### Membership Meeting

**WEDNESDAY**

All Senior Center members are invited to meet the staff, hear program updates and ask questions. We would love your feedback.

**Time:** 1:15PM

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### LiveOn NY

**TUESDAY**

This month the Isaacs Center welcomes 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.

**Time:** 9:30AM - 1:30PM

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### Advanced Jewelry Making

**THURSDAYS**

Advanced jewelry making class is held every other Thursday at 3pm. Come join the fun and leave with a piece you created.

**Time:** 10-3PM

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### AARP Tax Services

**FRIDAYS**

AARP meets every Friday from 9:30am - 1:30pm. Stop by and speak with one of the AARP representatives for more information.

**Time:** 9:30AM

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### Senior Center Trip: Brownstone

**TUESDAY**

St. Patrick’s Day Celebration at the Brownstone in New Jersey. For $50 you will have fun, laugh, eat, drink and be merry. The bus leaves the Isaacs Center at 9:15am.

**Time:** 10:15AM

**Ticket:** $50

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### Councilman Kallos Mobile Office Hours

**WEDNESDAY**

A member of our City Council Member Ben Kallos will be on location at the Isaacs Center from 2-5PM on Tuesday, March 14th. 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.

**Time:** 2-5PM

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### Trader Joes

**WEDNESDAY**

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

**Time:** 10:15AM

**Ticket:** $1

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### Movies

**Movies at the Isaacs Center**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Movie</th>
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</thead>
<tbody>
<tr>
<td>Mar 2</td>
<td>Thu</td>
<td>Southside With You</td>
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<td>Mar 3</td>
<td>Fri</td>
<td>Manchester by the Sea</td>
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<td>Mar 6</td>
<td>Mon</td>
<td>The Vessel</td>
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<td>Mar 9</td>
<td>Thu</td>
<td>Home Run</td>
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<td>Mar 10</td>
<td>Fri</td>
<td>The Secrets of Johnathan Sperry</td>
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<td>Mar 13</td>
<td>Mon</td>
<td>Secretariat</td>
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<td>Mar 16</td>
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<td>Creed</td>
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<td>Mar 20</td>
<td>Mon</td>
<td>Still Alice</td>
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<td>Mar 23</td>
<td>Thu</td>
<td>Florence Foster Jenkins</td>
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<td>Mar 24</td>
<td>Fri</td>
<td>The BFG</td>
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<tr>
<td>Mar 27</td>
<td>Mon</td>
<td>The Jungle Book</td>
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<td>Mar 30</td>
<td>Thu</td>
<td>Central Intelligence</td>
</tr>
<tr>
<td>Mar 31</td>
<td>Fri</td>
<td>The 33</td>
</tr>
</tbody>
</table>

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### Office Hours w/ Greg

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

**Time:** 2:30PM - 3:30PM

**Ticket:** $1

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### Senior Spotlight

**What brings you to the Isaacs Center everyday?**

The Isaacs Center is a destination for me. It’s something to do and somewhere to go. Without it, I wouldn’t know what to do. I like to be engaged.

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### Upcoming Month

**April 2017**

- Senior Center Trip to Sands Casino on April 20th
- Staff Meeting on April 24th
- Great Depression Book Club on April 25th

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### 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.

**FREE WI-FI**

The Isaacs Center now has free Wi-Fi service. Stop by the front desk to find out how to connect.
MARCH 2017
SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays.
*Please note that an advance ticket is required for some activities.

06 Mon
9:30 Tai-Chi w/ Clara
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:30 Food Committee w/ Jeffrey
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:30 Movie

07 Tue
9:30 Ticket Sales 9-10:30AM
10:30 Denlots' Day
12:30 Stay Well Fitness w/ Denis
1:15 Nurse Lorraine Walk-In
1:15 Social Action Committee w/ Aaron
1:30 Rincon Latino w/ Jennifer
1:50 DFA Presentation “Chronic Disease & Self-Management”
2:15 Bingo
2:30 Ed & Rec Committee w/ Anita
3:30 Arts and Crafts
5:00 Hospitality Committee w/ Kristel
3:30 Yoga

08 Wed
9:30 Ticket Sales 9-10:30AM
10:30 International Women’s Day
10:15 Health Chat w/ Huda
“Headaches”
“Body, Mind & Soul: Stress Less!”
Yoga w/ Nammi
General Membership Meeting
Scrabble Group
Women’s Group w/ Nancy
3:30 Bingo

09 Thu
9:30 Ticket Sales 9-10:30AM
10:00 Zumba w/ Jannelle
12:00 Craft Hour
1:00 The Group w/ Aaron
1:00 Its All About the Short Story
2:00 Daily Fitness
2:00 Mandarin Class
3:00 Advanced Jewelry Making
3:00 Art Class w/ Nancy
3:30 Movie

10 Fri
9:30 Day of Awesomeness
10:30 10-12PM VOLS Legal Clinic
1:00 Nurse Lorraine Walk-In
1:15 Movie
1:15 Bingo

11 Sat
10:00 Yoga - Located at Isaacs Center
11:15 Granny Sqaured - Located at Isaacs Center

13 Mon
9:30 Tai-Chi w/ Clara
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:30 Village Care Rehabilitation Center Presentation
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:30 Movie

14 Tue
9:30 Trip: Brownstone*
10:30 Stay Well Fitness w/ Denis
1:15 Live on NY
1:15 Rincon Lorraine Walk-In
1:15 Rincon Latino w/ Jennifer
1:30 Councilmen Ben Kallos Mobile Office Hours
2:15 Yoga
3:30 Isaacs Tenant Meeting
7PM

15 Wed
9:30 Trip: Traders Joes*
10:30 Stay Well Fitness w/ Denis
1:15 Live on NY
1:15 Rincon Lorraine Walk-In
1:15 Rincon Latino w/ Jennifer
1:30 Councilmen Ben Kallos Mobile Office Hours
2:15 Yoga
3:30 Isaacs Tenant Meeting

16 Thu
9:30 Craft Hour
10:00 The Group w/ Aaron
1:00 Its All About the Short Story
2:00 Daily Fitness
2:00 Mandarin Class
3:30 Movie

17 Fri
9:30 St. Patrick’s Day
10-12PM VOLS Legal Clinic
1:00 Nurse Lorraine Walk-In
1:15 Birthday Party
3:00 Movie
3:15 Bingo

18 Sat
10:00 First Walk in Space Day
Yoga - Located at Isaacs Center

20 Mon
9:30 Tai-Chi w/ Clara
10:30 Zumba w/ Yvonne
1:15 Drama Production
1:15 “Women’s History Month”
1:30 Pet Therapy w/ Alice
2:30 Movie

21 Tue
9:30 International Day for the Elimination of Racial Discrimination
10:30 Stay Well Fitness w/ Denis
1:15 Rincon Lorraine Walk-In
1:15 Rincon Latino w/ Jennifer
1:50 Mt. Sinai Presentation: Elder Abuse
2:15 Bingo
2:30 Arts and Crafts
3:00 Yoga
3:30 Holmes Tenant Meeting
7PM

22 Wed
9:30 Body, Mind & Soul: Pain Relief
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:30 Q&A w/ Computers
2:00 Current Events w/ Allyson
2:30 Scrabble Group
3:00 Bingo

23 Thu
10:00 Zumba w/ Jannelle
12:00 Craft Hour
1:00 The Group w/ Aaron
1:00 Its All About the Short Story
2:00 Daily Fitness
2:00 Mandarin Class
3:00 Advanced Jewelry Making
3:00 Art Class w/ Nancy
3:30 Movie

24 Fri
9:30 4PM Glamour Gals
1:30 Movie

25 Sat
10:00 Yoga - Located at Isaacs Center
11-1PM Granny Sqaured - Located at Isaacs Center

27 Mon
9:30 Tai-Chi w/ Clara
10:30 Zumba w/ Yvonne
11AM-2PM Senator Serrano Mobile Office Hours
1:15 Art for Beginners w/ Frank
1:30 Pet Therapy w/ Alice
2:00 Piano Lessons w/ Nick
2:15 Drama Workshop w/ Frank
2:30 Movie

28 Tue
9:30 Stay Well Fitness w/ Denis
10:30 Live on NY
10:30 Nurse Lorraine Walk-In
1:15 Rincon Latino w/ Jennifer
2:15 Bingo
2:30 Arts and Crafts
5:00 Yoga

29 Wed
9:30 Poets & Writers
10:30 Yoga w/ Nammi
1:15 Groove w/ Yvonne
1:30 Q&A w/ Computers
2:00 Current Events w/ Allyson
2:30 Scrabble Group
3:30 Bingo

30 Thu
12:00 Craft Hour
1:00 The Group w/ Aaron
1:00 Its All About the Short Story
2:00 Daily Fitness
2:00 Mandarin Class
3:00 Art Class w/ Nancy
3:30 Movie

31 Fri
9:30 Cesar Chavez Day
10:30 Groove w/ Roger
1:45 Movie

Thank you 5th graders from Chapin and Collegiate for making cupcakes for our Meals on Wheels recipients.

Stanley M. Isaacs Neighborhood Center | 416 East 93rd Street, New York, NY 10128

4 SINC News+Community | March 2017

5
MARCH 2017

SENIOR CENTER MENU

Breakfast
Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $2 for seniors. Guest rate is $3.

Lunch
A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested contribution is 50¢.

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**01 Wed**
L: Beef and Vegetable Stew
B: Bagel w/ Cream Cheese & Oatmeal

**02 Thu**
L: Pork Spare Ribs
B: Waffles & Sausage

**03 Fri**
L: Black Bean Soup
B: Pancakes & Scrambled Eggs

**04 Sat**
L: Chicken Cacciatore
B: Take Home Lunch

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**06 Mon**
L: Chicken Parmesan
B: French Toast

**07 Tue**
L: Lentil Soup
B: Corn Muffin w/ Boiled Egg

**08 Wed**
L: Steamed Cabbage Mix
B: Bagel w/ Cream Cheese & Oatmeal

**09 Thu**
L: Whole Wheat Dinner Roll
B: Waffles & Sausage

**10 Fri**
L: Bowtie Noodles
B: Oxford Macaroni & Cheese

**11 Sat**
L: Take Home Lunch
B: Split Pea Soup

---

**13 Mon**
L: Whole Wheat Bread
B: Beef Stew w/ Carrots & Onions

**14 Tue**
L: Steamed Kale
B: Corn Muffin w/ Boiled Egg

**15 Wed**
L: Sweet Baked Yams
B: Bagel w/ Cream Cheese & Oatmeal

**16 Thu**
L: Fruit Cocktail
B: Waffles & Sausage

**17 Fri**
L: Honeydew
B: Special St. Patrick’s Day

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**18 Sat**
L: White Rice
B: Take Home Lunch

---

**20 Mon**
L: Sautéed Broccoli w/ Mushrooms & Pearl Onions
B: French Toast

**21 Tue**
L: Sliced Peaches
B: Corn Muffin w/ Boiled Egg

**22 Wed**
L: Steamed Cabbage Mix
B: Bagel w/ Cream Cheese & Oatmeal

**23 Thu**
L: Apple Juice, Milk
B: Waffles & Sausage

**24 Fri**
L: Baked Brown Rice Pilaf
B: Pancakes & Scrambled Eggs

**25 Sat**
L: Chef’s Rice
B: Take Home Lunch

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**27 Mon**
L: Whole Wheat Bread
B: French Toast

**28 Tue**
L: Steamed Corn on the Cob
B: Corn Muffin w/ Boiled Egg

**29 Wed**
L: Whole Wheat Bread
B: Bagel w/ Cream Cheese & Oatmeal

**30 Thu**
L: Whole Wheat Bread
B: Waffles & Sausage

**31 Fri**
L: Whole Wheat Bread
B: Pancakes & Scrambled Eggs

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**NYC Department for the Aging.**
The Isaacs Center programs are partially funded by the NYC Department for the Aging.
# March 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.

<table>
<thead>
<tr>
<th>Day</th>
<th>Meal</th>
<th>Day</th>
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</thead>
<tbody>
<tr>
<td>01</td>
<td>Wed</td>
<td>Baked Fish w/ Garlic Sauce</td>
<td>Orzo Pilaf</td>
<td>Whole Wheat Bread</td>
<td>Steamed Spinach</td>
<td>Apple Juice, Milk</td>
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<tr>
<td>02</td>
<td>Thu</td>
<td>Chicken Jambalaya</td>
<td>Whole Wheat Bread</td>
<td>Brussel Sprouts</td>
<td>Canned Pineapple</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>03</td>
<td>Fri</td>
<td>Baked Basa Fish</td>
<td>Sofrito</td>
<td>Egg Noodles</td>
<td>Whole Wheat Bread</td>
<td>Italian Blend Vegetables</td>
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<td>Orange</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>04</td>
<td>Sat</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce</td>
<td>Quinoa Pilaf</td>
<td>Whole Wheat Bread</td>
<td>Baby Carrots w/ Parsley</td>
<td>Orange</td>
<td>Orange</td>
<td>Pineapple Juice, Milk</td>
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<tr>
<td>05</td>
<td>Sun</td>
<td>Rosemary Chicken</td>
<td>Whole Wheat Bread</td>
<td>Mashed Potatoes</td>
<td>Steamed Broccoli</td>
<td>Canned Apricots</td>
<td>Apple Juice, Milk</td>
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<tr>
<td>06</td>
<td>Mon</td>
<td>Teriyaki Beef</td>
<td>Egg Noodles</td>
<td>Whole Wheat Bread</td>
<td>California Blend Vegetables</td>
<td>Kiwi</td>
<td>Apple Juice, Milk</td>
<td></td>
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<tr>
<td>07</td>
<td>Tue</td>
<td>Cranberry Chicken</td>
<td>Whole Wheat Bread</td>
<td>Mashed Red Potatoes</td>
<td>Mixed Vegetables</td>
<td>Applesauce</td>
<td>Orange Juice, Milk</td>
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<tr>
<td>08</td>
<td>Wed</td>
<td>Morrocan Meatballs</td>
<td>Whole Wheat Bread</td>
<td>Whole Wheat Spaghetti</td>
<td>Broccoli &amp; Red Peppers</td>
<td>Canned Apricots</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>09</td>
<td>Thu</td>
<td>Hawaiian Chicken</td>
<td>Brown Rice w/ Beans</td>
<td>Whole Wheat Bread</td>
<td>Baby Carrots w/ Parsley</td>
<td>Banana</td>
<td>Apple Juice, Milk</td>
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<td>10</td>
<td>Fri</td>
<td>Baked Fish</td>
<td>Bulgur</td>
<td>Whole Wheat Bread</td>
<td>Brussel Sprouts</td>
<td>Apple</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>11</td>
<td>Sat</td>
<td>Baked Mushroom Chicken</td>
<td>Whole Wheat Bread</td>
<td>California Blend Vegetables</td>
<td>Kiwi</td>
<td>Apple Juice, Milk</td>
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<td>Orange Juice, Milk</td>
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<tr>
<td>13</td>
<td>Mon</td>
<td>Beef Stew</td>
<td>Whole Wheat Bread</td>
<td>Mixed Vegetables</td>
<td>Red Bliss Potatoes</td>
<td>Orange</td>
<td>Apple Juice, Milk</td>
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<tr>
<td>14</td>
<td>Tue</td>
<td>Chicken Picatta w/ Lemon Sauce</td>
<td>Bowtie Noodles</td>
<td>Whole Wheat Bread</td>
<td>Normandy Blend Vegetables</td>
<td>Kiwi</td>
<td>Orange Juice, Milk</td>
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<tr>
<td>15</td>
<td>Wed</td>
<td>Sweet Orange Salmon</td>
<td>Barley</td>
<td>Whole Wheat Bread</td>
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<td>Pear</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>16</td>
<td>Thu</td>
<td>Jerk Chicken</td>
<td>Whole Wheat Bread</td>
<td>Yellow Rice</td>
<td>Zucchini &amp; Carrots</td>
<td>Orange</td>
<td>Apple Juice, Milk</td>
<td></td>
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<tr>
<td>17</td>
<td>Fri</td>
<td>Baked Tilapia w/ Mushrooms, Peppers &amp; Tomatoes</td>
<td>Couscous w/ Peas &amp; Lemon</td>
<td>Whole Wheat Bread</td>
<td>Steamed Kale</td>
<td>Fruit Cocktail</td>
<td>Orange Pineapple Juice, Milk</td>
<td></td>
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<tr>
<td>18</td>
<td>Sat</td>
<td>Ham</td>
<td>Whole Wheat Bread</td>
<td>Wild Rice</td>
<td>Green Beans &amp; Carrots</td>
<td>Canned Apricots</td>
<td>Orange Juice, Milk</td>
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<tr>
<td>19</td>
<td>Sun</td>
<td>Ham</td>
<td>Whole Wheat Bread</td>
<td>Wild Rice</td>
<td>Green Beans &amp; Carrots</td>
<td>Canned Apricots</td>
<td>Apple Juice, Milk</td>
<td></td>
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<tr>
<td>20</td>
<td>Mon</td>
<td>Beef Stroganoff</td>
<td>Egg Noodles</td>
<td>Whole Wheat Bread</td>
<td>California Blend Vegetables</td>
<td>Canned Pineapple</td>
<td>Apple Juice, Milk</td>
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<tr>
<td>21</td>
<td>Tue</td>
<td>Arroz con Pollo(Chicken &amp; Rice)</td>
<td>White Rice</td>
<td>Whole Wheat Bread</td>
<td>Collard Greens</td>
<td>Orange</td>
<td>Apple Juice, Milk</td>
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<tr>
<td>22</td>
<td>Wed</td>
<td>Baked Basa Fish</td>
<td>Couscous w/ Peas &amp; Lemon</td>
<td>Whole Wheat Bread</td>
<td>Steamed Broccoli</td>
<td>Canned Peppers</td>
<td>Sliced Peaches</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>23</td>
<td>Thu</td>
<td>Chicken Marsala</td>
<td>Whole Wheat Bread</td>
<td>Italian Blend Vegetables</td>
<td>Roasted Potatoes</td>
<td>Sliced Peaches</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>24</td>
<td>Fri</td>
<td>Baked Tilapia</td>
<td>Creole Sauce</td>
<td>Barley</td>
<td>Whole Wheat Bread</td>
<td>Baby Carrots w/ Parsley</td>
<td>Apple</td>
<td>Orange Juice, Milk</td>
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</tr>
<tr>
<td>25</td>
<td>Sat</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce</td>
<td>Whole Wheat Bread</td>
<td>Garlic &amp; Rosemary Potatoes</td>
<td>Canned Apricots</td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>26</td>
<td>Sun</td>
<td>Turkey w/ Gravy</td>
<td>Brown Rice w/ Mushrooms</td>
<td>Whole Wheat Bread</td>
<td>Steamed Broccoli</td>
<td>Orange</td>
<td>Apple Juice, Milk</td>
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<tr>
<td>27</td>
<td>Mon</td>
<td>Beef Stew</td>
<td>Whole Wheat Bread</td>
<td>Baby Carrots w/ Parsley</td>
<td>Red Bliss Potatoes</td>
<td>Orange</td>
<td>Apple Juice, Milk</td>
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<tr>
<td>28</td>
<td>Tue</td>
<td>Chicken Alfredo</td>
<td>Pasta</td>
<td>Whole Wheat Bread</td>
<td>Cut Green Beans</td>
<td>Canned Pineapple</td>
<td>Orange Juice, Milk</td>
<td></td>
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<tr>
<td>29</td>
<td>Wed</td>
<td>Baked Basa Fish</td>
<td>Couscous w/ Peas &amp; Lemon</td>
<td>Whole Wheat Bread</td>
<td>Collard Greens w/ Tomato</td>
<td>Apple</td>
<td>Orange Pineapple Juice, Milk</td>
<td></td>
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<tr>
<td>30</td>
<td>Thu</td>
<td>BBQ Chicken</td>
<td>Macaroni &amp; Cheese</td>
<td>Whole Wheat Bread</td>
<td>Roasted Potatoes</td>
<td>Steamed Spinach</td>
<td>Banana</td>
<td>Orange Pineapple Juice, Milk</td>
<td></td>
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<tr>
<td>31</td>
<td>Fri</td>
<td>Baked Fish w/ Soy Sauce</td>
<td>Whole Wheat Bread</td>
<td>Roasted Potatoes</td>
<td>Steamed Spinach</td>
<td>Banana</td>
<td>Orange Pineapple Juice, Milk</td>
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</tbody>
</table>
Its March.

Find the words that relate to Black History Month.

A WORD FROM GREG

RIDDLES

Take your pick and solve these riddles

1. What is mostly reliable but you won’t make a peep unless it goes beep?

2. There are two bodies on the floor. They are surrounded by water and broken glass. How did they die?

3. What is bought by the yard and worn by the foot?

4. What country would you send a man to for his appetite?

5. Why is your eye like a boy being whipped?

Each year, the Isaacs Center endeavors to create a robust schedule of program activity that includes weekly classes, monthly events, and, of course, trips. We want each of these experiences to be engaging, informative, and fun. In this effort, it is very important that the environments we create are inclusive, and cultural sensitivity. It has come to my attention that the Isaacs Center did not succeed in meeting the expectations of our community when we celebrated the holidays before and after the new year. Despite our best efforts, we simply did not do a good enough job of acknowledging and representing the diversity of our membership. For that, I apologize.

We are committed to doing better for you in 2017, and we plan to work with our members to better represent all of the wonder and beauty of the communities and cultures that are present here at the Isaacs Center.

My thanks for your patience and continued support.

Gregory J Morris
President and Executive Director
Sunday Suppers