



SINCLINK

JAN 2016

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

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Meals on Wheels Pioneer

What You'll Find

This month at the
Isaacs Center **2**

NORC News **3**

Senior Center
Activities **4**

Senior Center
Menu **6**

Elders at Home Call
Conference Schedule **8**

Puzzles &
Games **9**

Meals on Wheels
Menu **11**

Senior Center
Movies **12**

Senior
Spotlight **12**

Upcoming
Month **12**

Thanksgiving Lunch, November 26th 2015.



SPECIAL ANNOUNCEMENT

The Isaacs Center
will be closed on
Friday January 1st 2016
and
Monday January 18th
2016.



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.

Elders at Home

The **Elders at Home** program provides free telephone group activities for older adults. To register, call Tracy at **212.360.7620, ext. 127**.

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.

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

East Side Scrappers

Tuesdays at 1:15PM

There is a scrapbook group called "The East Side Scrappers," with fifth grade students from the Spence School that takes place on Tuesdays at 1:15PM.

Nutrition Seminar

January 5th 1:15PM

Join us and learn about the numerous health benefits of fresh fruit smoothies and sample a few.

TownHall/ Membership Meeting

January 6th 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.

New Art Class

January 7th 3PM

January 21st 3PM

January 28th 3PM

We will be offering a new art class starting on January 7 at 3pm! The class will include drawing and painting and has the potential to evolve over time and include collages, sculpting etc. All skill levels are welcomed!

Taino Towers Presentation

January 8th, 1:15PM

January 25th, 1:15PM

Join us for a presentation by Taino Towers. On January 8th we will be discussing New Years resolutions and how to make health a priority.

On January 25th we will be discussing the importance of exercising.

Successful Aging Seminar

January 12th 1:15PM

Come for an informative seminar about successful aging.

Trader Joe's

January 13th 10:30AM

Ticket: \$1, sign up during ticket sales

Join us for a shopping trip on January 13th. Bagged lunch and round trip transportation will be provided. Meet at 10:30AM.

Sands Casino

January 20th 8:45AM

Ticket: \$30, sign up during ticket sales

Join us for a fun filled trip to the Sands Casino in PA. Meet at Isaacs at 8:45am. Round trip transportation and a bagged lunch will be included. You will receive \$25 in slot play and a \$5 food voucher.

Poets & Writers Reading Day

January 22nd 1:15PM

Join our lovely members for a Special Reading Day.

Blood Pressure/ Glucose Screenings

January 29th 10AM-Noon

In addition to blood pressure screenings, we will be having glucose screenings and pulse oximetry on January 29 from 10am-noon. It will be held at the same time/date as blood pressure screenings for your convenience!

Crochet Announcement

Josie's crochet group will NOT be meeting on Thursday's in January. Classes will resume as normal in February.

Isaacs Closing

The Isaacs Center will be closed on Friday, January 1st 2016 and Monday, January 18th 2016.

We will be open on Saturday, January 2nd 2016 from 9AM - 1PM.

Drama Group Presentation, "Through the Years"



Stanley M. Isaacs Neighborhood Center | 415 East 93rd Street, New York, NY 10128

NORC-SSP News & Events

Tenant Association Meetings

The monthly **Isaacs Houses Tenant Association** meeting will take place on **Tuesday, January 12th at 7PM**. The **Holmes Tower Tenant Association** meeting will be held on **Tuesday, January 19th 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, January 12th**. 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

Hospitality | Khristel
Tues Jan 5th 3:15PM

Ed & Rec | Nicole
Fri Jan 8th 3:00PM

Food | Jeffrey
Thu Jan 14th 1:30PM

Social Action | Aaron
Tues Jan 19th 11:00AM

JANUARY 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.

More Drama Photos



01 Fri

ISAACS CENTER IS CLOSED FOR NEW YEAR'S DAY

02 Sat **Early Closing at 1PM**

10:00 Yoga
10:30 Basic Spanish
10:30 Arts & Crafts
10:30 Basic Spanish
10:30 ESL for Spanish Speakers
11:00 Board Games w/ Erin

04 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
1:30 PetTherapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

05 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 **Nutrition Seminar**
2:15 Bingo
3:15 **Hospitality Commitee w/ Khristel**
5:00 Yoga

06 Wed **Ticket Sales 10-11:30AM**

9:45 Health Chat w/ Huda: Diabetes
10:30 Yoga w/ Nammi
10:30 Basic Spanish
1:00 Water Exercise at Asphalt Green
1:15 **Townhall/Membership Meeting**
2:30 Scrabble Group

07 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
2:00 Daily Fitness
2:15 Movie
3:00 Art Class w/ Nancy

08 Fri

10:00 ESL for Spanish Speakers
10-12PM Blood Pressure Screenings
10:15 Swing w/ the Crew
1:00-4:00 Nurse Lorraine Walk-In
1:15 **Taino Towers Presentation: New Years Resolutions**
2:15 Bingo
2:15 Movie
3:00 **Ed & Rec Committee w/ Nicole**

09 Sat **Walk-In Clinic 9AM-1PM**

10:00 Yoga
10:00 Arts & Crafts
10:30 Basic Spanish
10:30 ESL for Chinese Speakers
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
2:15 ESL for Spanish Speakers

11 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
1:30 PetTherapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

12 Tue

9:30 Stay Well Fitness w/ Denis
1:00-4:00 Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Xiomara
1:15 **Successful Aging Seminar**
1:15 **East Side Scrappers**
2-5PM **Councilman Ben Kallos Mobile Office Hours**
2:15 Bingo
5:00 Yoga
7:00 **Isaacs Tenant Assoc Mtg**

13 Wed **Trip: Trader Joes**

10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
10:30 Basic Spanish
1:00 Water Exercise at Asphalt Green
1:15 Current Events w/ Midas
1:15 Groove w/Yvonne
1:15 **Patient Advocacy w/ Jess**
2:30 Scrabble Group
3:00 **Women's Group w/ Nancy**

14 Thu

10:15 Salsa Dancing w/ Pedro
1:00 The Group w/ Aaron
1:00 Water Exercise at Asphalt Green
1:30 **Food Commitee w/ Jeffrey**
2:00 Daily Fitness
2:15 Movie

15 Fri

10:00 ESL for Spanish Speakers
10:15 Swing w/ the Crew
10-12PM **VOLS Legal Clinic**
1:00-4:00 Nurse Lorraine Walk-In
1:15 **BIRTHDAY PARTY**
2:15 Movie
3:15 Bingo

16 Sat

10:00 Yoga
10:00 Arts & Crafts
10:30 Basic Spanish
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
2:15 ESL for Spanish Speakers

18 Mon

ISAACS CENTER IS CLOSED FOR MARTIN LUTHER KING JR'S DAY

25 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 **Taino Towers Presentation: Exercising**
1:30 PetTherapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank

19 Tue

9:30 Stay Well Fitness w/ Denis
11:00 **Social Action Commitee w/ Aaron**
1:00-4:00 Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Xiomara
1:15 **East Side Scrappers**
2:15 Bingo
5:00 Yoga
7:00 **Holmes Tenant Assoc Mtg**

20 Wed **Trip: Sands Casino**

10:30 Yoga w/ Nammi
10:30 Basic Spanish
1:00 Water Exercise at Asphalt Green
1:15 Current Events w/ Midas
1:15 Groove w/Yvonne
2:30 Scrabble Group

21 Thu

10:15 Salsa Dancing w/ Pedro
1:00 The Group w/ Aaron
1:00 Water Exercise at Asphalt Green
2:00 Daily Fitness
2:15 Movie
3:00 Art Class w/ Nancy

22 Fri

9:30 Yoga
10:00 ESL for Spanish Speakers
10-12PM Blood Pressure Screenings
10:15 Swing w/ the Crew
1:00-4:00 Nurse Lorraine Walk-In
1:15 **Poets and Writers Reading Day**
2:15 Movie
2:15 Bingo

23 Sat

10:00 Yoga
10:00 Arts & Crafts
10:30 Basic Spanish
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
2:15 ESL for Spanish Speakers

27 Wed

10:30 Yoga w/ Nammi
10:30 Basic Spanish
1:00 Water Exercise at Asphalt Green
1:15 Current Events w/ Midas
1:15 Groove w/Yvonne
2:30 Scrabble Group
3:00 **Women's Group w/ Nancy**

28 Thu

10:15 Salsa Dancing w/ Pedro
1:00 The Group w/ Aaron
1:00 Water Exercise at Asphalt Green
2:00 Daily Fitness
2:15 Movie
3:00 Art Class w/ Nancy

29 Fri

9:30 Yoga
10:00 ESL for Spanish Speakers
10-12PM Blood Pressure Screenings
10-12PM Glucose & Pulse
10:15 Swing w/ the Crew
1:00-4:00 Nurse Lorraine Walk-In
2:15 Movie
2:15 Bingo

30 Sat

10:00 Yoga
10:00 Arts & Crafts
10:30 Basic Spanish
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
2:15 ESL for Spanish Speakers

JANUARY 2016

SENIOR CENTER MENU

Breakfast is offered Mon-Fri, 8:30-9:15am.

Suggested contribution is 50¢.

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.

04 Mon

- B: French Toast
L: Arroz Con Pollo (Chicken & Rice)
Garden Salad
Steamed Broccoli
Orange
Apple Juice, Milk

11 Mon

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

18 Mon

**ISAACS CENTER
IS CLOSED FOR
MARTIN LUTHER
KING JR'S DAY**

25 Mon

- B: French Toast
L: Meat Sauce
Spaghetti
California Blend Vegetables
Orange
Apple Juice, Milk

05 Tue

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

12 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

19 Tue

- B: Corn Muffin w/ Boiled Egg
L: Hometown Turkey Meatloaf
Whole Wheat Bread
Baby Carrots w/ Parsley
Baked Potatoes
Canned Pineapple
Orange Juice, Milk

26 Tue

- B: Corn Muffin w/ Boiled Egg
L: Arroz con Pollo (Chicken & Rice)
Mixed Green Salad
Mixed Vegetables 5-Way
Canned Apricots
Orange Juice, Milk

06 Wed

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

13 Wed

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

20 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
L: Ravioli
Tomato Sauce
Whole Wheat Bread
Garden Salad
Fruit Cocktail
Pineapple Juice, Milk

27 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
L: BBQ Short Ribs
Whole Wheat Dinner Roll
Cabbage w/ Shredded Carrots
Roasted Potatoes
Sliced Peaches
Orange Pineapple Juice, Milk

More Drama Photos



01 Fri

**ISAACS CENTER IS
CLOSED FOR NEW
YEAR'S DAY**

02 Sat Early Closing at 1PM

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

07 Thu

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

14 Thu

- B: Waffles & Sausage
L: Chicken Stir Fry
Rice Pilaf
Oriental Blend
Fruit Cocktail
Orange Juice, Milk

21 Thu

- B: Waffles & Sausage
L: Stewed Chicken
Penne
Buttered French Cut Green Beans
Canned Apricots
Grape Juice, Milk

28 Thu

- B: Waffles & Sausage
L: Beef and Broccoli
Perfect White Rice
French Cut Green Beans
Canned Pears
Pineapple Juice, Milk

08 Fri

- B: Pancakes & Sausage
L: Baked Flounder
Whole Wheat Bread
Baked Sweet Potato
Mixed Greens
Sliced Peaches
Orange Pineapple Juice, Milk

15 Fri

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

22 Fri

- B: Pancakes & Sausage
L: Baked Salmon
Whole Wheat Bread
Baked Sweet Potato
Sauteed Spinach
Orange
Apple Juice, Milk

29 Fri

- B: Pancakes & Sausage
L: Baked Fish w/ Garlic Sauce
Whole Wheat Bread
Steamed Corn on the Cob
Fruit Cocktail
Grape Juice, Milk

09 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

16 Sat

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

23 Sat

- B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Lentil Soup
Stuffed Cabbage
Whole Wheat Bread
Mixed Green Salad
Apple
Orange Pineapple Juice, Milk

30 Sat

- B: Muffin & Butter, Fruit Salad
Coffee *or* Tea
L: Stuffed Shells w/ Cheese
Whole Wheat Bread
Garden Salad
Apple
Orange Juice, Milk

JANUARY 2016

ELDERS AT HOME

CONFERENCE CALL SCHEDULE

CONFERENCE CALL INSTRUCTIONS:

1. Choose your activity from this schedule.
2. Call **Tracy** at 212.360.7620, ext 127, to sign up.
3. We will call you just before the session and connect you to the call.

Monday	Tuesday	Wednesday	Thursday	Friday
Would you like to share your interests or hobbies? Volunteer to lead a call for Elders at Home. Call Tracy 212.360.7620 x127 for more information.				
Join us for additional telephone topics with our friends in Chicago, Illinois. Call Tracy for more information.				
Jan 4 11am Sittercise 2:30pm Gratitude 3pm Music by Request 4pm Low Vision Jan 11 11am Meditation 2:30pm Gratitude 3pm Music by Request 4pm Low Vision	Jan 5 11am Meditation 2pm Current Events 3pm Politics Jan 12 11am Meditation 2pm Current Events 3pm Spelling Bee	Jan 6 11am Sittercise 2pm Story Time 1pm Where Are They Now? Jan 13 11am Sittercise 2pm Story Time 3pm Traveling	Jan 7 10am Bingo 11am Meditation 2pm Stuff You Missed in History Class Jan 14 10am Bingo 11am Meditation 2pm This Week in History 3pm Spelling Bee	Jan 8 10am Bingo 11am Sittercise 3pm Name That Tune Jan 15 10am Bingo 11am Sittercise 3pm Name That Tune
Jan 18 ISAACS CENTER IS CLOSED FOR MARTIN LUTHER KING JR’S DAY	Jan 19 11am Meditation 2pm Current Events 3pm Politics	Jan 20 11am Sittercise 2pm Story Time 3pm Where Are They Now?	Jan 21 10am Bingo 11am Meditation 2pm Stuffed You Missed in History Class	Jan 22 10am Bingo 11am Sittercise 3pm Name That Tune
Jan 25 11am Sittercise 2:30pm Gratitude 3pm Music by Request 4pm Low Vision	Jan 26 11am Meditation 2pm Current Events 3pm Spelling Bee	Jan 27 11am Sittercise 2pm Story Time 3pm Traveling	Jan 28 10am Bingo 11am Meditation 2pm This Week in History	Jan 29 10am Bingo 11am Sittercise 3pm Name That Tune

PUZZLES & GAMES

Brrrrr, its January.

Find the words that relate to January.

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

Cold	NewYears	Aquarius	Healthy	Skiing
Snowman	Resolution	Capricorn	NFL Playoffs	Scraf
Blizzard	Martin Luther King	Snowflake	Ice	Hot Chocolate

RIDDLES

Take your pick and solve these riddles

1. Moving to and fro, Dancing all the time. Only to be moved by others To allow them to pass by. What am I?	2. How do you share 15 apples evenly with 16 people?	3. Always old, sometimes new. Never sad, sometimes blue. Never empty, sometimes full. Never pushes, always pulls. What am I?	4. It stalks the countryside, with ears that cannot hear. What is it?	5. What does this represent?
_____	_____	_____	_____	_____
A Door	Applesauce	The Moon	Corn	Downtown

JANUARY 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 Friday Jan 1st and Monday Jan 18th deliveries will be made.

04 Mon

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

05 Tue

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

06 Wed

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

07 Thu

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

01 Fri

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

02 Sat

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

03 Sun

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

11 Mon

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

12 Tue

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

13 Wed

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

14 Thu

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

15 Fri

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

16 Sat

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

17 Sun

Baked Ham w/ Pineapple
Whole Wheat Bread
Wild Rice
Steamed Broccoli
Apple
Orange Juice, Milk

18 Mon

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

19 Tue

Lemon Chicken
Baked Potatoes
Whole Wheat Bread
Mixed Vegetables
Apple
Orange Juice, Milk

20 Wed

Baked Fish w/ Cream Sauce
Bulgur
Whole Wheat Bread
Baby Carrots w/ Parsley
Fruit Cocktail
Apple Juice, Milk

21 Thu

Curried Chicken
Quinoa Pilaf
Whole Wheat Bread
Brussel Sprouts
Orange
Orange Pineapple Juice, Milk

22 Fri

Baked Basa Fish
Egg Noodles
Whole Wheat Bread
Italian Blend Vegetables
Banana
Orange Juice, Milk

23 Sat

Beef Salisbury Steak w/ Mushroom Sauce
Rice Pilaf
Whole Wheat Bread
Steamed Spinach
Canned Pineapple
Orange Pineapple Juice, Milk

24 Sun

Rosemary Chicken
Mashed Potatoes
Whole Wheat Bread
Steamed Broccoli
Canned Apricots
Apple Juice, Milk

25 Mon

Basa Fish
Penne
Whole Wheat Bread
California Blend Vegetables
Kiwi
Apple Juice, Milk

26 Tue

Arroz con Pollo (Chicken & Rice)
Rice Pilaf
Whole Wheat Bread
Mixed Vegetables
Apple Sauce
Orange Juice, Milk

27 Wed

Barbeque Meatballs
Whole Wheat Bread
Whole Wheat Spaghetti
Broccoli and Red Peppers
Canned Apricots
Orange Pineapple Juice, Milk

28 Thu

Baked Mushroom Chicken
Brown Rice w/ Beans
Whole Wheat Bread
Baby Carrots w/ Parsley
Banana
Apple Juice, Milk

29 Fri

Baked Fish
Bulgur
Whole Wheat Bread
Brussel Sprouts
Apple
Orange Pineapple Juice, Milk

30 Sat

Meat Sauce
Whole Wheat Bread
Whole Wheat Spaghetti
California Blend Vegetables
Kiwi
Apple Juice, Milk

31 Sun

Baked Mushroom Chicken
Barley
Whole Wheat Bread
Steamed Green Beans
Banana
Orange Juice, Milk

More Thanksgiving Photos



Movies

at the
Isaacs
Center

Senior Spotlight



Maria

Maria will be moving to Texas.

“What’ll you miss about the Isaacs Center?”
I have lots of friends here.
I’ll miss them and the great staff here. **”**

UPCOMING MONTH

Feb 2016

- Isaacs Center will be closed on **February 15th 2016** for President’s Day
- Black History Celebration **February 17th 2016**
- Spence School Concert **February 24th 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.

		Jan 1 Fri		Jan 2 Sat	
		Isaacs Center Closed		I Want to Live	
Jan 4 Mon		Jan 7 Thu		Jan 8 Fri	
Marty		Georgy Girl		Hope Springs	
				Jan 9 Sat	
				Motherhood	
Jan 11 Mon		Jan 14 Thu		Jan 15 Fri	
Little Miss Sunshine		500 Days of Summer		Then She Found Me	
				Jan 16 Sat	
				Hachi: A Dogs Tale	
Jan 18 Mon		Jan 21 Thu		Jan 22 Fri	
Isaacs Center Closed		Marley & Me		The Time Travelers Wife	
				Jan 23 Sat	
				The Magic of Belle Isle	
Jan 25 Mon		Jan 28 Thu		Jan 29 Fri	
Invictus		Pixels		Secretariat	
				Jan 30 Sat	
				Crazy, Stupid, Love	

More Photos from Thanksgiving.

