



# SINCLINK

**FEB  
2016**

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

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*Meals on Wheels Pioneer*

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## SPECIAL ANNOUNCEMENT

The Isaacs Center  
will be closed on  
**Monday, February 15th  
2016 for President's Day.**



# Isaacs Center General Information

## 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.

## 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**.

## 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 **212.360.7625, 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 month at the Isaacs Center

Presentations, Workshops & Meetings

## TownHall/ Membership Meeting

February 3rd 1:15PM

The first Wednesday of the month, all Senior Center members are invited to meet the staff, hear program updates and ask questions. We would love your feedback.

## Train Your Brain

Wednesdays 9:30AM

February 3rd - “Exercise Jeopardy”

February 10th - “Valentine’s Day Jenga”

February 17th - “Sudoku”

February 24th - “Bananagrams”

Join our occupational therapy students for “Train Your Brain,” that uses games, activities, and social discussion to exercise your brain. Your participation activities will stimulate attention, improve problem solving skills, and promote memory training strategies to improve brain health and function.

## AARP Tax Aide: Free Tax Return Prep

Beginning February 5th

9:30AM–2PM

Every Friday until April

Have your NY state and federal tax returns prepared and filed, free of charge. Meet with an IRS certified tax volunteer from AARP on Fridays through April.

## Isaacs Elections Meet the Candidates Forum

Forum Date:

February 9th 1:15PM

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.

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

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 shopping trip on February 10th. Bagged lunch and round trip transportation will be provided. Meet at 10:30AM.

## Trader Joe’s

February 10th 10:30AM

Ticket: \$1, sign up during ticket sales

## Chinese New Year Celebration

February 12th 3:15PM

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!

## Black History Month Celebration

February 17th 2:30PM

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!

## Green Acres Mall

February 18th 8:45AM

Ticket: \$10, sign up during ticket sales

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

February 22nd 1:15PM

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!

## Manhattan Valley

February 23rd 8:45AM

Ticket: \$1, sign up during ticket sales.

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!

## Senator Serrano Office Hours

February 29th 11AM–2PM

Senator José M. Serrano’s District Office representatives will at Isaacs on February 29 from 11am-2pm. They will answer various questions you may regarding free tax services offered to seniors in NYC. Be sure to stop by!

# NORC-SSP News & Events

## Tenant Association Meetings

The monthly **Isaacs Houses Tenant Association** meeting will take place on **Tuesday, February 9th at 7PM**. The **Holmes Tower Tenant Association** meeting will be held on **Tuesday, February 16th at 7pm**. Open to residents of the Isaacs/Holmes development.

## COUNCILMAN BENJAMIN KALLOS MOBILE OFFICE HOURS



Our City Council Member Ben Kallos’ Director of Constituent Services will be on location at the Stanley Isaacs Center from **2-5PM in Room 6 on Tuesday, February 8th**. Debbie Lightbody, will answering questions about city agencies and assist you with applications for SCRIE, SNAP, Medicaid, Access-A-Ride, and other benefits and city services; tenant issues; and much more.

## Monthly Committee Meetings

**Social Action** | Aaron  
Mon Feb 1st 11:00AM

**Food** | Jeffrey  
Tues Feb 2nd 1:15PM

**Hospitality** | Khristel  
Tues Feb 2nd 3:15PM

**Ed & Rec** | Nicole  
Fri Feb 5th 3:00PM

**01 Mon**  
9:25 Tai Chi w/ Clara  
10:15 Swing w/ the Crew  
10:30 Zumba w/Yvonne  
11:00 **Social Action Commitee w/ Aaron**  
1:15 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

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

**15 Mon**  
**ISAACS CENTER IS CLOSED FOR PRESIDENT’S DAY**

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

**29 Mon**  
9:25 Tai Chi w/ Clara  
10:15 Swing w/ the Crew  
10:30 Zumba w/Yvonne  
11-2PM **Senator Serrano Office Table Hours**  
1:15 Art for Beginners w/ Frank  
1:15 Movie  
1:30 **SPAC Meeting**  
1:30 Pet Therapy w/ Alice  
2:00 Piano Lessons w/ Nick  
2:15 Drama Workshop w/ Frank

**02 Tue** **Ticket Sales 10-11:30AM**  
9:30 Stay Well Fitness w/ Denis  
1:00-4:00 Nurse Lorraine Walk-In  
1:15 Rincón Latino w/ Xiomara  
1:15 **East Side Scrappers**  
1:15 **Food Committee w/ Jeffrey**  
2:15 Bingo  
2:30 Arts and Crafts  
3:15 **Hospitality Commitee w/ Khristel**  
5:00 Yoga

**09 Tue**  
9:30 Stay Well Fitness w/ Denis  
10-3PMLive on NY  
1:00-4:00 Nurse Lorraine Walk-In  
1:15 Rincón Latino w/ Xiomara  
1:15 **Meet the Candidates Forum**  
2-5PM **Councilman Ben Kallos Mobile Office Hours**  
2:15 Bingo  
2:30 Arts and Crafts  
5:00 Yoga  
7:00 **Isaacs Tenant Assoc Mtg**

**16 Tue** **Isaacs Election Date**  
9:30 Stay Well Fitness w/ Denis  
1:00-4:00 Nurse Lorraine Walk-In  
1:15 Rincón Latino w/ Xiomara  
2:15 Bingo  
2:30 Arts and Crafts  
5:00 Yoga  
7:00 **Holmes Tenant Assoc Mtg**

**23 Tue** **Trip: Manhattan Valley**  
9:30 Stay Well Fitness w/ Denis  
10-3PMLive on NY  
1:00-4:00 Nurse Lorraine Walk-In  
1:15 Rincón Latino w/ Xiomara  
2:15 Bingo  
2:30 Arts and Crafts  
5:00 Yoga

Poets and Writers Reading Day



**03 Wed** **Ticket Sales 10-11:30AM**  
9:30 TrainYour 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

**10 Wed** **Trip: Trader Joes Isaacs Election Date**  
9:30 TrainYour Brain  
10-12PM Blood Pressure Screenings  
10:30 Yoga w/ Nammi  
1:00 Water Exercise at Asphalt Green  
1:15 Current Events w/ Midas  
2:30 Scrabble Group  
3:00 **Women’s Group w/ Nancy**  
3:15 **Black History Month Meeting**

**17 Wed** **Isaacs Election Date**  
9:30 TrainYour Brain  
10:30 Yoga w/ Nammi  
1:00 Water Exercise at Asphalt Green  
1:15 Current Events w/ Midas  
1:15 Groove w/Yvonne  
2:30 Scrabble Group  
2:30 **Black History Celebration**

**24 Wed**  
9:30 TrainYour Brain  
10:30 Yoga w/ Nammi  
1:00 Water Exercise at Asphalt Green  
1:15 Current Events w/ Midas  
1:15 Groove w/Yvonne  
1:15 **Taino Tower Presentation: New Year’s Resolutions**  
1:15 **Patient Advocacy w/ Jess**  
2:30 Scrabble Group  
3:00 **Women’s Group w/ Nancy**

**04 Thu** **Ticket Sales 10-11:30AM**  
10:15 Salsa Dancing w/ Pedro  
1:00 The Group w/ Aaron  
1:00 Water Exercise at Asphalt Green  
1:30 Its All About the Short Story  
1:30 Poets and Writers  
2:00 Daily Fitness  
2:30 Movie  
3:00 Art Class w/ Nancy

**11 Thu** **Isaacs Election Date**  
10:15 Salsa Dancing w/ Pedro  
1:00 The Group w/ Aaron  
1:00 Water Exercise at Asphalt Green  
1:30 Its All About the Short Story  
1:30 Poets and Writers  
2:00 Daily Fitness  
2:30 Movie

**18 Thu** **Trip: Green Acres Mall Isaacs Election Date**  
10:15 Salsa Dancing w/ Pedro  
1:00 The Group w/ Aaron  
1:00 Water Exercise at Asphalt Green  
1:30 Its All About the Short Story  
1:30 Poets and Writers  
2:00 Daily Fitness  
2:30 Movie  
3:00 Art Class w/ Nancy

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

**05 Fri**  
9:30-2PM **AARP Tax Aide**  
10-12PM Blood Pressure Screenings  
10:15 Swing w/ the Crew  
1:00-4:00 Nurse Lorraine Walk-In  
2:15 Bingo  
2:15 Movie  
3:00 **Ed & Rec Committee w/ Nicole**

**12 Fri** **Isaacs Election Date**  
9:30-2PM **AARP Tax Aide**  
10:15 Swing w/ the Crew  
1:00-4:00 Nurse Lorraine Walk-In  
1:15 **Chinese New Year Celebration**  
2:15 Bingo  
2:15 Movie

**19 Fri**  
9:30-2PM **AARP Tax Aide**  
10-12PM Blood Pressure Screenings  
10:15 Swing w/ the Crew  
10-12PM **VOLS Legal Clinic**  
1:00-4:00 Nurse Lorraine Walk-In  
1:15 **BIRTHDAY PARTY “LOVERS ROCK”**  
2:15 Movie  
3:00 **Glamour Gals**  
3:15 Bingo

**26 Fri**  
9:30-2PM **AARP Tax Aide**  
10-12PM Blood Pressure Screenings  
10:15 Swing w/ the Crew  
1:00-4:00 Nurse Lorraine Walk-In  
1:15 **Mt. Sinai Presentation: Cardiovascular Health**  
2:15 Movie  
2:15 Bingo

**06 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

**13 Sat** **Walk-In Clinic 9AM-1PM**  
9:30 ESL for Spanish Speakers  
10:00 Yoga  
11:00 Board Games w/ Erin  
1:00 Movie  
1:00 Jewelry Making  
1:15 Mandarin Class  
1:15 Meditation  
2:15 Salsa Dancing w/ Pedro

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

**27 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

**FEBRUARY 2016**  
SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00am to 5:00pm on weekdays and 9am to 3pm on Saturdays.

All events are held at the Isaacs Center unless otherwise noted.

\*Please note that an advance ticket is required for some activities.

All activities are subject to change.



01 Mon

- B: French Toast
- L: Pea Soup
- Baked Ziti w/ Meat Sauce
- California Blend Vegetables
- Orange Juice
- Apple, Milk

08 Mon

- B: French Toast
- L: Chicken Parmesan
- Spaghetti
- Whole Wheat Bread
- California Blend Vegetables
- Orange
- Orange Pineapple Juice, Milk

15 Mon

ISAACS CENTER  
IS CLOSED FOR  
PRESIDENT’S DAY

22 Mon

- B: French Toast
- L: Hamburgers
- Whole Wheat Bread
- Home Fries
- Steamed Cabbage Mix
- Canned Apricots
- Apple Juice, Milk

29 Mon

- B: French Toast
- L: Chicken Cacciatore
- Brown Rice
- Mixed Vegetables 5-Way
- Orange Pineapple Juice, Milk

02 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Curry Chicken
- Brown Rice w/ Beans
- Broccoli
- Fruit Cocktail
- Orange Pineapple Juice, Milk

09 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Barbecue Pork Chop
- Whole Wheat Bread
- Mashed Sweet Potatoes
- Steamed Cabbage Mix
- Canned Pineapple
- Orange Juice, Milk

16 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Beef Pot Roast
- Whole Wheat Bread
- Baked Potatoes
- Mixed Vegetables 5-Way
- Grape Juice, Milk

23 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Split Pea Soup
- Baked Chicken Legs
- Penne Marinara
- Whole Wheat Bread
- Broccoli
- Orange
- Orange Pineapple Juice, Milk

Join us for Zumba, Mondays at 10:30AM



03 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Roast Pork
- Whole Wheat Bread
- Mashed Potatoes
- Mixed Vegetables
- Canned Pineapple
- Grape Juice, Milk

10 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Fish
- Spanish Brown Rice
- Steamed Carrots
- Orange Pineapple Juice, Milk

17 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Fish
- Quinoa Pilaf
- Sauteed Spinach
- Canned Apricots
- Orange Juice, Milk

24 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Fish
- Whole Wheat Bread
- Baked Sweet Potatoes
- Steamed Mustard Greens
- Canned Pears
- Pineapple Juice, Milk

04 Thu

- B: Waffles & Sausage
- L: Vegetable Lasagna
- Italian Cut Green Beans
- Mixed Green Salad
- Canned Apricots
- Orange Pineapple Juice, Milk

11 Thu

- B: Waffles & Sausage
- L: Vegetable Soup
- Beef Lasagna
- Garden Salad
- Apple Juice
- Fruit Cocktail, Milk

18 Thu

- B: Waffles & Sausage
- L: Baked Ziti w/ Meat Sauce
- California Blend Vegetables
- Orange
- Orange Pineapple Juice, Milk

25 Thu

- B: Waffles & Sausage
- L: Oven Fried Chicken
- Mac & Cheese (3 cheese)
- French Cut String Beans
- Bread Pudding
- Dinner Roll
- Salad
- Orange Juice, Milk

05 Fri

- B: Pancakes & Scrambled Eggs
- L: Cream of Broccoli Soup
- Baked Salmon w/ Lemon, Tarragon & Thyme
- Baked Sweet Potatoes
- Sauteed Spinach
- Orange Juice
- Sliced Peaches, Milk

12 Fri

- B: Pancakes & Scrambled Eggs
- L: Baked Fish w/ Garlic Sauce
- Whole Wheat Bread
- Mashed Potatoes
- Steamed Spinach
- Canned Apricots
- Grape Juice, Milk

19 Fri

- B: Pancakes & Scrambled Eggs
- L: Vegetable Soup
- Baked Flounder
- Whole Wheat Bread
- Baked Sweet Potatoes
- Mixed Greens
- Orange Pineapple Juice
- Sliced Peaches, Milk

26 Fri

- B: Pancakes & Scrambled Eggs
- L: Lentil Soup
- Baked Fish w/ Garlic Sauce
- Whole Wheat Bread
- Mashed Potatoes
- Turnip Greens
- Orange Pineapple Juice, Milk

06 Sat Early Closing at 1PM

- B: Muffin & Butter, Fruit Salad
- Coffee or Tea
- L: Macaroni and Cheese
- Whole Wheat Bread
- Mixed Green Salad
- Steamed Carrots
- Fruit Cocktail
- Orange Juice, Milk

13 Sat

- B: Muffin & Butter, Fruit Salad
- Coffee or Tea
- L: Beef and Vegetable Stew
- White Rice
- Cut Green Beans
- Orange Juice, Milk

20 Sat

- B: Muffin & Butter, Fruit Salad
- Coffee or Tea
- L: Baked Pork
- Egg Noodles
- Whole Wheat Bread
- Baby Carrots w/ Parsley
- Apple Sauce
- Orange Juice, Milk

27 Sat

- B: Muffin & Butter, Fruit Salad
- Coffee or Tea
- L: Beef Meatball
- Spaghetti
- Whole Wheat Bread
- Winter Blend Vegetables
- Apple Juice, Milk

FEBRUARY 2016  
SENIOR CENTER MENU

Breakfast is offered Mon-Fri, 8:30-9:15am.  
Suggested contribution is 50c.  
A light breakfast is offered on Saturday, 9:15am,  
and is free to Senior Center members.

A delicious, nutritionally balanced Lunch is offered  
Mon-Fri, 11:45am-12:30pm. Suggested contribution is \$2  
for seniors. Guest rate is \$3. Saturday Lunch is served  
11:45am-12:30pm. Suggested contribution is \$1.

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 unique. Simply put, it has been a joy and a privilege to build our relationships with each and every one of you.

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](mailto:tsteakin@isaacscenter.org) or [zrankin@isaacscenter.org](mailto: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.

S K L P O R T V U L T S E T Q F I C J B V N X M I C  
F D I H R X N P P Z M R Y H Q S J P L A O O T I J U  
U N R S G S D N U A E Z A K T I L L S U T R H A W  
S M Y A S Z N B D L X Q 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 P T F H I P Z I H G S A  
F E B R U A R Y R D C W J 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	Jefferson
Cards	February	Love	Washington	Jackson
Valentines	Heart	Kiss	Adams	Lincoln

# RIDDLES

Take your pick and solve these riddles

- |   |  |  |   |  |
|---|--|--|---|--|
| 1. You cannot keep me until you have given me. What am I? | 2. You can swallow me, but I can swallow you. What am I? | 3. What can you add to one to make it go away? | 4. In what month do people sleep the least? | I have two hands but I cannot clap. What am I? |
|---|--|--|---|--|

_____	_____	_____	_____	_____
Your word	Water	The letter g. Then it's gone.	February, because there are fewer days.	A clock

01 Mon

Baked Turkey Breast  
Fresh Cranberry Sauce  
Whole Wheat Bread  
Mixed Vegetables  
Sweet Baked Yams  
Orange  
Apple Juice, Milk

08 Mon

Creamy Beef Stroganoff  
Egg Noodles  
Whole Wheat Bread  
California Blend Vegetables  
Apple Juice  
Canned Pineapple, Milk

15 Mon **Isaacs Center Closed**

Beef Stew  
Baby Carrots w/ Parsley  
Whole Wheat Bread  
Red Bliss Potatoes  
Orange  
Apple Juice, Milk

22 Mon

Turkey w/ Gravy  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Sweet Potatoes  
Apple  
Orange Juice, Milk

29 Mon

Beef Meatballs  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Broccoli and Red Peppers  
Kiwi  
Orange Pineapple Juice, Milk

02 Tue

Chicken Picatta w/ Lemon Sauce  
Bowtie Noodles  
Whole Wheat Bread  
Steamed Spinach  
Kiwi  
Orange Juice, Milk

09 Tue

Italian Roast Chicken  
Brown Rice w/ Beans  
Whole Wheat Bread  
Collard Greens  
Plum  
Orange Juice, Milk

16 Tue

Chicken Alfredo  
Fettucini w/ Sauce  
Whole Wheat Bread  
Mixed Vegetables  
Canned Pineapple  
Orange Juice, Milk

23 Tue

Baked Mushroom Chicken  
Rice w/ Chickpeas  
Whole Wheat Bread  
Steamed Kale  
Canned Pears  
Orange Pineapple Juice, Milk

03 Wed

Salmon in Garlic Butter Sauce  
Barley  
Whole Wheat Bread  
California Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk

10 Wed

Baked Basa Fish  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Broccoli  
Canned Pears  
Apple Juice, Milk

17 Wed

Baked Fish w/ Cream Corn Sauce  
Roasted Potatoes  
Whole Wheat Bread  
California Blend Vegetables  
Apple  
Orange Pineapple Juice, Milk

24 Wed

Beef and Beans  
Macaroni  
Whole Wheat Bread  
Vegetable Mix  
Tangerine  
Apple Juice, Milk

04 Thu

Chicken Cacciatore  
Whole Wheat Bread  
Mashed Potatoes  
Steamed Peas and Carrots  
Orange  
Apple Juice, Milk

11 Thu

Rosemary Chicken  
Bowtie Noodles  
Whole Wheat Bread  
Curry Cauliflower and Peas

18 Thu

BBQ Chicken  
Macaroni and Cheese  
Whole Wheat Bread  
Broccoli  
Fruit Cocktail  
Apple Juice

25 Thu

Chicken Parmesan  
Penne  
Whole Wheat Bread  
Broccoli and Red Peppers  
Canned Pineapple  
Orange Juice, Milk

05 Fri

Baked Tilapia w/ Mushrooms,  
Peppers & Tomatoes  
Couscous w/ Peas and Lemon  
Whole Wheat Bread  
Steamed Kale  
Fruit Cocktail  
Orange Pineapple Juice, Milk

12 Fri

Baked Tilapia  
Moroccan Fish Sauce  
Barley  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Apple  
Orange Juice, Milk

19 Fri

Baked Basa Fish  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Collard Greens w/ Tomato  
Banana  
Orange Pineapple Juice, Milk

26 Fri

Baked Basa Fish  
Whole Wheat Bread  
Wild Rice  
Steamed Spinach  
Banana  
Orange Pineapple Juice, Milk

06 Sat

Ham  
Mashed Red Potatoes  
Whole Wheat Bread  
Mixed Vegetable  
Kiwi  
Apple Juice, Milk

13 Sat

Beef Salisbury Steak w/  
Mushroom Sauce  
Mashed Potatoes  
Whole Wheat Bread  
Zucchini and Peas  
Canned Apricots  
Orange Pineapple Juice, Milk

20 Sat

Meat Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Applesauce  
Orange Juice, Milk

27 Sat

Meatloaf w/ Gravy  
Whole Wheat Bread  
California Blend Vegetables  
Mashed Potatoes  
Orange  
Apple Juice, Milk

07 Sun

BBQ Chicken  
Whole Wheat Bread  
Wild Roce  
Steamed Broccoli  
Apple  
Orange Juice, Milk

14 Sun

Turkey w/ Gravy  
Brown Rice and Beans  
Whole Wheat Bread  
Steamed Broccoli  
Orange  
Apple Juice, Milk

21 Sun

Herbed Chicken  
Quinoa Pilaf  
Whole Wheat Bread  
Mixed Vegetables  
Canned Apricots  
Orange Pineapple Juice, Milk

28 Sun

Baked Ham w/ Pineapple  
Whole Wheat Bread  
Wild Rice  
Steamed Broccoli  
Apple  
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 212.360.7630 x126.

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



**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.

**“Whats 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 conversation 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.