Hispanic Heritage Celebration
This month at the Isaacs Center Senior Center

NOV 2018

SUNDAY

11 3PM

Sunday Suppers
Join us on November 11th for our Sunday Supper. Doors open at 3pm you MUST have a ticket to attend. Sign up during ticket sales on Tuesday, November 6th from 9am to 10am or 1pm to 2pm.

FRIDAYS

10:00AM

VOLS Elderly Project provides free legal counsel to older adults in New York City. They specialize in the preparation of Wills and Life Planning Documents, and can provide legal advice on a number of legal issues facing older adults. They are here at the Isaacs Center every third Friday of the month for a free legal clinic.

12:00PM

Third Friday of the month for a free legal clinic.

16 2PM

Seniors on Broadway Workshop
Welcome to the exciting world of musical theater! Whether you’re a performing veteran or completely new to the stage, this class brings Broadway to you. Fridays at 2pm.

WEDNESDAY

21 4:30PM

Tempel Emanuel-El
Tempel Emanuel-El has invited the Isaacs Senior Center members to enjoy a wonderful Thanksgiving meal on November 21st at 4:30pm. If you are interested in going please sign up with Anita. Please note this is a raffle. Names will be drawn on Friday, November 9th at 10am.

THURSDAY

8 1:15PM

LGBT Health Care
Bill of Rights Presentation
A special presentation by VNSNY for Lesbian, Gay, Bisexual, Transgender, and Questioning Older Adults, as well as their family, friends, and allies. This workshop will educate our community about the rights of LGBTIQ individuals in navigating the healthcare system; including the right to be treated with dignity and respect, with providers that are knowledgeable, and that choices can be made about visitations, medical decisions, pre-surgery, and over. To become a Senior Center member, please ask for an appointment at the front desk.

22 11AM

Thanksgiving Day Luncheon
Dear Isaacs Family, we will host our annual Thanksgiving Day luncheon at Trevor Day School located at 312 East 95th Street New York, NY 10128 between 1st and 2nd Ave. You MUST sign up during ticket sales starting on November 6th. This event is by ticket only. Doors will open at 10am lunch will be served at 11am.

FRIDAY

9 2PM

Hospitality Committee
The Hospitality Committee is hosting a “Craft Party”. If you’re in the mood to create or to just watch then stop by on November 9th at 2pm. You will not regret it.

11AM

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，并了解美中最新消息，以及为所有人创造一个友好的小区环境。

10:00AM

NORC-SSP
The NORC-SSP provides comprehensive case management and case assistance to older adult residents living in the Isaacs/Holmes Houses.

12:00PM

For Meals on Wheels information and registration, please call us at 212.360.7620 ext. 110. Stop by and say hello to Helen.

Movie Schedule

Thursdays

3:00PM

Nov 1 Thu
Wonder Wheel

Nov 8 Thu
Goodbye, Mr. Chips

Nov 15 Thu
Tully

Nov 29 Thu
Rampage

Fridays

2:30PM

Nov 2 Fri
I Can Only Imagine

Nov 9 Fri
Casablanca

Nov 16 Fri
Blockers

Nov 30 Fri
Show Dogs

Supper. Doors open at 3pm you MUST have a ticket to attend. Sign up during ticket sales on Tuesday, November 6th from 9am to 10am or 1pm to 2pm.

Senior Center
Member registration is free to all NYC residents age 60 and over. To become a Senior Center member, please ask for an appointment at the front desk.

Senior 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. 

FREE WI-FI
The Isaacs Center now has free Wi-Fi service. Stop by the front desk to find out how to connect.

December 2018

• Holiday Decorating Party
• Holiday Party
• Senior Center Trip to Royal Manor

What brings you to the Isaacs Center?
I worked nearby at Metropolitan Hospital for 31 years. Upon retirement I was bored and wanted to keep busy so I joined the Isaacs Center. This center has great company and social activity. I also like to see if I can volunteer and help out.

Upcoming Month

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 x44.

Senior Center
Member registration is free to all NYC residents age 60 and over. To become a Senior Center member, please ask for an appointment at the front desk.

SINC News+Community | November 2018
# NOVEMBER 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.

### 05 Mon
- 10:30 Zumba w/ Yvonne
- 1:15 Nutrition Education Workshop
- 1:30 Pet Therapy w/ Alice
- 1:45 Poets and Writers
- 2:00 Hospitality Committee w/ Khristel
- 2:15 SAIL Class
- 2:45 Isaacs Sing Alongs

### 06 Tue
- 10:00 Ticket Sales 9AM-10AM 1PM-2PM Election Day
  - 10:00 Hablando con Maria
  - 10:15 Meditation
  - 10:30 Social Action Committee w/ Aaron
  - 10:30 Nurse Lorraine Walk-In
  - 11:00 Rincon Latino w/ Jennifer
  - 11:15 Jazz Singer Audrey Silver
  - 11:45 Food Committee w/ Jeffrey
  - 1:15 Ed & Rec Committee w/ Anita
  - 1:15 Bingo
  - 1:30 Arts and Crafts

### 07 Wed
- 9:45 Ticket Sales 9AM-10AM 1PM-2PM Election Day
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- 11:45 Food Committee w/ Jeffrey
- 1:15 Ed & Rec Committee w/ Anita
- 1:15 Bingo
- 1:30 Arts and Crafts

### 08 Thu
- 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
- 2:00 Collaborative Writing Class
- 3:00 Movie
- 4:00 Medicare Enrollment Event by NYC Council Member Ben Kallos

### 09 Fri
- 9:30 Groove w/ Roger
- 10:00 Caregiver Support Group
- 10:15 Hablando con Maria
- 1:45 Nurse Lorraine Walk-In

### 10 Sat
- 10:00 Yoga

### 11 Sun
- Closed

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### SENIOR CENTER ACTIVITIES

**SENIOR CENTER ACTIVITIES**

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| 09 Fri | 9:30 Groove w/ Roger  
10:00 Caregiver Support Group  
10:15 Hablando con Maria  
1:45 Nurse Lorraine Walk-In  
1:45 Seniors on Broadway  
2:00 Daily Fitness  
2:00 Collaborative Writing Class  
3:00 Movie  
3:00 Golden Opportunities |
| 10 Sat | 10:00 Yoga |
| 11 Sun | Closed |
NOVEMBER 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.

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

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

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

07 Wed
B: Continental Breakfast
L: Swedish Meatballs
Egg Noodles
Whole Wheat Bread
Green Beans
Parsleyed Carrots
Canned Apricots
Apple Juice, Milk

08 Thu
B: Continental Breakfast
L: Sliced Turkey w/ Gravy
Whole Wheat Bread
Collards
Mashed Sweet Potatoes
Applesauce

09 Fri
B: Continental Breakfast
L: Baked Basa Fillet
Whole Wheat Bread
Yellow Rice
Sautéed Zucchini
Banana
Orange Juice, Milk

10 Sat
Take Home Lunch Distributed on Friday

11 Sun
Take Home Lunch Distributed on Friday

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

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

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

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

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

17 Sat
Take Home Lunch Distributed on Friday

18 Sun
Take Home Lunch Distributed on Friday

19 Mon
B: Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Broccoli & Red Peppers
Mashed Potatoes
Apple
Orange Pineapple Juice, Milk

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

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

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

23 Fri
Isaacs Center Closed

24 Sat
Isaacs Center Closed

25 Sun
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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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26 Mon
B: Continental Breakfast
L: Chicken Parmesan
Whole Wheat Bread
Whole Wheat Spaghetti
Steamed Broccoli
Applesauce
Orange Pineapple Juice, Milk

27 Tue
B: Continental Breakfast
L: Veal & Beef Patties
Brown Gravy
Whole Wheat Bread
Kale
Mashed Potatoes
Orange
Apple Juice, Milk

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

29 Thu
B: Continental Breakfast
L: Ground Beef
Stuffed Bell Peppers w/ Cheese
Brown Rice
Sautéed Zucchini
Canned Apricots
Apple Juice, Milk

30 Fri
B: Continental Breakfast
L: Tilapia w/ Lemon Dill Sauce
Egg Noodles
Whole Wheat Bread
Green Beans
Banana
Orange Pineapple Juice, Milk

Take Home Lunch Distributed on Friday

Take Home Lunch Distributed on Friday

Take Home Lunch Distributed on Friday
<table>
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<tr>
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| 04  | Sun | Turkey w/ Gravy  
Whole Wheat Bread  
Italian Cut Green Beans  
Sweet Baked Yams  
Canned Apricots  
Apple Juice, Milk |
| 05  | Mon | Beef Meatloaf w/ Mushroom Gravy  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Garlic Mashed Potatoes  
Orange  
Apple Juice, Milk |
| 06  | Tue | Baked Mushroom Chicken  
Baked Brown Rice Pilaf  
Whole Wheat Bread  
California Blend Vegetables  
Applesauce  
Orange Pineapple Juice, Milk |
| 07  | Wed | Dill Lemon Sauce  
Barley  
Whole Wheat Bread  
Steamed Broccoli & Cauliflower  
Tangerine  
Apple Juice, Milk |
| 08  | Thu | BBQ Chicken Breasts  
Macaroni  
Whole Wheat Bread  
Italian Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk |
| 09  | Fri | Baked Flounder  
Greek Sauce  
Whole Wheat Bread  
Chopped Kale  
Garlic Mashed Potatoes  
Canned Pineapple  
Orange Juice, Milk |
| 10  | Sat | Chicken Chasseur  
Whole Wheat Bread  
Cut Green Beans  
Mashed Red Potatoes  
Kiwi  
Apple Juice, Milk |
| 11  | Sun | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Zucchini  
Whole Wheat Bread  
Orange Juice, Milk |
| 12  | Mon | Baked Turkey Breast  
Whole Wheat Bread  
Mixed Vegetables  
Sweet Baked Yams  
Banana  
Apple Juice, Milk |
| 13  | Tue | Chicken Jambalaya  
Whole Wheat Bread  
Normandy Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk |
| 14  | Wed | Baked Basa Fish  
Quinoa w/ Black Beans & Corn  
Whole Wheat Bread  
California Blend Vegetables  
Orange  
Apple Juice, Milk |
| 15  | Thu | Chicken Picatta w/ Lemon Sauce  
Bowtie Pasta  
Whole Wheat Bread  
Italian Blend Vegetables  
Banana  
Orange Juice, Milk |
| 16  | Fri | Lemon Garlic Tilapia  
Couscous  
Whole Wheat Bread  
Green Beans & Carrots  
Fruit Cocktail  
Apple Juice, Milk |
| 17  | Sat | Rosemary Chicken  
Rice w/ Chickpeas  
Whole Wheat Bread  
Steam Broccoli  
Apple  
Orange Pineapple Juice, Milk |
| 18  | Sun | Ham  
Whole Wheat Bread  
Apple Sweet Potatoes  
Zucchini & Carrots  
Canned Apricots  
Orange Juice, Milk |
| 19  | Mon | Baked Basa Fish  
Egg Noodles  
Whole Wheat Bread  
California Blend Vegetables  
Tangerine  
Orange Pineapple Juice, Milk |
| 20  | Tue | Chicken Fricassee  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Mashed Red Potatoes  
Canned Pears  
Orange Juice, Milk |
| 21  | Wed | Baked Flounder  
Sofrito  
Quinoa w/ Black Beans & Corn  
Whole Wheat Bread  
Steamed Broccoli  
Orange  
Apple Juice, Milk |
| 22  | Thu | Special Holiday Meal  |
| 23  | Fri | Special Holiday Meal  |
| 24  | Sat | Beef Salisbury Steak w/ Mushroom Sauce  
Pasta w/ Sweet Peas  
Whole Wheat Bread  
Zucchini & Peas  
Canned Apricots  
Orange Pineapple Juice, Milk |
| 25  | Sun | Hungarian Goulash w/ Beef  
Whole Brown Rice & Beans  
Whole Wheat Bread  
Cut Green Beans  
Orange  
Apple Juice, Milk |
| 26  | Mon | Chicken Alfredo  
Fettucini w/ Sauce  
Whole Wheat Bread  
Italian Blend Vegetables  
Apple  
Orange Juice, Milk |
| 27  | Tue | Baked Flounder  
Moroccan Style Sauce  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Spinach  
Orange Pineapple Juice, Milk |
| 28  | Wed | Baked Flounder  
Lemon Noodles  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Fruit Cocktail  
Apple Juice, Milk |
| 29  | Thu | Coconut Curried Chicken Breast  
Egg Noodles  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Fruit Cocktail  
Apple Juice, Milk |
| 30  | Fri | Baked Salmon w/ Lemon,  
Tarragon, & Thyme  
Quinoa w/ Kale & Carrots  
Whole Wheat Bread  
California Blend Vegetables  
Banana  
Orange Pineapple Juice, Milk |
**PUZZLES & GAMES**

It's November.

Find the words that relate to Thanksgiving.

| T A S E U B Y N N E T T S J V R F C G S Y M D B S M | Scarecrow  
| S R F A F Z B O I G N R U D L X A K R K D E D E O S | Tradition  
| E O R E J D V P K W U S A R L R M T A R F N L Q K L | Turkey  
| V Z G F I E N N K M J D R D K S I U T S N P E P K K | November  
| R Y Y M I C P F O N O W Z I E L I E D P J F I S C | Family  
| A F Q B K S C A R E C R O W W T Y Y F A D R M T R Y | Friends  
| H Y E P Z S B U X T S M I R G L I P U W C E J T H F | Pilgrims  
| E R M W Z P V S H L E C B M B X T O L J Y W F D I X | Harvest  
| U R B T G O C Z B Y J X F Z D F T N G H M Z K D C |  
| F Y M I J S X E W K D U I G I F E V O Z X T U P J K |  
| P W O D Y Q H K B Q L P U G O B B L E W L P E A S B |  

**PUZZLES & GAMES**

RIDDLES

Take your pick and solve these riddles

1. Why didn’t the monster eat the crazy person?  
2. A half is a third of it. What is it?  
3. Which species of lions does not hunt?  
4. What did the tourist say to a vampire?  
5. Why didn’t the skeleton use a towel?  

- 1/2.
- 1 1/2.
- He was allergic.
- Do you know a good dandelion?
- Because he always comes out bone dry.
- Because he always dies.

**PUZZLES & GAMES**

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.
Birthday Party