



Isaacs | News + Center | Community

Your Guide to Programs and Services at the
Stanley M. Isaacs Neighborhood Center January 2018

Holiday Luncheon





Isaacs | News +
Center | Community

JAN 2018

This month at the Isaacs Center Senior Center

Closed for Programming

**JAN
1 & 15**

Isaacs Center will be closed on Monday, January 1st 2018 and Monday, January 15th 2018.

**TUESDAYS
& THURSDAYS**

Computer Basics - OATS Classes

1:30PM

In this PC-based course, you'll learn the basics of how to operate a computer and navigate the Internet in ways that can enrich your life. Classes begin on January 9th Tuesdays and Thursdays at 1:30pm. Sign up at the front desk.

**TUESDAYS
& THURSDAYS**

Social Media - OATS Classes

2:45PM

Explore popular social media sites such as Facebook, Instagram, Twitter, & more! Classes begin on January 9th Tuesday and Thursdays at 2:45. In order to take this class you have to "graduate" from Computer Basics. Sign up at the front desk.

SUNDAY

**7
3:00PM**

Sunday Suppers

Join us for Sunday Suppers on January 7th. Doors open at 3:00PM. Sign up during ticket sales.

FRIDAY

**9
1:15PM**

Jazz Singer Audrey Silver

Audrey Silver is known as one of the most elegantly creative Jazz singers of today. She has performed at the Tanglewood Jazz Festival and New York's prestigious JVC Jazz Festival. Join us in welcoming some smooth music to the Isaacs Center.

TUESDAY

**16
1:15PM**

Poets & Writers Reading Day

On January 16th at 1:15pm join the writers from the group as they recite some of their written stories. Refreshments will be served after.

The Holistic Health & Happiness Group

An interactive group, focusing on several aspects of health & wellness. The sessions will address the following areas: pain management, falls prevention, medication management, sleep hygiene, cognitive skills, and social skills. Wednesdays at 10am starting Januay 24th.

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。

AARP

AARP Tax aide will return on Friday, February 2nd from 9:30am-2:00pm. Please note these services are of no cost to you and on a first come first serve basis. Please bring all required documents, if you are claiming dependents please bring original social security cards for each individual. The IRS requires this to prevent fraud.

Mobile Care Clinic

Mobile Care Clinic Will Be in Your Neighborhood! On February 15th, 2018 from 2:00pm – 4:30pm To Provide No Cost Digital Mammograms & Clinical Breast Exams Eligibility: • Woman aged 40 and older Currently living in New York City, No Mammogram in the past 12 months. Sign up today at the front desk.

**STARTS
JANUARY
24TH
10:00AM**

WEDNESDAYS

**FEBRUARY
2ND**

**9:30AM
-
2:00PM**

Movies

at the
Isaacs
Center

Jan 4

Thu

King Arthur: Legend
of the Sword

Jan 5

Fri

Kong: Skull
Island

Jan 8

Mon

Rough Night

Jan 11

Thu

Bears

Jan 12

Fri

Coco Chanel

Jan 15

Mon

Isaacs Center
Closed

Jan 18

Thu

Loving

Jan 19

Fri

The Wall

Jan 22

Mon

Dinner

Jan 25

Thu

Keep On
Keeping On

Jan 26

Fri

20 Feet from
Stardom

Jan 29

Mon

The Whole Ten
Yards

Movie Schedule

Mondays

1:30PM

Thursdays

3:30PM

Fridays

2:30PM

Office Hours w/ Greg

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

Spotlight

SPECIAL
SHOUTOUT TO
ALL OUR **STAFF**
AND
VOLUNTEERS
FOR MAKING THIS
PAST
HOLIDAY SEASON
SO SPECIAL

Upcoming Month February 2018

- Mobile No Cost Breast Cancer Screening Van
- Chinese New Year Celebration
- Black History Month Celebration

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.

01 Mon

Isaacs Center Closed

- 08 Mon
- 10:30 Zumba w/ Yvonne
 - 1:15 Art for Beginners w/ Frank
 - 1:15 **Patient Advocacy w/ Jess**
 - 1:30 Pet Therapy w/ Alice
 - 1:30 Movie
 - 2:15 Drama Workshop w/ Frank

15 Mon

Martin Luther King Jr Day

Isaacs Center Closed

- 22 Mon
- 10:30 Zumba w/ Yvonne
 - 1:15 Art for Beginners w/ Frank
 - 1:30 Pet Therapy w/ Alice
 - 1:30 Movie
 - 1:30 **Food Committee w/ Jeffrey**
 - 2:15 Drama Workshop w/ Frank

- 29 Mon
- 10:30 Zumba w/ Yvonne
 - 1:15 Art for Beginners w/ Frank
 - 1:30 Pet Therapy w/ Alice
 - 1:30 Movie
 - 2:15 Drama Workshop w/ Frank

- 02 Tue
- Ticket Sales 9AM-10:30AM**
- 9:30 Stay Well Fitness w/ Denis
 - 10:30 Meditation
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 Rincón Latino w/ Jennifer
 - 2:15 Bingo
 - 2:30 **Ed & Rec Commitee w/ Anita**
 - 3:30 Arts and Crafts
 - 3:30 **Hospitality w/ Khristel**

- 09 Tue
- 9:30 Stay Well Fitness w/ Denis
 - 10:30 Meditation
 - 11AM-2PM **Councilman Ben Kallos Mobile Office Hours**
 - 1-4PM Nurse Lorraine Walk-In
 - 1:00 **Social Action Committee w/ Aaron**
 - Jazz Singer Audrey Silver**
 - 1:15 Rincón Latino w/ Jennifer
 - 1:30 Computer Basics - OATS
 - 2:15 Bingo
 - 2:25 Social Media - OATS
 - 3:00 Arts and Crafts
 - 7PM **Isaacs Tenant Meetings**
- 16 Tue
- 9:30 Stay Well Fitness w/ Denis
 - 10:30 Meditation
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 Rincón Latino w/ Jennifer
 - 1:15 **Poets & Writers Reading Day**
 - 1:30 Computer Basics - OATS
 - 2:15 Bingo
 - 2:45 Social Media - OATS
 - 3:30 Arts and Crafts
 - 7PM **Holmes Tenant Meeting**

- 23 Tue
- Pie Day**
- 9:30 Stay Well Fitness w/ Denis
 - 10:30 Meditation
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 Rincón Latino w/ Jennifer
 - 1:15 **Broadway Health Care Sponsors “Bingo”**
 - 1:30 Computer Basics - OATS
 - 2:15 Bingo
 - 2:45 Social Media - OATS
 - 3:30 Arts and Crafts

- 30 Tue
- Puzzle Day**
- 9:30 Stay Well Fitness w/ Denis
 - 10:30 Meditation
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 Rincón Latino w/ Jennifer
 - 1:30 Computer Basics - OATS
 - 2:15 Bingo
 - 2:45 Social Media - OATS
 - 3:30 Arts and Crafts

- 03 Wed
- Ticket Sales 9AM-10:30AM**
- 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
 - 3:30 Bingo

- 10 Wed
- Save the Eagles Day**
- Trip: Trader Joes***
- 9:45 Health Chat w/ Huda
 - “Maintaing Good Air Quality”
 - 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

- 17 Wed
- Trip: Manhattan Valley***
- 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
 - 3:30 Bingo

- 24 Wed
- 10-12PM Blood Pressure Screenings
 - 10:00 Holistic Health & Happiness Group
 - 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

- 31 Wed
- Bubble Wrap Appreciation Day**
- 10-12PM Blood Pressure Screenings
 - 10:00 Holistic Health & Happiness Group
 - 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

- 04 Thu
- Ticket Sales 9AM-10:30AM**
- 10:00 Breast Cancer Survivor Group
 - 12:00 Craft Hour
 - 1:00 The Group w/ Aaron
 - 1:15 ESL for Spanish Speakers
 - 1:30 Computer Basics - OATS
 - 2:00 Daily Fitness
 - 2:15 Collaborative Writing Class
 - 2:20 Learn Spanish
 - 2:45 Social Media - OATS
 - 3:00 Art Class w/ Nancy
 - 3:30 Movie

- 11 Thu
- 10:00 Breast Cancer Survivor Group
 - 12:00 Craft Hour
 - 1:00 The Group w/ Aaron
 - 1:15 ESL for Spanish Speakers
 - 1:30 Computer Basics - OATS
 - 2:00 Daily Fitness
 - 2:15 Collaborative Writing Class
 - 2:20 Learn Spanish
 - 2:45 Social Media - OATS
 - 3:00 Art Class w/ Nancy
 - 3:30 Movie

- 18 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
 - 1:30 Computer Basics - OATS
 - 2:00 Daily Fitness
 - 2:15 Collaborative Writing Class
 - 2:20 Learn Spanish
 - 2:25 Social Media - OATS
 - 3:00 Art Class w/ Nancy
 - 3:30 Movie

- 25 Thu
- Opposite Day**
- 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
 - 1:30 Computer Basics - OATS
 - 2:00 Daily Fitness
 - 2:15 Collaborative Writing Class
 - 2:20 Learn Spanish
 - 2:45 Social Media - OATS
 - 3:30 Movie

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

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

- 19 Fri
- 9:30 Groove w/ Roger
 - 10:00 Caregiver Support Group
 - 10:00 Hablando con Maria
 - 10-12PM **VOLS Legal Clinic**
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 **Birthday Party**
 - 2:00 Pastoral Care
 - 2:30 Movie
 - 3:00 Bingo
 - 3:00 Golden Opportunities

- 26 Fri
- 9:30 Groove w/ Roger
 - 10:00 Caregiver Support Group
 - 10:00 Hablando con Maria
 - 1-4PM Nurse Lorraine Walk-In
 - 1:15 **Erika Banks Singer**
 - 2:00 Pastoral Care
 - 2:30 Movie
 - 3:00 Bingo
 - 3:00 Golden Opportunities

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

- 13 Sat
- 10:00 Yoga

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

- 27 Sat
- 10:00 Yoga

Birthday Party



JANUARY 2018

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.

01 Mon

Isaacs
Center Closed

02 Tue

- B: Continental Breakfast
- L: Beef Stew
Egg Noodles
Whole Wheat Bread
Winter Blend Vegetables
Peach
Milk

03 Wed

- B: Continental Breakfast
- L: Lean Lamb Chops
Whole Wheat Bread
Baked Sweet Potato
Steamed Broccoli
Banana, Milk

04 Thu

- B: Continental Breakfast
- L: Jerk Chicken
Brown Rice w/ Pigeon Peas
Baby Spinach Salad
Pineapple, Milk

05 Fri

- B: Continental Breakfast
- L: Lemon Salmon
Orzo w/ Vegetables
Whole Wheat Bread
Cabbage w/ Shredded Carrots
Orange, Milk

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

- L: Chicken Chunks w/ Red Sauce
White Rice
Whole Wheat Bread
Steamed Carrots
Orange Juice, Milk

08 Mon

- B: Continental Breakfast
- L: Vegetable Soup
Arroz con Pollo(Rice and Chicken)
Whole Wheat Bread
Mixed Green Salad
Orange, Milk

09 Tue

- B: Continental Breakfast
- L: Teriyaki Beef
Chinese Style Spaghetti
Whole Wheat Bread
Green Bean Saute
Canned Apricots
Apple Juice, Milk

10 Wed

- B: Continental Breakfast
- L: Lentil Soup
Eggplant Parmesan w/ Ricotta
Whole Wheat Bread
California Blend Vegetables
Garden Salad
Fruit Cocktail, Milk

11 Thu

- B: Continental Breakfast
- L: BBQ Pulled Pork
Wild Rice
Mixed Vegetables
Pineapple Juice, Milk

12 Fri

- B: Continental Breakfast
- L: Coconut Curried Cod Fish
Whole Wheat Bread
Braised Collard Greens
Roasted Potatoes
Apple, Milk

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

- L: BBQ Chicken Leg Quarters
Whole Wheat Bread
Baked Sweet Potato
Steamed Broccoli
Orange, Milk

15 Mon

Isaacs
Center Closed

16 Tue

- B: Continental Breakfast
- L: Chicken Cacciatore
Egg Noodles
Whole Wheat Bread
Steamed Spinach
Sliced Peaches
Orange Juice, Milk

17 Wed

- B: Continental Breakfast
- L: Turkey Chili w/ Sweet Potatos & Corn
White Rice
Whole Wheat Bread
Lettuce & Tomato
Orange, Milk

18 Thu

- B: Continental Breakfast
- L: Roast Pork Spanish Style
Whole Wheat Bread
California Blend Vegetables
Roasted Potatoes
Fruit Cocktail, Milk

19 Fri

- B: Continental Breakfast
- L: Baked Tilapia w/ Vegetables
Egg Noodles
Whole Wheat Bread
Steamed Carrots
Canned Pears
Orange Pineapple Juice, Milk

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

- L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Vegetables
Orange, Milk

22 Mon

- B: Continental Breakfast
- L: Black Bean Soup
Stewed Codfish
Whole Wheat Bread
Wild rice
Steamed Carrots
Apple, Milk

23 Tue

- B: Continental Breakfast
- L: Ginger Garlic Beef Stew
Chinese Style Spaghetti
Whole Wheat Bread
Steamed Spinach
Orange, Milk

24 Wed

- B: Continental Breakfast
- L: Lean Lamb Chops
Brown Rice w/ Beans
Whole Wheat Bread
California Blend Vegetables
Fruit Cocktail
Orange Pineapple Juice, Milk

25 Thu

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

26 Fri

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

27 Sat

- B: Continental Breakfast
- L: Turkey Bean Chili
White Rice
Whole Wheat Bread
Steamed Peas & Carrots
Orange, Milk

29 Mon

- B: Continental Breakfast
- L: Beef Stew
Brown Rice
Whole Wheat Bread
Broccoli & Red Peppers
Apple, Milk

30 Tue

- B: Continental Breakfast
- L: Stuffed Shells w/ Cheese
Whole Wheat Bread
Garden Salad
Orange Pineapple Juice, Milk

31 Wed

- B: Continental Breakfast
- L: Over Baked Pork Chops
Whole Wheat Bread
Collard Greens
Sweet Baked Yams
Banana, Milk

JANUARY 2018

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.



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.

07 Sun

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

14 Sun

Herb Grilled Chicken
Rice w/ Corn
Whole Wheat Bread
Broccoli
Canned Apricots
Orange Pineapple Juice, Milk

21 Sun

Ham
Mashed Red Potatoes
Whole Wheat Bread
Baby Carrots w/ Parsley
Orange
Orange Juice, Milk

28 Sun

Turkey w/ Gravy
Egg Noodles
Whole Wheat Bread
Italian Cut Green Beans
Canned Apricots
Apple Juice, Milk

01 Mon Meals will be delivered inadvance

Braised Beef Tips
Egg Noodles
Whole Wheat Bread
California Blend Vegetables
Orange Pineapple Juice, Milk

08 Mon

Hungarian Goulash w/ Beef
Whole Wheat Bread
Cut Green Beans
Red Bliss Potatoes
Orange
Apple Juice, Milk

15 Mon Meals will be delivered inadvance

Swiss Steak w/ Onions
Egg Noodles
Whole Wheat Bread
Vegetable Mix
Apple
Orange Juice, Milk

22 Mon

Beef Meatballs in Tomato Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Garlic Mashed Potatoes
Kiwi
Orange Pineapple Juice, Milk

29 Mon

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

02 Tue

Baked Asian Style Honey Chicken
White Rice
Whole Wheat Bread
Collard Greens
Orange
Apple Juice, Milk

09 Tue

Chicken Alfredo
Fettucini w/ Sauce
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

16 Tue

Italian Roast Chicken
Rice w/ Chickpeas
Whole Wheat Bread
Steamed Kale
Canned Pears
Orange Pineapple Juice, Milk

23 Tue

Orange Glazed Chicken Breast
Rice w/ Mushrooms
Whole Wheat Bread
Mixed Vegetables
Apple Juice, Milk

30 Tue

Curried Chicken Legs
Egg Noodles
Whole Wheat Bread
Steamed Broccoli & Cauliflower
Applesauce
Orange Juice, Milk

03 Wed

Baked Basa Fish
Sofrito
Orzo Pilaf
Whole Wheat Bread
Steamed Broccoli
Canned Pears
Orange Juice, Milk

10 Wed

Baked Flounder
Moroccan Style Sauce
Couscous w/ Peas & Lemon
Whole Wheat Bead
Steamed Spinach
Orange Pineapple Juice, Milk

17 Wed

Baked Tilapia
Creole Sauce
Orzo
Whole Wheat Bread
Italian Blend Vegetables
Kiwi
Apple Juice, Milk

24 Wed

Baked Basa Fish
Fresh Tomato Salsa
Orzo Pilaf
Whole Wheat Bread
Steamed Spinach
Apple
Orange Juice, Milk

31 Wed

Baked Flounder
Dill Lemon Sauce
Couscous
Whole Wheat Bread
Italian Blend Vegetables
Sliced Peaches
Orange Pineapple Juice, Milk

04 Thu

Chicken Chasseur
Whole Wheat Bread
Italian Blend Vegetables
Roasted Potatoes
Banana
Apple Juice, Milk

11 Thu

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

18 Thu

Chicken Parmensan
Penne
Whole Wheat Bread
Sauteed Broccoli w/ Mushrooms & Steamed Spinach
Pearl Onions
Orange Juice, Milk

25 Thu

Coconut Curried Chicken Breast
White Rice
Whole Wheat Bread
Steamed Spinach
Apple
Orange Juice, Milk

05 Fri

Ginger and Lime Salmon
Barley
Whole Wheat Bread
Baby Carrots w/ Parsley
Apple
Orange Juice, Milk

12 Fri

Salmon in Garlic Butter Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
California Blend Vegetables
Banana
Orange Pineapple Juice, Milk

19 Fri

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

26 Fri

Baked Flounder
Sofrito
Whole Wheat Bread
Yuca w/ Garlic Lime Sauce
Italian Blend Vegetables
Canned Pineapple
Orange Juice, Milk

06 Sat

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

13 Sat

Beef Meatballs w/ Sofrito
Egg Noodles
Whole Wheat Bread
Normandy Blend Vegetables
Kiwi
Apple Juice, Milk

20 Sat

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

27 Sat

Beef Salisbury Steak w/ Mushroom Sauce
Quinoa w/ Kale & Carrots
Whole Wheat Bread
Steamed Broccoli
Orange
Orange Pineapple Juice, Milk

JANUARY 2018

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.



PUZZLES & GAMES

Its January.

Find the words that relate to New Years.

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

Noisemakers
Decorations
Family
Friends

Resolution
New beginnings
Reflections
Resolve

Countdown
Goals
Holiday
Tradition

RIDDLES

Take your pick and solve these riddles

1. What happens when a sea monster gets angry?
2. Can one bird change a light bulb?
3. What is a mummy’s favorite type of paper?
4. I have 4 faces but I am not a cube. What am I?
5. What is the difference between ordinary and extraordinary?

It causes a comm-ocean.

No, but toucan!

WRAPing paper

I am a rect-angle.

That little extra

SENIOR CENTER
HOLIDAY PARTY
DECEMBER 2017





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Stanley M. Isaacs Neighborhood Center January 2018

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