```python
def longest_word(sentence):
    words = sentence.split()
    longest = max(words, key=len)
    return longest


def char_frequency(sentence):
    freq = {}
    for char in sentence:
        if char.isalpha():
            char = char.lower()
            freq[char] = freq.get(char, 0) + 1
    return freq


def is_palindrome(word):
    return word == word[::-1]


def first_appearance(substring, sentence):
    return sentence.find(substring)


def word_count(sentence):
    words = sentence.split()
    word_count = {}
    for word in words:
        word_count[word] = word_count.get(word, 0) + 1
    return word_count


def print_menu():
    print("Menu:")
    print("1. Find Longest Word")
    print("2. Character Frequency")
    print("3. Check Palindrome")
    print("4. Find First Appearance of Substring")
    print("5. Count Word Occurrences")
    print("6. Quit")


sentence = input("Enter a sentence: ")

while True:
    print_menu()
    choice = input("Enter your choice (1-6): ")

    if choice == '1':
        print(f"Longest Word: {longest_word(sentence)}")

    elif choice == '2':
        print(f"Character Frequency: {char_frequency(sentence)}")

    elif choice == '3':
        word = input("Enter a word: ")
        print(f"Is '{word}' a Palindrome? {'Yes' if is_palindrome(word) else 'No'}")

    elif choice == '4':
        substring = input("Enter a substring: ")
        print(f"First Appearance of '{substring}': {first_appearance(substring, sentence)}")

    elif choice == '5':
        print(f"Word Count: {word_count(sentence)}")

    elif choice == '6':
        break

    else:
        print("Invalid choice. Please enter a number from 1 to 6.")
```