



## Your Guide to the Older Adult Center

January 2026





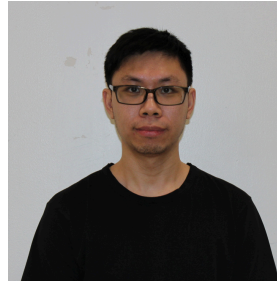
# Aging Services Staff Directory

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**  
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NORC Program Manager  
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(332) 600-8201



**Karina Tlatenchi**  
Social Worker  
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347-659-0445



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**Lachelle Cruickshank**  
NORC Nurse  
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631-880-5443



**Indira Ortiz**  
NORC Health Coach  
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**Anita Chang**  
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212-360-7620 ext.1109



**Melanie Vizcarrondo**  
Aging Services Case Manager  
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212-360-7620 ext.1107



# Weekly Programming

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

## Closures

1/1/26 - New Years  
1/19/26 - Martin Luther King Jr. Day

### 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 (Winter Hiatus till March)
- 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

- 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 (Winter Hiatus till March)
- 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 – 11 AM ([Meeting ID 87918800272](#)) TAFT

## Wednesdays

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

## Thursdays

- Bio Writing with Saundrea, 10 – 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 1/05, 2 – 3 PM
  - (Meeting ID [84713310444](#))
- “Healthy Homes” Presentation — Friday 1/09, 10 – 11 AM
- Membership Meeting — Friday 1/09 , 1:30 – 2:30 PM
- Senior Social — Friday 1/09, 2:30 – 3:30 PM
- End of Life Planning Presentation — Wednesday 1/14,  
1:30 – 2:30 PM
- January Birthday Party — Friday 1/16, 2 – 4 PM
- Movie Viewing — Friday 1/23, 2 – 4 PM
- Book Club — Monday 2/02, 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	<b>OAC</b> Karina (Español/ English)	<b>NORC</b> Daisy <b><u>10 AM - 12 PM</u></b> (Español/ English)	<b>NORC</b> Michelle (Español/ English)	<b>NORC</b> Melanie (Español/ English)	<b>OAC</b> Emily (English)
2 – 4 PM	<b>OAC</b> Emily (English)	<b>NORC</b> Melanie (Español/ English)	<b>OAC</b> Karina (Español/ English)	<b>NORC</b> Daisy <b><u>3-4 PM</u></b> (Español/ English)	<b>OAC</b> 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 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 10 AM – 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**





# 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](http://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



# LIFE & LEGACY

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

*WITH MS. DAISY*



NORC Members Only | 10 Spots max!  
BIWEEKLY

**SPOTS ARE LIMITED!**

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

Partially funded by NYC Aging





# 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 Other 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](mailto: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***

# 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



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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***

# 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**

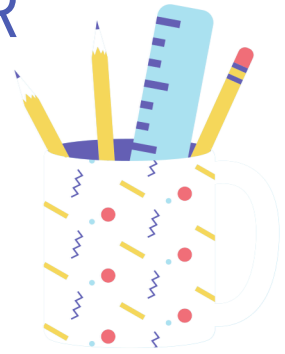
*Partially funded by NYC Aging*

**Goddard Riverside**  
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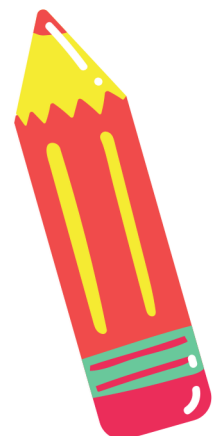
**Isaacs  
Center**

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:**

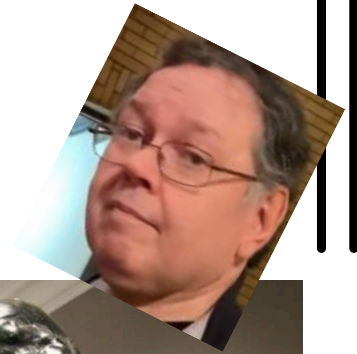
Partially funded by NYC Aging

**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!**

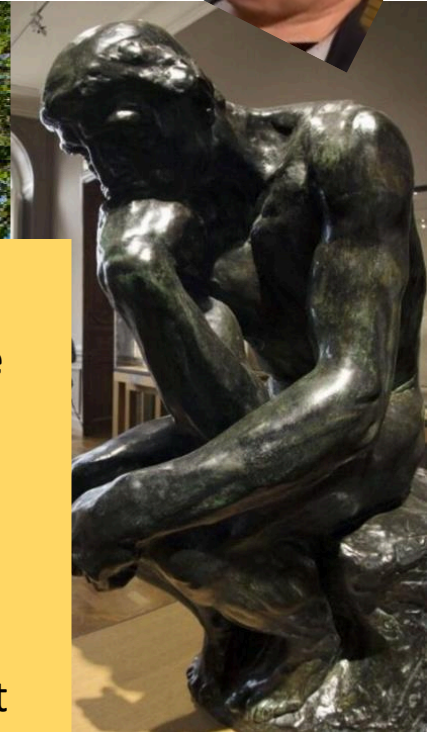
# Aaron's Group

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.

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**Isaacs  
Center**

# **SELF DEFENSE and Martial Arts With Rocky**

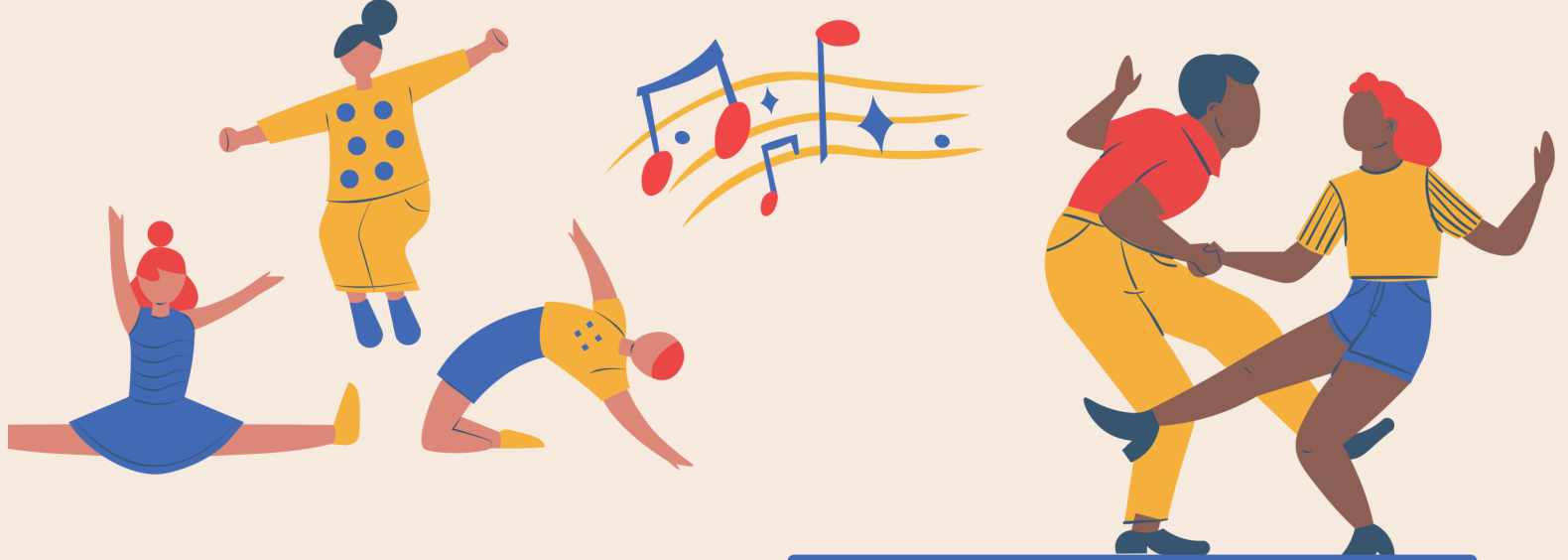
**Thursdays**

**1:30–2:30 PM**

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

**Partially funded by NYC Aging**





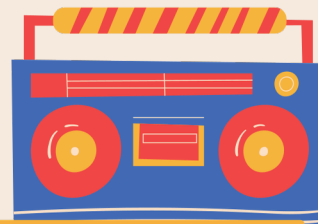
STANLEY ISAACS

# 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





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.*

## Monday

01.12.26

01.26.26

02.09.26

02.23.26

03.09.26

03.23.26

04.13.26

04.27.26

05.11.26

05.25.26

10 AM - 11 AM

PARTIALLY FUNDED BY NYC AGING



# JANUARY BIRTHDAY NEW YEAR PARTY

JOIN US IN CELEBRATING  
2026 AND ALSO JANUARY  
BIRTHDAYS WITH US! COME  
IN YOUR BEST SILVER AND  
GOLD OUTFITS TO PARTY  
INTO THE NEW YEAR!

2-4 PM  
**FRIDAY**  
**01.16.26**

PARTIALLY FUNDED BY NYC AGING

# January 2026

## OLDER ADULT CENTER LUNCH MENU

\* Subject to change

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.**

### 5 Mon

- Whole Wheat Lo Mein with Edamame
- Garden Salad
- Italian Blend Vegetables
- Whole Wheat Bread
- Cold Pack

### 6 Tues

- Beef Picadillo
- Homemade Tomato Sauce and Spaghetti
- Vegetable Mix
- Whole Wheat Bread
- Cold Pack

### 7 Wed

- Jerk Chicken
- Roasted Potatoes
- Sauteed Spinach
- Whole Wheat Bread
- Cold Pack

### 12 Mon

- General Tso's Tofu
- Sesame Chickpea Noodles
- Garden Salad
- Whole Wheat Bread
- Cold Pack

### 13 Tues

- Beef Pot Roast
- Brown Rice
- Brussels Sprouts
- Whole Wheat Bread
- Cold Pack

### 14 Wed

- General Tso's Chicken
- White Rice
- Sauteed Green Beans with Onions
- Whole Wheat Bread
- Cold Pack

### 19 Mon

- Pan-Seared Kickin's Kidney Bean Burger
- Roasted Zucchini
- Southern Chickpea Salad
- Whole Wheat Bread
- Cold Pack

### 20 Tues

- Stewed Beef
- White Rice
- Vegetable mix
- Whole Wheat Bread
- Cold Pack

### 21 Wed

- Honey Mustard Chicken Breast
- Mashed Sweet Potatoes
- Tomato and Cucumber Salad with Dressing
- Whole Wheat Bread
- Cold Pack

### 26 Mon

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

### 27 Tues

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

### 28 Wed

- Baked Chicken Thighs
- Homemade Mashed Potatoes
- Steamed Zucchini
- 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

## 1 Thurs

- **Closed for Holiday**

## 2 Fri

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

## 8 Thurs

- Roasted Pork Loin with Mojo Sauce
- Yellow Rice
- Steamed Carrots
- Whole Wheat Bread
- Cold Pack

## 9 Fri

- Asian Style White Fish with Cilantro
- White Rice
- Steamed Broccoli
- Whole Wheat Bread
- Cold Pack

## 15 Thurs

- Smothered Pork Chops
- Chinese Style Spaghetti
- Whole Wheat Bread
- Cold Pack

## 16 Fri

- Jerk Fish
- Couscous
- Steamed Carrots
- Whole Wheat Bread
- Cold Pack

## 22 Thurs

- Teriyaki Pork Loin
- Chinese Style Spaghetti
- Roasted Broccoli
- Whole Wheat Bread
- Cold Pack

## 23 Fri

- Fish with Mushrooms, Peppers and Tomatoes
- Brown Rice
- Garden Salad
- Whole Wheat Bread
- Cold Pack

## 29 Thurs

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

## 30 Fri

- Lemon Pepper Fish
- Spaghetti with Tomato Sauce
- Garden Salad
- Whole Wheat Bread
- Cold Pack

# 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.