



## Your Guide to the Older Adult Center

February 2026





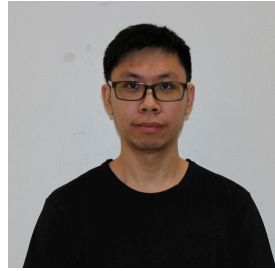
# Aging Services Staff Directory

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  
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



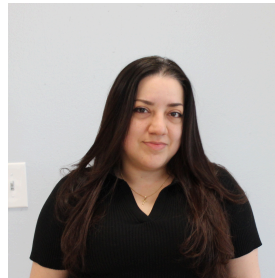
**Karina Tlatenchi**  
Social Worker  
KTlatenchi@goddard.org  
347-659-0445



**Michelle Lorenzo**  
Social Worker  
MLorenzo@goddard.org  
347-931-3098



**Lachelle Cruickshank**  
NORC Nurse  
LCruickshank@goddard.org  
631-880-5443



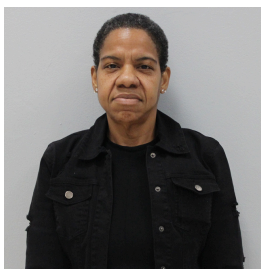
**Indira Ortiz**  
NORC Health Coach  
IOrtiz@goddard.org  
631-619-3213



**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



**Mirtha Castillo** (Picture)  
NOEP Benefits and and  
Entitlements Coordinator  
mcastillo@goddard.org  
212-360-7620 ext 1114



# Weekly Programming

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

## Closures

02.16.26 - President's 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
- Nourish to Flourish, 2 PM – 3 PM (Every 1<sup>st</sup> and 3<sup>rd</sup> Mondays)
- Billiards + Board Games, 2 PM – 4:30 PM
- ESL (Mandarin to English), 3 PM – 4 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
- ESL (Spanish to English), 12 PM – 1 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, 3:30 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, 3:30 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, 2 PM – 3 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 02/02, 2 – 3 PM
  - (Meeting ID [84713310444](#))
- February Membership Meeting — Wednesday 02/04 , 1:30 – 2:30 PM
- Movie Viewing — Friday 02/06, 2 – 4 PM
- Life and Legacy — Thursday 02/11 , 1 – 2 PM
- Valentine's Day Bash — Friday 02/13, 1:30 – 4:30 PM
- Lunar New Year Celebration — Wednesday 02/18 , 2:30 – 4 PM
- February Birthday Party — Friday 02/20, 2 – 4 PM
- Hospitality Committee — Wednesday 02/25, 1 – 2 PM
- Movie Viewing — Wednesday 02/25, 2 – 4 PM
- Programming Committee — Thursday 02/26, 1 – 2 PM
- Food Committee — Friday 02/27, 1 – 2 PM
- Citizens Emergency Preparedness — Friday 02/27, 1:30 – 2:30 PM
- Book Club — Monday 03/02, 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>NORC</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>OAC</b> Melanie (Español/ English)	<b>OAC</b> Emily (English)
2 – 4 PM	<b>OAC</b> Emily (English)	<b>OAC</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**



# HELLO!

## I'm Daisy Gutierrez

NORC Program Manager

### Need Social Work Support?

NORC Members Only

I'm available to offer social work support during designated walk-in hours.

**TUESDAYS: 10 AM - 12 PM**  
**THURSDAYS: 3 PM - 4 PM**

#### Stop by for support with:

- Referrals & Resources
- Forms & Benefits Assistance
- NORC-related questions or concerns

No appointment needed.  
Support provided during walk-in hours only.

415 E93rdSt, New York, NY 10128  
Call (332) 600-8201





# 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

Thursday, February 12

1PM - 2 PM

ROOM 6

CALL OR TEXT 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





· JOIN US FOR A ·

NORC MEMBERS NIGHT

# PAINT & SIP

*February 25th*

*6 - 7 pm*

*Room 6*



♥ *Sip • Paint • Create!* ♥

*Enjoy Refreshments,  
Music & Fun!*

*Reserve Your Spot Today!*

Funded BY THE Department of Aging



***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

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.

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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*

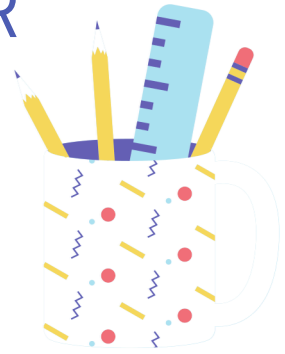
**Goddard Riverside**  
INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



**Isaacs  
Center**

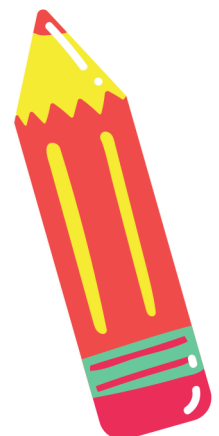


THURSDAY'S AT 10AM  
AT THE ISAACS CENTER



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**

👤 **Open to all Isaacs Members | No capacity limitations**



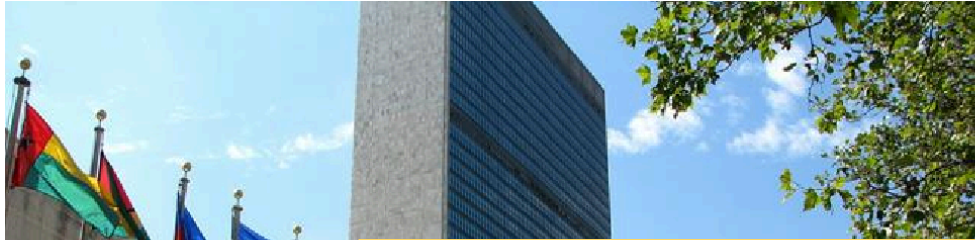
**About Empower Hour:**

**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!**

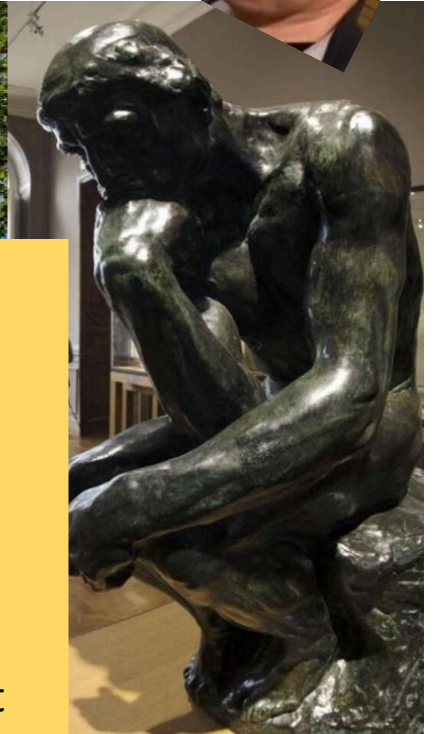
# Aaron's Group

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**  
INVESTING IN PEOPLE, STRENGTHENING COMMUNITY



**Isaacs  
Center**

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

**Thursdays**

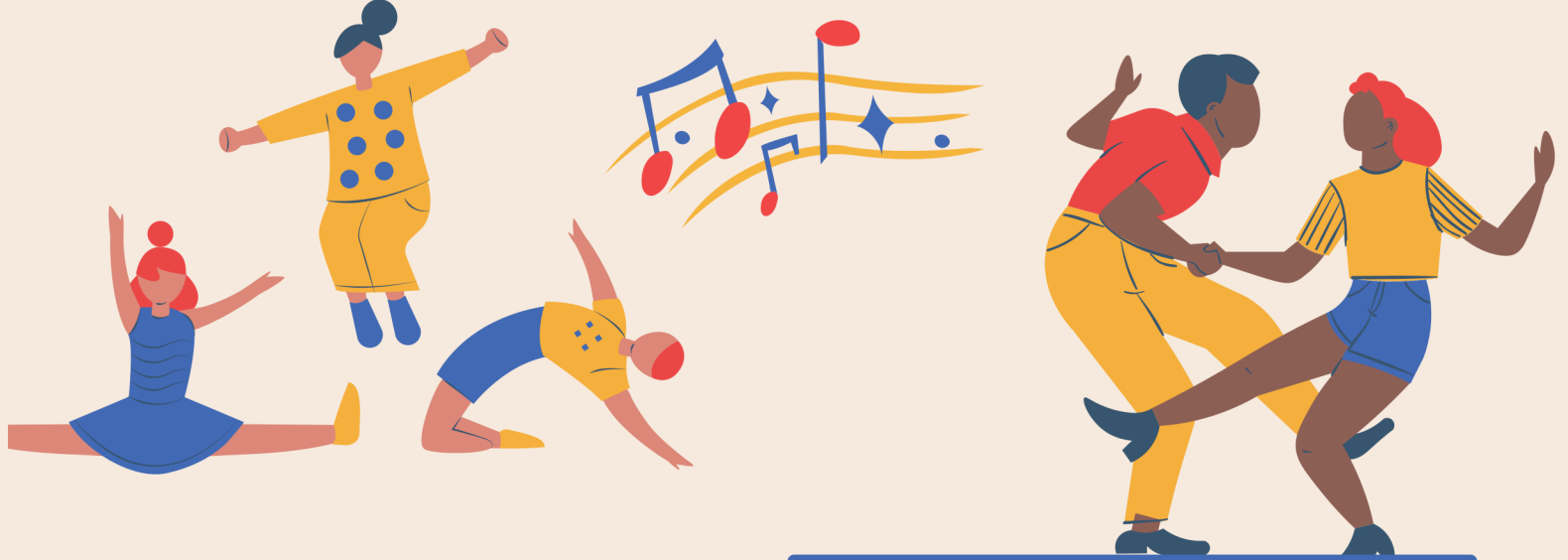
**1:30–2:30 PM**

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

**Partially funded by NYC Aging**







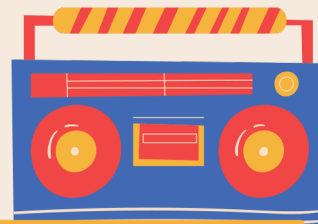
STANLEY ISAACS

# 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

02.09.26

02.23.26

03.09.26

03.23.26

04.13.26

04.27.26

05.11.26

05.25.26

06.08.26

06.22.26

10 AM - 11 AM

PARTIALLY FUNDED BY NYC AGING

# ESL CLASSES

## Español a Ingles

**Este curso de inglés como segunda lengua está diseñado específicamente para hispanohablantes que desean ganar confianza al comunicarse en inglés. El curso se centra en habilidades prácticas de expresión oral, comprensión auditiva, lectura y escritura, con explicaciones claras que abordan los desafíos comunes para los estudiantes de habla hispana. No se requiere experiencia previa.**

**Martes**

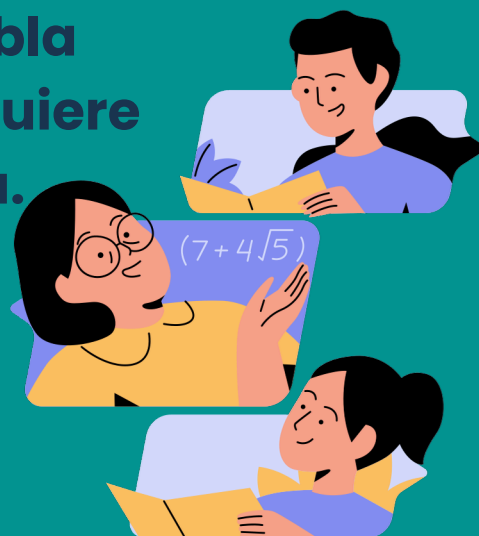
**12- 1 pm**

## 中文到英文

这门英语作为第二语言（**ESL**）课程专为母语为普通话的学习者设计，旨在帮助他们增强英语沟通的自信心。课程重点培养实用的听说读写技能，并提供清晰的讲解，以解决普通话学习者常见的学习难题。无需任何基础。

**星期一**

**下午 3-4**



Partially funded by NYC Aging

PLEASE JOIN US FOR A

# VALENTINE'S DAY



# BASH

JOIN US FOR A LOVELY VALENTINE'S DAY

BASH CELEBRATING FRIENDSHIP,  
LAUGHTER, AND CHERISHED MEMORIES!  
ENJOY MUSIC, TREATS, AND GOOD  
COMPANY AS WE SHARE LOVE, SMILES,  
AND TOGETHERNESS. LIGHT  
REFRESHMENTS WILL BE PROVIDED!

2-4 pm

Friday

02.13.26

Partially funded by NYC Aging

LET'S SHOWER THE CENTER WITH  
LOVE IN OUR FEBRUARY BIRTHDAY!  
THERE WILL BE LOTS OF SWEETS,  
FUN AND CELEBRATIONS SO WE  
HOPE WE CAN SEE YOU THERE!

# Friday

02.20.26

Partially funded by NYC Aging



# February 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.

### 2 Mon

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

### 3 Tues

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

### 4 Wed

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

### 9 Mon

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

### 10 Tues

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

### 11 Wed

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

### 16 Mon

- **CLOSED FOR PRESIDENT'S DAY**

### 17 Tues

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

### 18 Wed

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

### 23 Mon

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

### 24 Tues

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

### 25 Wed

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

## 5 Thurs

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

## 6 Fri

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

## 12 Thurs

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

## 13 Fri

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

## 19 Thurs

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

## 20 Fri

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

## 26 Thurs

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

## 27 Fri

- Jerk Fish
- Couscous
- Steamed Carrots
- 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.