Birthday Party
June is LGBT Pride Month
The full month of June commemorates the anniversary of the June 28, 1969 Stone-wall riot in New York City, the incident that initiated the modern gay rights movement in the United States. LGBT Pride day is the last Sunday in June.

The Month of June
Aquarium Month, Candy Month, Dairy Month, Fight the Filthy Fly Month, National Gardening Week - First full week of month, Gay Pride Month, National Accordion Awareness Month, National Adopt a Cat Month, National Fresh Fruit and Vegetables Month, Rose Month, Turkey Lovers Month

SINC Community Awakens Group
Stop by Wednesdays and Thursdays at 2PM for a healthy snack.

Monthly Trip
Krukers Picnic Grove - Pomona, NY - Cost $50
Thursday, June 27, 2019 7:45am - Ticket sales begin on June 5
Enjoy a fun filled day with biscuits and coffee upon arrival, luncheon will include franks, burgers, sausage and peppers, french fries, salad, clam chowder.

Spirit of New York White Party Cost $50
Thursday, July 11, 2019 9:30AM - We will accept a down payment of $20 for this trip. Trip must be paid in full by June 28.
Ticket sales begin on June 5
White party event on the spirit of New York with an all you can eat lunch buffet, music and more.

Isaacs Center General Information
Isaacs 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 212.360.7620, ext 210.
# June 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.

### Mon
- 10:30: Zumba w/ Yvonne
- 1:15: Nutrition Education w/ Jennylin
- 1:45: Art Class w/ Zach
- 1:15: Self-Care Workshops
- 1:15: Presentation w/ the Brearley School
- 2:15: Out of Isaacs LGBTQ Group
- 2:30: Hospitality Committee w/ Khristel

### Tue
- 9:30: Ticket Sales 9AM-10AM & 1PM-2PM
- 10:00: Stay Well Fitness w/ Denis
- 10:00: Hablando con Maria
- 10:30: Meditation
- 1:15: Social Action Committee w/ Aaron
- 1:30: Nurse Lorraine Walk-In
- 1:30: Rincón Latino w/ Jennifer
- 1:30: (Un)forming Paper Art Class
- 2:00: Food Committee w/ Jeffrey
- 2:00: Ed & Rec Committee w/ Anita
- 2:15: Bingo
- 3:00: Arts and Crafts

### Wed
- 9:30: Ticket Sales 9AM-10AM
- 9:45: Health Chat w/ Huda “Guilt”
- 10:12PM: Blood Pressure Screenings
- 10:30: Yoga w/ Nammi
- 11:30: Roundtable Health Chat “Exercise/Balance”
- 1:00: Membership Meeting
- 1:15: Meeting w/ Victor
- 1:30: Computer Class w/ Victor
- 2:00: Decorating Party

### Thu
- 9:30-11:30: Blood Pressure Screenings
- 10:30: Yoga w/ Nammi
- 11:30: Roundtable Health Chat “Vaccines & Screening”
- 1:00: Groove w/ Yvonne
- 1:15: Groove w/ Yvonne
- 1:30: Computer Class w/ Victor
- 2:30: Game Day

### Fri
- 9:30: Birthday Party
- 10:00: Vocal Ease Performance
- 11:00: Stay Well Fitness w/ Denis
- 12:00: Hablando con Maria
- 12:30: Nurse Lorraine Walk-In
- 1:15: (Un)forming Paper Art Class
- 2:00: Art Class w/ Annabella Gonzalez Dance Theatre
- 4:00: Arts and Crafts
- 7:00: Isaacs Tenants Meeting

### Sat
- 10:00: Yoga

---

*Please note that an advance ticket is required for some activities.*
## JUNE 2019
### SENIOR CENTER MENU

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
</table>
| **03 Mon** | B: Corn Muffin, Butter Pineapple Juice  
L: Oxtail Stew, Red Beans & Rice  
Cabbage, Corn Bread  
Ice Cream  
Orange Pineapple Juice, Milk  
| | A delicious, nutritionally balanced Lunch is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $2 for seniors. Guest rate is $3. |
| **04 Tue** | B: Bagels, Cream Cheese, Jelly or Oatmeal, Grape Juice  
L: Beef Stew, Pinto Beans, White Rice  
Lettuce, Avocado & Tomato  
Tres Leches Cake  
Apple Juice, Milk  
| |  |
| **05 Wed** | B: Waffles, Beef Sausage, Syrup/Butter  
Chicken & Broccoli  
Vegetable Fried Rice  
Egg Rolls  
Sautéed Spinach  
Orange, Apple Juice, Milk  
| |  |
| **06 Thu** | B: French Toast, Turkey Patties, Egg  
Butter, Apple Juice  
| |  |
| **07 Fri** | B: Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice  
| |  |
| **08 Sat** | B: Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice  
| |  |
| **09 Sun** | B: Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice  
| |  |

**Stanley M. Isaacs Neighborhood Center**  
416 East 93rd Street, New York, NY 10128  

NYC Department for the Aging  
The Isaacs Center programs are partially funded by the NYC Department for the Aging.
<table>
<thead>
<tr>
<th>Date</th>
<th>Meal Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>02</td>
<td>Turkey w/ Gravy, Whole Wheat Bread, Cut Green Beans, Mashed Sweet Potato, Orange Juice, Milk</td>
</tr>
<tr>
<td>03</td>
<td>Grilled Caribbean Chicken Breast, Rice w/ Corn, Whole Wheat Bread, Broccoli, Canned Apricots, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>04</td>
<td>Baked Flounder, Hungarian Goulash w/ Beef, Brown Rice &amp; Beans, Cut Green Beans, Orange Juice, Milk</td>
</tr>
<tr>
<td>05</td>
<td>Baked Flounder, Chicken Alfredo, Fettucini w/ Sauce, Whole Wheat Bread, Italian Blend Vegetables, Orange Juice, Milk</td>
</tr>
<tr>
<td>06</td>
<td>Apple Juice, Milk, Orange, Mashed Red Potatoes, Cut Green Beans, Whole Wheat Bread, Sauce, Chicken Picatta w/ Lemon, Whole Wheat Bread, California Blend Vegetables, Banana, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>07</td>
<td>Apple Juice, Milk, Orange, Spinach, Whole Wheat Bread, Beef Meatloaf w/ Mushroom Gravy, Whole Wheat Bread, Steamed Broccoli &amp; Cauliflower, Canned Pears, Orange Juice, Milk</td>
</tr>
<tr>
<td>08</td>
<td>Baked Salmon w/ Lemon, Tarragon, &amp; Thyme, Quinoa w/ Kale &amp; Carrots, Whole Wheat Bread, California Blend Vegetables, Banana, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>09</td>
<td>Apple Juice, Milk, Orange, Mashed Sweet Potato, Cut Green Beans, Whole Wheat Bread, Italian Roast Chicken, Pasta Fagioli, Whole Wheat Bread, Italian Blend Vegetables, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>10</td>
<td>Beef Meatballs in Tomato Sauce, Whole Wheat Bread, California Blend Vegetables, Fruit Cocktail, Whole Wheat Bread, Italian Blend Vegetables, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>11</td>
<td>Baked Chicken Thighs, Brown Rice w/ Beans, Whole Wheat Bread, Baby Carrots w/ Parsley, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>12</td>
<td>Spanish Style Beef Stew, Egg Noodles, Penne, Whole Wheat Bread, Steamed Green Beans, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>13</td>
<td>Chicken Parmesan, Tomato Sauce, Whole Wheat Bread, Steamed Broccoli &amp; Cauliflower, Canned Pears, Orange Juice, Milk</td>
</tr>
<tr>
<td>14</td>
<td>Baked Basa Fish, Barley, Whole Wheat Bread, Steamed Spinach, Banana, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>15</td>
<td>Beef Meatloaf w/ Mushroom Gravy, Whole Wheat Bread, Whole Wheat Spaghetti, Whole Wheat Bread, Normandy Blend Vegetables, Apple, Orange Juice, Milk</td>
</tr>
<tr>
<td>16</td>
<td>Chicken Picatta w/ Lemon Sauce, Whole Wheat Bread, Cut Green Beans, Mashed Red Potatoes, Orange Juice, Milk</td>
</tr>
<tr>
<td>17</td>
<td>Beef Meatballs in Tomato Sauce, Whole Wheat Bread, Ziti, Whole Wheat Bread, California Blend Vegetables, Fruit Cocktail, Whole Wheat Bread, Italian Blend Vegetables, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>18</td>
<td>Italian Roast Chicken, Beef Meatballs in Tomato Sauce, Whole Wheat Bread, California Blend Vegetables, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>19</td>
<td>Baked Basa Fish, Moroccan Style Sauce, Orzo Pilaf, Whole Wheat Bread, Steamed Spinach, Apple, Orange Juice, Milk</td>
</tr>
<tr>
<td>20</td>
<td>Chicken w/ Tangy Tomato Sauce, Cuban Style Brown Rice, Whole Wheat Bread, Normandy Blend Vegetables, Banana, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>21</td>
<td>Baked Flounder, Greek Sauce, Whole Wheat Bread, Chopped Kale, Garlic Mashed Potatoes, Canned Pineapple, Orange Juice, Milk</td>
</tr>
<tr>
<td>22</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce, Whole Wheat Bread, Chopped Kale, Garlic Mashed Potatoes, Canned Pineapple, Orange Juice, Milk</td>
</tr>
<tr>
<td>23</td>
<td>Turkey w/ Gravy, Whole Wheat Bread, Italian Cut Green Beans, Sweet Baked Yams, Canned Apricots, Apple Juice, Milk</td>
</tr>
<tr>
<td>24</td>
<td>Beef Meatloaf w/ Mushroom Gravy, Baby Carrots w/ Parsley, Garlic Mashed Potatoes, Orange Juice, Milk</td>
</tr>
<tr>
<td>25</td>
<td>Baked Mushroom Chicken, Baked Brown Rice Pilaf, Whole Wheat Bread, California Blend Vegetables, Applesauce, Orange Juice, Milk</td>
</tr>
<tr>
<td>26</td>
<td>Baked Salmon, Dill Lemon Sauce, Barley, Whole Wheat Bread, Steamed Broccoli &amp; Cauliflower, Sliced Canned Peaches, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>27</td>
<td>BBQ Chicken Breast, Macaroni, Whole Wheat Bread, Italian Blend Vegetables, Tangerine, Apple Juice, Milk</td>
</tr>
<tr>
<td>28</td>
<td>Baked Basa Fish, Light Basil Cream Sauce, Orzo Pilaf, Whole Wheat Bread, Spinach, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>29</td>
<td>Chicken Chasseur, Whole Wheat Bread, Cut Green Beans, Mashed Red Potatoes, Kiwi, Apple Juice, Milk</td>
</tr>
<tr>
<td>30</td>
<td>Beef Meatsballs in Tomato Sauce, Whole Wheat Bread, Whole Wheat Spaghetti, Normandy Blend Vegetables, Fruit Cocktail, Orange Juice, Milk</td>
</tr>
</tbody>
</table>
PUZZLES & GAMES

Its June.

Find the words in this word search.

PIEZTVKXUHSHWKARISYGZPFADFJ
IPLFKSCDEUAGMCDGDESZLQBTQLBL
XHXAWWEIRGKPCSIDKXKVPLYCLRV
YTINUMOCGAEPBHNWPAYEXYSF
COLSABBYUPIGYPEJWFDMDQEJCJ
RYDGNTHSTQRWRFGLKGIIJJWLMIJ
YFELVOOAHFGLXREAJORTPUJOX
WDMNRFPNVSCMOANJWUSDWKQL
ZDFDPDCOHCGYUVMOWSLCLPYLE
FVOEVEVINUQJWFKDYOWGFDLLVP
VGRNHLQWZGEEZPLQYTKXPJG

RIDDLES

Take your pick and solve these riddles

1. If fish lived on land, where would they live?
2. What does a lawyer wear to court?
3. Why didn’t the 11 year old enter the pirate movie?
4. What’s a foot long, made of leather, and sounds like a sneeze?
5. Why did the kid bring a ladder to school?

Gender
Pride
LGBTQ
Transgender
Ally
Pride
Happy
Marriage
Acceptance
Community

Young Adult Literacy Program

Need your high school equivalency?

Earn up to $900* while you learn.
(Ages 16 to 24)

Participants receive basic math and reading instruction while exploring possible career paths. The Young Adult Literacy Program (YALP) is designed for young people who want to enter a High School Equivalency class.

Why wait? Jumpstart your education and explore college and career options today!

For more information, call, text or email:

Robert Ramos
347-241-5058
rramos@isaacscenter.org

*Ask for details. Participants must attend class at least 70 percent of the time and attend college and career exploration workshops. Other terms and conditions apply.
Mother’s Day Celebration