Senior Holiday Party
Isaacs Center will be closed on Tuesday, January 1, 2019 in observance of New Years Day and Monday, January 21, 2019 in observance of Martin Luther King Jr. Day.

**MONDAYS**

1:15PM **Self Care Workshop**
Do you ever feel overwhelmed, stressed, anxious or angry? What does self-care look like to you? Come join our workshop and explore ways of self-care, coping with change, stress management and make some new friends along the way. Join us on Mondays at 1:15pm.

1:30PM **Art Classes**
Join artist Zach for a series of drawing and painting classes. Create your own masterpieces in drawing, drawing with color, and watercolor and acrylics. Classes will be held on Mondays at 1:30pm.

**WEDNESDAYS**

1:30PM **Computer Classes**
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 will be held on Wednesdays.

2:15PM **Truthbase Theatricals presents “Seniors on Broadway!” - Drama Class**
Welcome to the exciting world of musical theater! Whether you’re a performing veteran or completely new to the stage, this class brings Broadway to you with something for everyone! Participants will engage in dance and movement activities that promote physical activity and well-being while enhancing cognitive memory and sensory skills through fun and engaging theater games. Join us on Wednesday at 2:15pm

**FRIDAYS**

10:00AM - 12:00PM **VOLS**
The VOLS Elderly Project provides free legal counsel to older adults in New York City. They specialize in the preparation of Wills and Life Planning Documents and can provide legal advice on a number of legal issues facing older adults. They are here at the Isaacs Center every third Friday of the month for a free legal clinic.

**Cafe Stanley**
Enjoy a sweet treat or get your caffeine fix on Monday’s, Wednesday’s, and Friday’s in the lobby between 2pm and 4pm.

**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**
“沒事的，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。

**Lunch Break**

**MOVIES**

**WEDNESDAYS**

2:15PM Truthbase Theatricals presents “Seniors on Broadway!” - Drama Class
Welcome to the exciting world of musical theater! Whether you’re a performing veteran or completely new to the stage, this class brings Broadway to you with something for everyone! Participants will engage in dance and movement activities that promote physical activity and well-being while enhancing cognitive memory and sensory skills through fun and engaging theater games. Join us on Wednesday at 2:15pm

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**Staf Spotlight**

Helen (Pictured Left) at the Isaacs Center
Office Hours w/ Greg
Stop in to speak with Greg during his weekly “office hours.” See Eileen to schedule a time.

**Upcoming Month**

February 2019

- Chinese New Year Celebration
- Black History Month Celebration
- Isaacs Center will be closed on February 18th for President’s 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.
## Senior Center Activities

### Isaacs Center closed in observance of New Years Day

- **07 Mon**
  - 10:30 Zumba w/ Yvonne
  - 1:15 Nutrition Education w/ Jennifer
  - 1:30 Pet Therapy w/ Alice
  - 1:45 Art Class w/ Zach
  - 2:30 Hospitality Committee w/ Kristel
  - 2:45 Isaacs Sing Alongs

- **08 Tue**
  - 9:30 Stay Well Fitness w/ Denis
  - 10:00 Hablando con Maria
  - 10:15 Meditation
  - 1:45 Nurse Lorraine Walk-In
  - 2:15 Meditation
  - 2:30 Art & Crafts
  - 7:00 Isaacs Tenants Meeting

- **09 Wed**
  - 9:45 Health Chat w/ Huda
  - 10:15 “Vertigo & Dizziness”
  - 1:30 Pet Therapy w/ Alice
  - 2:15 Pet Therapy w/ Alice
  - 2:30 Seniors on Broadway/Drama Class
  - 3:20 Scrabble Group
  - 2:30 Bingo/Games

- **10 Thu**
  - 10:00 Zumba w/ Janelle & Company
  - 1:15 Yoga w/ Nammi
  - 1:45 Clutter Group
  - 1:15 Groove w/ Yvonne
  - 2:30 Computer Class w/ Victor
  - 2:30 Scrabble Group
  - 2:30 Bingo/Games

- **11 Fri**
  - 9:30 Groove w/ Roger
  - 10:00 Caregiver Support Group
  - 1:00 Hablando con Maria
  - 1:45 Nurse Lorraine Walk-In
  - 2:15 Bingo
  - 2:30 Movie
  - 3:00 Golden Opportunities

- **12 Sat**
  - 10:00 Yoga

### Isaacs Center closed in observance of Martin Luther King Jr. Day

- **21 Mon**
  - 9:30 Stay Well Fitness w/ Denis
  - 10:00 Hablando con Maria
  - 10:15 Meditation
  - 1:45 Nurse Lorraine Walk-In
  - 2:15 Meditation
  - 2:30 Art & Crafts
  - 7:00 Holmes Tenant Meeting

- **22 Tue**
  - 9:30 Stay Well Fitness w/ Denis
  - 10:00 Hablando con Maria
  - 10:15 Meditation
  - 1:45 Nurse Lorraine Walk-In
  - 2:15 Meditation
  - 2:30 Art & Crafts
  - 7:00 Isaacs Tenants Meeting

- **23 Wed**
  - 10:15 Blood Pressure Screenings
  - 10:30 Yoga w/ Nammi
  - 10:45 Clutter Group
  - 1:15 Groove w/ Yvonne
  - 1:30 Computer Class w/ Victor
  - 2:15 Seniors on Broadway/Drama Class
  - 2:30 Scrabble Group
  - 2:30 Bingo/Games

- **24 Thu**
  - 10:00 Zumba w/ Janelle & Company
  - 1:15 Yoga w/ Nammi
  - 1:45 Clutter Group
  - 1:15 Groove w/ Yvonne
  - 2:30 Computer Class w/ Victor
  - 2:30 Scrabble Group
  - 2:30 Bingo/Games

- **25 Fri**
  - 9:30 Groove w/ Roger
  - 10:00 Caregiver Support Group
  - 10:00 Hablando con Maria
  - 1:45 Nurse Lorraine Walk-In
  - 2:15 Bingo
  - 2:30 Movie
  - 3:00 Golden Opportunities

- **26 Sat**
  - 10:00 Yoga

### Isaacs Center closed in observance of Martin Luther King Jr. Day

- **28 Mon**
  - 10:30 Zumba w/ Yvonne
  - 1:30 Pet Therapy w/ Alice
  - 1:45 Art Class w/ Zach
  - 2:45 Isaacs Sing Alongs

- **29 Tue**
  - 9:30 Stay Well Fitness w/ Denis
  - 10:00 Hablando con Maria
  - 10:15 Meditation
  - 1:45 Nurse Lorraine Walk-In
  - 2:15 Meditation
  - 2:30 Art & Crafts

### Isaacs Center closed in observance of Martin Luther King Jr. Day

- **30 Wed**
  - 10:15 Blood Pressure Screenings
  - 10:30 Yoga w/ Nammi
  - 10:45 Clutter Group
  - 1:15 Groove w/ Yvonne
  - 1:30 Computer Class w/ Victor
  - 2:15 Seniors on Broadway/Drama Class
  - 2:30 Scrabble Group
  - 2:30 Bingo/Games

### Isaacs Center closed in observance of Martin Luther King Jr. Day

- **31 Thu**
  - 10:00 Zumba w/ Janelle & Company
  - 11:00 Yoga w/ Nammi
  - 12:00 Craft Hour
  - 1:00 The Group w/ Aaron
  - 2:00 Daily Fitness
  - 2:15 Seniors on Broadway/Drama Class
  - 2:30 Scrabble Group
  - 3:00 Movie

### Isaacs Center closed in observance of Martin Luther King Jr. Day

- **01 Fri**
  - 9:30 Groove w/ Roger
  - 10:00 Caregiver Support Group
  - 1:45 Nurse Lorraine Walk-In
  - 2:15 Bingo
  - 2:30 Movie
  - 3:00 Golden Opportunities

- **02 Sat**
  - 10:00 Yoga

### Isaacs Center closed in observance of Martin Luther King Jr. Day

- **JANUARY 2019**
  - Senior Center Activities
  - The Isaacs Center is open from 8:00AM to 5:00PM on weekdays. Saturdays 9:00AM to 1:00PM for limited programming.
**JANUARY 2019 Senior Center Menu**

<table>
<thead>
<tr>
<th>Date</th>
<th>Meal 1</th>
<th>Meal 2</th>
<th>Meal 3</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>01 Tue</strong></td>
<td><strong>Isaacs Center closed in observance of New Years Day</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Lasagna, Spinach &amp; Cheese Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td><strong>02 Wed</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Orange Pineapple Juice, Milk Whole Wheat Bread Green Beans Banana Orange Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>03 Thu</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Herbed Roasted Chicken Leg Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>04 Fri</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Steamed Fish w/ Ginger Scallion Sauce Brown Rice Whole Wheat Bread Sautéed Bok Choy w/ Garlic Pear Apple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>05 Sat</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
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**MON**

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<thead>
<tr>
<th>Date</th>
<th>Meal 1</th>
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<th>Meal 3</th>
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<tbody>
<tr>
<td><strong>07 Mon</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Orange Pineapple Juice, Milk Whole Wheat Bread Sautéed Broccoli Apple Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>08 Tue</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Unbaked Veal &amp; Beef Patties Whole Wheat Bread Kale Mashed Potatoes Orange Apple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>09 Wed</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Cheese Ravioli w/ Marinara Sauce Whole Wheat Bread Sautéed Spinach Sliced Carrots Kiwi Orange Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>10 Thu</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Ground Beef Stuffed Bell Peppers w/ Cheese Whole Wheat Bread Sautéed Zucchini Canned Apricots Apple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>11 Fri</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Tilapia w/ Lemon Dill Sauce Egg Noodles Whole Wheat Bread Green Beans Banana Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>12 Sat</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
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**TUE**

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<tr>
<th>Date</th>
<th>Meal 1</th>
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<tbody>
<tr>
<td><strong>13 Mon</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Meatballs in Marinara Sauce Whole Wheat Bread Whole Wheat Spaghetti Steamed Broccoli Apple Orange Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>14 Tue</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Roasted Chicken Leg Rice &amp; Beans Whole Wheat Bread Sautéed Cabbage Sliced Canned Peaches Apple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>15 Wed</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Baked Pork Chop California Blend Vegetables Yuca w/ Onions Banana Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>16 Thu</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Eggplant Rollettes Whole Wheat Bread Parsleyed Carrots Steamed Broccoli &amp; Cauliflower Canned Pears Apple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>17 Fri</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Basa Filet w/ Garlic Sauce Whole Wheat Bread Parsleyed Carrots Canned Apricots Apple Juice, Milk</td>
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<tr>
<td><strong>18 Sat</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
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**WED**

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<th>Meal 1</th>
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<tbody>
<tr>
<td><strong>19 Wed</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Meatloaf w/ Gravy Egg Noodles Whole Wheat Bread Instant Mashed Potatoes Sautéed Spinach Canned Pineapple Orange Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>20 Thu</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Pork Chop w/ Sweet &amp; Sour Sauce Whole Wheat Bread Sautéed Zucchini Banana Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>21 Fri</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Cheese Blintzes Whole Wheat Bread Green Beans Parsleyed Carrots Canned Apricots Apple Juice, Milk</td>
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<tr>
<td><strong>22 Sat</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
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**THU**

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<tbody>
<tr>
<td><strong>23 Wed</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Swedish Meatballs Egg Noodles Whole Wheat Bread Collards Mashed Sweet Potatoes Applesauce Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>24 Thu</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Sliced Turkey w/ Gravy Whole Wheat Bread Collards Mashed Sweet Potatoes Applesauce Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>25 Fri</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Tilapia w/ Creole Sauce Gnocchi Whole Wheat Bread Brussel Sprouts Apple Orange Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>26 Sat</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
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**FRIDAY**

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<tr>
<td><strong>27 Fri</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Chicken Parmesan Whole Wheat Bread Whole Wheat Spaghetti Steamed Broccoli Apple Orange Pineapple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>28 Sat</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
<td><strong>Take Home Lunch Distributed on Friday</strong></td>
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**SAT**

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<tr>
<td><strong>29 Sat</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Shawarma Whole Wheat Bread Sautéed Broccoli &amp; Cauliflower Apple Orange Pineapple Juice, Milk</td>
<td></td>
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<tr>
<td><strong>30 Sun</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Chicken w/ Garlic Sauce Brown Rice Whole Wheat Bread Sautéed Bok Choy Canned Peas Orange Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>31 Mon</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Continental Breakfast Whole Wheat Bread Mashed Sweet Potatoes Applesauce Orange Pineapple Juice, Milk</td>
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**SUNDAY**

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<td><strong>Isaacs Center closed in observance of Martin Luther King Jr. Day</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Herbed Roasted Chicken Leg Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td><strong>02 Wed</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Orange Pineapple Juice, Milk Whole Wheat Bread Green Beans Banana Orange Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>03 Thu</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Ground Beef Stuffed Bell Peppers w/ Cheese Whole Wheat Bread Sautéed Zucchini Canned Apricots Apple Juice, Milk</td>
<td></td>
</tr>
<tr>
<td><strong>04 Fri</strong></td>
<td><strong>B:</strong> Continental Breakfast</td>
<td><strong>L:</strong> Steamed Fish w/ Ginger Scallion Sauce Brown Rice Whole Wheat Bread Sautéed Bok Choy w/ Garlic Pear Apple Juice, Milk</td>
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<td><strong>05 Sat</strong></td>
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**01 Tue** | **Isaacs Center closed in observance of New Years Day** | **B:** Continental Breakfast | **L:** Lasagna, Spinach & Cheese Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk |
| **02 Wed** | **B:** Continental Breakfast | **L:** Orange Pineapple Juice, Milk Whole Wheat Bread Green Beans Banana Orange Juice, Milk |
| **03 Thu** | **B:** Continental Breakfast | **L:** Herbed Roasted Chicken Leg Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk |
| **04 Fri** | **B:** Continental Breakfast | **L:** Steamed Fish w/ Ginger Scallion Sauce Brown Rice Whole Wheat Bread Sautéed Bok Choy w/ Garlic Pear Apple Juice, Milk |
| **05 Sat** | **Take Home Lunch Distributed on Friday** | **Take Home Lunch Distributed on Friday** | **Take Home Lunch Distributed on Friday** |

**01 Tue** | **Isaacs Center closed in observance of New Years Day** | **B:** Continental Breakfast | **L:** Lasagna, Spinach & Cheese Whole Wheat Bread Collards Yellow Plantains Canned Pineapple Orange Pineapple Juice, Milk |
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| <strong>03 Thu</strong> | <strong>B:</strong> Continental Breakfast | <strong>L:</strong> Ground Beef Stuffed Bell Peppers w/ Cheese Whole Wheat Bread Sautéed Zucchini Canned Apricots Apple Juice, Milk |
| <strong>04 Fri</strong> | <strong>B:</strong> Continental Breakfast | <strong>L:</strong> Steamed Fish w/ Ginger Scallion Sauce Brown Rice Whole Wheat Bread Sautéed Bok Choy w/ Garlic Pear Apple Juice, Milk |
| <strong>05 Sat</strong> | <strong>Take Home Lunch Distributed on Friday</strong> | <strong>Take Home Lunch Distributed on Friday</strong> | <strong>Take Home Lunch Distributed on Friday</strong> |</p>
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<td><strong>Isaacs Center closed in observance of New Years Day</strong></td>
</tr>
<tr>
<td>02 Wed</td>
<td>Baked Flounder Sorfro Quinoa w/ Black Beans &amp; Corn Whole Wheat Bread Steamed Broccoli Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>03 Thu</td>
<td>Chicken Curry w/ Apples &amp; Peas Kashmir Rice Whole Wheat Bread Spinach Banana Apple Juice, Milk</td>
</tr>
<tr>
<td>04 Fri</td>
<td>Baked Salmon w/ Cilantro Citrus Sauce Bulgur Whole Wheat Bread Italian Blend Vegetables Apple Orange Juice, Milk</td>
</tr>
<tr>
<td>05 Sat</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce Pasta w/ Sweet Peas Whole Wheat Bread Zucchini &amp; Peas Canned Apricots Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>06 Sun</td>
<td>Turkey w/ Gravy Whole Wheat Bread Cut Green Beans Mashed Sweet Potatoes Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>07 Mon</td>
<td>Hungarian Goulash w/ Beef Brown Rice w/ Beans Whole Wheat Bread Cut Green Beans Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>08 Tue</td>
<td>Baked Chicken Thighs Honey Dijon Sauce Brown Rice w/ Beans Whole Wheat Bread Baby Carrots w/ Parsley Orange Apple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>09 Wed</td>
<td>Spanish Style Beef Stew Egg Noodles Whole Wheat Bread Mixed Vegetables Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>10 Thu</td>
<td>Chicken Parmesan Tomato Sauce Penne Whole Wheat Bread Steamed Broccoli &amp; Cauliflower Canned Pears Orange Juice, Milk</td>
</tr>
<tr>
<td>11 Fri</td>
<td>Baked Basa Fish Barley Whole Wheat Bread Steamed Spinach Apple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>12 Sat</td>
<td>Beef Meatballs in Tomato Sauce Whole Wheat Bread Whole Wheat Spaghetti Normandy Blend Vegetables Kiwi Apple Juice, Milk</td>
</tr>
<tr>
<td>13 Sun</td>
<td>Grilled Caribbean Chicken Breast Rice w/ Corn Whole Wheat Bread Broccoli Canned Apricots Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>14 Mon</td>
<td>Baked Flounder Quinoa w/ Black Beans &amp; Corn Whole Wheat Bread Italian Blend Vegetables Orange Juice, Milk</td>
</tr>
<tr>
<td>15 Tue</td>
<td>Baked Chicken Thighs Honey Dijon Sauce Brown Rice w/ Beans Whole Wheat Bread Baby Carrots w/ Parsley Apple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>16 Wed</td>
<td>Spanish Style Beef Stew Egg Noodles Whole Wheat Bread Mixed Vegetables Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>17 Thu</td>
<td>Chicken Parmesan Tomato Sauce Penne Whole Wheat Bread Steamed Broccoli &amp; Cauliflower Canned Pears Orange Juice, Milk</td>
</tr>
<tr>
<td>18 Fri</td>
<td>Baked Basa Fish Barley Whole Wheat Bread Steamed Spinach Apple Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>19 Sat</td>
<td>Beef Meatloaf w/ Mushroom Gravy Rice &amp; Black Beans Whole Wheat Bread California Blend Vegetables Apple Orange Juice, Milk</td>
</tr>
<tr>
<td>20 Sun</td>
<td>Chicken Picatta w/ Lemon Sauce Whole Wheat Bread Cut Green Beans Mashed Red Potatoes Orange Apple Juice, Milk</td>
</tr>
<tr>
<td>21 Mon</td>
<td><strong>Isaacs Center closed in observance of Martin Luther King Jr. Day</strong></td>
</tr>
<tr>
<td>22 Tue</td>
<td>Italian Roast Chicken Pasta Fagioli Whole Wheat Bread Italian Blend Vegetables Apple Juice, Milk</td>
</tr>
<tr>
<td>23 Wed</td>
<td>Baked Basa Fish Moroccan Style Sauce Orzo Pilaf Whole Wheat Bread Italian Blend Vegetables Apple Orange Juice, Milk</td>
</tr>
<tr>
<td>24 Thu</td>
<td>Chicken w/ Tangy Tomato Sauce Cuban Style Brown Rice Whole Wheat Bread Normandy Blend Vegetables Banana Orange Pineapple Juice, Milk</td>
</tr>
<tr>
<td>25 Fri</td>
<td>Baked Flounder Greek Sauce Whole Wheat Bread Chopped Kale Garlic Mashed Potatoes Canned Pineapples Orange Juice, Milk</td>
</tr>
<tr>
<td>26 Sat</td>
<td>Beef Salisbury Steak w/ Mushroom Sauce Brown Rice &amp; Lentils Whole Wheat Bread Steamed Broccoli Orange Orange Pineapple Juice, Milk</td>
</tr>
</tbody>
</table>

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.

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 x144.
Its January.

Find the words that relate to the New Year.

PUZZLES & GAMES

RIDDLES

Take your pick and solve these riddles

1. What type of drum are you not able to play?
2. Why did it rain Pennies?
3. What did the left eye say to the right eye?
4. Why can’t you play basketball with pigs?
5. What type of paper can you neither read nor write on?

Because there was a change in the weather.

Because they will hog the ball.

Because there was a change in the weather.

Because there were no basketballs with pigs.

Because there was sandpaper.

Need a job? Need your high school diploma? Ages 16–24

For more information, please contact Tom Mckee, Tmckee@isaacscenter.org or 212.360.7620.
Thanksgiving Luncheon