



# Isaacs | News + Center | Community

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

## Sunday Suppers & Fall Prevention Exercise with Asphalt Green





# OCT 2017

This month at the Isaacs Center Senior Center

- MONDAY  
OCT  
9

### Closed for Programming

Isaacs Center will be closed on Monday, October 9th.
- OCT

### 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. We celebrate their heritage and culture by participating in many of the events planned nationwide. The Isaacs Center is pleased to present our 4th Annual Hispanic Heritage Month Celebration on October 13th from 2:30pm-4:30pm. Join us in lively music, singing, and Latin cuisine.
- OCT

### October is LGBT History Month

October marks and celebrates the lives and achievements of lesbian, gay bisexual and transgender people in the United States.

- 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.
- THURSDAYS

### Collaborative Writing Class Interest Meeting

2:00

Stop by on October 5th for an interest meeting at 1:00pm. Then join us at 2:00pm for the class. This literature course focuses on the key elements of writing a short story.

- WEDNESDAY

11  
1:00PM

### Peer Lead Support Group

Interested in doing something different at the center? Ever thought about leading a Peer Support Group? If so, please join Nancy our Isaacs Center Case Manager on October 11th at 1pm to learn more.
- MONDAY

16  
1:15PM

### Emblem Presentation

Join Emblem Health on October 16th for a Medicare seminar and a day of trivia! There will be Medicare experts to answer any questions you may have about your plan, or Medicare itself. There will also be refreshments and a trivia game with prizes (gift-cards)! Join us!
- TUESDAY

17  
8:15AM  
TICKET: \$30

### Trip: Foxwoods Casino

You will have a 6 hour casino stay, \$10 Keno and an all you can eat lunch buffett.  
**YOU MUST BRING YOUR ID!**
- FRIDAY

20  
1:15PM

### Annual Orange & Black Birthday Party

Looking for some fun on a Friday. Join us at our monthly birthday party on Friday, October 20th at 1:15pm. Dance a little, eat a little and have lots of fun. Don't forget to wear Orange and Black
- SUNDAY

22  
3:00PM

### Sunday Suppers

Join us for Sunday Suppers on September 22nd. Doors open at 3:00PM. Sign up during ticket sales.
- MONDAY

30  
1:15PM

### Jazz Singer Audrey Silver

Audrey Silver is known as one of the most elegantly creative Jazz singers of today. She has performed at the Tanglewood Jazz Festival and New York's prestigious JVC Jazz Festival. Join us in welcoming some smooth music to the Isaacs Center.
- TUESDAY

31  
2:30PM

### Halloween Party

Join us if you dare for a Halloween Scare and Costume Party on Tuesday, October 31st from 2:30-4:30pm. Who will carry the title for Best Costume?

## Movies at the Isaacs Center

- Oct 2 Mon

Like Water for Chocolate
- Oct 5

My Family
- Oct 6 Fri

The Lost City
- Oct 9 Mon

Isaacs Center Closed
- Oct 12 Thu

El Cantante
- Oct 13 Fri

Pinero
- Oct 16 Mon

Cantinflas
- Oct 19 Thu

How To Be a Latin Lover
- Oct 20 Fri

Don't Breathe
- Oct 23 Mon

10 Cloverfield Lane
- Oct 26 Thu

Shutter Island
- Oct 27 Fri

The Girl With All The Gifts
- Oct 30 Mon

The Boy

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.

## 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 Spotlight



- ### What brings you to the Isaacs Center?

“The fellas in the pool room brings me here. The food here is the best I’ve tasted from all the centers. Plus, Jeffrey’s cookies are great too.”

## Upcoming Month November 2017

- Walmart, Valley Stream, NY
- Thanksgiving Lunch
- Smoky Mountain Christmas Show at Casesar’s Casino in Atlantic City

**02 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  
2:30 Poets and Writers

**09 Mon** Indigenous People’s Day  
**Isaacs Center Closed**

**16 Mon**  
10:30 Zumba w/ Yvonne  
1:15 Art for Beginners w/ Frank  
1:15 **Emblem Health Trivia Game**  
1:30 Pet Therapy w/ Alice  
2:15 Drama Workshop w/ Frank  
2:30 Movie  
2:30 Poets and Writers

**23 Mon**  
10:30 Zumba w/ Yvonne  
11:00 **Senator Serrano Mobile Office Hours**  
1:15 Art for Beginners w/ Frank  
1:15 **Weill Cornell Medicine Presentation on HIV/AIDS Awarness**  
1:30 Pet Therapy w/ Alice  
2:15 Drama Workshop w/ Frank  
2:30 Movie

**30 Mon**  
10:30 Zumba w/ Yvonne  
1:15 Art for Beginners w/ Frank  
1:15 **Jazz Singer Audrey Silver**  
1:30 Pet Therapy w/ Alice  
2:15 Drama Workshop w/ Frank  
2:30 Movie  
2:30 Poets & Writers

**03 Tue** Ticket Sales 9–10:30AM  
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  
1:30 **Food Committee w/ Jeffrey**  
2:15 Bingo  
2:30 **Ed & Rec Committee w/ Anita**  
3:30 Arts and Crafts  
3:30 **Hospitality Committee w/ Khristel**

**10 Tue**  
9:30 Stay Well Fitness w/ Denis  
10:30 Meditation  
11AM-3PM **HIICAP**  
1:15 **Financial Exploitation Workshop with Capital One Bank Social Action Committee w/ Aaron**  
1-4PM Nurse Lorraine Walk-In  
1:15 Rincón Latino w/ Jennifer  
2-5PM **Councilman Ben Kallos Mobile Office Hours**  
2:15 Bingo  
3:30 Arts and Crafts  
7PM **Isaacs Tenant Meetings**

**17 Tue** International Day for the Eradication of Poverty  
**Trip: Foxwoods Casino\***  
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 **Carelink Students Presentation**  
2:15 Bingo  
3:30 Arts and Crafts  
7PM **Holmes Tenant Meeting**

**24 Tue** United Nations Day  
Special Ticket Sales 9–10:30AM  
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 **Mt. Sinai Fall Prevention Exercise**  
2:15 Bingo  
3:30 Arts and Crafts

**31 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  
2:30 **Halloween Party**

**04 Wed** Ticket Sales 9–10:30AM  
10-12PM Blood Pressure Screenings  
10:30 Yoga w/ Nammi  
1:15 **Membership Meeting**  
2:30 Scrabble Group  
3:30 Bingo

**11 Wed** Trip: Trader Joes\*  
10-12PM Blood Pressure Screenings  
10:30 Yoga w/ Nammi  
1:00 **Peer Support Group Interest Meeting**  
1:15 Groove w/ Yvonne  
2:30 Scrabble Group  
3:00 Women’s Group w/ Nancy  
3:30 Game Day

**18 Wed** Trip: Manhattan Valley\*  
9:45 Health Chat w/ Huda “Kidney Function”  
10-12PM Blood Pressure Screenings  
10:30 Yoga w/ Nammi  
1:15 Groove w/ Yvonne  
1:15 Patient Advocacy w/ Jess  
1:30 **Flower Making w/ Nellie**  
2:30 Scrabble Group  
3:30 Bingo

**25 Wed** Special Ticket Sales 9–10:30AM  
10-12PM Blood Pressure Screenings  
10:30 Yoga w/ Nammi  
1:15 Groove w/ Yvonne  
2:30 Scrabble Group  
3:00 Women’s Group w/ Nancy  
3:30 Game Day

Fall Prevention Exerise with Asphalt Green



**05 Thu** Ticket Sales 9–10:30AM  
World Teacher’s Day  
12:00 Craft Hour  
1:00 The Group w/ Aaron  
1:00 **Collaborative Writing Class Interest Meeting**  
1:15 ESL for Spanish Speakers  
2:00 Collaborative Writing Class  
3:00 Movie  
3:00 Art Class w/ Nancy

**12 Thu**  
12:00 Craft Hour  
1:00 The Group w/ Aaron  
1:15 ESL for Spanish Speakers  
2:00 Collaborative Writing Class  
3:00 Movie  
3:00 Art Class w/ Nancy

**19 Thu** Diwali  
12:00 Craft Hour  
1:00 The Group w/ Aaron  
1:15 ESL for Spanish Speakers  
2:00 Collaborative Writing Class  
3:00 Movie

**26 Thu** Special Ticket Sales 9–10:30AM  
12:00 Craft Hour  
1:00 The Group w/ Aaron  
1:15 ESL for Spanish Speakers  
2:00 Collaborative Writing Class  
3:00 Movie  
3:00 Art Class w/ Nancy

**06 Fri** World Smile Day  
9:30 Groove w/ Roger  
1-4PM Nurse Lorraine Walk-In  
1:15 Movie  
2:15 Bingo

**13 Fri**  
9:30 Groove w/ Roger  
1-4PM Nurse Lorraine Walk-In  
1:15 Movie  
2:30 **Hispanic Heritage Celebration**

**20 Fri**  
9:30 Groove w/ Roger  
10-12PM **VOLS Legal Clinic**  
1-4PM Nurse Lorraine Walk-In  
1:15 Movie  
1:15 **Annual Orange & Black Birthday Party**  
3:00 Bingo

**27 Fri**  
9:30 Groove w/ Roger  
1-4PM Nurse Lorraine Walk-In  
1:15 Movie  
2:15 Bingo  
2:30 **Glamour Gals**

**07 Sat**  
10:00 Yoga  
11-1PM Granny Squared

**14 Sat**  
10:00 Yoga

**21 Sat**  
10:00 Yoga  
11-1PM Granny Squared

**28 Sat**  
10:00 Yoga

OCTOBER 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.



02 Mon

B: Continental Breakfast

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

03 Tue

B: Continental Breakfast

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

04 Wed

B: Continental Breakfast

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

05 Thu

B: Continental Breakfast

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

06 Fri

B: Continental Breakfast

L: Baked Salmon w/ Cilantro Citrus Sauce  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Baked Sweet Potato  
Canned Apricots, Milk

07 Sat

Take Home Lunch Distributed on Friday

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

09 Mon

Isaacs

Center Closed

10 Tue

B: Continental Breakfast

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

11 Wed

B: Continental Breakfast

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

12 Thu

B: Continental Breakfast

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

13 Fri

B: Continental Breakfast

L: Lemon Salmon  
Orzo w/ Vegetables  
Whole Wheat Bread  
Cabbage w/ Shredded Carrots  
Orange, Milk

14 Sat

Take Home Lunch Distributed on Friday

L: Chicken Chunks w/ Red Sauce  
White Rice  
Whole Wheat Bread  
Steamed Carrots  
Orange Juice, Milk

16 Mon

B: Continental Breakfast

L: Vegetable Soup  
Arroz con Pollo(Chicken & Rice)  
Whole Wheat Bread  
Mixed Green Salad  
Orange, Milk

17 Tue

B: Continental Breakfast

L: Teriyaki Beef  
Chinese Style Spaghetti  
Whole Wheat Bread  
Green Bean Saute  
Canned Apricots  
Apple Juice, Milk

18 Wed

B: Continental Breakfast

L: Lentil Soup  
Eggplant Parmensan w/ Ricotta  
Whole Wheat Bread  
Green Bean Saute  
Canned Apricots  
Apple Juice, Milk

19 Thu

B: Continental Breakfast

L: BBQ Pulled Pork  
Wild Rice  
Mixed Vegetables 5-Way  
Pineapple Juice, Milk

20 Fri

B: Continental Breakfast

L: Coconut Curried Cod Fish  
Whole Wheat Bread  
Braised Collard Greens  
Roasted Potatoes  
Apple, Milk

21 Sat

Take Home Lunch Distributed on Friday

L: BBQ Chicken Leg Quarters  
Whole Wheat Bread  
Baked Sweet Potato  
Steamed Broccoli  
Orange, Milk

23 Mon

B: Continental Breakfast

L: Spanish Style Beef Stew  
Whole Wheat Bread  
Brown Rice  
Green Bean Saute  
Apple, Milk

24 Tue

B: Continental Breakfast

L: Chicken Cacciatore  
Egg Noodles  
Whole Wheat Bread  
Steamed Spinach  
Sliced Peaches  
Orange Juice, Milk

25 Wed

B: Continental Breakfast

L: Turkey Chili w/ Sweet Potatoes & Corn  
White Rice  
Whole Wheat Bread  
Lettuce & Tomato  
Orange, Milk

26 Thu

B: Continental Breakfast

L: Roast Pork Spanish Style  
Whole Wheat Bread  
California Blend Vegetables  
Roasted Potatoes  
Fruit Cocktail

27 Fri

B: Continental Breakfast

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

28 Sat

Take Home Lunch Distributed on Friday

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

30 Mon

B: Continental Breakfast

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

31 Tue

B: Continental Breakfast

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

Hurricane Relief Bake Sale



OCTOBER 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.

01

Sun

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

02

Mon

Baked Turkey Breast  
Whole Wheat Bread  
Mixed Vegetables  
Mashed Red Potatoes  
Orange  
Apple Juice, Milk

03

Tue

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

04

Wed

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

05

Thu

Chicken Picatta w/ Lemon Sauce  
Quinoa w/ Kale & Carrots  
Whole Wheat Bread  
Zucchini & Carrots  
Banana  
Orange Juice, Milk

06

Fri

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

07

Sat

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

08

Sun

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

09

Mon

Braised Beef Tips  
Egg Noodles  
Whole Wheat Bread  
California Blend Vegetables  
Orange Pineapple Juice, Milk

10

Tue

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

11

Wed

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

12

Thu

Chicken Chasseur  
Whole Wheat Bread  
Italian Blend Vegetables  
Roasted Potatoes  
Banana  
Apple Juice, Milk

13

Fri

Ginger and Lime Salmon  
Barley  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Apple  
Orange Juice, Milk

14

Sat

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

15

Sun

Turkey w/ Gravy  
Brown Rice w/ Mushroom  
Whole Wheat Bread  
Cut Green Beans  
Orange  
Apple Juice, Milk

16

Mon

Hungarian Goulash w/ Beef  
Whole Wheat Bread  
Cut Green Beans  
Red Bliss Potatoes  
Orange  
Apple Juice, Milk

17

Tue

Chicken Alfredo  
Fettucini w/ Sauce  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Apple  
Orange Juice, Milk

18

Wed

Baked Flounder  
Moroccan Style Sauce  
Couscous w/ Peas & Lemon  
Whole Wheat Bread  
Steamed Spinach  
Vanilla Pudding  
Orange Pineapple Juice, Milk

19

Thu

Cranberry Chicken  
Mashed Red Potatoes  
Whole Wheat Bread  
Italian Blend Vegetables  
Fruit Cocktail  
Apple Juice, Milk

20

Fri

Salmon in Garlic Butter Sauce  
Quinoa w/ Kale & Carrots  
Whole Wheat Bread  
California Blend Vegetables  
Banana  
Orange Pineapple Juice, Milk

21

Sat

Beef Meatballs w/ Sofrito  
Egg Noodles  
Whole Wheat Bread  
Normandy Blend Vegetables  
Kiwi  
Apple Juice, Milk

22

Sun

Herb Grilled Chicken  
Rice w/ Corn  
Whole Wheat Bread  
Broccoli  
Canned Apricots  
Orange Pineapple Juice, Milk

23

Mon

Swiss Steak w/ Onions  
Egg Noodles  
Whole Wheat Bread  
Vegetable Mix  
Apple  
Orange Juice. Milk

24

Tue

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

25

Wed

Baked Tilapia  
Creole Sauce  
Orzo  
Whole Wheat Bread  
Italian Blend Vegetables  
Kiwi  
Apple Juice, Milk

26

Thu

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

27

Fri

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

28

Sat

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

29

Sun

Ham  
Mashed Red Potatoes  
Whole Wheat Bread  
Baby Carrots w/ Parsley  
Orange  
Orange Juice, Milk

30

Mon

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

31

Tue

Orange Glazed Chicken Breast  
Rice w/ Mushroom  
Whole Wheat Bread  
Mixed Vegetables  
Apple Juice, Milk

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.

OCTOBER 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.



# PUZZLES & GAMES

Its October.

Find the words that relate to Autumn.

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

Pumpkin  
Sweater  
Apple Cider  
Rake

Trees  
Leaves  
Scarecrow  
Harvest

Acorn  
Squirrel  
Willow  
Butternut

## RIDDLES

Take your pick and solve these riddles

1. What food lives at the beach?

A sandwich.
2. I am the beginning of the end, and the end of time and space. I am essential to creation, and I surround every place.

The letter e.
3. I am fast and little, and I can attack anything, I can fly to my home while I have a job, I live with my honey. What am I?

A bee!
4. You can't touch me nor see me, but I always pull you, keeping you heavy. When I am gone you will always float. What am I?

Gravity.
5. If you eat me, my sender will eat you. What am I?

A fish hook.

# READY TO MAKE A CHANGE?



### FIND A JOB...START A CAREER

Community Health  
Education & Child Development  
Hospitality & Food Services

### GRADUATE...EARN A DIPLOMA

High School Equivalency  
Literacy Classes  
Academic Support

### GO TO COLLEGE

College Advisement  
Scholarship  
Financial Aid

## JOIN OUR FREE CLASS

Monday October 16th to  
Thursday November 3rd  
Free Metrocards & Stipends

For more information please contact  
Charles Franchino, 212.360.7625 x221  
Cfranchino@isaacscenter.org@isaacscenter.org

Stanley M. Isaacs Neighborhood Center  
Youth Center  
1792 1st Avenue, NYC





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## Sunday Suppers

