Center unless otherwise noted.
01 Tue
B: Continental Breakfast
L: Brown Gravy
Turkey Meatballs
Whole Wheat Bread
Whole Wheat Spaghetti
Italian Blend Vegetables
Cantaloupe, Milk

02 Wed
B: Continental Breakfast
L: Baked Chicken Quarters
Whole Wheat Bread
Baked Sweet Potato
Collard Greens w/Tomato
Peach, Milk

03 Thu
B: Continental Breakfast
L: Beef Pot Roast
Egg Noodles
Whole Wheat Bread
Steamed Broccoli
Tangerine
Milk

04 Fri
B: Continental Breakfast
L: Baked Fish w/Cream Sauce
Whole Wheat Bread
Baked Sweet Potato
Steamed Red or Green Cabbage
Watermelon, Milk

05 Sat
Take Home Lunch
Distributed on Friday
L: Baked Macaroni & Cheese
Whole Wheat Bread
Italian Cut Green Beans
Apple
Orange Juice, Milk

07 Mon
B: Continental Breakfast
L: Cheese Ravioli
Tomato Sauce
Whole Wheat Bread
Kale & Watercress Salad
Mixed Vegetables
Nectarine, Milk

08 Tue
B: Continental Breakfast
L: Pepper Flank Steak
Quinoa
Whole Wheat Bread
Mixed Green Salad
Tomato
Cantaloupe, Milk

09 Wed
B: Continental Breakfast
L: Sweet & Sour Chicken Breasts
Brown Rice
Whole Wheat Bread
Broccoli & Red Peppers
Pineapple Juice, Milk

10 Thu
B: Continental Breakfast
L: Hamburgers
Swiss Cheese
Cola Slaw
Garden Salad
Orange, Milk

11 Fri
B: Continental Breakfast
L: Salmon Salad
Whole Wheat Bread
Apple & Beet Salad
Cabbage Carrot Slaw
Honeydew
Apple Juice, Milk

12 Sat
Take Home Lunch
Distributed on Friday
L: Turkey w/ Gravy
White Rice
Whole Wheat Bread
Steamed Spinach
Pear
Orange Juice, Milk

14 Mon
B: Continental Breakfast
L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Tomato
Orange, Milk

15 Tue
B: Continental Breakfast
L: Citrus Marinated Chicken Breast
Whole Wheat Bread
Baked Sweet Potato
Italian Cut Green Beans
Apple
Orange Juice, Milk

16 Wed
B: Continental Breakfast
L: Chinese Style Pork
Whole Wheat Bread
California Blend Vegetables
Mashed Potatoes
Brown Rice

17 Thu
B: Continental Breakfast
L: Turkey Meatloaf
Whole Wheat Bread
California Blend Vegetables
Mashed Potatoes
Orange, Milk

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

19 Sat
Take Home Lunch
Distributed on Friday
L: BBQ Chicken Breasts
Bowtie Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Orange, Milk

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

22 Tue
B: Continental Breakfast
L: Chicken Spaghetti Casserole
Whole Wheat Bread
Steamed Carrots
Orange, Milk

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

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

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

28 Mon
Isaacs Center will be closed in honor of Memorial Day

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

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

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

 Isaacs Center will be closed in honor of Memorial Day
# Meals on Wheels Menu

**MAY 2018**

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 advance.

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
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| **Sun 6** | Ham  
Mashed Red Potatoes  
Whole Wheat Bread  
Cut Green Beans  
Orange  
Orange Juice, Milk |
| **Mon 7** | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Baby Carrots w/ Parsley  
Kiwi  
Orange Pineapple Juice, Milk |
| **Tue 8** | Chicken & Broccoli Stir Fry  
White Rice  
Whole Wheat Bread  
Apple Juice, Milk |
| **Wed 9** | Baked Basa Fish  
Ginger Sauce  
Orzo Pilaf  
Whole Wheat Bread  
Steamed Spinach  
Banana  
Orange Pineapple Juice, Milk |
| **Thu 10** | Orange Glazed Chicken Breast  
Rice w/ Mushroom  
Whole Wheat Bread  
Mixed Vegetables  
Whole Wheat Bread  
Italian Blend Vegetables  
Canned Pineapple  
Orange Juice, Milk |
| **Fri 11** | Baked Flounder  
Greek Sauce  
Garlic Mashed Potatoes  
Whole Wheat Bread  
Steamed Broccoli  
Orange  
Orange Pineapple Juice, Milk |
| **Sat 12** | Beef Salisbury Steak w/ Mushroom Sauce  
Quinoa w/ Kale & Carrots  
Whole Wheat Bread  
Steamed Broccoli  
Orange  
Orange Pineapple Juice, Milk |
| **Sun 13** | Turkey w/ Gravy  
Sweet Baked Yams  
Whole Wheat Bread  
Italian Cut Green Beans  
Canned Apricots  
Apple Juice, Milk |
| **Mon 14** | Beef Stew  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Red Bliss Potatoes  
Kiwi  
Apple Juice, Milk |
| **Tue 15** | Hawaiian Chicken Legs  
Bowtie Noodles  
Whole Wheat Bread  
Steamed Broccoli & Cauliflower  
Applesauce  
Orange Juice, Milk |
| **Wed 16** | Baked Salmon  
Dill Lemon Sauce  
Barley  
Whole Wheat Bread  
Italian Blend Vegetables  
Sliced Peaches  
Orange Pineapple Juice, Milk |
| **Thu 17** | Arroz con Pollo (Chicken & Rice)  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Banana  
Apple Juice, Milk |
| **Fri 18** | Baked Basa Fish  
Light Basil Cream Sauce  
Bulgur  
Whole Wheat Bread  
Spinach  
Apple  
Orange Pineapple Juice, Milk |
| **Sat 19** | BBQ Chicken Breast  
Whole Wheat Bread  
Cut Green Beans  
Mashed Red Potatoes  
Kiwi  
Apple Juice, Milk |
| **Sun 20** | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Fruit Cocktail  
Orange Juice, Milk |
| **Mon 21** | Baked Turkey Breast  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Sweet Baked Yams  
Orange  
Apple Juice, Milk |
| **Tue 22** | Rosemary Chicken  
Egg Noodles  
Whole Wheat Bread  
Normandy Blend Vegetables  
Kiwi  
Orange Pineapple Juice, Milk |
| **Wed 23** | Baked Basa Fish  
Barley  
Whole Wheat Bread  
California Blend Vegetables  
Pear  
Apple Juice, Milk |
| **Thu 24** | Chicken Picatta w/ Lemon Sauce  
Quinoa w/ Kale & Carrots  
Whole Wheat Bread  
Zucchini & Carrots  
Banana  
Orange Juice, Milk |
| **Fri 25** | Baked Fish Garlic Sauce  
Coucous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Kale  
Fruit Cocktail  
Apple Juice, Milk |
| **Sat 26** | Grilled Chicken Breast  
Ginger Sauce  
Whole Wheat Bread  
Red Bliss Potatoes  
Steamed Broccoli  
Apple  
Orange Pineapple Juice, Milk |

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 212.348.0344 x144.
Its May.

Find the words that relate to Memorial Day.

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

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?

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
Craft Hour

Join us for craft hour on Thursdays at 12pm.