Senior Field Day
This month at the Isaacs Center Senior Center

OCT 2018

STANLEY ISAACS NEIGHBORHOOD CENTER
415 East 93rd Street, New York, NY 10128

WEDNESDAY
2:15PM
1:15PM
SUNDAY
28
3PM
TUESDAY
19
1:15PM
31
2:30PM
MARTIN LUTHER KING, JR. DAY
FRIDAY
19
1:15PM

WEDNESDAY
16
9AM-10AM
1PM-2PM
COST: $50

Special Ticket Sales
Early ticket sales will 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.

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 Suppers
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.

Halloween Party
“Ghouls Festival”
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。

Monday & Wednesday
2:15PM
SAIL
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
1:15PM
Membership Meeting
All Senior Center members are invited to meet the staff, hear program updates and ask questions. We would love your feedback.

Thursday
3:00PM
Movie Schedule

Oct 4
Mr. Church
Thu
Oct 5
The Bucket List
Fri
Oct 11
The 15:17 to Paris
Thu
Oct 12
The Bellboy
Fri
Oct 18
The Ghost and Mr. Chicken
Thu
Oct 19
Corrina, Corrina
Fri
Oct 25
Annihilation
Thu
Oct 26
The Devil is a Woman
Fri

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 receptionist, at 212.348.4344 x144.
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.
<table>
<thead>
<tr>
<th>Date</th>
<th>Activities</th>
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<tbody>
<tr>
<td>Mon</td>
<td>10:30 Zumba w/ Yvonne</td>
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<td></td>
<td>1:30 Pet Therapy w/ Alice</td>
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<td>1:30 Poets and Writers</td>
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<td>08 Mon</td>
<td>Isaacs Center Closed</td>
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<td>15 Mon</td>
<td>10:30 Zumba w/ Yvonne</td>
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<td>1:45 Art Class w/ Nancy</td>
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<td>2:15 SAIL Class</td>
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<td>22 Mon</td>
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<td>2:15 SAIL Class</td>
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<td>2:30 Isaacs Sing Alongs</td>
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<td>01 Tue</td>
<td>Ticket Sales 9AM-10AM &amp; 1PM-2PM</td>
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<td>9:30 Stay Well Fitness w/ Denis</td>
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<td>10:00 Hablando con Maria</td>
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<td>10:30 Meditation</td>
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<td>1:45 Nurse Lorraine Walk-In</td>
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<td>1:15 Rincon Latino w/ Jennifer</td>
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<td>1:15 Mt. Sinai Presentation Fall Prevention II</td>
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<td>2:15 Food Committee w/ Jeffrey</td>
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<td>2:30 Arts and Crafts</td>
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<td>02 Tue</td>
<td>Trip: Brownstone</td>
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<td>10-12PM Blood Pressure Screenings</td>
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<td></td>
<td>10:30 Yoga w/ Nammi</td>
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<td></td>
<td>1:15 Groove w/ Yvonne</td>
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<td>2:15 SAIL Class</td>
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<td>2:30 Scramble Group</td>
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<td>3:30 Game Day</td>
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<td>03 Wed</td>
<td>Health Chat w/ Huda</td>
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<td>“Urinary Health”</td>
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<td>04 Thu</td>
<td>Zumba w/ Janelle &amp; Company</td>
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<td>11:00 Talking with Joan</td>
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<td>12:00 Craft Hour</td>
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<td>1:00 The Group w/ Aaron</td>
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<td>2:00 Daily Fitness</td>
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<td>2:00 Collaborative Writing Class</td>
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<td>3:00 Movie</td>
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<td>05 Fri</td>
<td>World Smile Day &amp; World Teacher’s Day</td>
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<td>9:30 Groove w/ Roger</td>
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<td>10:00 Caregiver Support Group</td>
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<td>10:00 Hablando con Maria</td>
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<td>1:30 Bake Sale</td>
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<td>2:00 Nurse Lorraine Walk-In</td>
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<td>2:00 Theatre Presentation by Mt. Vernon Hotel Museum &amp; Garden</td>
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<td>2:30 Sewing Class</td>
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<td>3:00 Golden Opportunities</td>
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<td>10:00 Yoga</td>
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<td>11-1PM Granny Squared</td>
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<td>27 Sat</td>
<td>Yoga</td>
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<td>10:00 Yoga</td>
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**OCTOBER 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.
**OCTOBER 2018**

**SENIOR CENTER MENU**

**Breakfast**

Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $0.40.

**Lunch**

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

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**Monday, October 1st**

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

**Monday, October 8th**

Isaacs Center Closed

**Monday, October 15th**

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

**Monday, October 22nd**

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

**Monday, October 29th**

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

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**Tuesday, October 2nd**

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

**Tuesday, October 9th**

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

**Tuesday, October 16th**

**B:** Continental Breakfast  
**L:** Veal & Beef Patties  
Brown Gravy  
Kale  
Mashed Potatoes  
Orange  
Apple Juice, Milk

**Tuesday, October 23rd**

**B:** Continental Breakfast  
**L:** Roast Turkey Legs  
Rice & Beans  
Whole Wheat Bread  
Sautéed Cabbage  
Sliced Canned Peaches  
Apple Juice, Milk

**Tuesday, October 30th**

**B:** Continental Breakfast  
**L:** Meatloaf w/ Gravy  
Egg Noodles  
Whole Wheat Bread  
Sautéed Spinach  
Canned Pineapple  
Orange Juice, Milk

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**Wednesday, October 3rd**

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

**Wednesday, October 10th**

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

**Wednesday, October 17th**

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

**Wednesday, October 24th**

**B:** Continental Breakfast  
**L:** Roast Pork Chop  
Whole Wheat Bread  
California Blend Vegetables  
Yuca w/ Onions  
Banana  
Orange Pineapple Juice, Milk

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**Thursday, October 4th**

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

**Thursday, October 11th**

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

**Thursday, October 18th**

**B:** Continental Breakfast  
**L:** Ground Beef Stuffed Bell Peppers w/ Cheese  
Whole Wheat Bread  
Sautéed Spinach  
Canned Zucchini  
Apple Juice, Milk

**Thursday, October 25th**

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

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**Friday, October 5th**

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

**Friday, October 12th**

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

**Friday, October 19th**

**B:** Continental Breakfast  
**L:** Turkey Chow Mein  
Chinese Style Spaghetti  
Whole Wheat Bread  
Oriental Vegetable Blend  
Applesauce  
Orange Juice, Milk

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**Saturday, October 6th**

**L:** Beef w/ Ginger Scallion Sauce  
Chinese Style Spaghetti  
Whole Wheat Bread  
Chinese Style Bok Choy  
Kiwi  
Orange Juice, Milk

**Saturday, October 13th**

**L:** BBQ Pulled Pork  
Whole Wheat Bread  
Collards  
Mashed Sweet Potatoes  
Canned Pears  
Orange Juice, Milk

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**Take Home Lunch**

Distributed on Friday
<table>
<thead>
<tr>
<th>Date</th>
<th>Meals On Wheels Menu</th>
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</table>
| Sun 07 | Orange Pineapple Juice, Milk  
| Mon 08 | Apple Sweet Potato  
| Tue 09 | Baked Turkey Breast  
| Wed 10 | Whole Wheat Bread  
| Thu 11 | Mixed Vegetables  
| Fri 12 | Sweet Baked Yams  
| Sat 13 | Banana  
| Sun 14 | Apple Juice, Milk  
| Mon 15 | Turkey w/ Gravy  
| Tue 16 | Whole Wheat Bread  
| Wed 17 | Cut Green Beans  
| Thu 18 | Mashed Sweet Potatoes  
| Fri 19 | Orange Juice, Milk  
| Sat 20 | Apple Juice, Milk  
| Sun 21 | Grilled Caribbean Chicken Breast  
| Mon 22 | Rice w/ Corn  
| Tue 23 | Whole Wheat Bread Broccoli  
| Wed 24 | Canned Apricots  
| Thu 25 | Orange Pineapple Juice, Milk  
| Fri 26 | Apple Juice, Milk  
| Sat 27 |  
| Sun 28 | Chicken Picatta w/ Lemon Sauce  
| Mon 29 | Mashed Red Potatoes  
| Tue 30 | Whole Wheat Bread  
| Wed 31 | Cut Green Beans  
| Thu 01 | Orange Juice, Milk  
| Fri 02 | Whole Wheat Bread  
| Sat 03 | Apple Juice, Milk  
| Sun 04 |  
| Mon 05 |  
| Tue 06 |  

**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.
Its October.

Find the words that relate to Halloween.


Halloween
Candy Corn
Costumes
Games

Ghouls
Ghosts
Pumpkin Spice
Goblin

Lantern
Haunted
Monsters
Night

PUZZLES & GAMES

RIDDLES

Take your pick and solve these riddles

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

2. What is red and blue, and purple and green? No one can reach it, not even the queen?

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

4. I build up castles. I tear down mountains. I make some men blind, I help others to see. What am I?

5. Lovely and round, I shine with pale light, grown in the darkness, A lady’s delight. What am I?

Need a job?
Need your high school diploma? Ages 16–24

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