



Your Guide to the Older Adult Center

June 2026



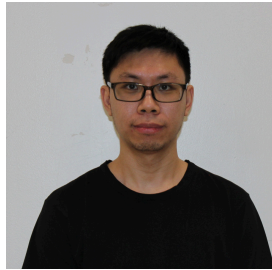
Aging Services Staff Directory

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



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



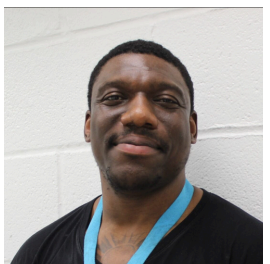
Melanie Vizcarrondo
Aging Services Case Manager
Mvizcarrondo@goddard.org
212-360-7620 ext.1107



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



Nikki Ocampo
NOEP Benefits and Entitlements
Coordinator
NOcampo@goddard.org
212-360-7620 ext.1114



Keith Omoruyi
Dish washer



Shawntae Day
sday@goddard.org

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



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



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



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



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



Jasmine Goodridge
Head Chef
jgoodridge@goddard.org



Madelyn Arbelo
marbelo@goddard.org



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

Weekly Programming

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

Closures

Friday, 06.19.26 - Juneteenth
Tuesday, 06.23.26 - NYC Primary Elections

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
- 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
- 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
- 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

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 6/1, 2 – 3 PM: (Meeting ID [84713310444](#))
- Nourish to Flourish — Monday 6/1, 3:30 – 4:30 PM
- June Membership Meeting — Wednesday 6/3, 1:30 – 2:30 PM
- Senator Serrano Constituent Hours — Thursday 6/4, 11 – 2 PM
- Mold and Moisture Workshop — Friday 6/5, 2:30 – 3:30 PM
- Drug Disposal Management — Monday 6/8, 10 – 11 AM
- Isaacs Community Day — Wednesday 6/10, 12 – 5 PM
- Headache and Migraines Presentation — Monday 6/15, 10 – 11 AM
- NYC Ferry Tabling — Tuesday 6/16, 10 – 12 PM
- Movie Viewing: Remarkably Bright Creatures — Wednesday 6/17, 2:30 – 4:30 PM
- Hospitality Committee — Wednesday 6/24, 1 – 2 PM
- NYC Ferry Presentation — Wednesday 6/24, 2 – 3 PM
- Programming Committee — Thursday 6/25, 1 – 2 PM
- Food Committee — Friday 6/26, 1 – 2 PM
- June Birthday Party — Friday 6/26, 2 – 4 PM
- Nourish to Flourish — Monday 6/29, 3:30 – 4:30 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)	
2 – 4 PM		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

Cassidie Sanchez - NORC Nurse



My name is Cassidie, the new RN at Stanley Isaacs. I've been a nurse since 2019 and have worked with all ages. I enjoy nursing because it allows me the opportunity to meet all kinds of people in different walks of life. Fun fact about me: I really love the rain. I'm looking forward to meeting everyone and learning all that I can about the community.

- My **walk-in hours** are: 10AM-1PM, Tuesdays, Wednesdays, and Fridays
- My **office hours** are: 9AM-5PM, Tuesdays, Wednesdays, and Fridays

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



Walk With Ease



Join us Tuesdays and Fridays at 9:30 AM in the Center lobby for a morning stretch and a 45 minute walk along the East River and through beautiful Carl Schurz Park.

All abilities can participate - canes and walkers welcome!

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.

Partially funded by NYC Aging

Goddard Riverside
INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



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

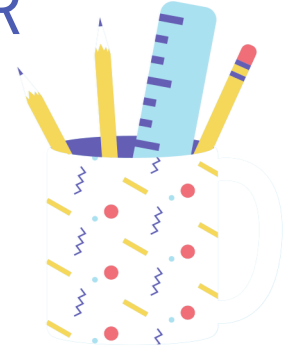
Partially funded by NYC Aging

Goddard Riverside
INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



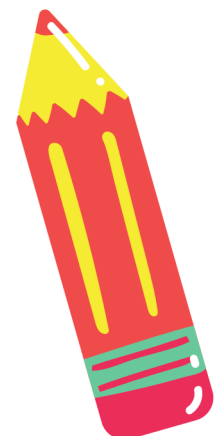
**Isaacs
Center**

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**

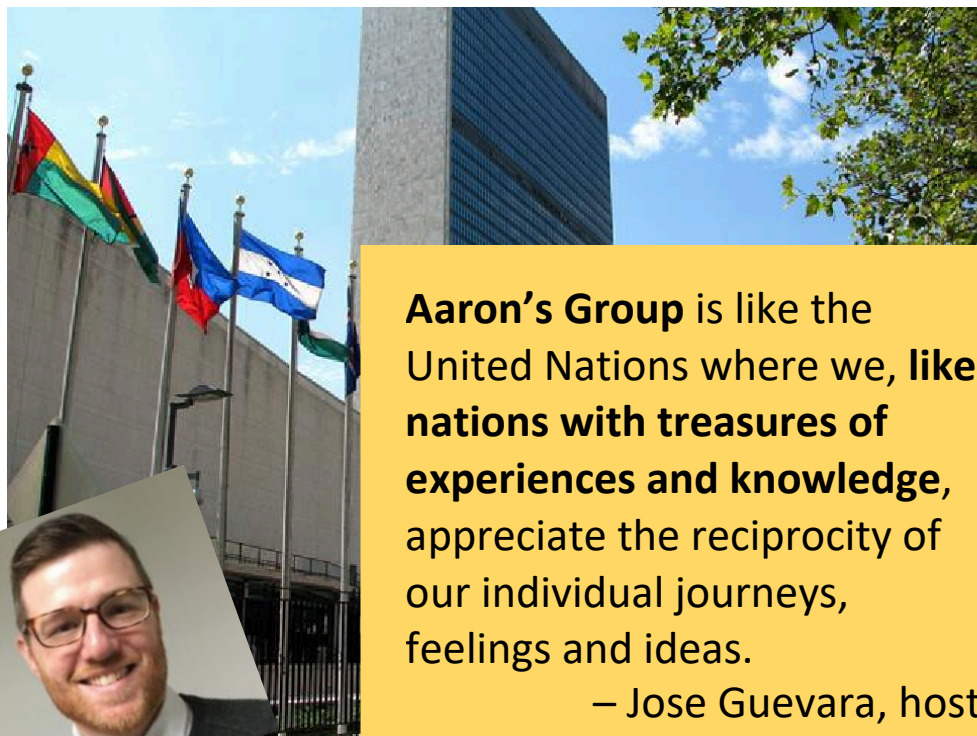
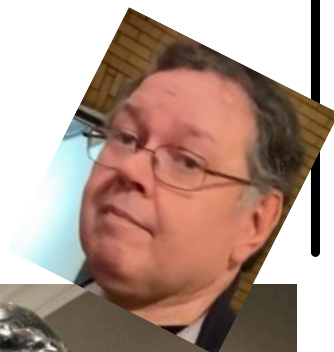
🌈 **About Empower Hour:**

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

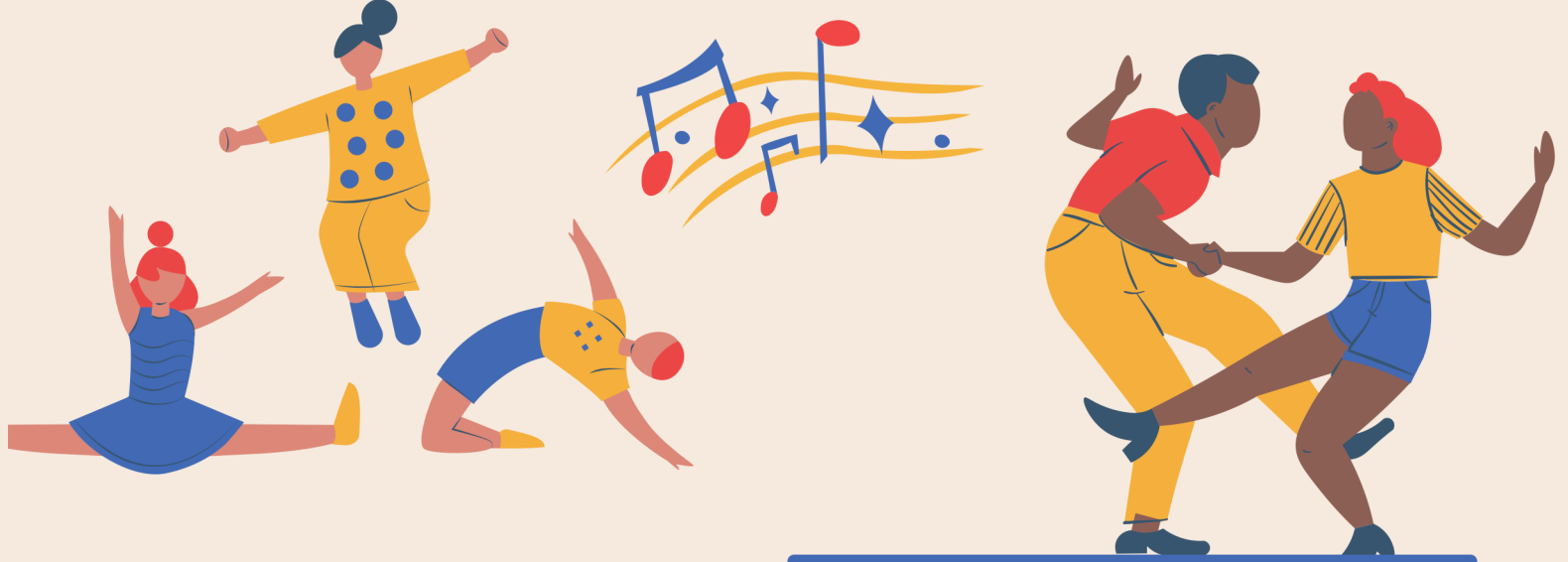
Thursdays

1:30–2:30 PM

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

Partially funded by NYC Aging





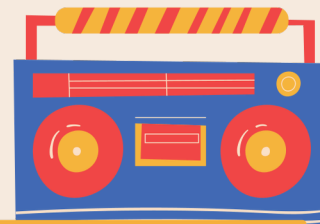
STANLEY ISAACS

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.

10 AM - 11 AM

Mondays

06.08.26

06.15.26

06.22.26

06.29.26

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

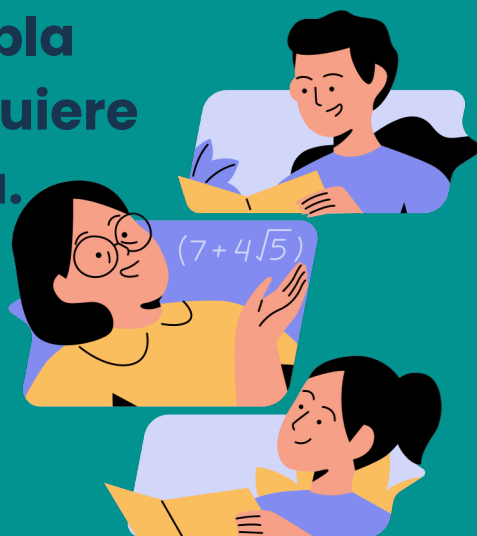
12- 1 pm

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
INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



Partially funded by NYC Aging


DRUG DISPOSAL MANAGEMENT

Come learn how to properly dispose of any medication or drugs that you want to get rid of safely. We have drug disposal kits so feel free to pick one up and learn more about it

**10-11 AM
MONDAY
06.08.26**



Partially funded by NYC Aging



*June
Summer Refresher
Birthday*

*Join us as we welcome
Summer and celebrate
June birthday here at the
Isaacs center. There will be
tons of fun, refreshments
and fun!*

2-4 PM

Friday

06.26.26

Partially funded by NYC Aging

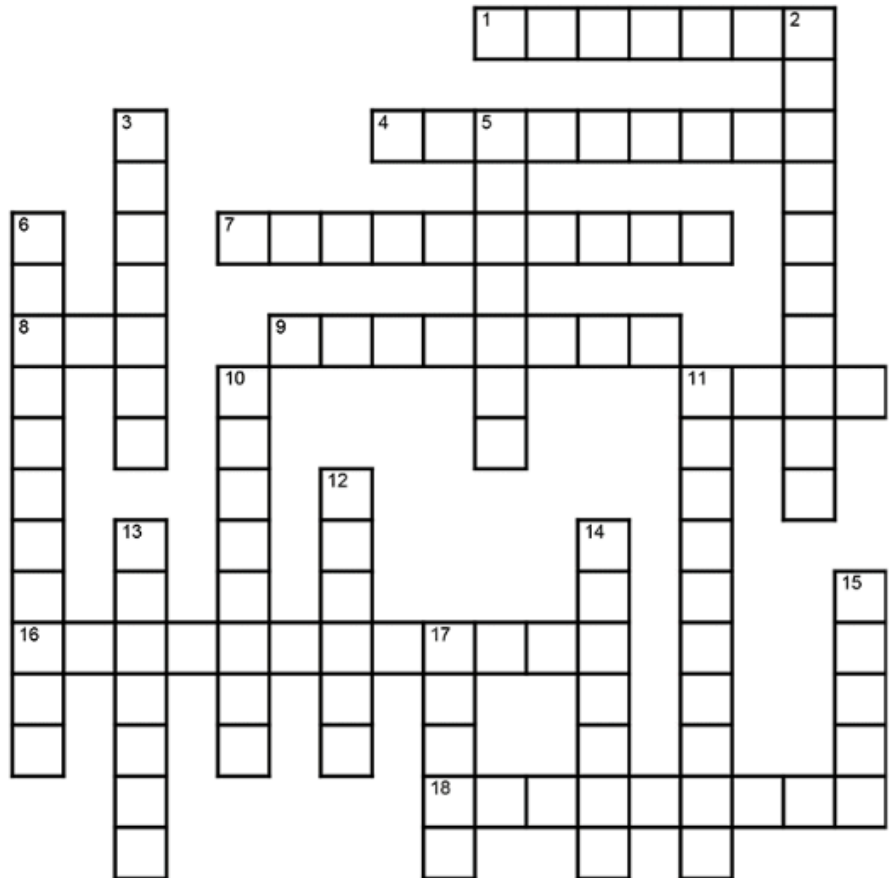
Name: _____ Date: _____

ACROSS

1. City in Texas where Juneteenth celebrations are particularly popular.
4. City in Texas where General Granger read the Emancipation Proclamation.
7. Type of soda traditionally served on Juneteenth
8. Color, representing resilience and joy, associated with Juneteenth celebrations.
9. Day of the week on which Juneteenth falls.
11. Month in which Juneteenth is celebrated
16. Executive order which declared all enslaved people in Confederate states to be forever free: ____ Proclamation.
18. Movement to end slavery.

Juneteenth

FREEDOM DAY



DOWN

2. The day in June when Juneteenth is celebrated
3. Another name for Juneteenth: ____ Day.
5. Another word for freedom
6. The name Juneteenth is an example of a blend of words known as a ____.

10. Outdoor cookout which might be part of a Juneteenth celebration.
11. Holiday that celebrates the end of slavery in the United States.
12. Type of music often played on Juneteenth.
13. General who announced the end of slavery in Texas: Gordon ____.
14. President who issued the Emancipation Proclamation.
15. President who signed bill making Juneteenth a federal holiday.

17. State in which Juneteenth originated.



Abolition	Juneteenth
Barbecue	Liberty
Biden	Lincoln
Emancipation	Nineteenth
Freedom	Portmanteau
Galveston	Red
Gospel	Saturday
Granger	Strawberry
Houston	Texas
June	

June 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 Vegetable Lasagna Whole Wheat Bread Steamed Kale Steamed Carrots Apple 1% Low Fat Milk Margarine</p>	<p>2 Beef Stir Fry w/ Broccoli & Carrots White Rice Whole Wheat Bread Steamed Greens Beans Orange 1% Low Fat Milk Margarine</p>	<p>3 Baked Chicken Tight Homemade Mashed Potatoes Whole Wheat Bread Steamed Zucchini Kiwis 1% Low Fat Milk Margarine</p>
<p>7 Turkey Meatballs Brown Rice Whole Wheat Bread Mixed Vegetables Orange 1% Low Fat Milk Margarine</p>	<p>8 Decadent Mushroom - Lentil Shepherd's Pie Roasted Potato Whole Wheat Bread Steamed Kale Apple 1% Low Fat Milk Margarine</p>	<p>9 BBQ Boneless Beef Ribs Chinese Style Spaghetti Whole Wheat Bread Roasted Zucchini Orange 1% Low Fat Milk Margarine</p>	<p>10 Caribbean Style BBQ Chicken Rice & Gungo Whole Wheat Bread Peas and Carrots Kiwis 1% Low Fat Milk Margarine</p>
<p>14 Turkey Stew Brown Rice Whole Wheat Bread Mixed Vegetables Orange 1% Low Fat Milk Margarine</p>	<p>15 Roasted Vegetables Black Bean & Corn Enchilada Casserole Cous Cous Whole Wheat Bread Steamed Zucchini Apple 1% Low Fat Milk Margarine</p>	<p>16 Minced Beef w/ Peas Whole Wheat Bread Green Peas Mixed Vegetables Orange 1% Low Fat Milk Margarine</p>	<p>17 Sweet & Sour Chicken Breast Rice Pilaf Whole Wheat Bread Oriental Blend Vegetables Kiwis 1% Low Fat Milk Margarine</p>
<p>21 Orange Chicken w/ Rosemary spaghetti Whole Wheat Bread Mixed Vegetables Orange 1% Low Fat Milk Margarine</p>	<p>22 Tasty Whole Wheat Lo Mein w/ Edamame Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk Margarine</p>	<p>23 Beef Picadillo Spaghetti Homemade Tomato Sauce Whole Wheat Bread Steam Green Beans Orange 1% Low Fat Milk Margarine</p>	<p>24 Jerk Chicken Roasted Potatos Whole Wheat Bread Sauteed Spinach Kiwis 1% Low Fat Milk Margarine</p>
<p>28 Bright & Lemony Stewed White Beans w/ Carrots & Spinach Pasta Whole Wheat Bread Mixed Vegetables Orange 1% Low Fat Milk Margarine</p>	<p>29 Red Lentil Pasta w/ Tomato Sauce Whole Wheat Bread Steamed Carrots Apple 1% Low Fat Milk Margarine</p>	<p>30 Vegetables Lasagna Whole Wheat Bread Steamed Kale and Carrots Apple 1% Low Fat Milk Margarine</p>	

June 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.

1 Mon

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

2 Tues

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

3 Wed

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

8 Mon

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

9 Tues

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

10 Wed

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

15 Mon

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

16 Tues

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

17 Wed

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

22 Mon

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

23 Tues

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

24 Wed

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

29 Fri

- General Tso's Tofu
- Sesame Chickpea Noodles
- Garden Salad
- 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.

4 Thurs

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

5 Fri

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



11 Thurs

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

12 Fri

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



18 Thurs

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

19 Fri

- **CLOSED FOR JUNETEENTH**



25 Thurs

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

26 Fri

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



Isaacs Spotlight

Joseph Neubauer

Isaacs Senior, with his son and grandson.

Since retiring, Joe appreciates being around the members at the senior center and having something meaningful to do while his wife is at work. Joe enjoys the “grab and go” lunches along with the Emotional Self Care program to help with relaxation, breathing exercises and energy management.

The center also holds special meaning for Joe, as his father was once a member here as well!



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.**