Sunday Suppers
This month at the Isaacs Center Senior Center

FEBRUARY

THURSDAY

15

Mobile Care Clinic
On February 15th, 2018 from 2:00pm – 4:30pm, the mobile care mammogram van will provide no cost digital mammograms. Eligibility: • Woman aged 40 and older currently living in New York City, No Mammogram in the past 12 months.

WEDNESDAY

21

Black History Month Celebration
Black History Month, is an annual celebration of achievements by black Americans. The Isaacs Centers Annual Black History Month Celebration will be held on Wednesday, February 21st at 2:30pm.

THURSDAY

Dignity Memorial
Join us for an engaging presentation on February 23rd at 1:15pm on how to remain safe in the street and avoid assault. Also, we will address helpful hints on safe apartment living.

WEDNESDAY

Chinese New Year
Lunar New Year also known as Chinese New Year is on Friday, February 16th. The Isaacs Center will celebrate Chinese New Year on Wednesday, February 28th at 2:30pm. We will celebrate Chinese New Year as a family. We will dance, enjoy music and have an amazing meal.

FEBRUARY

Closed for Programming
Isaacs Center will be closed on Monday, February 19th, 2018.

Black History Month
Black History Month is celebrated from February 1st – February 28th. This year the theme for Black History Month is “African Americans in Times of War,” commemorates the centennial of the end of the First World War in 1918.

Art Class w/ Nancy
I am Nancy Purnell, Art Instructor at Isaacs. I will teach you to draw with pencil and charcoal and to paint with acrylic on canvas. I will teach you to draw with pencil and charcoal and to paint with acrylic on canvas.

AARP - Every Friday
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.

Black History Month Interest Meeting
Are you interested in performing at the Black History Month Celebration? If so, please join us on February 2nd, at 10am.

Chinese New Year
Lunar New Year also known as Chinese New Year is on Friday, February 16th. The Isaacs Center will celebrate Chinese New Year on Wednesday, February 28th at 2:30pm. We will celebrate Chinese New Year as a family. We will dance, enjoy music and have an amazing meal.

Chinese New Year
Lunar New Year also known as Chinese New Year is on Friday, February 16th. The Isaacs Center will celebrate Chinese New Year on Wednesday, February 28th at 2:30pm. We will celebrate Chinese New Year as a family. We will dance, enjoy music and have an amazing meal.

Sunday Suppers
Join us for Sunday Suppers on February 11th. Doors open at 3:00PM. Sign up during ticket sales.

State of the Senior Center Address
On February 14th at 2:00pm join the Isaacs Center President and Executive Director at the “State of the Senior Center Address”.

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

Movie Schedule

<table>
<thead>
<tr>
<th>Mon</th>
<th>Thu</th>
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<tbody>
<tr>
<td>Feb 5</td>
<td>Winnie Mandela</td>
<td>Feb 8</td>
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<td>Feb 12</td>
<td>Won’t Back Down</td>
<td>Feb 15</td>
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<td>Feb 19</td>
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<td>Feb 22</td>
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SPECIAL THANK YOU TO OUR MEALS ON WHEELS TEAM (AND THOSE NOT PICTURED) FOR THEIR DEDICATION AND HARD WORK EVERY DAY

Upcoming Month

March 2018

• St. Patrick’s Day
• Isaacs Center Closed for Good Friday, March 30th 2018.

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.
**FEBRUARY 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.

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**05 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

**06 Tue**
- Ticket Sales 9AM-10:30AM
  - 9:30 Stay Well Fitness w/ Denis
  - 10:30 Meditation
  - 10:30 1-4PM Nurse Lorraine Walk-In
  - 11:30 Food Committee w/ Jeffrey
  - 12:00 Craft Hour
  - 1:30 Computer Basics - OATS
  - 2:00 Social Action Committee w/ Aaron
  - 2:15 Bingo
  - 2:45 Social Media - OATS
  - 3:00 Ed & Rec Committee w/ Anita
  - 3:00 Arts and Crafts
  - 3:30 Hospitality Committee w/ Khristel

**07 Wed**
- Ticket Sales 9AM-10:30AM
  - 9:45 Health Chat w/ Huda
  - “Detecting & Preventing Cancer”
  - Holistic Health & Happiness Group
  - Yoga w/ Nambi
  - 10:30 Daily Fitness
  - 1:15 ESL for Spanish Speakers
  - 1:30 Computer Basics - OATS
  - 2:15 Collaboration Writing Class
  - 2:30 Learn Spanish
  - 3:00 Social Media - OATS
  - 3:30 Art Class w/ Nancy
  - 3:30 Movie

**08 Thu**
- Ticket Sales 9AM-10:30AM
  - 10:00 Cancer Awareness Group
  - Craft Hour
  - The Group w/ Aaron
  - ESL for Spanish Speakers
  - Computer Basics - OATS
  - Daily Fitness
  - Collaborative Writing Class
  - Learn Spanish
  - Social Media - OATS
  - 3:00 Art Class w/ Nancy
  - 3:30 Movie

**09 Fri**
- 9:30 Zumba w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 1:45 Nurse Lorraine Walk-In
- 2:00 Pastoral Care
- 2:15 Bingo
- 3:00 Movie

**10 Sat**
- 10:00 Yoga

**11 Sun**

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**06 Tue**
- Ticket Sales 9AM-10:30AM
  - 9:30 Stay Well Fitness w/ Denis
  - 10:30 Meditation
  - 11:30 Councilman Ben Kallos Mobile Office Hours
  - 1-4PM Nurse Lorraine Walk-In
  - 1:15 Rincon Latino w/ Jennifer
  - Nutrition Education w/ Jennielynn
  - “Make Right Choices”
  - Computer Basics - OATS
  - Bingo
  - Social Media - OATS
  - 3:30 Arts and Crafts

**12 Wed**
- 10:30 Zumba w/ Yvonne
- 1:15 Art for Beginners w/ Frank
- 1:30 Well Cornell Presentation
  - “Cataracts”
  - Pet Therapy w/ Alice
  - 1:30 Movie
  - 2:15 Drama Workshop w/ Frank

**13 Thu**
- 9:30 Stay Well Fitness w/ Denis
- 10:30 Meditation
- 11:30 1-4PM Nurse Lorraine Walk-In
- 1:30 Rincon Latino w/ Jennifer
- 1:15 Nutrition Education w/ Jennielynn
- 1:15 “Make Right Choices”
- 2:00 Nutrition Support Group
- 2:30 State of the Senior Center Address
- 2:30 Scrabble Group
- 2:30 Game Day

**14 Fri**
- Ash Wednesday & Valentine’s Day
  - Trip: Trader Joe’s*
  - 10-12PM Blood Pressure Screenings
  - 10:30 Yoga w/ Nambi
  - 1:15 Groove w/ Yvonne
  - 2:30 Nutrition Support Group
  - 2:30 State of the Senior Center Address
  - 2:30 Scrabble Group
  - 2:30 Game Day

**15 Sat**
- 10:00 Cancer Awareness Group
- Craft Hour
- The Group w/ Aaron
- ESL for Spanish Speakers
- Computer Basics - OATS
- Daily Fitness
- Collaborative Writing Class
- Learn Spanish
- Social Media - OATS
- 3:00 Art Class w/ Nancy
- 3:30 Movie

**16 Sun**

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**07 Wed**
- 10:00 Meditation
- 1:30 Care Link Presentation
- 2:15 Nurse Lorraine Walk-In
- 2:15 Rincon Latino w/ Jennifer
- 15th Precinct Presentation: Phone Scams & Personal Safety
- 2:45 Computer Basics - OATS
- 2:45 Bingo
- 3:30 Social Media - OATS
- 3:30 Arts and Crafts

**08 Thu**
- 10:00 Cancer Awareness Group
- Craft Hour
- The Group w/ Aaron
- ESL for Spanish Speakers
- Computer Basics - OATS
- Daily Fitness
- Collaborative Writing Class
- Learn Spanish
- Social Media - OATS
- 3:00 Art Class w/ Nancy
- 3:30 Movie

**09 Fri**
- Chinese New Year
- 9:30 Zumba w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 1:45 Nurse Lorraine Walk-In
- 2:00 Pastoral Care
- 2:15 Bingo
- 3:00 Movie

**10 Sat**
- 10:00 Yoga

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**08 Wed**
- 10-12PM Blood Pressure Screenings
- 10:00 Holistic Health & Happiness Group
- 10:30 Yoga w/ Nambi
- 11:15 “Detecting & Preventing Cancer”
- 12:00 Daily Fitness
- 3:30 Social Media - OATS
- 3:30 Art Class w/ Nancy

**09 Thu**
- 10:00 Cancer Awareness Group
- Craft Hour
- The Group w/ Aaron
- ESL for Spanish Speakers
- Computer Basics - OATS
- Daily Fitness
- Collaborative Writing Class
- Learn Spanish
- Social Media - OATS
- 3:00 Art Class w/ Nancy

**10 Fri**
- Chinese New Year
- 9:30 Zumba w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 1:45 Nurse Lorraine Walk-In
- 2:00 Pastoral Care
- 2:15 Bingo
- 3:00 Movie

**11 Sat**

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**11 Sat**
- 10:00 Yoga

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**12 Sun**

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**13 Mon**
- President’s Day

**19 Mon**

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**20 Tue**
- 9:30 Stay Well Fitness w/ Denis
- 10:30 Meditation
- 10:30 Care Link Presentation
- 1:15 Nurse Lorraine Walk-In
- 11:30 Rincon Latino w/ Jennifer
- 11:30 “Make Right Choices”
- 12:00 Craft Hour
- 1:15 ESL for Spanish Speakers
- 1:30 Computer Basics - OATS
- 2:00 Daily Fitness
- 2:45 Social Media - OATS
- 6:45 Arts and Crafts

**21 Wed**
- 10-12PM Blood Pressure Screenings
- 10:00 Holistic Health & Happiness Group
- 10:30 Yoga w/ Nambi
- 11:15 Groove w/ Yvonne
- 12:00 Nutrition Support Group
- 1:30 “Detecting & Preventing Cancer”
- 2:00 Daily Fitness
- 2:30 Social Media - OATS
- 3:00 Art Class w/ Nancy
- 3:30 Movie

**22 Thu**
- Trip: East River Plaza*
- 10:00 Cancer Awareness Group
- Craft Hour
- The Group w/ Aaron
- ESL for Spanish Speakers
- Computer Basics - OATS
- Daily Fitness
- Collaborative Writing Class
- Learn Spanish
- Social Media - OATS
- 3:00 Art Class w/ Nancy

**23 Fri**
- 9:30 Zumba w/ Roger
- 10:00 Caregiver Support Group
- 10:00 Hablando con Maria
- 1:45 Nurse Lorraine Walk-In
- 2:00 Pastoral Care
- 2:00 Bingo
- 3:00 Golden Opportunities

**24 Sat**
- 10:00 Yoga

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**25 Sat**

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**26 Mon**
- Zumba w/ Yvonne
- Art for Beginners w/ Frank
- Pet Therapy w/ Alice
- Movie
- Drama Workshop w/ Frank

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**27 Tue**
- 9:30 Stay Well Fitness w/ Denis
- 10:30 Meditation
- 1:15 Nurse Lorraine Walk-In
- 1:15 Rincon Latino w/ Jennifer
- 1:15 Nutrition Education
- “Eating to Avoid Cancer”
- Bingo
- Social Media - OATS
- 3:30 Arts and Crafts

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**28 Wed**
- 10-12PM Blood Pressure Screenings
- 10:00 Holistic Health & Happiness Group
- 10:30 Yoga w/ Nambi
- 11:15 Groove w/ Yvonne
- 12:00 Nutrition Support Group
- 1:30 Chinese New Year Celebration
- 2:00 Chinese New Year Celebration
- 3:30 Movie
FEBRUARY 2018
SENIOR CENTER MENU

Breakfast
Breakfast is offered Mon-Fri, 8:30AM-9:15AM. Suggested contribution is $0.50.

05 Mon
B: Continental Breakfast
L: Baked Pork
Egg Noodles
Bread
Brussel Sprouts
Apple, Milk

06 Tue
B: Continental Breakfast
L: Baked Breaded Lamb Chops
Mashed Potatoes
Italian Cut Green Beans
Apple Juice, Milk

07 Wed
B: Continental Breakfast
L: Chicken Thigh Stew w/ Ginger & Pumpkin
Quinoa
Whole Wheat Bread
Garden Salad
Cantaloupe, Milk

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

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

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

12 Mon
B: Continental Breakfast
L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Normandy Blend Vegetables
Apple
Orange Pineapple Juice, Milk

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

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

15 Thu
B: Continental Breakfast
L: Jerk Chicken
Brown Rice
Pigeon Peas
Whole Wheat Bread
Baby Spinach Salad
Pineapple Juice, Milk

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

17 Sat
B: Continental Breakfast
L: Chicken Chunks w/ Red Sauce
White Rice
Whole Wheat Bread
Steamed Carrots
Orange Juice, Milk

19 Mon
Isaacs Center Closed

20 Tue
B: Teriyaki Beef
Chinese Style Spaghetti
Whole Wheat Bread
Green Bean Saute
Canned Apricots
Apple Juice, Milk

21 Wed
B: Lentil Soup
Eggplant Parmesan w/ Ricotta
Whole Wheat Bread
California Blend Vegetables
Garden Salad
Fruit Cocktail, Milk

22 Thu
B: BBQ Pulled Pork
Wild Rice
Mixed Vegetables 5-Way
Pineapple Juice, Milk

23 Fri
B: Continental Breakfast
L: Coconut Curried Cod Fish
Whole Wheat Bread
Brased Collard Greens
Roasted Potatoes
Apple, Milk

24 Sat
B: Continental Breakfast
L: BBQ Chicken Leg Quarters
Whole Wheat Bread
Baked Sweet Potatoes
Steamed Broccoli
Orange, Milk

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

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

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

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

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

10 Sat
B: Continental Breakfast
L: Chili con Carne
Brown Rice
Green Bean Saute
Fruit Cocktail, Milk

12 Mon
B: Continental Breakfast
L: Baked Macaroni & Cheese
Whole Wheat Bread
Mixed Green Salad
Normandy Blend Vegetables
Apple
Orange Pineapple Juice, Milk

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

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

15 Thu
B: Continental Breakfast
L: Jerk Chicken
Brown Rice
Pigeon Peas
Whole Wheat Bread
Baby Spinach Salad
Pineapple Juice, Milk

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

17 Sat
B: Continental Breakfast
L: Chicken Chunks w/ Red Sauce
White Rice
Whole Wheat Bread
Steamed Carrots
Orange Juice, Milk

20 Tue
B: Teriyaki Beef
Chinese Style Spaghetti
Whole Wheat Bread
Green Bean Saute
Canned Apricots
Apple Juice, Milk

21 Wed
B: Lentil Soup
Eggplant Parmesan w/ Ricotta
Whole Wheat Bread
California Blend Vegetables
Garden Salad
Fruit Cocktail, Milk

22 Thu
B: BBQ Pulled Pork
Wild Rice
Mixed Vegetables 5-Way
Pineapple Juice, Milk

23 Fri
B: Continental Breakfast
L: Coconut Curried Cod Fish
Whole Wheat Bread
Brased Collard Greens
Roasted Potatoes
Apple, Milk

24 Sat
B: Continental Breakfast
L: BBQ Chicken Leg Quarters
Whole Wheat Bread
Baked Sweet Potatoes
Steamed Broccoli
Orange, Milk

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

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

Take Home Lunch
Distributed on Friday
# February 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.

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal</th>
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<tbody>
<tr>
<td>Sun</td>
<td>Beef Meatballs in Tomato Sauce</td>
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<td>Whole Wheat Bread</td>
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<td>Whole Wheat Spaghetti</td>
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<td>Normandy Blend</td>
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<td>Fruit Cocktail</td>
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<td>Orange Juice, Milk</td>
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<td>Mon</td>
<td>Baked Turkey Breast</td>
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<td>Whole Wheat Bread</td>
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<td>Mashed Red Potatoes</td>
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<td>Mixed Vegetables</td>
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<td>Orange</td>
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<td>Apple Juice, Milk</td>
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<td>Tue</td>
<td>Rosemary Chicken</td>
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<td>Bowtie Noodles</td>
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<td>Whole Wheat Bread</td>
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<td>Normandy Blend Vegetables</td>
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<td>Kiwi</td>
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<td>Orange Pineapple Juice, Milk</td>
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<td>Wed</td>
<td>Sweet Orange Salmon</td>
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<td>Barley</td>
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<td>Whole Wheat Bread</td>
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<td>California Blend Vegetables</td>
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<td>Pear</td>
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<td>Apple Juice, Milk</td>
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<td>Thu</td>
<td>Baked Basa Fish</td>
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<td>Sofrito</td>
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<td>Whole Wheat Bread</td>
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<td>Italian Blend Vegetables</td>
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<td>Roasted Potatoes</td>
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<td>Banana</td>
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<td>Apple Juice, Milk</td>
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<td>Fri</td>
<td>Chicken Chasseur</td>
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<td>Whole Wheat Bread</td>
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<td>Italian Blend Vegetables</td>
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<td>Baby Carrots w/ Parsley</td>
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<td>Apple Juice, Milk</td>
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<tr>
<td>Sat</td>
<td>Baked Fish w/ Garlic Sauce</td>
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<td>Couscous w/ Peas &amp; Lemon</td>
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<td>Whole Wheat Bread</td>
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<td>Steamed Kale</td>
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<td>Fruit Cocktail</td>
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<td>Apple</td>
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<td>Orange Pineapple Juice, Milk</td>
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<td>Sun</td>
<td>Turkey w/ Gravy</td>
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<td>Brown Rice w/ Mushrooms</td>
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<td>Cut Green Beans</td>
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<td>Apple Juice, Milk</td>
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<td>Mon</td>
<td>Braised Beef Tips</td>
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<td>Egg Noodles</td>
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<td>California Blend Vegetables</td>
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<td>Orange Pineapple Juice, Milk</td>
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<td>Tue</td>
<td>Baked Asian Style Honey Chicken</td>
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<td>White Rice</td>
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<td>Whole Wheat Bread</td>
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<td>Collard Greens</td>
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<td>Apple Juice, Milk</td>
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<td>Wed</td>
<td>Baked Flounder</td>
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<td>Moroccan Style Sauce</td>
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<td>Steamed Spinach</td>
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<td>Vanilla Pudding</td>
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<td>Orange Pineapple Juice, Milk</td>
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<td>Thu</td>
<td>Cranberry Chicken</td>
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<td>Mashed Red Potatoes</td>
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<td>Whole Wheat Bread</td>
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<td>Italian Blend Vegetables</td>
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<td>Fruit Cocktail</td>
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<td>Apple Juice, Milk</td>
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<td>Fri</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce</td>
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<td>Whole Wheat Bread</td>
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<td>Garlic &amp; Rosemary Roasted Potatoes</td>
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<td>Zucchini &amp; Peas</td>
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<td></td>
<td>Canned Apricots</td>
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<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>Sat</td>
<td>Grilled Chicken Breast</td>
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<td>Ginger Sauce</td>
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<td>Red Bliss Potatoes</td>
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<td>Steamed Broccoli</td>
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<td>Orange Pineapple Juice, Milk</td>
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<td>Sun</td>
<td>Herb Grilled Chicken</td>
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<td>Rice w/ Corn</td>
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<td>Whole Wheat Bread</td>
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<td>Broccoli</td>
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<td>Canned Apricots</td>
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<tr>
<td></td>
<td>Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>Mon</td>
<td>Swiss Steak w/ Onions</td>
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<tr>
<td></td>
<td>Egg Noodles</td>
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<td></td>
<td>Whole Wheat Bread</td>
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<td></td>
<td>Vegetable Mix</td>
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<td></td>
<td>Apple</td>
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<td></td>
<td>Orange Juice, Milk</td>
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<tr>
<td>Tue</td>
<td>Italian Roast Chicken</td>
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<tr>
<td></td>
<td>Rice w/ Chickpeas</td>
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<td></td>
<td>Whole Wheat Bread</td>
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<td></td>
<td>Steamed Kale</td>
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<td>Canned Pears</td>
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<td>Orange Pineapple Juice, Milk</td>
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<td>Wed</td>
<td>Baked Tilapia</td>
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<td></td>
<td>Creole Sauce</td>
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<td>Orzo</td>
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<td>Whole Wheat Bread</td>
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<td></td>
<td>Italian Blend Vegetables</td>
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<td></td>
<td>Kiwi</td>
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<td></td>
<td>Apple Juice, Milk</td>
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<tr>
<td>Thu</td>
<td>Baked Mushroom Chicken</td>
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<tr>
<td></td>
<td>Quinoa &amp; Black Beans</td>
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<td></td>
<td>Whole Wheat Bread</td>
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<tr>
<td></td>
<td>Baby Carrots w/ Parsley</td>
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<td></td>
<td>Banana</td>
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<td></td>
<td>Apple Juice, Milk</td>
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<tr>
<td>Fri</td>
<td>Baked Basa Fish</td>
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<tr>
<td></td>
<td>Ginger Sauce</td>
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<td>Bulgur</td>
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<td></td>
<td>Whole Wheat Bread</td>
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<td></td>
<td>Spinach</td>
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<td>Apple</td>
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<tr>
<td></td>
<td>Orange Pineapple Juice, Milk</td>
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<tr>
<td>Sat</td>
<td>Lemon Chicken</td>
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<td>Barley</td>
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<td>Whole Wheat Bread</td>
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<td>Cut Green Beans</td>
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<td>Kiwi</td>
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<td>Apple Juice, Milk</td>
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</tbody>
</table>

Thank you 7th graders from Spence school and Allen-Stevenson for coming by and making quilts with us.
Its February.

Find the words that relate to Black History Month.

PUZZLES & GAMES

RIDDLES

Take your pick and solve these riddles

1. I have four legs but never walk. I may be covered in flowers but have no soil. I hold food three times a day but never eat a meal. What am I?

2. I make two people out of one. What am I?

3. What is far in the beginning and has arts at end?

4. What is black when you buy it, red when you use it, and gray when you throw it away?

5. What can be heard and caught but never seen?

Sojourner Truth
Malcolm X
Black History
Emancipation

Justice
Peace
Civil War
African American

Diversity
Equal Rights
Unity
Voting

SENIOR VOLUNTEERS

Thank you to all our senior volunteers and those not pictured for all you do. You help keep the Isaacs Center running all year long.

Eugenia Ortiz
Harriette Chatman
Sandra Otero
Jennie Lorenzana
Florence Schoen
Helena Kirkpatrick
Myrna LaBow
Alice Knight
Charlotte Golderer
Deneen Pizarro

Gloria King
Carmen Claudio
Hazel Rossbach
Jacqueline Hardy
Maria Todisco
Alma DiPuma
Ramona Rodriguez
Nicholas Chern
Amy Feinstein
Morgan Detering

Names in no particular order
Senior Center Birthday Party