



Isaacs | News + Center | Community

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

Hispanic Heritage Celebration





Isaacs | News +
Center | Community

NOV 2018

This month at the Isaacs Center Senior Center

FRIDAYS VOLS

10:00AM

-

12:00PM

Third Friday
of the month

The 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.

TUESDAY

6 & 20

1:15PM

Jazz Singer Audrey Silver

Audrey Silver is known as one of the most elegantly creative Jazz singers of today. She has performed at the Tanglewood Jazz Festival and New York's prestigious JVC Jazz Festival. Join us in welcoming some smooth music to the Isaacs Center on November 6th and November 20th.

THURS

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 LGBTQ 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, preferred pronouns... Hope to see you there.

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.

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.

FRIDAY

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

Temple Emanu-El

Temple Emanu-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.

THURS

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.

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

Thursdays

Fridays

3:00PM

2:30PM

Nov 1

Thu

Wonder Wheel

Nov 2

Fri

I Can Only Imagine

Nov 8

Thu

Goodbye, Mr. Chips

Nov 9

Fri

Casablanca

Nov 15

Thu

Tully

Nov 16

Fri

Blockers

Nov 29

Thu

Rampage

Nov 30

Fri

Show Dogs

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.

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.

Senior Spotlight



Susan

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'd also like to see if I can volunteer and help out.

Upcoming Month

December 2018

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

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.

All events are held at the Isaacs Center unless otherwise noted.

05 Mon

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

12 Mon

- 10:30 Zumba w/ Yvonne
- 1:30 Pet Therapy w/ Alice
- 1:30 Poets and Writers
- 1:45 Art Class
- 2:15 SAIL Class
- 2:45 Isaacs Sing Alongs

19 Mon

- 10:30 Zumba w/ Yvonne
- 11AM-2PM **Senator Serrano Mobile Office Hours**
- 1:30 Pet Therapy w/ Alice
- 1:30 Poets and Writers
- 1:45 Art Class
- 2:15 SAIL Class
- 2:45 Isaacs Sing Alongs

26 Mon **Cyber Monday**

- 10:30 Zumba w/ Yvonne
- 1:30 Pet Therapy w/ Alice
- 1:30 Poets and Writers
- 1:45 Art Class
- 2:15 SAIL Class
- 2:45 Isaacs Sing Alongs

06 Tue **Ticket Sales 9AM-10AM 1PM-2PM Election Day**

- 10:00 Hablando con Maria
- 10:30 Meditation
- 11:00 **Social Action Committee w/ Aaron**
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 1:15 **Jazz Singer Audrey Silver**
- 2:00 **Food Committee w/ Jeffrey**
- 2:30 **Ed & Rec Committee w/ Anita**
- 2:15 Bingo
- 3:30 Arts and Crafts

13 Tue **World Kindness Day**

- Trip: Sight and Sound Theatre***
- 9:30 Stay Well Fitness w/ Denis
- 10:00 Hablando con Maria
- 10:30 Meditation
- 11AM-2PM **Councilman Ben Kallos Mobile Office Hours**
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 1:15 **Patient Advocacy w/ Jess**
- 2:15 Bingo
- 3:30 Arts and Crafts
- 7:00 Isaacs Tenants Meeting

20 Tue **World Children’s Day**

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

27 Tue **Giving Tuesday**

- 9:30 Stay Well Fitness w/ Denis
- 10:00 Hablando con Maria
- 10:30 Meditation
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 1:15 **Carelink Presentation**
- 2:15 Bingo
- 3:30 Arts and Crafts

07 Wed **Ticket Sales 9AM-10AM**

- 9:45 **Health Chat w/ Huda “Thyroid Health”**
- 10-12PM Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 1:00 没事儿咱聊聊
- 1:15 **Membership Meeting**
- 2:15 SAIL Class
- 2:30 Scrabble Group

14 Wed

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

21 Wed

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

28 Wed

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

01 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**

08 Thu **Ticket Sales 9AM-10AM**

- 10:00 Zumba w/ Janelle & Company
- 11:00 Talking with Joan
- 12:00 Craft Hour
- 1:15 **LGBT Health Care Bill of Rights Presentation**
- 2:00 Daily Fitness
- 2:00 Collaborative Writing Class
- 3:00 Movie

15 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

22 Thu

Isaacs Center Closed

29 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

02 Fri

- 9:30 Groove w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 1-4PM Nurse Lorraine Walk-In
- 2:15 Bingo
- 2:30 Movie
- 3:00 Golden Opportunities

09 Fri

- 9:30 Groove w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 1-4PM Nurse Lorraine Walk-In
- 2:00 **Craft Party hosted by the Hospitality Committee**
- 2:30 Movie
- 3:00 Golden Opportunities

16 Fri

- 9:30 Groove w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 10:00AM-12:00PM **VOLS Clinic**
- 1-4PM Nurse Lorraine Walk-In
- 1:15 **Birthday Party**
- 2:15 Bingo
- 2:30 Movie
- 2:30 **Seniors on Broadway**
- 3:00 Golden Opportunities

23 Fri

Isaacs Center Closed

30 Fri

- 9:30 Groove w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 1-4PM Nurse Lorraine Walk-In
- 2:00 **Seniors on Broadway**
- 3:00 Movie
- 3:00 Golden Opportunties
- 3:00 Bingo

03 Sat

- 10:00 Yoga
- 11-1PM Granny Squared

10 Sat

- 10:00 Yoga

17 Sat **World Peace Day**

- 10:00 Yoga
- 11-1PM Granny Squared

24 Sat

Isaacs Center Closed

NOVEMBER 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.

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
Parslied Carrots
Steamed Broccoli & Cauliflower
Apple
Orange Pineapple Juice, Milk

12 Mon

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

19 Mon

- B: Continental Breakfast
- L: Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Broccoli & Red Peppers
Mashed Potatoes
Apple
Orange Pineapple Juice, Milk

26 Mon

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

06 Tue

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

13 Tue

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

20 Tue

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

27 Tue

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

07 Wed

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

14 Wed

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

21 Wed

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

28 Wed

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

01 Thu

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

08 Thu

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

15 Thu

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

22 Thu

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

29 Thu

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

02 Fri

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

09 Fri

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

16 Fri

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

23 Fri

Isaacs Center Closed

30 Fri

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

03 Sat

Take Home Lunch Distributed on Friday

10 Sat

Take Home Lunch Distributed on Friday

17 Sat

Take Home Lunch Distributed on Friday

24 Sat

Isaacs Center Closed

NOVEMBER 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.

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 Juice, Milk

07 Wed

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

11 Sun

Beef Meatballs in Tomato Sauce
Whole Wheat Bread
Whole Wheat Spaghetti
Normandy Blend Vegetables
Fruit Cocktail
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

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

25 Sun

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

26 Mon

Hungarian Goulash w/ Beef
Brown Rice & Beans
Whole Wheat Bread
Cut Green Beans
Orange
Apple Juice, Milk

27 Tue

Chicken Alfredo
Fettucini w/ Sauce
Whole Wheat Bread
Italian Blend Vegetables
Apple
Orange Juice, Milk

28 Wed

Baked Flounder
Moroccan Style Sauce
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Spinach
Orange Pineapple Juice, Milk

01 Thu

Chicken w/ Tangy Tomato Sauce
Cuban Style Brown Rice
Whole Wheat Bread
Normandy Blend Vegetables
Banana
Orange Pineapple Juice, Milk

02 Fri

Baked Flounder
Greek Sauce
Whole Wheat Bread
Chopped Kale
Garlic Mashed Potatoes
Canned Pineapple
Orange Juice, Milk

03 Sat

Beef Salisbury Steak w/ Mushroom Sauce
Brown Rice & Lentils
Whole Wheat Bread
Steamed Broccoli
Orange
Orange Pineapple Juice, Milk

08 Thu

BBQ Chicken Breasts
Macaroni
Whole Wheat Bread
Italian Blend Vegetables
Tangerine
Apple Juice, Milk

09 Fri

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

10 Sat

Chicken Chasseur
Whole Wheat Bread
Cut Green Beans
Mashed Red Potatoes
Kiwi
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
Steamed Broccoli
Apple
Orange Pineapple Juice, Milk

22 Thu Special Holiday Meal

29 Thu

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

23 Fri Special Holiday Meal

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

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

Pumpkin Pie
Apples
Gobble
Grateful

Scarecrow
Tradition
Turkey
November

Family
Friends
Pilgrims
Harvest

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?

Because he always comes out bone dry.

Do you know a good place to get a bite?

Dandelion.

1 1/2.

He was allergic to nuts.



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.



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Birthday Party

