



# Isaacs | News + Center | Community

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

## Black History Celebration



**WEDNESDAY Membership Meeting**

**8**  
1:15PM

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

**TUESDAY LiveOn NY**

**14 & 28**  
10-3PM

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.

**TUESDAYS Arts & Crafts**

3:30PM

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

**WEDNESDAYS Poets and Writers**

9:30AM

Stop by the Poets and Writers class on Wednesday March 1st, 15th and 29th at 9:30. They would love to see new faces. This group helps you to write down your thoughts, ideas, feelings, and past experiences.

**WEDNESDAYS Body, Mind & Soul Workshop**

9:30AM

Join our Occupational Therapy students for the "Body, Mind, and Soul" seminar series every Wednesday at 9:30am. They will use games, activities, and discussion to promote physical health, brain fitness, and social interaction. You will learn about pain management, holistic health care, relaxation techniques... and more!

**THURSDAYS It's All About the Short Story**

3PM

It's All About the Short Story has returned on Thursdays at 2:00pm. This literature course focuses on the key elements of writing a short story. Students will host a "publishing party" during the final class, where participants will read their stories to the instructor, classmates and invited guests.

**2nd & 4th THURSDAYS Advanced Jewelry Making**

3PM

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

**FRIDAYS AARP Tax Services**

9:30AM

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

**TUESDAY Senior Center Trip: Brownstone**

**14**  
9:15AM  
TICKET: \$50

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.

**TUESDAY COUNCILMAN KALLOS MOBILE OFFICE HOURS**

**14**  
2-5PM



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.

**WEDNESDAY Trader Joes**

**15**  
10:15AM  
TICKET: \$1

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.

# Movies at the Isaacs Center

**Mar 2** Thu  
Southside With You

**Mar 3** Fri  
Manchester by the Sea

**Mar 6** Mon  
The Vessel

**Mar 9** Thu  
Home Run

**Mar 10** Fri  
The Secrets of Johnathan Sperry

**Mar 13** Mon  
Secretariat

**Mar 16** Thu  
Creed

**Mar 17** Fri  
Queen of Katwe

**Mar 20** Mon  
Still Alice

**Mar 23** Thu  
Florence Foster Jenkins

**Mar 24** Fri  
The BFG

**Mar 27** Mon  
The Jungle Book

**Mar 30** Thu  
Central Intelligence

**Mar 31** Fri  
The 33

**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.

# Senior Spotlight



**Eileen**

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

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

# Upcoming Month

April 2017

- Senior Center Trip to Sands Casino on April 20th

## 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.

**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.

# MARCH 2017

## SENIOR CENTER ACTIVITIES

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

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

\*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

- 13 Mon**  
 9:30 Tai-Chi w/ Clara  
 10:30 Zumba w/ Yvonne  
 1:15 Art for Beginners w/ Frank  
 1:15 **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

- 20 Mon First Day of Spring**  
 9:30 Tai-Chi w/ Clara  
 10:30 Zumba w/ Yvonne  
 1:15 **Drama Production "Women's History Month"**  
 1:30 Pet Therapy w/ Alice  
 2:30 Movie

- 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

- 07 Tue Ticket Sales 9-10:30AM Dentists' Day**  
 9:30 Stay Well Fitness w/ Denis  
 1-4PM Nurse Lorraine Walk-In  
 12:30 **Social Action Committee w/ Aaron**  
 1:15 Rincón Latino w/ Jennifer  
 1:30 **DFTA Presentation "Chronic Disease & Self-Management"**  
 2:15 Bingo  
 2:30 **Ed & Rec Committee w/ Anita**  
 3:30 Arts and Crafts  
 3:30 **Hospitality Committee w/ Khristel**  
 5:00 Yoga

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

- 21 Tue International Day for the Elimination of Racial Discrimination**  
 9:30 Stay Well Fitness w/ Denis  
 1-4PM Nurse Lorraine Walk-In  
 1:15 Rincón Latino w/ Jennifer  
 1:15 **Mt. Sinai Presentation: Elder Abuse**  
 2:15 Bingo  
 3:30 Arts and Crafts  
 5:00 Yoga  
 7PM **Holmes Tenant Meeting**

- 28 Tue**  
 9:30 Stay Well Fitness w/ Denis  
 10-3PM Live on NY  
 1-4PM Nurse Lorraine Walk-In  
 1:15 Rincón Latino w/ Jennifer  
 2:15 Bingo  
 3:30 Arts and Crafts  
 5:00 Yoga

- 01 Wed Ash Wednesday**  
 9:30 **Body, Mind & Soul: Brain Games**  
 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

- 08 Wed Ticket Sales 9-10:30AM International Women's Day**  
 9:30 **Health Chat w/ Huda "Headaches"**  
 9:45 **Body, Mind & Soul: Stress Less!**  
 10:30 Yoga w/ Nammi  
 1:15 **General Membership Meeting**  
 2:30 Scrabble Group  
 3:00 Women's Group w/ Nancy  
 3:30 Bingo

- 15 Wed Trip: Traders Joes\***  
 9:30 **Body, Mind, Soul: Pain and Relief**  
 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

- 22 Wed**  
 9:30 **Body, Mind & Soul: Pain Relief**  
 10:30 Yoga w/ Nammi  
 1:15 Groove w/ Yvonne  
 1:15 **Patient Advocacy w/ Jess**  
 1:30 Q&A w/ Computers  
 2:00 Current Events w/ Allyson  
 2:30 Scrabble Group  
 3:00 Women's Group w/ Nancy  
 3:30 Bingo

- 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

- 02 Thu Dr. Seuss' Birthday**  
 12:00 Craft Hour  
 1:00 The Group w/ Aaron  
 1:00 Its All About the Short Story  
 2:00 Daily Fitness  
 2:20 Mandarin Class  
 3:30 Movie

- 09 Thu Ticket Sales 9-10:30AM**  
 10:00 Zumba w/ Janelle  
 12:00 Craft Hour  
 1:00 The Group w/ Aaron  
 2:00 Its All About the Short Story  
 2:00 Daily Fitness  
 2:20 Mandarin Class  
 3:00 Advanced Jewelry Making  
 3:00 Art Class w/ Nancy  
 3:30 Movie

- 16 Thu**  
 12:00 Craft Hour  
 1:00 The Group w/ Aaron  
 2:00 Its All About the Short Story  
 2:00 Daily Fitness  
 2:20 Mandarin Class  
 3:30 Movie

- 23 Thu**  
 10:00 Zumba w/ Janelle  
 12:00 Craft Hour  
 1:00 The Group w/ Aaron  
 2:00 Daily Fitness  
 2:00 Its All About the Short Story  
 2:20 Mandarin Class  
 3:00 Advanced Jewelry Making  
 3:00 Art Class w/ Nancy  
 3:30 Movie

- 30 Thu**  
 12:00 Craft Hour  
 1:00 The Group w/ Aaron  
 2:00 Daily Fitness  
 2:00 Its All About the Short Story  
 2:20 Mandarin Class  
 3:00 Art Class w/ Nancy  
 3:30 Movie

- 03 Fri Employee Appreciation Day**  
 9:30 Groove w/ Roger  
 1-4PM Nurse Lorraine Walk-In  
 1:15 Movie  
 1:15 **VNS Choice Plan Presentation**  
 2:15 Bingo

- 10 Fri Day of Awesomeness**  
 9:30 Groove w/ Roger  
 1-4PM Nurse Lorraine Walk-In  
 1:15 Movie  
 2:15 Bingo

- 17 Fri St. Patrick's Day**  
 9:30 Groove w/ Roger  
 10-12PM **VOLS Legal Clinic**  
 1-4PM Nurse Lorraine Walk-In  
 1:15 **Birthday Party**  
 3:00 Movie  
 3:15 Bingo

- 24 Fri**  
 9:30 Groove w/ Roger  
 1-4PM Nurse Lorraine Walk-In  
 1:15 Movie  
 3:00 **Glamour Gals**

- 31 Fri Cesar Chavez Day**  
 9:30 Groove w/ Roger  
 1-4PM Nurse Lorraine Walk-In  
 1:15 **Vocal Ease Performance**  
 1:15 Movie

- 04 Sat**  
 10:00 Yoga -  
 Located at Isaacs Center

- 11 Sat**  
 10:00 Yoga -  
 Located at Isaacs Center  
 11-1PM Granny Squared -  
 Located at Isaacs Center

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

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

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



# MARCH 2017

## SENIOR CENTER MENU

### Breakfast

Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is 50¢.

### Lunch

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

### 06 Mon

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

### 13 Mon

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

### 20 Mon

- B: French Toast
- L: Baked Turkey Breast  
Whole Wheat Bread  
Mashed Potatoes  
Italian Cut Green Beans  
Apple  
Orange Pineapple Juice, Milk

### 27 Mon

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

### 07 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Lentil Soup  
Stewed Pork Chops  
Whole Wheat Bread  
Steamed Kale  
Sweet Baked Yams  
Sliced Peaches  
Orange Pineapple Juice, Milk

### 14 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Chicken Stir Fry  
White Rice  
Oriental Blend Vegetables  
Sliced Peaches  
Orange Pineapple Juice, Milk

### 21 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Chicken w/ Tomato Sauce  
Bowtie Noodles  
Whole Wheat Bread  
Mixed Vegetables  
Canned Apricots  
Orange Juice, Milk

### 28 Tue

- B: Corn Muffin w/ Boiled Egg
- L: BBQ Pork Chops  
Whole Wheat Bread  
Baked Sweet Potato  
Green Bean Saute  
Orange Pineapple Juice, Milk

### 01 Wed

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

### 08 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Ravioli  
Whole Wheat Bread  
Mixed Green Salad  
Fruit Cocktail  
Orange Juice, Milk

### 15 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Baked Ziti w/ Meat Sauce  
Whole Wheat Bread  
Lettuce Tomato  
Mustard Greens  
Orange  
Pineapple Juice, Milk

### 22 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Beef Stew w/ Carrots & Onions  
Baked Brown Rice Pilaf  
Steamed Cabbage Mix  
Orange  
Grape Juice, Milk

### 29 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Jerk Chicken  
Brown Rice w/ Pigeon PEAs  
California Blend Vegetables  
Orange  
Grape Juice, Milk

### 02 Thu

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

### 09 Thu

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

### 16 Thu

- B: Waffles & Sausage
- L: BBQ Chicken  
Whole Wheat Bread  
Baked Sweet Potato  
Steamed Cabbage Mix  
Apple  
Orange Juice, Milk

### 23 Thu

- B: Waffles & Sausage
- L: Vegetable Soup  
Oven Fried Chicken  
Whole Wheat Bread  
California Blend Vegetables  
Sweet Baked Yams  
Sliced Peaches  
Orange Pineapple Juice, Milk

### 30 Thu

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

### 03 Fri

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

### 10 Fri

- B: Pancakes & Scrambled Eggs
- L: Baked Fish w/ Cream Corn Sauce  
Baby Beets & Carrots w/ Dill  
Garlic & Rosemary Roasted Potatoes  
Apple  
Orange Juice, Milk

### 17 Fri Special St. Patrick's Day Menu

- B: Pancakes & Scrambled Eggs
- L: Baked Flounder  
Whole Wheat Bread  
Steamed Corn on the Cob  
Steamed Peas & Carrots  
Fruit Cocktail  
Orange Pineapple Juice, Milk

### 24 Fri

- B: Pancakes & Scrambled Eggs
- L: Baked Fish w/ Soy Sauce  
Whole Wheat Bread  
Yuca  
Mustard Greens  
Fruit Cocktail  
Orange Juice, Milk

### 31 Fri

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

### 04 Sat Take Home Lunch Distributed on Friday

- L: Chicken Cacciatore  
Chef's Rice  
Sautéed String Bean  
Apple  
Orange Juice, Milk

### 11 Sat Take Home Lunch Distributed on Friday

- L: Black Bean Soup  
Baked Macaroni & Cheese  
Whole Wheat Bread  
Lettuce & Tomato  
Fruit Cocktail  
Orange Juice, Milk

### 18 Sat Take Home Lunch Distributed on Friday

- L: Chili con Carne  
White Rice  
Green Bean Saute  
Apple  
Orange Juice, Milk

### 25 Sat Take Home Lunch Distributed on Friday

- L: Split Pea Soup  
Baked Macaroni & Cheese  
Whole Wheat Bread  
Mixed Green Salad  
Canned Pineapple  
Apple Juice, Milk



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.

### 05 Sun

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

### 12 Sun

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

### 19 Sun

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

### 26 Sun

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

### 06 Mon

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

### 13 Mon

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

### 20 Mon

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

### 27 Mon

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

### 07 Tue

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

### 14 Tue

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

### 21 Tue

Arroz con Pollo(Chicken & Rice)  
White Rice  
Whole Wheat Bread  
Collard Greens  
Orange  
Apple Juice, Milk

### 28 Tue

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

### 01 Wed

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

### 08 Wed

Moroccan Meatballs  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Broccoli & Red Peppers  
Canned Apricots  
Orange Pineapple Juice, Milk

### 15 Wed

Sweet Orange Salmon  
Barley  
Whole Wheat Bread  
California Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk

### 22 Wed

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

### 29 Wed

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

### 02 Thu

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

### 09 Thu

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

### 16 Thu

Jerk Chicken  
Whole Wheat Bread  
Yellow Rice  
Zucchini & Carrots  
Orange  
Apple Juice, Milk

### 23 Thu

Chicken Marsala  
Whole Wheat Bread  
Italian Blend Vegetables  
Roasted Potatoes  
Sliced Peaches  
Orange Pineapple Juice, Milk

### 30 Thu

BBQ Chicken  
Macaroni & Cheese  
Whole Wheat Bread  
Italian Blend Vegetables  
Fruit Cocktail  
Apple Juice, Milk

### 03 Fri

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

### 10 Fri

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

### 17 Fri

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

### 24 Fri

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

### 31 Fri

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

### 04 Sat

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

### 11 Sat

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

### 18 Sat

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

### 25 Sat

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

Thank you to the Bursky family and Clegg family for sponsoring Sunday Suppers.



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 March.

Find the words that relate to Black History Month.

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

- |          |        |                |                 |
|----------|--------|----------------|-----------------|
| Suffrage | Voting | Clara Barton   | Josephine Baker |
| Rights   | Women  | Activist       | Amelia Earhart  |
| Equality | Gender | Sjourner Truth | Michelle Obama  |

## 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?

Clock.

An Alarm

The fish bowl  
got knocked  
over. The  
bodies were  
goldfish.

A carpet.

To Hungary.

It is under the  
lash.

## A WORD FROM GREG



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



# Isaacs | News + Center | Community

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

## Sunday Suppers

