



Your Guide to the Older Adult Center

December 2025



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
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646-946-0774



Jennifer Estrada
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347-279-0642



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



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



Michelle Lorenzo
Social Worker
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347-931-3098



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



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



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



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

Weekly Programming

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

Closures

12.25.25 - Christmas

Mondays

- Barre Basics with Allison, 9:45 AM – 10:45 AM
- Dominos, 10:30 AM – 12:30 PM
- Rincon Latino, 1:30 PM – 2:30 PM
- Salsa, 1:30 PM – 2:30 PM
- Cafe Stanley, 2 PM – 4 PM
- Senior Fitness with Aurea, 2:30 PM – 3:30 PM
- Billiards + Board Games, 2 PM – 4:30 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
- Emotional Self Care, 1 PM – 2 PM
- Line Dancing, 1:30 PM – 2:30 PM
- Billiards + Board Games, 2 PM – 4:30 PM
- Sewing, 2 PM – 4 PM

Wednesdays

- Chair Yoga with Lucia, 9:30 AM – 10:30 AM
- Meditation with Lucia, 10:30 AM – 11 AM
- Dominos, 10 AM – 12 PM
- Bingo + Board Games, 1 PM – 2 PM
- Cafe Stanley, 2 PM – 4 PM
- Billiards + Board Games, 2 PM – 4:30 PM
- Arts and Crafts, 2 PM – 4 PM
- American Sign Language, 3 PM – 4 PM

Thursdays

- Dominos, 10 AM – 2 PM
- Bio Writing with Saundrea, 10 AM – 11 AM (Hybrid) ([Meeting ID 86425503130](#))
- Aaron's Group, 1 PM – 2 PM
- Self Defense with Rocky, 1:30 PM – 2:30 PM
- Senior Fitness with Aurea, 2:30 PM – 3:30 PM
- Jewelry Making, 2 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 ID 87918800272](#)) TAFT

Wednesdays

- Blissfit, 2:30 – 3:30 PM (2nd and 4th Wednesday of the month) ([Meeting ID 86391277291](#))

Thursdays

- Bio Writing with Saundrea, 10 – 11 AM ([Meeting ID 86425503130](#))

Fridays

Food Resources

Daily Meals

Sign In: 11:15 AM – 11:30 AM

1st Seating Session: 11:30 AM – 12:00 PM

2nd Seating Session: 12:00 PM – 12:30 PM

If you prefer not to dine in, you can request a grab and go meal at the lunch check-in table.

Suggested Contribution: \$1.50

Non-Senior: \$3 mandatory

The menu is available in this month's calendar. Please see the lobby for additional copies in other languages.

Pantry

Isaacs is a Food Bank for NY and New York Common Pantry Site. Pantry includes a bag with a variety of non-perishable items at no cost. Sign-up is easy.

If you are in need of a Pantry, please call (212) 360-7620 x1120 for more info.



Monthly or Special Programming

Join us for committee meetings and celebrations in person and online.

- Book Club — Monday 12/1, 2 – 3 PM
 - (Meeting ID [84713310444](#))
- Nourish to Flourish — Monday 11/3, 2 – 3 PM
- December Membership Meeting — Wednesday 12/3, 1:30 – 2:30 PM
- Medicare Saving Program Presentation — Friday 12/5, 10 – 11 AM
- Alzheimer's Association Presentation — Wednesday 12/10, 1:30 – 2:30 PM
- NYS Citizen's Preparedness Training — Friday 12/12, 10 – 11 AM
- Senior Social — Friday 12/12, 2 – 3 PM
- Nourish to Flourish — Monday 12/15, 2 – 3 PM
- Winter Mixer — Wednesday 12/17, 2 – 4 PM
- December Birthday Party — Friday 12/19, 2 – 4 PM
- Holiday Luncheon — Monday 12/22, more details to come!
- Book Club — Monday 01/5, 2 – 3 PM
 - (Meeting ID [84713310444](#))

Daily Bus Trips

Daily bus trips are taken within the 5 boroughs. There is a suggested contribution of \$2. **Sign-up for the trips begins at 9 AM the morning of the trip, and spots are first come, first served.** Trips are Monday through Thursday **LEAVING AT 10 AM!**

Please note that carts may be asked to be left at the center to accommodate passenger space. If you have a home attendant, your home attendant **MUST** attend the trip with you.

TRIPS ARE SUBJECT TO CHANGE OR 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	OAC Karina (Español/ English)	NORC Daisy <u>10 AM - 12 PM</u> (Español/ English)	NORC Michelle (Español/ English)	NORC Melanie (Español/ English)	
2 – 4 PM		NORC Melanie (Español/ English)	OAC Karina (Español/ English)	NORC Daisy <u>3-4 PM</u> (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



BENEFITS:

- Case Management & Assistance
- Health Promotion
- Health Care Assistance & Management
- Daily Programming
- Trips

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

Hours:

Monday - Friday, 9 am to 5pm

**VISIT OUR
WEBSITE**

www.isaacscenter.org

Spotlight

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

LIFE & LEGACY

PRESERVE YOUR STORIES. SHARE YOUR
WISDOM. BUILD YOUR LEGACY.

WITH MS. DAISY



NORC Members Only | 10 Spots max!
BIWEEKLY

SPOTS ARE LIMITED!

CALL OR TEXT TO SIGN
UP WITH DAISY AT
(332) 600-8201

Partially funded by NYC Aging



FOOD PANTRY

Stanley Isaacs is proud to partner with Food Bank for New York City in tackling hunger in our communities!

Food pantry will consist of shelf stable food items.

**Every Other Wednesday
415 E 93rd St.**

9:30AM - 11:00AM

**Please note there is limited availability
each week and this service is
first come, first serve basis!**

If there are any questions about food pantry

Please contact:

Jennifer Estrada

347-279-0642

jestrada@goddard.org

Goddard Riverside
INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



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***

Goddard Riverside
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Isaacs
Center

BOOK CLUB

Come Join Us

***Every first Monday of
the month at 2pm***

Join on Zoom or call (646)
876-9923 Meeting ID:
84713310444

Partially funded by NYC Aging

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

Walk *with Ease* *at Isaacs*



Join your **local community** on a walking program and stay active!

**Tuesdays and
Fridays
9:30 am to 10:30 am**

What to expect:

Build friendships and community through walks in the Upper East Side, Yorkville, and East Harlem Community.

**Goddard
Riverside**
INVESTING IN PEOPLE. STRENGTHENING COMMUNITY



**Isaacs
Center**

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 3:00 - 4:00 PM

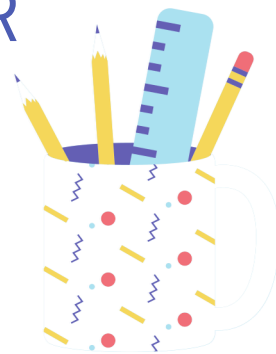
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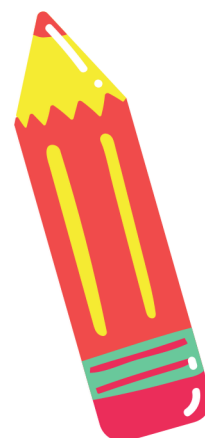
**Isaacs
Center**

THURSDAY'S AT 10AM
AT THE ISAACS CENTER



BIO WRITING WITH
SAUNDREA I. COLEMAN, M.Div

**EVERYONE HAS A STORY,
LET US CREATE AND OR
UPDATE YOU BIO.**



Partially funded by NYC Aging

Empower Hour

With Jacqueline Scott, MSW



☀️ Join us for Empower Hour!



When: Every Tuesday, 10:30–11:45am



Where: Room 6 at Isaacs Senior Center



Launching in April 2025



Open to all Isaacs Members | No capacity limitations



About Empower Hour:

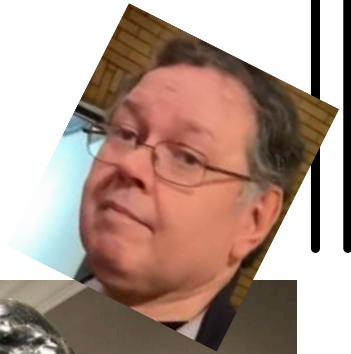
Partially funded by NYC Aging

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!

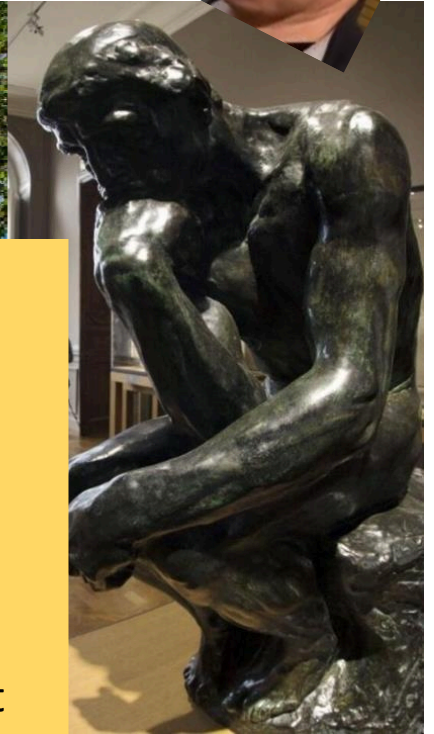
Aaron's Group

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

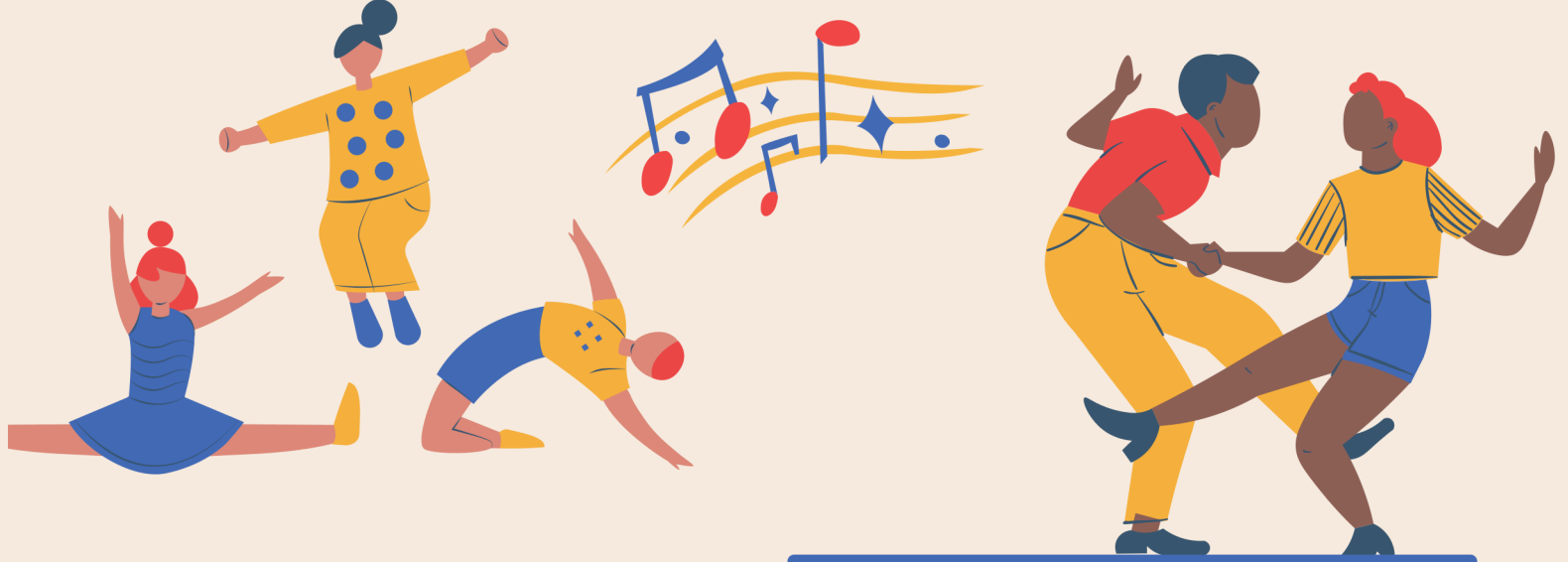
Thursdays

1:30–2:30 PM

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

Partially funded by NYC Aging





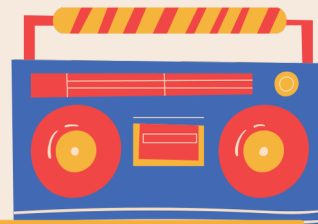
STANLEY ISAACS

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



December Birthday Party

JOIN US FOR OUR DECEMBER
BIRTHDAY PARTY! WEAR YOUR
MOST FESTIVE SWEATER TO
CELEBRATE THE CHILLY
SEASON!

DECEMBER 19, 2025
FRIDAY
2-4 PM

Partially funded by NYC AGING



December 2025

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 sacen almuerzos desde el comedor.

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

1 Mon

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

2 Tues

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

3 Wed

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

8 Mon

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

9 Tues

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

10 Wed

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

15 Mon

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

16 Tues

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

17 Wed

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

22 Mon

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

23 Tues

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

24 Wed

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

29 Mon

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

30 Tues

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

31 Wed

- Sweet and Sour Chicken Breast
- Rice Pilaf
- Oriental Blend Vegetables
- 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

4 Thurs

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

5 Fri

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

11 Thurs

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

12 Fri

- Fish with Mushrooms, Peppers
and Tomatoes
- Brown Rice
- Garden Salad
- Whole Wheat Bread
- Cold Pack

18 Thurs

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

19 Fri

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

25 Thurs

- **Closed for Holiday**

26 Fri

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

Photo Highlights



NYC Department for the Aging

Programming is partially funded by NYC Department for the Aging

Goddard Riverside

INVESTING IN PEOPLE, STRENGTHENING COMMUNITY

Goddard Riverside and the Isaacs Center have officially merged as of June 2025. Learn more on our websites.