



Isaacs | News + Center | Community

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

Senior Prom



Closed for Programming

JULY 4 Isaacs Center will be closed on Wednesday, July 4th in honor of Independence Day.

MONDAYS Art Class w/ Nancy

1:45PM 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.

TUESDAYS Arts & Crafts

3:30PM The Arts & Crafts class is held every Tuesday at 3:30pm. Take a load off your mind and join us in painting, coloring, and creating beautiful art pieces.

WEDNESDAYS The SINC Community Awakens

2:00PM - 4:00PM The SINC Community Awakens group will have healthy snacks available to you every Wednesday from 2pm - 4pm. Look out for reminders on the Hospitality Table.

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.

WEDNESDAY Trader Joes

11:10:45AM Join us for a shopping trip on July 11th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM. **TICKET: \$1**

WEDNESDAY East River Plaza

18:10:45AM Join us for a shopping trip on July 11th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM. **TICKET: \$1**

WEDNESDAY Trip: Kruckers Picnic Grove

25:8:15AM Enjoy a fun filled day with biscuits and coffee upon arrival, luncheon will include franks, burgers, sausage and peppers, french fries, salad, clam chowder. Dinner will include roasted chicken breast, roast beef and side dishes. Also, enjoy dancing, singing, bocce ball, bingo and more. **\$50**

MONDAY Comedy Show: Jokesercise

30:1:15PM Join us on Monday, July 30 at 1:15 for a comedy show titled "Jokesercise". You will laugh yourself fit!

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	Thursdays	Fridays
1:30PM	3:00PM	2:30PM
July 2 Mon I, Tonya	July 5 Thu Difret	July 6 Fri The Judge
July 9 Mon The Commuter	July 12 Thu The Post	July 13 Fri Wonder
July 16 Mon Father Figures	July 19 Thu How To Be A Latin Lover	July 20 Fri Daddy's Home 2
July 23 Mon The Internship	July 26 Thu Ride Along	July 27 Fri Ride Along 2
July 30 Mon Central Intelligence		

Office Hours w/ Greg

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

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.

Staff Spotlight



Gigi(center)

Thank you to Gigi for all her work at the Isaacs Center and her dedication to our seniors.

Upcoming Month August 2018

- Senior Center Trip to Holiday Hill Senior Day, Thursday August 23rd

02 Mon
 10:30 Zumba w/ Yvonne
 11-2PM **Senator Serrano Mobile Office**
 1:30 Pet Therapy w/ Alice
 1:30 Movie
 1:15 **Patient Advocacy w/ Jess**
 2:30 Isaacs Chorale "Choir"

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

09 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"

10 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 **Latin Fever Dance Class**
 2:15 Bingo
 3:30 Arts and Crafts

16 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"

17 Tue World Emoji Day
 9:30 Stay Well Fitness w/ Denis
 10:30 Meditation
 1-4PM Nurse Lorraine Walk-In
 1:15 Rincón Latino w/ Jennifer
 1:15 **Jazz Singer Audrey Silver**
 2:15 Bingo
 3:30 Arts and Crafts

23 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"

24 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 **Presentation by Mt. Sinai**
 2:15 Bingo
 3:30 Arts and Crafts

30 Mon Cheesecake Day
 10:30 Zumba w/ Yvonne
 1:15 **Comedy Show "Jokercise"**
 1:30 Pet Therapy w/ Alice
 1:30 Movie
 1:45 Art Class w/ Nancy
 2:30 Isaacs Chorale "Choir"

31 Tue
 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

04 Wed
Isaacs Center
Closed in Honor of
Independence Day

11 Wed Trip: Trader Joes*
 9:45 **Health Chat w/ Huda "Matters of the Heart"**
 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

18 Wed Trip: East River Plaza at 116th Street*
 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

25 Wed Trip: Kruckers Picnic Grove*
 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



04 Thu Ticket Sales 9AM-10:30AM
 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
 2:00 Daily Fitness
 3:00 Movie

12 Thu
 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
 3:00 Movie

19 Thu
 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
 2:00 Daily Fitness
 3:00 Movie

26 Thu
 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
 3:00 Movie

06 Fri Ticket Sales 9AM-10:30AM
 9:30 Groove w/ Roger
 10:00 Caregiver Support Group
 10:00 Hablando con Maria
 1-4PM Nurse Lorraine Walk-In
 1:15 **Presentation by Access-A-Ride**
 2:00 Sewing Class
 2:15 Bingo
 2:30 Movie
 3:00 Golden Opportunities

13 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
 2:15 Bingo
 2:30 Movie
 3:00 Golden Opportunities

20 Fri Lollipop Day
 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
 2:30 Movie
 3:00 Bingo
 3:00 Golden Opportunities

27 Fri
 9:30 Groove w/ Roger
 10:00 Caregiver Support Group
 10:00 Hablando con Maria
 10:00 Golden Opportunities
 1-4PM Nurse Lorraine Walk-In
 2:00 Sewing Class
 2:15 Bingo
 2:30 Movie
 3:00 Golden Opportunities

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

14 Sat
 10:00 Yoga

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

28 Sat
 10:00 Yoga

JULY 2018
 SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays. Saturdays 9:00AM to 1:00PM for limited programming.

All events are held at the Isaacs Center unless otherwise noted.

02 Mon
 B: Continental Breakfast
 L: Turkey Burger w/ Onions
 Whole Wheat Bread
 Green Beans
 Hash Brown Potatoes
 Canned Apricots
 Orange Pineapple Juice, Milk

03 Tue
 B: Continental Breakfast
 L: Pork Stew
 Brown Rice
 Whole Wheat Bread
 Brussel Sprouts
 Banana
 Apple Juice, Milk

04 Wed
 B: Continental Breakfast
 L: Baked Ziti w/ Cheese
 Whole Wheat Bread
 California Blend Vegetables
 Canned Pineapple
 Orange Juice, Milk

05 Thu
 B: Continental Breakfast
 L: BBQ Chicken
 Whole Wheat Bread
 Corn Niblets
 Kale
 Apple
 Orange Pineapple Juice, Milk

06 Fri
 B: Continental Breakfast
 L: Baked Tilapia
 Couscous
 Whole Wheat Bread
 Green Beans
 Canned Pears
 Apple Juice, Milk

07 Sat **Take Home Lunch Distributed on Friday**
 L: Beef w/ Ginger Scallion Sauce
 Chinese Style Spaghetti
 Whole Wheat Bread
 Chinese Style Bok Choy
 Kiwi
 Orange Juice, Milk

09 Mon
 B: Continental Breakfast
 L: Salisbury Steak w/ Mushrooms Sauce
 Whole Wheat Bread
 Broccoli & Red Peppers
 Mashed Potatoes
 Apple
 Orange Pineapple Juice, Milk

10 Tue
 B: Continental Breakfast
 L: Sliced Turkey
 Gravy
 Couscous
 Whole Wheat Bread
 Mixed Vegetables
 Canned Apricots
 Apple Juice, Milk

11 Wed
 B: Continental Breakfast
 L: Herbed Roasted Chicken Leg
 Whole Wheat Bread
 Collards
 Yellow Plantain
 Banana
 Orange Juice, Milk

12 Thu
 B: Continental Breakfast
 L: Lasagna, Spinach & Cheese
 Whole Wheat Bread
 Green Beans
 Canned Pineapple
 Orange Pineapple Juice, Milk

13 Fri
 B: Continental Breakfast
 L: Steamed Fish w/ Ginger Scallion Sauce
 Brown Rice
 Whole Wheat Bread
 Sautéed Bok Choy w/ Garlic
 Pear
 Apple Juice, Milk

14 Sat **Take Home Lunch Distributed on Friday**
 L: Turkey Chow Mein
 Chinese Style Spaghetti
 Whole Wheat Bread
 Oriental Vegetable Blend
 Applesauce
 Orange Juice, Milk

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

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

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

19 Thu
 B: Continental Breakfast
 L: Stuffed Peppers w/ Ground Beef
 Brown Rice
 Whole Wheat Bread
 Canned Apricots
 Apple Juice, Milk

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

21 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

23 Mon
 B: Continental Breakfast
 L: Meatballs in Marinara Sauce
 Whole Wheat Bread
 Whole Wheat Spaghetti
 Sautéed Spinach
 Apple
 Orange Juice, Milk

24 Tue
 B: Continental Breakfast
 L: Roasted Chicken Legs
 Rice & Beans
 Whole Wheat Bread
 Sautéed Cabbage
 Sliced Peaches
 Apple Juice, Milk

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

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

27 Fri
 B: Continental Breakfast
 L: Basa Fillet w/ Garlic Sauce
 Brown Rice
 Whole Wheat Bread
 Sautéed Bok Choy
 Applesauce
 Orange Pineapple Juice, Milk

28 Sat **Take Home Lunch Distributed on Friday**
 L: Teriyaki Chicken
 Chinese Style Spaghetti
 Whole Wheat Bread
 Italian Cut Green Beans
 Orange
 Apple Juice, Milk

30 Mon
 B: Continental Breakfast
 L: Chicken Lo Mein
 Whole Wheat Bread
 Steamed Broccoli
 Sautéed Cabbage
 Orange
 Apple Juice, Milk

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



JULY 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.

01 Sun

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

02 Mon

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

03 Tue

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

04 Wed

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

05 Thu

Chicken Picatta w/ Lemon Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
Zucchini & Carrots
Banana
Orange Juice, Milk

06 Fri

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

07 Sat

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

08 Sun

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

09 Mon

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

10 Tue

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

11 Wed

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

12 Thu

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

13 Fri

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

14 Sat

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

15 Sun

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

16 Mon

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

17 Tue

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

18 Wed

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

19 Thu

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

20 Fri

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

21 Sat

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

22 Sun

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

23 Mon

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

24 Tue

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

25 Wed

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

26 Thu

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

27 Fri

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

28 Sat

Beef Meatballs w/ Mushroom Gravy
White Rice
Whole Wheat Bread
California Blend Vegetables
Apple
Apple Juice

29 Sun

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

30 Mon

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

31 Tue

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



JULY 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 July.

Find the words that relate to Independence Day.

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

Bill of Rights
 Colony
 Independence
 Declaration
 Republic

Democracy
 Liberty
 Union
 Freedom
 Laws

Opinions
 Parade
 Red
 White Blue

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?

Two. The two you took.

Monkeys, donkeys, and turkeys.

When it's two to two.

A choco-late!

Sally wanted to see a butter fly!

MORE PHOTOS FROM SENIOR PROM

Thank you to volunteers from Goldman Sachs for joining us.





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Stanley M. Isaacs Neighborhood Center July 2018

Scholarship Awards Ceremony

