

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

#### **Black History Celebration**















Stanley M. Isaacs Neighborhood Center | 415 East 93rd St, New York, NY 10128 | 212.360.7620



#### **Closed for Programming**

MAR 30

Isaacs Center will be closed on Friday, March 30th 2018.

#### **Women's History Month**

**MAR** 

Did you know the month of March is Women's History Month? March honors the extraordinary achievements of American women. This month and every month the Isaacs Center celebrates women.

#### MAR

#### **Isaacs Center - Executive Committee Election Process**

This month we will hold the Elections for the Executive Committee. If you are interested in running for a position or you would like to know how and when to vote please check out the Election Process Booklet which is located on the Hospitality Table.

#### **MONDAYS**

#### Art Class w/ Nancv

1:45PM

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 board. We paint a variety of pieces.

#### MONDAY

#### Isaacs Chorale "Choir"

2:30PM

The Isaacs Center is starting a choir. If you are interested in singing please join us on on Mondays starting March 5th at 2:30pm. Can't wait to see you there.

#### **TUESDAYS & Explore Tech THURSDAYS**

### 2:45PM

Get a hands on introduction to popular topics in technology such as smartphones, digital photography, cloud storage, protecting your personal information online, & more. Join the class on Tuesdays and Thursdays at 2:45pm. Classes will be in session until March 15th.

#### **FRIDAYS**

9:30AM

2:00PM

**AARP - Every Friday** 

AARP Tax aide will be held on Fridays 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.

#### **SUNDAY**

#### **Sunday Suppers**

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

#### **MONDAY**

#### **Women Appreciation Day**

Let us appreciate you on Monday, March 19th 19 at 2:00pm. There will be representatives from 2:00PM Mary Kay showing us some of the latest products. Refreshments will be served.

#### **TUESDAY**

#### **Trip: Brownstone**

20 **BUS LEAVES** 8:45AM

\$50

The Isaacs Center will be spending the day at the Brownstone. While there, you will have a family style luncheon and see a show "Bona La Festa De San Giuseppe. See hospitality table for more information.

#### **WEDNESDAY**

#### **Dollarama Party**

21 1:15PM Feel like having fun? Do you want to hang out with some great people? If you said yes, then you should join the hospitality committee fundraiser on March 21st at 2:30pm. Cost is only \$1 to get in. Please B.Y.O.D - Bring your own drinks (non-alcoholic). Refreshments will be served.

#### **THURSDAY**

#### **Just Because Party**

29 2:30PM You like food. We like food. You like to dance. We like to dance. Sounds like a party to us. See you on Thursday, March 29th at 2:30. Refreshments will be served.

### 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。

# Movie

|                        | Mar 1 Thu<br>The Women's<br>Balcony | Mar 2 Fri<br>The Shape of<br>Water                            |
|------------------------|-------------------------------------|---|
| Mar 5 Mon<br>Dear John | Mar 8 Thu<br>Fruitvale Station      | Mar 9 Fri The 100 Year old Man Who Climbed Out the Window and |

#### Mar 12 Mon Mar 15 Thu Hacksaw Ridge **Desert Dancer**

Mar 19 Mon Mar 22 Thu Wonder Woman **Doctor Strange** 

Mar 26 Mon Mar 29 Thu The House Born in China

Mar 30 Fri **Isaacs Center** Closed

Disappeared

Mar 16 Fri

Marjorie Prime

Mar 23 Fri

The Beguiled

#### **Movie Schedule**

| Mondays | Thursdays | Fridays |
|---------|-----------|---------|
| 1:30PM  | 3:30PM    | 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 THANK YOU TO EVERYONE WHO PRESENTED AT OUR BLACK HISTORY **CELEBRATION**

| Anita Acevedo            | Helena Kirkpatrick      |  |
|--------------------------|-------------------------|--|
| Leroy Allen              | Patricia Marshall       |  |
| Erika Banks              | Jerome Bonillo          |  |
| Darrell Blue             | Laurette Ngueng         |  |
| Ona Burrell              | Sandy Otero             |  |
| <b>Creative Movement</b> | Deneen Pizarro          |  |
| Expressions              | <b>Sharon Ricketts</b>  |  |
| Eileen Farrar            | Monica Rogalski         |  |
| Jose Guevara             | <b>Khristel Simmons</b> |  |
| Linda James              | <b>Darnette Speed</b>   |  |
| Glora King               | Barbara Suarez          |  |
| Alica Knight             | DJ Primetime            |  |
| Alica Miller             |                         |  |

## **Upcoming Month**

### April 2018

• Wednesday April 18th, Amish Country Tour Trip

### Isaacs Center General Information

#### **Isaacs Center Front Desk**

For Isaacs Center information, please call Helen, our front desk

#### **Meals on Wheels**

#### **Senior Center**

The NORC-SSP provides comprehensive case management and case

#### FREE WI-FI

find out how to connect.

#### **Isaacs Youth Center**

# **MARCH 2018**

### SENIOR CENTER ACTIVITIES

#### **05** Mon Zumba w/ Yvonne Pet Therapy w/ Alice 1:30 1:30 Movie Art Class w/ Nancy 1:45 Isaacs Chorale "Choir" 2:30

| 9:30  | Stay Well Fitness w/ Denis       |
|-------|----------------------------------|
| 10:00 | Golden Opportunities             |
| 10:30 | Meditation .                     |
| 1-4PM | Nurse Lorraine Walk-In           |
| 1:00  | Social Action Committee w/ Aaro  |
| 1:30  | Food Committee w/ Jeffrey        |
| 1:15  | Rincón Latino w/ Jennifer        |
| 2:15  | Bingo                            |
| 2:45  | Explore Tech                     |
| 2:30  | Ed & Rec & Hospitality Committee |
|       | w/ Anita & Khristel              |
| 2.00  | Arts and Crafts                  |

| 12    | Mon                           |
|-------|-------------------------------|
| 10:30 | Zumba w/ Yvonne               |
| 1:15  | Musicians Fest Musical Perfor |
| mance |                               |
| 1:30  | Pet Therapy w/ Alice          |
| 1:30  | Movie                         |
| 1:45  | Art Class w/ Nancy            |
| 2:30  | Isaacs Chorale "Choir"        |
|       |                               |

| 19    | Mon                           |
|-------|-------------------------------|
| 10:30 | Zumba w/ Yvonne               |
| 1:15  | Patient Advocacy w/ Jess      |
| 1:30  | Pet Therapy w/ Alice          |
| 1:30  | Movie                         |
| 1:45  | Art Class w/ Nancy            |
| 2:00  | <b>Women Appreciation Day</b> |
| 2:30  | Isaacs Chorale "Choir"        |

| <b>26</b> | Mon                           |
|-----------|-------------------------------|
| 10:30     | Zumba w/ Yvonne               |
| 11:30-    | 3:30PM Elections for Executiv |
|           | Committee                     |
| 1:30      | Pet Therapy w/ Alice          |
| 1:30      | Movie                         |
| 1:45      | Art Class w/ Nancy            |
| 2:30      | Isaacs Chorale "Choir"        |
|           |                               |

| $\overline{}$ |                                  |
|---------------|----------------------------------|
| 9:30          | Stay Well Fitness w/ Denis       |
| 10:00         | Golden Opportunities             |
| 10:30         | Meditation .                     |
| 1-4PM         | Nurse Lorraine Walk-In           |
| 1:00          | Social Action Committee w/ Aaron |
| 1:30          | Food Committee w/ Jeffrey        |
| 1:15          | Rincón Latino w/ Jennifer        |
| 2:15          | Bingo                            |
| 2:45          | Explore Tech                     |
| 2:30          | Ed & Rec & Hospitality Committee |
|               | w/ Anita & Khristel              |
| 3:00          | Arts and Crafts                  |
|               |                                  |
|               | _                                |
| 17            | Tue                              |
| 13            | . 5, 5                           |
| 0 00          | C. W. H.E., /B.                  |

**06** T∪⊖ Ticket Sales 9AM-10:30AM

|     | 13      | iac                                  |
|-----|---------|--------------------------------------|
|     | 9:30    | Stay Well Fitness w/ Denis           |
| ır- | 10:00   | Golden Opportunities                 |
| •   | 10:30   | Meditation                           |
|     | 11AM-2P | M Councilman Ben Kallos Mobile       |
|     |         | Office Hours                         |
|     | 1-4PM   | Nurse Lorraine Walk-In               |
|     | 1:15    | Rincón Latino w/ Jennifer            |
|     | 1:15    | <b>Dignity Memorial Presentation</b> |
|     | 2:15    | Bingo                                |
|     | 2:45    | Explore Tech                         |
|     | 3:30    | Arts and Crafts                      |
|     | 7PM     | Isaacs Tenant Meetings               |
|     |         |                                      |

| 20    | $T_{1} \cap C$ First Day of Spring        |  |  |
|-------|---|--|--|
| 20    | Tu⊖ First Day of Spring Trip: Brownstone* |  |  |
| 9:30  | Stay Well Fitness w/ Denis                |  |  |
| 10:00 | Golden Opportunities                      |  |  |
| 10:30 | Meditation                                |  |  |
| 1-4PM | I Nurse Lorraine Walk-In                  |  |  |
| 1:15  | Rincón Latino w/ Jennifer                 |  |  |
| 2:15  | Bingo                                     |  |  |
| 3:30  | Arts and Crafts                           |  |  |
| 7PM   | Holmes Tenant Meeting                     |  |  |

Arts and Crafts

| 26                                 | Mon                  | <b>27</b>      | lue                                    |
|------------------------------------|----------------------|----------------|--|
| :30                                | Zumba w/ Yvonne      | 9:30           | Stay Well Fitness w/ Denis             |
| :30-3:30PM Elections for Executive |                      | 10:00<br>10:30 | Golden Opportunities<br>Meditation     |
|                                    | Committee            | 11:30-3        | 3:30PM Elections for Exec<br>Committee |
| 30                                 | Pet Therapy w/ Alice | 1-4PM          | Nurse Lorraine Walk-In                 |

|    | 2:45<br>2:30<br>3:00 | Explore Tech Explore Tech Ed & Rec & Hospitality Committee w/ Anita & Khristel Arts and Crafts |
|----|----------------------|--|
|    | 13                   | Tue  |
|    | 9:30                 | Stay Well Fitness w/ Denis   |
| r- | 10:00                | Golden Opportunities Meditation  |
|    | 10:30<br>11AM-2P     | M Councilman Ben Kallos Mobile   |
|    |                      | Office Hours   |
|    | 1-4PM                | Nurse Lorraine Walk-In   |
|    | 1:15<br>1:15         | Rincón Latino w/ Jennifer  |
|    | 2:15                 | <b>Dignity Memorial Presentation</b> Bingo   |
|    | 2:45                 | Explore Tech   |
|    | 3:30                 | Arts and Crafts  |
|    | 7PM                  | Isaacs Tenant Meetings   |
|    | <b>20</b> 9:30       | Tue First Day of Spring Trip: Brownstone* Stay Well Fitness w/ Denis                           |
|    | 10:00                | Golden Opportunities   |
|    | 10:30<br>1-4PM       | Meditation<br>Nurse Lorraine Walk-In   |
|    | 1:15                 | Rincón Latino w/ Jennifer  |
|    | 2:15<br>3:30         | Bingo<br>Arts and Crafts   |
|    | 7PM                  | Holmes Tenant Meeting  |
|    | 07                   | Tuo  |
|    | <b>27</b>            | rue  |
|    | 9:30                 | Stay Well Fitness w/ Denis   |
|    | 10:00<br>10:30       | Golden Opportunities<br>Meditation   |
|    | 11:30-3              | :30PM Elections for Executive  |
|    | 1-4PM                | Committee<br>Nurse Lorraine Walk-In  |
|    | 1:15                 | Rincón Latino w/ Jennifer  |
|    | 1:15<br>2:00         | Mt. Sinai Presentation Nutrition Education "What are   |
|    |                      | Artifical Sweeteners? Really!"   |
|    | 2:15                 | Bingo Arts and Crafts  |

| ı advance      |   |
|----------------|---|
| some           |   |
| 301116         |   |
|                |   |
|                | Ticket Sales 9AM-10:30AM                            |
| 07             | Wed Send a Card to a Friend Day Health Chat w/ Huda |
| 9:45           | Health Chat w/ Huda                                 |
|                | "Healthy Heart"                                     |
|                | M Blood Pressure Screenings                         |
| 10:00<br>10:30 | Holistic Health & Happiness Group<br>Yoga w/ Nammi  |
| 1:00           | 没事儿咱聊聊  |
| 1:15           | Membership Meeting                                  |
| 2:00           | Poets & Writers                                     |
| 2:30           | Scrabble Group                                      |
| 2:30           | Bingo   |
| 14             | W⊖ <b>⊘</b> Trip:Trader Joes*                       |
| 10-12P         | M 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           | Chatting w/ Chantal                                 |
| 2:00           | Poets and Writers                                   |
| 2:30           | Scrabble Group                                      |
| 2:30           | Game Day  |
| 21             | Wed World Poetry Day Trip: Manhattan Valley*        |
|                |   |
|                | M Blood Pressure Screenings                         |
| 10:00<br>10:30 | Holistic Health & Happiness Group<br>Yoga w/ Nammi  |
|                | 3:30PM Elections for Executive                      |
|                | Committee   |
| 1:00           | 没事儿咱聊聊<br>Groove w/ Yvonne                          |
| 1:15<br>2:00   | Chatting w/ Chantal                                 |
| 2:00           | Poets & Writers                                     |
|                | 6 111 6   |

1:00

1:15

2:00

2:00

2:30

2:30

Committee

Game Day

没事儿咱聊聊

| ie           |   | 2:15<br>2:20  |
|--------------|---|---------------|
|              |   | 2:45          |
|              | Ticket Sales 9AM-10:30AM                      | 3:30          |
|              | Send a Card to a                              |               |
| 07           | Send a Card to a Friend Day                   | 08            |
| 9:45         | Health Chat w/ Huda                           | 10:00         |
|              | "Healthy Heart"                               | 10:00         |
| 10-12P       | 11:00   |               |
| 10:00        | Holistic Health & Happiness Group             | 12:00         |
| 10:30        | Yoga w/ Nammi                                 | 1:00<br>1:15  |
| 1:00         | 没事儿咱聊聊  | 2:00          |
| 1:15         | Membership Meeting                            | 2:15          |
| 2:00         | Poets & Writers                               | 2:20          |
| 2:30         | Scrabble Group                                | 2:45          |
| 2:30         | Bingo   | 3:30          |
| 14           | Wed Trip: Trader Joes*                        | 15            |
| 10-12F       | M Blood Pressure Screenings                   | 10:00         |
| 10:00        | Holistic Health & Happiness Group             | 11:00         |
| 10:30        | Yoga w/ Nammi                                 | 12:00         |
|              | 没事儿咱聊聊  | 1:00          |
| 1:00         |   | 1:15          |
| 1:15         | Groove w/ Yvonne                              | 2:00          |
| 2:00         | Chatting w/ Chantal                           | 2:00<br>2:15  |
| 2:00         | Poets and Writers                             | 2:20          |
| 2:30         | Scrabble Group                                | 2:45          |
| 2:30         | Game Day                                      | 3:30          |
| 21           | Wed World Poetry Day  Trip: Manhattan Valley* | 22            |
| 10-12F       | M Blood Pressure Screenings                   | 10:00         |
| 10:00        | Holistic Health & Happiness Group             | 11:00         |
| 10:30        | Yoga w/ Nammi                                 | 11:30-3:      |
| 11:30-       | 3:30PM Elections for Executive                | 12:00         |
| 1.00         | Committee                                     | 1:00          |
| 1:00         | 没事儿咱聊聊  | 1:15<br>2:00  |
| 1:15<br>2:00 | Groove w/ Yvonne Chatting w/ Chantal          | 2:15          |
| 2:00         | Poets & Writers                               | 2:20<br>3:30  |
| 2:30         | Scrabble Group                                | 5.50          |
| 2:30_        | Dollarama                                     |               |
| 28           | Wed   | 29            |
| 10:00        | Holistic Health & Happiness Group             | 10:00         |
| 10:30        | Yoga w/ Nammi                                 | 11:00         |
| 11:30-       | 4:30PM Elections for Executive                | 12:00<br>1:00 |

| 10:00<br>11:00<br>12:00<br>1:00<br>1:15<br>2:00<br>2:15<br>2:20<br>2:45<br>3:30         | Chronic Illness & Nutrition Talking with Joan Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Collaborative Writing Class Learn Spanish Explore Tech Movie   |
|---|---|
| 08 10:00 11:00 11:00 12:00 1:00 1:15 2:00 2:15 2:20 2:45 3:30                           | Ticket Sales 9AM-10:30A Women's Day Chronic Illness & Nutrition Zumba w/ Jannelle Talking with Joan Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Collaborative Writing Class Learn Spanish Explore Tech Movie |
| 15  | Thu   |
| 10:00<br>11:00<br>12:00<br>1:00<br>1:15<br>2:00<br>2:00<br>2:15<br>2:20<br>2:45<br>3:30 | Chronic Illness & Nutrition Talking with Joan Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Meet the Candidates Forum Collaborative Writing Class Learn Spanish Explore Tech Movie                             |
| 22  | Thu   |
| 10:00<br>11:00<br>11:30-3:<br>12:00<br>1:00<br>1:15<br>2:00<br>2:15<br>2:20<br>3:30     | Chronic Illness & Nutrition Talking with Joan 30PM Elections for Executive Committee Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Collaborative Writing Class Learn Spanish Movie                             |
| 29  | Thu HolyThursday  |
| 10:00<br>11:00  | Chronic Illness & Nutrition Talking with Joan   |

O1 Thu

| 12:00<br>1:00<br>1:15<br>2:00<br>2:15<br>2:20<br>2:45  | Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Collaborative Writing Class Learn Spanish Explore Tech  | 10:00<br>10:00<br>1-4PM<br>2:15<br>2:30                                    | Caregiver Support Group Hablando con Maria Nurse Lorraine Walk-In Bingo Movie  |  |
|--|--|--|--|--|
| 3:30<br>08<br>10:00<br>10:00<br>11:00<br>12:00<br>1:00<br>1:15<br>2:00<br>2:15<br>2:20<br>2:45<br>3:30 | Ticket Sales 9AM-10:30AM Women's Day Chronic Illness & Nutrition Zumba w/ Jannelle Talking with Joan Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Collaborative Writing Class Learn Spanish Explore Tech Movie | 9:30<br>10:00<br>10:00<br>1-4PM  | Ecandidates Names Announced Groove w/ Roger Caregiver Support Group Hablando con Maria Nurse Lorraine Walk-In Vocal Ease Performance Clutter Support Group w/ Dominique Bingo Movie  |  |
| 15 10:00 11:00 12:00 1:00 1:15 2:00 2:00 2:15 2:20 2:45 3:30   | Chronic Illness & Nutrition Talking with Joan Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Meet the Candidates Forum Collaborative Writing Class Learn Spanish Explore Tech Movie                              | 9:30<br>10:00<br>10:00<br>1-4PM<br>1:15<br>2:30<br>3:00                    | Right Day Groove w/ Roger Caregiver Support Group Hablando con Maria Nurse Lorraine Walk-In Birthday Party Movie Bingo   |  |
| 10:00<br>11:00<br>11:30-3:<br>12:00<br>1:00<br>1:15<br>2:00<br>2:15<br>2:20<br>3:30                    | Chronic Illness & Nutrition Talking with Joan 30PM Elections for Executive Committee Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness Collaborative Writing Class Learn Spanish Movie                              | 9:30<br>10:00<br>10:00<br>11:30-3<br>1-4PM<br>2:00<br>2:30<br>2:30<br>3:00 | Groove w/ Roger Caregiver Support Group Hablando con Maria 30PM Elections for Executive Committee Nurse Lorraine Walk-In Clutter Support Group w/ Dominique Movie Glamour Gals Bingo |  |
| 29<br>10:00<br>11:00<br>12:00<br>1:00<br>1:15<br>2:00  | Chronic Illness & Nutrition Talking with Joan Craft Hour The Group w/ Aaron ESL for Spanish Speakers Daily Fitness   |  | Isaacs<br>enter Closed   |  |

**O2** Fri Employee Appreciation Day

**Candidate Information Forms Due** 

**03** Sat 10:00 Yoga

## **MARCH 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.

### **05** Mon

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

### **12** Mon

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

Continental Breakfast

### **19** Mon

B: Continental Breakfast
L: Baked Pork
Egg Noodles
Whole Wheat Bread
Brussel Sprouts
Apple, Milk

### **26** Mon

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

### **06** Tue

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

#### **13** Tue

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

### **20** Tue

B: Continental Breakfast
L: Baked Breaded Lamb Chops
Mashed Potatoes
Whole Wheat Bread
Italian Cut Green Beans
Orange
Apple Juice, Milk

### **27** Tue

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

### **07** Wed

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

#### **14** Wed

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

### **21** Wed

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

### **28** Wed

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

#### **01** Thu

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

### **08** Thu

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

#### **15** Thu

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

### **22** Thu

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

### **29** Thu

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

### **02** Fri

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

### **09** Fri

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

#### **16** Fri

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

### **23** 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** Fri

## Isaacs Center Closed

## **O3** Sat Take Home Lunch Distributed on Friday

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

## 10 Sat Take Home Lunch Distributed on Friday

Turkey Bean Chili White Rice Whole Wheat Bread Steamed Peas & Carrots Orange, Milk

## 17 Sat Take Home Lunch Distributed on Friday

L: Turkey Meatloaf w/ Mushroom
Gravy
Whole Wheat Bread
Whole Wheat Spaghetti
Vegetable Mix
Orange, Milk

## **24** Sat Take Home Lunch Distributed on Friday

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

## 31 Sat Take Home Lunch Distributed on Friday

3: Continental Breakfast

:: Chicken Chunks w/ Red Sauce

White Rice

Whole Wheat bread

Steamed Carrots

Orange Juice, Milk

## **MARCH 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 deliv-

ery service, please feel free to call our office at 212.348.4344.

### **04** Sun

Mashed Red Potatoes Whole Wheat Bread Vegetable Mix Apple

### Sun

Orange Juice, Milk

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

### Sun

Beef Meatballs in Tomato Sauce Baked Turkey Breast Whole Wheat Bread Whole Wheat Spaghetti Normandy Blend Vegetables Fruit Cocktail Orange Juice, Milk

### **25** Sun

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

## **05** Mon

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

**12** Mon

Mashed Red Potatoes

Whole Wheat Bread

Apple Juice, Milk

Whole Wheat Bread

Mixed Vegetables

Apple Juice, Milk

Braised Beef Tips

Whole Wheat Bread

Tapioca Pudding

California Blend Vegetables

Orange Pineapple Juice, Milk

Egg Noodles

Orange

Mashed Red Potatoes

**26** Mon

Kiwi

Beef Meatloaf w/ Mushroom Gravy

California Blend Vegetables

### **06** Tue

Rice w/ Mushrooms Whole Wheat Bread Mixed Vegetables Apple Juice, Milk

### Tue

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

#### **19** Mon **20** Tue

Rosemary Chicken **Bowtie Noodles** Whole Wheat Bread Normandy Blend Vegetables Orange Pineapple Juice, Milk

### **27** Tue

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

### **07** Wed

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

#### Wed 14

**Baked Flounder** Baked Mushroom Chicken Dill Lemon Sauce Quinoa & Black Beans Whole Wheat Bread Couscous Whole Wheat Bread Baby Carrots w/ Parsley Italian Blend Vegetables Banana Sliced Peaches Apple Juice, Milk Orange Pineapple Juice, Milk

### Wed

**Sweet Orange Salmon** Barley Whole Wheat Bread California Blend Vegetables Apple Juice, Milk

### **28** Wed

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

### Thu

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

**08** Thu

Whole Wheat Bread

**22** Thu

Whole Wheat Bread

Zucchini & Carrots

Orange Juice, Milk

**29** Thu

Chicken Chasseur

**Roasted Potatoes** 

Apple Juice, Milk

Banana

Whole Wheat Bread

Italian Blend Vegetables

Banana

Chicken Picatta w/ Lemon Sauce

Ouinoa w/ Kale & Carrots

White Rice

Broccoli

Banana

15

Coconut Curried Chicken Breast

Orange Pineapple Juice, Milk

Thu

## **02** Fri

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

### **09** Fri

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

### 16

Baked Basa Fish **Ginger Sauce** Bulgur Whole Wheat Bread Spinach **Apple** Orange Pineapple Juice, Milk

**23** Fri

Fri

Baked Fish w/ Garlic Sauce Couscous w/ Peas & Lemon Whole Wheat Bread Steamed Kale Fruit Cocktail Apple Juice, Milk

## 30 Fri Will be Closed

Meal will be delivered in advance

### **03** Sat

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



### **10** Sat

Beef Salisbury Steak w/ Mushroom Sauce

Quinoa w/ Kale & Carrots Whole Wheat Bread Steamed Broccoli Orange

Orange Pineapple Juice, Milk

### **17** Sat

Lemon Chicken Barley Whole Wheat Bread **Cut Green Beans** Kiwi Apple Juice, Milk

### **24** Sat

Grilled Chicken Breast **Ginger Sauce** Whole Wheat Bread **Red Bliss Potatoes** Steamed Broccoli Apple Orange Pineapple Juice, Milk

## **31** Sat

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



# **PUZZLES & GAMES**

### Its March.

Find the words that relate to Womens History Month.

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

> Appreciation Accolades Celebration Career

Celebrate Famous Hero Suffrage

Rights Equality Activist Constitution

## **RIDDLES**

### Take your pick and solve these riddles

ball glove say to the ball?

later.

Catch you

1. What did the base- 2. Where do pencils go 3. Take a look at it, for vacation?

Pencil-vania.

you surely won't be shook! Let it happen, you surely will get shook! What is it?

4. What is made out of stone but is soft to trust Atoms?

touch?

5. Why can you not

thing. make up every-Because they .9sırqru2 A

cand.

## **SUNDAY SUPPERS**

Thank you to the Junior League and Spence school students and family for joining us.











10 SINC News+Community | March 2018



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

#### **Black History Celebration**













