

Your Guide to Programs and Services at the Stanley M. Isaacs Neighborhood Center January 2017

Thank You to Everyone Who Joined Us for Our Holiday Luncheon





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



MONDAY	
JAN	

Closed for Programming

Isaacs Center will also be closed on 2 Monday, January 2nd and Monday, JAN January 16th. 16

TUESDAYS Arts & Crafts

The Arts & Crafts class is held every Tuesday 3:30PM at 3:30pm. Take a load off your mind and join us in painting, coloring, and creating beautiful art pieces.

THURSDAYS Its All About The Short Story

It's All About the Short Story has returned 2:00PM on Thursdays at 2:00! This literature course focuses on the key elements of writing a short story.

2nd & 4th Advanced Jewelry Making

and leave with a piece you created.

3PM

- THURSDAYS Advanced jewelry making class is held every other Thursday at 3pm. Come join the fun
- TUESDAY

JAN

LiveOn NY This month the Isaacs Center welcomes

10-3PM

10 & 24 LiveOn NY. LiveOn 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.

WEDNESDAY Townhall/Membership JAN

Meeting



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.



COUNCILMAN KALLOS MOBILE OFFICE HOURS

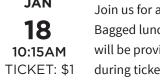
A member of our City Council Member Ben Kallos will be on location at the Isaacs Center from 2-5PM on Tuesday, Jan 10th. You can ask questions about city agencies and receive assistance with applications for SCRIE, SNAP, Medicaid, Access-A-Ride, and other benefits and city services; tenant issues; and much more.

WEDNESDAY Office of the State Controller

JAN 17 1:15PM

The Office of the State Controller has 14 billion dollars of unclaimed money for New York State Residents. This could be you, please attend this presentation to see of you have any lost funds. Join us on January 17th at 1:15pm.

WEDNESDAY Trader Joes



Join us for a shopping trip on Jan 18th. Bagged lunch and round trip transportation will be provided. Meet at 10:15AM. Sign up during ticket sales.

TUESDAY Poets & Writers Reading Dav

Our Poets and Writers class have been prepping for months. Stop by and enjoy their storytelling.

TUESDAY **Chinese New Year Celebration**

Come celebrate Chinese New year with us on Friday, January 27th at 2:30pm. There will be traditional Chinese dancing and music. 2017 is Red Fire Chicken Year, join us for this special event.

与我们一起庆祝中国新年,星 期五,1月27日下午2:30。将有 中国传统舞蹈和音乐。2017年 是红火鸡年,加入我们为这个 特别活动

at the Movie

Jan 2 Mon **Isaacs** Center Closed

Jan 9 Mon

Silver Linings

Playbook

Jan 5 Thu **Steel Magnolias**

Jan 12 Thu The Spectacular Now

Jan 16 Mon **Isaacs** Center Closed

Jan 23 Mon

I Saw the Light

the Story of

Jan 19 Thu

Martin Luther King, Jr.: The Man and The Dream

Jan 26 Mon **Maggies** Plan

Jan 27 Fri Whatever Works

Jan 6 Fri

Jan 13 Fri

The Nice Guys

Jan 20 Fri

Broken City

Demolition

Hank Williams Jan 30 Mon

Hunt for the Wilderpeople

Movie Schedule

Mondays Thursdays Fridays 2:30PM 3:30PM 1:15PM

Office Hours w/ Greg

Stop in to speak with Greg during his weekly "office hours." See Eileen to schedule a time.

Isaacs Center General Information

Isaacs Center Front Desk

For Isaacs Center information, please call Helen, our front desk

Meals on Wheels

Senior Center





JAN

24

1:15PM

JAN

27

1:15PM

Staff Spotlight



Please welcome Gloria, our new full time social work at the Isaacs Center. She is fluent in Mandarin and Cantonese and is available on Wednesdays Walk-In Clinic.

_ 龚小姐是老人中心的全职社工, 讲普通话和广东话, 欢迎会员每周三下午到办公室咨询任何事宜,如有任 何其他问题,欢迎来电咨询212-360-7620,分机13, 或在周一到周五工作时间上午9点到下午5点前往办公 室预约咨询。

Upcoming Month Feburary 2017

 Isaacs Center closed for programming on Monday, February 20th 2017.

• Black History Month Celebration Friday February 24th.

NORC-SSP

The NORC-SSP provides comprehensive case management and case

FREE WI-FI

find out how to connect.

Isaacs Youth Center



Isaacs Center closed in observance of **New Years Day**

09 Mon

9:30	Tai-Chi
10:30	Zumba w/ Yvonne
1:15	Art for Beginners w/ Frank
1:30	Intermediate Spanish Class
1:30	Pet Therapy w/ Alice
2:00	Piano Lessons w/ Nick
2:15	Drama Workshop w/ Frank
2:30	Movie

16 Mon

Isaacs Center closed 1:15 in observance of 1:15 Martin Luther King Jr.^{2:15} 3:30

Day

23 Mon

9:30	Tai-Chi
10:30	Zumba w/ Yvonne
1:15	Art for Beginners w/ Frank
1:30	Intermediate Spanish Class
1:30	Pet Therapy w/ Alice
2:00	Piano Lessons w/ Nick
2:15	Drama Workshop w/ Frank
2:30	Movie

30 Mon

9:30 Tai-Chi 9	9:30
10:30 Zumba w/ Yvonne 1	L-4PN
11-2PM Senator Serrano Office Hours	l:15
1:15 Art for Beginners w/ Frank 1	L:15
1:30 Pet Therapy w/ Alice	2:15
2:00 Piano Lessons w/ Nick	3:30
2:15 Drama Workshop w/ Frank	5:00
2:30 Movie	

03 UC Ticket Sales 9-10:30AM

Stay Well Fitness w/ Denis 9:30 1-4PM Nurse Lorraine Walk-In 1:15 Rincón Latino w/ Jennifer 2:15 Bingo 2:30 Ed & Rec Committee w/ Anita 3:30 Arts and Crafts 3:30 Hospitality Committee w/ Khristel

5:00 Yoga

- 10 Tue Stay Well Fitness w/ Denis 9:30 10-3PM Live on NY 1-4PM Nurse Lorraine Walk-In 1:15 Rincón Latino w/ Jennifer 1:30 Food Committee w/ Jeffrey 2:15 Bingo
- **Councilman Ben Kallos Mobile** 2-5PM **Office Hours** 3:30
- Arts and Crafts 5:00 Yoga
- 7PM **Isaacs Tenant Meeting**

Tue 17

- 9:30 Stay Well Fitness w/ Denis Nurse Lorraine Walk-In 1-4PM
 - Rincón Latino w/ Jennifer
 - **Office of the State Controller**

Presentation

- Bingo Arts and Crafts
- 5:00 Yoga

7PM **Holmes Tenant Meeting** 24 Tue

9:30 Stay Well Fitness w/ Denis 10-3PM Live on NY 1-4PM Nurse Lorraine Walk-In

- Rincón Latino w/ Jennifer 1:15
- 1:15 **Poets and Writers Reading Day**
- 3:30 Arts and Crafts Yoga 5:00
- 31 Tue
 - Stay Well Fitness w/ Denis
- -4PM Nurse Lorraine Walk-In
 - Rincón Latino w/ Jennifer **VNS** Presentation
 - Bingo
 - Arts and Crafts

 - Yoga

O4 Wed Ticket Sales 9-10:30AM

9:45 Health Chat w/ Huda "Stomach Problems"

- 10:30 Yoga w/ Nammi Intermediate Spanish Class 10:30
 - **Townhall/Membership Meeting**
 - Scrabble Group Bingo
 - Wed

1:15

2:30

3:30

11

3:00

3:30

10-12PM Blood Pressure Screenings

- Yoga w/ Nammi 10:30
- Intermediate Spanish Class 10:30
- Groove w/ Yvonne 1:15 1:30
- Q&A w/ Computers 2:30 Scrabble Group
 - Women's Group w/ Nancy
 - Bingo

18 Wed Trip: Traders Joes*

10-12PM Blood Pressure Screenings

- 10:30 Yoga w/ Nammi
- 10:30 Intermediate Spanish Class
- 1:15 Groove w/ Yvonne
- 1:30 Q&A w/ Computers
- 2:30 Scrabble Group 3:30 Bingo

25 Wed

10-12PM Blood Pressure Screenings

- 10:30 Yoga w/ Nammi
- 10:30 Intermediate Spanish Class
- 1:15 Groove w/ Yvonne
- 1:30 Q&A w/ Computers 2:30 Scrabble Group
- 3:00 Women's Group w/ Nancy
- 3:30 Bingo

Holiday Drama Show



05 Thu Ticket Sales 9–10:30AM **Beginners Spanish** 10:00 12:00 Craft Hour 1:00 The Group w/ Aaron 2:00 **Daily Fitness** Its All About the Short Story 2:00 Mandarin Class 2:20 Art Class w/ Nancy 3:00 3:30

Movie

12 Thu **Beginners Spanish** 1-4PM 10:00 Craft Hour 1:15 Movie 12:00 The Group w/ Aaron 2:15 Bingo 1:00 **Daily Fitness** 2:00 2:00 Its All About the Short Story Mandarin Class 2:20

Advanced Jewelry Making 3:00 Movie 3:30

19 Thu

10:00	Beginners Spanish
12:00	Craft Hour
1:00	The Group w/ Aaron
2:00	Daily Fitness
2:00	Its All About the Short St
2:20	Mandarin Class
3:00	Art Class w/ Nancy
3:30	Movie

Thu

00	Beginners Spanish	1-4PM
00	Craft Hour	1:15
0	The Group w/ Aaron	2:30
C	Daily Fitness	
0	Its All About the Short Story	
0	Mandarin Class	
C	Art Class w/ Nancy	
0	Advanced Jewelry Making	

JANUARY 2017 SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays. the Isaacs Center unless otherwise noted

Bingo 2:15 13 Fri

06 Fri

Movie

1-4PM

1:15

20 Fri

10-12PM VOLS Le 1-4PM Nurse Lo 1:15 3:00 Movie tory 3:15 Bingo

- **27** Fri
 - Movie

- 26 10:0 12:0
- 2:00 2:00

3:30

- 2:20
- 3:00
- 3:00 Movie
- 1:00

Nurse Lorraine Walk-In



1:15

Sat Yoga -Located at Asphalt Green Granny Squared -Located at Beacon

Nurse Lorraine Walk-In



Sat Yoga -Located at Asphalt Green

VOLS Legal Clinic
Nurse Lorraine Walk-In
Birthday Party

21	Sat
10:00	Yoga -
	Located at Asphalt Green
1:15	Granny Squared -
	Located at Beacon

M Nurse Lorraine Walk-In

28 Sat

10:00

Yoga -Located at Asphalt Green

Chinese New Year Celebration



JANUARY 2017 02 Mon

B: French Toast L: Lentil Soup Arroz con Pollo(Chicken and Rice) Garden Salad Orange Apple Juice, Milk

09 Mon

B: French Toast L: Meat Sauce Pasta Cucumber Salad Lettuce & Tomato Salad Apple Orange Pineapple Juice, Milk **16** Mon

Isaacs Center closed in observance of Martin Luther King Jr. Day

23 Mon

B:	French Toast
L:	Chicken Parmensan
	Spaghetti
	Whole Wheat Bread
	California Blend Vegetables
	Cantaloupe
	Orange Pineapple Juice, Milk
30	Mon

B: French Toast L: Beef Stew w/ Carrots & Onions Whole Wheat Bread Garlic Mashed Potatoes Sauteed Broccoli w/ Mushrooms & Pearl Onions **Canned Apricots** Orange Juice, Milk

03 Tue

B:

L:

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Corn Muffin w/ Boiled Egg **BBO Pork Chops** Whole Wheat Bread **Baked Sweet Potato** Green Bean Saute Orange Pineapple Juice, Milk

10 Tue

Corn Muffin w/ Boiled Egg **Curry Chicken** White Rice Winter Blend Vegetables **Canned Apricots** Orange Juice, Milk

17 Tue

Corn Muffin w/ Boiled Egg **BBO** Chicken Whole Wheat Bread Mustard Greens Sweet Baked Yams Orange Pineapple Juice, Milk

24 Tue

- Corn Muffin w/ Boiled Egg Lentil Soup **Stewed Pork Chops** Whole Wheat Bread Steamed Kale Sweet Baked Yams Sliced Peaches Orange Pineapple Juice, Milk 31 Tue
 - Corn Muffin w/ Boiled Egg Chicken Stir Fry White Rice Oriental Blend Vegetables Sliced Peaches Orange Pineapple Juice, Milk

04 Wed

B:

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L:

Bagel w/ Cream Cheese & Oatmeal Jerk Chicken Brown Rice w/ Pigeon Peas California Blend Vegetables Orange Grape Juice, Milk

11 Wed

Bagel w/ Cream Cheese & Oatmeal Beef Lasagna Lettuce & Tomato Vegetables Sliced Peaches Orange Pineapple Juice, Milk

Wed 18

Bagel w/ Cream Cheese & Oatmeal Beef and Vegetable Stew Brown Rice Steamed Cabbage Mix **Canned Pineapple** Grape Juice, Milk

25 Wed

- Bagel w/ Cream Cheese & Oatmeal Ravioli Whole Wheat Bread Mixed Green Salad Fruit Cocktail Orange Juice, Milk
- Senior Holiday Party



05 Thu

B:

L:

B:

L:

B:

L:

Waffles & Sausage Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Baby Carrots w/ Parsley **Canned Pineapple** Orange Juice, Milk

12 Thu

Waffles & Sausage Turkey w/ Gravy Whole Wheat Bread Brasied Collard Greens Sweet Baked Yams Fruited Jello Grape Juice, Milk

Thu 19

Waffles & Sausage Pork Spare Ribs Whole Wheat Dinner Roll **Baked Potatoes** Cauliflower w/ Carrots and Parsley **Canned Apricots** Orange Pineapple Juice, Milk

Thu 26

B: Waffles & Sausage L: Pepper Steak Ouinoa Garden Salad Honeydew Orange Juice, Milk

06 Fri

B:

L:

B:

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B:

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B:

L:

Pancakes & Scrambled Eggs **Creamy Vegetables Soup** Tuna Noodle Casserole Cucumber Chickpea Salad Lettuce & Tomato Salad Orange Pineapple Juice, Milk

Fri 13

Pancakes & Scrambled Eggs Baked Salmon Whole Wheat Bread California Blend Vegetables Mashed Potatoes Orange Apple Juice, Milk

20 Fri

Pancakes & Scrambled Eggs Baked Fish w/ Sweet & Sour Sauce L: **Bowtie Noodles** Whole Wheat Bread **Mixed Vegetables** Fruit Cocktail Orange Juice, Milk

27 Fri

Pancakes & Scrambled Eggs Whole Wheat Bread Baby Beets & Carrots w/ Dill Apple Orange Juice, Milk

JANUARY 2017 SENIOR CENTER MENU

Breakfast	
Breakfast is offered	Mon-F

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

Lunch
A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45Al
12:30PM. Suggested contribution is \$2 for seniors. Guest rate is \$3.

Chicken Cacciatore Chef's Rice Sauteed String Beans Apple

Sat Take Home Lunch 28 **Distributed on Friday**

- Baked Fish w/ Cream Corn Sauce L: Garlic & Rosemary Roasted Potatoes Fruit Cocktail Orange Juice, Milk
 - he Isaacs Center programs re partially funded by the the Aging.

Apple Juice, Milk Sat**Take Home Lunch** 14 **Distributed on Friday**

L:

L:

- Arroz con Pollo(Chicken and Rice) Yellow Rice Mixed Green Salad Apple
- Orange Pineapple Juice, Milk

Sat Take Home Lunch Distributed on Fridav

Orange Juice, Milk

21

Black Bean Soup Baked Macaroni & Cheese Whole Wheat Bread Lettuce & Tomato Salad





Sat Take Home Lunch 07 **Distributed on Friday**

Winter Blend Vegetables

Beef & Broccoli

White Rice

Orange

JANUARY 2017 Meals on Wheels Men **01** Sun

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

08 Sun

Herbed Chicken Ouinoa Pilaf Whole Wheat Bread Broccoli **Canned Apricots** Orange Pineapple Juice, Milk

15 Sun

Baked Ham w/ Pineapple Whole Wheat Bread Wild Rice Baby Carrots w/ Parsley Apple Orange Juice, Milk

22 Sun

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

29 Sun

Meat Sauce Whole Wheat Spaghetti Whole Wheat Bread Cut Green Beans Fruit Cocktail Orange Juice, Milk

02 Mon

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

09 Mon

Baked Turkey Breast Fresh Cranberry Sauce Whole Wheat Bread **Italian Blend Vegetables** Mashed Sweet Potatoes Apple

Orange Juice, Milk Meals to be MON Delivered in 16

Advance Isaacs Center closed in observance of Martin Luther King Jr. Day

23 Mon

Teriyaki Beef Egg Noodles Whole Wheat Bread California Blend Vegetables Kiwi Apple Juice, Milk

30 Mon

Homemade Beef Stew Whole Wheat Bread **Mixed Vegetables Red Bliss Potatoes** Orange Apple Juice, Milk

03 Tue

Chicken Alfredo Pasta Whole Wheat Bread Cut Green Beans **Canned Pineapple** Orange Juice, Milk

10 Tue

Baked Mushroom Chicken Rice w/ Chickpeas Whole Wheat Bread Steamed Kale **Canned Pears**

17 Tue

Orange Glazed Chicken Whole Wheat Bread **Mixed Vegetables** Fruit Cocktail Apple Juice, Milk

24 Tue

Cranberry Chicken Whole Wheat Bread Mashed Red Potatoes **Mixed Vegetables** Applesauce Orange Juice, Milk

31 Tue

Chicken Picatta w/ Lemon Sauce **Bowtie Noodles** Whole Wheat Bread Normandy Blend Vegetables Kiwi Orange Juice, Milk

O4 Wed

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

Wed 11

Braised Beef Tips Whole Wheat Bread Mashed Potatoes Vegetable Mix Kiwi Apple, Juice

18 Wed

Baked Fish w/ Garlic Sauce Orzo Pilaf Whole Wheat Bread Steamed Spinach Apple Orange Juice, Milk

25 Wed

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

Holiday Lunch with our YES Students



05 Thu

BBO Chicken Macaroni and Cheese Whole Wheat Bread **Italian Blend Vegetables** Fruit Cocktail Apple Juice, Milk

Thu 12

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

19 Thu

Chicken Jambalaya Whole Wheat Bread **Brussel Sprouts** Canned Pineapple Orange Pineapple Juice, Milk

26 Thu

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

06 Fri

Baked Fish w/ Soy Sauce Whole Wheat Bread **Roasted Potatoes Steamed Spinach** Banana Orange Pineapple Juice, Milk

13 Fri

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

20 Fri

Baked Basa Fish Sofrito Egg Noodles Whole Wheat Bread Italian Blend Vegetables Banana Orange Juice, Milk **27** Fri

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

JANUARY 2017 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.

Orange Pineapple Juice, Milk

Black Beans and Rice

07 Sat

Meat Sauce w/ Chunky Peppers in **Tomato Sauce** Egg Noodles Whole Wheat Bread Normandy Blend Vegetables Apple Sauce Orange Juice

14 Sat

Beef Meatloaf w/ Mushroom Gravy Orzo Whole Wheat Bread California Blend Vegetables Orange Apple Juice, Milk

21 Sat

Beef Salisbury Steak w/ Mushroom Sauce Quinoa Pilaf Whole Wheat Bread Baby Carrots w/ Parsley Orange Orange Pineapple Juice, Milk

28 Sat

Baked Mushroom Chicken Barley Whole Wheat Bread California Blend Vegetables Kiwi Apple Juice, Milk





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.

PUZZLES & GAMES

Its January.

Find the words that relate to Martin Luther King Jr.

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W	F	С	С	S	Ρ	М	L	Ν	W	Е	М	0	С	R	Е	V	0	Т	Η	R	Ε	W	S	Ρ	Е
K	W	Е	Е	L	S	А	R	Ι	R	0	Е	R	Ζ	М	Е	А	U	S	Т	R	I	W	L	J	0
Ν	Т	L	Q	М	Y	R	Ι	Т	V	С	Y	K	U	С	Х	U	В	Е	I	J	Κ	G	W	K	W
I	М	Т	А	L	Ν	С	R	S	А	Ι	А	D	Е	С	U	Y	Е	Т	А	W	Н	М	Н	J	Η
А	R	R	Е	S	Т	Н	S	Е	Т	Ν	С	Q	U	Y	С	Ρ	С	0	F	R	0	F	0	Т	0
R	G	K	Н	S	V	V	Ρ	V	В	Т	U	Х	М	F	М	А	Е	R	D	D	Х	S	K	W	S
Y	Y	Х	С	F	К	D	W	А	Т	А	0	S	М	0	М	U	Т	Ρ	Е	G	С	F	Ρ	0	Х
Y	L	G	K	Т	Е	Q	Q	G	L	K	В	С	G	А	S	W	С	Е	А	Н	J	Y	М	Ζ	Η
Р	S	G	F	А	F	Q	М	Ι	Y	J	М	Η	Y	R	Y	R	R	Ζ	Y	F	Х	R	J	Ζ	Х
Y	U	D	Ι	D	Е	K	Т	L	L	Ρ	Е	Н	S	0	М	F	Т	F	D	В	Х	Ι	Н	G	L
Ν	Ρ	R	Е	0	Х	Y	U	F	Ν	С	Ν	J	G	K	В	Ζ	V	Ρ	S	0	С	Е	Y	А	Η
Boy	/cott					S	elma	а					Eq	ualit	у				F	reed	dom				

March Arrest Protest Dream

Overcome **Civil Rights** Faith Peace

RIDDLES

Take your pick and solve these riddles

egg. Why?

the Arctic ni əvil t'nob

Penguins

1. Look in my face, I
am somebody; Look
in my back, I am
nobody.

A mirror

What am I?

2. Even if they are 3. You are falling out starving, natives that of a window. What live in the Arctic will season is it? never eat a penguin's

ll67

4. I build my home facing the south and I see through a compound Gaze, Yet 2 to the power of 4, Is how is how I move about. What am I?

A spider

5. You go at red, but stop at green. What am l?

> the green part te gnites qote hov bne ,theq You eat the red !nolemneteW

WINTER WONDERLAND

Our afterschool students and Beacon performed a Winter Show.















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Photos from our Holiday Luncheon

Congrats to All Our Raffle Winners(and ones not pictured) Special Thanks to Granny Squared and CrochetCircle for the Knits

