Halloween Party

Stanley M. Isaacs Neighborhood Center | 415 East 93rd St, New York, NY 10128 | 212.360.7620
This month at the Isaacs Center Senior Center

DEC 2018

Staff Spotlight

This month for a free legal clinic.

Volunteers (VOLS)

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.

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 smooth music to the Isaacs Center on December 3rd.

Work for Yourself Workshop by AARP

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.

Vocal Ease Performance

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

Holiday Decorating Party

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

Sunday Supper

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.

Isaacs Senior Center

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.

Trip: Royal Manor

Family style luncheon and a show titled “Christmas with Lonnie”. The menu will be salad, ziti marinara, ham, roasted turkey, mashed potatoes, vegetables, dessert and a beverage.

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实用的信息，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.

Valerie

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
DECEMBER 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.

03 Mon
10:30 Zumba w/ Yvonne
11:00 Jazz Singer Audrey Silver
1:15 Pet Therapy w/ Alice
1:30 Poets and Writers
1:45 Art Class
2:00 Ed & Rec Committee w/ Anita
2:15 SAIL Class
2:30 Hospitality Committee w/ Kristel
2:45 Isaacs Sing Alongs

04 Tue
9:00 Ticket Sales 9AM-10AM
10:00 Hablando con Maria
10:30 Meditation
11:00 Nurse Lorraine Walk-In
11:30 Councilman Ben Kallos Mobile Office Hours
12:00 Lunch
1:00 Art Class
1:15 Pet Therapy w/ Alice
1:30 Zumba w/ Yvonne
1:45 Isaacs Senior Center Holiday Party
2:00 Isaacs Sing Alongs
2:15 SAIL Class
2:30 Scramble Group
2:45 Game Day

05 Wed
9:45 Ticket Sales 9AM-10AM
Health Chat w/ Huda
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00沒事儿咱聊聊
1:15 Clutter Group
1:15 Groove w/ Yvonne
2:15 SAIL Class
2:30 Scramble Group
3:00 Movie

06 Thu
10:00 Ticket Sales 9AM-10AM
10:00 Zumba w/ Janelle & Company
11:00 Talking with Joan
12:00 Craft Hour
2:00 Daily Fitness
2:00 Collaborative Writing Class
3:00 Movie

07 Fri
9:30 Pearl Harbor Day
10:00 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
1:00 Vocal Ease Performance
2:00 Seniors on Broadway
2:30 Bingo
3:00 Holiday Decorating Party
3:30 Open House

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

10 Sun
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

11 Tue
9:30 Stay Well Fitness w/ Denis
10:00 Hablando con Maria
10:30 Meditation
11:00 SAC Meeting
11AM-2PM Councilman Ben Kallos Mobile Office Hours
12:00 Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
1:15 Nutrition Education Workshop
2:15 Arts and Crafts
2:30 Isaacs Teens Meeting
3:30 Yoga
7:00 Mediation Class

12 Wed
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Memorial Meeting
2:15 SAIL Class
2:30 Scramble Group
2:30 Bingo

13 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

14 Fri
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
10:00AM-12:00PM VOLS Clinic
Hospitality Committee Bake Sale
Nurse Lorraine Walk-In
SAIL Class
Seniors on Broadway
Bingo
3:00 Golden Opportunities
3:30 Glamour Gals

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

16 Sun
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

17 Mon
10:30 Wright Brothers First Flight Anniversary
11AM-2PM Senator Serrano Mobile 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

18 Tue
9:30 Stay Well Fitness w/ Denis
10:00 Hablando con Maria
10:30 Meditation
11:00 Nurse Lorraine Walk-In
11AM-2PM Councilman Ben Kallos Mobile Office Hours
12:00 Lunch
1:00 Art Class
1:15 Pet Therapy w/ Alice
2:00 Isaacs Senior Center Holiday Party
2:15 SAIL Class
7:00 Holmes Tenant Meeting

19 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 Scramble Group
3:00 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

21 Fri
First Day of Winter
9:30 Groove w/ Roger
10:00 Caregiver Support Group
10:00 Hablando con Maria
10:00AM-12:00PM VOLS Clinic
Nurse Lorraine Walk-In
Birthday Party
2:30 Bingo
3:00 Golden Opportunities
3:30 Seniors on Broadway

22 Sat
10:00 Yoga

23 Sun
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

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

25 Tue
Christmas
Isaacs Center Closed

26 Wed
Kwanzaa Begins
Isaacs Center Closed

27 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

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

29 Sat
10:00 Yoga
### Senior Center Menu

**December 2018**

**Breakfast**

- Continental Breakfast
- Meatballs in Marinara Sauce
- Whole Wheat Bread
- Whole Wheat Spaghetti
- Sautéed Spinach
- Apple
- Orange Juice, Milk

**Lunch**

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

#### Daily Menu

**03 Mon**

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

**04 Tue**

- B: Continental Breakfast
- L: Sliced Turkey w/ Gravy
- Whole Wheat Bread
- Collards
- Mashed Sweet Potatoes
- Applesauce
- Orange Pineapple Juice, Milk

**05 Wed**

- B: Continental Breakfast
- L: Pork Chop w/ Sweet & Sour Sauce
- Whole Wheat Bread
- Sautéed Zucchini
- Banana
- Orange Pineapple Juice, Milk

**06 Thu**

- B: Continental Breakfast
- L: Turkey Burger w/ Onions
- Whole Wheat Bread
- Kale
- Apple
- Orange Pineapple Juice, Milk

**07 Fri**

- B: Continental Breakfast
- L: Sliced Turkey w/ Gravy
- Whole Wheat Bread
- Collards
- Mashed Sweet Potatoes
- Applesauce
- Orange Pineapple Juice, Milk

**08 Sat**

- Take Home Lunch
  - Distributed on Friday

**09 Sun**

- Closed

**10 Mon**

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

**11 Tue**

- B: Continental Breakfast
- L: Pork Chop w/ Gravy
- Whole Wheat Bread
- Sautéed Cabbage
- Sliced Canned Peaches
- Apple Juice, Milk

**12 Wed**

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

**13 Thu**

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

**14 Fri**

- B: Continental Breakfast
- L: Sliced Turkey w/ Gravy
- Whole Wheat Bread
- Collards
- Mashed Sweet Potatoes
- Applesauce
- Orange Pineapple Juice, Milk

**15 Sat**

- Take Home Lunch
  - Distributed on Friday

**16 Sun**

- Closed

**17 Mon**

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

**18 Tue**

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

**19 Wed**

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

**20 Thu**

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

**21 Fri**

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

**22 Sat**

- Take Home Lunch
  - Distributed on Friday

**23 Sun**

- Closed

**24 Mon**

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

**25 Tue**

- Isaacs Center
  - Closed

**26 Wed**

- Isaacs Center
  - Closed

**27 Thu**

- B: Continental Breakfast
- L: Chinese Egg Roll
- Whole Wheat Bread
- Corn Niblets
- Kale
- Apple
- Orange Pineapple Juice, Milk

**28 Fri**

- B: Continental Breakfast
- L: Italian Egg Roll
- Whole Wheat Bread
- Corn Niblets
- Kale
- Apple
- Orange Pineapple Juice, Milk

**29 Sat**

- Take Home Lunch
  - Distributed on Friday

**30 Sun**

- Closed

**31 Mon**

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

**Take Home Lunch**

- Distributed on Friday
# MEALS ON WHEELS MENU

**DECEMBER 2018**

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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Meals</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>Grilled Caribbean Chicken Breast, Rice w/ Corn, Whole Wheat Bread, Broccoli, Canned Apricots, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>Mon</td>
<td>Beef Meatballs in Tomato Sauce, Whole Wheat Bread, Cut Green Beans, Mashed Red Potatoes, Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>Tue</td>
<td>Beef Meatloaf w/ Mushroom Gravy, Whole Wheat Bread, Italian Cut Green Beans, Sweet Baked Yams, Canned Apricots, Apple Juice, Milk</td>
</tr>
<tr>
<td>Wed</td>
<td>Special Holiday Meal will be delivered in advance.</td>
</tr>
<tr>
<td>Thu</td>
<td>Chicken Parmesan, Tomato Sauce, Penne, Whole Wheat Bread, Normandy Blend Vegetables, Canned Pears, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>Fri</td>
<td>Beef Meatloaf w/ Mushroom Gravy, Rice &amp; Black Beans, Whole Wheat Bread, Steamed Broccoli, Canned Pears, Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>Sat</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce, Brown Rice &amp; Lentils, Whole Wheat Bread, Steamed Broccoli, Canned Pears, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>Sun</td>
<td>Chicken Chasseur, Whole Wheat Bread, Cut Green Beans, Mashed Red Potatoes, Kiwi Apple Juice, Milk</td>
</tr>
<tr>
<td>Mon</td>
<td>Baked Turkey Breast, Whole Wheat Bread, Mixed Vegetables, Sweet Baked Yams, Banana Apple Juice, Milk</td>
</tr>
<tr>
<td>Tue</td>
<td>Special Holiday Meal, Will be delivered in advance.</td>
</tr>
<tr>
<td>Wed</td>
<td>Chicken Picatta w/ Lemon Sauce, Bowtie Pasta, Whole Wheat Bread, Italian Blend Vegetables, Green Beans &amp; Carrots, Fruit Cocktail, Apple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>Thu</td>
<td>Lemon Garlic Tilapia, Couscous, Whole Wheat Bread, Green Beans &amp; Carrots, Fruit Cocktail, Apple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>Fri</td>
<td>Rosemary Chicken, Rice w/ Chickpeas, Whole Wheat Bread, Steamed Broccoli, Apple Orange Pineapple Juice, Milk</td>
</tr>
</tbody>
</table>
Its December.

Find the words that relate to the holidays.

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

Candy Cane
Kwanzaa
Christmas
Hanukkah

Menorah
Christmas Tree
Kinara
Santa Claus

Gift
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 does Christmas come before Thanksgiving?
4. What is a cereal’s worst fear?
5. What type of jacket can you never put on?

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