

MARCH 2019

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES
OZONE PARK SENIOR CENTER

HIGHLIGHTS

MONTHLY HOLIDAYS

- ◆ 3/6 Ash Wednesday
- ◆ 3/10 Daylight Saving Time
- ◆ 3/17 St. Patrick's Day
- ◆ 3/20 Spring Begins
- ◆ Woman History Month



A MESSAGE FROM SABRINA
With spring in the air. I thought you would enjoy this poem.

Beauty Of The Month Of March Both Winter And Spring

As winter's cold days and longer nights end, and the last of snow and ice melt away, there is a short window of time, a month that shares itself with winter and spring, March. Although it only has 31 days, so much change happens to the earth, weather and nature. March makes her presence known, with her high pitch song of whistling winds, the wild gusty breezes, her clouds and sky become full of white like fleece set in deep blue sky, shorter days, longer nights. March sings out, waking Spring!

-Unknown

MARCH

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



- | | |
|--------------|---------------|
| DRESS | RAIN |
| EASTER | RAINCOAT |
| FLATS | ROSE |
| FLOWER | SPRING |
| GOODFRIDAY | STPATRICKSDAY |
| GREEN | SUNSHINE |
| HOLYTHURSDAY | WARM |
| MARCH | WOMEN HISTORY |

CCNS OZONE PARK NEIGHBORHOOD SENIOR CTR

MENU March 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH STARTS AT 12:00PM MENU SUBJECT TO CHANGE		FUNDED BY DEPARTMENT FOR THE AGING		1 LEMON GARLIC TILAPIA EGG NOODLES WHOLE WHEAT BREAD SPINACH SALAD WITH CHICKPEAS CANNED PEARS
4 STEWED CHICKEN BROWN RICE WHOLE WHEAT BREAD STEAMED PEAS AND CARROTS ORANGE	5 BEEF STROGANOFF EGG NOODLES WHOLE WHEAT BREAD STEAMED BROCCOLI CANTALOUPE	6 ASH WEDNESDAY PARMESAN BAKED FISH WHOLE WHEAT BREAD CALIFORNIA BLEND VEG. ORANGE JUICE	7 PORK MEATBALLS PASTA (1/2 CUP) WHOLE WHEAT BREAD BABY SPINACH SALAD ORANGE PINEAPPLE JUICE	8 FISH WITH CREOLE SAUCE WHOLE WHEAT BREAD O'BRIEN POTATOES SAUTEED STRING BEANS HONEYDEW
11 CHICKEN NOODLE SOUP BAKED ASIAN STYLE HONEY CHICKEN BROWN RICE WHOLE WHEAT BREAD BABY SPINACH SALAD ORIENTAL BLEND APPLE JUICE SLICED CANNED PEACHES	12 ST. PATRICK'S DAY MEAL CORN BEEF IRISH SODA BREAD BOILED POTATO CABBAGE GREEN FRUITED JELL-O MILK	13 BEEF SOUP PEPPER FLANK STEAK WHOLE WHEAT BREAD GARLIC MASHED POTATOES STEAMED BROCCOLI ORANGE PINEAPPLE JUICE SLICED CANNED PEACHES	14 VEGETABLE LASAGNA WHOLE WHEAT BREAD BABY SPINACH SALAD FRUIT COCKTAIL	15 A NICE VEGETABLE SOUP BAKED WHITE FISH WITH GARLIC CRUMB CRUST WHOLE WHEAT BREAD CALIFORNIA BLEND VEGETABLES GARLIC AND ROSEMARY ROASTED POTATOES HONEYDEW ORANGE JUICE
18 EGGPLANT PARMESAN WHOLE WHEAT BREAD BABY SPINACH SALAD CANNED PEARS	19 BROCCOLI AND POTATO SOUP CHICKEN STIR FRY WITH VEGETABLES PERFECT WHITE RICE WHOLE WHEAT BREAD ORIENTAL BLEND TANGERINE	20 BEEF AND TURKEY MEATLOAF WITH MUSHROOM GRAVY WHOLE WHEAT BREAD PARMESAN ROSEMARY MASHED POTATOES ROASTED BRUSSELS SPROUTS CANTALOUPE	21 HOMEMADE ROAST PORK SPANISH STYLE WHOLE WHEAT BREAD YELLOW RICE ZUCCHINI WITH ONIONS AND PEPPERS ORANGE	22 BAKED BREADED FISH WHOLE WHEAT BREAD ROASTED POTATOES AND VEGETABLES ORANGE JUICE
25 BAKED SALMON WITH CILANTRO CITRUS SAUCE WHOLE WHEAT BREAD SMASHED MIXED POTATOES AND CAULIFLOWER SPINACH, APPLE AND RED ONION SALAD CANNED PEARS	26 CHICKEN CACCIATORE PASTA WHOLE WHEAT BREAD SAUTEED SPINACH APPLE ORANGE JUICE	27 ITALIAN ROASTED PORK TENDERLOIN WHOLE WHEAT BREAD SWEET POTATO SAUTÉ ORANGE	28 ORZO STUFFED PEPPERS WHOLE WHEAT BREAD TOSSED SALAD WITH DRESSING ORANGE PINEAPPLE JUICE	29 LEMON PEPPER TILAPIA WHOLE GRAIN STUFFING WHOLE WHEAT BREAD CALIFORNIA BLEND VEGETABLES CANNED PINEAPPLE

Ozone Park Senior Center Activity Schedule

Telephone: 718 - 847 - 2100

MARCH 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4</p> <p>9:00 Crochet 10:00 Healthy Recipes 10:30 Health Topics 11:00 Walk w/Ease 12:30 Bingo</p>	<p>5</p> <p>10:00 Discussion Group 10:00 Leisure Cards 10:15 Trip:Marshall 10:30 Chair Yoga 11:30 Health Topics 1-3 Wii Bowling</p>	<p>6</p> <p>9:00 Crochet 10:00 Leisure Cards 10:30 Meditation 11:00 Walking Club 11:00 Jokercise 11:30 Culture Group 12:30 Bingo</p>	<p>7</p> <p>9:30 Breakfast 10:00 Brain teasers 10:30 Arts & Crafts 11:00 Current events 11:30 Arts History</p>	<p>1</p> <p>11:00 Education Topic 11:45 Meditation 12:30 Bingo</p>
<p>11</p> <p>9:00 Crochet 10:00 Healthy Recipes 10:15 Trip:Trader Joes 10:30 Health Topics 11:00 Walk w/Ease 12:30 Bingo</p>	<p>12</p> <p>10:00 Discussion Group 10:00 Leisure Cards 10:30 Chair Yoga 11:30 Health Topics 1-3 St.Patrick's Day Party</p>	<p>13</p> <p>9:00 Crochet 10:00 Leisure Cards 10:30 Meditation 11:00 Walking Club 11:00 Presentation 11:30 Culture Group 12:30 Bingo</p>	<p>14</p> <p>10:00 Brain teasers 10:30 Arts & Crafts 11:00 Current events 11:30 Arts History 12:00 25 cents Lunch Day 1:00 Wii Bowling</p>	<p>15</p> <p>10:00 Jewelry Making 11:00 Exercise w/Gerald 11:30 Education Topic 11:45 Meditation 12:30 Bingo</p>
<p>18</p> <p>9:00 Crochet 10:00 Healthy Recipes 10:30 Health Topics 11:00 Presentation 11:00 Walk w/Ease 12:30 Bingo</p>	<p>19</p> <p>10:00 Discussion Group 10:00 Leisure Cards 10:00 Discussion Group 10:00 Leisure Cards 1-3 Wii Bowling</p>	<p>20</p> <p>9:00 Crochet 10:00 Leisure Cards 10:30 Meditation 11:00 Walking Club 11:30 Culture Group 12:30 Bingo</p>	<p>21</p> <p>9:30 Breakfast 10:00 Brain teasers 10:30 Arts & Crafts 11:00 Current events 11:30 Arts History</p>	<p>22</p> <p>10:00 Jewelry Making 10:15 Trip:Walmart 11:00 Exercise w/Gerald 11:30 Education Topic 11:45 Meditation 12:30 Bingo</p>
<p>25</p> <p>9:00 Crochet 10:00 Healthy Recipes 10:30 Health Topics 11:00 Presentation 11:00 Walk w/Ease 12:30 Bingo</p>	<p>26</p> <p>10:00 Discussion Group 10:00 Leisure Cards 10:30 Chair Yoga 11:30 Health Topics 1-3 Birthday Party</p>	<p>27</p> <p>9:00 Crochet 10:00 \$10 Haircuts 10:00 Leisure Cards 10:30 Meditation 11:00 Walking Club 11:30 Culture Group 12:30 Bingo</p>	<p>28</p> <p>10:00 Brain teasers 10:30 Arts & Crafts 11:00 Current events 11:30 Arts History</p>	<p>29</p> <p>10:00 Advisory Meeting 11:00 Exercise w/Gerald 11:30 Education Topic 11:45 Meditation 12:30 Bingo</p>

Funded by NYC Department for the Aging

Upcoming Events

Presentations:

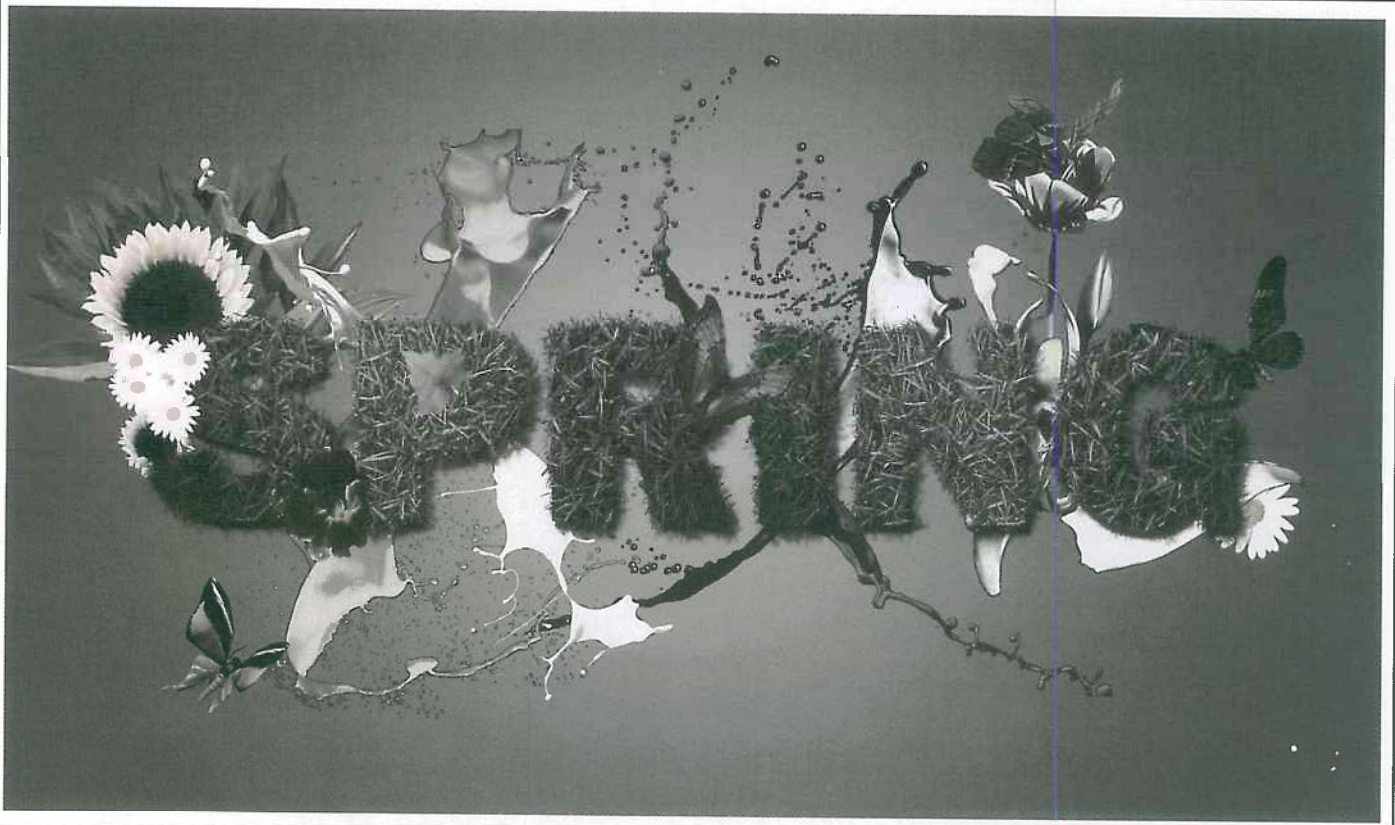
- 3/18 Nutrition Presentation- (Professor Pecinka)(10:30 am)
- 3/25 Depression Presentation (11am)
- 3/13 Stay Active Presentation 11am (Hoyoon Song)

Trips :

- 3/5 Marshalls (\$1) (10:15am)
- 3/11 Trader Joes (\$1) (10:15am)
- 3/22 Walmart (\$1) (10:15am)

Special Events:

- 3/5 Bring a Friend Day—get free lunch for a week
- 3/6 Jokercise w/Howard 11am**
- 3/7 Breakfast 9:30am**
- 3/8 Sip and Paint (10-12)**
- 3/12 St Patrick's Day Party (live music, snacks and refreshments) (1:00am-3pm)**
- 3/14 25 cents Lunch Day**
- 3/15 Blood Pressure Screening 9am to 12pm
- 3/21 Breakfast 9:30am
- 3/26 Birthday Party (live music, snacks and refreshments) (1:00pm-3pm)**
- 3/27 \$10Haircuts (10am)
- 3/29 Advisory Board Meeting



DID YOU KNOW?



We are offering **Earned income Tax Credit** Assistance for IT-214. All senior citizen homeowners and renters, particularly those 65 and over on fixed incomes, who live in New York State may be eligible for a cash refund on the rent or local property taxes you pay on your home. It is not necessary that you have paid income taxes in order to qualify for this benefit; however there is an eligibility criteria.

We also want to remind you that **HEAP**, the Home Energy Assistance Program is still open. It is a federally funded program that assists low-income New Yorkers with the cost of heating their homes. HEAP also offers an emergency benefit for households in a heat or heat related energy emergency.

Come see me if you have any questions regarding the Earned Income Tax Credit or the HEAP Program.



Sabrina Marson

O Z O N E P A R K

103-02 101st Avenue
Ozone Park, NY 11416

Phone: (718) 847-2100 Fax: (718) 847-2166
Open Monday—Friday 8am—4pm

SENIOR CENTER STAFF

Sabrina Marson.....Program Manager
VacantCase Manager
Donna Theodorou.....Office Manager
Tracy Douse.....Cook
Shantay Burden.....Assistant Cook
Rafael CorreaCustodian
Maria RodriguezKitchen Aide

ADVISORY COUNCIL

Angie Tirado.....President
John Casale.....Vice President
Moreen Ramchurjee....Treasurer
Joanne D'Antuono...Secretary
Loretta Phillips



To all our members with an **March** birthday:
Please sign the list up front if your birthday is this month!!!!!!!!!!

Thanks!!!!!!!!!!

If you or your loved ones are 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.

Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all persons by seeking to develop caring communities.