



Isaacs | News + Center | Community

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

Birthday Party





Isaacs | News +
Center | Community

JUNE 2018

This month at the Isaacs Center Senior Center

JUNE

The full month of June commemorates the anniversary of the June 28, 1969 Stone-wall riot in New York City, the incident that initiated the modern gay rights movement in the United States. LGBT Pride day is the last Sunday in June.

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

2:30PM

Isaacs Chorale “Choir”

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

FRIDAY

1
1:15PM

Comedy Show

Join us on Friday, June 1st at 1:15 for a comedy show titled “Jokesercise”. You will laugh yourself fit!

FRIDAY

8
1:15PM

Vocal Ease

On June 8th 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.

TUESDAY

12
1:15PM

Annabella Gonzalez Dance Theater

Annabella Gonzalez Dance Theater produces dance compositions filtered through a blend of contrasting and subtly cohering styles. Join them on June 12th at 1:15pm.

THURSDAY

14
BUS LEAVES
6:45AM
\$40

Trip: National African American History and Culture Museum

Senior Center trip to the National African American History and Culture Museum in Washington, D.C. Enjoy an all you can eat lunch buffet at the Golden Corral.

FRIDAY

22
2:30PM

Senior Prom

It’s that time of year again. The senior prom will be held on June 22nd at 2:30pm.

TUESDAY

26
11AM

Lunch on June 26th

Lunch at the Senior Center will be served at 11am and will end at 12pm, due to the Community Festival at 1pm. There will only be one seating.

TUESDAY

26
1PM - 4PM

Community Festival

The Annual Community Festival will be held on June 26th from 1pm-4pm. Join us for food, entertainment, games and fun.

FRIDAY

29
2:00PM

Stanley Isaacs Talent Show

Whats your talent? Come show it off at the first annual Isaacs Center Talent Show on June 29th at 2pm.

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

Movie Schedule

Mondays

1:30PM

Thursdays

2:30PM

Fridays

2:30PM

June 1 Fri
Wind River

June 4 Mon
The Nice Guys

June 7 Thu
The Bucket List

June 8 Fri
Other People

June 11 Mon
Pariah

June 14 Thu
Murder on the Orient Express

June 15 Fri
Secret in Their Eyes

June 18 Mon
Jumanji: Welcome to the Jungle

June 21 Thu
Darkest Hour

June 22 Fri
The Shack

June 25 Mon
Roman J. Israel, Esq.

June 28 Thu
Just Getting Started

June 29 Fri
The Mountain Between Us

Office Hours w/ Greg

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

Senior Spotlight



Rosa

Rosa, an Isaacs Center Senior Member turned 105 years old in May.

Upcoming Month

July 2018

• July 4th 2018 closed in honor of Independence 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.

JUNE 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 activities.

04 Mon
10:30 Zumba w/ Yvonne
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
1:15 **Patient Advocacy w/ Jess**
2:30 Isaacs Chorale “Choir”

11 Mon
10:30 Zumba w/ Yvonne
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
2:30 Isaacs Chorale “Choir”
5:00 Chair Yoga

18 Mon **Trip: Villa Roma***
10:30 Zumba w/ Yvonne
1:15 **Presentation by Department of Transportation**
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
2:30 Isaacs Chorale “Choir”

25 Mon
10:30 Zumba w/ Yvonne
1:30 Pet Therapy w/ Alice
1:30 Movie
1:45 Art Class w/ Nancy
2:30 Isaacs Chorale “Choir”
5:00 Chair Yoga

05 Tue **Ticket Sales 9AM-10:30AM & 1-2PM**
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:30 **Food Committee w/ Jeffrey**
2:15 Bingo
2:30 **Ed & Rec Committee w/ Anita**
3:00 Hablando con Maria
3:30 **Hospitality Committee w/ Khristel**
3:30 Arts and Crafts

12 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-2PM **Councilman Ben Kallos Mobile Office Hours**
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 **Annabella Gonzalez Dance Theater**
2:15 Bingo
3:00 Hablando con Maria
3:30 Arts and Crafts
7PM **Isaacs Tenant Meetings**

19 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
3:00 Hablando con Maria
3:30 Arts and Crafts
7PM **Holmes Tenant Meeting**

26 Tue
9:30 Stay Well Fitness w/ Denis
Community Festival
1PM — 4PM

06 Wed **Ticket Sales 9AM-10:30AM**
9:45 **Health Chat w/ Huda “Health Snacking”**
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
2:30 Scrabble Group
2:30 Game Day
2:30 **Annual Ice Cream Social w/ The Interns**

13 Wed **Trip: Trader Joes***
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 Tech Talk Q&A
2:30 Scrabble Group
2:30 Bingo

20 Wed **Trip: Manhattan Valley***
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 Tech Talk Q&A
2:30 Scrabble Group
2:30 Game Day

27 Wed
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 Tech Talk Q&A
2:30 Scrabble Group
2:30 Bingo

07 Thu **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
12:00-3PM Craft Hour
1:00 The Group w/ Aaron
1:00 **92Y Art Class @ Isaacs**
2:00 Daily Fitness
2:15 Collaborative Writing
3:30 Movie

14 Thu
Trip: National African American History & Culture Museum*
9:30 **92Y Art Class @ Isaacs**
10:00 Chronic Illness & Nutrition
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00-3PM Craft Hour
1:00 The Group w/ Aaron
1:00 **92Y Art Class @ Isaacs**
2:00 Daily Fitness
2:15 Collaborative Writing
3:30 Movie

21 Thu
10:00 Chronic Illness & Nutrition
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00-3PM Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:15 Collaborative Writing
3:30 Movie

28 Thu
10:00 Chronic Illness & Nutrition
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00-3PM Craft Hour
1:00 The Group w/ Aaron
2:00 Daily Fitness
2:15 Collaborative Writing
3:30 Movie

01 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
1:15 **Comedy Show “Jokerercise”**
2:00 Sewing Class
2:00 Clutter Support Group w/ Dominique
2:15 Bingo
2:30 Movie

08 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
1:15 **Vocal Ease Performance**
2:00 Sewing Class
2:15 Bingo
2:30 Movie

15 Fri
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**
2:00 Sewing Class
2:00 Clutter Support Group w/ Dominique
2:30 Movie
3:00 Bingo

22 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
2:30 Movie
2:30 **Senior Prom**

29 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1-4PM Nurse Lorraine Walk-In
2:00 Sewing Class
2:00 **Isaacs Center Talent Show**
2:15 Bingo
2:30 Movie

02 Sat
10:00 Yoga
11-1PM Granny Squared

09 Sat
10:00 Yoga

16 Sat
10:00 Yoga

23 Sat
10:00 Yoga
11-1PM Granny Squared

30 Sat
10:00 Yoga

JUNE 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.

04 Mon

- B: Continental Breakfast
- L: Chicken Parmesan
Whole Wheat Bread
Whole Wheat Spaghetti
Steamed Broccoli
Apple
Orange Pineapple Juice, Milk

11 Mon

- B: Continental Breakfast
- L: Meatballs in Marinara Sauce
Whole Wheat Bread
Whole Wheat Spaghetti
Sauteed Spinach
Apple
Orange Juice, Milk

18 Mon

- B: Continental Breakfast
- L: Chicken Lo Mein
Whole Wheat Bread
Steamed Broccoli
Sauteed Cabbage
Orange
Apple Juice, Milk

25 Mon

- B: Continental Breakfast
- L: Eggplant Rollettes
Whole Wheat Bread
Parslied Carrots
Steamed Broccoli & Cauliflower
Apple
Orannge Pineapple Juice, Milk

05 Tue

- B: Continental Breakfast
- L: Veal & Beef Patties
Brown Gravy
Whole Wheat Bread
Kale
Mashed Potatoes
Apple Juice, Milk

12 Tue

- B: Continental Breakfast
- L: Roasted Chicken Leg
Rice & Beans
Whole Wheat Bread
Sauteed Cabbage
Sliced Peaches
Apple Juice, Milk

19 Tue

- B: Continental Breakfast
- L: Meatloaf w/ Gravy
Whole Wheat Bread
Mashed Potatoes
Sauteed Spinach
Canned Pineapple
Orange Juice, Milk

26 Tue

- B: Continental Breakfast
- L: Chicken w/ Garlic Sauce
Brown Rice
Whole Wheat Bread
Sauteed Bok Choy
Canned Pears
Orange Juice, Milk

06 Wed

- B: Continental Breakfast
- L: Cheese Ravioli w/ Marinara Sauce
Whole Wheat Bread
Sauteed Spinach
Sliced Carrots
Kiwi
Orange Juice, Milk

13 Wed

- B: Continental Breakfast
- L: Stuffed Shells w/ Cheese
Whole Wheat Bread
California Blend Vegetables
Banana
Orange Pineapple Juice, Milk

20 Wed

- B: Continental Breakfast
- L: Pork Chop w/ Sweet & Sour Sauce
Egg Noodles
Whole Wheat Bread
Zucchini & Carrots
Banana
Orange Pineapple Juice, Milk

27 Wed

- B: Continental Breakfast
- L: Swedish Meatballs
Egg Noodles
Whole Wheat Bread
Green Beans
Banana
Apple Juice, Milk

07 Thu

- B: Continental Breakfast
- L: Stuffed Peppers w/ Ground Beef
Brown Rice
Whole Wheat Bread
Peas & Carrots
Canned Apricots
Apple Juice, Milk

14 Thu

- B: Continental Breakfast
- L: Eggplant Rollettes
Whole Wheat Bread
Parslied Carrots
Steamed Broccoli & Cauliflower
Canned Pears
Apple Juice, Milk

21 Thu

- B: Continental Breakfast
- L: Cheese Blintzes
Whole Wheat Bread
Green Beans
Parslied Carrots
Canned Apricots
Apple Juice, Milk

28 Thu

- B: Continental Breakfast
- L: Sliced Turkey w/ Gravy
Whole Wheat Bread
Collards
Mashed Sweet Potatoes
Applesauce
Orange Pineapple Juice, Milk

01 Fri

- B: Continental Breakfast
- L: Steamed Fish w/
Ginger Scallion Sauce
Brown Rice
Whole Wheat Bread
Stauteed Bok Choy w/ Garlic
Pear
Apple Juice

08 Fri

- B: Continental Breakfast
- L: Tilapia w/ Lemon Dill Sauce
Egg Noodles
Whole Wheat Bread
Green Beans
Banana
Orange Pineapple Juice, Milk

15 Fri

- B: Continental Breakfast
- L: Basa Filet w/ Garlic Sauce
Brown Rice
Whole Wheat Bread
Sauteed Bok Choy
Applesauce
Orange Pineapple Juice, Milk

22 Fri

- B: Continental Breakfast
- L: Tilapia w/ Creole Sauce
Couscous
Whole Wheat Bread
Brussel Sprouts
Apple
Orange Juice, Milk

29 Fri

- B: Continental Breakfast
- L: Baked Basa Fish
Whole Wheat Bread
Yellow Rice
Zucchini & Carrots
Banana
Orange Juice, Milk

02 Sat **Take Home Lunch Distributed on Friday**

- L: Turkey Chow Mein
Chinese Style Spaghetti
Whole Wheat Bread
Oriental Vegetable Blend
Applesauce
Orange Juice, Milk

09 Sat **Take Home Lunch Distributed on Friday**

- L: BBQ Pulled Pork
Whole Wheat Bread
Italian Blend Vegetables
Mashed Sweet Potatoes
Canned Pears
Orange Juice, Milk

16 Sat **Take Home Lunch Distributed on Friday**

- L: Teriyaki Chicken
Chinese Style Spaghetti
Whole Wheat Bread
Italian Cut Green Beans
Orange
Apple Juice, Milk

23 Sat **Take Home Lunch Distributed on Friday**

- L: BBQ Chicken
Whole Wheat Bread
Corn Niblets
Kale
Pear
Orange Pineapple Juice, Milk

30 Sat **Take Home Lunch Distributed on Friday**

- L: Baked Macaroni & Cheese
Whole Wheat Bread
Sauteed Spinach
Stewed Tomatoes
Canned Apricots
Apple Juice, Milk

JUNE 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.

03 Sun

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

10 Sun

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

17 Sun

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

24 Sun

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

04 Mon

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

11 Mon

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

18 Mon

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

25 Mon

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

05 Tue

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

12 Tue

Honey Mustard Chicken Breast
Rice w/ Chickpeas
Whole Wheat Bread
Baby Carrots w/ Parsley
Canned Pears
Orange Pineapple Juice, Milk

19 Tue

Chicken & Broccoli Stir Fry
White Rice
Whole Wheat Bread
Apple Juice, Milk

26 Tue

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

06 Wed

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

13 Wed

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

20 Wed

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

27 Wed

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

07 Thu

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

14 Thu

Chicken Parmesan
Penne
Whole Wheat Bread
Steamed Broccoli & Cauliflower
Orange Juice
Vanilla Pudding

21 Thu

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

28 Thu

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

01 Fri

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

08 Fri

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

15 Fri

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

22 Fri

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

29 Fri

Baked Basa Fish
Light Basil Cream Sauce
Bulgur
Whole Wheat Bread
Spinach
Apple
Orange Pineapple Juice, Mik

02 Sat

Whole Wheat Bread
Cut Green Beans
Mashed Sweet Potatoes
Orange
Apple Juice, Milk

09 Sat

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

16 Sat

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

23 Sat

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

30 Sat

BBQ Chicken Breasts
Whole Wheat Bread
Cut Green Beans
Mashed Red Potatoes
Kiwi
Apple Juice. Milk

PUZZLES & GAMES

Its June.

Find the words that relate to LGBT.

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

Gender
Gender Identity
Sexual Orientation
Coming Out
Parade

Celebration
Pride
Rights
Equality

RIDDLES

Take your pick and solve these riddles

1. What is it that when you take away the whole, you still have some left over?
2. What do u call a riddle with no dl?
3. I crumble I break but you like the way I taste. What am I?
4. What do you call a bear with no ear?
5. What did the scientist say when he discovered 2 atoms of helium?



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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Birthday Party

