



# Isaacs | News + Center | Community

Your Guide to Programs and Services at the  
Stanley M. Isaacs Neighborhood Center in September 2016

## ISAACS MEMBER LUNCH TICKET VOLUNTEERS





## SATURDAY & MONDAY SEPT 3 & 5 Isaacs Center Closing

The Isaacs Center will be closed in observance of Labor Day on Saturday, September 3rd and Monday, September 5th.

## TUESDAYS SEPT 12 & 27 LiveOn NY

This month the Isaacs Center welcomes LiveOn NY. LiveOn will be at the Center every 2nd and 4th Tuesday to meet with members and screen for public benefits eligibility including SNAP (Food Stamps), Medicaid, SCRIE and more.

## TUESDAYS 3:30PM Arts & Crafts

The Arts & Crafts class is held every Tuesday at 3:30pm. Take a load off your mind and join us in painting, coloring, and creating beautiful art pieces.

## WEDNESDAYS 2:30PM Poets & Writers

Poets and Writers will return on September 7 at 2:30! We would love to see new faces join! This group helps you to write down your thoughts, ideas, feelings, past experiences and more through various writing styles.

## THURSDAYS 1:30PM Its All About the Short Story

It's All About the Short Story will return on September 8th at 1:30! This literature course focuses on the key elements of writing a short story. Students will host a "publishing party" during the final class, where participants will read their stories to the instructor, classmates and invited guests.

## FRIDAYS 3PM Advanced Jewelry Making

Advanced jewelry making class is held every Friday at 3pm. Come join the fun and leave with a piece you created. Looking forward to seeing you there!

## WEDNESDAY SEPT 7 7:15AM TICKET: \$50 Senior Trip: Holiday Hill

Enjoy delicious unlimited breakfast and lunch. Spend the day playing bingo, dancing to music by the DJ, boating on the lake, mini golf, bocce ball or relaxing by the swimming pool. Please note sign ups began August 23rd.

## TUESDAY SEPT 13 12PM-4PM Voter Registration Drive

Are you registered to vote? If not stop by on September 13th from 12pm - 4pm. Stop by the Hospitality Table for more information.

## TUESDAY SEPT 13 3:30PM NY Cares Fitness Class

On September 13th at 3:30pm NY Cares will host their first fitness class at the Isaacs Center. Stop by and join the fun.

## TUESDAY SEPT 19 2PM Flu Shot Clinic

A Pharmacist from Duane Reade will be on site to distribute the flu shot on September 19th from 2pm. You must sign up and complete the forms prior to receiving your flu shot. Stop by the Hospitality Table for more information.

## SEPT 20-30 Free IDNYC

The Johnson Cornerstone Center has been selected to host FREE IDNYC cards. Stop by the hospitality table for more information.

## WEDNESDAY SEPT 22 10:15AM TICKET: \$1 Stew Leonard's

Join us for a shopping trip on September 22nd. Bagged lunch and round trip transportation will be provided. Meet at 10:15AM. Sign up during ticket sales.

## THURSDAY SEPT 29 10AM-1PM Senior Field Day

Join us for our annual Senior Field Day at Asphalt Green. Games, relays, raffle prizes, food and more. See you there.

## Tenant Association Mtg

Isaacs Tenant Meeting will be held on Tuesday September 13th at 7PM.

Holmes Tenant Meeting will be held on Tuesday September 20th at 7PM

# Movies

at the  
Isaacs  
Center

<b>Sept 1</b> Thu The Boss	<b>Sept 2</b> Fri Blood Simple	<b>Sept 3</b> Sat The Big Short
<b>Sept 8</b> Thu Spotlight	<b>Sept 9</b> Fri Popstar: Never Stop Never Stopping	<b>Sept 10</b> Sat Clouds of Sils Maria
<b>Sept 12</b> Mon Creed	<b>Sept 15</b> Thu Touch of Evil	<b>Sept 16</b> Fri Criminal
<b>Sept 17</b> Sat Born to be Blue	<b>Sept 19</b> Mon Keanu	<b>Sept 22</b> Thu Dark Horse
<b>Sept 23</b> Fri Secretariat	<b>Sept 24</b> Sat Killing Lincoln	<b>Sept 26</b> Mon Captain Phillips
<b>Sept 29</b> Thu The Secret Life of Walter Mitty	<b>Sept 30</b> Sat Grandma	

## Office Hours w/ Greg or Rhonda

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

## 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.

### 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.

# Group Spotlight



## Matter of Balance Workshop

During the summer months, Nancy Hernandez, Case Manager and Jenny Lorenzana, Isaacs Member, led an 8 week workshop on fall prevention for our seniors. This workshop has been proven to help older adults from falling.

## Upcoming Month Oct 2016

- Isaacs Center will be closed on Monday, October 10th 2016, in observance of Columbus Day.
- Hispanic Heritage Celebration

### NORC-SSP

The NORC-SSP provides comprehensive case management and case assistance to older adult residents living in the Isaacs/Holmes Houses. For more information, call Xiomara Martinez at 212.360.7620, ext 159.

### 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.

# SEPTEMBER 2016

## SENIOR CENTER ACTIVITIES

The Isaacs Center is open from 8:00AM to 5:00PM on weekdays and 9AM to 3PM on Saturdays.

All events are held at the Isaacs Center unless otherwise noted.

\*Please note that an advance ticket is required for some activities.



05 Mon

**Isaacs Center Closed in Observance of Labor Day**

06 Tue **Ticket Sales 9-10:30AM**

9:30 Stay Well Fitness w/ Denis

1-4PM Nurse Lorraine Walk-In

1:15 Rincón Latino w/ Xiomara

2:15 Bingo

3:30 Arts and Crafts

5:00 Yoga

07 Wed **Trip: Holiday Hill\***

10:30 Yoga w/ Nammi

10:30 Intermediate Spanish Class

1:15 Groove w/Yvonne

1:15 Current Events w/ Jennifer

1:30 Beginners Computer Class

2:30 Scrabble Group

2:30 Poets & Writers

2:45 Advanced Computer Class

01 Thu

12:00 Crochet w/ Josie

1:00 The Group w/ Aaron

2:00 Daily Fitness

2:30 Movie

08 Thu **Ticket Sales 9-10:30AM**

10:00 Beginners Spanish

12:00 Crochet w/ Josie

1:00 The Group w/ Aaron

1:30 It's All About the Short Story

1:30 Food Committee w/ Jeffrey

2:00 Daily Fitness

2:30 Movie

3:00 Art Class w/ Nancy

02 Fri

9:30 ESL for Spanish Speakers

10:15 Swing w/ the Crew

1-4PM Nurse Lorraine Walk-In

1:15 **Metropolitan Hospital Presentation: Germs Prevention**

2:15 Bingo

3:00 Movie

3:00 Advanced Jewelry Making

03 Sat

**Isaacs Center Closed in Observance of Labor Day**

12 Mon

10:15 Swing w/ the Crew

10:30 Zumba w/Yvonne

1:15 Art for Beginners w/ Frank

1:30 Pet Therapy w/ Alice

1:30 Beginners Computer Class

2:00 Piano Lessons w/ Nick

2:15 Drama Workshop w/ Frank

2:45 Advanced Computer Class

3:30 Movie

13 Tue

9:30 Stay Well Fitness w/ Denis

10-3PM **Live on NY**

12-4PM **Voter Registration Drive Social Action Committee w/ Aaron**

1:00 Nurse Lorraine Walk-In

1:15 Rincón Latino w/ Xiomara

2-5PM **Councilman Ben Kallos Mobile Office Hours**

2:15 Bingo

3:30 Arts and Crafts

3:30 **NY Cares Fitness Class**

5:00 Yoga

7:00 **Isaacs Tenant Mtg**

14 Wed

9:45 **Health Chat w/ Huda "Supplements"**

10:30 Yoga w/ Nammi

10:30 Intermediate Spanish Class

1:00 Water Exercise at Asphalt Green

1:15 **Townhall Membership Mtg**

1:30 Beginners Computer Class

2:30 Scrabble Group

2:30 Poets & Writers

2:45 Advanced Computer Class

3:00 **Women's Group w/ Nancy**

15 Thu

10:00 Beginners Spanish

12:00 Crochet w/ Josie

1:00 The Group w/ Aaron

1:00 Water Exercise at Asphalt Green

1:30 It's All About the Short Story

2:00 Daily Fitness

2:30 Movie

3:00 Art Class w/ Nancy

16 Fri

9:30 ESL for Spanish Speakers

10:15 Swing w/ the Crew

10-12PM **VOLS Legal Clinic**

1-4PM Nurse Lorraine Walk-In

1:15 **Birthday Party "Caribbean Fever"**

3:00 Movie

3:00 Advanced Jewelry Making

3:15 Bingo

3:30 **Glamour Gals**

17 Sat

10:00 Yoga

10:30 Intermediate Spanish

11:00 Board Games

11:00 Arts & Crafts

1:00 Jewelry Making

1:15 Bingo

1:15 Movie

19 Mon

10:15 Swing w/ the Crew

10:30 Zumba w/Yvonne

1:15 Art for Beginners w/ Frank

1:30 Pet Therapy w/ Alice

2:00 Piano Lessons w/ Nick

2-4PM **Flu Shot Clinic**

2:15 Drama Workshop w/ Frank

3:30 Movie

20 Tue

9:30 Stay Well Fitness w/ Denis

1-4PM Nurse Lorraine Walk-In

1:15 Rincón Latino w/ Xiomara

2:15 Bingo

3:30 Arts and Crafts

5:00 Yoga

7:00 **Holmes Tenant Mtg**

21 Wed

10:30 Yoga w/ Nammi

10:30 Intermediate Spanish Class

1:00 Water Exercise at Asphalt Green

1:15 Groove w/Yvonne

1:15 Current Events w/ Jennifer

1:15 **Patient Advocacy w/ Jess**

2:30 Scrabble Group

2:30 Poets & Writers

22 Thu **Trip: Stew Leonards\***

10:00 Beginners Spanish

12:00 Crochet w/ Josie

1:00 The Group w/ Aaron

1:00 Water Exercise at Asphalt Green

1:30 It's All About the Short Story

2:00 Daily Fitness

2:30 Movie

23 Fri

9:30 ESL for Spanish Speakers

10:15 Swing w/ the Crew

1-4PM Nurse Lorraine Walk-In

1:15 **Vocal Ease Performance**

2:15 Bingo

3:00 Movie

3:00 Advanced Jewelry Making

24 Sat

10:00 Yoga

10:30 Intermediate Spanish

11:00 Board Games

11:00 Arts & Crafts

1:00 Granny Squared

1:15 Bingo

1:15 Movie

26 Mon

10:15 Swing w/ the Crew

10:30 Zumba w/Yvonne

11-2PM **Senator Serrano Mobile Office Hours**

1:15 Art for Beginners w/ Frank

1:30 Pet Therapy w/ Alice

1:30 **Senator Serrano "Emergency Preparedness Presentation"**

2:00 Piano Lessons w/ Nick

2:15 Drama Workshop w/ Frank

3:30 Movie

27 Tue

9:30 Stay Well Fitness w/ Denis

10-3PM **Live on NY**

1-4PM Nurse Lorraine Walk-In

1:15 Rincón Latino w/ Xiomara

2:15 Bingo

3:30 Arts and Crafts

5:00 Yoga

28 Wed

10:30 Yoga w/ Nammi

10:30 Intermediate Spanish Class

1:00 Water Exercise at Asphalt Green

1:15 Groove w/Yvonne

1:15 Current Events w/ Jennifer

2:30 Scrabble Group

2:30 Poets & Writers

3:00 **Women's Group w/ Nancy**

29 Thu

**Senior Field Day 10AM-1PM**

30 Fri

9:30 ESL for Spanish Speakers

10:15 Swing w/ the Crew

1-4PM Nurse Lorraine Walk-In

1:15 **Mt. Sinai Presentation: Food for Your Thoughts**

2:15 Bingo

3:00 Movie

3:00 Advanced Jewelry Making





SEPTEMBER 2016

SENIOR CENTER MENU

Breakfast

Breakfast is offered Mon-Fri, 8:30AM-9:15AM.  
Suggested contribution is 50¢. A light breakfast is offered on Saturday, 9:15AM, and is free to Senior Center members.

Lunch

A delicious, nutritionally balanced Lunch is offered Mon-Fri, 11:45AM-12:30PM. Suggested contribution is \$2 for seniors. Guest rate is \$3. Saturday Lunch is served 11:45AM-12:30PM. Suggested contribution is \$1.



The Isaacs Center programs are partially funded by the NYC Department for the Aging.

05 Mon

Isaacs Center Closed in Observance of Labor Day

12 Mon

- B: French Toast
- L: Eggplant Parmesan  
Whole Wheat Bread  
Mixed Green Salad  
Steamed Broccoli  
Apple  
Orange Pineapple Juice, Milk

19 Mon

- B: French Toast
- L: Chicken Parmesan  
Whole Wheat Bread  
California Blend Vegetables  
Cantaloupe  
Orange Pineapple Juice, Milk

26 Mon

- B: French Toast
- L: Baked Turkey Breast  
Whole Wheat Bread  
Garlic Mashed Potatoes  
Sauteed Broccoli w/ Mushrooms & Pearl Onions  
Canned Apricots  
Orange Juice, Milk

06 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Arroz con Pollo  
Whole Wheat Bread  
Steamed Cabbage Mix  
Cantaloupe  
Orange Pineapple Juice, Milk

13 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Turkey Burger w/ Cheese  
Hamburger Bun, Whole Wheat  
Over Ready Fries  
Steamed Cabbage Mix  
Cantaloupe  
Orange Pineapple Juice, Milk

20 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Lentil Soup  
Ravioli  
Whole Wheat Bread  
Mixed Green Salad  
Sliced Peaches  
Orange Pineapple Juice, Milk

27 Tue

- B: Corn Muffin w/ Boiled Egg
- L: Chicken Stir Fry  
White Rice  
Oriental Blend  
Sliced Peaches  
Orange Pineapple Juice, Mik

07 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Beef Salisbury Steak w/ Mushroom Sauce  
Whole Wheat Bread  
Mixed Vegetables 5-Way  
Sweet Baked Yams  
Orange  
Grape Juice

14 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Baked Salmon  
Whole Wheat Bread  
Baked Sweet Potato  
California Blend Vegetables  
Orange  
Apple Juice, Milk

21 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Stewed Pork Chops  
Whole Wheat Bread  
Steamed Kale  
Sweet Baked Yams  
Fruit Cocktail  
Orange Juice, Milk

28 Wed

- B: Bagel w/ Cream Cheese & Oatmeal
- L: Baked Ziti w/ Meat Sauce  
Whole Wheat Bread  
Lettuce & Tomato  
Mustard Greens  
Orange  
Pineapple Juice, Milk

01 Thu

- B: Waffles & Sausage
- L: Baked Pork  
Bowtie Noodles  
Whole Wheat Bread  
Mixed Vegetables  
Watermelon  
Grape Juice, Milk

08 Thu

- B: Waffles & Sausage
- L: Pork Spare Ribs  
Brown Rice w/ Pigeon Peas  
Winter Blend Vegetables  
Orange Pineapple Juice  
Pear

15 Thu

- B: Waffles & Sausage
- L: Sweet & Sour Chicken  
Quinoa Pilaf  
Sauteed Spinach  
Peach  
Grape Juice, Milk

22 Thu

- B: Waffles & Sausage
- L: Beef and Pepper Pasta  
Quinoa  
Garden Salad  
Honeydew  
Orange Juice, Milk

29 Thu

- B: Waffles & Sausage
- L: BBQ Chicken  
Whole Wheat Bread  
Baked Sweet Potato  
Steamed Cabbage Mix  
Apple  
Orange Juice, Milk

02 Fri

- B: Pancakes & Scrambled Eggs
- L: Baked Flounder  
Whole Wheat Bread  
Mashed Potatoes  
Steamed Spinach  
Orange Pineapple Juice, Milk

09 Fri

- B: Pancakes & Scrambled Eggs
- L: Baked Salmon  
Whole Wheat Bread  
Garlic Mashed Potatoes  
Steamed Green Beans  
Orange, Milk

16 Fri

- B: Pancakes & Scrambled Eggs
- L: Tuna Fish Salad  
Whole Wheat Bread  
Apple & Beet Salad  
Potato Salad  
Honeydew  
Orange Pineapple Juice, Milk

23 Fri

- B: Pancakes & Scrambled Eggs
- L: Baked Fish w/ Cream Corn Sauce  
Whole Wheat Bread  
Baby Beets & Carrots w/ Dill  
Garlic & Rosemary Roasted Potatoes  
Apple  
Orange Juice, Milk

30 Fri

- B: Pancakes & Scrambled Eggs
- L: Baked Flounder  
Whole Wheat Bread  
Steamed Corn on the Cob  
Steamed Peas and Carrots  
Fruit Cocktail  
Orange Pineapple Juice, Milk

03 Sat

Isaacs Center Closed in Observance of Labor Day

10 Sat

- B: Muffin & Butter, Fruit Salad  
Coffee or Tea
- L: Hamburgers  
Hamburger Bun  
Cabbage Carrot Slaw  
Oven Ready Fries  
Fruit Cocktail  
Orange Juice, Milk

17 Sat

- B: Muffin & Butter, Fruit Salad  
Coffee or Tea
- L: Chicken Stew  
Brown Rice  
Steamed Broccoli & Cauliflower  
Fruit Cocktail  
Orange Juice, Milk

24 Sat

- B: Muffin & Butter, Fruit Salad  
Coffee or Tea
- L: Blacked Bean Soup  
Baked Macaroni & Cheese  
Whole Wheat Bread  
Lettuce & Tomato  
Fruit Cocktail  
Orange Juice, Milk



# SEPTEMBER 2016

## 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.

### 05 Mon

Turkey w/ Gravy  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Sweet Potatoes  
Apple  
Orange Juice, Milk

### 06 Tue

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

### 07 Wed

Beef and Beans  
Quinoa Pilaf  
Whole Wheat Bread  
Vegetable Mix  
Kiwi  
Apple Juice, Milk

### 12 Mon

Baked Ziti w/ Whole Wheat Pasta  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Broccoli & Red Peppers  
Kiwi  
Orange Pineapple Juice, Milk

### 13 Tue

Lemon Chicken  
Whole Wheat Bread  
Baked Potatoes  
Mixed Vegetables  
Fruit Cocktail  
Apple Juice, Milk

### 14 Wed

Baked Fish w/ Garlic Sauce  
Orzo Pilaf  
Whole Wheat Bread  
Steamed Spinach  
Apple  
Orange Juice, Milk

### 19 Mon

Teriyaki Beef  
Egg Noodles  
Whole Wheat Bread  
California Blend Vegetables  
Kiwi  
Apple Juice, Milk

### 20 Tue

Cranberry Chicken  
Whole Wheat Bread  
Mashed Red Potatoes  
Mixed Vegetables  
Applesauce  
Orange Juice, Milk

### 21 Wed

Moroccan Meatballs  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Broccoli and Red Peppers  
Canned Apricots  
Orange Pineapple Juice, Milk

### 26 Mon

Homemade Beef Stew  
Whole Wheat Bread  
Mixed Vegetables  
Red Bliss Potatoes  
Orange  
Apple Juice, Milk

### 27 Tue

Chicken Picatta w/ Lemon Sauce  
Bowtie Noodles  
Whole Wheat Bread  
Normandy Blend Vegetables  
Kiwi  
Orange Juice, Milk

### 28 Wed

Sweet Orange Salmon  
Barley  
Whole Wheat Bread  
California Blend Vegetables  
Pear  
Orange Pineapple Juice, Milk

### 01 Thu

BBQ Chicken  
Macaroni & Cheese  
Whole Wheat Bread  
Italian Blend Vegetables  
Fruit Cocktail  
Apple Juice, Milk

### 08 Thu

Chicken Parmesan  
Penne  
Whole Wheat Bread  
Broccoli & Red Peppers  
Canned Pineapple  
Orange Juice, Milk

### 15 Thu

Baked Asian Style Honey Chicken  
Quinoa Pilaf  
Whole Wheat Bread  
Brussel Sprouts  
Canned Pineapple  
Orange Juice Pineapple, Juice

### 22 Thu

Hawaiian Chicken  
Brown Rice w/ Beans  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Banana  
Apple Juice, Milk

### 29 Thu

Jerk Chicken  
Whole Wheat Bread  
Yellow Rice  
Zucchini and Carrots  
Orange  
Apple Juice, Milk

### 02 Fri

Baked Fish w/ Cream Corn Sauce  
Whole Wheat Bread  
Roasted Potatoes  
Steamed Spinach  
Banana  
Orange Pineapple Juice, Milk

### 09 Fri

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

### 16 Fri

Baked Basa Fish  
Egg Noodles  
Whole Wheat Bread  
Italian Blend Vegetables  
Banana  
Orange Juice, Milk

### 23 Fri

Baked Fish  
Bulgur  
Whole Wheat Bread  
Brussel Sprouts  
Apple  
Orange Pineapple Juice, Milk

### 30 Fri

Baked Tilapia w/ Mushrooms,  
Peppers & Tomatoes  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Kale  
Fruit Cocktail  
Orange Pineapple Juice, Milk

### 03 Sat

Meat Sauce w/ Chucky Peppers  
in Tomato Sauce  
Egg Noodles  
Whole Wheat Bread  
Normandy Blend  
Applesauce  
Orange Jucie, Milk

### 10 Sat

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

### 17 Sat

Beef Salisbury Steak w/  
Mushroom Sauce  
Rice Pilaf  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Orange  
Orange Pineapple Jucie, Milk

### 24 Sat

Baked Mushroom Chicken  
Barley  
Whole Wheat Bread  
California Blend Vegetables  
Kiwi  
Apple Juice, Milk



### 04 Sun

Herbed Chicken  
Quinoa Pilaf  
Whole Wheat Bread  
Broccoli  
Canned Apricots  
Orange Pineapple Juice, Milk

### 11 Sun

Baked Ham w/ Pineapple  
Whole Wheat Bread  
Wild Rice  
Baby Carrots w/ Parsley  
Apple  
Orange Juice, Milk

### 18 Sun

Rosemary Chicken  
Whole Wheat Bread  
Mashed Potatoes  
Steamed Broccoli  
Canned Apricots  
Apple Juice, Milk

### 25 Sun

Meat Sauce  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Cut Green Beans  
Fruit Cocktail  
Orange Pineapple, Milk

August Birthday Party





# PUZZLES & GAMES

## Its September.

Find the words that relate to Caribbean fever.

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

- Antigua  
Aruba  
Bahamas  
Barbados
- Bermuda  
Cuba  
Dominica  
Haiti
- Jamaica  
Montserrat  
Puerto Rico  
Saint Lucia
- Saint Vincent  
Trinidad  
Tobago  
Virgin Islands

## RIDDLES

Take your pick and solve these riddles

1. What has 13 hearts, but no other organs?
2. What goes up and down the stairs without moving?
3. Give me food, and I will live; give me water, and I will die. What am I?
4. No sooner spoken than broken. What is it?
5. I'm the part of the bird that's not in the sky. I can swim in the ocean and yet remain dry. What am I?

- A deck of cards.  
playing  
A deck of
- A rug.
- Fire.
- A secret.
- A shadow.

## More photos of our summer camp participants from Johnson Cornerstone center



Basketball Player Anthony Morrow from the Oklahoma City Thunder stopped by for a visit and gave our participants backpacks.







What's going on with our Youth Center?

## SUMMER CAMP PARTICIPANTS FROM JOHNSON CORNERSTONE CENTER

