



Changing Times

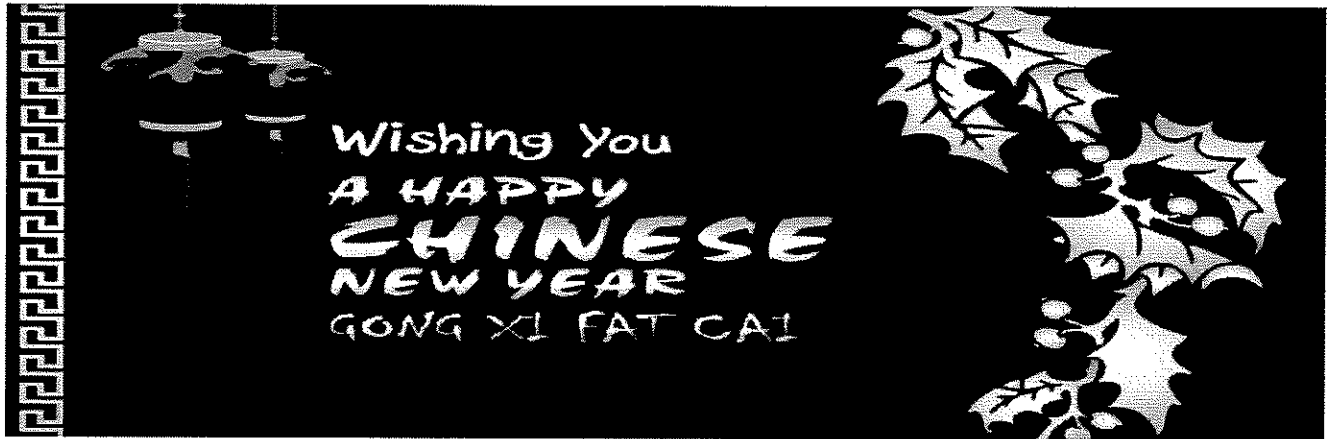
February 2019

CCNS CATHERINE SHERIDAN
SENIOR CENTER
35-24 83 RD STREET
JACKSON HEIGHTS, NY 11372
718-458-4600

FUNDED BY THE NYC DEPT. FOR THE AGING

HAPPY
President's
DAY

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HAPPY
VALENTINE'S
DAY ♡

Dear Members,

Welcome to February—this month is going to be very exciting and festive!

First, we are very grateful to the Advisory Board Council for sponsoring Qui Gong classes and DJ Ron until the end of our budget year in June. We are also celebrating Chinese New Year on February 12th with music, raffles, and for those who enjoyed his incredible voice last year, Ricardo Rosa is back. He will be entertaining us by singing beautiful songs for Valentine's Day.

Our center will be closed on Monday, February 18th in celebration of President's Day.

We are actively searching for funds to replace our chairs. Also, please don't forget to bring a friend for lunch or encourage the ones who do come to stay for lunch. It's winter and some of our members are away, but we need to work together and bring new members to maintain our much-needed services. Lets all extent our gratitude to our Advisory President Estelle Espinola who kindly decorated our center for our Valentine's Day celebration.

Finally, thank you for those members that come regularly and those who volunteers every day by making sure your experience at the center is a pleasant one!

Best Regards,
Mariana Ortiz



Weekly Activities

Mon - Fri 8:30 am - 4:30pm Lunch Served Daily 12:00

Monday

- 9:30 Art (A)**
- 9:30 Sit & Fit (L)**
- 10:15 Zumba class with Maria (L)**
- 1:15 Senior Sing Along (A)**
- 1:30 Computer Class (B)**

Tuesday

- 9:30 Art (A)**
- 9:30 Knitting & Crocheting (A)**
- 10-11 Aerobics with Gerard (L)**
- 1:00 Cards and scrabble games (A)**
- 1:15 Social Dance 2/12 - 2/19 (L)**
- 1:15 Wii Bowling (L)**

Wednesday

- 9:30 Coloring (A)**
- 9:30 Sit & Fit (L)**
- 9:30 Blood Pressure Screening**
- 11:00 Chair Yoga with Mimi (L)**
- 1:15 Bingo (A)**

Thursday

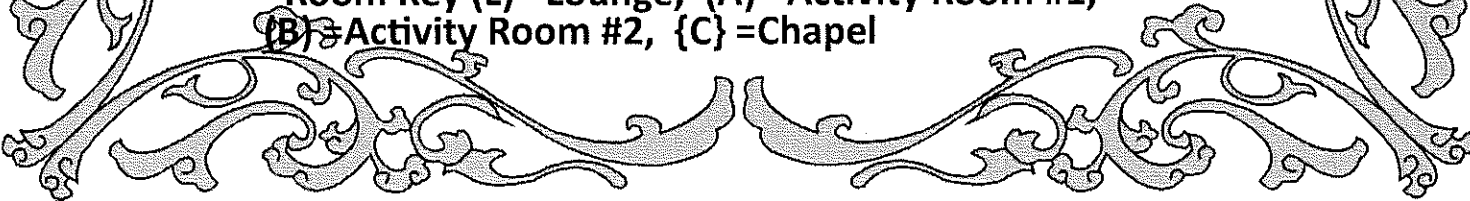
- 9:00 Sit & Fit**
- 9:30 Knitting & Crocheting (A)**
- 9:30 Blood Pressure Screening**
- 1:15-2:15 Strength & Stretching with Gerard (L)**

Friday

- 9:30 Coloring (A)**
- 10:00 Qigong (L)**
- 1:15 Belly Dancing (L)**
- 1:15 Bingo (A)**

BILLIARDS; MAHJONG; CHECKERS; DOMINOES & CARD PLAYING
available each day. Ping Pong will be held in the mornings in the
chapel until 11:00 am

***Room Key (L)= Lounge, (A)= Activity Room #1,
(B)= Activity Room #2, {C}=Chapel**



FEBRUARY MENU / 2019 FEBRERO MENU / 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				LEMON PEPPER COD WHITE RICE SAUTEED SPINACH BREAD/FRUIT/MILK
4	5	6	7	8
APRICOT GLAZED CHICKEN CAPRI BEND VEGS. ROASTED RED POTATO BREAD/FRUIT/MILK	CITRUS SESAME CRUSTED SALMON ORIENTA BROWN RICE ORIENTA BLEND VEGS. BREAD/FRUIT/MILK	EGGPLANT PARMESAN PASTA SUATEED SPINACH BREAD/FRUIT/MILK DANCE WITH CARLOS	BEEF STROGANOFF WITH NOODLES CALIFORNIA BLEND VEGS. BREAD/FRUIT/MILK	BAKED TURKEY BREAST GARLIC MASHED POTATOES GREEN BEANS BREAD/FRUIT/MILK
11	12	13	14	15
BAKED MUSHROOM CHICKEN BAKED SWEET POTATO CALIFORNIA BLEND VEGS. BREAD/FRUIT/MILK	BEEF STEW CAPRI BLEND VEGS. YELLOW RICE BREAD/FRUIT/MILK DANCE WITH JONATHAN	PINEAPPLE GLAZED SALMON BROCCOLI AND RED PEPPERS ROASTED RED POTATO BREAD/FRUIT/MILK	GINGER SHERRY PORK CHOPS RICE PILAF ASIAN CABBAGE BREAD/FRUIT/MILK	BAKED ZITI WITH BEEF MEATBALLS CAULIFLOWER WITH CARROTS SAUTEED STRING BEANS BREAD/FRUIT/MILK
18	19	20	21	22
PRESIDENT'S DAY CENTER CLOSED	BAKED FISH WITH GARLIC SAUCE BROWN RICE STEAMED BROCCOLI BREAD/FRUIT/MILK DANCE WITH JULIO	SALISBURY STEAK GARLIC AND ROSEMARY ROASTED POTATOES NORMANDY BLEND VEGS. BREAD/FRUIT/MILK	HERB ROASTED PORK ROAST CUBAN STYLE BROWN RICE ITALIAN BLEND VEGS. BREAD/FRUIT/MILK	CHICKEN PARMESAN SPAGHETTI TOSSED SALAD BREAD/FRUIT/MILK
25	26	27	28	
GINGER AND LIME SALMON GARDEN SALAD CALIFORNIA BLEND VEG. WINTER BLEND VEGS. BREAD/FRUIT/MILK	CHICKEN SCALLOPINI COUS COUS CUT GREEN BEANS BREAD/FRUIT/MILK DANCE WITH RON	BAKED PORK BAKED MACARONI STEAMED RED OR CABBAGE BREAD/FRUIT/MILK	BEEF MEATBALLS IN TOMATO SAUCE PASTA CREAMED SPINACH BREAD/FRUIT/MILK	

Special Events:

Friday, 2/1/19 @ 1:30 am ESL English Second Language. (Every Thursday and Friday).

Friday 2/1/19 QiGong resumes at 10 am

Thursday, 2/14/19 @ 11 am Elder Abuse Presentation by JASA.

Thursday, 2/14/19 1:30-2:30 Ricardo Rosa Opera Singer

Friday, 2/15/19 @ 11 am Emblem Health Presentation.

Friday, 2/22/19 at 11 am VNS Nutrition Presentation.

Monday, 2/25/19 QCC Nutrition Presentation.

Party Days:

Wednesday, 2/6/19 1:00 -2:00pm Social Dancing w/ Carlos
Tuesday, 2/12/19 @ 1 pm Chinese New Year Social Dance w/ DJ Jonathan.

Tuesday, 2/19/19 @ 1 pm Valentine'S day Social Dance w/ DJ Julio

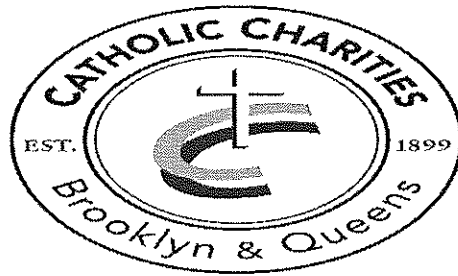
Tuesday, 2/26/19 Birthday Dance wi/ DJ Ron

Monday 2/18/19

Center Closed in observance of President's Day Holiday.

TRIPS

Tuesday, 2/4/19 @ 10 am	B. J.'S
Tuesday, 2/11/19 @ 10 am	ABC
Tuesday, 2/18/19 @ 10 am	B. J.'S
Tuesday, 2/25/19 @ 10 am	Trader Joe



TRANSPORTATION SERVICES

TO: LOCAL SENIOR CENTERS, MEDICAL, DENTAL

AND CLINIC APPOINTMENTS

SUGGESTED DONATIONS REQUESTED

**SPONSORED BY:
CCNS/CATHERINE SHERIDAN O.A.S.**

**THIS SERVICE IS PROVIDED FOR SENIORS 60 YEARS
AND OLDER WHO HAVE DIFFICULTY TAKING PUBLIC
TRANSPORTATION AND RESIDE IN MASPETH, WOODSIDE,
MIDDLE VILLAGE, SUNNYSIDE, JACKSON HGTS, ELMHURST
AND EAST ELMHURST**

**FOR FURTHER INFORMATION PLEASE CALL CCNS CATHERINE
SHERIDAN SC 35-24 83 STREET JACKSON HGTS N.Y.**

718-458-4600

JANETH OSPINO, TRANSPORTATION COORDINATOR

FUNDED BY NYC DEPARTMENT FOR THE AGING



Happy Birthday



Birthday Corner

To all the members with February
birthdays.

Please see Jorge if
you have a
birthday this month!!!!!!

Happy birthday to :

Each birthday boy and girl will receive a free
lunch ticket and a sweet treat on 2/26/19 if you sign up in
advance

Thank You!!!!!!!



CATHERINE SHERIDAN SENIOR CENTER

35-24 83rd Street
Jackson Heights, NY 11372
Phone: (718) 458-4600
Fax: (718) 458-5665

Open Monday—Friday
8:30am—4:30pm

SENIOR CENTER STAFF

Mariana Ortiz, Program Manager
Kathy Dosiak, Office Manager
Carmen Rojas, Case Manager
Jorge Quinones, Recreation Coordinator
Janet Ospino, Transportation Coordinator
Maria Rua, Kitchen Aide
Sam Williams, Kitchen Aide
Maryann Ubaldo, Driver

ADVISORY COUNCIL

Estelle Espinola	President
Carlos Nieves	Council Member
Lili Fu	Council Member
Arlinda DeAngelis	Secretary
Mary Arzano	Council Member
Lorraine Levi	Council Member
Louise Ross	Treasurer
John McGurrin	Council Member
Jorge Cabrera	Council Member
Carole DiSantis	Vice-President
Ana Ruiz	Council Member
Rosa Bofill	Council Member