Join us for Zumba on Thursdays at 10AM
Clutter Busters with John
Do you have problems with organizing your home? Do you have too much stuff? You are not alone! This support group focuses on tapping into inner motivation while developing strategies and community supports.

Tasting Day with Jeffrey
Join Jeffrey the Food Services Manager for a special Tasting day on April 6th at 2:00pm.

Trip: Brownstone
Enjoy a Vegas show at the Brownstone in New Jersey. Lunch and admission is included in the ticket price. This is a rescheduled trip from March. See flyer for more details.

Spring Painting Class & Medicare Seminar
Join Emblem Health’s team for a Spring Painting Class and Medicare Seminar! The Emblem community team will be at the Isaacs Center on April 24th at 1:15PM. There will be a painting class for all interested in creating a spring painting. There will also be a Medicare expert on site to answer your questions about healthcare and about Emblem’s program. The event is open to all, supplies and light refreshments will be provided.

Trader Joe's
Join us for a shopping trip on April 19th. Bagged lunch will be provided. Meet at 10:15AM.

Trip: Sands Casino
Enjoy an all you can eat lunch buffet at the golden corral, 5 hour casino stay with $20 in slot play and an additional $5 coupon towards food. Bagged lunch will be provided from the Isaacs Center.

Dollarama Party
Feel like having fun? Do you want to hang out with some great people? If you said yes, then you should join the hospitality committee fundraiser on April 26th at 2:30pm. Cost is only $1 to get in. Please B.Y.O.D - Bring your own drinks (non-alcoholic).

SCRIE and more.
In order to be eligible for the SCRIE program you must be over 62 years old and a US citizen. The Isaacs Center promotes SCRIE and other programs for older adults. More information can be found on the SCRIE website.

AARP Tax Services
AARP last day is on Friday April 14th from 9:30am – 1:30pm. Stop by and speak with one of the AARP representatives for more information.

Dollarama Fundraiser
Join us for a social event to benefit the Isaacs Center. You will have a chance to shop at Dollarama and enjoy a light lunch. Tickets are $50 and include a $30 gift card to Dollarama. Tickets are available at the front desk.

Meet our Staff
Our staff members are dedicated to providing the best possible services to our members. Meet our上文提到的工作人员，了解他们的职责和专业知识。

Thank you for being a member of the Isaacs Center. We are committed to providing you with the best possible services and activities. If you have any questions or concerns, please do not hesitate to contact us.

SINC News+Community | April 2017
Ticket Sales 9-10:30AM
Stay Well Fitness w/ Denis
Meditation
Nurse Lorraine Walk-In
Rincón Latino w/ Jennifer
Tenants Rights Presentation
Bingo
Ed & Rec Committee w/ Anita
Arts & Crafts
Hospitality Committee w/ Khrystel
Yoga

Ticket Sales 9-10:30AM
Rama Navami
10:12PM Blood Pressure Screenings
10:30
Yoga w/ Nammi
11:30-1:30PM FIDA
1:15
General Membership Meeting
2:30
Bingo

Poets & Writers
Meditation
Nurse Lorraine Walk-In
Rincón Latino w/ Jennifer
MTA Reduced Fare Presentation
Bingo
Arts & Crafts
Yoga
Holmes Tenant Meeting

Health Chat w/ Huda
"Non-Arthritic Joint Pain"
10-12PM Blood Pressure Screenings
10:30
Yoga w/ Nammi
11:30-1:30PM FIDA
1:15
Groove w/ Yvonne
1:30 Q&A w/ Computers
2:00 Current Events w/ Allyson
2:30 Scramble Group
3:00 Women's Group w/ Nancy
3:30 Bingo

Groove on Wednesdays at 1:15PM and Fridays at 9:30

Ticket Sales 9-10:30AM
Rama Navami
10:12PM Blood Pressure Screenings
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3:30 Bingo

Groove on Wednesdays at 1:15PM and Fridays at 9:30
## APRIL 2017

### SENIOR CENTER MENU

#### Breakfast

Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $0.40.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>03</td>
<td>Continental Breakfast</td>
<td>Vegetable Soup, Eggplant Parmesan, Whole Wheat Bread, Cucumber Salad, Lettuce &amp; Tomato, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>04</td>
<td>Continental Breakfast</td>
<td>Beef Stir Fry, White Rice, Oriental Blend Vegetables, Orange, Milk</td>
</tr>
<tr>
<td>05</td>
<td>Continental Breakfast</td>
<td>Lentil Soup, Turkey Meatballs, Whole Wheat Bread, Whole Wheat Spaghetti, Italian Cut Green Beans, Kiwi, Milk</td>
</tr>
<tr>
<td>06</td>
<td>Continental Breakfast</td>
<td>Baked Chicken Legs, Baked Sweet Potato, Whole Wheat Bread, Steamed Broccoli, Sliced Peaches, Milk</td>
</tr>
<tr>
<td>07</td>
<td>Continental Breakfast</td>
<td>Baked Flounder, Whole Wheat Bread, Yuca w/ Onions, Sauteed Spinach, Canned Apricots, Lettuce &amp; Tomato, Milk</td>
</tr>
<tr>
<td>08</td>
<td>Continental Breakfast</td>
<td>Arroz con Pollo (Rice w/ Chicken), California Blend Vegetables, Apple, Orange Juice, Milk</td>
</tr>
<tr>
<td>09</td>
<td>Continental Breakfast</td>
<td>Chili con Carne, White Rice, Whole Wheat Bread, Steamed Green Beans, Orange</td>
</tr>
<tr>
<td>10</td>
<td>Continental Breakfast</td>
<td>Stuffed Shells, Whole Wheat Bread, Mixed Green Salad, Peach, Milk</td>
</tr>
<tr>
<td>11</td>
<td>Continental Breakfast</td>
<td>Baked Ziti w/ Beef Meatballs, Whole Wheat Bread, Steamed Spinach, Banana, Milk</td>
</tr>
<tr>
<td>12</td>
<td>Continental Breakfast</td>
<td>Pea Soup, Chicken Teriyaki, Chinese Style Spaghetti, Whole Wheat Bread, Oriental Blend Vegetables, Canned Apricots, Milk</td>
</tr>
<tr>
<td>13</td>
<td>Continental Breakfast</td>
<td>Breaded Fish Fillet, Whole Wheat Bread, Baked Sweet Potato, Steamed Cabbage Mix, Orange, Milk</td>
</tr>
<tr>
<td>14</td>
<td>Continental Breakfast</td>
<td>Baked Macaroni &amp; Cheese, Whole Wheat Bread, Mixed Vegetables, Cantaloupe, Milk</td>
</tr>
<tr>
<td>15</td>
<td>Continental Breakfast</td>
<td>Beef &amp; Broccoli, Winter Blend Vegetables, Brown Rice, Orange Juice, Milk</td>
</tr>
<tr>
<td>16</td>
<td>Continental Breakfast</td>
<td>Baked Ziti w/ Meat Sauce, Whole Wheat Bread, California Blend Vegetables, Mixed Greens, Orange, Milk</td>
</tr>
<tr>
<td>17</td>
<td>Continental Breakfast</td>
<td>Stewed Chicken, White Rice, Stew Pink Beans, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>18</td>
<td>Continental Breakfast</td>
<td>Sweet &amp; Sour Pork, Brown Rice, Whole Wheat Bread, Steamed String Beans, Cantaloupe, Milk</td>
</tr>
<tr>
<td>19</td>
<td>Continental Breakfast</td>
<td>Vegetable Lasagna, Whole Wheat Bread, Garden Salad, Banana, Milk</td>
</tr>
<tr>
<td>20</td>
<td>Continental Breakfast</td>
<td>Spanish Style Baked Fish, Polenta, Whole Wheat Bread, Collard Greens, Honeydew, Milk</td>
</tr>
<tr>
<td>21</td>
<td>Continental Breakfast</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce, Egg Noodles, Whole Wheat Bread, Steamed Broccoli, Orange, Milk</td>
</tr>
<tr>
<td>22</td>
<td>Continental Breakfast</td>
<td>Baked Fish w/ Garlic Sauce, Brown Rice, Whole Wheat Spaghetti, Green Bean Saute, Banana, Orange Pineapple Juice, Milk</td>
</tr>
</tbody>
</table>

#### Lunch

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

<table>
<thead>
<tr>
<th>Day</th>
<th>B: Continental Breakfast</th>
<th>L: Baked Chicken Legs, Whole Wheat Bread, Steamed Broccoli, Sliced Peaches, Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>06</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Flounder, Whole Wheat Bread, Yuca w/ Onions, Sauteed Spinach, Canned Apricots, Lettuce &amp; Tomato, Milk</td>
</tr>
<tr>
<td>07</td>
<td>B: Continental Breakfast</td>
<td>L: Arroz con Pollo (Rice w/ Chicken), California Blend Vegetables, Apple, Orange Juice, Milk</td>
</tr>
<tr>
<td>08</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Macaroni &amp; Cheese, Whole Wheat Bread, Mixed Vegetables, Cantaloupe, Milk</td>
</tr>
<tr>
<td>09</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Ziti w/ Meat Sauce, Whole Wheat Bread, Steamed Green Beans, Orange, Milk</td>
</tr>
<tr>
<td>10</td>
<td>B: Continental Breakfast</td>
<td>L: Beef &amp; Broccoli, Winter Blend Vegetables, Brown Rice, Orange Juice, Milk</td>
</tr>
<tr>
<td>11</td>
<td>B: Continental Breakfast</td>
<td>L: Chili con Carne, Whole Wheat Bread, Steamed Green Beans, Orange</td>
</tr>
<tr>
<td>12</td>
<td>B: Continental Breakfast</td>
<td>L: Stuffed Shells, Whole Wheat Bread, Mixed Green Salad, Peach, Milk</td>
</tr>
<tr>
<td>13</td>
<td>B: Continental Breakfast</td>
<td>L: Pea Soup, Chicken Teriyaki, Chinese Style Spaghetti, Whole Wheat Bread, Oriental Blend Vegetables, Canned Apricots, Milk</td>
</tr>
<tr>
<td>14</td>
<td>B: Continental Breakfast</td>
<td>L: Breaded Fish Fillet, Whole Wheat Bread, Baked Sweet Potato, Steamed Cabbage Mix, Orange, Milk</td>
</tr>
<tr>
<td>15</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Macaroni &amp; Cheese, Whole Wheat Bread, Mixed Vegetables, Cantaloupe, Milk</td>
</tr>
<tr>
<td>16</td>
<td>B: Continental Breakfast</td>
<td>L: Beef &amp; Broccoli, Winter Blend Vegetables, Brown Rice, Orange Juice, Milk</td>
</tr>
<tr>
<td>17</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Ziti w/ Meat Sauce, Whole Wheat Bread, California Blend Vegetables, Mixed Greens, Orange, Milk</td>
</tr>
<tr>
<td>18</td>
<td>B: Continental Breakfast</td>
<td>L: Stewed Chicken, White Rice, Stew Pink Beans, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>19</td>
<td>B: Continental Breakfast</td>
<td>L: Sweet &amp; Sour Pork, Brown Rice, Whole Wheat Bread, Steamed String Beans, Cantaloupe, Milk</td>
</tr>
<tr>
<td>20</td>
<td>B: Continental Breakfast</td>
<td>L: Vegetable Lasagna, Whole Wheat Bread, Garden Salad, Banana, Milk</td>
</tr>
<tr>
<td>21</td>
<td>B: Continental Breakfast</td>
<td>L: Spanish Style Baked Fish, Polenta, Whole Wheat Bread, Collard Greens, Honeydew, Milk</td>
</tr>
<tr>
<td>22</td>
<td>B: Continental Breakfast</td>
<td>L: Beef Salisbury Steak w/ Mushroom Sauce, Egg Noodles, Whole Wheat Bread, Steamed Broccoli, Orange, Milk</td>
</tr>
<tr>
<td>23</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Fish w/ Garlic Sauce, Brown Rice, Whole Wheat Spaghetti, Green Bean Saute, Banana, Orange Pineapple Juice, Milk</td>
</tr>
</tbody>
</table>

#### Take Home Lunch

Distributed on Friday

<table>
<thead>
<tr>
<th>Day</th>
<th>B: Continental Breakfast</th>
<th>L: Beef &amp; Broccoli, Winter Blend Vegetables, Brown Rice, Orange Juice, Milk</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>B: Continental Breakfast</td>
<td>L: Arroz con Pollo (Rice w/ Chicken), California Blend Vegetables, Apple, Orange Juice, Milk</td>
</tr>
<tr>
<td>02</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Macaroni &amp; Cheese, Whole Wheat Bread, Mixed Vegetables, Cantaloupe, Milk</td>
</tr>
<tr>
<td>03</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Ziti w/ Meat Sauce, Whole Wheat Bread, Steamed Green Beans, Orange, Milk</td>
</tr>
<tr>
<td>04</td>
<td>B: Continental Breakfast</td>
<td>L: Chili con Carne, Whole Wheat Bread, Steamed Green Beans, Orange</td>
</tr>
<tr>
<td>05</td>
<td>B: Continental Breakfast</td>
<td>L: Stuffed Shells, Whole Wheat Bread, Mixed Green Salad, Peach, Milk</td>
</tr>
<tr>
<td>06</td>
<td>B: Continental Breakfast</td>
<td>L: Pea Soup, Chicken Teriyaki, Chinese Style Spaghetti, Whole Wheat Bread, Oriental Blend Vegetables, Canned Apricots, Milk</td>
</tr>
<tr>
<td>07</td>
<td>B: Continental Breakfast</td>
<td>L: Breaded Fish Fillet, Whole Wheat Bread, Baked Sweet Potato, Steamed Cabbage Mix, Orange, Milk</td>
</tr>
<tr>
<td>08</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Macaroni &amp; Cheese, Whole Wheat Bread, Mixed Vegetables, Cantaloupe, Milk</td>
</tr>
<tr>
<td>09</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Ziti w/ Meat Sauce, Whole Wheat Bread, California Blend Vegetables, Mixed Greens, Orange, Milk</td>
</tr>
<tr>
<td>10</td>
<td>B: Continental Breakfast</td>
<td>L: Stewed Chicken, White Rice, Stew Pink Beans, Apple, Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>11</td>
<td>B: Continental Breakfast</td>
<td>L: Sweet &amp; Sour Pork, Brown Rice, Whole Wheat Bread, Steamed String Beans, Cantaloupe, Milk</td>
</tr>
<tr>
<td>12</td>
<td>B: Continental Breakfast</td>
<td>L: Vegetable Lasagna, Whole Wheat Bread, Garden Salad, Banana, Milk</td>
</tr>
<tr>
<td>13</td>
<td>B: Continental Breakfast</td>
<td>L: Spanish Style Baked Fish, Polenta, Whole Wheat Bread, Collard Greens, Honeydew, Milk</td>
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<tr>
<td>14</td>
<td>B: Continental Breakfast</td>
<td>L: Beef Salisbury Steak w/ Mushroom Sauce, Egg Noodles, Whole Wheat Bread, Steamed Broccoli, Orange, Milk</td>
</tr>
<tr>
<td>15</td>
<td>B: Continental Breakfast</td>
<td>L: Baked Fish w/ Garlic Sauce, Brown Rice, Whole Wheat Spaghetti, Green Bean Saute, Banana, Orange Pineapple Juice, Milk</td>
</tr>
</tbody>
</table>

#### Daily Fitness

Daily Fitness Thursdays at 2PM
APRIL 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.

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.

Art Class with Nancy on Thursdays 3PM

02 Sun
Herbed Chicken
Quinoa Pilaf
Whole Wheat Bread
Broccoli
Canned Apricots
Orange Pineapple Juice, Milk

03 Mon
Beef Meatloaf w/ Mushroom Gravy
Mashed Red Potatoes
Whole Wheat Bread
California Blend Vegetables
Kiwi
Apple Juice, Milk

04 Tue
Curry Chicken
Egg Noodles
Whole Wheat Bread
Steamed Broccoli & Cauliflower
Orange Juice, Milk

05 Wed
Baked Whiting Fish Fillets
Dill Lemon Sauce
Couscous
Whole Wheat Bread
Italian Blend Vegetables
Orange Pineapple Juice
Orange Juice, Milk

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

07 Fri
Baked Basa Fish
Ginger Sauce
Bulgur
Whole Wheat Bread
Spinach
Apple
Orange Pineapple Juice, Milk

08 Sat
Baked Mushroom Chicken
Barley
Whole Wheat Bread
Cut Green Beans
Kiwi
Orange Juice, Milk

09 Sun
Ham
Whole Wheat Bread
Wild Rice
Green Beans & Carrots
Canned Apricots
Orange Juice, Milk

10 Mon
Baked Turkey Breast
Whole Wheat Bread
Mashed Red Potatoes
Mixed Vegetables
Orange
Apple Juice, Milk

11 Tue
Chicken w/ Oyster Sauce
Chinese Style Spaghetti
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Orange Pineapple Juice, Milk

12 Wed
Pineapple Glazed Salmon
Barley
Whole Wheat Bread
California Blend Vegetables
Apple Juice
Pear, Milk

13 Thu
Chicken Picatta w/ Lemon Sauce
Quinoa Pilaf
Whole Wheat Bread
Zucchini & Carrots
Banana
Orange Juice, Milk

14 Fri
Baked Fish w/ Garlic Sauce
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Kale
Fruit Cocktail
Apple Juice, Milk

15 Sat
Grilled Chicken Breast
Ginger Sauce
Red Bliss Potatoes
Steamed Broccoli
Apple
Orange Pineapple Juice, Milk

16 Sun
Ham
Whole Wheat Bread
Wild Rice
Green Beans & Carrots
Canned Apricots
Orange Juice, Milk

17 Mon
Baked Asian Style Honey Chicken
Egg Noodles
Whole Wheat Bread
Collard Greens
Orange
Apple Juice, Milk

18 Tue
Baked Basa Fish
Sofrito
Quinoa Pilaf
Whole Wheat Bread
Roasted Potatoes
Banana
Apple Juice, Milk

19 Wed
Chicken Chasseur
Whole Wheat Bread
Italian Blend Vegetables
Baby Carrots w/ Parsley
Vanilla Pudding
Orange Juice, Milk

20 Thu
Teriyaki Tilapia
Barley
Whole Wheat Bread
Garlic & Rosemary Roasted Potatoes
Apple
Orange Juice, Milk

21 Fri
Beef Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Garlic & Rosemary Potatoes
Zucchini & Peas
Canned Apricots
Orange Pineapple Juice,

22 Sat
Beef Salisbury Steak w/ Mushroom Sauce
Whole Wheat Bread
Garlic & Rosemary Potatoes
Zucchini & Peas
Canned Apricots
Orange Pineapple Juice,

23 Sun
Turkey w/ Gravy
Brown Rice w/ Mushrooms
Whole Wheat Bread
Cut Green Beans
Orange
Apple Juice, Milk

24 Mon
Beef Stew w/ Carrots & Onions
Whole Wheat Bread
Cut Green Beans
Red Bliss Potatoes
Orange
Apple Juice, Milk

25 Tue
Chicken Alfredo
Fettuccini w/ Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Vanilla Pudding
Orange Juice, Milk

26 Wed
Baked Basa Fish
Couscous w/ Peas & Lemon
Whole Wheat Bread
Steamed Spinach
Apple
Orange Pineapple Juice, Milk

27 Thu
Cranberry Chicken
Mashed Red Potatoes
Whole Wheat Bread
Italian Blend Vegetables
Fruit Cocktail
Apple Juice, Milk

28 Fri
Salmon in Garlic Butter Sauce
Quinoa Pilaf
Whole Wheat Bread
Steamed Spinach
Kiwi
Orange Pineapple Juice, Milk

29 Sat
Meat Sauce w/ Chunky Peppers in Tomato Sauce
Egg Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Apple Juice, Milk

30 Sun
Honey-Apricot Glazed Chicken
Rice w/ Corn
Whole Wheat Bread
Broccoli
Canned Apricots
Orange Pineapple Juice, Milk
Find the words that relate to Spring Showers bring May Flowers.

Blossom
Rainbow
Shower
Dandelion
Melting
Umbrella
Growing
Birds
Cleaning
Flowers
Butterfly
Pics
Reading
Put In
Front Of
Land
The Rock Gets Wet
March 21, 2017
The NYC Department for the Aging (DFTA) wants to reassure our meal recipients – and those who care for them – that the meal services we provide, which homebound seniors rely on, will continue uninterrupted.

The President’s proposed budget for 2018 calls for eliminating funding for federal programs within the US Department of Housing and Urban Development (HUD), including the Community Development Block Grant (CDBG). The proposed $3 billion cut would eliminate CDBG funding to states to use for a variety of programs, including supporting senior nutrition programs, such as home-delivered meals.

In New York City, home-delivered meals are funded through DFTA and on weekends through a public-private partnership with Citymeals on Wheels. These programs do not receive funding from HUD, and thus, currently are not at risk of being de-funded.

However, because the budget outline released by the President lacks many details on individual agency spending, we do not know exactly how this overall cut would affect most Older Americans Act programs. This is a preliminary budget that has to be approved by both houses of Congress.

We urge all those who are concerned about these potential cuts to let their Congressional representatives know how vital home-delivered meals are to our homebound older adult neighbors, our families and communities. You can contact your local representative by calling the Capitol Switchboard at (202) 224-3121 to reach DC offices, and district office phone numbers can be found on Congress Members’ websites.

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We urge all those who are concerned about these potential cuts to let their Congressional representatives know how vital home-delivered meals are to our homebound older adult neighbors, our families and communities. You can contact your local representative by calling the Capitol Switchboard at (202) 224-3121 to reach DC offices, and district office phone numbers can be found on Congress Members’ websites.

March 21, 2017

The NYC Department for the Aging (DFTA) wants to reassure our meal recipients – and those who care for them – that the meal services we provide, which homebound seniors rely on, will continue uninterrupted.

The President’s proposed budget for 2018 calls for eliminating funding for federal programs within the US Department of Housing and Urban Development (HUD), including the Community Development Block Grant (CDBG). The proposed $3 billion cut would eliminate CDBG funding to states to use for a variety of programs, including supporting senior nutrition programs, such as home-delivered meals.

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Sunday Suppers