

Your Guide to the Older Adult Center

September 2026



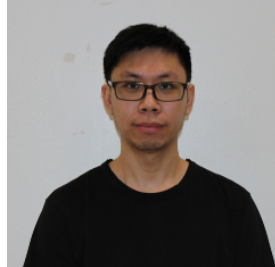
Aging Services Staff Directory

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
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

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



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



Kitchen Team

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

Jasmine Goodridge
Head Chef
jgoodridge@goddard.org

Kitchen Staff (from left to right):
Keith Omoruyi, Madelyn Arbelo, Shawntae Day,
Qushonda Owens, Jasmine Goodridge

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

Monday, 09.07.26 - Labor Day

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
- 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
- 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.

- Membership Meeting — Wednesday 9/9, 1:30 – 2:30 PM
- Senior Social — Friday 9/11, 2 – 4 PM
- Nutrition Cooking Class — Monday 9/14, 10 – 11 AM
- Book Club — Monday 9/14, 2 – 3 PM: (Meeting ID 84713310444)
- Foodie Club — Monday 9/14, 1 – 2 PM
- Movie Viewing: Hamnet — Wednesday 9/16, 2 – 4 PM
- September Birthday Party — Friday 9/18, 2 – 4 PM
- Hospitality Committee — Wednesday 9/23, 1 – 2 PM
- Programming Committee — Thursday 9/24, 1 – 2 PM
- Older Adult Advocacy — Thursday 9/24, 3 – 4 PM
- Food Committee — Friday 9/25, 1 – 2 PM
- Movie Viewing: The Theory of Everything — Friday 9/25, 2 – 4 PM
- Nutrition Cooking Class — Monday 9/28, 10 – 11 AM

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 10 AM the morning of the trip, and spots are first come, first served.** Trips are Tuesday through Thursday **LEAVING AT 10:30 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 CANCELTION BASED ON ATTENDANCE

Tuesday	Wednesday	Thursday
1* Randall's Island Urban Farm 10:30 - 2 pm	2 Cross County Mall 10:30 - 2 pm	3 Intrepid Museum (~\$36) 10:30 - 2 pm
8 Hmart, Marshall, Dollar Tree (Long Island City) 10:30 - 2 pm	9 <u>NO TRIP</u> <u>Membership Meeting</u>	10 Walmart (Paramus, NJ) 10:30- 4 pm
15 Museum of Illusion (\$31) 10:30 - 2 pm	16 Stew Leonard/Costco 10:30 - 4 pm	17 City Island Eatery 10:30- 4 pm
22 American Museum of Natural History: Hayden Planetarium (\$35) 10:30 - 2 pm	23 Ikea (Elizabeth, NJ) 10:30- 4 pm	24 Walmart (Westbury, LI) 10:30- 4 pm
29 Spyscape (~\$40) 10:30 - 2 pm	30 City Island Eatery 10:30- 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.goddard.org/norc



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



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

Goddard Riverside
Stanley M. Isaacs Neighborhood Center



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


FOOD BANK
FOR NEW YORK CITY
CELEBRATING 40 YEARS

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:

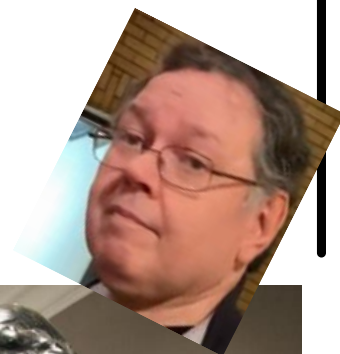
Empower Hour is a supportive community for older adults, focused on boosting self-esteem, building friendships, and promoting self-love through creative activities like poetry, writing, music, and art. It aims to inspire individuals to embrace their uniqueness, share their stories, and foster connections 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

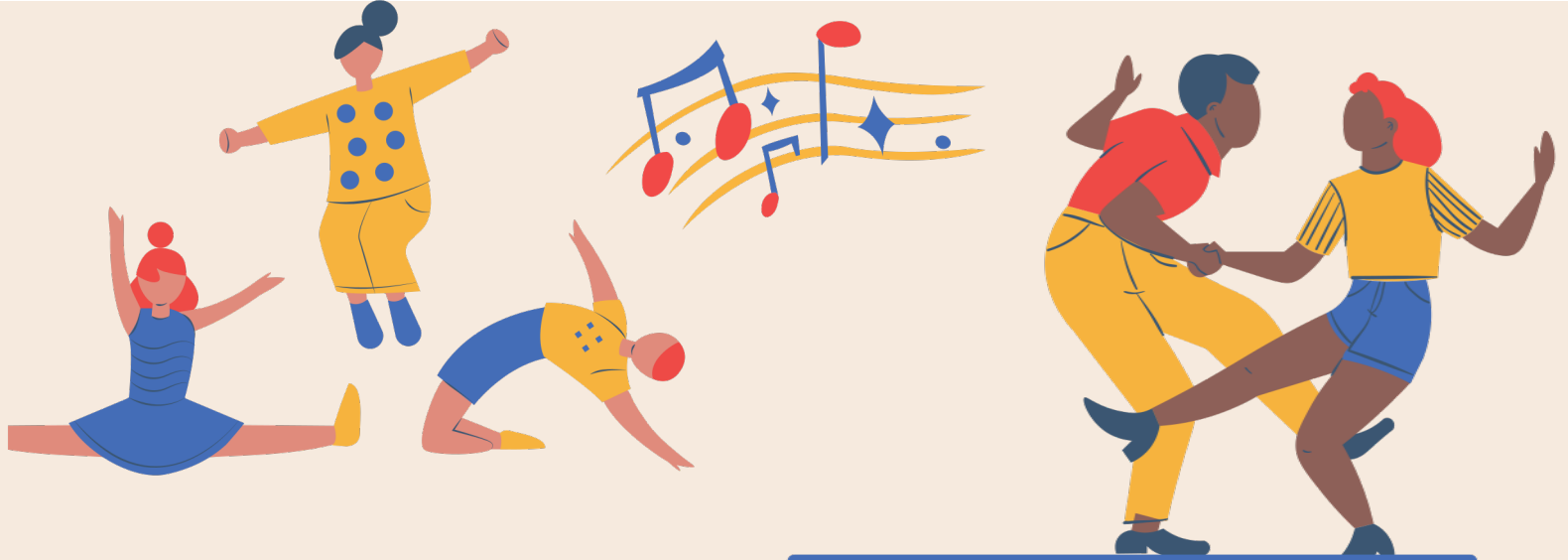
1:30–2:30 PM

Isaacs Center

415 E 93rd St NY, NY 10128

Partially funded by NYC Aging





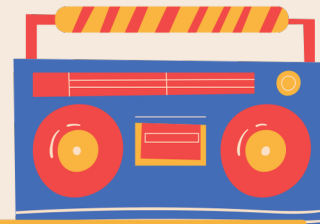
STANLEY ISAACS

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



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

09.14.26

09.28.26

10.05.26

10.26.26

11.09.26

11.23.26

12.07.26

12.21.26

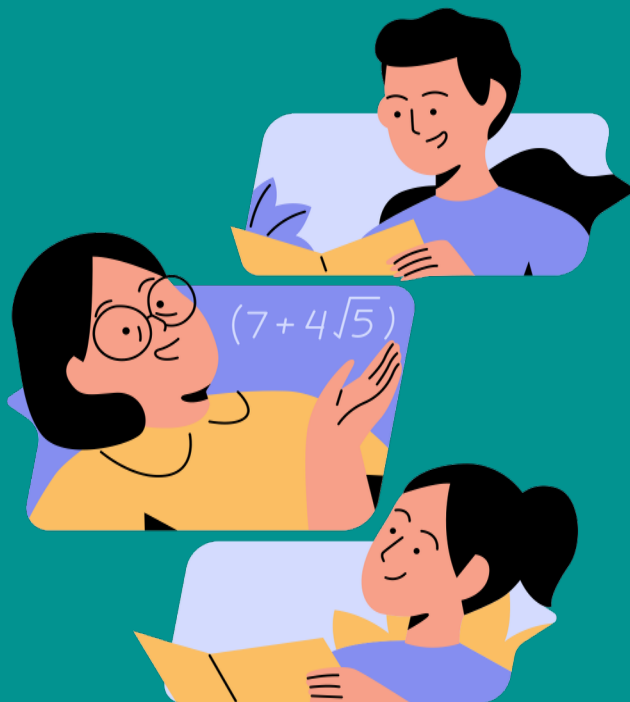
10 AM - 11 AM

PARTIALLY FUNDED BY NYC AGING

ESL CLASSES

中文到英文

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



星期一

下午 **3-4**



Partially funded by NYC Aging



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



HAMNET

2-4 PM

SEPTEMBER 16TH, 2026



THE THEORY OF EVERYTHING

2-4 PM

SEPTEMBER 25TH, 2026

PARTIALLY FUNDED BY NYC AGING





September Autumn Birthday

**COME WELCOME AUTUMN WITH OUR
PUMPKIN SPICED AND EVERYTHING
NICE BIRTHDAY PARTY! COME IN
YOUR COZIEST OUTFIT TO ENJOY
SWEET TREATS WHILE WE
CELEBRATE SEPTEMBER BIRTHDAYS!**



**2-4 PM
FRIDAY
09.18.26**

Partially funded by NYC Aging

Name: _____ Date: _____

ACROSS

3. Workplace perks beyond salary
6. Popular outdoor cooking event
7. Work or effort, especially physical
9. Increased road congestion during holiday travel
10. Labor Day is associated with the end of ____
11. Railway car company central to 1894 strike
13. Month of this annual celebration
15. Social gathering to celebrate the occasion
17. Festive procession with floats and marchers
19. Monetary compensation for work
20. Unity among workers for common goals
21. Organized group representing workers' interests

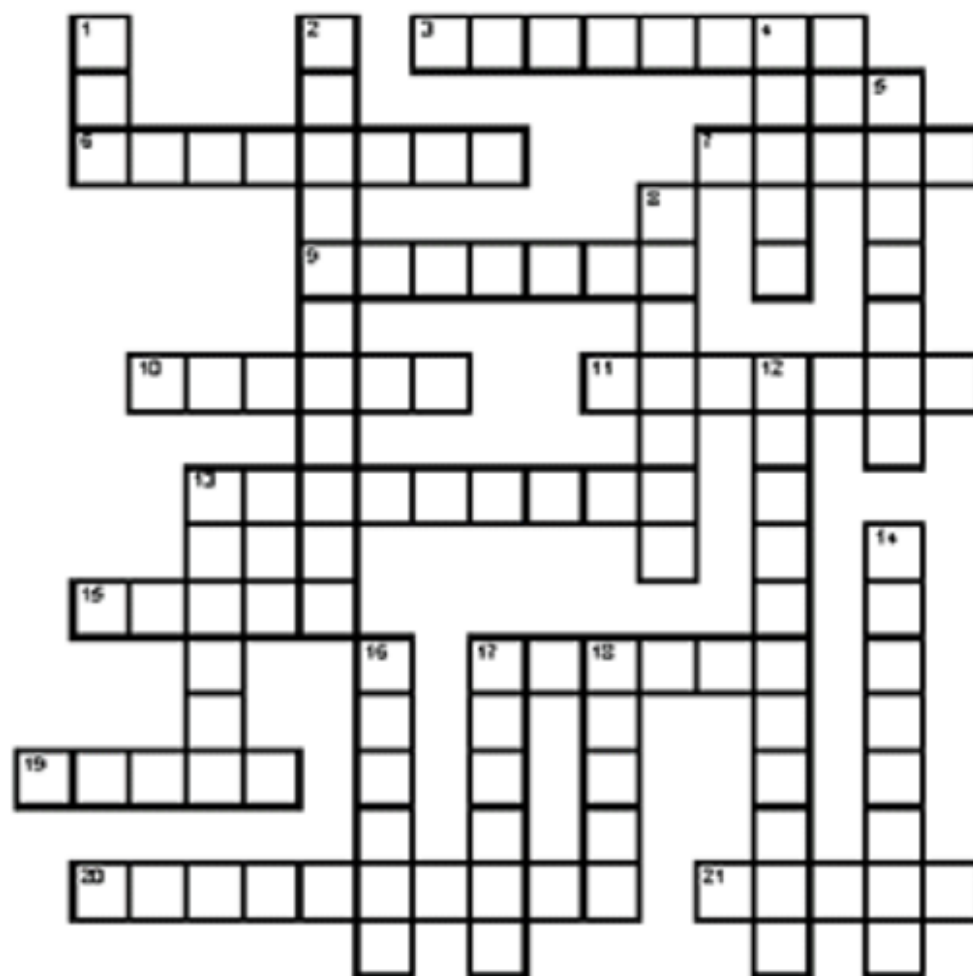
DOWN

1. Employment position or occupation
2. Extra compensation for additional hours
4. Skilled occupation or profession
5. Official day off from work
8. Labor leader who proposed this holiday
12. Three-day break from work
13. Work stoppage to protest conditions
14. Extended time away from job duties
16. Day of the week for this observance
17. Outdoor meal often associated with this day
18. Public gathering to support a cause

Barbecue	Overtime Pay	Strike
Benefits	Parade	Summer
Holiday	Party	Trade
Job	Picnic	Traffic
Labor	Pullman	Union
Long Weekend	Rally	Vacation
McGuire	September	Wages
Monday	Solidarity	

Labor Day

Crossword



September 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
		1 • Beef Meat Sauce with Peppers and Onions • Whole Wheat Spaghetti • Steamed Kale • Whole Wheat Bread • Cold Pack	2 • Jerk Chicken • Yellow Plantains • Sauteed Spinach • Whole Wheat Bread • Cold Pack
6 • Lemony Stewed White Beans with Carrots and Spinach • Pasta • Mixed Vegetable • Whole Wheat Bread • Cold Pack	7 <u>CLOSED FOR LABOR DAY</u>	8 • Beef Meatloaf • Roasted Potatoes • Steamed Green Beans • Whole Wheat Bread • Cold Pack	9 • Balsamic Chicken Thighs • White Rice • Mixed Vegetables • Whole Wheat Bread • Cold Pack
13 • BBQ Chicken Breasts • Brown Rice • Broccoli with Toasted Garlic • Whole Wheat Bread • Cold Pack	14 • Pan-Seared Kidney Bean Burger • Roasted Sweet Potato Fries • Southern Style Baked Navy Beans • Spiced Mixed Vegetables • Whole Wheat Bread • Cold Pack	15 • Ground Beef Taco Meat • Whole Wheat Tortilla • Mixed Vegetable • Whole Wheat Bread • Cold Pack	16 • Baked Chicken Breast • Pasta • Collard Greens with Tomato • Whole Wheat Bread • Cold Pack
20 • Whole Wheat Peanut Butter and Jelly Sandwich • Baby Carrots and Parsley • Whole Wheat Bread • Cold Pack	21 • Whole Wheat Baked Ziti with Vegetables and Chickpeas • Hearty Three Bean Salad • Whole Wheat Bread • Cold Pack	22 • Beef Stroganoff • Egg Noodles • Steamed Green Beans • Whole Wheat Bread • Cold Pack	23 • Baked Chicken Breast • Homemade Mashed Potatoes • Brussell Sprouts • Whole Wheat Bread • Cold Pack
27 • Turkey Burger • Brown Rice • Spiced Mixed Vegetables • Whole Wheat Bread • Cold Pack	28 • Decadent Mushroom-Lentil Shepherd's Pie • Roasted Potatoes • Tossed Salad with Dressing • Whole Wheat Bread • Cold Pack	29 • Deluxe Cheeseburger with Onions • Baked Red Potato wedges • Corn Niblets • Whole Wheat Bread • Cold Pack	30 • Grilled Caribbean Chicken Breast • Cocnut Rice and Pigeon Peas • Sauteed Spinach • Whole Wheat Bread • Cold Pack

September 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
3 • Roast Pork Loin with Mojo Sauce • White Rice • Mixed Vegetable • Whole Wheat Bread • Cold Pack	4 • Baked Breaded Fish • Baked Red Potato Wedges • Steamed Carrots • Whole Wheat Bread • Cold Pack	5 • Honey Mustard Chicken Breast • Garlic Mashed Potatoes • Roasted Broccoli • Whole Wheat Bread • Cold Pack
10 • Smothered Pork Chops • Mashed Sweet Potatoes • Corn and Red Peppers • Whole Wheat Bread • Cold Pack	11 • Jerk Fish • Tex Mex Quinoa Salad • Steamed Kale • Whole Wheat Bread • Cold Pack	12 • Blackeye Pea Curry with Potatoes and Tomatoes • Pasta • Whole Wheat Bread • Cold Pack
17 • Teriyaki Pork Loin • Garlic Mashed Potatoes • Steamed Spinach • Whole Wheat Bread • Cold Pack	18 • Tuna Salad • Confetti Bean Salsa with Baked Tortilla Chips • Mixed Vegetables • Whole Wheat Bread • Cold Pack	19 • Whole Wheat Ziti with Chicken, Tomato and Rosemary • Steamed Broccoli • Whole Wheat Bread • Cold Pack
24 • Grilled Maple Chipotle Pork Chops • Cilantro Lime Rice • Steamed Spinach • Whole Wheat Bread • Cold Pack	25 • Lemon Pepper Fish • Roasted Potatoes • Steamed Peas and Carrots • Mixed Vegetables • Whole Wheat Bread • Cold Pack	26 • Tender Pork Medallions with rich onion sauce • Garlic Mashed Potatoes • Steamed Collard Greens • Whole Wheat Bread • Cold Pack

September 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.

1 Tues

- Beef Meat Sauce with Peppers and Onions
- Whole Wheat Spaghetti
- Steamed Kale
- Whole Wheat Bread
- Cold Pack

2 Wed

- Jerk Chicken
- Yellow Plantains
- Sauteed Spinach
- Whole Wheat Bread
- Cold Pack

7 Mon

- **CLOSED FOR LABOR DAY**

8 Tues

- Beef Meatloaf
- Roasted Potatoes
- Steamed Green Beans
- Whole Wheat Bread
- Cold Pack

9 Wed

- Balsamic Chicken Thighs
- White Rice
- Mixed Vegetables
- Whole Wheat Bread
- Cold Pack

14 Mon

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

15 Tues

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

16 Wed

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

21 Mon

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

22 Tues

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

23 Wed

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

28 Mon

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

29 Tues

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

30 Wed

- Grilled Caribbean Chicken Breast
- Cocnut Rice and Pigeon Peas
- Sauteed Spinach
- 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.

3 Thurs

- Roast Pork Loin with Mojo Sauce
- White Rice
- Mixed Vegetable
- Whole Wheat Bread
- Cold Pack

10 Thurs

- Smothered Pork Chops
- Mashed Sweet Potatoes
- Corn and Red Peppers
- Whole Wheat Bread
- Cold Pack

17 Thurs

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

24 Thurs

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

4 Fri

- Baked Breaded Fish
- Baked Red Potato Wedges
- Steamed Carrots
- Whole Wheat Bread
- Cold Pack

11 Fri

- Jerk Fish
- Tex Mex Quinoa Salad
- Steamed Kale
- Whole Wheat Bread
- Cold Pack

18 Fri

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

25 Fri

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



Isaacs Spotlight

Miguel Penalo



Born in Santiago, Dominican Republic, Miguel Penalo migrated to the United States in 1974. At just six months old, Miguel contracted polio which left him using a wheelchair. Yet throughout his life, Miguel has continued to embrace each day with strength, determination, and a joyful spirit.

Miguel has been a valued member of Isaacs Center since 1999, where he enjoys spending time with friends and being part of the community. His greatest joy is playing pool and sharing good times with those around him. Beyond the Senior Center, Miguel has a special passion for making and flying kites. This creative hobby brings him great joy, and one of his goals is to share his love of kite making and flying with the community.

Miguel's story is one of resilience, friendship, creativity and living life to the fullest. We are proud to celebrate Miguel and the many ways he brings joy and inspiration to our community.



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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.**