



Changing Times

March 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



Dear Members,

It is March, and it has arrived with new activities and celebrations. Join us on March 12, 2019 for our annual St. Patrick's Day; there will be music and dance.

Take full advantage of our Bilingual Classes on Tuesdays, at 2 to 4 PM, Zumba Classes on Wednesdays, at 1 to 2 PM, Tai Chi Classes with Juan on Thursdays at 10 to 11 AM, Social Dancing on Tuesdays at 1-3 PM, and additional Exercises Classes with Gerard on Tuesdays, at 11:15 to 12 Noon. Last but not least our Workshop on Fall Prevention every Fridays at 11-12 Noon.

As you can see we have a busy and fund March. Please, pass the word to any Senior in our community who can take advantage of our services, our Senior Center's doors are open and our staff is ready to embrace and provide services to anyone that needs us.

All the best,
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)**

Tuesday

- 9:30 Art (A)**
- 9:30 Knitting & Crocheting (A)**
- 10 Aerobics with Gerard (L)**
- 11:15 Chair Exercise with Gerard (L)**
- 1:00 Cards and scrabble games (A)**
- 1:00 Social Dance (L)**
- 2:00 Computer Class**

Wednesday

- 9:30 Coloring (A)**
- 9:30 Sit & Fit (L)**
- 10:00 CUNY Blood Pressure Reading (A)**
- 11:00 Chair Yoga with Mimi (L)**
- 1:15 Bingo (A)**
- 1:00 Zumba Class with Maria (L)**

Thursday

- 9:30 CUNY Blood Pressure Reading (A)**
- 9:00 Sit & Fit (L)**
- 9:30 Knitting & Crocheting (A)**
- 10:00 Tai Chi with Juan (L)**
- 1:15 Strength & Stretch with Gerard (L)**
- 1:45 ESL Class**

Friday

- 9:30 Coloring (A)**
- 10:00 Qigong (L)**
- 1:15 Belly Dancing (L)**
- 1:15 Bingo (A)**
- 1:45 ESL Class**

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**



Special Events:

Friday, 3/1/19 @ 11 am Fall Prevention Workshop.
Monday, 3/4/19 am Road Alert Presentation by Elmhurst Hospital.
Friday, 3/8/19 @ 10 am VNS Elder Abuse Presentation.

PARTY DAYS

Monday 3/5/19 @ 1 Social Dance with Jonathan.
Tuesday, 3/12/19 @ 1 Social Dance with Jonathan.
Tuesday, 3/19/19 @ 1 Social Dance with Julio.
Tuesday, 3/26/19 @ 1 Social Dance with Ron.
Wednesday, 3/27/19 @ 1 pm Social dance with Humana Insurance .

TRIPS

Monday, 3/4/19 @ 10 am	B. J.'S
Monday, 3/11/19 @ 10 am	Trader Joe's
Monday, 3/18/19 @ 10 am	B. J.'S
Monday, 3/25/19 @ 10 am	Dollar Tree



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 March
birthdays.

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

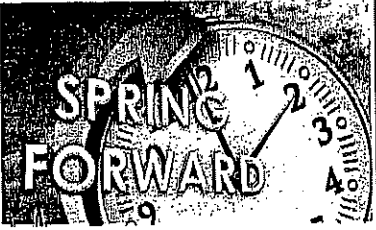
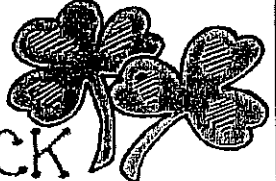
Happy birthday to :

Each birthday boy and girl will receive a free
lunch ticket and a sweet treat on 3/26/19 if you sign up in
advance

Thank You!!!!!!!



MARCH MENU / 2019 MARZO MENU / 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	ON SUNDAY MARCH 10 		 LUCK O' THE IRISH	BAKED TURKEY BREAST GARLIC MASHED POTATOES CALIFORNIA BLEND VEG. BREAD/FRUIT/MILK
4	5	6	7	8
BAKED ASIAN STYLE HONEY CHICKEN BROWN RICE BROCCOLI WITH GARLIC BREAD/FRUIT/MILK	BEEF STEW MASHED POTATOES BRUSSEL SPROUTS BREAD/FRUIT/MILK DANCE WITH JONATHAN	EGGPLANT PARMESAN PASTA CAPRI BLEND VEGS. BREAD/FRUIT/MILK	CHICKEN THIGHS RICE AND BEANS CALIFORNIA BLEND VEGS. BREAD/FRUIT/MILK	SALMON GREEN SALAD SWEET POTATO BREAD/FRUIT/MILK
11	12	13	14	15
GENERAL TSO'S CHICKEN WHITE RICE ROASTED BROCCOLI BREAD/FRUIT/MILK	PORK TENDERLOIN ITALIAN BLEND VEGS. BAKED SWEET POTATO BREAD/FRUIT/MILK DANCE WITH JONATHAN	BAKED ZITI WITH MEAT SAUCE SAUTEED STRING BEANS GARDEN SALAD BREAD/FRUIT/MILK	CHICKEN MARSALA GARLIC MASHED POTATOES ROASTED ZUCCHINI BREAD/FRUIT/MILK	SALMON WHITE RICE SAUTEED SPINACH BREAD/FRUIT/MILK
18	19	20	21	22
APRICOT GLAZED CHICKEN CAPRI BLEND VEGS. ROASTED RED POTATOES BREAD/FRUIT/MILK	BEEF BUTTER NOODLES CALIFORNIA VEGETABLES BREAD/FRUIT/MILK DANCE WITH JULIO	EGGPLANT PARMESAN PASTA SAUTEED SPINACH BREAD/FRUIT/MILK	BEEF STROGANOFF WITH NOODLES CALIFORNIA BLEND VEGS. BREAD/FRUIT/MILK	SALMON RICE ORIENTAL VEGETABLES BREAD/FRUIT/MILK
25	26	27	28	29
BAKED MUSHROOM CHICKEN BAKED SWEET POTATO CALIFORNIA BLEND VEG. BREAD/FRUIT/MILK	BEEF STEW YELLOW RICE CAPRI BLEND VEGS. BREAD/FRUIT/MILK DANCE WITH RON	PINEAPPLE GLAZED SALMON BROCCOLI/RED PEPPERS ROASTED RED POTATO BREAD/FRUIT/MILK	GINGER SHERRY PORK CHOPS RICE PILAF ASIAN CABBAGE BREAD/FRUIT/MILK	STUFFED SHELLS CAULIFLOWER WITH STRING BEANS BREAD/FRUIT/MILK

CCNS Catherine Sheridan Senior Center 35-24 83rd Street, Jackson Heights NY 11372 Tel: 718-458-4600/ Fax: 718-458-5665
 Voluntary contribution/ Donación Voluntaria: \$1.25- Lunch is Served from 12:00 to 1 p.m. El almuerzo se sirve de 12:00 a 1 p.m.

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
Joseph Saffer, Driver
Maryann Ubaldo, Driver

ADVISORY COUNCIL

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