Community Festival
OATS Classes at the Isaacs Senior Center

**ACTivate Class** is a 10-week course to empower older adults as change makers by teaching key leadership skills and strengthening analytical abilities. Participants will improve their online research skills, collaborate through Google Docs and Calendar, and use Twitter and other civic tech to reach their representatives. Classes are held on Mondays and Wednesdays at 1:00pm.

**Money Matters Class** is a 10-week course, you’ll learn about smart financial habits, develop skills to help manage your money, use online resources to find benefits, and save money online. This course is much more than budgeting! Classes are held on Mondays and Wednesdays at 2:30pm.

**New Program Announcements**

**Food Tasting Day w/ Jeffrey**
Every 3rd Thursday 1-2pm

**Healthy Cooking class w/ Jeffrey**
Every 4th Friday 1-2pm

**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, favorecer de revisa 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。

**Back to School Drive**
Give a child the start they need, by giving supplies for school. Donations needed are: pencils, pens, crayons, Elmer’s glue, loose-leaf paper, composition notebooks, glue sticks and 1 subject notebooks. Bring in your donations TODAY!

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**Senior Fresh Food Program**
The Senior Fresh Food Program lets you order a mixed bag of fresh, locally grown fruit and vegetables from local farmers for only $8!

**HERE’S HOW:**
1. Bring $8 for a pre-packed, bag of fresh food every Monday beginning on July 1, 10am-12pm
2. The following Thursday, pick up your bag of fresh produce at the same location between 12:30pm – 4:30pm—and enjoy the super-fresh, locally-grown seasonal fruits and vegetables!

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**Isaacs Center Closing**
Isaacs Center will be closed in observance of Labor Day on Saturday, August 31st and Monday, September 2nd.

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**Monthly Trip**
**Holiday Hill Senior Day- Cost $35**
Thursday, August 22nd, 2019 – 7:45am - Cost $50
Ticket sales begin on August 6

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**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 212.360.7620, ext 210.
AUGUST 2019

SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays.

Saturdays 9:00AM to 1:00PM for Senior Citizens.

SENIOR CENTER ACTIVITIES

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

**05 Mon**
- 10:30 Zumba w/ Yvonne
- 1:00 OATS ACTivate Class
- 1:15 Chair Dance
- 2:15 Out at Isaacs LGBTQ Group
- 2:45 Isaacs Sing Along
- 2:30 Jewelry Making

**06 Tue**
- 9:30 Ticket Sales 9AM-10AM & 1PM-2PM
- 10:00 Stay Well Fitness w/ Denis
- 10:30 Hablando con Maria
- 1:30 Meditation
- 1:45 Ben Kallos Mobile Office Hours
- 2:00 Art Class w/ Zach

**07 Wed**
- Chinese Valentine’s Day
- 9:45 Ticket Sales 9AM-10AM
- 10:30 Stay Well Fitness w/ Denis
- 11:00 Hablando con Maria
- 12:00 Meditation
- 1:00 Nurse Lorraine Walk-In
- 2:00 Rincón Latino w/ Jennifer
- 3:00 Bingo
- 3:30 Art Class w/ Zach

**08 Thu**
- 10:00 Ticket Sales 9AM-10AM
- 11:00 Zumba w/ Janelle & Company
- 12:00 Junior Fitness
- 1:00 Caregiver Support Group
- 1:15 Senior Fitness
- 2:00 Movie

**09 Fri**
- 9:30 Book Lover’s Day
- 10:00 Zumba w/ Janelle & Company
- 11:00 Senior Fitness
- 12:00 Movie

**10 Sat**
- 10:00 Yoga

**12 Mon**
- Eid-Ul-Adha
- 10:30 Zumba w/ Yvonne
- 1:00 OATS ACTivate Class
- 1:15 Chair Dance
- 1:15 Patient Advocacy w/ Jess
- 2:15 Out at Isaacs LGBTQ Group
- 2:30 OATS Money Matter Class
- 2:45 Isaacs Sing Along
- 2:30 Jewelry Making

**13 Tue**
- 9:30 Stay Well Fitness w/ Denis
- 10:00 Hablando con Maria
- 10:30 Meditation
- 1:30 Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 2:00 Bingo
- 2:30 Art Class w/ Zach

**14 Wed**
- 9:30-11:30 Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 10:00 Meditation
- 1:00 OATS ACTivate Class
- 1:15 Bingo
- 2:00 Game Day/Scrabble
- 2:30 OATS Money Matter Class

**15 Thu**
- Feast of the Assumption
- 10:00 Zumba w/ Janelle & Company
- 11:00 Senior Fitness
- 12:00 Movie

**16 Fri**
- 9:30 Book Lover’s Day
- 10:00 Yoga

**17 Sat**
- 10:00 Yoga

**19 Mon**
- 10:30 Zumba w/ Yvonne
- 11AM-2PM Senator Serrano Mobile Office Hours
- 1:00 OATS ACTivate Class
- 1:15 Chair Dance
- 2:15 Out at Isaacs LGBTQ Group
- 2:30 OATS Money Matter Class
- 2:30 Jewelry Making

**20 Tue**
- 9:30 Stay Well Fitness w/ Denis
- 10:00 Hablando con Maria
- 10:30 Meditation
- 1:30 Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 2:00 Bingo
- 2:30 Art Class w/ Zach

**21 Wed**
- 9:30-11:30 Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 10:00 Meditation
- 1:00 OATS ACTivate Class
- 1:15 Bingo
- 2:00 Game Day/Scrabble
- 2:30 OATS Money Matter Class

**22 Thu**
- Trip: Holiday Hill Senior Day
- 10:00 Zumba w/ Janelle & Company
- 11:00 Senior Fitness
- 12:00 Movie

**23 Fri**
- 9:30 Groove w/ Roger
- 10:00 Yoga

**24 Sat**
- 10:00 Yoga

**26 Mon**
- 10:30 Zumba w/ Yvonne
- 1:00 OATS ACTivate Class
- 1:15 Chair Dance
- 1:15 Nutrition Education w/ Jennelyn
- 2:15 Out at Isaacs LGBTQ Group
- 2:30 OATS Money Matter Class
- 2:45 Isaacs Sing Along
- 2:30 Jewelry Making

**27 Tue**
- 9:30 Stay Well Fitness w/ Denis
- 10:00 Hablando con Maria
- 10:30 Meditation
- 1:30 Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 2:00 Bingo
- 2:30 Art Class w/ Zach

**28 Wed**
- 9:30-11:30 Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 10:00 Meditation
- 1:00 OATS ACTivate Class
- 1:15 Bingo
- 2:00 Game Day/Scrabble
- 2:30 OATS Money Matter Class

**29 Thu**
- Zumba w/ Janelle & Company
- 11:00 Senior Fitness
- 12:00 Movie

**30 Fri**
- 9:30 Groove w/ Roger
- 10:00 Yoga

**31 Sat**
- Isaacs Center Closed
### AUGUST 2019

#### SENIOR CENTER MENU

**Breakfast**
- Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Breakfast cost $1 for seniors and $2 for guests.
- A delicious, nutritionally balanced Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Breakfast cost $1 for seniors and $2 for guests.

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

**Senior Center Programs**
- Programs are partially funded by the NYC Department for the Aging.

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Thu</td>
<td>French Toast, Turkey Patties, Egg Butter, Apple Juice</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
</tr>
<tr>
<td>02 Fri</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
<td>Baked Salmon w/ Lemon, Tarragon &amp; Thyme</td>
</tr>
<tr>
<td>03 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
<tr>
<td>04 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
<tr>
<td>05 Mon</td>
<td>Corn Muffin, Butter Apple Juice</td>
<td>Pineapple Juice</td>
</tr>
<tr>
<td>06 Tue</td>
<td>Bagels, Cream Cheese, Jelly or Oatmeal, Grape Juice</td>
<td>Waffles, Beef Sausage, Syrup/Butter Beef Stew</td>
</tr>
<tr>
<td>07 Wed</td>
<td>Baked Lean Lamb Chops Whole Wheat Bread California Blend Vegetables Mashed Potatoes Canned Apricots Orange, Milk</td>
<td></td>
</tr>
<tr>
<td>08 Thu</td>
<td>French Toast, Turkey Patties, Egg Butter, Apple Juice</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
</tr>
<tr>
<td>09 Fri</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
<td>Baked Salmon w/ Cilantro Citrus Sauce Rice Pilaf Whole Wheat Bread Cauliflower w/ Carrots &amp; Parrots Canned Pineapple, Milk</td>
</tr>
<tr>
<td>10 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
<tr>
<td>11 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
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<td>Corn Muffin, Butter Apple Juice</td>
<td>Pineapple Juice</td>
</tr>
<tr>
<td>13 Tue</td>
<td>Bagels, Cream Cheese, Jelly or Oatmeal, Grape Juice</td>
<td>Waffles, Beef Sausage, Syrup/Butter Curried Chicken Legs White Rice Whole Wheat Bread Steamed Broccoli Cantaloupe Orange Juice, Milk</td>
</tr>
<tr>
<td>14 Wed</td>
<td>Baked Lean Lamb Chops Whole Wheat Bread California Blend Vegetables Mashed Potatoes Canned Apricots Orange, Milk</td>
<td></td>
</tr>
<tr>
<td>15 Thu</td>
<td>French Toast, Turkey Patties, Egg Butter, Apple Juice</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
</tr>
<tr>
<td>16 Fri</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
<td>Baked Breaded Fish Pasta w/ Sweet Peas Whole Wheat Bread Cabbage Carrot Slaw Apple Juice Sliced Canned Peaches</td>
</tr>
<tr>
<td>17 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
<tr>
<td>18 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
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<tr>
<td>19 Mon</td>
<td>Corn Muffin, Butter Apple Juice</td>
<td>Pineapple Juice</td>
</tr>
<tr>
<td>20 Tue</td>
<td>Bagels, Cream Cheese, Jelly or Oatmeal, Grape Juice</td>
<td>Waffles, Beef Sausage, Syrup/Butter Macaroni &amp; Cheese Garden Salad Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>21 Wed</td>
<td>Baked Pork Chop Whole Wheat Bread California Blend Vegetables Mashed Potatoes Honeydew Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td>22 Thu</td>
<td>French Toast, Turkey Patties, Egg Butter, Apple Juice</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
</tr>
<tr>
<td>23 Fri</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
<td>Baked Breaded Fish Pasta w/ Creole Sauce Quinoa Whole Wheat Bread Normandy Blend Vegetables Banana Pineapple Juice, Milk</td>
</tr>
<tr>
<td>24 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
<tr>
<td>25 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
<tr>
<td>26 Mon</td>
<td>Corn Muffin, Butter Apple Juice</td>
<td>Pineapple Juice</td>
</tr>
<tr>
<td>27 Tue</td>
<td>Bagels, Cream Cheese, Jelly or Oatmeal, Grape Juice</td>
<td>Waffles, Beef Sausage, Syrup/Butter Beef Stew Brown Rice Whole Wheat Bread California Blend Vegetables Kiwi Apple Juice, Milk</td>
</tr>
<tr>
<td>28 Wed</td>
<td>Baked Ziti w/ Meat Sauce Whole Wheat Bread Sautéed Spinach Nectarine Grape Juice, Milk</td>
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</tr>
<tr>
<td>29 Thu</td>
<td>French Toast, Turkey Patties, Egg Butter, Apple Juice</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
</tr>
<tr>
<td>30 Fri</td>
<td>Scrambled Eggs, Homefries, Toast, Bacon, Orange Juice</td>
<td>Salmon Burger Hamburger Bun Couscous Cole Slaw Watermelon Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>31 Sat</td>
<td>Take Home Lunch Distributed on Friday</td>
<td></td>
</tr>
</tbody>
</table>
# AUGUST 2019
## 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

<table>
<thead>
<tr>
<th>Day</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sun</td>
<td>Turkey w/ Gravy Whole Wheat Bread Italian Cut Green Beans Sweet Baked Yams Canned Apricots Apple Juice, Milk</td>
<td>Baked Flounder Greek Sauce Whole Wheat Bread Chopped Kale Garlic Mashed Potatoes Canned Pineapple Orange Juice, Milk</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce Brown Rice &amp; Lentils Steamed Broccoli Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>Mon</td>
<td>Beef Meatloaf w/ Mushroom Gravy Whole Wheat Bread Baby Carrots w/ Parsley Garlic Mashed Potatoes Orange Apple Juice, Milk</td>
<td>Baked Flounder Greek Sauce Whole Wheat Bread Chopped Kale Garlic Mashed Potatoes Canned Pineapple Orange Juice, Milk</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce Brown Rice &amp; Lentils Steamed Broccoli Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>Tue</td>
<td>Baked Mushroom Chicken Whole Wheat Bread Baby Carrots w/ Parsley Garlic Mashed Potatoes Orange Apple Juice, Milk</td>
<td>Baked Flounder Greek Sauce Whole Wheat Bread Chopped Kale Garlic Mashed Potatoes Canned Pineapple Orange Juice, Milk</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce Brown Rice &amp; Lentils Steamed Broccoli Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>Wed</td>
<td>Baked Mushroom Chicken Whole Wheat Bread Baby Carrots w/ Parsley Garlic Mashed Potatoes Orange Apple Juice, Milk</td>
<td>Baked Flounder Greek Sauce Whole Wheat Bread Chopped Kale Garlic Mashed Potatoes Canned Pineapple Orange Juice, Milk</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce Brown Rice &amp; Lentils Steamed Broccoli Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>Thu</td>
<td>Chicken w/ Tangy Tomato Sauce Cuban Style Brown Rice Whole Wheat Bread Normandy Blend Vegetables Banana Orange Pineapple Juice, Milk</td>
<td>Chicken w/ Tangy Tomato Sauce Cuban Style Brown Rice Whole Wheat Bread Normandy Blend Vegetables Banana Orange Pineapple Juice, Milk</td>
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<td>Fri</td>
<td>Baked Flounder Greek Sauce Whole Wheat Bread Chopped Kale Garlic Mashed Potatoes Canned Pineapple Orange Juice, Milk</td>
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<td>Baked Flounder Greek Sauce Whole Wheat Bread Chopped Kale Garlic Mashed Potatoes Canned Pineapple Orange Juice, Milk</td>
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</tr>
</tbody>
</table>
PUZZLES & GAMES

Its August.
Find the words in this word search.

Puzzles & Games

Riddles
Take your pick and solve these riddles

1. What did the one puzzle say to the other puzzle?
2. Why did the credit card go to jail?
3. What is the sound of one hand clapping?
4. What do you call a cow that plays instruments?
5. I appear in every minute and second but never in a thousand months.

August
Beach
Camping
Carnival
Rollercoaster
Parades

Picnics
Sunscreen
Sunglasses
Vacation
Theme Park
Sprinkler

August Beach Camping Carnival Rollercoaster Parades
Picnics Sunscreen Sunglasses Vacation Theme Park Sprinkler

FIND A JOB...START A CAREER
Community Health
Education & Child Development
Hospitality & Food Services

GRADUATE...EARN A DIPLOMA
High School Equivalency
Literacy Classes
Academic Support

GO TO COLLEGE
College Advisement
Scholarship
Financial Aid

READY TO MAKE A CHANGE?
JOIN OUR FREE CLASS
Free Metrocards & Stipends
For more information please contact Kathy Robles 212.360.7620 x221 krobles@isaacscenter.org

Stanley M. Isaacs Neighborhood Center Youth Center
1792 1st Avenue New York, NY 10128

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Free Metrocards & Stipends
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1792 1st Avenue New York, NY 10128
Community Festival