Birthday Party
This month at the Isaacs Center Senior Center

JUNE

The full month of June commemorates the anniversary of the June 28, 1969 Stonewall 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.

1:15PM

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

TUESDAYS

1PM - 4PM

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

FRIDAYS

1:30PM - 2:30PM

Movie Schedule

- 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

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.

Let’s Talk w/ Gloria
“没关系，咱聊聊”活动小组专为小区亚洲居民量身定做，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。

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.

WEDNESDAYS

1:45PM

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

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.

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

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.

Stanley Isaacs Talent Show
What’s 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
“没关系，咱聊聊”活动小组专为小区亚洲居民量身定做，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。

Upcoming Month

July 2018

- July 2018

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

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 ext. 144.

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”

05 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11:30 Nurse Lorraine Walk-In
12:30 Art Class w/ Jennifer

10:15 Food Committee w/ Jeffrey
1:15 Bingo
2:30 Ed & Rec Committee w/ Anita
3:00 Hablando con Maria
3:30 Hospitality Committee w/ Kristel
3:30 Arts and Crafts

06 Wed
9:45 Health Chat w/ Huda
“Health Snacking”
10:15 Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 Meditation
1:15 “Health Snacking”
1:30 Meditation
1:45 Blood Pressure Screenings
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Game Day
3:00 Annual Ice Cream Social w/ The Interns

07 Thu
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

08 Fri
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

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

12 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11:30 Nurse Lorraine Walk-In
12:30 Art Class w/ Jennifer

11:45 Councilman Ben Kallos Mobile Office Hours
1:15 Nurse Lorraine Walk-In
1:15 Rincén Latino w/ Jennifer
1:15 Aminabella Gonzales Dance Theater
2:15 Bingo
2:30 Hablando con Maria
3:00 Arts and Crafts
7PM Isaacs Tenant Meetings

13 WedTrip: Trader Joe’s*
10:12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 Meditation
1:15 “Health Snacking”
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Bingo

14 Thu
9:30 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

15 Fri
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

16 Sat
10:00 Yoga

18 MonTrip: 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”

19 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11:30 Nurse Lorraine Walk-In
12:30 Art Class w/ Jennifer

11:45 Nutrition Education w/ Jennilyn
1:15 Bingo
1:15 Hablando con Maria
1:15 Arts and Crafts
7PM Isaacs Tenant Meetings

20 WedTrip: Manhattan Valley*
10:12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 Meditation
1:15 “Health Snacking”
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Game Day

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

22 Fri
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
2:00 Daily Fitness
2:15 Collaborative Writing
3:30 Movie

23 Sat
10:00 Yoga

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

26 Tue
9:30 Stay Well Fitness w/ Denis

Community Festival
1PM — 4PM

27 Wed
10:12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 Meditation
1:15 “Health Snacking”
2:00 Tech Talk Q&A
2:30 Scrabble Group
2:30 Bingo

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

29 Fri
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
2:00 Daily Fitness
2:15 Collaborative Writing
3:30 Movie

30 Sat
10:00 Yoga
<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
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</thead>
</table>
| Mon 04 | Continental Breakfast
Chicken Parmesan
Whole Wheat Bread
Steamed Broccoli
Apple
Orange Pineapple Juice, Milk | Eggplant Rollettes
Brown Rice
Whole Wheat Bread
Kale
Mashed Potatoes
Apple Juice, Milk |
| Tue 05 | Continental Breakfast
Veal & Beef Patties
Brown Gravy
Whole Wheat Bread
Kale
Mashed Potatoes
Apple Juice, Milk | Cheese Ravioli w/ Marinara Sauce
Whole Wheat Bread
Sautéed Spinach
Sliced Carrots
Kiwi
Orange Juice, Milk |
| Wed 06 | Continental Breakfast
Meatballs in Marinara Sauce
Whole Wheat Bread
Sautéed Cabbage
Sliced Peaches
Apple Juice, Milk | Stuffed Shells w/ Cheese
Whole Wheat Bread
California Blend Vegetables
Banana
Orange Pineapple Juice, Milk |
| Thu 07 | Continental Breakfast
Chicken Lo Mein
Whole Wheat Bread
Sautéed Cabbage
Orange Juice, Milk | Cheese Blintzes
Whole Wheat Bread
Zucchini & Carrots
Banana
Orange Pineapple Juice, Milk |
| Fri 08 | Continental Breakfast
Baked Basa Fish
Whole Wheat Bread
Collards
Mashed Sweet Potatoes
Applesauce
Orange Pineapple Juice, Milk | Continental Breakfast
Steamed Fish w/
Ginger Scallion Sauce
Brown Rice
Whole Wheat Bread
Stuffed Bok Choy w/Garlic
Apple Juice |
| Sat 09 | Continental Breakfast
Turkey Chow Mein
Chinese Style Spaghetti
Whole Wheat Bread
Oriental Vegetable Blend
Applesauce
Orange Juice, Milk | Baked Macaroni & Cheese
Whole Wheat Bread
Sautéed Spinach
Stewed Tomatoes
Canned Apricots
Apple Juice, Milk |

**Breakfast**
- Offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $2 for seniors. Guest rate is $3.

**Lunch**
- Delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested contribution is 50¢.

**Senior Center Menu**

**June 2018**

**NYC Department for the Aging.**

The Isaacs Center programs are partially funded by the NYC Department for the Aging.
**MEALS ON WHEELS MENU JUNE 2018**

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.

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
</table>
| **03** | Turkey w/ Gravy  
Whole Wheat Bread  
Cut Green Beans  
Orange  
Apple Juice, Milk | **04** | Baked Ziti w/ Meat Sauce  
Whole Wheat Bread  
Cut Green Beans  
Orange  
Apple Juice, Milk | **05** | Baked Flounder  
Moroccan Style Sauce  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Whole Pineapple Juice  
Vanilla Pudding | **06** | Chicken Alfredo  
Fettucini w/ Sauce  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Apple Juice, Milk | **07** | Ginger & Lime Salmon  
Barley  
Whole Wheat Bread  
Collard Greens  
Apple Juice, Milk |
| **10** | Herb Grilled Chicken  
Rice w/ Corn  
Whole Wheat Bread  
Broccoli  
Canned Apricots  
Orange Pineapple Juice, Milk | **11** | Turkey Pie  
Whole Wheat Bread  
Italian Blend Vegetables  
Apple Juice, Milk | **12** | Honey-Mustard Chicken Breast  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Orange Pineapple Juice, Milk | **13** | Chicken Parmesan  
Penne  
Whole Wheat Bread  
Cauliflower  
Vanilla Pudding | **08** | Salmon in Garlic Butter Sauce  
Quinoa w/ Kale & Carrots  
Whole Wheat Bread  
California Blend Vegetables  
Banana  
Orange Pineapple Juice, Milk |
| **17** | Ham  
Mashed Red Potatoes  
Whole Wheat Bread  
Cut Green Beans  
Orange  
Orange Juice, Milk | **18** | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Kiwi  
Orange Pineapple Juice, Milk | **19** | Chicken & Broccoli Stir Fry  
Whole Wheat Bread  
White Rice  
Apple Juice, Milk | **20** | Baked Basa Fish  
Ginger Sauce  
Whole Wheat Bread  
Steamed Spinach  
Apple Juice, Milk | **09** | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Kiwi  
Apple Juice, Milk |
| **24** | Turkey w/ Gravy  
Sweet Baked Yams  
Whole Wheat Bread  
Italian Cut Green Beans  
Canned Apricots  
Apple Juice, Milk | **25** | Beef Stew  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Red Bliss Potatoes  
Kiwi  
Apple Juice, Milk | **26** | Hawaiian Chicken Legs  
Bowtie Noodles  
Whole Wheat Bread  
Steamed Broccoli & Cauliflower  
Applesauce  
Orange Juice, Milk | **27** | Baked Salmon  
Dill Lemon Sauce  
Whole Wheat Bread  
Italian Blend Vegetables  
Sliced Peaches  
Orange Pineapple Juice, Milk | **16** | Beef Meatballs w/ Mushroom Gravy  
White Rice  
Whole Wheat Bread  
California Blend Vegetables  
Whole Wheat Bread  
Penne  
Whole Wheat Bread  
Steamed Spinach  
Apple Juice, Milk |
| **29** | Beef Salisbury Steak w/ Mushroom Sauce  
Whole Wheat Bread  
Canned Apricots  
Apple Juice, Milk | **30** | BBQ Chicken Breasts  
Whole Wheat Bread  
Cut Green Beans  
Mashed Red Potatoes  
Kiwi  
Apple Juice, Milk |
Its June.

Find the words that relate to LGBT.

Gender
Gender Identity
Sexual Orientation
Coming Out
Parade

Celebration
Pride
Rights
Equality

PUZZLES & GAMES

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
Birthday Party