



# Isaacs | News + Center | Community

Your Guide to Programs and Services at the  
Stanley M. Isaacs Neighborhood Center September 2017

**Join us for our monthly Birthday Parties, every 3rd Friday of the month**







Isaacs | News +  
Center | Community

# SEPT 2017

This month at the Isaacs Center Senior Center

MONDAY  
SEPT  
4

## Closed for Programming

Isaacs Center will be closed on Monday, September 4th.

SEPT  
22ND—28TH

## Fall Prevention Awareness Week

Did you know falls are the leading cause of both fatal and nonfatal injuries for those 65 and older? Falls Prevention Awareness is an annual effort to educate and provide simple steps to reduce the risks of falls. Fall Prevention Awareness Week is from September 22nd – September 28th. We will have an array of activities and presentations by Asphalt Green, Weill Cornell Medicine and United Health Care. See you soon!

SEPT 15TH  
—  
OCT 15TH

## National Hispanic Heritage Month

National Hispanic Heritage Month is from September 15th—October 15th. During this month Hispanic and Latino cultures are celebrated for their contributions.

MONDAYS  
2:30PM  
Begins  
9/18

## Poets and Writers

Stop by the Poets and Writers class on Monday, September 18th at 2:30pm. They 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.

## WEDNESDAYS The SINC Community Awakens

2:00PM  
—  
4:00PM

The SINC Community Awakens group will have healthy snacks available to you every Wednesday from 2pm – 4pm. Look out for reminders on the Hospitality Table.

FRIDAY

8  
1:15PM

## Vocal Ease Performance

On September 8th at 1:15pm Vocal Ease will perform a cabaret-style show with a group of professional singers with piano accompaniment. The show will be comprised of standards and musical theater songs from seniors' era. The performance will be lively and audience interactive.

TUESDAY

12  
1:15PM

## NYPD Senior Safe NYC Program Presentation

The 19th Precinct has launched a new initiative program for seniors called the NYPD Senior Safe program. It is aimed with providing seniors with even more knowledge and physical tools to help curb senior crimes. Please join the 19th Precinct on September 12th at 1:15pm for more information.

WEDNESDAY

13  
10:45AM  
TICKET: \$1

## Trader Joes

Join us for a shopping trip on September 13th. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM.

SUNDAY

17  
3:45PM

## Sunday Suppers

Join us for Sunday Suppers on September 17th. Doors open at 3:45PM. Sign up during ticket sales.

MONDAY

18  
8:15AM  
TICKET: \$50

## Villa Roma

There will be a show tribute to Gladys Knight and the Pips. Luncheon will be a choice of roast loin of pork **or** chicken francese **or** tilapia. There will be an indoor swimming pool, Jacuzzi, ping pong, video games and so much more.

WEDNESDAY

20  
10:45AM  
TICKET: \$1

## East River Plaza

Join us for a trip to East River Plaza at 116th Street. While there you can visit stores such as Aldi's and Target. Bagged lunch and round trip transportation will be provided. Meet at 10:45AM.

FRIDAY

29  
1:15PM

## VOLS Presentation

This informative presentation is on wills and advance directives and how seniors of modest means may obtain them for free by working with the VOLS Elderly Project. Join us on September 29th at 1:15pm.

# Movies

at the  
Isaacs  
Center

Sept 1 Fri  
Allied

Sept 4 Mon  
Paterson

Sept 7 Thu  
Still Mine

Sept 8 Fri  
The Curious Case of  
Benjamin Button

Sept 11 Mon  
The Founder

Sept 14 Thu  
Camp X-Ray

Sept 15 Fri  
The Hurt Locker

Sept 18 Mon  
Beauty and the  
Beast

Sept 21 Thu  
Rules Don't  
Apply

Sept 22 Fri  
Shut In

Sept 25 Mon  
Snatched

Sept 28 Thu  
Going in Style

Sept 29 Fri  
Gifted

## Movie Schedule

Mondays	Thursdays	Fridays
2:30PM	3:00PM	1:15PM

## Office Hours w/ Greg

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

# Senior Spotlight



## Linda

### What brings you to the Isaacs Center?

“It gives me a chance to meet new people and the food is good. Jeffrey is a great cook.”

# Upcoming Month

## October 2017

- Annual Orange and Black Birthday Party Affair October 20th
- Annual Halloween Party October 31st

## 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.

# SEPTEMBER 2017

## 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.

### 04 Mon

Isaacs Center closed for Labor Day

### 11 Mon

- 10:30 Zumba w/ Yvonne
- 1:15 Art for Beginners w/ Frank
- 1:30 Pet Therapy w/ Alice
- 2:15 Drama Workshop w/ Frank
- 2:30 Movie

### 18 Mon Trip: Villa Roma\*

- 10:30 Zumba w/ Yvonne
- 1:15 Art for Beginners w/ Frank
- 1:30 Pet Therapy w/ Alice
- 2:15 Drama Workshop w/ Frank
- 2:30 Movie
- 2:30 Poets & Writers

### 25 Mon

- 10:30 Zumba w/ Yvonne
- 1:15 Art for Beginners w/ Frank
- 1:15 Fall Prevention Awareness w/ Weill Cornell Medicine
- 1:30 Pet Therapy w/ Alice
- 2:15 Drama Workshop w/ Frank
- 2:30 Movie
- 2:30 Poets & Writers

### 05 Tue Ticket Sales 9–10:30AM

- 9:30 Stay Well Fitness w/ Denis
- 10:30 Meditation
- 11AM-3PM HIICAP
- 1:00 OATS Basic Computer Class
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 1:30 Food Committee w/ Jeffrey
- 2:15 OATS Advanced Computer Class
- 2:15 Bingo
- 2:30 Ed & Rec Committee w/ Anita
- 3:30 Arts and Crafts
- 3:30 Hospitality Committee w/ Khristel
- 5:00 Yoga

### 12 Tue

- 9:30 Stay Well Fitness w/ Denis
- 10:30 Meditation
- 11AM-3PM HIICAP
- 1-4PM Nurse Lorraine Walk-In
- 1:00 OATS Basic Computer Class
- 1:00 Social Action Committee w/ Aaron
- 1:15 Rincón Latino w/ Jennifer
- 1:15 19th Precinct Presentation
- 2-5PM Councilman Ben Kallos Mobile Office Hours
- 2:15 Bingo
- 2:15 OATS Advanced Computer Class
- 3:30 Arts and Crafts
- 5:00 Yoga
- 7PM Isaacs Tenant Meetings

### 19 Tue

- 9:30 Stay Well Fitness w/ Denis
- 10:30 Meditation
- 11AM-3PM HIICAP
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 2:15 Bingo
- 3:30 Arts and Crafts
- 5:00 Yoga
- 7PM Holmes Tenant Meeting

### 26 Tue

- 9:30 Stay Well Fitness w/ Denis
- 10:30 Meditation
- 11AM-3PM HIICAP
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Rincón Latino w/ Jennifer
- 1:15 Fall Prevention Awareness w/ United Health Care
- 1:15 Rincon Latino Presentación de la prevención de la caída
- 2:15 Bingo
- 3:30 Arts and Crafts
- 5:00 Yoga

### 06 Wed Ticket Sales 9–10:30AM

- 10-12PM Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 1:15 Groove w/ Yvonne
- 1:15 Membership Meeting
- 2:30 Scrabble Group
- 3:30 Game Day

### 13 Wed Fortune Cookie Day

Trip: Trader Joes\*

- 9:45 Health Chat w/ Huda “Hypertension”
- 10-12PM Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 1:15 Groove w/ Yvonne
- 1:15 Patient Advocacy w/ Jess
- 2:30 Scrabble Group
- 3:00 Women’s Group w/ Nancy
- 3:30 Bingo

### 20 Wed Rosh Hashanah Begins

Trip: East River Plaza\*

- 10-12PM Blood Pressure Screenings
- 10:30 Yoga w/ Nammi
- 1:15 Groove w/ Yvonne
- 2:30 Scrabble Group
- 3:30 Game Day

### 27 Wed

- 10:30 Yoga w/ Nammi
- 1:15 Groove w/ Yvonne
- 2:30 Scrabble Group
- 3:00 Women’s Group w/ Nancy
- 3:30 Bingo



End of Summer Performance from Summer Day Campers

### 07 Thu Ticket Sales 9–10:30AM

- 12:00 Craft Hour
- 1:00 The Group w/ Aaron
- 1:00 OATS Basic Computer Class
- 1:15 ESL for Spanish Speakers
- 2:00 Its All About the Short Story
- 2:00 OATS Advanced Computer Class
- 3:00 Movie
- 3:00 Art Class w/ Nancy

### 14 Thu

- 12:00 Craft Hour
- 1:00 The Group w/ Aaron
- 1:00 OATS Basic Computer Class
- 1:15 ESL for Spanish Speakers
- 2:00 Its All About the Short Story
- 2:00 OATS Advanced Computer Class
- 3:00 Movie

### 21 Thu

- 12:00 Craft Hour
- 1:00 The Group w/ Aaron
- 1:15 ESL for Spanish Speakers
- 2:00 Its All About the Short Story
- 3:00 Movie
- 3:00 Art Class w/ Nancy

### 28 Thu Good Neighbors Day

Fall Prevention Awarness Ends

- 12:00 Craft Hour
- 1:00 The Group w/ Aaron
- 1:15 ESL for Spanish Speakers
- 2:00 Its All About the Short Story
- 3:00 Movie

### 01 Fri

- 9:30 Groove w/ Roger
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Movie
- 2:15 Bingo

### 08 Fri

- 9:30 Groove w/ Roger
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Movie
- 1:15 Vocal Ease Performance
- 2:15 Bingo

### 15 Fri Hispanic Heritage Month begins

- 9:30 Groove w/ Roger
- 10-12PM VOLS Legal Clinic
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Movie
- 1:15 Birthday Party
- 3:00 Bingo

### 22 Fri Rosh Hashanah Ends

Fall Prevention Awarness Begins

- 9:30 Groove w/ Roger
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Movie
- 1:30 Fall Prevention Awareness w/ Asphalt Green
- 2:15 Bingo

### 29 Fri

- 9:30 Groove w/ Roger
- 1:15 VOLS Presentation
- 1-4PM Nurse Lorraine Walk-In
- 1:15 Movie
- 2:15 Bingo

### 02 Sat

- 10:00 Yoga

### 09 Sat

- 10:00 Yoga
- 11-1PM Granny Squared

### 16 Sat

- 10:00 Yoga

### 23 Sat

- 10:00 Yoga
- 11-1PM Granny Squared

### 30 Sat

- 10:00 Yoga



# SEPTEMBER 2017

## 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.



Our Summer Youth 2017 interns

### 04 Mon

- B: Continental Breakfast  
L: Stuffed Peppers w/ Beef & Turkey  
White Rice  
Whole Wheat Bread  
Romaine, Kale, Pepper, Black Olives, & Feta Salad  
Orange, Milk

### 05 Tue

- B: Continenta Breakfast  
L: Baked Ziti w/ Meat Sauce  
Whole Wheat Bread  
Mixed Green Salad  
Cantaloupe, Milk

### 06 Wed

- B: Continental Breakfast  
L: BBQ Pork Chops  
Whole Wheat Bread  
Baked Sweet Potato  
Mixed Vegetables  
Honeydew, Milk

### 07 Thu

- B: Continental Breakfast  
L: Beef & Broccoli  
White Rice  
Steamed Carrots  
Fruit Cocktail  
Apple Juice, Milk

### 08 Fri

- B: Continental Breakfast  
L: Tuna Fish Salad  
Whole Wheat Dinner Roll  
Beet Salad  
Cole Slaw  
Pineapple, Milk

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

- L: Turkey w/ Gravy  
Whole Wheat Bread  
Wild Rice  
Steamed Spinach  
Pear, Milk

### 11 Mon

- B: Continental Breakfast  
L: Baked Chicken Legs  
Brown Rice w/ Beans  
Whole Wheat Bread  
Winter Blend Vegetables  
Watermelon  
Orange Juice, Milk

### 12 Tue

- B: Continental Breakfast  
L: Eggplant Parmesan  
Whole Wheat Bread  
Garden Salad  
Kale w/ Tomato  
Orange, Milk

### 13 Wed

- B: Continental Breakfast  
L: Mango Chutney Pork Roast  
Couscous  
Whole Wheat Bread  
Mixed Green Salad  
Cantaloupe, Milk

### 14 Thu

- B: Continental Breakfast  
L: Lean Lamb Chop  
Quinoa  
Whole Wheat Bread  
Collard Greens w/ Tomato  
Banana, Milk

### 15 Fri

- B: Continental Breakfast  
L: Tilapia w/ Lemon Dill Sauce  
Whole Wheat Bread  
Roasted Potatoes  
Spinach, Apple & Red Onion Salad  
Fruit Cocktail, Milk

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

- L: Hawaiian Chicken  
Whole Wheat Bread  
Yellow Rice  
Brussel Sprouts  
Orange, Milk

### 18 Mon

- B: Continental Breakfast  
L: Vegetable Soup  
Eggplant Parmesan  
Whole Wheat Bread  
Cucumber Salad  
Lettuce & Tomato  
Apple  
Orange Pineapple Juice, Milk

### 19 Tue

- B: Continental Breakfast  
L: Beef Stir Fry  
White Rice  
Whole Wheat Bread  
Oriental Blend Vegetable  
Orange, Milk

### 20 Wed

- B: Continental Breakfast  
L: Lentil Soup  
Turkey Meatballs  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Italian Cut Green Beans  
Kiwi, Milk

### 21 Thu

- B: Continental Breakfast  
L: Baked Chicken Legs  
Baked Sweet Potato  
Whole Wheat Bread  
Steamed Broccoli  
Sliced Peaches, Milk

### 22 Fri

- B: Continental Breakfast  
L: Baked Flounder  
Whole Wheat Bread  
Yuca w/ Onions  
Sauteed Spinach  
Canned Apricots  
Apple Juice, Milk

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

- L: Arroz con Pollo(Rice w/ Chicken)  
Whole Wheat Bread  
California Blend Vegetables  
Apple  
Orange Juice, Milk

### 25 Mon

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

### 26 Tue

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

### 27 Wed

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

### 28 Thu

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

### 29 Fri

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

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

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



# SEPTEMBER 2017

## 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.

### 03 Sun

Honey Apricot Glazed Chicken  
Rice w/ Corn  
Whole Wheat Bread  
Broccoli  
Canned Apricots  
Orange Pineapple Juice, Milk

### 04 Mon

Baked Turkey Breast  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Sweet Potatoes  
Apple  
Orange Juice, Milk

### 05 Tue

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

### 06 Wed

Swiss Steak w/ Onions  
Whole Wheat Bread  
Mashed Potatoes  
Vegetable Mix  
Kiwi  
Apple Juice, Milk

### 10 Sun

Baked Ham w/ Pineapple  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Sweet Potatoes  
Apple  
Orange Juice, Milk

### 11 Mon

Barbecued Boneless Beef Ribs  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Garlic Mashed Potatoes  
Kiwi  
Orange Pineapple Juice, Milk

### 12 Tue

Orange Glazed Chicken  
Black Beans & Rice  
Whole Wheat Bread  
Mixed Vegetables  
Rice Pudding  
Apple Juice, Milk

### 13 Wed

Baked Basa Fish  
Dill Lemon Sauce  
Orzo Pilaf  
Whole Wheat Bread  
Steamed Spinach  
Apple  
Orange Juice, Milk

### 17 Sun

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

### 18 Mon

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

### 19 Tue

Curry Chicken  
Egg Noodles  
Whole Wheat Bread  
Steamed Broccoli & Cauliflower  
Applesauce  
Orange Juice, Milk

### 20 Wed

Baked Whiting Fish Fillets  
Dill Lemon Sauce  
Couscous  
Whole Wheat Bread  
Italian Blend Vegetables  
Sliced Peaches  
Orange Pineapple Juices, Milk

### 24 Sun

Beef Meatball  
Whole Wheat Bread  
Whole Wheat Spaghetti  
Normandy Blend Vegetables  
Fruit Cocktail  
Orange Juice, Milk

### 25 Mon

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

### 26 Tue

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

### 27 Wed

Baked Tilapia  
Dill Lemon Sauce  
Couscous  
Italian Blend Vegetables  
Sliced Peaches  
Orange Pineapple Juice, Milk



End of Summer Ice Cream with Beacon

### 07 Thu

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

### 14 Thu

Cocunut Chicken Curry w/  
Broccoli & Tomato  
White Rice  
Whole Wheat Bread  
Broccoli  
Banana  
Orange Pineapple Juice, Milk

### 21 Thu

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

### 28 Thu

Baked Mushroom Chicken  
Quinoa & Black Beans  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Banana  
Apple Juice, Milk

### 01 Fri

Salmon in Garlic Butter Sauce  
Quinoa Pilaf  
Whole Wheat Bread  
Steamed Spinach  
Banana  
Orange Pineapple Juice, Milk

### 08 Fri

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

### 15 Fri

Citrus Sesame Crusted Salmon  
Whole Wheat Bread  
Italian Blend Vegetables  
Mashed Red Potatoes  
Canned Pineapple  
Orange Juice, Milk

### 22 Fri

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

### 29 Fri

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

### 02 Sat

Meat Sauce w/ Chunky Peppers in Tomato Sauce  
Egg Noodles  
Whole Wheat Bread  
Normandy Blend Vegetables  
Kiwi  
Apple Juice, Milk

### 09 Sat

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

### 16 Sat

Beef Salisbury Steak w/ Mushroom Sauce  
Quinoa Pilaf  
Whole Wheat Bread  
Steamed Broccoli  
Orange  
Orange Pineapple Juice, Milk

### 23 Sat

Baked Mushroom Chicken  
Barley  
Whole Wheat Bread  
Cut Green Beans  
Kiwi  
Apple Juice, Milk

### 30 Sat

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



# PUZZLES & GAMES

Its September.

Find the words that relate to Health and Wellness.

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

- Exercise  
Hobbies  
Sleep  
Water
- Relaxation  
Health  
Meditation  
Yoga
- Zumba  
Vegetables  
Aerobin  
Energy
- Fit  
Treadmill  
Walk  
Cardio

## RIDDLES

Take your pick and solve these riddles

1. If your uncle's sister is not your aunt, what relation is she to you?
2. Everything is legitimate in matters pertaining to ardent affection and armed conflict between nations. What is the proverb?
- 3.What is black when you buy it, red when you use it, and gray when you throw it away?
4. I was carried into a dark room, and set on fire. I wept, and then my head was cut off. What am I?
5. I pass before the sun, yet make no shadow. What am I?

- Your mother.
- All's fair in love and war.
- Charcoal.
- A candle.
- The wind.

# WATER DAY AT BEACON







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## Camp Carnival at Johnson Cornerstone

