



Isaacs | News + Center | Community

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

Senior Prom





Isaacs | News +
Center | Community

JULY 2018

This month at the Isaacs Center Senior Center

Closed for Programming

**JULY
4**

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

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.

TUESDAYS

3:30PM

Arts & Crafts

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

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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

2:00PM

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.

WEDNESDAY Trader Joes

11

10:45AM

TICKET: \$1

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

WEDNESDAY East River Plaza

18

10:45AM

TICKET: \$1

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

WEDNESDAY Trip: Kruckers Picnic Grove

25

BUS LEAVES

8:15AM

\$50

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.

MONDAY

30

1:15PM

Comedy Show: Jokesercise

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

1:30PM

July 2

I, Tonya

Thursdays

3:00PM

July 5

Difret

Fridays

2:30PM

July 6

The Judge

July 9

The Commuter

July 12

The Post

July 13

Wonder

July 16

Father Figures

July 19

How To Be A Latin Lover

July 20

Daddy’s Home 2

July 23

The Internship

July 26

Ride Along

July 27

Ride Along 2

July 30

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 Opportunties

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

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

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

23 Mon

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

24 Tue

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

30 Mon

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

31 Tue

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

04 Wed

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

11 Wed

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

18 Wed

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

25 Wed

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



05 Thu

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

12 Thu

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

19 Thu

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

26 Thu

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

06 Fri

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

13 Fri

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

27 Fri

B: Continental Breakfast
L: Basa Fillet w/ Garlic Sauce
Brown Rice
Whole Wheat Bread
Sauteed Bok Choy
Applesauce
Orange Pineapple 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

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

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

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

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, Mik

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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Scholarship Awards Ceremony

