

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

Senior Field Day













National Hispanic Heritage Month / Celebration

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. Please join us on Monday, October 1 at 2:30 pm for our annual celebration.

October is LGBT History Month

October marks and celebrates the lives and achievements of lesbian, gay bisexual and transgender people in the United States.

Hospitality Committee

The Hospitality Committee is taking over the month of October. Stop by on October 5th for our first bake sale starting at 11am. If you have a sweet tooth, you should definitely stop by. Look out for our Dollarama in November.

MONDAY & SAIL

2:15PM

WEDNESDAY SAIL stands for Stay Active and Independent for Life. The SAIL Program is a strength, balance and fitness class. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling.

WEDNESDAY Membership Meeting

1:15PM

All Senior Center members are invited to meet the staff, hear program updates and ask questions. We would love your feedback.

TUESDAY

Special Ticket Sales 16

9AM-10AM 1PM-2PM COST: \$50

Early ticket sales wil be held on October 16th for the trip on November 13th. Sight and Sound Theatre is located in Lancaster, PA. See the show "Jesus" and enjoy a trip to the Bird n Hand Farmers market and all you can eat lunch buffet at Golden Corral. Leaving the Isaacs Center at 7:45AM.

FRIDAY

19

1:15PM

Annual Orange & Black Birthday Party

Looking for some fun on a Friday. Join us at our monthly birthday party on Friday, October 19 at 1:15pm. Dance a little, eat a little and have lots of fun. Don't forget to wear Orange and Black.

SUNDAY

Sunday Suppers

28 3PM

Join us one Sunday a month at our Sunday Supper. Doors open at 3pm you must have a ticket to attend. Sign up during ticket sales on Tuesday, October 2nd from 9am to 10am or 1pm to 2pm.

TUESDAY

Halloween Party "Ghouls Festival"

31 2:30PM

Join us if you dare for a Halloween Scare and Costume Party on Tuesday, October 31st from 2:30-4:30pm. Who will carry the title for Best Costume 2018?

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 Isaacs

Movie Schedule

Fridays Thursdays 3:00PM 2:30PM

Oct 5 Fri Oct 4 Thu Mr. Church The Bucket List

Oct 12 Fri Oct 11 Thu The 15:17 to Paris The Bellboy

Oct 19 Fri Oct 18 Thu Corrina, Corrina The Ghost and Mr. Chicken

Oct 25 Thu Oct 26 Fri Annihilation The Devil is a Woman

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 members of Rincón Latino on Tuesdays at 1:15pm.

Upcoming Month

November 2018

- Senior Center Trip to Sight and Sound Theatre
- Medicare Open Enrollment Workshop with Councilman Ben Kallos office

Isaacs Center General Information

Isaacs Center Front Desk

For Isaacs Center information, please call Helen, our front desk

Meals on Wheels

Senior Center

The NORC-SSP provides comprehensive case management and case

FREE WI-FI

find out how to connect.

Isaacs Youth Center

○2 Tue Ticket Sales 9AM-10AM **04** Thu **○5** Fri World Smile Day & World **06** Sat O3 Wed **01** Mon & 1PM-2PM **Teacher's Day** Zumba w/ Yvonne 9:30 Stay Well Fitness w/ Denis **Trip: Brownstone** Zumba w/ Janelle & Company 9:30 Groove w/ Roger 10:00 Yoga 10:30 10:00 10:00 Caregiver Support Group 10:00 Hablando con Maria 10-12PM Blood Pressure Screenings Talking with Joan 11-1PM Granny Squared Pet Therapy w/ Alice 11:00 1:30 Hablando con Maria 10:30 Meditation Yoga w/ Nammi 11:00 **Bake Sale** Nurse Lorraine Walk-In 12:00 Craft Hour 1-4PM 1:30 Poets and Writers 1-4PM Nurse Lorraine Walk-In Rincón Latino w/ Jennifer 1:00 没事儿咱聊聊 1:00 The Group w/ Aaron 2:30 **Hispanic Heritage Celebration Theatrical Presentation by** 1:30 Mt. Sinai Presentation Fall Prevention II 1:15 Groove w/ Yvonne Mt. Vernon Hotel Museum & Garden **Daily Fitness** 2:00 Food Commitee w/ Jeffrey Sewing Class 2:15 SAIL Class 2:15 Bingo 2:00 **Collaborative Writing Class** 2:15 Bingo Ed & Rec Committee w/ Anita 2:45 2:30 Scrabble Group 2:30 Movie 3:00 Movie 3:30 Arts and Crafts 3:00 **Golden Opportunities** Game Day O8 Mon 12 13 Sat 09 Tue 10 Thu Fri Wed Stay Well Fitness w/ Denis Yoga 9:30 Health Chat w/ Huda Zumba w/ Janelle & Company Groove w/ Roger 9:45 10:00 9:30 10:00 Hablando con Maria 10:00 10:00 **Caregiver Support Group** "Urinary Health" 11:00 Talking with Joan Isaacs 10:30 Meditation 10:00 Hablando con Maria 10-12PM Blood Pressure Screenings 12:00 Craft Hour 11:00 Social Action Committee w/ Aaron 1-4PM Nurse Lorraine Walk-In Yoga w/ Nammi 1:00 The Group w/ Aaron 11AM-2PM Councilman Ben Kallos Mobile 10:30 2:00 **Sewing Class** Center Office Hours 没事儿咱聊聊 **Daily Fitness** 1:00 2:00 2:00 Hospitality Committee w/ Khristel 1-4PM Nurse Lorraine Walk-In 1:15 Groove w/ Yvonne 2:00 **Collaborative Writing Class** 2:15 1:15 Rincón Latino w/ Jennifer Movie 2:30 Movie 2:15 SAIL Class 3:00 Closed 2:15 Bingo 2:30 **Glamour Gals** 3:30 Arts and Crafts 2:30 Scrabble Group 3:00 Golden Opportunities 7:00 **Isaacs Tenants Meeting** Thu 19 **20** Sat Mon Wed U⊖ Boss's Day 16 Zumba w/ Yvonne Special Ticket Sales 9AM-10AM & 1PM-2PM 10-12PM Blood Pressure Screenings 10:30 10:00 Zumba w/ Janelle & Company 9:30 Groove w/ Roger 10:00 Yoga Yoga w/ Nammi Stay Well Fitness w/ Denis 10:30 10:00 Caregiver Support Group 9:30 1:30 Pet Therapy w/ Alice 11:00 Talking with Joan 11-1PM Granny Squared 没事儿咱聊聊 1:00 10:00 Hablando con Maria Hablando con Maria 10:00 12:00 Craft Hour **Poets and Writers** 1:30 10:00AM-12:00PM VOLS Clinic 10:30 Meditation 1:15 Clutter Group 1:00 The Group w/ Aaron 1:45 Art Class w/ Nancy Nurse Lorraine Walk-In **Membership Meeting** 1:15 1-4PM Nurse Lorraine Walk-In 2:00 **Daily Fitness** SAIL Class 2:15 1:15 Birthday Party "Orange & Black" 1:15 Rincón Latino w/ Jennifer SAIL Class 2:15 2:00 Collaborative Writing Class 2:00 Sewing Class **Nutrition Education Workshop** 1:30 2:30 Scrabble Group 3:00 Movie 2:15 Bingo 2:15 Bingo 2:30 Bingo 2:30 Movie 3:30 Arts and Crafts 3:00 Golden Opportunities 7:00 **Holmes Tenant Meeting 22** Mon **27** Sat 25 26 Fri Tue **24** Wed United Nations Day Thu Zumba w/ Yvonne 9:30 Stay Well Fitness w/ Denis 10-12PM Blood Pressure Screenings 10:00 Zumba w/ Janelle & Company 9:30 Groove w/ Roger 10:00 Yoga 10:30 10:00 Hablando con Maria 10:30 Yoga w/ Nammi 10:00 **Caregiver Support Group** Talking with Joan 1:30 Pet Therapy w/ Alice 11:00 10:30 Meditation 没事儿咱聊聊 Hablando con Maria 1:00 10:00 12:00 Craft Hour **Poets and Writers** 1:30 1-4PM Nurse Lorraine Walk-In 1:15 Groove w/ Yvonne 1-4PM Nurse Lorraine Walk-In 1:00 The Group w/ Aaron Rincón Latino w/ Jennifer 1:45 Art Class w/ Nancy 1:15 1:15 Clutter Group 2:00 Sewing Class 1:15 19th Precinct- Phone Scams and 2:00 **Daily Fitness** 2:15 SAIL Class 3:00 Movie 2:15 SAIL Class **Mailbox Fishing Safety Seminar** 2:00 Collaborative Writing Class 3:00 **Golden Opportunties** 2:30 Isaacs Sing Alongs 2:30 Scrabble Group Bingo 2:15 3:00 Movie 3:00 Bingo 2:30 Game Day 3:30 **Arts and Crafts**

30 Tue **W**⊖**⊘** Halloween 10-12PM Blood Pressure Screenings

Yoga w/ Nammi 10:30

1:00 没事儿咱聊聊

2:30 **Halloween Party** "Ghouls Festival"

Patient Advocacy w/ Jess 1:15 Bingo

Meditation

Stay Well Fitness w/ Denis Hablando con Maria

Nurse Lorraine Walk-In

Rincón Latino w/ Jennifer

2:15

10:00

10:30

1-4PM

1:15

3:30 Arts and Crafts

SENIOR CENTER ACTIVITIES

OCTOBER 2018

limited programming

the Isaacs Center

29 Mon

1:30

1:30

1:45

2:15

2:30

Zumba w/ Yvonne

Poets and Writers

Art Class w/ Nancy

Isaacs Sing Alongs

SAIL Class

Pet Therapy w/ Alice

O1 Mon

Continental Breakfast L: Turkey Burger w/ Onions

> Whole Wheat Bread **Green Beans**

Hash Brown Potatoes **Canned Apricots**

Orange Pineapple Juice, Milk

O8 Mon

Isaacs Center Closed

Mon

B: Continental Breakfast

L: Chicken Parmesan Whole Wheat Bread Whole Wheat Spaghetti Steamed Broccoli

Apple

Orange Pineapple Juice, Milk

22 Mon

B: Continental Breakfast

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

29 Mon

Continental Breakfast

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

02 Tue

Continental Breakfast

Pork Stew **Brown Rice** Whole Wheat Bread **Brussel Sprouts** Banana Apple Juice, Milk

09 Tue

Continental Breakfast

Sliced Turkey w/ Gravy Couscous Whole Wheat Bread Mixed Vegetables **Canned Apricots** Apple Juice, Milk

Tue 16

B: Continental Breakfast

Veal & Beef Patties Brown Gravy Kale Mashed Potatoes Orange Apple Juice, Milk

23 Tue

B: Continental Breakfast

Roasted Chicken Legs Rice & Beans Whole Wheat Bread Sauteed Cabbage Sliced Canned Peaches Apple Juice, Milk

30 Tue

Continental Breakfast

Meatloaf w/ Gravy Egg Noodles Whole Wheat Bread **Mashed Potatoes** Sauteed Spinach Canned Pineapple Orange Juice, Milk

03 Wed

B: Continental Breakfast L: Baked Ziti w/ Cheese

Whole Wheat Bread California Blend Vegetables Canned Pineapple Orange Juice, Milk

Wed 10

B: Continental Breakfast

L: Lasagna, Spinach, & Cheese Whole Wheat Bread **Green Beans** Banana Orange Juice, Milk

Wed

L:

B: Continental Breakfast

Cheese Ravioli w/ Marinara Sauce Whole Wheat Bread Sauteed Spinach Sliced Carrots Kiwi Orange Juice, Milk

24 Wed

B: Continental Breakfast L:

Baked Pork Chop Whole Wheat Bread California Blend Vegetables Yuca w/ Onions Banana Orange Pineapple Juice, Milk

31 Wed

B: Continental Breakfast

L: Pork Chop w/ Sweet & Sour Sauce Whole Wheat Bread Sauteed Zucchini Banana Orange Pineapple Juice, Milk

04 Thu

Continental Breakfast

L: **BBQ** Chicken Whole Wheat Bread Corn Niblets Kale

Thu

Apple Orange Pineapple Juice, Milk

Fri 12

B:

B: Continental Breakfast Herb Roasted Chicken Leg L: Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk

Thu

11

B: Continental Breakfast

Ground Beef Stuffed Bell Peppers L: w/ Cheese **Brown Rice** Sauteed Zucchini **Canned Apricots** Apple Juice, Milk

Thu 25

B: Continental Breakfast

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

05 Fri

B:

L:

Continental Breakfast

Continental Breakfast

Whole Wheat Bread

Baked Tilapia

Green Beans

Canned Pears

Apple Juice, Milk

L: Steamed Fish w/ Ginger Scallion Sauce L: **Brown Rice**

> Whole Wheat Bread Sauteed Bok Choy w/ Garlic

Pear Apple Juice, Milk

19 Fri

B: Continental Breakfast

Tilapia w/ Lemon Dill Sauce Egg Noodles

Whole Wheat Bread **Green Beans** Banana

Orange Pineapple Juice, Milk

26 Fri

B: Continental Breakfast

L: Basa Filet w/ Garlic Sauce **Brown Rice** Whole Wheat Bread Sauteed Bok Chov Applesauce

Orange Pineapple Juice, Milk

Chinese Style Spaghetti Whole Wheat Bread Chinese Style Bok Choy Kiwi

06 Sat Take Home Lunch

Distributed on Friday

Beef w/ Ginger Scallion Sauce

Orange Juice, Milk

$Sat_{\underline{}}^{}$ Take Home Lunch **Distributed on Friday**

Turkey Chow Mein Chinese Style Spaghetti Whole Wheat Bread Oriental Vegetable Blend **Applesauce** Orange Juice, Milk

20 Sat Take Home Lunch **Distributed on Friday**

L: **BBQ Pulled Pork** Whole Wheat Bread Collards **Mashed Sweet Potatoes**

Canned Pears Orange Juice, Milk

Take Home Lunch Sat Distributed on Friday

Teriyaki Chicken Chinese Style Spaghetti Whole Wheat Bread

Oriental Blend Vegetables Orange

Apple Juice, Milk

OCTOBER 2018

SENIOR CENTER MENU

Breakfast

8:30AM-9:15AM. Suggested

Lunch

A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested contribution is \$2 for seniors. Guest rate is \$3.



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

O1 Mon

Baked Turkey Breast Whole Wheat Bread Mixed Vegetables **Sweet Baked Yams** Banana Apple Juice

02 Tue

Chicken Jambalaya Whole Wheat Bread Nomandy Blend Vegetables Orange Pineaple Juice, Milk

03 Wed

Baked Basa Fish Quinoa w/ Black Beans & Corn Whole Wheat Bread California Blend Vegetables Orange Apple Juice, Milk

05 Fri

Chicken Picatta w/ Lemon Sauce Lemon Garlic Tilapia Couscous Green Beans & Carrots Fruit Cocktail Apple Juice, Milk

06 Sat

Rosemary Chicken Rice w/ Chickpeas Whole Wheat Bread Steamed Broccoli Apple Orange Pineapple Juice, Milk

07 Sun

Apple Sweet Potato Whole Wheat Bread Zucchini & Carrots **Canned Apricots** Orange Juice, Milk

08 Mon

Baked Basa Fish **Egg Noodles** Whole Wheat Bread California Blend Vegetables Tangerine Orange Pineapple Juice, Milk

15 Mon

Brown Rice & Beans

Whole Wheat Bread

Cut Green Beans

Orange

Hungarian Goulash w/ Beef

09 Tue

Chicken Fricassee Whole Wheat Bread Baby Carrots w/ Parlsey Mashed Red Potatoes **Canned Pears** Orange Juice, Milk

Tue

10 Wed

17 Wed

Moroccan Style Sauce

Couscous w/ Peas & Lemon

Orange Pineapple Juice, Milk

Baked Flounder

Steamed Spinach

Baked Flounder Sofrito Quinoa w/ Black Beans & Corn Whole Wheat Bread Steamed Broccoli Orange Apple Juice, Milk

Thu

04 Thu

Bowtie Noodles

Banana

Whole Wheat Bread

Orange Juice, Milk

Italian Blend Vegetables

Chicken Curry w/ Apples & Peas **Kashmir Rice** Whole Wheat Bread Spinach Banana Apple Juice, Milk

12 Fri

Baked Salmon w/ Cilantro Citrus Sauce Bulgur Whole Wheat Bread Italian Blend Vegetables Orange Apple Juice, Milk

18 Thu

Coconut Curried Chicken Breast Egg Noodles Whole Wheat Bread Baby Carrots w/ Parsley Fruit Cocktail Apple Juice, Milk

19 Fri

Baked Salmon w/ Lemon, Tarragon & Thyme Quinoa w/ Kale & Carrots Whole Wheat Bread Banana

25 Thu

Chicken Parmesan Penne Whole Wheat Bread Steamed Broccoli & Cauliflower **Canned Pears** Orange Juice, Milk

California Blend Vegetables

Orange Pineapple Juice, Milk **26** Fri

Baked Basa Fish Barley Whole Wheat Bread Steamed Spinach Banana

Orange Pineapple Juice, Milk

13 Sat

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

20 Sat

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

27 Sat

Beef Meatloaf w/ Mushroom Gravy Rice & Black Beans Whole Wheat Bread California Blend Vegetables Apple Apple Juice, Milk

14 Sun

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

21 Sun

Whole Wheat Bread

Canned Apricots

28 Sun

Breast

Broccoli

Sauce

Orange

Rice w/ Corn

Grilled Caribbean Chicken

Orange Pineapple Juice, Milk

Chicken Picatta w/ Lemon

Mashed Red Potatoes

Whole Wheat Bread

Cut Green Beans

Orange Juice, Milk

22 Mon

Apple Juice, Milk

Baked Flounder Quinoa w/ Black Beans & Corn Whole Wheat Bread Italian Blend Vegetables Orange Juice, Milk

23 Tue

Orange Juice, Milk

16

Apple

Chicken Alfredo

Fettucini w/ Sauce

Whole Wheat Bread

Italian Blend Vegetables

Baked Chicken Thighs Honey Dijon Sauce Brown Rice w/ Beans Whole Wheat Bread Baby Carrots w/ Parsley Orange Pineapple Juice, Milk

24 Wed

Spanish Style Beef Stew Egg Noodles Whole Wheat Bread Vegetable Mix Apple Juice, Milk

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

29 Mon

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

30 Tue

Italian Roast Chicken Pasta Fagoli Whole Wheat Bread **Italian Blend Vegetables** Apple Juice, Milk

31 Wed

OCTOBER 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 October.

Find the words that relate to Halloween.

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

> Halloween Candy Corn Costumes Games

Ghouls Ghosts **Pumpkin Spice** Goblin

Lantern Haunted Monsters Night

RIDDLES

Take your pick and solve these riddles

1. There is an ancient 2. What is red and invention still used in some parts of the world today that allows people to see through walls. What is it?

.wobniw A

blue, and purple and green? No one can reach it, not even the

A rainbow.

3. I know a word of letters three. Add two, and fewer there I make some men will be.

4. I build up castles. I tear down mountains. shine with pale light, blind, I help others to see. What am I?

5. Lovely and round, I grown in the darkness, A lady's delight. What am I?

"Few" The word

I am Sand.

A Pearl.



For more information, please contact Tom Mckee, Tmckee@isaacscenter.org or 212.360.7620.

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

Lunar Festival Celebration









