



News + Community

— 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
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646-946-0774



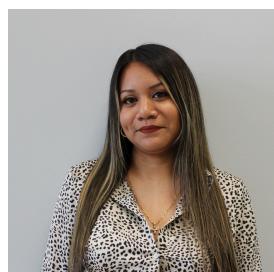
Jennifer Estrada
Community Resource Coordinator
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347-279-0642



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



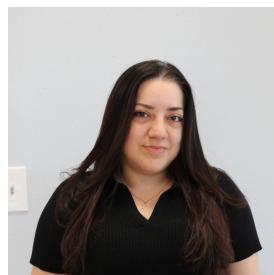
Karina Tlatenchi
Social Worker
KTlatenchi@goddard.org
347-659-0445



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



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



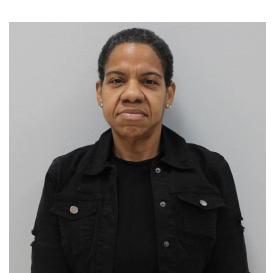
Indira Ortiz
NORC Health Coach
IOrtiz@goddard.org
631-619-3213



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 1st and 3rd 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 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 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 CANCELLATION 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	NORC Karina (Español/ English)	NORC Daisy 10 AM - 12 PM (Español/ English)	NORC Michelle (Español/ English)	OAC Melanie (Español/ English)	OAC Emily (English)
2 – 4 PM	OAC Emily (English)	OAC 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

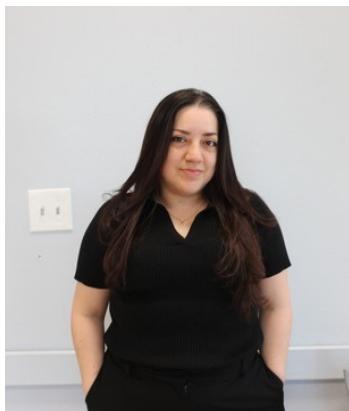


She can assist with :

- 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



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.



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



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

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

Goddard Riverside

INVESTING IN PEOPLE, STRENGTHENING COMMUNITY



Isaacs Center



• 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

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

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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

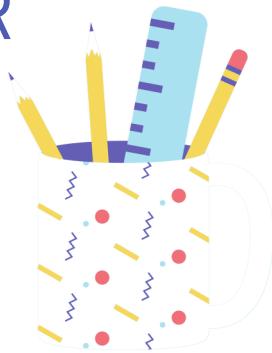
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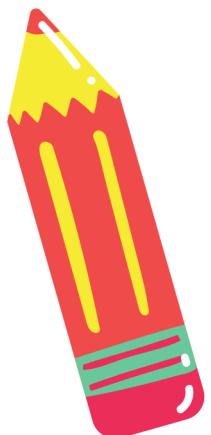
**Isaacs
Center**

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

👤 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!

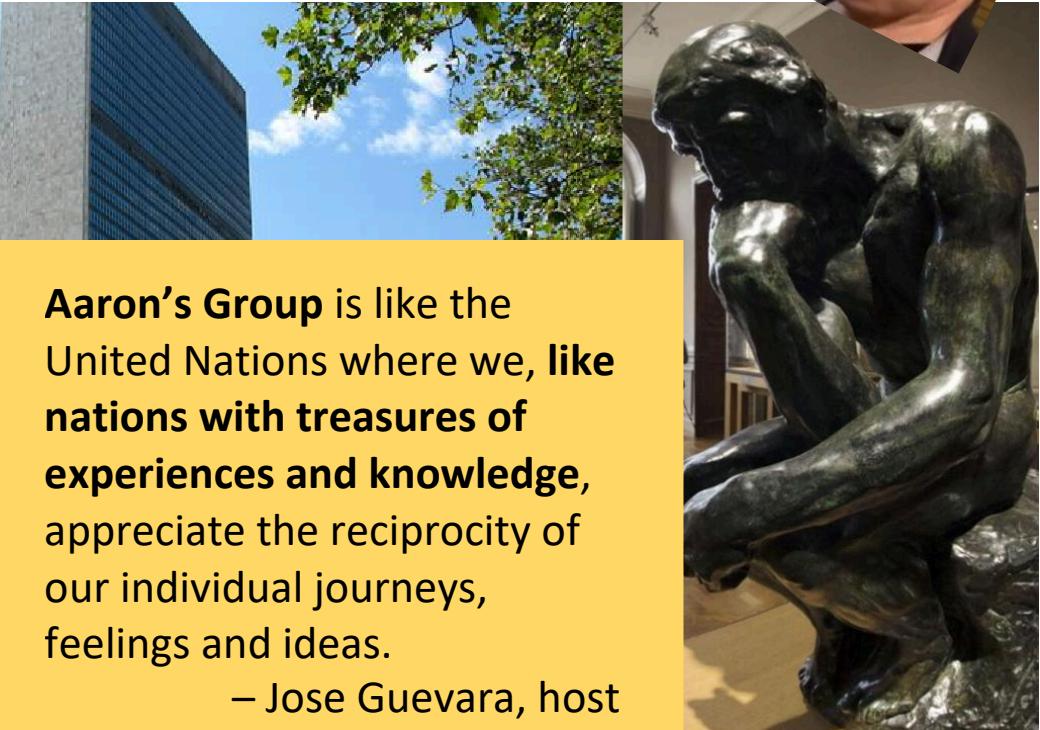
Aaron's Group

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.

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Isaacs
Center

SELF DEFENSE and Martial Arts With Rocky

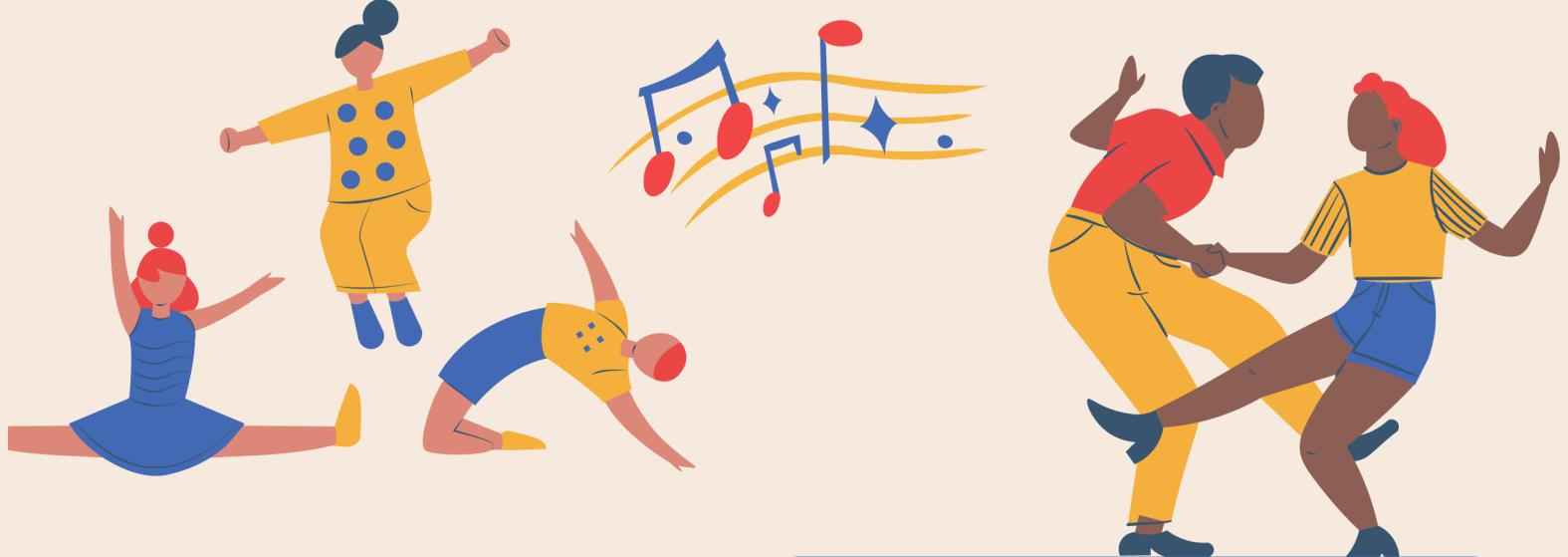
Thursdays

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

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

中文到英文

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



星期一

下午 3-4



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

JOIN US FOR A

VALENTINE'S BIRTHDAY PARTY

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!

2-4 pm
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 dining 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

9 Mon

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

16 Mon

CLOSED FOR PRESIDENT'S DAY

23 Mon

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

3 Tues

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

10 Tues

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

17 Tues

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

24 Tues

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

4 Wed

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

11 Wed

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

18 Wed

- Jerk Chicken
- Roasted Potatoes
- Sauteed Spinach
- 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

19 Thurs

- Roasted Pork Loin with Mojo Sauce
- 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

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.