

# It's Isaacs Election Time!

What better way to build a stronger Isaacs Community than to participate in the Isaacs Executive Committee?!

Please see the "Election Board" for more details about what the Executive Committee is all about and how to get involved.



## Movies at the Isaacs Center



Thursday, January 5 @ 2:30pm: (French Movie) - "God is Great, I'm Not"

Friday, January 6 @ 1pm: Classic Movie - "Pal Joey"

Saturday, January 7 @ 12:45pm: "Bridesmaids"

Monday, January 9 @ 1pm: "Iraq in Fragments"

Thursday, January 12 @ 1pm: (Chinese Movie) - "Curse of the Golden Flower"

Friday, January 13: **The Movie will not meet today - join us for the Poets & Writers Performance followed by the Farewell to Sarah Party!**

Saturday & Monday January 14 & 16: **The Center is closed in honor of MLK Day**

**Thursday, January 19: MLK Day Movie & Discussion-**

**"Roads to Memphis: American Experience" JOIN US!!**

Friday, January 20 @ 2:30pm: Classic Movie - "Love Me Tonight"

Saturday, January 21 @ 12:45pm: "Water For Elephants"

Monday, January 23 @ 1pm: "The Heart Specialist"

Thursday, January 26 @ 1pm: (Italian Movie) - "The Son's Room"

Friday, January 27 @ 1pm: Classic Movie - "Paris When It Sizzles"

Saturday, January 28 @ 12:45pm: "Buck"

Monday, January 30 @ 1pm: "Local Color"


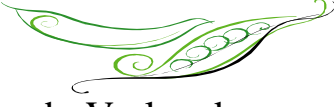
## CHECK YOUR MAILBOX!



- Kerry Allison, a former Stanley Isaacs employee, is conducting a survey as part of her thesis project. Members will be selected at random and sent a brief survey in the mail. All responses will be kept confidential. Send your survey and the consent form back in the self-addressed stamped envelope for a chance to win one of two \$25 gift cards!

**Thanks Vera for the YEARS of volunteering you've dedicated to instructing Line Dancing. You will be missed!**



Monday	Tuesday	Wednesday
<p align="center"><b>2</b> <b>HAPPY NEW YEAR!</b></p> <p align="center">The Isaacs Center is Closed.</p>	<p align="center"><b>3</b></p> <p>Breakfast: Corn muffins with butter and hard boiled eggs</p> <p>Lunch: Chicken breast w/ mushroom marsala sauce and parsley red roasted potatoes and carrots</p>	<p align="center"><b>4</b></p> <p>Breakfast: Bagel with cream cheese and oatmeal</p> <p>Lunch: Roasted chicken breast w/ herbs in brown gravy, rice and peas and carrots</p>
<p align="center"><b>9</b></p> <p>Breakfast: English muffin, peanut butter and oatmeal</p> <p>Lunch: Breaded chicken breast w/ gravy, brown rice and green beans</p>	<p align="center"><b>10</b></p> <p>Breakfast: Corn muffins with butter and hard boiled eggs</p>  <p>Lunch: Chicken breast w/ Creole sauce, bow tie pasta and broccoli</p>	<p align="center"><b>11</b></p> <p>Breakfast: Bagel with cream cheese and oatmeal</p> <p>Lunch: Turkey meatballs marinara, mashed potatoes, peas and carrots</p>
<p align="center"><b>16</b></p> <p align="center">The Isaacs Center Will be CLOSED Today in Celebration of Dr. Martin Luther King, Jr.</p>	<p align="center"><b>17</b></p> <p>Breakfast: Corn muffins with butter and hard boiled eggs</p> <p>Lunch: Chicken Au Jus, brown rice and oriental vegetables</p>	<p align="center"><b>18</b></p> <p>Breakfast: Bagel with cream cheese and oatmeal</p> <p>Lunch: Turkey meatloaf w/ gravy, whole wheat pasta and sautéed spinach</p>
<p align="center"><b>23</b></p> <p>Breakfast: English muffin, peanut butter and oatmeal</p> <p>Lunch: Grilled chicken breast w/ balsamic sauce, rice and sautéed spinach</p>	<p align="center"><b>24</b></p> <p>Breakfast: Corn muffins with butter and hard boiled eggs</p>  <p>Lunch: Veal and peppers, whole wheat pasta, broccoli and cauliflower</p>	<p align="center"><b>25</b></p> <p>Breakfast: Bagel with cream cheese and oatmeal</p> <p>Lunch: Turkey Salisbury steak w/ mushroom sauce, bowtie pasta and pearl onions w/ zucchini</p>
<p align="center"><b>30</b></p> <p>Breakfast: English muffin, peanut butter and oatmeal</p> <p>Lunch: Turkey Swedish meatballs, rotini pasta and peas and carrots</p>	<p align="center"><b>31</b></p> <p>Breakfast: Corn muffins with butter and hard boiled eggs</p> <p>Lunch: Chicken Florentine, rice and mushrooms and string beans</p>	<p align="center"><b>Breakfast is served from 8:30-9:15 M-F</b></p> <p align="center"><b>Isaacs has 2 Lunch Sitzings: 11:45 &amp; 12:15. Please sign in for breakfast and lunch at the designated table.</b></p> <p align="center"><b>Lunch service ends at 12:30 SHARP!</b></p>

Thursday	Friday	Saturday
<p style="text-align: center;"><b>5</b></p> <p>Breakfast: Waffles and sausage</p> <p>Lunch: Turkey salisbury steak, mashed potatoes and kale</p>	<p style="text-align: center;"><b>6</b></p> <p>Breakfast: Pancakes and scrambled eggs</p> <p>Lunch: Baked tilapia w/ brown rice, pepper and onion stuffing</p>	<p style="text-align: center;"><b>7</b></p> <p>Café Stanley - Join us for coffee, pastry &amp; conversation</p> <p>Lunch: BBQ chicken w/ baked French fries and a sweet treat</p>
<p style="text-align: center;"><b>12</b></p> <p>Breakfast: Waffles and sausage</p> <p>Lunch: Hamburger w/ onions, egg barley and sautéed spinach</p>	<p style="text-align: center;"><b>13</b></p> <p>Breakfast: Pancakes and scrambled eggs</p> <p>Lunch: Catfish w/ lemon dill sauce, sweet potatoes and sliced beets</p>	<p style="text-align: center;"><b>14</b></p> <p style="text-align: center;"><b>The Isaacs Center Will be CLOSED Today in Celebration of Dr. Martin Luther King, Jr.</b></p>
<p style="text-align: center;"><b>19</b></p> <p>Breakfast: Waffles and sausage</p> <p>Lunch: Pot roast, mashed potatoes and snow peas</p>	<p style="text-align: center;"><b>20</b></p> <p>Breakfast: Pancakes and scrambled eggs</p> <p>Lunch: Baked tilapia w/ sautéed onions, white rice, kidney beans and broccoli</p>	<p style="text-align: center;"><b>21</b></p> <p>Café Stanley - Join us for coffee, pastry &amp; conversation</p> <p>Lunch: Cod fish with casaba a and a sweet treat</p>
<p style="text-align: center;"><b>26</b></p> <p>Breakfast: Waffles and sausage</p> <p>Lunch: Baked stuffed tilapia, au gratin potatoes and broccoli</p>	<p style="text-align: center;"><b>27</b></p> <p>Breakfast: Pancakes and scrambled eggs</p> <p>Lunch: Tilapia w/ lemon dill sauce, rice and lentils and steamed broccoli</p>	<p style="text-align: center;"><b>28</b></p> <p>Café Stanley - Join us for coffee, pastry &amp; conversation</p> <p>Lunch: Hot dogs, cole slaw and a sweet treat</p>



# *January Menu*

**\*WE OFFER A VEGGIE MEAL OPTION FOR LUNCH EVERY DAY\***

The suggested contribution for Breakfast is 50¢ and \$1.50 for weekday lunch. \$1 for Saturday lunch.

**Please help support YOUR Center!**



# Computer Corner

We are offering NEW OATS (Older Adult Technology Services) Computer Courses! Registration for the following courses will begin on Monday, January 3rd during regular ticket hours.

*Note: We will NOT be offering the Basic Computer Class this quarter.*

## **10-Week Advanced Computer Course - Time: 9AM to 10:15AM**

**Days: Tuesdays and Thursdays Jan 24 through Mar 29**

In this course students learn to use the Internet as an everyday resource for practical and fun activities such as shopping, banking, research, listening to music, and watching videos. Students also learn the basics of staying safe on the Internet. This course is best for those who have taken the OATS Computer Basics course, or for those who already know how to use the Internet, search for information and send email.

## **5-Week Social Networking Computer Course - Time: 10:30AM to 11:45AM**

**Days: Tuesdays and Thursdays Jan 24 through Feb 23**

This course introduces students to the basics of social networking via the internet on sites such as Facebook and Twitter. This course is best for those who already know how to use the Internet, search for information and send email. *Note: This course is not for beginners!*

## **5 - Week Digital Photography Course 10:30AM to 11:45AM**

**Days: Tuesdays and Thursdays Feb 28 through Mar 29**

This course introduces students to the basics of using a digital camera, sharing pictures with friends and relatives using email and the Internet, and printing pictures at a neighborhood photo kiosk. This course is best for those who have a digital camera and have already taken the OATS Computer Basics for Older Adults course or for those who already know how to go on the Internet, search for information and use email.



**Dear Isaacs Community,**

**As many of you know, I will be leaving my position as Senior Center Director at the Isaacs Center on Friday, January 13<sup>th</sup>. I want to first express how much this community has meant to me over the past four and a half years. When I started here as Ed/Rec Coordinator in 2007, I never thought that I would make so many genuine and unique connections with you all. It has honestly been a joy to work with such an amazing group of people.**

**Although there are many facets of the Isaacs Community I adore, I will especially miss impromptu dance parties in the hallway; belly laughs during Café Stanley; dressing up in crazy costumes for the Halloween party; the creativity of the arts drama, and dancing programs; and celebrating every month at the birthday parties.**

**I am so proud of the community that we have built together. It has truly been a collaborative effort. I will miss all of you, but will never forget the memories we all made together. Remember, this isn't "goodbye"—just "see you later".**

**Sincerely,**

**Sarah**

**savino.sarah@gmail.com**