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

WEDNESDAY
18
10:45AM
EAST RIVER PLAZA
Join us for a shopping trip on July 18th. 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, lunch 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，咱们聊”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。

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.

Movies
at the Isaaacs Center

Movie Schedule
Mondays
1:30PM
Thursdays
3:00PM
Fridays
2:30PM
July 2
I, Tonya
July 5
Thu
July 6
The Judge
July 9
The Commuter
July 12
The Post
July 16
Father Figures
July 19
How To Be A Latin Lover
July 23
The Internship
July 26
Ride Along
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.

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.

Upcoming Month
August 2018
• Senior Center Trip to Holiday Hill Senior Day, Thursday August 23rd
**JULY 2018 Senior Center Activities**

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<th>Mon (9:30)</th>
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<td>Zumba w/ Yvonne</td>
<td>Pet Therapy w/ Alice</td>
<td>Stay Well Fitness w/ Denis</td>
<td>Comedy Show “Jokercise”</td>
<td>Chronic Illness &amp; Nutrition</td>
<td>Ticket Sales 9AM-10:30AM &amp; 1PM-2PM</td>
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<td>13:00</td>
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<td>Nurse Lorraine Walk-In</td>
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<td>Zumba w/ Janelle &amp; Company</td>
<td>Groove w/ Roger</td>
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<td>Movie</td>
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<td>Rinconc Latino w/ Jennifer</td>
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<td>Talking with Joan</td>
<td>Caregiver Support Group</td>
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<td>1:45</td>
<td>2:15</td>
<td>Bingo</td>
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<td>Craft Hour</td>
<td>Hablando con Maria</td>
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<td>Art Class w/ Nancy</td>
<td>2:30</td>
<td>Scrabble Group</td>
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<td>The Group w/ Aaron</td>
<td>Nurse Lorraine Walk-In</td>
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<td>Isaacs Chorale “Choir”</td>
<td>3:30</td>
<td>Game Day</td>
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<td>Daily Fitness</td>
<td>Presentation by Access-A-Ride</td>
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**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.

**7/02**
- **Mon:** 10:30 - Zumba w/ Yvonne
  - 11:20 - Pet Therapy w/ Alice
  - 1:00 - Movie
  - 1:15 - Art Class w/ Nancy
  - 2:30 - Isaacs Chorale “Choir”

**7/03**
- **Tue:** 9:30 - Ticket Sales 9AM-10:30AM & 1PM-2PM
  - 10:30 - Stay Well Fitness w/ Denis
  - 1:00 - Meditation
  - 1:15 - Nurse Lorraine Walk-In
  - 2:15 - Rinconc Latino w/ Jennifer
  - 3:30 - Bingo
  - 3:30 - Arts and Crafts

**7/04**
- **Wed:** 10:00 - Isaacs Center Closed in Honor of Independence Day

**7/05**
- **Thu:** 10:00 - Ticket Sales 9AM-10:30AM
  - 10:00 - Chronic Illness & Nutrition
  - 10:00 - Zumba w/ Janelle & Company
  - 10:00 - Talking with Joan
  - 12:00 - Craft Hour
  - 1:00 - The Group w/ Aaron
  - 2:00 - Daily Fitness
  - 3:00 - Movie

**7/06**
- **Fri:** 9:30 - Groove w/ Roger
  - 10:00 - Caregiver Support Group
  - 10:00 - Hablando con Maria
  - 1:40 - 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
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JULY 2018 Meals on Wheels Menu

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 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 Juice, Milk

11 Wed
Baked Flounder
Moroccan Style Sauce
Whole Wheat Bread
Stewed 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 Juice, Milk

16 Mon
Baked Ziti w/ Meat Sauce
Whole Wheat Bread
Cut Green Beans
Orange 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
Whole Wheat Bread
Stewed Spinach
Vanilla Pudding
Orange Pineapple Juice, Milk

19 Thu
Chicken Alfredo
Fettuccini w/ Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Orange 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 Juice, Milk

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

26 Thu
Chicken Parmesan
Penne
Whole Wheat Bread
Stewed Broccoli & Cauliflower
Vanilla Pudding
Orange Juice, Milk

27 Fri
Baked Basa Fish
Bulgur
Whole Wheat Bread
California Blend Vegetables
Banana
Orange Pineapple Juice, Milk

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

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
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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
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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**

**Democracy**

**Colony**

**Liberty**

**Declaration**

**Union**

**Independence**

**Freedom**

**Republic**

**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?

A choco-late!

Sally wanted to see a butterfly fly.

Two. The two you took.

MonKEYs, donKEYs, and turKeys.

Two to two.

When it’s two to two.

A choco-late!
Scholarship Awards Ceremony

Isaacs 2018 Scholars

New York Junior League

Stanley M. Isaacs Neighborhood Center July 2018