



Changing Times

January 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 Holidays!

Dear members,

It has been a pleasure coming back in December to spend time with you during Mariana's absence. It felt like old home week. I wish you all a happy and healthy New Year!

To start the new year right, we want to remind all our members to please fill out the nutritional surveys that we are handing out if you have not already done so. We are required to do them every year as they are a good indicator for you on your nutritional risk. If you are at high risk, my staff can counsel you on ways to address your risk factors to keep you healthy or make the necessary referrals. To assist you even more we have a pilot nutritional program every week during the Month of January. We are fortunate to have a licensed nutritionist from the Department of the Aging on hand to answer your nutrition questions and guide you to better eating habits, so please take advantage of this time limited program.

Also, we need everyone to update their information annually, or any time your medications or other relevant health or contact information changes, so we can assist you in an emergency.

Finally, I want to thank our wonderful consultant, Sharia. Sharia has been an exceptional teacher for many years at the center. Unfortunately, her contract is ending this month as the budget that funded her programming has concluded. We wish her only the best and when additional funding becomes available, we will once again look to include the Meditation and Qui Gong classes again in our schedule. In the meantime, we will be utilizing a new Zumba DVD that we hope you will enjoy.

In the New Year, Mariana our amazing manager will have returned from her extended vacation. I have no doubt that she will continue to lead the center in a positive and exciting direction.

Best Regards, Debbie Hoffer



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)**
- 11:00 Nutritional Counseling (L)**
- 1:15 Senior Sing Along (A)**
- 1:00 Nutritional Counseling (L)**
- 1:30 Computer Class (B)**

Tuesday

- 9:30 Art (A)**
- 9:30 Knitting & Crocheting (A)**
- 1:00 Cards and scrabble games (A)**
- 1:15 Social Dance 1/15 - 1/29/19 (L)**
- 1:15 Wii Bowling 1/8 - 1/22/19 (L)**

Wednesday

- 9:30 Coloring (A)**
- 9:30 Sit & Fit (L)**
- 10:30 Fun Facts/ Trivia Group with Jorge (L)**
- 11:00 Chair Yoga with Mimi (L)**
- 1:15 Bingo (A)**

Thursday

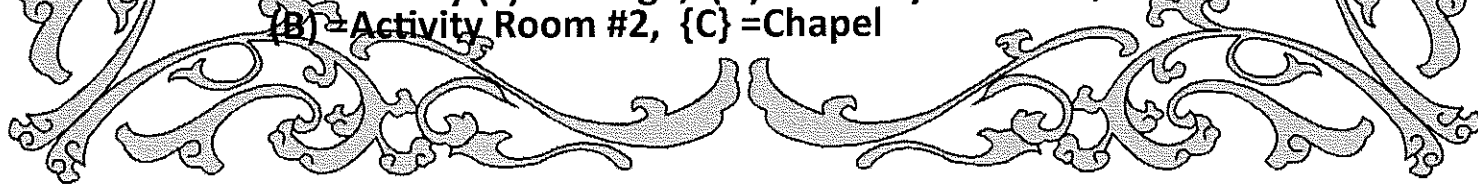
- 9:00 Sit & Fit**
- 9:30 Knitting & Crocheting (A)**
- 11:00 Nutritional Counseling (L) 1/24/19**
- 1:00 Nutritional Counseling (L)**

Friday

- 9:30 Coloring (A)**
- 10:00 Qigong (L) (Ends 1/5/19)**
- 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**



Special Events:

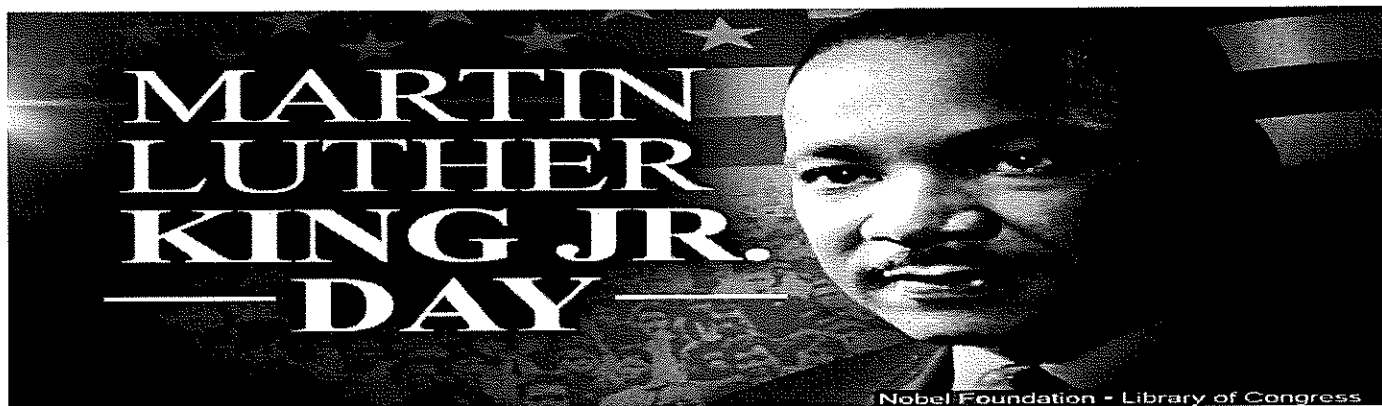
Thursday, 1/3/19 @ 11 am Elder Abuse Presentation by JASA.
Monday, 1/7 through Monday 1/28/19 @ 11 am -1 p.m Nutritional
Counseling provided by the Department for the Aging

Friday, 1/11/19 @ 11 am VNS Elder Abuse Presentation.
Friday, 1/25/19 at 11 am Road Alert Presentation by Elmhurst
Hospital.

Party Days:

Tuesday, 1/15/19 @ 1 pm Social Dance with Julio.

Tuesday, 1/29/19 @ 1 pm Social Dance with Ron



MONDAY, 1/21/19

Center Closed in observance of the Martin Luther King Jr. holiday

Programs to benefit YOU!!!

Home Energy Assistance Program (HEAP)

For those who are eligible the HEAP program can assist low income people to pay the cost of heating their homes. To see if you qualify for this benefit and a host of other benefits, please make an appointment with Carmen for a benefits check-up. You will be glad you did.

DID YOU KNOW?

Did you know an earthquake on Dec. 16, 1811 caused parts of the Mississippi River to flow backwards.

Did you know approximately 115 tons of ocean salt spray enters the earth's atmosphere each second.

Did you know Bill Gates designed a traffic control system for Seattle when he was only 15.

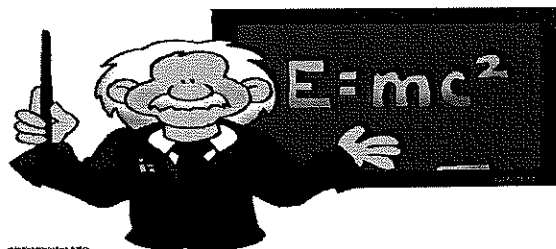
Did you know baby robins eat 14 feet of earthworms every day.

Did you know beavers can swim half a mile underwater on one gulp of air.

Did you know by raising your legs slowly and laying on your back, you can't sink in quicksand.

Did you know chained dogs are 3 times more likely to bite than unchained dogs.

Did you know check your map! Virginia extends farther west than West Virginia.



If you or your loved one is interested in making a bequest to Catholic Charities for your senior center, please contact your Program Manager for more information. Your generous gift can ensure that we can continue to provide needed and quality services to Older Adults for years to come at our wonderful Center.

Funded by the NYC Department for the Aging



Changing Lives...
Building Communities™

ATTENTION SENIOR CITIZENS

DISCOUNTED TAXI SERVICE TO LOCAL MEDICAL, DENTAL AND CLINIC APPOINTMENTS



**PROVIDED BY
CCNS**

CATHERINE SHERIDAN SENIOR CENTER



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



**For further information please call:
718- 779-8305**

Sponsored by Catholic Charities Neighborhood Services
Funded by the New York City Department for the Aging.



Happy Birthday



Birthday Corner

To all the members with January
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 1/29/19 if you sign up in
advance

Thank You!!!!!!

JANUARY MENU / 2019 MENU ENERO / 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	HAPPY NEW YEAR CENTER CLOSED	PINEAPPLE GLAZED SALMON BROCCOLI AND RED PEPPERS ROASTED RED POTATOES BREAD/FRUIT/MILK	GINGER SHERRY PORK CHOPS RICE PILAF ASIAN CABBAGE BREAD/FRUIT/MILK	BAKED ZITI WITH BEEF MEATBALLS SAUTEED STRING BEANS CAULIFLOWER WITH BREAD/FRUIT/MILK
BAKED ASIAN STYLE HONEY CHICKEN BAKED SWEET POTATO BREAD/FRUIT/MILK	BAKED FISH WITH GARLIC SAUCE BROWN RICE STEAMED BROCCOLI BREAD/FRUIT/MILK	SALISBURY STEAK GARLIC AND ROSEMARY POTATO NORMANDY BLEND BREAD/FRUIT/MILK	HERB ROASTED PORK CUBAN STYLE BROWN RICE ITALIAN BLEND VEG. BREAD/FRUIT/MILK	CHICKEN PARMESAN SPAGHETTI TOSSED SALAD WITH DRESSING BREAD/FRUIT/MILK
GINGER AND LIME SALMON WHITE RICE - GARDEN SALAD WINTER BLEND VEGS. BREAD/FRUIT/MILK	CHICKEN SCALLOPINI PORK TENDERLOIN COUS COUS - GREEN CUT BEANS BREAD/FRUIT/MILK DANCE WITH JULIO	BAKED PORK BAKED MACARONI AND CHEESE STEAMED GREEN CABBAGE BREAD/FRUIT/MILK	BEEF MEATBALLS IN TOMATO SAUCE PASTA CREAMED SPINACH BREAD/FRUIT/MILK	BAKED TURKEY BREAST GARLIC MASHED POTATOES CALIFORNIA BLEND VEGS. BREAD/FRUIT/MILK
MARTIN LUTHER KING DAY CENTER CLOSED	EGGPLANT PARMESAN PASTA CAPRI BLEND VEGS. BREAD/FRUIT/MILK	BAKED FISH WITH GARLIC SAUCE BAKED SWEET POTATO BABY SPINACH SALAD BREAD/FRUIT/MILK	JERK CHICKEN RICE AND BEANS CALIFORNIA BLEND VEG. BREAD/FRUIT/MILK	YANKEE POT ROAST BRUSSEL SPROUTS GARLIC MASHED POTATO BREAD/FRUIT/MILK
BAKED MUSHROOM CHICKEN BAKED SWEET POTATO CALIFORNIA BLEND VEG. BREAD/FRUIT/MILK	ITALIAN ROASTED PORK TENDERLOIN BAKED SWEET POTATO ITALIAN BLEND VEGS. BREAD/FRUIT/MILK DANCE WITH RON	BAKED ZITI WITH MEAT SAUCE GARDEN SALAD SAUTEED STRING BEANS BREAD/FRUIT/MILK	CHICKEN MARSALA GARLIC MASHED POTATO ROASTED ZUCCHINI BREAD/FRUIT/MILK	