SINCLINK  FEB 2016

Your Guide to Senior Services at Stanley M. Isaacs Neighborhood Center

Christmas Lunch, December 25th 2015.

What You’ll Find
This month at the Isaacs Center
NORC News
Senior Center Activities
Senior Center Menu
Elders at Home
Puzzles & Games
Meals on Wheels Menu
Senior Center Movies
Staff Spotlight
Upcoming Month

SPECIAL ANNOUNCEMENT
The Isaacs Center will be closed on Monday, February 15th 2016 for President’s Day.

Stanley M. Isaacs Neighborhood Center | 415 East 93rd St, New York, NY 10128 | 212.360.7620
This month at the Isaacs Center

TownHall/
Membership Meeting
February 3rd 1:15PM

Train Your Brain
Wednesdays 9:30AM
February 3rd - “Exercise Jeopardy”
February 10th - “Valentine’s Day Jenga”
February 17th - “Sudoku”
February 24th - “Bananagrams”

AARP Tax Aide: Free Tax Return Prep
Beginning February 5th
9:30AM–2PM
Every Friday until April

Isaacs Elections
Meet the Candidates Forum
Forum Date:
February 9th 1:15PM

Election Dates:
February 10th, 11th, 12th, 16th, 17th and 18th

LiveOn NY
Starting February 9th 10-3PM
Every 2nd and 4th Tuesday of the month

Trader Joe’s
February 10th 10:30AM
Ticket: $1, sign up during ticket sales

Chinese New Year Celebration
February 12th 3:15PM

Black History Month Celebration
February 17th 2:30PM

Green Acres Mall
February 18th 8:45AM
Ticket: $10, sign up during ticket sales

Manhattan School of Music
February 22nd 1:15PM

Manhattan Valley
February 23rd 8:45AM
Ticket: $1, sign up during ticket sales

New York City (SONYC) a free afterschool employment and education service. Stop by the front desk to find out free WI-Fi.

FREE WI-Fi
The Isaacs Center now has free Wi-Fi service. Stop by the front desk to find out how to connect.

Isaacs Youth Center
For information about our Youth Employment and Education Services and our School Age Services and Adolescent Programs, please call 212.360.7620, ext 210.

SONYC
For information about our School’s Out New York City (SONYC) a free afterschool program, please call Jake Menichino, 212.360.7625, ext 213.

Please bring your NYC DFTA key tag with you for all meals, and activities so that we can scan it to reflect your attendance. If you don’t have a key tag, stop in and talk to Helen at the front desk.

This is a time for members to meet the candidates and have an opportunity to hear from the panel about their qualifications for office. Please refer to “Elections Bulletin Board” for further information.

This month the Isaacs Center welcomes LiveOn NY. Live On will be at the Center every 2nd and 4th Tuesday to meet with members and screen for public benefits eligibility including SNAP (Food Stamps), Medicaid, SCRIE and more.

Join us for a fun day of shopping at Green Acres Mall on February 18! There are tons of stores to choose from including but not limited to, Macy’s, BJ’s, Walmart, Century 21 and more! Please meet at the Isaacs Center at 8:45am for a 9am departure. We will be leave the mall at 3pm to arrive back at the Center by 5.

Manhattan School of Music will perform on February 22 at 1:15pm. Undergraduate and graduate students will entertain us with a lovely jazz performance. Join us for this special event!

Join us on February 23rd for a shopping trip to Manhattan Valley on the Upper West Side. This is a neighborhood with a lot of shopping opportunities. Stores include but are not limited to, Home Goods, TJ Maxx, Michaels, WholeFoods, Wine and Spirits and more!

Join us for a special event!

Come celebrate Chinese New Year with us on Friday, February 12 at 1pm! There will be traditional Chinese dancing and music. 2016 is the year of the monkey! Join us for this special event!

On February 17 at 2:30, Isaacs will be honoring Black History Month! We will pay tribute to the historical achievements of black men and women. Come for this wonderful event!

Join us for this wonderful event!

Please bring your NYC DFTA key tag with you for all meals, and activities so that we can scan it to reflect your attendance. If you don’t have a key tag, stop in and talk to Helen at the front desk.

Meals on Wheels
For Meals on Wheels information and registration, please call us at 212.348.4344.

Senior Center
Membership and registration are free to all NYC residents age 60 and over. To become a Senior 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. For more information, call Xiomara Martinez at 212.360.7620, ext 159.

The Isaacs Center Front Desk
For Isaacs Center information, please call Helen, our front desk receptionist, at 212.360.7620 ext. 110. Stop by and say hello to Helen.

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**Mon**  
9:25 Tai Chi w/ Clara  
10:15 Swing w/ the Crew  
10:30 Zumba w/Yvonne  
11:00 Art for Beginners w/ Frank  
1:15 Movie  
1:30 Pet Therapy w/ Alice  
2:00 Piano Lessons w/ Nick  
2:15 Drama Workshop w/ Frank  
2:15 Drama Workshop w/ Frank

**Tue**  
9:30 Stay Well Fitness w/ Denis  
10:00-4:00 Nurse Lorraine Walk-In  
10:15 Rincón Latino w/ Xiomara  
10:30 East Side Scrappers  
10:45 Food Committee w/ Jeffrey  
1:15 Bingo  
1:30 Arts and Crafts  
1:30 Hospitality Committee w/ Kristel  
2:00 Piano Lessons w/ Nick  
2:15 Drama Workshop w/ Frank

**Wed**  
9:30 Train Your Brain  
9:45 Health Chat w/ Huda: Personal Wellness  
10:30 Yoga w/ Nammi  
1:00 Water Exercise at Asphalt Green  
1:15 Townhall/Membership Meeting  
2:30 Scrabble Group

**Thu**  
10:15 Salsa Dancing w/ Pedro  
1:00 The Group w/ Aaron  
1:00 Water Exercise at Asphalt Green  
1:30 It's All About the Short Story  
1:30 Poets and Writers  
2:00 Daily Fitness  
2:30 Movie  
3:00 Art Class w/ Nancy

**Fri**  
9:30-2PM AARP Tax Aide  
10:15 Blood Pressure Screenings  
1:00-4:00 Nurse Lorraine Walk-In  
2:15 Bingo  
3:00 Ed & Rec Committee w/ Nicole

**Sat**  
9:30 ESL for Spanish Speakers  
10:00 Yoga  
11:00 Board Games w/ Erin  
1:00 Movie  
1:00 Granny Squared  
1:15 Mandarin Class  
1:15 Meditation  
2:15 Salsa Dancing w/ Pedro

**Sunday**  
9:30-2PM AARP Tax Aide  
10:15 Blood Pressure Screenings  
1:00-4:00 Nurse Lorraine Walk-In  
2:15 Bingo  
3:00 Ed & Rec Committee w/ Nicole

**January 2016**  
*Please note that an advance ticket is required for some activities.*
<table>
<thead>
<tr>
<th>Date</th>
<th>L Breakfast</th>
<th>B Breakfast</th>
<th>L Lunch</th>
<th>B Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>01 Mon</td>
<td>French Toast</td>
<td>Corn Muffin w/ Boiled Egg</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Pancakes &amp; Scrambled Eggs</td>
</tr>
<tr>
<td>02 Tue</td>
<td>Corn Muffin w/ Boiled Egg</td>
<td>Curry Chicken</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Waffles &amp; Sausage</td>
</tr>
<tr>
<td>03 Wed</td>
<td>Curry Chicken</td>
<td>Brown Rice w/ Beans</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Vegetable Lasagna</td>
</tr>
<tr>
<td>04 Thu</td>
<td>Brown Rice</td>
<td>Broccoli</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Italian Cut Green Beans</td>
</tr>
<tr>
<td>05 Fri</td>
<td>Fruit Cocktail</td>
<td>Orange Pineapple Juice, Milk</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Mixed Green Salad</td>
</tr>
<tr>
<td>06 Sat</td>
<td>Orange Pineapple Juice, Milk</td>
<td>Whole Wheat Bread</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Cream of Broccoli Soup</td>
</tr>
<tr>
<td>07 Sun</td>
<td>Whole Wheat Bread</td>
<td>Mashed Sweet Potatoes</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Baked Salmon w/ Lemon, Tarragon &amp; Thyme</td>
</tr>
<tr>
<td>08 Mon</td>
<td>Mashed Sweet Potatoes</td>
<td>Steamed Cabbage Mix</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Baked Sweet Potatoes</td>
</tr>
<tr>
<td>09 Tue</td>
<td>Steamed Cabbage Mix</td>
<td>Canned Pineapple</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Sauteed Spinach</td>
</tr>
<tr>
<td>10 Wed</td>
<td>Canned Pineapple</td>
<td>Mixed Vegetables 5-Way</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>11 Thu</td>
<td>Mixed Vegetables 5-Way</td>
<td>Baked Sweet Potatoes</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Sliced Peaches, Milk</td>
</tr>
<tr>
<td>12 Fri</td>
<td>Baked Sweet Potatoes</td>
<td>Whole Wheat Bread</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Orange Juice</td>
</tr>
<tr>
<td>13 Sat</td>
<td>Whole Wheat Bread</td>
<td>Mixed Vegetables</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Orange Juice, Milk</td>
</tr>
<tr>
<td>15 Mon</td>
<td>Mixed Vegetables</td>
<td>Mashed Potatoes</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Fruit Cocktail</td>
</tr>
<tr>
<td>16 Tue</td>
<td>Mashed Potatoes</td>
<td>Whole Wheat Bread</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Canned Apricots</td>
</tr>
<tr>
<td>17 Wed</td>
<td>Whole Wheat Bread</td>
<td>Baked Potatoes</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Steamed Carrots</td>
</tr>
<tr>
<td>18 Thu</td>
<td>Baked Potatoes</td>
<td>Mixed Vegetables 5-Way</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>19 Fri</td>
<td>Mixed Vegetables 5-Way</td>
<td>Grape Juice, Milk</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>20 Sat</td>
<td>Grape Juice, Milk</td>
<td>Orange Pineapple Juice, Milk</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Macaroni and Cheese</td>
</tr>
<tr>
<td>22 Mon</td>
<td>Orange Pineapple Juice, Milk</td>
<td>Apple Juice, Milk</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>23 Tue</td>
<td>Apple Juice, Milk</td>
<td>French Toast</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Mixed Vegetables 5-Way</td>
</tr>
<tr>
<td>24 Wed</td>
<td>French Toast</td>
<td>Corn Muffin w/ Boiled Egg</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>25 Thu</td>
<td>Corn Muffin w/ Boiled Egg</td>
<td>Split Pea Soup</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Lentil Soup</td>
</tr>
<tr>
<td>26 Fri</td>
<td>Split Pea Soup</td>
<td>Baked Chicken Legs</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Baked Fish w/ Garlic Sauce</td>
</tr>
<tr>
<td>27 Sat</td>
<td>Baked Chicken Legs</td>
<td>Penne Marinara</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td>28 Sun</td>
<td>Penne Marinara</td>
<td>Whole Wheat Bread</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Baked Sweet Potatoes</td>
</tr>
<tr>
<td>29 Mon</td>
<td>Whole Wheat Bread</td>
<td>Broccoli</td>
<td>Bagel w/ Cream Cheese &amp; Oatmeal</td>
<td>Steamed Potatoes</td>
</tr>
</tbody>
</table>

Join us for Zumba, Mondays at 10:30AM

February 2016 Senior Center Menu

Breakfast is offered Mon-Fri, 8:30-9:15am. Suggested contribution is $2.
A light breakfast is offered on Saturday, 8:15am, and is free to Senior Center members.

The Isaacs Center programs are partially funded by the NYC Department for the Aging.
Elders at Home

For the past 27 years, Isaacs Center’s Elders At Home program has been a valuable source of connection for homebound seniors. Through telephone conference calls, the program has provided engaging phone-based activities designed to alleviate social isolation and provide support, comfort, and connection. It has been our honor to serve you throughout the years.

It is with very heavy hearts that we must announce now that our Elders At Home program—in its current form—will discontinue in January. This was a very difficult decision for us—and one that we did not take lightly. Sadly, the decision came down to costs. In an environment where we are forced to stretch every single dollar, we could no longer continue to afford the rising costs of our conference call program.

We are currently exploring more cost effective options for providing technology-based communication (via phone, home computer, or other electronic resource.) We are very hopeful that we will be able to find solutions that help us to re-connect with you in the future. In the meantime, we strongly encourage you to contact DOROT’S University Without Walls at 1-877-819-9147 or Mather Lifeways Telephone Topics at 1-888-600-2560.

We would like to extend a heartfelt thank you to all of our volunteers who dedicated their time and energy to lead calls. We want to thank the phenomenal Isaacs Center staff who were present throughout day (and night) to facilitate calls. Most especially, we want to thank you—our wonderful and loyal clients who made our program truly enjoyable and were present throughout day (and night) to facilitate calls. Most especially, we want to thank you—our wonderful and loyal clients who made our program truly enjoyable and

Again, if you would like more information about conference call programs in New York City, please contact Tracy Steakin or Zina Rankin at 212-360-7620 or email them at tsteakin@isaacscenter.org or zrankin@isaacscenter.org

With warm regards,

Gregory J. Morris
President and CEO

Tracy Steakin
Elders at Home Coordinator

Zina Rankin
Program Assistant

PUZZLES & GAMES

Its February.

Find the words that relate to Valentines and USA Presidents.

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

Candy     Presidents Day     Friends     Sweetheart
Cards     February     Love     Washington
Valentines     Heart     Kiss     Adams

Riddles

Take your pick and solve these riddles

1. You cannot keep me until you have given me. What am I?
   Answer: A Kiss

2. You can swallow me, but I can swallow you. What am I?
   Answer: A Kiss

3. What can you add to one to make it go away?
   Answer: A Kiss

4. In what month do people sleep the least?
   Answer: February

I have two hands but I cannot clap. What am I?

A clock

Your word

Water

The letter Q

February

There is gone

Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128
<table>
<thead>
<tr>
<th>Date</th>
<th>Meals on Wheels Menu</th>
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</table>
| Mon 01 | Baked Turkey Breast  
Fresh Cranberry Sauce  
Whole Wheat Bread  
Mixed Vegetables  
Sweet Baked Yams  
Orange Juice, Milk |
| Tue 02 | Chicken Piccata w/ Lemon Sauce  
Bowtie Noodles  
Whole Wheat Bread  
Steamed Spinach  
Kiwi  
Orange Juice, Milk |
| Wed 03 | Salmon in Garlic Butter Sauce  
Barley  
Whole Wheat Bread  
California Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk |
| Thu 04 | Chicken Cacciatore  
Whole Wheat Bread  
Mashed Potatoes  
Steamed Peas and Carrots  
Orange Juice, Milk |
| Fri 05 | Baked Tilapia w/ Mushrooms, Peppers & Tomatoes  
Penne  
Whole Wheat Bread  
Meat Sauce  
Apple Juice, Milk |
| Sat 06 | Ham  
Mashed Red Potatoes  
Whole Wheat Bread  
Mixed Vegetable  
Kiwi  
Apple Juice, Milk |
| Sun 07 | BBQ Chicken  
Whole Wheat Bread  
Wild Rice  
Steamed Broccoli  
Apple Juice, Milk |
| Mon 08 | Creamy Beef Stroganoff  
Egg Noodles  
Whole Wheat Bread  
California Blend Vegetables  
Apple Juice, Milk  
Canned Pineapple, Milk |
| Tue 09 | Italian Roast Chicken  
Brown Rice w/ Beans  
Whole Wheat Bread  
Collard Greens  
Plum  
Orange Juice, Milk |
| Wed 10 | Baked Basa Fish  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Broccoli  
Canned Pears  
Apple Juice, Milk |
| Thu 11 | Rosemary Chicken  
Bowtie Noodles  
Whole Wheat Bread  
Curry Cauliflower and Peas  
Orange Juice, Milk |
| Fri 12 | Baked Tilapia  
Moroccan Fish Sauce  
Barley  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Apple Juice, Milk |
| Sat 13 | Beef Salisbury Steak w/ Mushroom Sauce  
Mashed Potatoes  
Whole Wheat Bread  
Zucchini and Peas  
Canned Apricots  
Orange Juice, Milk |
| Sun 14 | Turkey w/ Gravy  
Brown Rice and Beans  
Whole Wheat Bread  
Steamed Broccoli  
Orange Juice, Milk |
| Mon 15 | Beef Stew  
Baby Carrots w/ Parsley  
Whole Wheat Bread  
Red Bliss Potatoes  
Orange Juice, Milk |
| Tue 16 | Chicken Alfredo  
Fettucini w/ Sauce  
Whole Wheat Bread  
Mixed Vegetables  
Canned Pineapple  
Orange Juice, Milk |
| Wed 17 | Baked Fish w/ Cream Corn Sauce  
Roasted Potatoes  
Whole Wheat Bread  
California Blend Vegetables  
Apple Juice, Milk |
| Thu 18 | BBQ Chicken  
Macaroni and Cheese  
Whole Wheat Bread  
Broccoli  
Fruit Cocktail  
Apple Juice |
| Fri 19 | Baked Bass Fish  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Collard Greens w/ Tomato Banana  
Orange Juice, Milk |
| Sat 20 | Meat Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Apple Sauce  
Orange Juice, Milk |
| Sun 21 | Herbed Chicken  
Quinoa Pilaf  
Whole Wheat Bread  
Mixed Vegetables  
Canned Apricots  
Orange Pineapple Juice, Milk |
| Mon 22 | Turkey w/ Gravy  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Sweet Potatoes  
Orange Juice, Milk |
| Tue 23 | Baked Mushroom Chicken  
Rice w/ Chickpeas  
Whole Wheat Bread  
Steamed Kale  
Canned Pears  
Orange Pineapple Juice, Milk |
| Wed 24 | Beef and Beans  
Macaroni  
Whole Wheat Bread  
Vegetable Mix  
Tangerine  
Apple Juice, Milk |
| Thu 25 | Chicken Parmesan  
Penne  
Whole Wheat Bread  
Wild Rice  
Steamed Spinach  
Canned Pineapple  
Orange Juice, Milk |
| Fri 26 | Baked Bass Fish  
Whole Wheat Bread  
Mashed Potatoes  
Broccoli and Red Peppers  
Orange Juice, Milk |
| Sat 27 | Meatloaf w/ Gravy  
Whole Wheat Bread  
California Blend Vegetables  
Wild Rice  
Apple Juice, Milk |
| Sun 28 | Baked Ham w/ Pineapple  
Whole Wheat Bread  
Wild Rice  
Steamed Broccoli  
Orange Juice, Milk |

Holiday Celebration December 22nd 2016

**February 2016**

MEALS ON WHEELS MENU

Please remember that Meals on Wheels is here to assist you. If you have questions or concerns regarding the meals you are receiving or the delivery service, please feel free to call our office at 212.348.4344.

If you know someone who would benefit from Meals on Wheels or if you have further questions regarding the program, please call Alicia Flores at 212.348.4344 x126.

Although the Isaacs Center will be closed on Monday February 15th deliveries will be made.
Movies at the Isaacs Center

Feb 1  Mon  Far From The Madding Crowd
Feb 4  Thu  An Education
Feb 5  Fri  Pride
Feb 6  Sat  Romeo + Juliet
Feb 8  Mon  Titanic
Feb 11  Thu  The Notebook
Feb 12  Fri  Selma
Feb 13  Sat  The Last Song
Feb 15  Mon  Isaacs Center Closed
Feb 18  Thu  Max
Feb 19  Fri  42
Feb 20  Sat  The Women
Feb 22  Mon  Mona Lisa Smile
Feb 25  Thu  The Jane Austen Book Club
Feb 26  Fri  Lean on Me
Feb 27  Sat  Why Did I Get Married
Feb 29  Mon  He’s Just Not That Into You

More Photos from Christmas.

Staff Spotlight

Nancy
Nancy is one of Isaacs Center’s case worker.

"What's a memorable moment you have at the Isaacs Center?"
There are countless moments. What I have enjoyed the most are the different conversations I’ve had with members, these conversations allow me to connect with members. The connections I make as a case worker are vital and important not only to the member but to me as well.

UPCOMING MONTH Mar 2016
• 2nd Annual Spence School Concert, March 7th 2016
• Royal Manor Trip, March 16th, 2016
• St. Patrick’s Day Celebration, March 19th, 2016

Office Hours w/ Greg or Rhonda
Stop in to speak with Greg or Rhonda during their weekly “office hours.” See Eileen to schedule a time.