

Your Guide to the Older Adult Center

April 2026



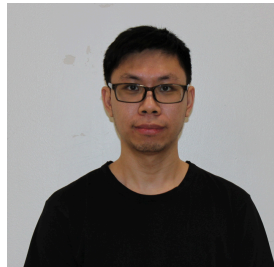
Aging Services Staff Directory

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



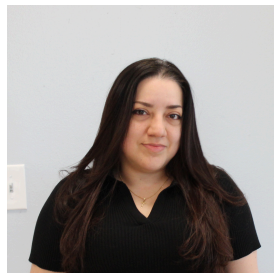
Jennifer Estrada
Community Resource Coordinator
Jestrada@goddard.org
347-279-0642



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



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



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



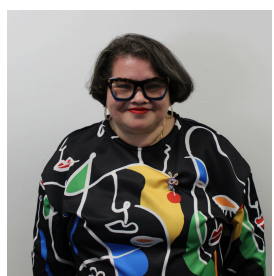
Lachelle Cruickshank
NORC Nurse
LCruickshank@goddard.org
631-880-5443



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



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



Ruth Idefonso
Front desk concierge
rildefonso@goddard.org
212-360-7620 ext.1100

Food and Nutrition Staff Directory

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



Khristel Simmons
Associate Vice President- Aging
and Nutrition Services
212-360-7620 x1106



Qushondra Owens
Food Service Manager
qowens@goddard.org
347-659-0445



Arlene Roopchand
Intergen/Admin Coordinator-Aging
& Nutrition Services
212-360-7620 x 1122

Meals on Wheels Team



Alicia S Flores
Home Delivered Meals Manager
aflores@goddard.org

Drivers and Deliveries (from left to right):
Ramon Cabreja, Jose Collazo, Benjamin Montalvo, William
Jonhson, Merynolkys Jerez, Lunchone Elzey, James Johnson,
Marc Brooks

PICTURES TO COME!!

Shawntae Day
sday@goddard.org

Madelyn Arbelo
marbelo@goddard.org

Esmelly Caraballo
Administrative Assistant
- HDM East
212-360-7620 ex 1125

Cesar Perez
Operations Director-Food and Nutrition Department- East
cperez@goddard.org
212.360.7620 x1126

Weekly Programming

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

Closures

Friday, 4/3/26 - Good Friday

Mondays

- Barre Basics with Allison, 9:45 AM – 10:45 AM
- Dominos, 10 AM – 12 PM
- Rincon Latino, 1 PM – 2 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
- ESL (Mandarin to English), 3 PM – 4 PM
- Nourish to Flourish, 3:30 PM – 4:30 PM (Every 1st and 3rd Mondays)

Tuesdays

- Walk with Ease, 9:30 AM – 10:30 AM
- Nursing Walk-In, 10 AM – 12 PM
- Learning Mandarin, 10 AM – 11 AM
- Empower Hour with Jackie, 10:30 AM – 11:45 AM
- Dominos, 10 AM – 12 PM
- ESL (Spanish to English), 12 PM – 1 PM
- Knitting and Crocheting Circle, 1 PM – 3 PM
- Emotional Self Care, 1 PM – 2 PM
- Line Dancing, 1:30 PM – 2:30 PM
- Chair Dance, 2:30 PM – 3:30 PM
- Billiards + Board Games, 2 PM – 4:30 PM
- Sewing, 3 PM – 5 PM

Wednesdays

- Chair Yoga with Lucia, 9:30 AM – 10:30 AM
- Intro to Spanish, 10 – 11 AM
- Meditation with Lucia, 10:30 AM – 11 AM
- Dominos, 10 AM – 12 PM
- Cafe Stanley, 2 PM– 4 PM
- Billiards + Board Games, 2 PM – 4:30 PM
- American Sign Language, 2 PM – 3 PM
- Arts and Crafts, 3:00 PM – 4:30 PM

Thursdays

- Oro Flamenco, 9:45 AM – 10:45 AM
- Dominos, 10 AM – 2 PM
- Bio Writing with Saundra, 10 AM – 11 AM (Hybrid) ([Meeting ID 86425503130](#))
- Aaron's Group, 12:30 PM – 1:30 PM
- Candle Making, 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, 3:00 PM – 4:30 PM

Fridays

- Walk with Ease, 9:30 AM – 10:30 AM
- Alvin Ailey Dance, 9:45 AM – 10:45 AM
- Voice and Singing Lesson, 10 – 11 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 – 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.

- April Membership Meeting — Wednesday 4/1 , 1:30 – 2:30 PM
- Foodie Club — Monday 4/6, 1 – 2 PM
- Book Club — Monday 4/6, 2 – 3 PM: (Meeting ID [84713310444](#))
- Nourish to Flourish — Monday 4/6, 3:30 – 4:30 PM
- Isaacs of the Seas: Passover 101— Wednesday 4/8 , 1:30 – 2:30 PM
- Center for Hearing & Communication: Hearing Presentation — Thursday 4/9, 10 – 11 AM
- April Senior Social — Friday 4/10, 2 – 3:30 PM
- Vocal Ease Performance — Wednesday 4/15, 1:30 – 2:30 PM
- Movie Viewing: Priscilla — Wednesday 4/15, 2:30 – 4:30 PM
- April Birthday Party — Friday 4/18, 2 – 4 PM
- Nourish to Flourish — Monday 4/20, 3:30 – 4:30 PM
- Elder Abuse Prevention — Wednesday 4/22, 1:30 – 2:30 PM
- Isaacs of the Seas: South Korea — Wednesday 4/22, 3:00 – 4:00 PM
- Programming Committee — Thursday 4/23, 1 – 2 PM
- Emily's Going Away Party — Friday 4/24, 1 – 2 PM
- Movie Viewing — Friday 4/24, 2 – 4 PM
- Hospitality Committee — Wednesday 4/29, 1 – 2 PM
- Programming Fair — Wednesday 4/29, 2 – 4 PM
- Food Committee — Friday 5/01, 1 – 2 PM

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	NORC Karina (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)		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

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?

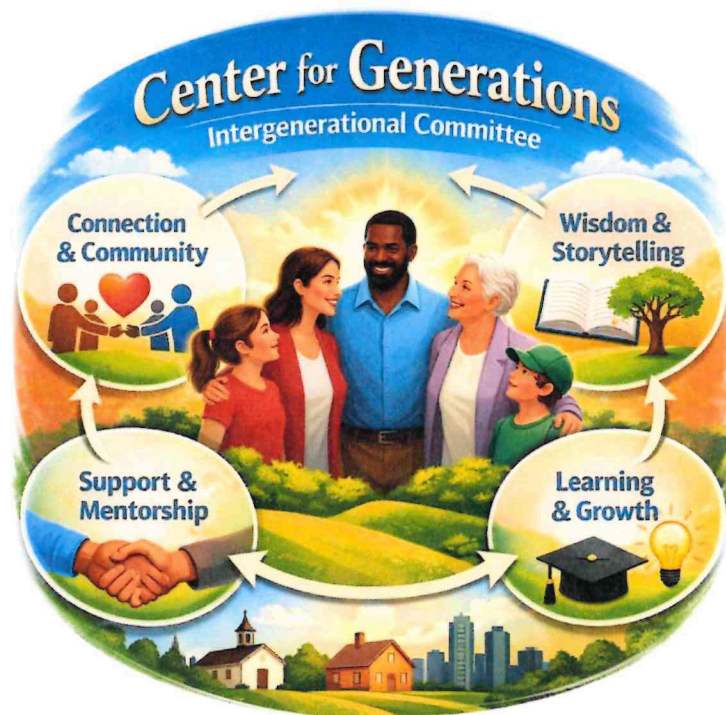


(212) 360-7620 ext. 1115



415 E 93rd St.
New York, NY 10128

GIFT CARD



Invitation to Join the Intergenerational Committee

We are seeking members of all ages who are interested in building connections across generations. Come share your ideas, experiences and energy as we work together to strengthen our community.

If you are interested in participating or would like more information, please contact

Arlene Roopchand @ 212.360.7620 x1122 / 646-430-1883



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



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

INVESTING IN PEOPLE, STRENGTHENING COMMUNITY



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 2:00 - 3:00 PM

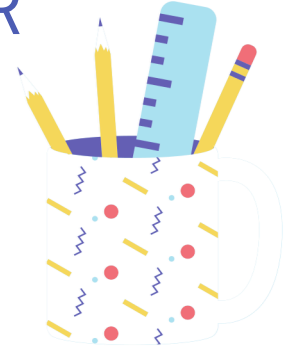
Partially funded by NYC Aging

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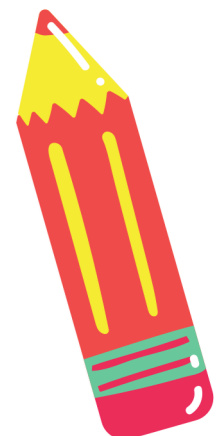
**Isaacs
Center**

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

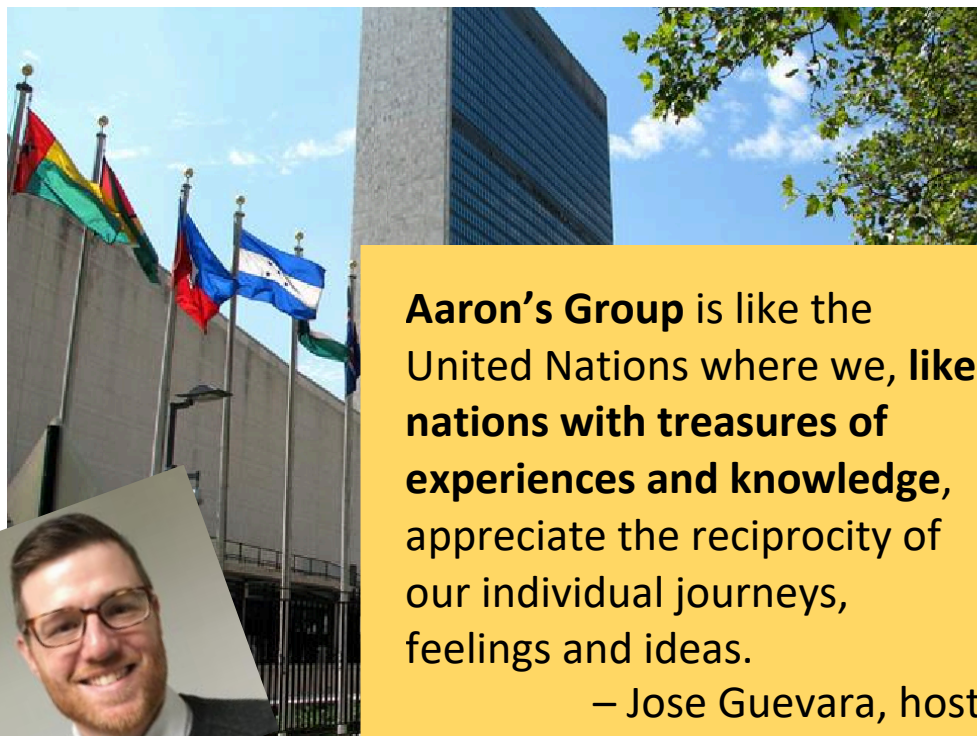
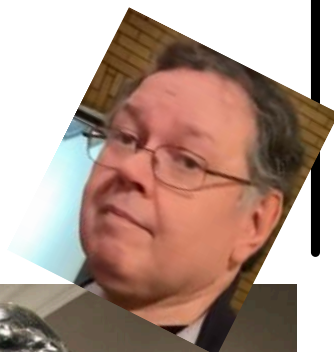
🌈 About Empower Hour:

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

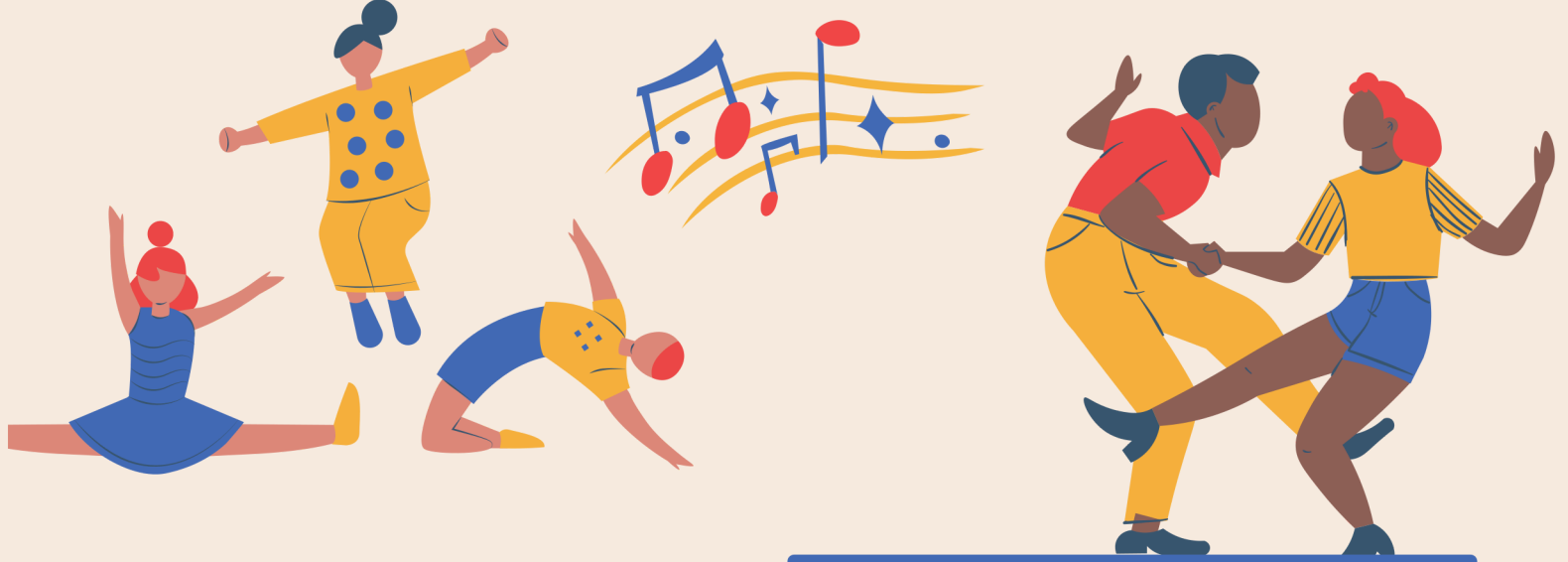
Thursdays

1:30–2:30 PM

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

Partially funded by NYC Aging





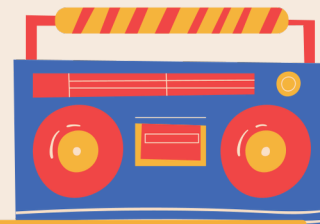
STANLEY ISAACS

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.

10 AM - 11 AM

Mondays

04.13.26

04.27.26

05.11.26

06.08.26

06.22.26

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

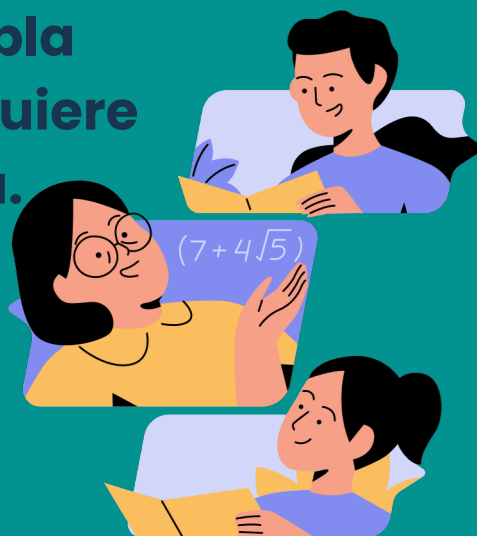
12- 1 pm

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



Isaacs Center Foodie Club

**First Monday
of every
Month at 1pm**

415 E 93rd St.

**Join Ms. O and the kitchen team
to share your love of food and
try potential new menu items
for lunch.**

**Sign up is required, Please speak with
the front desk to reserve your spot!**

Goddard Riverside
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Partially funded by NYC Aging

Passover 101

Join us for a warm and meaningful afternoon of learning and eating great food.

Ever wonder what the meaning of passover is? How is it celebrated?

Whether you have attended many passover events or are joining for the first time, come experience an educational experience of connection, tradition, and joyful celebration with friends.

1:30-2:30 pm

Wednesday

April 8th, 2026

Partially funded by NYC Aging



April Butterfly

BIRTHDAY PARTY

You're warmly invited to a delightful Butterfly-
Themed Birthday Celebration!

Join us as we celebrate a special day surrounded
by beauty, friendship, and a touch of whimsy.
Come share laughter, sweet treats, and wonderful
company as we honor another year of cherished
memories and graceful moments.

We hope to see you there!

2-4 PM
Friday
04.17.26

Partially funded by NYC Aging

Isaacs on the Seas presents:

SOUTH KOREA

Are you interested in learning about Korean culture, art, and traditions? Join our presentation to immerse yourself in all things about Korea and learn how they celebrate their birthdays.

**WEDNESDAY
APRIL 22TH
2026
3:30-4:30 PM**



Partially funded by
NYC Aging

Name: _____ Date: _____



April



- ACTION
- AIR
- ARBOR
- BASKET
- BLOOMS
- BUDS
- BUNNY
- CANDY
- CHANGE
- CHICK
- CHOCOLATE
- CLEAN
- CLIMATE
- CLOUDY
- COMPOST
- CONSERVATION
- COTTONTAIL
- CROCUS
- DAFFODIL
- DYE
- EARTH
- EASTER
- EGGS
- FOLIAGE
- FOOL
- FOREST
- FOURTH
- FUNNY
- GAGS
- GALOSHES
- GRASS
- GREEN
- HATCH
- JELLY BEANS
- JOKE
- LAMB
- LAUGH
- LEAVES
- LILY
- MISCHIEF
- MUD
- NEST
- OCEAN
- PASTEL
- PEEPS
- PLANET
- PLANT

K	M	V	J	C	O	T	T	O	N	T	A	I	L	E	A	V	E	S	K	B	Y	E
S	E	C	S	H	O	W	E	R	S	P	R	O	U	T	I	L	A	U	G	H	W	H
M	L	C	P	O	F	N	E	S	T	L	G	Z	Q	Q	W	T	R	N	M	A	W	A
C	I	M	R	C	U	S	S	U	N	S	H	I	N	E	D	G	T	D	G	D	G	C
A	C	T	I	O	N	M	J	E	L	L	Y	B	E	A	N	S	H	A	T	C	H	S
N	L	H	N	L	N	U	M	B	R	E	L	L	A	S	H	T	E	Y	L	H	N	T
D	E	C	G	A	Y	D	P	U	N	V	G	C	I	T	X	Z	S	N	K	I	E	G
Y	A	V	R	T	R	A	I	N	C	O	A	T	R	E	E	S	L	A	U	C	L	P
C	N	X	A	E	E	F	N	N	O	L	L	T	M	R	O	B	I	N	B	K	Q	Y
R	A	A	S	W	C	F	B	Y	M	U	O	S	I	J	E	E	D	J	G	S	G	O
A	J	R	S	O	Y	O	X	I	P	N	S	U	S	O	C	E	A	N	B	B	O	X
L	V	D	I	R	C	D	F	V	O	T	H	R	C	K	N	F	M	C	K	A	P	M
F	V	W	T	U	L	I	P	G	S	E	E	N	H	E	C	R	O	C	U	S	I	H
V	P	A	S	T	E	L	L	Z	T	E	S	C	I	E	L	T	G	U	K	K	J	Q
S	L	T	R	V	Q	A	A	L	P	R	E	S	E	R	V	E	F	O	R	E	S	T
D	A	E	L	B	G	M	N	P	R	U	W	N	F	O	L	I	A	G	E	T	C	X
N	N	R	P	G	O	B	T	D	A	E	D	K	W	M	F	S	R	V	D	L	H	U
P	E	E	P	S	G	R	E	E	N	S	X	D	C	L	O	U	D	Y	U	I	A	R
S	T	O	L	U	M	E	A	T	K	G	U	B	L	O	O	M	S	Y	C	D	N	J
T	P	R	R	V	J	U	I	K	V	B	G	U	I	E	L	I	K	Y	E	G	G	S
R	Z	X	K	V	S	S	F	D	P	X	H	D	M	C	S	D	B	O	N	W	E	K
H	M	S	C	Z	E	E	P	L	K	N	N	S	A	P	L	G	A	V	V	B	W	W
Y	K	D	Q	A	U	J	T	G	G	W	I	E	T	W	B	X	G	O	Z	S	U	K
I	S	P	Z	L	B	B	H	G	M	R	A	L	E	W	J	C	C	F	U	W	F	E
R	E	L	O	E	D	P	G	C	D	B	O	C	L	A	B	I	I	R	Y	A	J	R



- PRANK
- PRESERVE
- PUDDLES
- RAINCOAT
- RECYCLE
- REDUCE
- REUSE
- ROBIN
- SHOWERS



- SPRING
- SPROUT
- SUNDAY
- SUNSHINE
- TREES
- TULIP
- UMBRELLA
- VOLUNTEER
- WATER



April 2026

MEALS ON WHEELS MENU

If you need / want to **make a change** to your MOW menu or **delivery schedule**, you must **contact the MOW CASE MANAGER** at CARTER BURDEN: 212-879-7400, we are not authorized to make any changes without confirmation.

Sunday	Monday	Tuesday	Wednesday
			<p>1 Jerk Chicken with Roasted Potatoes, Whole Wheat Bread, Sautéed Spinach, Kiwis, 1% Low Fat Milk & Margarine</p>
<p>5 Bright & Lemony Stewed and White Beans w/ Carrots & Spinach, Pasta, Whole Wheat Bread, Mix Vegetables, a Orange, 1% Low Fat Milk & Margarine</p>	<p>6 Red Lentil Pasta w/ Tomato Sauce, Whole Wheat Bread, Steamed Carrots, Apple, 1% Low Fat Milk & Margarine</p>	<p>7 Beef Pot Roast with Brown Rice, Steamed Broccoli, Whole Wheat Bread, Orange, 1% Low Fat Milk & Margarine</p>	<p>8 General Tso's Chicken with White Rice, Sautéed Green, Beans w/ Onions, Whole, Wheat Bread, Kiwis, 1% Low, Fat Milk, Margarine</p>
<p>12 Tomato Braised Winter Squash w/ Chickpeas & Spinach, Pasta, Whole Wheat Bread, Brussels Sprouts, a Orange, 1% Low Fat Milk & Margarine</p>	<p>13 Pan-Seared Kickin Kidney Bean Burger, Roasted Potatoes, Whole Wheat Hamburger Bun, Roasted Zucchini, a Apple, 1% Low Fat Milk & Margarine</p>	<p>14 Stew Beef with White Rice Whole Wheat Bread, Mix Vegetables, a Orange, 1% Low Fat Milk & Margarine</p>	<p>15 Honey Mustard Chicken Breast with Mashed Sweet Potato, Whole Wheat Bread, Steamed Kale, Kiwis, 1% Low Fat Milk & Margarine</p>
<p>19 Honey-Apricot Glazed Chicken with Pasta, Whole Wheat Bread, Spiced Mixed Vegetables, 1% Low Fat Milk & Margarine</p>	<p>20 Vegetables Lasagna with Whole Wheat Bread, Steamed Carrots, a Apple, 1% Low Fat Milk & Margarine</p>	<p>21 Beef Stir Fry w/ Broccoli White Rice, Whole Wheat Bread, Steamed Green Beans, a Orange, 1% Low Fat Milk & Margarine</p>	<p>22 Baked Chicken Thighs with Homemade Mashed Potatoes, Whole Wheat Bread, Steamed Zucchini, Kiwis, 1% Low Fat Milk & Margarine</p>
<p>26 Turkey Meatball with Brown Rice, Whole Wheat Bread, Mix Vegetables, a Orange, 1% Low Fat Milk & Margarine</p>	<p>27 Decadent Mushrooms-Lentil Shepherd's Pie with Roasted Potato, Whole Wheat Bread, Steamed Kale, a Apple, 1% Low Fat Milk & Margarine</p>	<p>28 BBQ Boneless Beef Ribs with Chinese Style Spaghetti, Whole Wheat Bread, Roasted Zucchini, a Orange, 1% Low Fat Milk & Margarine</p>	<p>29 Caribbean Style BBQ Chicken with Rice & Gungo, Whole Wheat Bread, Peas & Carrots, Kiwis, 1% Low Fat Milk & Margarine</p>

April 2026

MEALS ON WHEELS MENU

Deliverers/ Drivers are not allowed to enter apartments, check mail, run errands or collect garbage.
For Meals on Wheels information, please call us at (212) 348-4344 x1111.

Thursday	Friday	Saturday
<p>2 Roasted Pork Loin w/ Mojo Sauce with Yellow Rice, Whole Wheat Bread, Steamed Carrots, Plums, 1% Low Fat Milk & Margarine</p>	<p>3 CLOSED FOR GOOD FRIDAY</p>	<p>4 Honey Mustard Chicken Breast with Garlic Mashed Potatoes, Whole Wheat Bread, Brussels Sprouts, Kiwis, 1% Low Fat Milk & Margarine</p>
<p>9 Smothered Pork Chops, with Chinese Style Spaghetti, Whole Wheat Bread, Mix Vegetables, Plums, 1% Low Fat Milk & Margarine</p>	<p>10 Jerk Fish with Cous Cous, Whole Wheat Bread, Steamed Carrots, Pear, 1% Low Fat Milk & Margarine</p>	<p>11 Pork Spare Ribs with Roasted Potatoes, Whole Wheat Bread, Sauteed Spinach, Kiwis, 1% Low Fat Milk & Margarine</p>
<p>16 Teriyaki Pork Loin with Chinese Style Spaghetti, Whole Wheat Bread, Roasted Broccoli, Plums, 1% Low Fat Milk, Margarine</p>	<p>17 Fish w/ Mushrooms Peppers & Tomatoes, Brown Rice, Whole Wheat Bread, Steamed Green Beans, Pear, 1% Low Fat Milk & Margarine</p>	<p>18 Buckwheat & Pork with White Rice, Whole Wheat Bread, Steamed Cauliflower, Kiwis, 1% Low Fat Milk & Margarine</p>
<p>23 Bigos Stew w/ Pork, Baked Brown Rice Pilaf, Whole Wheat Bread, Sauteed Spinach, Plums, 1% Low Fat Milk & Margarine</p>	<p>24 Lemon Pepper Fish Spaghetti with Tomato Sauce and Whole Wheat Bread, Peas & Carrots, Pear, 1% Low Fat Milk & Margarine</p>	<p>25 Tender Pork Medallions w/ Rich Onion Sauce, Garlic Mashed Potatoes, Whole Wheat Bread, Steamed Collard Greens, Kiwis, 1% Low Fat Milk & Margarine</p>

April 2026

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 sacan almuerzos desde el comedor.

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

6 Mon

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

13 Mon

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

20 Mon

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

27 Mon

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

7 Tues

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

14 Tues

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

21 Tues

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

28 Tues

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

1 Wed

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

8 Wed

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

15 Wed

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

22 Wed

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

29 Wed

- Caribbean Style BBQ Chicken
- Rice and Pigeon Peas
- Steamed Broccoli
- 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

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

2 Thurs

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

3 Fri

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

9 Thurs

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

10 Fri

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

16 Thurs

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

17 Fri

- Fish with Mushrooms, peppers and tomatoes
- Brown Rice
- Garden Salad
- Whole Wheat Bread
- Cold Pack

23 Thurs

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

24 Fri

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

30 Thurs

- Braised Pork with Eggplant
- Baked Sweet Potato
- 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.