Senior Fashion Show
This month at the Isaacs Center Senior Center

**Closed for Programming**

**DEC 25**
Isaacs Center will be closed on Monday, December 25th and Monday, January 1st.

**WEDNESDAYS**

**The SINC Community Awakens**

2:00PM – 4:00PM
The SINC Community Awakens group will have healthy snacks available to you every Wednesday from 2pm – 4pm. Look out for reminders on the Hospitality Table.

**FRIDAY**

**10:45AM**

**Trip: Ligreci’s Staaten**
Join us for Christmas Cheer at Ligreci’s Staaten in Staten Island. See a holiday show at Ligreci’s Staaten, and a choice of entrée with salad, side dishes, dessert and beverages.

**11AM**

**Vocal Ease Performance**
On December 1st at 1:15pm Vocal Ease will perform a cabaret-style show with a small group of professional singers with piano accompaniment. The show will be comprised of standards and musical theater songs from seniors’ era. The performance will be lively and audience interactive.

**FRIDAY**

**1:15PM**

**Holiday Decorating Party**
On Friday, December 1st we will enjoy some holiday cheer with Vocal Ease then head over to the lobby to deck the halls with bells. Please join us for our 2nd annual Holiday Decorating Party. See you soon!

**WEDNESDAY**

**10:45AM**

**Trader Joes**
Join us for a shopping trip on December 13th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM.

**11AM**

**Craft Sale**
Join the ladies from Craft Hour as they present and sell some of their handmade items. Friday, December 15th starting at 11am.

**TUESDAY**

**19**

**1:15PM**

**Maria Guida Musical Extravaganza**
Join Maria in singing along to some oldies but goodies on December 19th at 1:15pm. So, clear your throats and get ready to participate.

**WEDNESDAY**

**20**

**10:45AM**

**11AM**

**Manhattan Valley**
Join us for a trip to Manhattan Valley on Columbus Ave. While there you can visit stores such as Home Goods, Whole Foods and much, much more.

**FRIDAY**

**1**

**Vocal Ease Performance**
On December 1st at 1:15pm Vocal Ease will perform a cabaret-style show with a small group of professional singers with piano accompaniment. The show will be comprised of standards and musical theater songs from seniors’ era. The performance will be lively and audience interactive.

**1:15PM**

**Holiday Decorating Party**
On Friday, December 1st we will enjoy some holiday cheer with Vocal Ease then head over to the lobby to deck the halls with bells. Please join us for our 2nd annual Holiday Decorating Party. See you soon!

**MONDAY**

**25**

**11AM**

**Christmas Luncheon**
Join us on Monday, December 25th for our annual Christmas Luncheon. Doors will open at 10:30am, lunch will be served at 11am. Sign up during ticket sales beginning on December 5th.

**Peer Support Groups**
We've been talking about it and now it's finally here. The Isaacs Center would like to welcome “Peer Led Support Groups.” There will be a variety of groups so check out the Hospitality Table for dates and times. Come out and show your support.

**Grupos de Apoyo Mutuo**
Hemos estado hablando de eso y ahora finalmente está aquí. El Centro de Isaacs desea dar la bienvenida a “Grupos de apoyo”. Habrá una variedad de grupos, favor de revisar la mesa de hospitalidad para conocer las fechas y horarios. Ven y muestra tu apoyo.

**Let’s Talk w/ Gloria**
“没事儿，咱聊聊”活动小组专为小区亚洲居民量身定制，目的是为更多亚洲居民创造更多机会认识新朋友，为纽约市新移民提供最有用的信息，并更新中美最新消息，以及为所有人创造一个友好的小区环境。
Movies at the Isaacs Center

Dec 1 Fri
Baywatch

Dec 4 Mon
Baby Driver

Dec 7 Thu
Central Intelligence

Dec 8 Fri
Guardians of the Galaxy

Dec 11 Mon
Guardians of the Galaxy vol. 2

Dec 14 Thu
A Taste of Chanukah

Dec 15 Fri
The Holiday

Dec 18 Mon
Love Actually

Dec 21 Thu
The Santa Clause

Dec 22 Fri
Elf

Dec 25 Mon
Isaacs Center Closed

Dec 28 Thu
Miracle on 34th St

Dec 29 Fri
The Space Between Us

Movie Schedule
Mondays 2:30PM
Thursdays 3:00PM
Fridays 1:15PM

Group Spotlight

“没事儿，咱聊聊”国语活动小组火热进行中！快快加入我们，学英语，谈健康，知新闻，聊时事。每周三下午1点在6号房间，我们等你来！

Upcoming Month
January 2018
• January 1st, Isaacs Center closed for programming.
• Poets & Writers Reading Day

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 x144.

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.
SINC News+Community | December 2017

DECEMBER 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.

04 Mon
11:00AM-2PM Senator Serrano Mobile Office Hours
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:15 Patient Advocacy w/ Jess
1:30 Pet Therapy w/ Alice
2:15 Drama Workshop w/ Frank
2:30 Movie

05 Tue
Ticket Sales
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM HIICAP
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
2:15 Food Committee w/ Jeffrey
3:00 Ed & Rec Commitee w/ Anita
3:30 Arts and Crafts
Hospitality w/ Khristel

10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Membership Meeting
2:30 Scrabble Group

06 Wed
Ticket Sales
9:45 Health Chat w/ Huda
“Skin Care”
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Membership Meeting
2:30 Scrabble Group

11 Mon
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:15 Emblem Health Presentation
1:30 Pet Therapy w/ Alice
2:15 Drama Workshop w/ Frank
2:30 Movie
2:30 Poets and Writers

12 Tue
Stay Well Fitness w/ Denis
Meditation
11AM-3PM HIICAP
1-4PM Nurse Lorraine Walk-In
Rincón Latino w/ Jennifer
Well Cornell Medicine “Precision Medicine/All of Us”
Councilman Ben Kallos Mobile Office Hours
Bingo
3:30 Arts and Crafts
Isaacs Tenant Meetings

13 Wed
Chanukah
Trip: Trader Joes*
10-12PM Blood Pressure Screenings
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Nutrition Support Group
2:30 Scrabble Group
3:00 Conversations w/ Nancy
3:30 Game Day

18 Mon
Trip: Ligreci’s Staaten*
10:30 Zumba w/ Yvonne
1:15 Art for Beginners w/ Frank
1:30 Pet Therapy w/ Alice
2:15 Drama Workshop w/ Frank
2:30 Movie

19 Tue
Stay Well Fitness w/ Denis
Meditation
11AM-3PM HIICAP
1-4PM Nurse Lorraine Walk-In
Rincón Latino w/ Jennifer
Maria Guida Musical Extravaganza
Bingo
3:30 Arts and Crafts
Isaacs Tenant Meetings

20 Wed
Trip: Manhattan Valley*
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Nutrition Support Group
2:30 Scrabble Group
3:30 Bingo

25 Mon Christmas Day

Holiday Luncheon
Doors Open 10:30AM
Lunch Serve 11AM

26 Tue
Kwanzaa
9:30 Stay Well Fitness w/ Denis
10:30 Meditation
11AM-3PM HIICAP
1-4PM Nurse Lorraine Walk-In
1:15 Rincón Latino w/ Jennifer
2:15 Bingo
3:30 Arts and Crafts

27 Wed
10:30 Yoga w/ Nammi
1:00 没事儿咱聊聊
1:15 Groove w/ Yvonne
2:00 Nutrition Support Group
2:30 Scrabble Group
3:00 Conversations w/ Nancy
3:30 Bingo
3:30 Game Day
07 Thu  
10:00  Zumba w/ Jannelle
12:00  Craft Hour
1:00  The Group w/ Aaron
1:15  ESL for Spanish Speakers
2:00  Collaborative Writing Class
3:00  Movie
3:00  Art Class w/ Nancy

14 Thu
10:00  Zumba w/ Jannelle
10:00  Breast Cancer Survivor Group
12:00  Craft Hour
1:00  The Group w/ Aaron
1:15  ESL for Spanish Speakers
2:00  Collaborative Writing Class
3:00  Movie

15 Fri  
Bill of Rights Day
9:30  Groove w/ Roger
10:00  Caregiver Support Group
10:00  Hablando con Maria
10-12PM  VOLS Legal Clinic
11:00  Craft Sale
1:15  Nurse Lorraine Walk-In
1:15  Birthday Party
2:00  Pastoral care
3:00  Bingo
3:00  Golden Opportunities
4:00  Brainstorming w/ Pearl

21 Thu  
First Day of Winter
10:00  Zumba w/ Jannelle
10:00  Breast Cancer Survivor Group
12:00  Craft Hour
1:00  The Group w/ Aaron
1:15  ESL for Spanish Speakers
2:00  Collaborative Writing Class
2:30  Holiday Party
3:00  Movie
3:00  Art Class w/ Nancy

22 Fri
9:30  Groove w/ Roger
10:00  Caregiver Support Group
10:00  Hablando con Maria
1-4PM  Nurse Lorraine Walk-In
1:15  Movie
2:00  Pastoral care
3:00  Bingo
3:00  Golden Opportunities
4:00  Brainstorming w/ Pearl

28 Thu
10:00  Breast Cancer Survivor Group
12:00  Craft Hour
1:00  The Group w/ Aaron
1:15  ESL for Spanish Speakers
2:00  Collaborative Writing Class
3:00  Movie
3:00  Art Class w/ Nancy

29 Fri
9:30  Groove w/ Roger
10:00  Caregiver Support Group
10:00  Hablando con Maria
1-4PM  Nurse Lorraine Walk-In
1:15  Movie
2:00  Pastoral care
3:00  Bingo
3:00  Golden Opportunities
4:00  Brainstorming w/ Pearl

30 Sat  
Isaacs Center
Closed for
New Year’s Holiday

02 Sat
10:00  Yoga

08 Fri
9:30  Groove w/ Roger
10:00  Caregiver Support Group
10:00  Hablando con Maria
1-4PM  Nurse Lorraine Walk-In
1:15  Movie
2:00  Pastoral care
2:15  Bingo
3:00  Golden Opportunities
4:00  Brainstorming w/ Pearl

09 Sat
10:00  Yoga
11-1PM  Granny Squared

16 Sat
10:00  Yoga
11-1PM  Granny Squared
# DECEMBER 2017

## SENIOR CENTER MENU

### Breakfast

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

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>04</td>
<td>Continental Breakfast</td>
<td>Chicken Cacciatore Egg Noodles Whole Wheat Bread Steamed Spinach Sliced Peaches Orange Juice, Milk</td>
</tr>
<tr>
<td>11</td>
<td>Continental Breakfast</td>
<td>Ginger Garlic Beef Stew Chinese Style Spaghetti Whole Wheat Bread Steamed Spinach Orange, Milk</td>
</tr>
<tr>
<td>18</td>
<td>Continental Breakfast</td>
<td>Stuffed Shells w/ Cheese Whole Wheat Bread Garden Salad Sliced Peaches Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>25</td>
<td>Continental Breakfast</td>
<td>Baked Breaded Lamb Chops Mashed Potatoes Whole Wheat Bread Italian Cut Green Beans Orange, Apple Juice</td>
</tr>
<tr>
<td>05</td>
<td>Continental Breakfast</td>
<td>Chicken Cacciatore Egg Noodles Whole Wheat Bread Steamed Spinach Sliced Peaches Orange Juice, Milk</td>
</tr>
<tr>
<td>12</td>
<td>Continental Breakfast</td>
<td>Ginger Garlic Beef Stew Chinese Style Spaghetti Whole Wheat Bread Steamed Spinach Orange, Milk</td>
</tr>
<tr>
<td>19</td>
<td>Continental Breakfast</td>
<td>Stuffed Shells w/ Cheese Whole Wheat Bread Garden Salad Sliced Peaches Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>26</td>
<td>Continental Breakfast</td>
<td>Baked Breaded Lamb Chops Mashed Potatoes Whole Wheat Bread Italian Cut Green Beans Orange, Apple Juice</td>
</tr>
<tr>
<td>06</td>
<td>Continental Breakfast</td>
<td>Turkey Chili w/ Sweet Potatoes &amp; Corn White Rice Whole Wheat Bread Lettuce &amp; Tomato Orange, Milk</td>
</tr>
<tr>
<td>13</td>
<td>Continental Breakfast</td>
<td>Lean Lamb Chops Brown Rice w/ Beans Whole Wheat Bread California Blend Vegetables Fruit Cocktail Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>20</td>
<td>Continental Breakfast</td>
<td>Pork Chops Whole Wheat Bread Collard Greens Sweet Baked Yams Banana</td>
</tr>
<tr>
<td>27</td>
<td>Continental Breakfast</td>
<td>Chicken Thigh Stew w/ Ginger &amp; Pumpkin Quinoa Whole Wheat Bread Garden Salad Cantaloupe, 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.

- **04 Mon**
  - B: Continental Breakfast
  - L: Spanish Style Beef Stew Whole Wheat Bread Brown Rice Green Bean Saute Apple, Milk
- **05 Tue**
  - B: Continental Breakfast
  - L: Chicken Cacciatore Egg Noodles Whole Wheat Bread Steamed Spinach Sliced Peaches Orange Juice, Milk
- **06 Wed**
  - B: Continental Breakfast
  - L: Turkey Chili w/ Sweet Potatoes & Corn White Rice Whole Wheat Bread Lettuce & Tomato Orange, Milk
- **11 Mon**
  - B: Continental Breakfast
  - L: Black Bean Soup Stewed Codfish Whole Wheat Bread Wild Rice Steamed Carrots Apple, Milk
- **12 Tue**
  - B: Continental Breakfast
  - L: Ginger Garlic Beef Stew Chinese Style Spaghetti Whole Wheat Bread Steamed Spinach Orange, Milk
- **13 Wed**
  - B: Continental Breakfast
  - L: Lean Lamb Chops Brown Rice w/ Beans Whole Wheat Bread California Blend Vegetables Fruit Cocktail Orange Pineapple Juice, Milk
- **18 Mon**
  - B: Continental Breakfast
  - L: Beef Stew Brown Rice Whole Wheat Bread Broccoli & Red Peppers Apple, Milk
- **19 Tue**
  - B: Continental Breakfast
  - L: Stuffed Shells w/ Cheese Whole Wheat Bread Garden Salad Sliced Peaches Orange Pineapple Juice, Milk
- **20 Wed**
  - B: Continental Breakfast
  - L: Pork Chops Whole Wheat Bread Collard Greens Sweet Baked Yams Banana
- **25 Mon**
  - Holiday Luncheon
    - Doors Open 10:30AM
    - Lunch Served 11AM
- **26 Tue**
  - B: Continental Breakfast
  - L: Baked Breaded Lamb Chops Mashed Potatoes Whole Wheat Bread Italian Cut Green Beans Orange, Apple Juice
- **27 Wed**
  - B: Continental Breakfast
  - L: Chicken Thigh Stew w/ Ginger & Pumpkin Quinoa Whole Wheat Bread Garden Salad Cantaloupe, Milk
07 Thu
B: Continental Breakfast
L: Roast Pork Spanish Style
Whole Wheat Bread
California Blend Vegetables
Roasted Potatoes
Fruit Cocktail, Milk

08 Fri
B: Continental Breakfast
L: Baked Tilapia w/ Vegetables
Whole Wheat Bread
Steamed Carrots
Canned Pears
Orange Juice, Milk

09 Sat
Take Home Lunch
Distributed on Friday
L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Vegetables
Orange, Milk

14 Thu
B: Continental Breakfast
L: Over Fried Chicken
Whole Wheat Bread
Baked Sweet Potato
Collard Greens
Banana, Milk

15 Fri
B: Continental Breakfast
L: Salmon Burger
Quinoa
Whole Wheat Bread
Mixed Green Salad
Sliced Peaches
Orange Juice, Milk

16 Sat
Take Home Lunch
Distributed on Friday
L: Turkey Bean Chili
White Rice
Whole Wheat Bread
Steamed Carrots
Orange, Milk

21 Thu
B: Continental Breakfast
L: Baked Chicken Quarters
Whole Wheat Bread
Steamed Green Beans
Yellow Plantains
Honeydew, Milk

22 Fri
B: Continental Breakfast
L: Rolled Flounder w/
Zucchini & Carrots
Whole Wheat Bread
Steamed Broccoli
Yuca w/ Onions
Pear, Milk

23 Sat
B: Continental Breakfast
L: Turkey Meatloaf w/ Mushroom Gravy
Whole Wheat Bread
Whole Wheat Spaghetti
Vegetable Mix
Orange, Milk

28 Thu
B: Continental Breakfast
L: Beef Stir Fry
White Rice
Whole Wheat Bread
California Blend Vegetables
Apple, Milk

29 Fri
B: Continental Breakfast
L: Baked Salmon w/ Cilantro Citrus Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Baked Sweet Potato
Canned Apricots, Milk

30 Sat
B: Continental Breakfast
L: Chili con Carne
Brown Rice
Green Bean Saute
Fruit Cocktail, Milk
## DECEMBER 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>Date</th>
<th>Meal Details</th>
</tr>
</thead>
</table>
| 03   | Sun | Herb Grilled Chicken  
Rice w/ Corn  
Whole Wheat Bread  
Broccoli  
Canned Apricots  
Orange Pineapple Juice, Milk |
| 04   | Mon | Swiss Steak w/ Onions  
Egg Noodles  
Whole Wheat Bread  
Vegetable Mix  
Apple  
Orange Juice, Milk |
| 05   | Tue | Italian Roast Chicken  
Rice w/ Chickpeas  
Whole Wheat Bread  
Steamed Kale  
Canned Pears  
Orange Pineapple Juice, Milk |
| 06   | Wed | Baked Tilapia  
Creole Sauce  
Orzo  
Whole Wheat Bread  
Italian Blend Vegetables  
Kiwi  
Apple Juice, Milk |
| 10   | Sun | Ham  
Mashed Red Potatoes  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Orange  
Orange Juice, Milk |
| 11   | Mon | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Garlic Mashed Potatoes  
Kiwi  
Orange Pineapple Juice, Milk |
| 12   | Tue | Orange Glazed Chicken Breast  
Rice w/ Mushrooms  
Whole Wheat Bread  
Mixed Vegetables  
Apple Juice, Milk |
| 13   | Wed | Baked Basa Fish  
Fresh Tomato Salsa  
Orzo Pilaf  
Whole Wheat Bread  
Steamed Spinach  
Apple  
Orange Juice, Milk |
| 17   | Sun | Turkey Gravy  
Egg Noodles  
Whole Wheat Bread  
Italian Cut Green Beans  
Canned Apricots  
Apple Juice, Milk |
| 18   | Mon | Beef Meatloaf w/ Mushroom Gravy  
Mashed Red Potatoes  
Whole Wheat Bread  
California Blend Vegetables  
Kiwi  
Apple Juice, Milk |
| 19   | Tue | Curried Chicken Legs  
Egg Noodles  
Whole Wheat Bread  
Steamed Broccoli & Cauliflower  
Applesauce  
Orange Juice, Milk |
| 20   | Wed | Baked Flounder  
Dill Lemon Sauce  
Cous Cous  
Whole Wheat Bread  
Italian Blend Vegetables  
Sliced Peaches  
Orange Pineapple Juice, Milk |
| 24   | Sun | Beef Meatballs in Tomato Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Fruit Cocktail  
Orange Juice, Milk |
| 25   | Mon | Rosemary Chicken  
Bowtie Noodles  
Whole Wheat Bread  
Normandy Blend Vegetables  
Kiwi  
Orange Pineapple Juice, Milk |
| 26   | Tue | Special Holiday Meal to be Delivered |
| 27   | Wed | Sweet Orange Salmon  
Barley  
Whole Wheat Bread  
California Blend Vegetables  
Pear  
Apple Juice, Milk |

Meals will be delivered in advanced
<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Meal</th>
</tr>
</thead>
<tbody>
<tr>
<td>07</td>
<td>Thu</td>
<td>Chicken Parmesan</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Penne</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sauteed Broccoli w/ Mushrooms &amp; Pearl Onions</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vanilla Pudding</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange Juice, Milk</td>
</tr>
<tr>
<td>14</td>
<td>Thu</td>
<td>Coconut Curried Chicken Breast</td>
</tr>
<tr>
<td></td>
<td></td>
<td>White Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>21</td>
<td>Thu</td>
<td>Baked Mushroom Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quinoa &amp; Black Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baby Carrots w/ Parsley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple Juice, Milk</td>
</tr>
<tr>
<td>28</td>
<td>Thu</td>
<td>Chicken Picatta w/ Lemon Sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quinoa w/ Kale &amp; Carrots</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Zucchini &amp; Carrots</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange Juice, Milk</td>
</tr>
<tr>
<td>01</td>
<td>Fri</td>
<td>Salmon in Garlic Butter Sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quinoa w/ Kale &amp; Carrots</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>California Blend Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Banana</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>02</td>
<td>Sat</td>
<td>Beef Meatballs w/ Sofrito</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Egg Noodles</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Normandy Blend Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kiwi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple Juice, Milk</td>
</tr>
<tr>
<td>03</td>
<td>Sat</td>
<td>Beef Meatloaf w/ Mushroom Gravy</td>
</tr>
<tr>
<td></td>
<td></td>
<td>White Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>California Blend Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple Juice, Milk</td>
</tr>
<tr>
<td>04</td>
<td>Sat</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Quinoa w/ Kale &amp; Carrots</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>05</td>
<td>Sat</td>
<td>Lemon Chicken Barley</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cut Green Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Kiwi</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple Juice, Milk</td>
</tr>
<tr>
<td>06</td>
<td>Sat</td>
<td>Ginger Sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grilled Chicken Breast</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Whole Wheat Bread</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Red Bliss Potatos</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Orange Pineapple Juice, Milk</td>
</tr>
</tbody>
</table>
Its December.

Find the words that relate to the December Holidays.

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

Wreath
Christmas
Chanukah
Kwanzaa
Santa
Tinsel
Candle
Mistletoe
Nutcracker
Poinsettta
Winter
Presents

**RIDDLES**

Take your pick and solve these riddles

1. Where did pilgrims land when they arrived in America?

2. How much will a 38° angle measure when looked at under a microscope that magnifies ten times?

3. What has one hundred heads, and no legs?

4. Why was the cell phone wearing glasses?

5. Remove some and I will give you trouble. What am I?

On their feet. 38°. It will still be 38°. It lost its troublesome. A dollar in pennies. Contacts.
HALLOWEEN 2017
Senior Fashion Show

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