Senior Holiday Luncheon
This month at the Isaacs Center Senior Center

**FEB 2019**

Isaacs Center will be closed on
Monday, February 18th in observance of President’s Day

**Black History Month**
This year, the Association for the study of African American Life and History has announced the 2019 theme for Black History month as Black Migrations which emphasizes the movement of people of African descent to new destinations and subsequently to new social realities. Black History Month is celebrated from February 1st- February 28th.

**MONDAYS**  
Self Care Workshop  
1:15PM  
Do you ever feel overwhelmed, stressed, anxious or angry? What does self-care look like to you? Come join our workshop and explore ways of self-care, coping with change, stress management and make some new friends along the way. Join us on Mondays at 1:15pm.

**WEDNESDAYS**  
Computer Classes  
1:30PM  
In this PC-based course, you’ll learn the basics of how to operate a computer and navigate the internet in ways that can enrich your life. Classes will be held on Wednesdays.

**WEDNESDAYS**  
Truthbase Theatricals presents  
2:15PM  
“Seniors on Broadway!” - Drama Class  
Welcome to the exciting world of musical theater! Participants will engage in dance and movement activities that promote physical activity and well-being while enhancing cognitive memory and sensory skills through fun and engaging theater games. Join us on Wednesday at 2:15pm

**TUES 13 2PM**

**FRI 1 9:30AM**

**AARP**  
AARP Tax aide will return on Friday, February 1st from 9:30am to 2:00pm. Please note these services are of no cost to you and on a first come first serve basis. Please bring all required documents, if you claiming dependents please bring original social security cards for each individual. The IRS requires this to prevent fraud.

**Chinese New Year**  
Lunar New Year also known as Chinese New Year is on February 5th. This year it is the year of the pig. The Isaacs Center will celebrate Chinese New Year on Wednesday, February 13th at 2:00pm. We will celebrate Chinese New Year as a family. We will enjoy each other’s company and culture.

**Black History Month Presentation**  
Black History Month, or National African American History Month, is an annual celebration of achievements by black Americans. The Isaacs Centers Annual Black History Month Celebration will be held on Wednesday, February 20th at 2:30pm.

**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**  
“没必要，咱聊天”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。

**Movie Schedule**

<table>
<thead>
<tr>
<th>Movie</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mamma Mia</td>
<td>Feb 7</td>
<td>Thu</td>
</tr>
<tr>
<td>The Help</td>
<td>Feb 8</td>
<td>Fri</td>
</tr>
<tr>
<td>Fences</td>
<td>Feb 14</td>
<td>Thu</td>
</tr>
<tr>
<td>Hidden Figures</td>
<td>Feb 22</td>
<td>Fri</td>
</tr>
<tr>
<td>The Butler</td>
<td>Feb 21</td>
<td>Thu</td>
</tr>
<tr>
<td>The Shack</td>
<td>Feb 28</td>
<td>Thu</td>
</tr>
</tbody>
</table>

**Upcoming Month**

March 2019

- St Patrick’s Day

**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.

**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.
**FEBRUARY 2019**

**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.

*Please note that an advance ticket is required for some activities.*

**MONDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:30</td>
<td>Zumba w/ Yvonne</td>
</tr>
<tr>
<td>1:30</td>
<td>Pet Therapy w/ Alice</td>
</tr>
<tr>
<td>1:45</td>
<td>Art Class w/ Zach</td>
</tr>
<tr>
<td>2:00</td>
<td>Hospitality Committee w/ Kristel</td>
</tr>
<tr>
<td>2:45</td>
<td>Isaacs Sing Alongs</td>
</tr>
</tbody>
</table>

**TUESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>Stay Well Fitness w/ Denis</td>
</tr>
<tr>
<td>10:00</td>
<td>Hablando con Maria</td>
</tr>
<tr>
<td>10:30</td>
<td>Meditation</td>
</tr>
<tr>
<td>11:30</td>
<td>Councilman Ben Kallos Mobile Office Hours</td>
</tr>
<tr>
<td>1:15</td>
<td>Nurse Lorraine Walk-In</td>
</tr>
<tr>
<td>1:30</td>
<td>Rincón Latino w/ Jennifer</td>
</tr>
<tr>
<td>2:15</td>
<td>Food Committee w/ Jeffrey</td>
</tr>
<tr>
<td>2:30</td>
<td>Bingo</td>
</tr>
<tr>
<td>7:00</td>
<td>Isaacs Tenants Meeting</td>
</tr>
</tbody>
</table>

**WEDNESDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:45</td>
<td>Health Chat w/ Huda</td>
</tr>
<tr>
<td>10:00</td>
<td>“Staying Healthy for Winter”</td>
</tr>
<tr>
<td>10:30</td>
<td>10-12PM Blood Pressure Screenings</td>
</tr>
<tr>
<td>1:00</td>
<td>Yoga w/ Nammi</td>
</tr>
<tr>
<td>1:15</td>
<td>没事儿咱聊聊</td>
</tr>
<tr>
<td>1:30</td>
<td>Membership Meeting</td>
</tr>
<tr>
<td>1:50</td>
<td>Seniors on Broadway/Drama Class</td>
</tr>
<tr>
<td>2:30</td>
<td>Scabble Group</td>
</tr>
<tr>
<td>3:00</td>
<td>Computer Class w/ Victor</td>
</tr>
<tr>
<td>3:15</td>
<td>Bingo/Games</td>
</tr>
</tbody>
</table>

**THURSDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>10:00</td>
<td>Zumba w/ Janelle &amp; Company</td>
</tr>
<tr>
<td>11:00</td>
<td>Talking with Joan</td>
</tr>
<tr>
<td>12:00</td>
<td>Craft Hour</td>
</tr>
<tr>
<td>1:00</td>
<td>The Group w/ Aaron</td>
</tr>
<tr>
<td>2:00</td>
<td>Daily Fitness</td>
</tr>
<tr>
<td>3:00</td>
<td>Collaborative Writing Class</td>
</tr>
</tbody>
</table>

**FRIDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>Groove w/ Roger</td>
</tr>
<tr>
<td>10:00</td>
<td>Caregiver Support Group</td>
</tr>
<tr>
<td>10:00</td>
<td>Hablando con Maria</td>
</tr>
<tr>
<td>1:45</td>
<td>Nurse Lorraine Walk-In</td>
</tr>
<tr>
<td>1:15</td>
<td>New York Presbyterian Presentation</td>
</tr>
<tr>
<td>2:15</td>
<td>Bingo</td>
</tr>
<tr>
<td>2:30</td>
<td>Movie</td>
</tr>
</tbody>
</table>

**SATURDAY**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30</td>
<td>Groove w/ Roger</td>
</tr>
<tr>
<td>10:00</td>
<td>Caregiver Support Group</td>
</tr>
<tr>
<td>10:00</td>
<td>Hablando con Maria</td>
</tr>
<tr>
<td>1:45</td>
<td>Nurse Lorraine Walk-In</td>
</tr>
<tr>
<td>1:15</td>
<td>Party Birthday</td>
</tr>
<tr>
<td>2:15</td>
<td>Bingo</td>
</tr>
<tr>
<td>2:30</td>
<td>Movie</td>
</tr>
</tbody>
</table>

**Isaacs Center closed in observance of President’s Day**

**Sundays Closed**

**Office Hours**

11AM-2PM

**Twitter**

@IsaacsCntr

**Like us on Facebook**

Isaacs Center

**Web Site**

IsaacsCntr.org

**Phone**

(212) 864-7645

**Location**

415 East 93rd Street

New York, NY 10128

**Senior Centers Near You**

Going on...
# SENIOR CENTER MENU

## FEBRUARY 2019

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>04 Mon</strong></td>
<td>Continental Breakfast</td>
<td>Turkey Burger w/ Onions Whole Wheat Bread Green Beans Hash Brown Potatoes Canned Apricots Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td><strong>05 Tue</strong></td>
<td>Continental Breakfast</td>
<td>Pork Stew Brown Rice Whole Wheat Bread Brussel Sprouts Banana Apple Juice, Milk</td>
</tr>
<tr>
<td><strong>06 Wed</strong></td>
<td>Continental Breakfast</td>
<td>Baked Ziti w/ Cheese Whole Wheat Bread California Blend Vegetables Canned Pineapple Orange Juice, Milk</td>
</tr>
<tr>
<td><strong>07 Thu</strong></td>
<td>Continental Breakfast</td>
<td>BBQ Chicken Whole Wheat Bread Corn Niblets Kale Apple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td><strong>08 Fri</strong></td>
<td>Continental Breakfast</td>
<td>Baked Tilapia Whole Wheat Bread Green Beans Canned Pears Apple Juice, Milk</td>
</tr>
<tr>
<td><strong>09 Sat</strong></td>
<td>Continental Breakfast</td>
<td>Baked Basa Filet Whole Wheat Bread Yellow Rice Sautéed Zucchini Banana Orange Juice, Milk</td>
</tr>
</tbody>
</table>

### Isaacs Center closed in observance of President’s Day

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

**12 Tue**
- Continental Breakfast
- Sliced Turkey w/ Gravy Couscous Whole Wheat Bread Mixed Vegetables Canned Apricots Apple Juice, Milk

**13 Wed**
- Continental Breakfast
- Lasagna, Spinach & Cheese Whole Wheat Bread Green Beans Banana Orange Juice, Milk

**14 Thu**
- Continental Breakfast
- Herb Roasted Chicken Leg Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk

**15 Fri**
- Continental Breakfast
- Steamed Fish w/ Ginger Scallion Sauce Brown Rice Whole Wheat Bread Sautéed Bok Choy w/ Garlic Pear Apple Juice, Milk

**16 Sat**
- Continental Breakfast
- Baked Tilapia Whole Wheat Bread Green Beans Canned Pears Apple Juice, Milk

### Take Home Lunch
- Distributed on Friday

**18 Mon**
- Continental Breakfast
- Sautéed Zucchini

**19 Tue**
- Continental Breakfast
- Sautéed Broccoli & Cauliflower

**20 Wed**
- Continental Breakfast
- Ground Beef Stewed Bell Peppers w/ Cheese Brown Rice Sautéed Zucchini Canned Apricots Apple Juice, Milk

**21 Thu**
- Continental Breakfast
- Eggplant Rollettes Whole Wheat Bread Parsley Carrots Steamed Broccoli & Cauliflower Canned Pears Apple Juice, Milk

**22 Fri**
- Continental Breakfast
- Sautéed Zucchini Whole Wheat Bread Whole Wheat Spaghetti Sautéed Spinach Apple Orange Pineapple Juice, Milk

**23 Sat**
- Continental Breakfast
- Sautéed Zucchini Whole Wheat Bread Whole Wheat Spaghetti Sautéed Spinach Apple Orange Pineapple Juice, Milk

---

**NYC Department for the Aging**

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

---

**Take Home Lunch**

- Distributed on Friday

---

Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is 50¢.

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

---

*Take Home Lunch*
## MEALS ON WHEELS MENU

FEBRUARY 2019

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>Date</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
<th>Meal 4</th>
</tr>
</thead>
</table>
| Mon  | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Fruit Cocktail  
Orange Juice, Milk | Baked Turkey Breast  
Whole Wheat Bread  
Mixed Vegetables  
Sweet Baked Yams  
Banana  
Apple Juice, Milk | Chicken Jambalaya  
Whole Wheat Bread  
Normandy Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk | Baked Basa Fish  
Quinoa w/ Black Beans & Corn  
Whole Wheat Bread  
California Blend Vegetables  
Banana  
Apple Juice, Milk |
| Tue  | Chicken Picatta w/ Lemon Sauce  
Broottie Pasta  
Whole Wheat Bread  
Spinach  
Apple Juice, Milk | Baked Flounder  
Sofrito  
Quinoa w/ Black Beans & Corn  
Whole Wheat Bread  
Steamed Broccoli  
Orange Juice, Milk | Baked Basa Fish  
Quinoa w/ Black Beans & Corn  
Whole Wheat Bread  
Normandy Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk | Chicken Curry w/ Apples & Peas  
Kashmir Rice  
Whole Wheat Bread  
Spinach  
Banana  
Apple Juice, Milk |
| Wed  | Chicken Alfredo Fettucini w/ Sauce  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Mashed Red Potatoes  
Canned Pears  
Orange Juice, Milk | Baked Flounder  
Moroccan Style Sauce  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Spinach  
Orange Pineapple Juice, Milk |  
| Thu  |  
| Fri  | Baked Salmon w/ Citantro Citrus  
Sauce  
Bulgur  
Whole Wheat Bread  
Italian Blend Vegetables  
Apple  
Orange Juice, Milk | Baked Flounder  
Coconut Curried Chicken Breast  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Fruit Cocktail  
Apple Juice | Baked Salmon w/ Lemon, Tarragon & Thyme  
Quinoa w/ Kale & Carrots  
Whole Wheat Bread  
California Blend Vegetables  
Banana  
Orange Pineapple Juice, Milk |  
| Sat  |  
| Sun  | Isaacs Center closed in observance of President’s Day |  
| Mon  |  
| Tue  |  
| Wed  |  
| Thu  |  
| Fri  |  
| Sat  |  

If you know someone who would benefit from Meals on Wheels or if you have further questions regarding the program, please call Alicia Flores at 212.360.7630 x126.
Its February.
Find the words that relate to the New Year.

PUZZLES & GAMES

RIDDLES
Take your pick and solve these riddles

1. What has two legs but doesn’t walk?
2. I peel to heal this pain I feel. What am I?
3. I last for a day, I always am in the middle, I have a name. What am I?
4. Why did it rain Pennies?
5. Why can’t you play basketball with pigs?

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.
Senior Holiday Luncheon