



News + Community

— Your Guide to the Older Adult Center —

January 2026



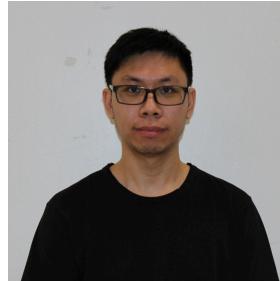
Aging Services Staff Directory

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
Aging Services Program Director
Jmaren@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



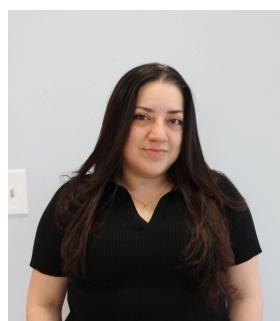
Karina Tlatenchi
Social Worker
KTlatenchi@goddard.org
347-659-0445



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

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 ID87918800272](#)) 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	OAC Karina (Español/ English)	NORC Daisy 10 AM - 12 PM (Español/ English)	NORC Michelle (Español/ English)	NORC Melanie (Español/ English)	OAC Emily (English)
2 – 4 PM	OAC Emily (English)	NORC Melanie (Español/ English)	OAC Karina (Español/ English)	NORC Daisy 3-4 PM (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 Health Services

Lachelle Cruickshank- Registered Nurse

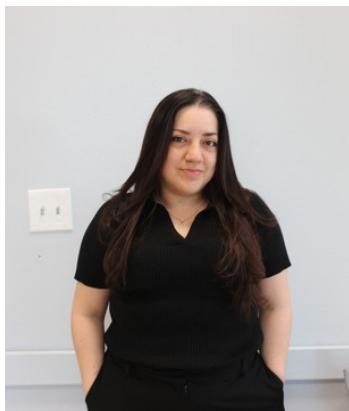


She can assist with :

- 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



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



BENEFITS:

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

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

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

Goddard Riverside

INVESTING IN PEOPLE, STRENGTHENING COMMUNITY



Isaacs Center



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

Spotlight

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

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.

Partially funded by NYC Aging

Goddard Riverside
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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

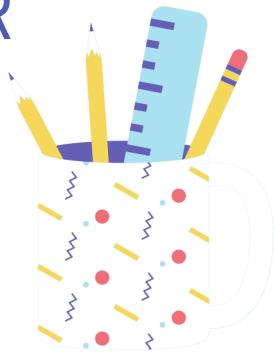
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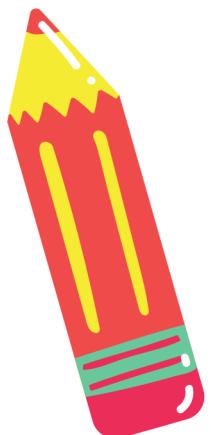
**Isaacs
Center**

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!

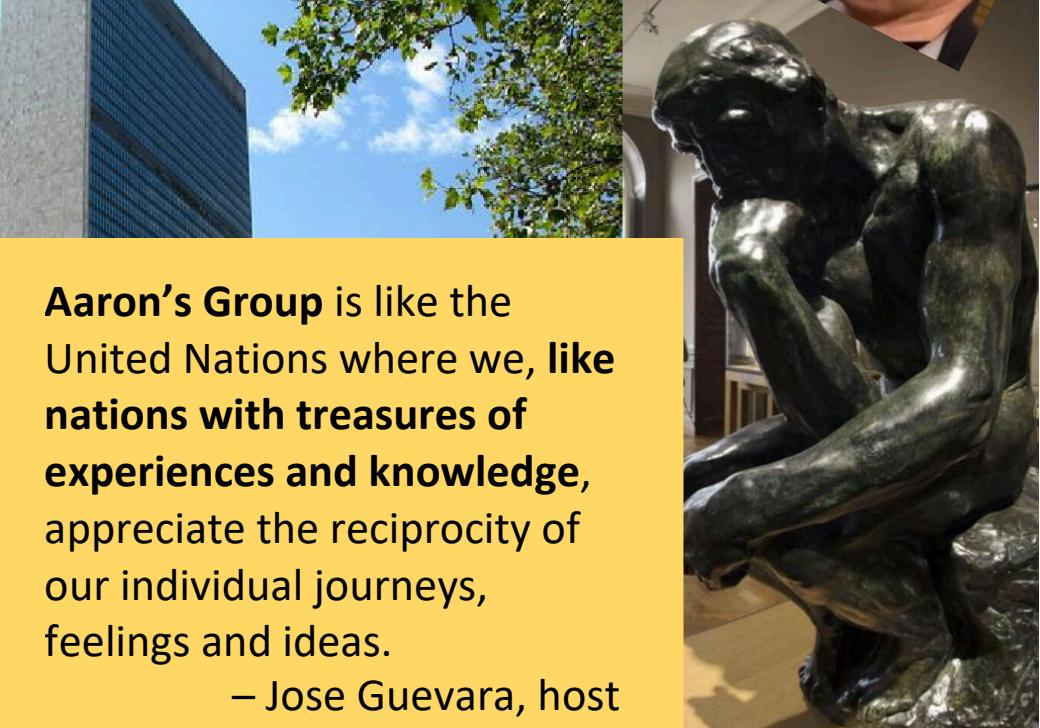
Aaron's Group

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.

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Isaacs
Center

SELF DEFENSE and Martial Arts With Rocky

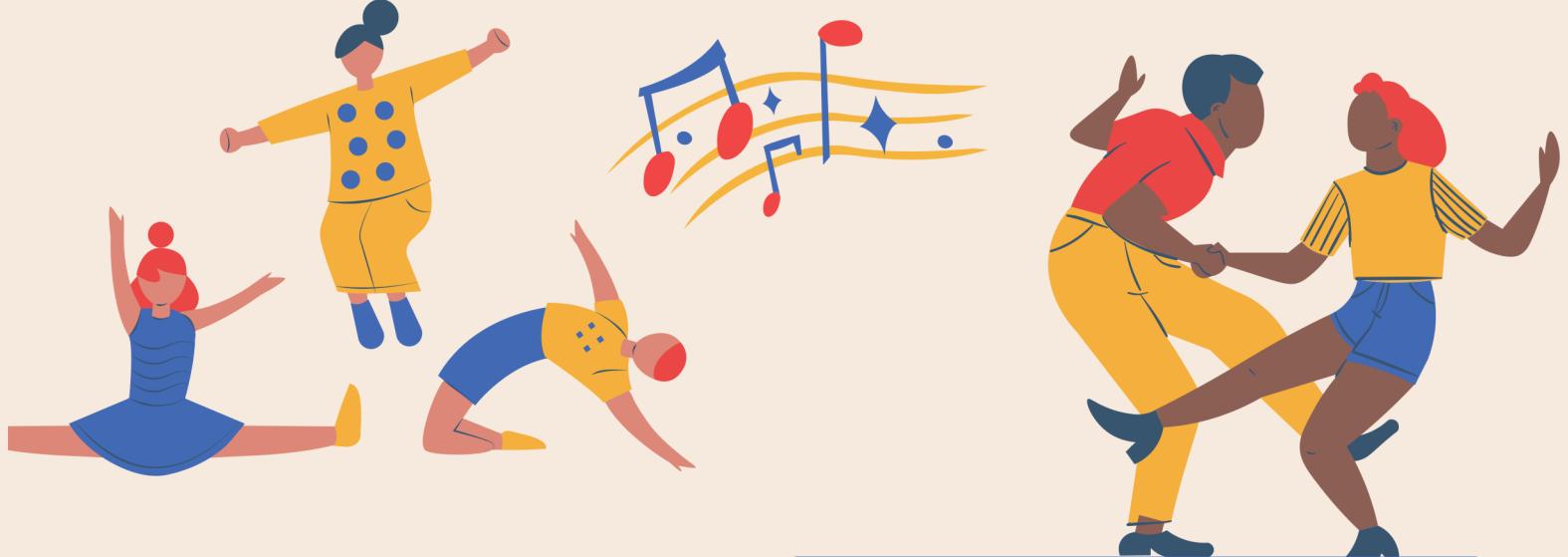
Thursdays

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 dinning room.

Para evitar las enfermedades transmitidas por los alimentos, solicitamos que los miembros no sacan 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

12 Mon

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

19 Mon

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

26 Mon

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

6 Tues

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

13 Tues

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

20 Tues

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

27 Tues

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

7 Wed

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

14 Wed

- General Tso's Chicken
- White Rice
- Sauteed Green Beans with Onions
- 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

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**

8 Thurs

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

15 Thurs

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

22 Thurs

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

29 Thurs

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

2 Fri

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

9 Fri

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

16 Fri

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

23 Fri

- Fish with Mushrooms, Peppers and Tomatoes
- Brown Rice
- Garden Salad
- 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.