

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

Birthday Party













National Hispanic Heritage Month

National Hispanic Heritage Month is from September 15th-October 15th. During this month Hispanic and Latino cultures are celebrated for their contributions. We celebrate their heritage and culture by participating in many of the events planned nationwide. We will have our annual celebration in the month of October.

Fall Prevention Awareness Month

Did you know falls are the leading cause of both fatal and nonfatal injuries for those 65 and older? Falls Prevention Awareness is an annual effort to educate and provide simple steps to reduce the risks of falls. Fall Prevention Awareness Day is on September 22nd. We will kick off the day at Asphalt Green for the Annual Senior Field Day.

Mid-Autumn Festival

The mid-autumn festival is known as the traditional festival in the lunar calendar. It is a time for family members and loved ones to get together and enjoy the full moon – a symbol of harmony and luck. We enjoy the moon while eating mooncakes which are the special food for this festival. Celebration will be held on September 26 at 1:30PM.

中秋节是中国农历传统节日。这一天,每个家庭都团聚在一起,一家人共同观赏象征和谐和幸运的圆月。我们一边观赏圆月一边吃着月饼。

FRIDAY

Vocal Ease Performance

7 1:15PM

On September 7th 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.

FRIDAY

Financial Literacy Workshop w/ Goldman Sachs

14 1:30PM

Would you like to know how to stretch your dollar on a limited budget? If so, join the Goldman Sachs employees as they teach Financial Literacy 101 on September 14th at 1:30pm. **Seating is LIMITED** so sign up today with Aaron or Khristel. Refreshments will be served. Gifts and prizes will be distributed at the end of the workshop.

WEDNESDAY Trip: Sands Casino

19 BUS LEAVES 7:45AM Join us for a trip to Sands Casino on September 19th. Bagged lunch and round trip transportation will be provided. 6 hour casino stay, \$20 slot play bonus and a \$5 coupon towards food upon arrival. **Please bring picture ID.**

FRIDAY Senior Field Day

21 9:00AM

Senior Field Day will be held on September 21st at Asphalt Green. This will be a fun-filled fitness day with activities such as Zumba, a dance competition, volleyball and much more.

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

Sept 6 Thu Sept 7 Fri Love, Simon Moonlight

Sept 10Mon
Fences
Sept 13 Thu
Three Billboards
Outside Ebbing,
Missouri

Sept 17 Mon
Unsane
Sept 20Thu
The Neighbor
The Snowman

Sept 24Mon Sept 27Thu Sept 28Fri Everyday Before I Fall Wonder Wheel

Stanley Isaacs Bus Schedule

The Isaacs Center Senior Center has a bus. Stop by the hospitality table for the weekly bus schedule.

Office Hours w/ Greg

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

Group Spotlight



Join the ladies from Craft Hour as they present and sell some of their handmade items. Friday, September 28th starting at 11am.

Upcoming Month

October 2018

- Senior Center Trip to the Brownstone
- Hispanic Heritage Celebration
- Annual Halloween Bash "Ghouls Festival"

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 Heler

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.

SEPTEMBER 2018

SENIOR CENTER ACTIVITIES

8:00AM to 5:00PM on weekdays Saturdays 9:00AM to 1:00PM for limited programming.

the Isaacs Center unless otherwise noted.

03 Mon

Isaacs Center Closed

10 Mon

Zumba w/ Yvonne

11:00AM-2PM Senator Serrano Mobile **Office Hours**

- 1:30 Pet Therapy w/ Alice
- 1:30
- Art Class w/ Nancy 1:45
- 2:30 Isaacs Sing Alongs

Mon

- Zumba w/ Yvonne 10:30 1:15 Weill Cornell "Hands Only **CPR" Presentation**
- 1:30 Pet Therapy w/ Alice
- 1:30 Movie
- 1:30 Poets and Writers
- 1:45 Art Class w/ Nancy 2:30 Isaacs Sing Alongs
- **24** Mon
- Zumba w/ Yvonne

11AM-2PM Senator Serrano Mobile **Office Hours**

- 1:15 Mt. Sinai "Fall Preventation **Awareness Presentation**'
- 1:30 Pet Therapy w/ Alice
- 1:30 Movie
- 1:30 **Poets and Writers**
- 1:45 Art Class w/ Nancy 2:30 Isaacs Sing Alongs

↑ U∈ Ticket Sales 9AM-10:30AM & 1PM-2PM

- Stay Well Fitness w/ Denis 9:30 10:00 Hablando con Maria 10:30 Meditation 1-4PM Nurse Lorraine Walk-In Rincón Latino w/ Jennifer 1:15 1:15 Patient Advocacy w/ Jess
- 1:30 Food Commitee w/ Jeffrey 2:15 Bingo 3:30 Arts and Crafts
- Hospitality Committee w/ Khristel 3:30

U⊕ Patriot Day

- 9:30 Stay Well Fitness w/ Denis Hablando con Maria 10:00 10:30 Meditation
- 11AM-2PM Councilman Ben Kallos Mobile Office Hours
- 1-4PM Nurse Lorraine Walk-In 1:15 Rincón Latino w/ Jennifer 1:30 Social Action Committee w/ Aaron
- 2:15 2:30 Ed & Rec Committee w/ Anita 3:30 Arts and Crafts
- Isaacs Tenants Meeting 7:00

Tue

- 9:30 Stay Well Fitness w/ Denis
- Hablando con Maria 10:00
- 10:30 Meditation 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer 1:15 **Latin Fever Workout Class**
- 2:15 Bingo
- 3:30 Arts and Crafts
- 7:00 **Holmes Tenant Meeting**

- Stay Well Fitness w/ Denis 10:00 Hablando con Maria
- 10:30 Meditation
- 1-4PM Nurse Lorraine Walk-In Rincón Latino w/ Jennifer 1:15 **Comedy Show**
- 1:15 2:15 Bingo
- 3:00 Hablando con Maria 3:30 **Arts and Crafts**

05 Wed Ticket Sales 9AM-10:30AM 10-12PM Blood Pressure Screenings

- Yoga w/ Nammi 1:00 没事儿咱聊聊
- **Membership Meeting** 1:15 2:00 Tech Talk Q&A
- 2:30 Scrabble Group 2:30 Game Day

Wed

Special Ticket Sales for Brownstone 9-10:30AM 9:45 Health Chat w/ Huda

"Being Smart with Supplements"

- 10-12PM Blood Pressure Screenings Yoga w/ Nammi
- 没事儿咱聊聊 1:00 Groove w/ Yvonne 1:15
- 1:15 Clutter Group
- 2:00 Tech Talk Q&A
- 2:30 Scrabble Group 2:30 Bingo

WedYom Kippur

Trip: Sands Casino*

- 10-12PM Blood Pressure Screenings
- Yoga w/ Nammi 10:30 没事儿咱聊聊 1:00
- 1:15 Groove w/ Yvonne
- 1:15 Clutter Group 2:00 Tech Talk Q&A
- 2:30 Scrabble Group
- 2:30 Game Day

26 Wed

- 10-12PM Blood Pressure Screenings
- Yoga w/ Nammi 10:30 1:00 没事儿咱聊聊
- 1:30 **Moon Festival Presentation**
- 2:00 Tech Talk Q&A 2:30 Scrabble Group

Thu Ticket Sales 9AM-10:30AM

- Zumba w/ Janelle & Company 10:00 11:00 Talking with Joan
- 12:00 Craft Hour
- 1:00 The Group w/ Aaron
- **Daily Fitness** 2:00
- 2:00 Collaborative Writing Class Movie 3:00

13 Thu

- Zumba w/ Janelle & Company
- Talking with Joan 11:00 12:00 Craft Hour
- 1:00 The Group w/ Aaron
- 2:00 **Daily Fitness Collaborative Writing Class** 2:00
- 3:00 Movie

20 Thu

- Zumba w/ Janelle & Company
- Talking with Joan 11:00 12:00 Craft Hour
- 1:00 The Group w/ Aaron
- 2:00 **Daily Fitness** 2:00 Collaborative Writing Class
- 3:00 Movie

27 Thu

- 10:00 Zumba w/ Janelle & Company
- Talking with Joan 11:00 12:00 Craft Hour
- 1:00 The Group w/ Aaron 2:00 **Daily Fitness**
- **Collaborative Writing Class** 2:00
- 3:00 Movie

01 Sat **Isaacs** Center

Fri **08** Sat

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

07

Golden Opportunities 3:00

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

Financial Literacy Workshop w/ **Goldman Sachs**

- 2:00 Sewing Class
- Bingo 2:15
- 2:30 Movie 3:00 **Golden Opportunities**

⊢γ international Day of Peace

9AM-12PM Senior Field Day at Asphalt Green

- Groove w/ Roger 10:00 Caregiver Support Group 10:00 Hablando con Maria
- 10:00AM-12:00PM VOLS Clinic Nurse Lorraine Walk-In
- 1:15 **Birthday Party** 2:00 **Sewing Class**
- 3:00 Movie 3:00 **Golden Opportunties**
- 3:00 Bingo

28 Fri

- 9:30 Groove w/ Roger 10:00 Caregiver Support Group
- Hablando con Maria 10:00 11:00 **Craft Sale**
- 1-4PM Nurse Lorraine Walk-In **Latin Fever Workout Class**
- 2:00 Sewing Class Bingo 2:15 Movie
- 3:00 **Golden Opportunties**

Closed

11-1PM Granny Squared

- Sat
- Yoga

15

10:00

Sat First Day of Autumn

10:00 Yoga

- 11-1PM Granny Squared
- **29** Sat
- 10:00

SEPTEMBER 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.

Department for the Aging

The Isaacs Center programs are partially funded by the NYC Department for the Aging.

O3 Mon

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

10 Mon

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

17 Mon

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

24 Mon

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

04 Tue

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

11 Tue

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

18 Tue

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

25 Tue

3: Continental Breakfast

:: Chicken w/ Garlic Sauce

Whole Wheat Bread

Brown Rice

Sauteed Bok Choy

Canned Pears

Orange Juice, Milk

05 Wed

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

12 Wed

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

19 Wed

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

26 Wed

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

06 Thu

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

13 Thu

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

20 Thu

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

27 Thu

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

07 Fri

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

14 Fri

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

21 Fri

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

28 Fri

Continental Breakfast
Baked Basa Fillet
Whole Wheat Bread
Yellow Rice
Zucchini & Carrots
Banana
Orange Juice, Milk

O1 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

08 Sat Take Home Lunch Distributed on Friday

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

15 Sat Take Home Lunch Distributed on Friday

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

22 Sat Take Home Lunch Distributed on Friday

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

29 Sat Take Home Lunch Distributed on Friday

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

B:

L:

SEPTEMBER 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.

02 Sun

Herb Grilled Chicken Rice w/ Corn Whole Wheat Bread Broccoli **Canned Apricots** Orange Pineapple Juice, Milk **03** Mon

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

04 Tue

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

05 Wed

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

09 Sun

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

10 Mon

Whole Wheat Bread Whole Wheat Spaghetti Baby Carrots w/ Parsley Kiwi Orange Pineapple Juice, Milk Tue

Beef Meatballs in Tomato Sauce Chicken & Broccoli Stir Fry White Rice Whole Wheat Bread Apple Juice, Milk **Rice Pudding**

16 Sun

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

17 Mon

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

24 Mon

18 Tue

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

23 Sun

Orange Juice, Milk

Whole Wheat Bread Whole Wheat Spaghetti Normandy Blend Vegetables Fruit Cocktail

Whole Wheat Bread Baby Carrots w/ Parsley

Garlic Mashed Potatoes Orange Apple Juice, Milk

Beef Meatballs in Tomato Sauce Beef Meatloaf w/ Mushroom GravyBaked Mushroom Chicken Baked Brown Rice Pilaf Whole Wheat Bread California Blend Vegetables Applesauce Orange Juice, Milk

25 Tue

Wed

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

19 Wed

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

26 Wed

Baked Salmon Dill Lemon Sauce Barley Whole Wheat Bread Steamed Broccoli & Cauliflower Sliced Peaches Orange Pineapple Juice, Milk

06 Thu

Chicken Parmensan Penne Whole Wheat Bread Steamed Broccli & Cauliflower Orange Juice Vanilla Pudding

07 Fri

Baked Basa Fish Bulgur Whole Wheat Bread Steamed Spinach Banana Orange Pineapple Juice, Milk **08** Sat

Apple Juice, Milk

Kiwi

01 Sat

Whole Wheat Bread Whole Wheat Spaghetti

Beef Meatballs in Tomato Sauce

Normandy Blend Vegetables

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

13 Thu

20 Thu

27 Thu

BBO Chicken Breasts

Whole Wheat Bread

Apple Juice, Milk

Italian Blend Vegetables

Banana

Macaroni

Tangerine

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

14 Fri

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

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

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

28 Fri

Baked Basa fish Light Basil Cream Sauce Orzo Pilaf Whole Wheat Bread Spinach Apple Orange Pineapple Juice, Milk **15** Sat

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

22 Sat

BBQ Chicken Breasts Whole Wheat Bread **Cut Green Beans** Mashed Red Potatoes Apple Juice, Milk

29 Sat

Chicken Chasseur Whole Wheat Bread Cut Green Beans Mashed Red Potatoes Apple Juice, Milk

30 Sun

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

PUZZLES & GAMES

Its September.

Find the words that relate to Fall Prevention Awareness.

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

> **Awareness** Prevention Mobility National

Raise Awareness Activities Stay Informed **Programs**

Advocate **Participate**

RIDDLES

Take your pick and solve these riddles

1. What's the first thing a dolphin learns at school?

Her A-B-Seas.

2. What's the difference between a well dressed man on a bicycle and a poorly dressed man on a unicycle?

Attire (a tire).

3. My first four letters describe all living things. My last five letters are another word for knight. My job is to save you, and I'm a fan of water. Who am I?

lifeguard

4. In the light, I may reflect. In the dark,

Water.

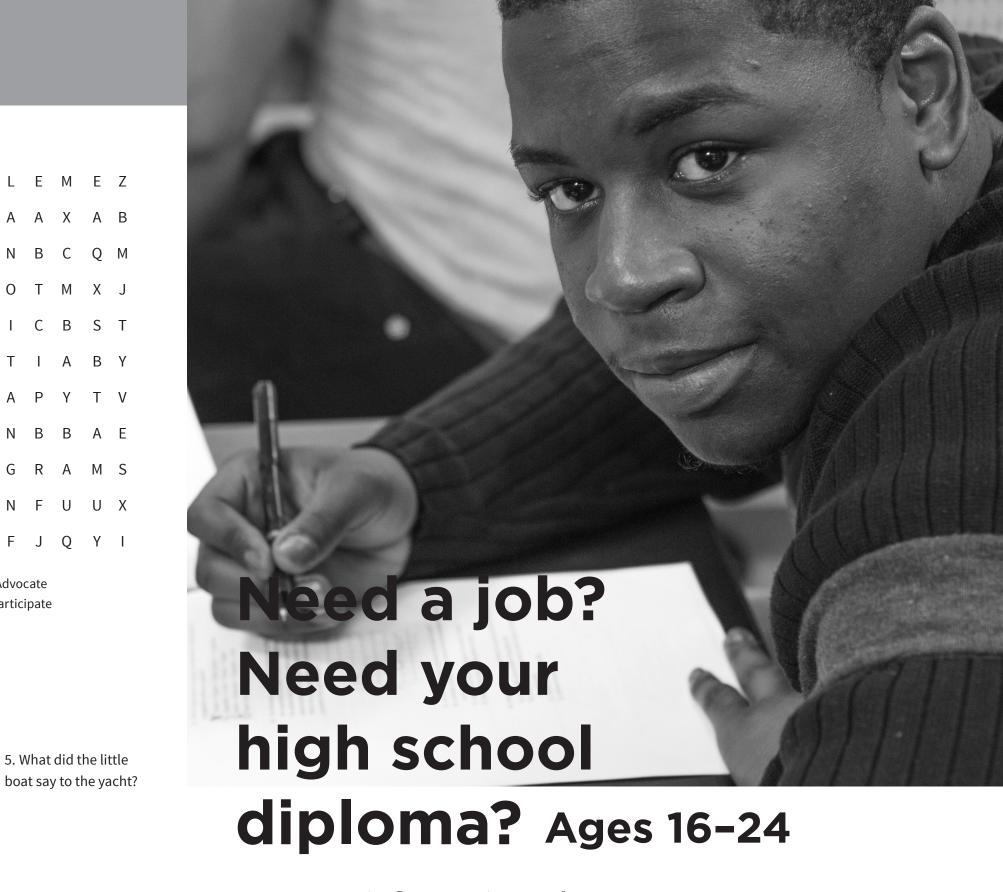
I'm cold and wet.

What am I?

row-mance?" in a little of my

5. What did the little

"Can Interest you



For more information, please contact Tom Mckee, Tmckee@isaacscenter.org or 212.360.7625.

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

Birthday Party









