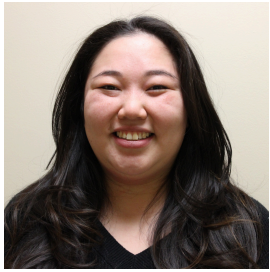




Aging Services Staff Directory

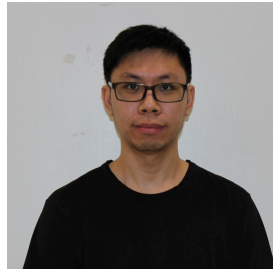
The Aging Services team works Monday – Friday from 9 AM – 5 PM
if you have any questions, comments, or concerns please reach out!

****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

NORC 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



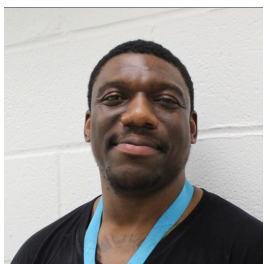
Ruth Ildefonso

Front Desk Concierge
rildefonso@goddard.org
212-360-7620 ext.1100



Shawntae Day

sday@goddard.org



Keith Omoruyi

Dish Washer

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

None

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

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
- Billiards + Board Games, 2 PM – 4:30 PM
- Nourish to Flourish, 3:30 PM – 4:30 PM (Every 1st and 3rd Tuesdays)
- 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

- Dominos, 10 AM – 2 PM
- 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

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.

- Foodie Club — Monday 8/3, 1 – 2 PM
- NYC Ferry Presentation — Wednesday 8/5, 1:30 – 2:30 PM
- Movie Viewing: Ordinary Angels — Friday 8/7, 2 – 4 PM
- Book Club — Monday 8/10, 2 – 3 PM: (Meeting ID [84713310444](#))
- Nourish to Flourish — Tuesday 8/11, 2 – 3 PM
- Senior Social — Friday 8/14, 2 – 4 PM
- Movie Viewing: Ladies First — Tuesday 8/18, 2:30 – 4 PM
- West Nile Prevention Streaming — Thursday 8/20, 10:30 – 11:30 AM
- August Birthday Party — Friday 8/21, 2 – 4 PM
- Nourish to Flourish — Tuesday 8/25, 2 – 3 PM
- Hospitality Committee — Wednesday 8/26, 1 – 2 PM
- Programming Committee — Thursday 8/27, 1 – 2 PM
- Food Committee — Friday 8/28, 1 – 2 PM
- Golden Prom — Friday 8/28, 2 – 4 PM

Daily Bus Trips

Daily bus trips are taken within the 5 boroughs and occasionally New Jersey. 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 Tuesday 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

Tuesday	Wednesday	Thursday
4 Pier 57 Rooftop Park/Chelsea Market 10 am - 3 pm	5 American Dream Mall 10 am - 3 pm	6 Wave Hill Botanical Garden (\$6) 10 am - 3 pm
11 Sammy's Smoke House BBQ/Johnny's Reef 11 am - 4 pm	12 Bronx Zoo* Sign Up Required 10 am - 3 pm	13 Walmart/ Dollar Tree (North Bergen, NJ) 10 am - 3 pm
18 Co Op City (Stop and Shop, National Wholesale Liquidators) 10 am - 3 pm	19 Flower Power New York Botanical Garden: Flower Power (~\$31) 10 am - 3 pm	20 Chinatown/Little Italy 10 am - 3 pm
25 South Street Seaport Museum (~\$15)/ Lot for Less 10 am - 3 pm	26 Cross County Mall 10 am - 3 pm	27 Walmart (Woodbury, NJ) 9 am - 4 pm

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)	NORC Karina (Español/ English)		NORC Michelle (Español/ English)

Goddard Riverside

Stanley M. Isaacs Neighborhood Center

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

Goddard Riverside

Stanley M. Isaacs Neighborhood Center



Hi, I'm the

NORC

PROGRAM MANAGER

VINCENT CHENG

I'm excited to connect and collaborate further with the NORC community to bring programming, trips and fun events as the NORC Case manager. I continue to appreciate and welcome any feedbacks and suggestions so that I am able to better provide support to the community. Though I may be busy, please do not hesitate to say hello and discuss ideas about what we can do together to make Isaacs NORC an amazing community to be in!

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

GIFT CARD

Goddard Riverside

Stanley M. Isaacs Neighborhood 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

Goddard Riverside

Stanley M. Isaacs Neighborhood Center



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 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

Stanley M. Isaacs Neighborhood Center



Partially funded by NYC aging

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!

Goddard Riverside
Stanley M. Isaacs Neighborhood Center

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***

Goddard Riverside
Stanley M. Isaacs Neighborhood Center

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

Stanley M. Isaacs Neighborhood 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
Stanley M. Isaacs Neighborhood Center

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
Stanley M. Isaacs Neighborhood Center

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**



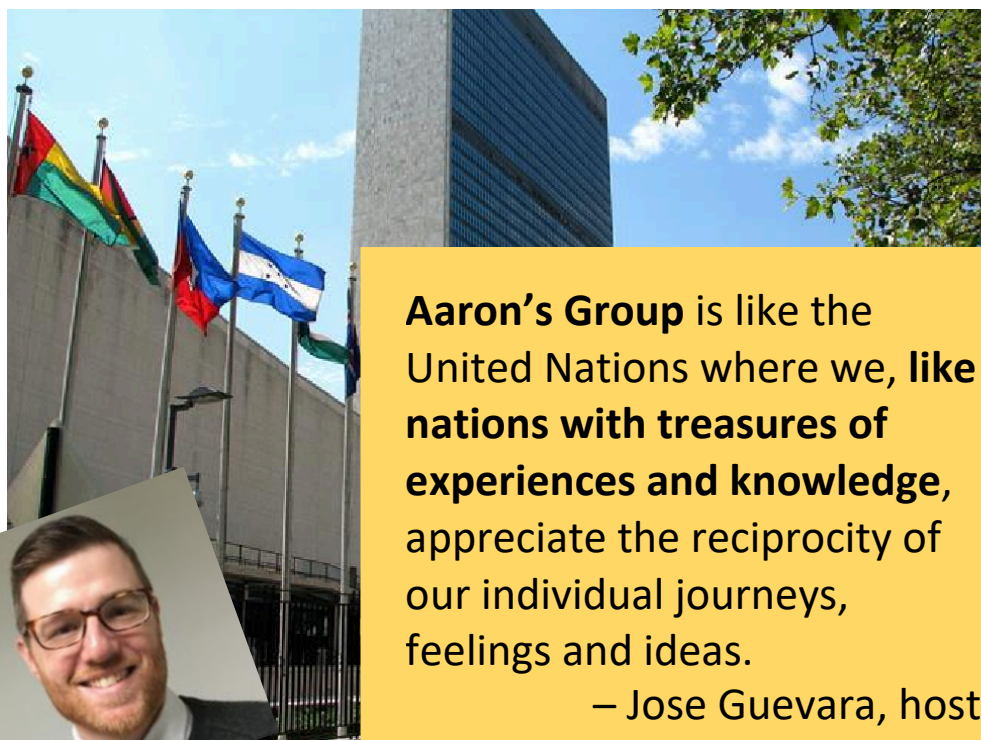
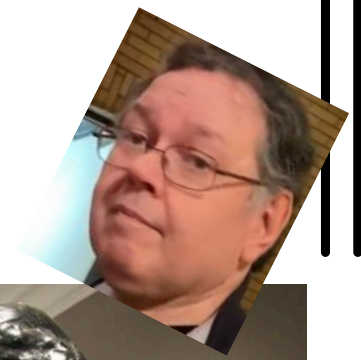
About Empower Hour:

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!

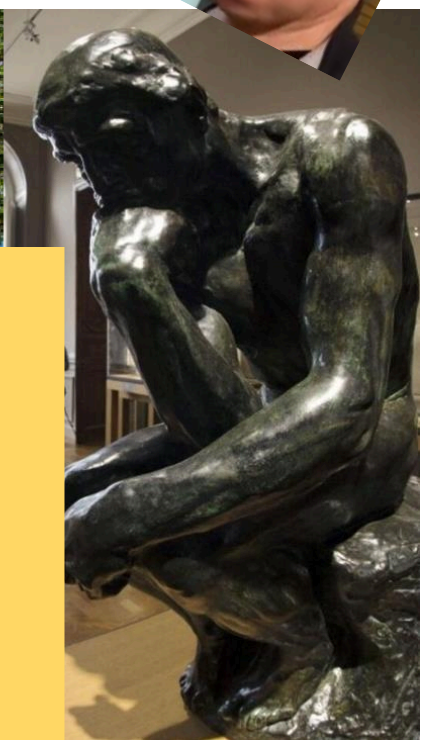
Aaron's Group

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.

Goddard Riverside
Stanley M. Isaacs Neighborhood Center

Partially funded by NYC Aging

Goddard Riverside

Stanley M. Isaacs Neighborhood Center

SELF DEFENSE and Martial Arts With Rocky

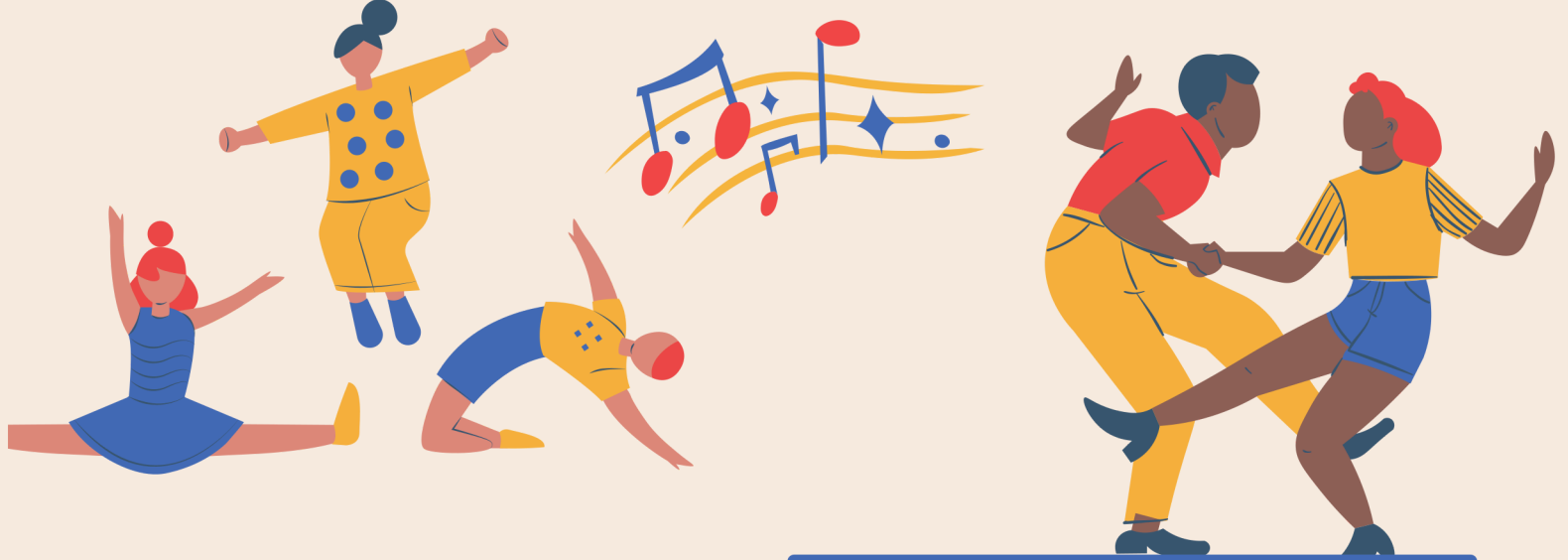
Thursdays

1:30–2:30 PM

Isaacs Center
415 E 93rd St NY, NY 10128

Partially funded by NYC Aging





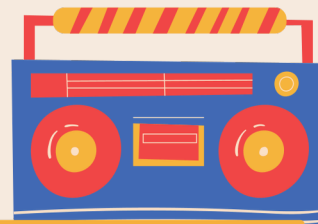
STANLEY ISAACS

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

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

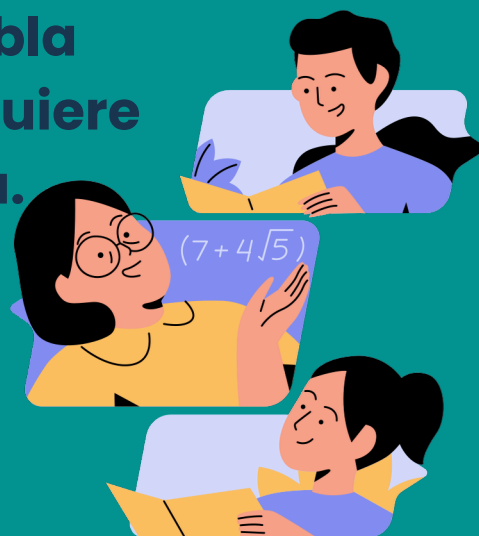
12- 1 pm

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
Stanley M. Isaacs Neighborhood Center

Partially funded by NYC Aging

Movie Viewing

Join us for these movies in August 2026!



Ordinary Angels

2 - 4 pm

Friday

08.07.26

Ladies First

3 - 5 pm

Tuesday

08.18.26



Partially funded by NYC Aging

You are invited to

AUGUST WHITE BIRTHDAY PARTY



Join us for an elegant White Party Birthday celebration! Dress in your favorite all-white attire and enjoy an evening of great music, laughter, and wonderful company as we celebrate another year of life, friendship, and unforgettable memories.

2-4 PM

Friday

08.21.26

Partially funded by NYC Aging

The poster has a dark brown background. At the top center is a large, textured golden globe with a grid pattern. Radiating from the globe are numerous thin, dashed golden lines. Surrounding the globe are several large, five-pointed golden stars. Some of these stars are hanging from thin golden lines, while others are positioned directly. The text 'Join Us For Memorable Day' is written in a cursive, golden font above the main title. The main title 'GOLDEN PROM' is in a large, white, serif font, and 'Celebration' is in a cursive, golden font below it.

Join Us For Memorable Day
GOLDEN PROM
Celebration

*JOIN US FOR AN AFTERNOON OF MUSIC, DANCING,
LAUGHTER, AND GREAT COMPANY! DRESS IN YOUR FAVORITE
GOLD OR FORMAL ATTIRE AND CELEBRATE WITH FRIENDS
WHILE MAKING WONDERFUL NEW MEMORIES.*

*EVERYONE IS WELCOME. WE LOOK FORWARD TO
CELEBRATING WITH YOU!*

08.28.26

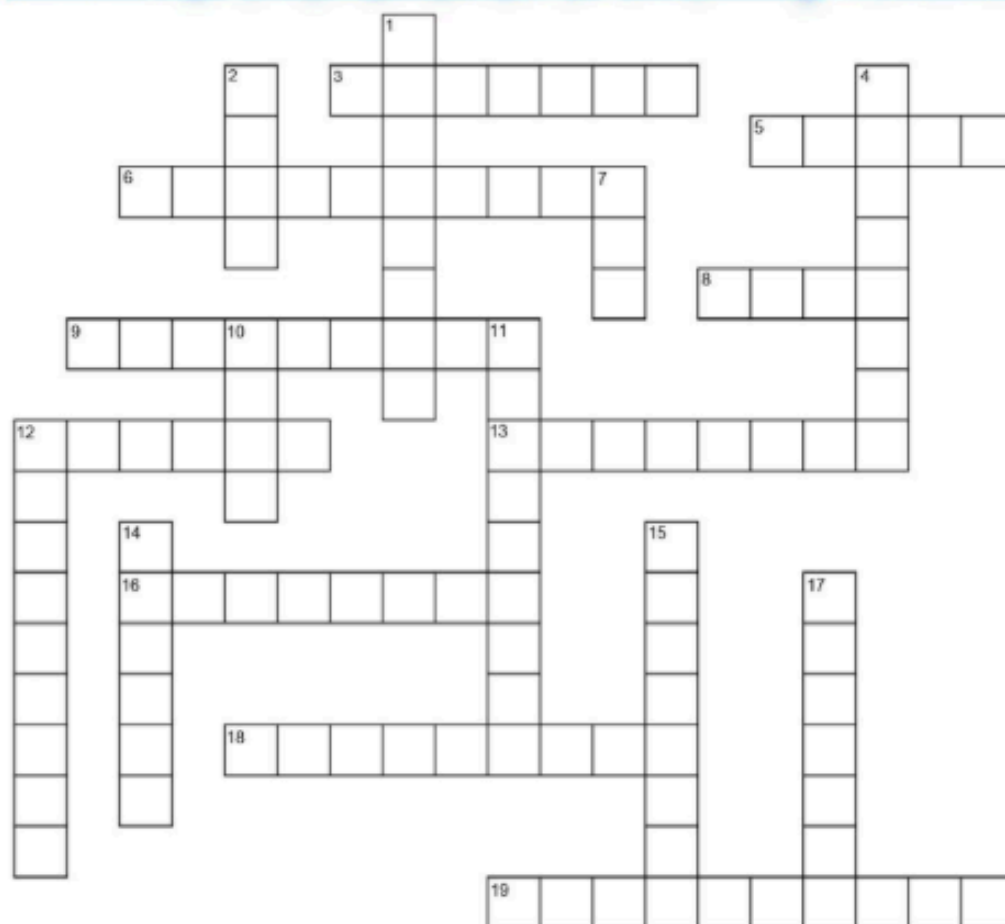
FRIDAY

2-4 PM

PARTIALLY FUNDED BY NYC AGING

SUMMER

crossword puzzle



WORD BANK:

BARBECUE
BEACH
BICYCLE
CAMPING
FLIP FLOPS
HAMBURGER
HOT DOG
ICE CREAM
JUNE
KITE
LEMONADE
PICNIC
POOL
POPSICLE
SEPTEMBER
SUN
SUNGLASSES
SUNSCREEN
VACATION
WATERMELON

DOWN:

1. Time off which often includes traveling.
2. First month of summer.
4. Summer cookout with grilled food.
7. Star that provides light and heat.
10. Chlorinated place to swim laps.
11. Last month of summer.
12. Beef patty between two buns served with lettuce, tomato, onion and various condiments.
14. A meal eaten outdoors on a the grass.
15. Drink made from lemons, water & sugar.
17. Two wheeled vehicle powered by foot pedals and navigated by handlebars.

ACROSS:

3. Outdoor activity involving sleeping in a tent.
5. Popular vacation destination with sand, sea and salty air.
6. They protect your eyes from the sun.
8. Toy that you fly in the air on a string.
9. Summer sandal often worn at the beach.
12. Grilled sausage served in a split bun with ketchup, mustard and relish.
13. Frozen summer treat on a stick.
16. Cool summer treat served in a cup or cone.
18. Lotion that protects your skin from UV rays.
19. Summer with a pink center, and green skin.

August 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
2 • BBQ Chicken Breast • Brown Rice • Broccoli with Toasted Garlic • Whole Wheat Bread • Cold Pack	3 • Pan-Seared Kidney Bean Burger • Roasted Sweet Potato Fries • Southern Style Baked Navy Beans • Spiced Mixed Vegetables • Whole Wheat Bread • Cold Pack	4 • Ground Beef Taco Meat • Whole Wheat Tortilla • Mixed Vegetable • Whole Wheat Bread • Cold Pack	5 • Baked Chicken Breast • Pasta • Collard Greens with Tomato • Whole Wheat Bread • Cold Pack
9 • Turkey Burger • Brown Rice • Spiced Mixed Vegetables • Whole Wheat Bread • Cold Pack	10 • Whole Wheat Baked Ziti with Vegetables and Chickpeas • Hearty Three Bean Salad • Whole Wheat Bread • Cold Pack	11 • Beef Stroganoff • Egg Noodles • Steamed Green Beans • Whole Wheat Bread • Cold Pack	12 • Baked Chicken Breast • Homemade Mashed Potatoes • Brussell Sprouts • Whole Wheat Bread • Cold Pack
16 • Turkey Burger • Brown Rice • Spiced Mixed Vegetables • Whole Wheat Bread • Cold Pack	17 • Decadent Mushroom- Lentil Shepherd's Pie • Roasted Potatoes • Tossed Salad with Dressing • Whole Wheat Bread • Cold Pack	18 • Deluxe Cheeseburger with Onions • Baked Red Potato wedges • Corn Niblets • Whole Wheat Bread • Cold Pack	19 • Grilled Caribbean Chicken Breast • Cocnut Rice and Pigeon Peas • Sauteed Spinach • Whole Wheat Bread • Cold Pack
23 • Turkey Meatballs • Homemade Mashed Potatoes • Spiced Mixed Vegetables • Whole Wheat Bread • Cold Pack	24 • Roasted Vegetables, Black bean and Corn Enchilada Casserole with Quinoa • Sauteed spinach • Tossed Sald with Kidney beans and dressing • Whole Wheat Bread • Cold Pack	25 • Minced Beef with Peas • Garlic Mashed Potatoes • Mixed Vegetables • Whole Wheat Bread • Cold Pack	26 • Sweet and Sour Chicken Breast • Rice Pilaf • Roasted Broccoli • Whole Wheat Bread • Cold Pack
30 • Orange Chicken with Rosemary • Whole Wheat Spaghetti • Mixed Vegetables • Whole Wheat Bread • Cold Pack	31 • Whole Wheat Lo Mein with Edamame • Sauteed Brussel Sprouts and Kale with Walnuts • Whole Wheat Bread • Cold Pack		

August 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
		1 • Blackeye Pea Curry with Potatoes and Tomatoes • Pasta • Whole Wheat Bread • Cold Pack
6 • Teriyaki Pork Loin • Garlic Mashed Potatoes • Steamed Spinach • Whole Wheat Bread • Cold Pack	7 • Tuna Salad • Confetti Bean Salsa with Baked Tortilla Chips • Mixed Vegetables • Whole Wheat Bread • Cold Pack	8 • Whole Wheat Ziti with Chicken, Tomato and Rosemary • Steamed Broccoli • Whole Wheat Bread • Cold Pack
13 • Grilled Maple Chipotle Pork Chops • Cilantro Lime Rice • Steamed Spinach • Whole Wheat Bread • Cold Pack	14 • Lemon Pepper Fish • Roasted Potatoes • Steamed Peas and Carrots • Mixed Vegetables • Whole Wheat Bread • Cold Pack	15 • Tender Pork Medallions with Rich Onion Sauce • Garlic Mashed Potatoes • Steamed Collard Greens • Whole Wheat Bread • Cold Pack
20 • Whole Wheat Chicken Salad Sandwich • Baked Sweet Potato • Sauteed Green Beans with Onions • Whole Wheat Bread • Cold Pack	21 • Baked Fish Marsala with Mushrooms • Baked Brown Rice Pilaf • Steamed Kale • Whole Wheat Bread • Cold Pack	22 • Italian Roasted Pork Tenderloin • Pasta • Steamed Broccoli • Whole Wheat Bread • Cold Pack
27 • BBQ Pulled Pork • Baked Red Potatoes • Steamed Corn on the Cob • Mixed Vegetables • Whole Wheat Bread • Cold Pack	28 • Baked Fish with Lemon Garlic Butter Sauce • Baked Red Potato Wedges • Sautéed Green Beans with Onions • Whole Wheat Bread • Cold Pack	29 • Stewed Pork Chops • Steamed Kale • Vegetable Lo Mein • Whole Wheat Bread • Cold Pack

August 2026

OLDER ADULT CENTER LUNCH MENU

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.

3 Mon

- Pan-Seared Kidney Bean Burger
- Roasted Sweet Potato Fries
- Southern Style Baked Navy Beans
- Spiced Mixed Vegetables
- Whole Wheat Bread
- Cold Pack

4 Tues

- Ground Beef Taco Meat
- Whole Wheat Tortilla
- Mixed Vegetable
- Whole Wheat Bread
- Cold Pack

5 Wed

- Baked Chicken Breast
- Pasta
- Collard Greens with Tomato
- Whole Wheat Bread
- Cold Pack

10 Mon

- Whole Wheat Baked Ziti with Vegetables and Chickpeas
- Hearty Three Bean Salad
- Whole Wheat Bread
- Cold Pack

11 Tues

- Beef Stroganoff
- Egg Noodles
- Steamed Green Beans
- Whole Wheat Bread
- Cold Pack

12 Wed

- Baked Chicken Breast
- Homemade Mashed Potatoes
- Brussell Sprouts
- Whole Wheat Bread
- Cold Pack

17 Mon

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

18 Tues

- Deluxe Cheeseburger with Onions
- Baked Red Potato wedges
- Corn Niblets
- Whole Wheat Bread
- Cold Pack

19 Wed

- Grilled Caribbean Chicken Breast
- Cocnut Rice and Pigeon Peas
- Sauteed Spinach
- Whole Wheat Bread
- Cold Pack

24 Mon

- Roasted Vegetables, Black bean and Corn Enchilada Casserole with quinoa
- Sauteed spinach
- Tossed Salad w/ Kidney Beans and dressing
- Whole Wheat Bread
- Cold Pack

25 Tues

- Minced Beef with Peas
- Garlic Mashed Potatoes
- Mixed Vegetables
- Whole Wheat Bread
- Cold Pack

26 Wed

- Sweet and Sour Chicken Breast
- Rice Pilaf
- Roasted Broccoli
- Whole Wheat Bread
- Cold Pack

31 Wed

- Whole Wheat Lo Mein with Edamame
- Sauteed Brussel Sprouts and Kale with Walnuts
- 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

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6 Thurs

- Teriyaki Pork Loin
- Garlic Mashed Potatoes
- Steamed Spinach
- Whole Wheat Bread
- Cold Pack

7 Fri

- Tuna Salad
- Confetti Bean Salsa with Baked Tortilla Chips
- Mixed Vegetables
- Whole Wheat Bread
- Cold Pack



13 Thurs

- Grilled Maple Chipotle Pork Chops
- Cilantro Lime Rice
- Steamed Spinach
- Whole Wheat Bread
- Cold Pack

14 Fri

- Lemon Pepper Fish
- Roasted Potatoes
- Steamed Peas and Carrots
- Mixed Vegetables
- Whole Wheat Bread
- Cold Pack



20 Thurs

- Whole Wheat Chicken Salad Sandwich
- Baked Sweet Potato
- Sautéed Green Beans with Onions
- Whole Wheat Bread
- Cold Pack

21 Fri

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



27 Thurs

- BBQ Pulled Pork
- Baked Red Potatoes
- Steamed Corn on the Cob
- Mixed Vegetables
- Whole Wheat Bread
- Cold Pack

28 Fri

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



Isaacs Spotlight

Pearl Herbert



What's your favorite part of connecting with the community and organizing the weekly bus trips?

My favorite part is the people. I truly enjoy connecting with our seniors, listening to their stories and needs, and building meaningful relationships that make a positive difference in their lives.

For more than nine years, coordinating our weekly bus trips has been a source of great joy and fulfillment. Every outing brings new experiences, shared laughter, and opportunities to create lasting memories together. It is incredibly rewarding to watch friendships grow, new connections form, and to see the smiles that each trip brings.

I believe every day offers a chance to embrace something new and celebrate the journey of life. My hope is that our trips continue to inspire joy, strengthen our sense of community, and encourage everyone to enjoy each day with gratitude, kindness, and a spirit of adventure.

It is truly a privilege to be part of these special moments with our seniors.

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 August 2025.
Learn more on our websites.**