



Your Guide to the Older Adult Center

November 2025



Aging Services Staff Directory

The Aging Services team works Monday – Friday from 9 AM – 5 PM
if you have any questions, comments, or concerns please reach out!

appointments are required to meet with staff outside of walk-in hours



Jemma Marens

Aging Services Program Director
Jmarens@goddard.org
347-475-5321



Vincent Cheng

Aging Services Program Manager
Vcheng@goddard.org
646-946-0774



Jennifer Estrada

Community Resource Coordinator
Jestrada@goddard.org
347-279-0642



Daisy Gutierrez

NORC Program Manager
dgutierrez@goddard.org
(332) 600-8201



Karina Tlatenchi

Social Worker
KTlatenchi@goddard.org
347-659-0445



Michelle Lorenzo

Social Worker
MLorenzo@goddard.org
347-931-3098



Lachelle Cruickshank

NORC Nurse
LCruickshank@goddard.org
631-880-5443



Indira Ortiz

NORC Health Coach
IOrtiz@goddard.org
631-619-3213



Anita Chang

Aging Services Program Associate
Achang@goddard.org
212-360-7620 ext.1109



Melanie Vizcarrondo

Aging Services Case Manager
Mvizcarrondo@goddard.org
212-360-7620 ext.1107

Weekly Programming

Regularly scheduled daily programming
the Isaacs Center's Older Adult Center

Closures

11.4.25- Grab and Go ONLY
11.26.25- 11.27.25 - Thanksgiving

Mondays

- Barre Basics with Allison, 9:45 AM – 10:45 AM
- Dominos, 10:30 AM – 12:30 PM
- Rincon Latino, 1:30 PM – 2:30 PM
- Salsa, 1:30 PM – 2:30 PM
- Cafe Stanley, 2 PM – 4 PM
- Senior Fitness with Aurea, 2:30 PM – 3:30 PM
- Billiards + Board Games, 2 PM – 4:30 PM

Tuesdays

- Walk with Ease, 9:30 AM – 10:30 AM
- Zumba NOV ONLY- 9:45am - 10:45 AM
- Nursing Walk-In, 10 AM – 12 PM
- Empower Hour with Jackie, 10:30 AM – 11:45 AM
- Dominos, 10 AM – 12 PM
- Emotional Self Care, 1 PM – 2 PM
- Line Dancing, 1:30 PM – 2:30 PM
- Billiards + Board Games, 2 PM – 4:30 PM
- Sewing, 2 PM – 4 PM

Wednesdays

- Chair Yoga with Lucia, 9:30 AM – 10:30 AM
- Meditation with Lucia, 10:30 AM – 11 AM
- Dominos, 10 AM – 12 PM
- Bingo + Board Games, 1 PM – 2 PM
- Cafe Stanley, 2 PM– 4 PM
- Billiards + Board Games, 2 PM – 4:30 PM
- Arts and Crafts, 2 PM – 4 PM
- American Sign Language, 3 PM – 4 PM

Thursdays

- Areobics NOV ONLY- 9:45am - 10:45 am
- Dominos, 10 AM – 2 PM
- Bio Writing with Saundrea, 10 AM – 11 AM (Hybrid) ([Meeting ID 86425503130](#))
- Aaron's Group, 1 PM – 2 PM
- Self Defense with Rocky, 1:30 PM – 2:30 PM
- Senior Fitness with Aurea, 2:30 PM – 3:30 PM
- Jewelry Making, 2 PM – 4:30 PM

Fridays

- Walk with Ease, 9:30 AM – 10:30 AM
- Dominos, 10 AM – 12 PM
- Hablando Con Maria, 1 PM – 2 PM
- Billiards + Board Games, 2 PM – 4 PM
- Josie's Crochet, 2 PM – 3:30 PM

**Please note, all programming is subject to change.
Notice will be given as early as possible.**

Isaacs Center General Information

Isaacs Center Front Desk

For Isaacs Center information our front desk receptionist at (212) 360-7620 ext. 1101

Meals on Wheels

For Meals on Wheels information and registration, please call us at (212) 348-4344 x1111.

Older Adult Center

Membership and registration are free to all NYC residents age 60 and over. To become a Older Adult 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 has free Wi-Fi service. Stop by the front desk to find out how to connect.

Isaacs Youth Programs

For information about our Youth Employment and Education Services and our School Age Services and Adolescent Programs, please call (212) 360-7625, ext. 1200

Online Programming

Programming that occurs on Zoom. To access these meetings, join Zoom.us or call 646-876-9923 and enter with the meeting ID.

Monday

- Book Club (1st Monday of the month), 2 – 3 PM ([Meeting ID 84713310444](#))

Tuesdays

- Chair Yoga and Meditation with Lucia (Bilingual English & Spanish), 10 AM – 11 AM ([Meeting ID 87918800272](#)) TAFT

Wednesdays

- Blissfit, 2:30 PM – 3:30 PM (2nd and 4th Wednesday of the month) ([Meeting ID 86391277291](#))

Thursdays

- Bio Writing with Saundrea, 10 AM – 11 AM ([Meeting ID 86425503130](#))

Fridays

Food Resources

Daily Meals

Sign In: 11:15 AM – 11:30 AM

1st Seating Session: 11:30 AM – 12:00 PM

2nd Seating Session: 12:00 PM – 12:30 PM

If you prefer not to dine in, you can request a grab and go meal at the lunch check-in table.

Suggested Contribution: \$1.50

Non-Senior: \$3 mandatory

The menu is available in this month's calendar. Please see the lobby for additional copies in other languages.

Pantry

Isaacs is a Food Bank for NY and New York Common Pantry Site. Pantry includes a bag with a variety of non-perishable items at no cost. Sign-up is easy.

If you are in need of a Pantry, please call (212) 360-7620 x1120 for more info.



Monthly or Special Programming

Join us for committee meetings and celebrations in person and online.

- Book Club — Monday 11/3, 2 – 3 PM
 - (Meeting ID [84713310444](#))
- Nourish to Flourish — Monday 11/3, 2 – 3 PM
- November Membership Meeting — Wednesday 11/5, 1:30 – 2:30 PM
- Nutritionist Cooking Class — Monday 11/10, 10 – 11 AM
- Elder Abuse Prevention Workshop — Tuesday 11/12, 1:30 – 2:30 PM
- Give Thanks Senior Social — Friday 11/14, 2 – 3 PM
- Life and Legacy — Wednesday 11/19, 1 – 2 PM
- Programming Committee — Thursday 11/20, 1 – 2 PM
- Food Committee — Friday 11/21, 1 – 2 PM
- November Birthday Party — Friday 11/21, 2 – 4 PM
- Nutritionist Cooking Class — Monday 11/24, 10 – 11 AM
- Hospitality Committee — Wednesday 11/26, 1 – 2 PM
- Book Club — Monday 12/1, 2 – 3 PM
 - (Meeting ID [84713310444](#))

Daily Bus Trips

Daily bus trips are taken within the 5 boroughs. There is a suggested contribution of \$2. **Sign-up for the trips begins at 9 AM the morning of the trip, and spots are first come, first served.** Trips are Monday through Thursday **LEAVING AT 10 AM!**

Please note that carts may be asked to be left at the center to accommodate passenger space. If you have a home attendant, your home attendant **MUST** attend the trip with you.

TRIPS ARE SUBJECT TO CHANGE OR CANCELATION BASED ON ATTENDANCE

**The Daily Bus Trips are
on hold at the moment.
We apologize for the
inconvenience.**

**Please watch out for
updates through our
daily emails, in person
announcements, and
robocalls about future
daily bus trips.**

Social Work Walk-in Clinic

Walk-in Hours for Monday through Friday. Please speak with the front desk upon arrival to be added to the walk-in list. Schedule is subject to change.

Need help reviewing Mail?

Do you have a quick question about your benefits?

Need to make an appointment with your social worker?

The Center is open for Walk-in's!*

***WALK-IN FOR EACH MEMBER IS NO LONGER THAN 15 MINUTES.**

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 – 11:30 AM	OAC Karina (Español/ English)	NORC Daisy <u>10 AM - 12 PM</u> (Español/ English)	NORC Michelle (Español/ English)	NORC Melanie (Español/ English)	
2 – 4 PM		NORC Melanie (Español/ English)	OAC Karina (Español/ English)	NORC Daisy <u>3-4 PM</u> (Español/ English)	OAC Michelle (Español/ English)

NORC Updates

Residents of Holmes Towers and Isaacs Houses are recognized as part of our NORC Program. The mission of the Naturally Occurring Retirement Community (NORC) program is to support older adults in remaining within their community as they age. *Some programming will be specifically for these residents, to meet our contractual commitments. NORC Health Services will be available only for this group.*

For older adults who are not part of the NORC Program, our social workers are here to assist you. They can help connect you with the services you need.

NORC Committee Meeting

There will be a NORC Committee in the coming weeks, facilitated by **Daisy Gutierrez** who is our NORC Program Manager. If you are a Holmes Towers and Isaacs Houses resident, please join this committee to voice what programming or services you would like to see in our center. NORC trips will also be discussed in the committee meetings also.

NORC Health Services

The NORC Health Services team are able to assist with your health and wellness needs. They are able to assist you with drawing up a health plan, guide you through the steps to reach your desired health goal. They are also able to assist with understanding your current body through blood pressure screenings and other procedures. They will be doing educational workshops so make sure to attend and learn steps to strengthen your health!

NORC Social Work Walk-ins

There will be designated time slots for NORC residents to see a social worker without prior appointments. Please refer to the Social Work Walk Ins schedule (previous page) for the various time slots.



Isaacs Center NORC

Helping older members stay active, healthy, and engaged while going through the stages of aging in the Isaacs Holmes development



BENEFITS:

- Case Management & Assistance
- Health Promotion
- Health Care Assistance & Management
- Daily Programming
- Trips

Membership is free to anyone 60 and older who lives in Isaacs Houses or Holmes Towers. We welcome members who come from diverse racial, ethnic, and religious backgrounds.

Services:

- Support to remain
- independent Help with forms &
- applications Social events
- In-person and virtual classes

And more!

Contact Us!



212-360-7620

Hours:

Monday - Friday, 9 am to 5pm

**VISIT OUR
WEBSITE**

www.isaacscenter.org

Spotlight

GIFT CARD

Goddard
Riverside



Isaacs
Center

Refer a Friend, Earn a Gift Card!

First come first serve!

Referral Guidelines

- Must be 60 years or older
- Must be resident of Isaacs Houses or Holmes Towers
- Must not already be registered with the NORC program

Next Steps

- Your friend/neighbor **MUST** complete a full registration with a **Social Worker** and **Nurse** or **Health Coach**

Questions?



(212) 360-7620 ext. 1115



415 E 93rd St.
New York, NY 10128

GIFT
CARD

NORC HEALTH SERVICES

LACHELLE CRUICKSHANK - REGISTERED NURSE

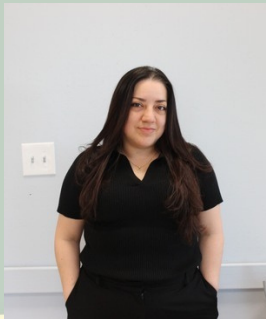


SHE CAN ASSIST WITH :

- DIABETES MANAGEMENT
- QUESTIONS REGARDING FLU & RSV
- BLOOD PRESSURE SCREENING/MANAGEMENT
- MEDICATION MANAGEMENT (SIDE EFFECTS, DOSING, TIMING)
- SLEEP HYGIENE

**WALK IN HOURS: EVERY TUESDAY & THURSDAY
10AM-12 PM**

INDIRA ORTIZ- HEALTH COACH



SHE CAN ASSIST WITH :

- REFERRALS TO CASE MANAGEMENT TEAM
- CREATE HEALTH PLANS WITH CLIENTS
- BLOOD PRESSURE SCREENING
- MEDICAL APPOINTMENT ASSISTANCE
- WELLNESS VISIT AND CALLS

**WALK IN HOURS: EVERY TUESDAY & THURSDAY
10 AM-12 PM**



LIFE & LEGACY

PRESERVE YOUR STORIES. SHARE YOUR
WISDOM. BUILD YOUR LEGACY.

WITH MS. DAISY



NORC Members Only | 10 Spots max!

Oct 6 - Dec 15

Mondays, 2 - 3 PM | BIWEEKLY

SPOTS ARE LIMITED!

**CALL OR TEXT TO SIGN
UP WITH DAISY AT
(332) 600-8201**





FOOD PANTRY

Stanley Isaacs is proud to partner with Food Bank for New York City in tackling hunger in our communities!

Food pantry will consist of shelf stable food items.

Every Wednesday

415 E 93rd St.

9:30AM - 11:00AM

Please note there is limited availability each week and this service is first come, first serve basis!

If there are any questions about food pantry

Please contact:

Jennifer Estrada

347-279-0642

jestrada@goddard.org

Goddard Riverside

INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



Stanley Isaacs presents:

Salad Bar



We are happy to announce that in addition to your regular meals, we will be having a fresh in house salad now. This is our healthy aging initiative and we would like for all of you to join us!

There is no extra charge for the salad!

***Every Monday, Wednesday, and Friday
11:15am-12:30pm***

Goddard Riverside
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Isaacs
Center

BOOK CLUB

Come Join Us

*Every first Monday of
the month at 2pm*

Join on Zoom or call (646)
876-9923 Meeting ID:
84713310444

Partially funded by NYC Aging

Goddard Riverside
INVESTING IN PEOPLE, STRENGTHENING COMMUNITY



Isaacs
Center

Senior Fitness

Mondays and Thursday

2:30-3:30pm



Isaacs Center

415 E 93rd St ,NY NY 10128

Bands, Stretching, light weight lifting

With Aurea

Body Fitness

Walk *with Ease* *at Isaacs*



Join your **local community** on a walking program and stay active!

**Tuesdays and
Fridays
9:30 am to 10:30 am**

What to expect:

Build friendships and community through walks in the Upper East Side, Yorkville, and East Harlem Community.

**Goddard
Riverside**
INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



**Isaacs
Center**

Partially Funded by NYC Aging

Emotional Self Care

With Michelle Lorenzo



**Every Tuesdays
1-2 pm**

Join us in talking about your emotional wellness with social worker **Michelle Lorenzo**. Each week will tackle a new topic pertaining towards your emotional well-being.

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InSinc Committee Presents

Sign Language Class



**Come join us
in learning
sign language!**



The class will include
simple phrases and
gestures for all ages
to learn.

Isaacs Center

Every Wednesday from 3:00 - 4:00 PM

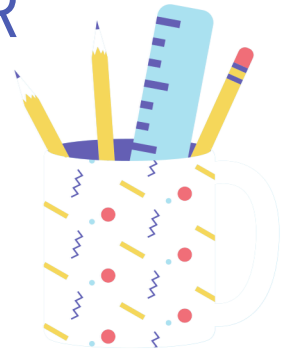
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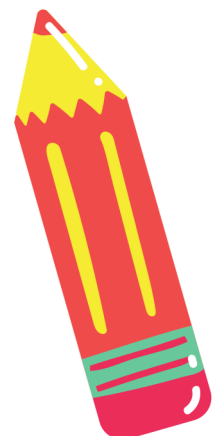
**Isaacs
Center**

THURSDAY'S AT 10AM
AT THE ISAACS CENTER



BIO WRITING WITH
SAUNDREA I. COLEMAN, M.Div

**EVERYONE HAS A STORY,
LET US CREATE AND OR
UPDATE YOU BIO.**



Partially funded by NYC Aging

Empower Hour

With Jacqueline Scott, MSW



☀️ Join us for Empower Hour!



When: Every Tuesday, 10:30–11:45am



Where: Room 6 at Isaacs Senior Center



Launching in April 2025



Open to all Isaacs Members | No capacity limitations



About Empower Hour:

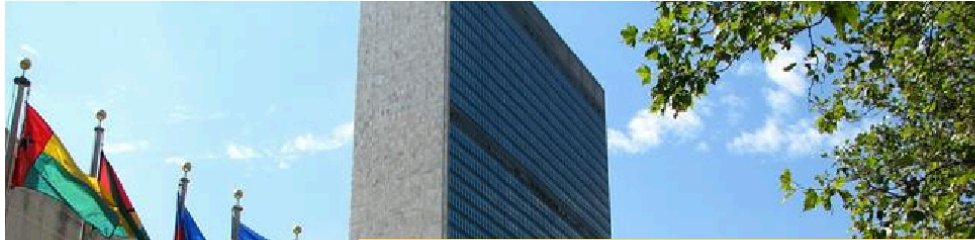
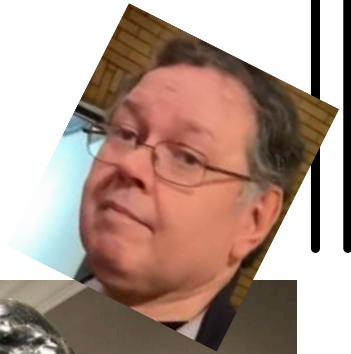
Partially funded by NYC Aging

Empower Hour is a supportive community for older adults, focused on boosting self-esteem, building friendships, and promoting self-love through creative activities like poetry, writing, music, and art. It aims to inspire individuals to embrace their uniqueness, share their stories, and foster connections within a like-minded community, cultivating a stronger sense of empowerment, deepened connections and personal growth.

Don't miss out on Empower Hour – Your journey to empowerment starts here!

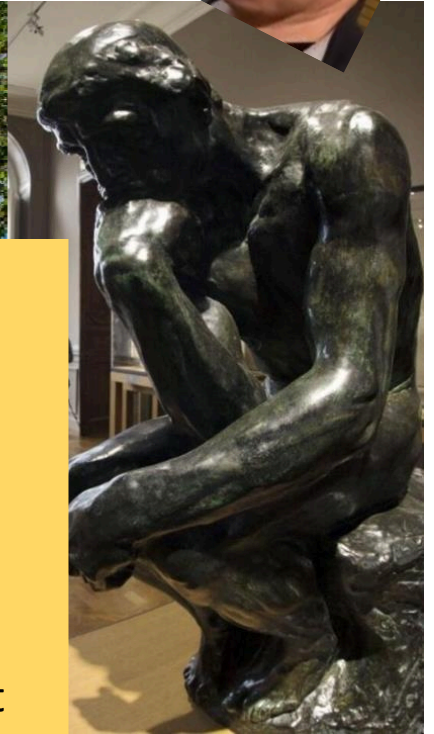
Aaron's Group

Thursday's 12:30 – 1:30 PM
Hosted by Jose Guevara



Aaron's Group is like the United Nations where we, **like nations with treasures of experiences and knowledge**, appreciate the reciprocity of our individual journeys, feelings and ideas.

– Jose Guevara, host



Aaron Rooney worked as a counselor here at Stanley Isaacs Neighborhood Center. He led a group of thinkers who shared their thoughts on a surprise weekly topic. As a tribute to his professionalism and making a fantastic conversational session, welcome all to "Aaron's Group" hosted by Jose Guevara.

Partially funded by NYC Aging

Goddard Riverside
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**Isaacs
Center**

SELF DEFENSE and Martial Arts With Rocky

Thursdays

1:30–2:30 PM

**Isaacs Center
415 E 93rd St NY, NY 10128**

Partially funded by NYC Aging





STANLEY ISAACS **NUTRITIONIST COOKING CLASS**

Join us for a fun, hands-on cooking class designed especially for seniors! Whether you're cooking for one or for a group, learn how to prepare delicious, healthy, and easy-to-make meals. Enjoy good food, great company, and helpful tips tailored to your lifestyle. No experience needed — just bring yourself and your appetite!

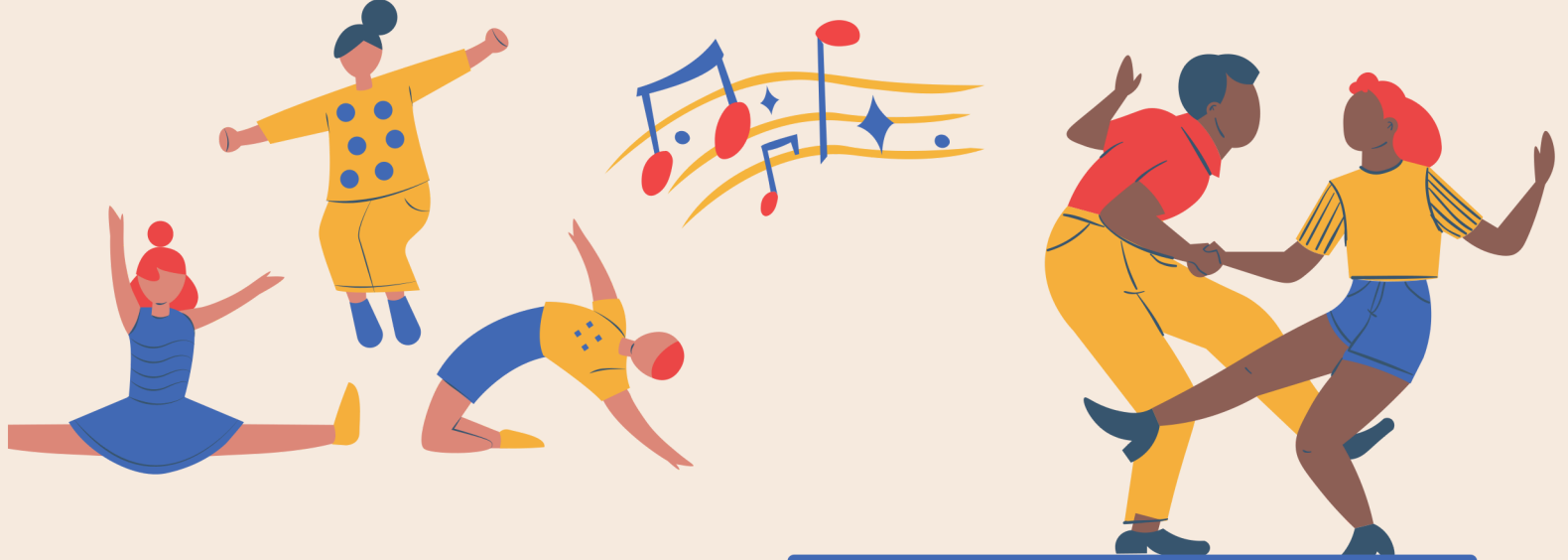
Below are the dates for when classes will happen.

Every 2nd and 4th Monday

Monday
11.10.25
11.24.25

10 AM - 11 AM

PARTIALLY FUNDED BY NYC AGING



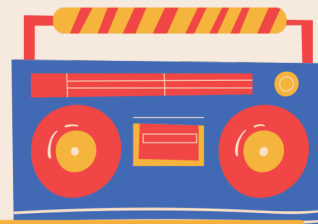
STANLEY ISAACS

Line Dancing

JOIN US FOR A JOYFUL AND ENERGETIC LINE DANCING CLASS DESIGNED ESPECIALLY FOR SENIORS! NO EXPERIENCE NEEDED—JUST A LOVE FOR MUSIC, MOVEMENT, AND GOOD COMPANY. STAY ACTIVE, BOOST BALANCE, AND HAVE A GREAT TIME DANCING TO CLASSIC HITS. COME MAKE NEW FRIENDS AND KICK UP YOUR HEELS!

Every Tuesday

1:30 PM – 2:30 PM



FUNDED BY NYC AGING

Get Cozy, Get Merry!

NOVEMBER FALL FLANNEL BIRTHDAY

Join us for a cozy afternoon of laughter, friendship, and fall fun as we celebrate a special birthday—flannel style! Slip into your favorite plaid shirt and enjoy warm cider, seasonal treats, and great company.

FRIDAY
2-4 PM
11.21.25

Partially funded by NYC Aging

November 2025

OLDER ADULT CENTER LUNCH MENU

To avoid foodborne illness, we request that members not remove their lunches from the dining room.

Para evitar las enfermedades transmitidas por los alimentos, solicitamos que los miembros no sacen almuerzos desde el comedor.

Please see the lobby for additional copies with Spanish and Chinese translations.

3 Mon

- Lasagna Roll Ups with Creamy Tofu Ricotta
- Steamed Green Beans and Carrots
- Whole Wheat Bread
- Cold Pack

10 Mon

- Mushroom Lentil Shepherd's Pie
- Roasted Potatoes
- Tossed Salad with Dressing
- Whole Wheat Bread
- Cold Pack

17 Mon

- Fried Brown Rice with Crispy Tofu and Veggies
- Garden Salad
- Whole Wheat Bread
- Cold Pack

24 Mon

- Baked Polenta with Veggie Sauce
- Chickpea Pasta
- Capri Blend Vegetables
- Whole Wheat Bread
- Cold Pack

4 Tues

- Beef Stir Fry with Broccoli and Carrots
- Brown Rice
- Vegetable Mix
- Whole Wheat Bread
- Cold Pack

11 Tues

- BBQ Boneless Beef Ribs
- Chinese Style Spaghetti
- Roasted Zucchini
- Cold Pack

18 Tues

- Minced Beef with Peas
- Roasted Zucchini
- Vegetable Mix
- Whole Wheat Bread
- Cold Pack

25 Tues

- Balsamic Chicken Thighs
- Chinese Style Spaghetti
- Balsamic Roasted Brussel Sprouts
- Whole Wheat Bread
- Cold Pack

5 Wed

- Baked Chicken Thighs
- Homemade Mashed Potatoes
- Steamed Zucchini
- Whole Wheat Bread
- Cold Pack

12 Wed

- Caribbean Style BBQ Chicken
- Rice and Pigeon Peas
- Steamed Broccoli
- Whole Wheat Bread
- Cold Pack

19 Wed

- Sweet and Sour Chicken Breast
- Rice Pilaf
- Oriental Blend Vegetables
- Whole Wheat Bread
- Cold Pack

26 Wed

- Roasted Turkey Breast
- Sweet Potato and Ginger Mash
- Steamed Spinach
- Whole Wheat Bread
- Cold Pack

Lunch is offered Mon-Fri,
in two seating sessions.

1. 11:15 AM – 11:45 AM
2. 12:00 PM – 12:30 PM

Suggested Contribution: \$1.50
Non-Senior: \$3 mandatory

6 Thurs

- Hunters Stew with Pork
- White Rice
- Sauteed Spinach
- Whole Wheat Bread
- Cold Pack

7 Fri

- Lemon Pepper Fish
- Spaghetti with tomato sauce
- Garden Salad
- Whole Wheat Bread
- Cold Pack

13 Thurs

- Braised Pork with Eggplant
- Baked Sweet Potatoes
- Garden Salad
- Whole Wheat Bread
- Cold Pack

14 Fri

- Baked Fish Marsala with Mushrooms
- Baked Brown Rice Pilaf
- Steamed Carrots
- Whole Wheat Bread
- Cold Pack

20 Thurs

- Pork Stir Fry with Vegetables
- Yellow Rice
- Steamed Carrots
- Whole Wheat Bread
- Cold Pack

21 Fri

- Baked Fish with Lemon Garlic Butter Sauce
- Baked Red Potato Wedges
- Sauteed Green Beans with Onions
- Whole Wheat Bread
- Cold Pack

27 Thurs

- **Closed for Holiday**

28 Fri

- **Closed for Holiday**

Photo Highlights



NYC Department for the Aging

Programming is partially funded by NYC Department for the Aging

Goddard Riverside

INVESTING IN PEOPLE, STRENGTHENING COMMUNITY

Goddard Riverside and the Isaacs Center have officially merged as of June 2025. Learn more on our websites.