

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

#### **Halloween Party**















This month at the Isaacs Center Senior Center

#### **FRIDAYS**

#### **VOLS**

10:00AM

12:00PM Third Friday

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 of the month 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.

#### MON

#### **Jazz Singer Audrey Silver**

3 1:15PM

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 smooth music to the Isaacs Center on December 3rd.

#### **TUES**

# **Work for Yourself Workshop**

4

1:15PM

Join AARP on December 4th at 1:15pm to learn more about the advantages and challenges of working for yourself, how to connect with local expert resources and much more.

#### **FRI**

#### **Vocal Ease Performance**

1:15PM

Vocal Ease will perform a cabaret-style show with a small group of professional singers with piano accompaniment.

#### FRI

#### **Holiday Decorating Party**

2PM

Join us in the lobby to deck the halls with bells. Please join us for our 3rd annual Holiday Decorating Party. See you soon!

#### **SUN**

#### **Sunday Supper**

9 **3PM**  Join us on Sunday, December 9th for our Sunday Supper. Doors open at 3pm you must have a ticket to attend. Sign up during ticket sales.

#### **TUES**

#### **Isaacs Senior Center**

18 2:30PM

## **Holiday Party**

Join us on Tuesday, December 18th at 2:30pm for our annual Holiday Party. Let's celebrate the season of love and fellowship. There will be food, entertainment, prizes and most of all lots of love.

#### **THURS**

#### **Trip: Royal Manor**

20 8:45AM

TICKET: \$50

"Christmas with Lonnie". The menu will be salad, ziti marinara, ham, roasted turkey, mashed potatoes, vegetables, dessert and a

Family style luncheon and a show titled

#### beverage.

#### **TUES**

## 25 **10AM**

## **Christmas Luncheon**

Dear Isaacs Family, we will host our annual Christmas 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 December 4th. 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 Isaacs

#### **Movie Schedule**

Fridays

Thursdays 3:00PM

Denial

2:30PM Dec 6 Thu

Dec 7 Fri Breaking In

Dec 13 Thu Kings

Dec 14 Fri A Bad Moms Christmas

Dec 20 Thu

Dec 21 Fri **Butterfield 8** 

Dec 27 Thu The Man Who **Invented Christmas**  Dec 28 Fri **Turkey Hollow** 

#### **Stanley Isaacs Bus Schedule**

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.

# Staff Spotlight



Valerie is a Social Work Intern at the Isaacs Senior Center. She is a world traveler who speaks french, spanish and mandarin chinese. Valerie has previously worked in a hedge fund and decided a career change to social work services. If you see Valerie around say hi.

# **Upcoming Month**

# January 2019

- New Years Day, January 1st, 2019, Isaacs Center Closed
- Martin Luther King Jr. Day, January 21st, 2019 Isaacs Center Closed

## **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**

by AARP

# **DECEMBER 2018**

## SENIOR CENTER ACTIVITIES

Saturdays 9:00AM to 1:00PM for limited programming.

the Isaacs Center unless otherwise noted.

# **03** Mon

10:30	Zumba w/ Yvonne
1:15	Jazz Singer Audrey Silver
1:30	Pet Therapy w/ Alice
1:30	Poets and Writers
1:30	Food Committee w/ Jeffre
1:45	Art Class
2:00	Ed & Rec Committee w/ Anit
2:15	SAIL Class
2:30	Hospitality Committee
	w/ Khristel
2:45	Isaacs Sing Alongs

#### **1**∩ M∩∩ Hanukkah Ends

- 10	<b>)</b> '	O   Hallukkali Eli
10:3	30 Zı	umba w/ Yvonne
1:30	) Pe	et Therapy w/ Alice
1:30	) Po	oets and Writers
1:45	5 Aı	rt Class
2:15	5 S/	AIL Class
2:45	5 Is	aacs Sing Alongs

# 17 Mon Wright Brothers First

1/	' ' <sup>'</sup> ' Flight Anniversaı
10:30	Zumba w/ Yvonne
11AM-2I	PM <b>Senator Serrano Mobile</b>
	Office Hours
1:15	Patient Advocacy w/ Jess
1:30	Pet Therapy w/ Alice
1:30	Poets and Writers - Last Day
1:45	Art Class
2:15	SAIL Class
2:45	Isaacs Sing Alongs
0.4	11000

#### **24** Mon Christmas Eve

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

# **04** Tue Ticket Sales 9AM-10AM

•	11 M-21 M
10:00	Hablando con Maria
10:30	Meditation
1-4PM	Nurse Lorraine Walk-In
1:15	Rincón Latino w/ Jennifer
1:15	Work for Yourself Workshop w/ AARF
3:30	Arts and Crafts
	T
11	lue

9:30	Stay Well Fitness w/ Denis
10:00	Hablando con Maria
10:30	Meditation
11:00	SAC Meeting
11AM-2P	M Councilman Ben Kallos Mobile
	Office Hours
1-4PM	Nurse Lorraine Walk-In
1:15	Rincón Latino w/ Jennifer
1:15	<b>Nutrition Education Workshop</b>

#### 7:00 Isaacs Tenants Meeting Tue

Bingo

Arts and Crafts

2:15

3:30

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
2:00	Isaacs Senior Center Holiday F
7:00	Holmes Tenant Meeting

### 25 Tue Christmas

# **Isaacs** Center Closed

## **∩5** Wed Ticket Sales 9AM-10AM

	, , , , , , , , , , , , , , , , , , , ,
9:45	Health Chat w/ Huda
	"Managing Hypertension
10-12PI	M Blood Pressure Screenings
10:30	Yoga w/ Nammi

	_0.00	
	1:00	没事儿咱聊聊
)	1:15	Clutter Group
	1:15	Groove w/ Yvonr

#### SAIL Class Scrabble Group

## Wed

10-12PI	M Blood F	Pressure Screenin	gs
10:30	Yoga w/	' Nammi	

1:15	Membership Meeting
1:00	没事儿咱聊聊

2:15	SAIL Class
2:30	Scrabble Group
0 00	ъ.

#### Bingo

#### 19 Wed

10-12P	M Blood Pressure Screenings
10:30	Yoga w/ Nammi
1:00	没事儿咱聊聊
1:15	Groove w/ Yvonne

1:15	Groove w/ Yvonn
1:15	Clutter Group
2:15	SAIL Class
2:30	Scrabble Group
2:30	Game Day

## **26** Wed Kwanzaa Begins

# Isaacs Center Closed

#### New Year's Eve

L0:30	Zumba w/ Yvonne
L:30	Pet Therapy w/ Alice
L:30	Poets and Writers
L:45	Art Class
2:15	SAIL Class
2:45	Isaacs Sing Alongs

#### Sat

10:00 Yoga 11:15 SAIL Class 11-1PM Granny Squared

#### Thu Ticket Sales 9AM-10AM

Zumba w/ Janelle & Company

11:00	Talking with Joan	10:00
12:00	Craft Hour	10:00
2:00	Daily Fitness	1-4PM
2:00	Collaborative Writing Class	1:15
3:00	Movie	2:00

#### 17 Thu

3:00

15	ITIU
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

#### Movie

### 20 Thu Trip: Royal Manor

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

### **27** Thu

	TTIG
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

Daily Filliess	
Collaborative Writing Class	

07	├┌ Pearl Harbor Day	08	Sat
9:30	Groove w/ Roger	10:00	Yoga
10:00	Caregiver Support Group	11:15	SAIL Class
10:00	Hablando con Maria		
1-4PM	Nurse Lorraine Walk-In		

#### 2:30 Movie 2.00 Golden Opportunities

Bingo

2:15 2:30

14	Fri	
0.20	Groove w/ Peger	

9:30	Groove w/ Roger
10:00	Caregiver Support Group
10:00	Hablando con Maria
10:00AM	-12:00PM VOLS Clinic

11:00	<b>Hospitality Committee Bake Sale</b>
1-4PM	Nurse Lorraine Walk-In

Vocal Ease Performance

**Holiday Decorating Party** 

**Seniors on Broadway** 

T -11 141	Marse Lorranie Wath III
1:15	SAIL Class
2:00	<b>Seniors on Broadway</b>
2:15	Bingo

2:30	Movie
3:00	Golden Opportunit
3:00	Glamour Gals

## Fri First Day of Winter

<b>4</b> I	
9:30	Groove w/ Roger
10:00	Caregiver Support Group
10:00	Hablando con Maria
10:00AM	1-12:00PM <b>VOLS Clinic</b>
1-4PM	Nurse Lorraine Walk-In
1:15	Birthday Party
2:30	Movie
3:00	Golden Opportunities
3:00	Bingo
3:00	Seniors on Broadway
28	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
3:00	Movie
3:00	Golden Opportunties

# Sat World Peace Day

10:00	Yoga
11-1PM	Granny Squared

# **22** Sat

# 10:00 Yoga

# **29** Sat

10:00 Yoga

# **DECEMBER 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.

#### O3 Mon

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

### **04** Tue

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

#### **11** Tue

Continental Breakfast
Meatloaf w/ Gravy
Egg Noodles
Whole Wheat Bread
Istant 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

Isaacs Center Closed

### **05** Wed

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

#### **12** Wed

B: Continental Breakfast
 L: Pork Chop w/ Sweet & Sour Sauce
 Whole Wheat Bread
 Sauteed Zucchini
 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

# Isaacs Center Closed

#### 1 Mon

B: Continental Breakfast
L: Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Broccoli & Red Peppers
Mashed Potatoes
Apple
ORange Pineapple 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: BBQ Chicken
Whole Wheat Bread
Corn Niblets
Kale
Apple
Orange Pineapple Juice, Milk

## **07** Fri

B: Continental Breakfast
L: Basa Filet 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 Filet
Whole Wheat Bread
Yellow Rice
Sauteed Zuchini
Banana
Orange Juice, Milk

## **28** Fri

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

## **01** Sat

# Take Home Lunch Distributed on Friday

#### **08** Sat

# Take Home Lunch Distributed on Friday

### **15** Sat

# Take Home Lunch Distributed on Friday

#### **22** Sat

# Take Home Lunch Distributed on Friday

#### **29** Sat

Take Home Lunch Distributed on Friday

# DECEMBER 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

Grilled Caribbean Chicken Breast Rice w/ Corn Whole Wheat Bread Broccoli

Orange Pineapple Juice, Milk

# **09** Sun

**Canned Apricots** 

Chicken Picatta w/ Lemon Sauce Whole Wheat Bread Cut Green Beans Mashed Red Potatoes Orange

# **16** Sun

Apple Juice, Milk

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

# **23** Sun

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

# **03** Mon

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

## **10** Mon

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

## **17** Mon

Beef Meatloaf w/ Mushroom Gravy Whole Wheat Bread Baby Carrots w/ Parsley Garlic Mashed Potatoes Apple Juice, Orange

## **24** Mon

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

# **04** Tue

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

### Tue

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

#### 18 Tue

Baked Mushroom Chicken Baked Brown Rice Pilaf Whole Wheat Bread California Blend Vegetables Applesauce Orange Juice, Milk

# **25** Tue

**Special Holiday Meal** 

# 05 Wed

Spanish Style Beef Stew Egg Noodles Whole Wheat Bread Mixed Vegetables Orange Apple Juice, Milk

## Wed

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

#### 19 Wed

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

# **26** Wed

**Special Holiday Meal** will be delivered inadvance.

# Sun

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

**06** Thu

Chicken Parmesan

Whole Wheat Bread

Orange Juice, Milk

Thu

Normandy Blend Vegetables

Orange Pineapple Juice, Milk

Cuban Style Brown Rice

Whole Wheat Bread

**Tomato Sauce** 

**Canned Pears** 

Penne

13

Banana

## Mon Baked Basa Fish

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

# **07** Fri

Baked Basa Fish Barley Whole Wheat Bread Steamed Spinach Steamed Broccoli & Cauliflower Banana Orange Pineapple Juice, Milk

Chicken w/ Tangy Tomato Sauce Baked Flounder **Greek Sauce** Whole Wheat Bread Chopped Kale **Garlic Mashed Potatoes Canned Pineapples** Orange Juice, Milk

# **20** Thu

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

## **27** Thu

Chicken Picatta w/ Lemon Sauce **Bowtie Pasta** Whole Wheat Bread **Italian Blend Vegetables** Banana Orange Juice, Milk

# **14** Fri

# Fri

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

# **28** Fri

Lemon Garlic Tilapia Couscous Whole Wheat Bread Green Beans & Carrots Fruit Cocktail Apple Juice, Milk

# Whole Wheat Spaghetti

**01** Sat

Whole Wheat Bread

Normandy Blend Vegetables Apple Juice, Milk

Beef Meatballs in Tomato Sauce

## **08** Sat

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

# **15** Sat

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

# **22** Sat

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

# **29** Sat

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

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# **PUZZLES & GAMES**

#### Its December.

Find the words that relate to the holidays.

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

Candy Cane Kwanzaa Christmas Hanukkah

Menorah Christmas Tree Kinara Santa Claus

Gitt Toys Snowman Sled

# **RIDDLES**

## Take your pick and solve these riddles

1. Why didn't the turkey finish it's dessert?

2. What type of paper can you neither read nor write on?

3. When doesChristmas comebefore Thanksgiving?

4. What is a cereal's worst fear?

5. What type of jacket can you never put on?

A cereal killer. In the dictio- Sandpaper. Becuase it was nary. stuffed.

Yellowjacket.



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

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#### **Halloween Party**







