



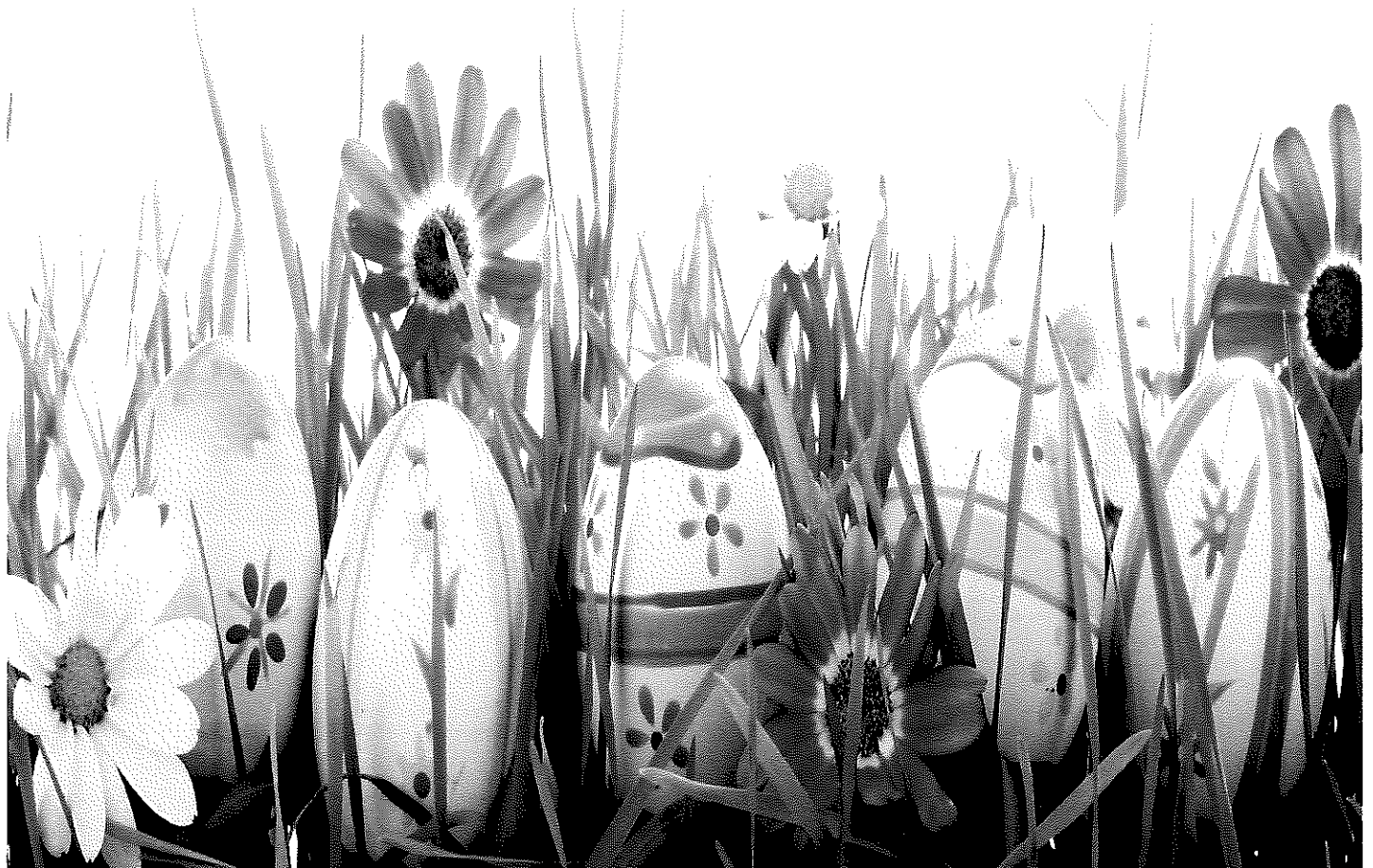
Changing Times

April 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 Easter!





Dear Members,

We will be closed on April 19, Good Friday, and will be celebrating Easter together on April 16th. There will be coffee and cupcakes, and great dancing with our DJ Buena Vida. Don't forget that Mondays and Tuesdays is our dancing days in our Center, and share the news with your friends and neighbors.

Remember to also get the weather report from TV or radio before you step out of your homes, since April is famous for the rapid changes of temperature. One day, can be in the high 50's and the date after the temperature can drop to the low 40's. Always dress appropriate, and keep yourself safe.

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 Social Dance (C)**
- 1:15 Senior Sing Along (A)**

Tuesday

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

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 (T)**

Friday

- 9:30 Coloring (A)**
- 10:00 Qigong (L)**
- 11:00 Fall Prevention Presentation**
- 1:15 Belly Dancing (L)**
- 1:15 Bingo (A)**
- 1:45 ESL Class (T)**



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

Special Events:

Monday, 4/8/19 @ 11 am Presentation by Elmhurst Hospital.

Wednesday, 4/10/19 @ 10 CUNY Presentation.

Thursday, 4/11/19 @ 11 CUNY Presentation.

Thursday, 4/18/19 @ 11 am Brown Bag Health First Presentation.

Thursday, 4/25/19 am 11 am Elder Abuse Presentation by JASA..

PARTY DAYS

Monday, 4/1/19 @ 1 pm Social Dance with DJ Julio.

Tuesday, 4/2/19 @ 1 pm Social Dance with DJ Buena Vida.

Monday, 4/8/19 @ 1 pm Social Dance with DJ Julio.

Tuesday, 4/9/19 @ 1 pm Social Dance with DJ Buena Vida

Monday, 4/15/19 @ 1 pm Social Dance with DJ Julio.

Tuesday, 4/16/19 @ 1 pm Social Dance with DJ Buena Vida.

Monday, 4/22/19 @ 1 pm Social Dance with DJ Julio.

Tuesday, 4/23/19 @ 1 pm Social Dance with DJ Ron.

Monday, 4/29/196 @ 1 pm Social Dance with DJ Julio.

Tuesday, 4/30/19 @ 1 pm Social Dance with DJ Ron.



TRIPS

Monday, 4/1/19 @ 10 am

Monday, 4/8/19 @ 10 am

Monday, 4/15/19 @ 10 am

Monday, 4/22/19 @ 10 am

Monday, 4/29/19 @ 10 am

B. J.'S



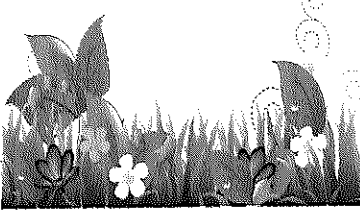
Macy's

Trader Joe's











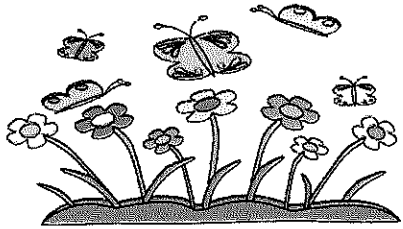

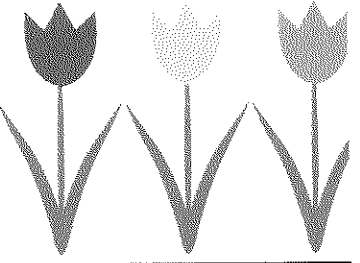
A.B.C.

Rego Park Mall

APRIL MENU / 2019 ABRIL MENU / 2019

Monday	Tuesday	Wednesday	Thursday	Friday
1 LEMON CHICKEN ROASTED POTATOES SPINACH BREAD/FRUIT/MILK DANCE WITH DJ JULIO	2 PORK CHOPS PASTA CARROTS BREAD/FRUIT/MILK DANCE WITH DJ BUENA VIDA	3 BEEF STEW RED POTATOES GARDEN SALAD BREAD/FRUIT/MILK	4 TURKEY WHITE RICE BEAN SALAD BREAD/FRUIT/MILK	5 SALMON SWEET POTATO CALIFORNIA BLEND VEG. BREAD/FRUIT/MILK
8 STUFFED SHELLS SPINACH SALAD ITALIAN VEGS. BREAD/FRUIT/MILK DANCE WITH DJ JULIO	9 BEEF STROGRANOFF NOODLES ARUGULA SALAD BREAD/FRUIT/MILK DANCE WITH DJ BUENA VIDA	10 CHICKEN HONEY MUSTARD SWEET POTATO ZUCCHINI BREAD/FRUIT/MILK	11 BBQ PORK RICE BRUSSELS SPROUTS BREAD/FRUIT/MILK	12 SALMON MASHED POTATOES GREEN BEANS BREAD/FRUIT/MILK
15 BBQ CHICKEN RICE PILAF BROCCOLI BREAD/FRUIT/MILK DANCE WITH DJ JULIO	16 SWEDISH MEATBALLS PASTA GARDEN SALAD BREAD/FRUIT/MILK DANCE WITH DJ BUENA VIDA	17 PORK CHOPS BAKED POTATO BEET SALAD BREAD/FRUIT/MILK	18 CHICKEN PARMESAN COUS COUS CARROTS BREAD/FRUIT/MILK	19 CENTER CLOSED GOOD FRIDAY
22 CHICKEN ROASTED MACARONI SALAD BROCCOLI BREAD/FRUIT/MILK DANCE WITH DJ JULIO	23 SALISBURY STEAK RED POTATOES ITALIAN VEGS. BREAD/FRUIT/MILK DANCE WITH DJ RON	24 PORK LOIN BROWN RICE GARDEN SALAD BREAD/FRUIT/MILK	25 GARLIC CHICKEN POTATOES AND CARROTS BREAD/FRUIT/MILK	26 SALMON CHICKEN SALAD ORIENTAL VEGS. BREAD/FRUIT/MILK
29 BAKED MUSHROOM CHICKEN BAKED SWEET POTATO CALIFORNIA BLEND VEG. BREAD/FRUIT/MILK DANCE WITH DJ JULIO	30 BEEF STEW YELLOW RICE CAPRI BLEND VEGS. DANCE WITH DJ JULIO DANCE WITH DJ RON		<i>Happy Easter!</i> 	

April 2019 Monthly Activities / Abril 2019 Actividades del Mes

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba with Maria (L) 10-2 Hair Cut (A) 1:15-3:00 Senior Sing Along (A) 1-3 Dance with DJ Julio 	2 9:30-12 Art Class (A) 10-11 Aerobics with Gerard (L) 11:15-12 Chair Exercise Gerard 2-4 Computer Class 1-3 Dance with DJ Buena Vida 	3 9:00-10 Sit & Fit (Video) (L) 10-11:30 Art with Elizabeth (A) 10-4:30 CUNY Blood Pressure Reading (A) 11-12 Chair Yoga with Mimi (L) 1:15-3 Bingo (A) 1-2 Zumba with Maria (L)	4 9-9:45 Sit & Fit (Video) (L) 10-11 Tai Chi with Juan (L) 10-4:30 CUNY Blood Pressure Reading (A) 10-11 Tai Chi with Juan (L) 1:15-2:15 Strength & Stretching with Gerard (L) 1:30- 4:15 ESL Class	9:30-12 Coloring (A) 9:30-12 Knitting & Crocheting (A) 10-11 Qi Gong (L) 11-12 Fall Prevention (L) 1:15-2:15 Belly Dancing with Elaine 1:15-3 Bingo (A) 1:30-4:15 ESL
8 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba with Maria (L) 11-12 Elmhurst Hpt. Presentation 10-2 Hair Cut (A) 1:15-3:00 Senior Sing Along (A) 1-3 Dance with DJ Julio 	9 9:30-12 Art Class (A) 10-11 Aerobics with Gerard (L) 11:15- 12 Chair Exercise Gerard 2-4 Computer Class 1-3 Dance with DJ Buena Vida 	10 9:00-10 Sit & Fit (Video) (L) 10-11:30 Art with Elizabeth (A) 10-4:30 CUNY Blood Pressure Reading (A) 11-12 Chair Yoga with Mimi (L) 1:15-3 Bingo (A) 1-2 Zumba with Maria (L)	11 9-9:45 Sit & Fit (Video) (L) 10-11 Tai Chi with Juan (L) 11-12 CUNY Presentation and Blood Pressure Reading (A) 1:15-2:15 Strength & Stretching with Gerard (L) 1:30-4:15 ESL Class	9:30-12 Coloring (A) 9:30-12 Knitting & Crocheting (A) 10-11 Qi Gong (L) 11-12 Fall Prevention (L) 1:15-2:15 Belly Dancing with Elaine 1:15-3 Bingo (A) 1:30-4:15 ESL
15 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba with Maria (L) 10-2 Hair Cut (A) 1:15-3:00 Senior Sing Along (A) 1-3 Dance with DJ Julio 	16 9:30-12 Art Class (A) 2-4 Computer Class 1-3 Dance with DJ Buena Vida 	17 9:00-10 Sit & Fit (Video) (L) 10-11:30 Art with Elizabeth (A) 10-11 CUNY Presentation and Blood Pressure Reading (A) 11-12 Chair Yoga with Mimi (L) 1:15-3 Bingo (A) 1-2 Zumba with Maria (L)	18 9-9:45 Sit & Fit (Video) (L) 10-11 Tai Chi with Juan (L) 9-4 Blood Pressure Monitor 11-12 Brown Bag Presentation 1:15-2:15 Strength & Stretching with Gerard (L) 1:30-4:15 ESL Class	GOOD FRIDAY CENTER CLOSED
2 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba with Maria (L) 10-2 Hair Cut (A) 1:15-3:00 Senior Sing Along (A) 1-3 Dance with DJ Julio 	23 9:30-12 Art Class (A) 10-11 Aerobics with Gerard (L) 11:15-12 Chair Exercise Gerard 2-4 Computer Class 1-3 Dance with DJ Ron 	24 9:00-10 Sit & Fit (Video) (L) 10-11:30 Art with Elizabeth (A) 11-12 Chair Yoga with Mimi (L) 1:15-3 Bingo (A) 1-2 Zumba with Maria (L)	25 9-9:45 Sit & Fit (Video) (L) 10-11 Tai Chi with Juan (L) 11-12 JASA Presentation 1:30-4:15 ESL Class	9:30-12 Coloring (A) 9:30-12 Knitting & Crocheting (A) 10-11 Qi Gong (L) 1:15-2:15 Belly Dancing with Elaine 1:30-4:15 ESL 1:15-3 Bingo (A)
29 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-2 Hair Cut (A) 10-11 Zumba with Maria (L) 1:15-3:00 Senior Sing Along (A) 1-3 Dance with DJ Julio 	30 9:30-12 Art Class (A) 10-11 Aerobics with Gerard (L) 11:15-12 Chair Exercise Gerard 2-4 Computer Class 1-3 Birthday Dance with DJ Ron 			

Catholic Charities Catherine Sheridan Senior Center 35-24 83rd Street- Jackson Heights, NY 11372 -- Tel: 718-458-4600/Fax 718-458-5665

Lunch Donation \$1.25 -- Lunch time: 12:00 – 1 p.m., M-F / Almuerzo: 12:00 a 1 p.m., Lunes a Viernes

Funded by New York City Department for the Aging -- Fundado por el Departamento del Adulto Mayor de la Ciudad de Nueva York

You can live a longer and more active life if you stay physically fit after age 50.

Suzette Pereira, a research scientist specializing in muscle health and aging, tells Money Talks News that maintaining muscle health can:

Improve energy levels and mobility.

Decrease the risk of falls and fractures.

Speed up recovery from illnesses.

Exercise is essential for maintaining mental and physical health, says the National Institute on Aging. But ease into an exercise routine to avoid injuries. Visit your doctor for a checkup before beginning a fitness program.

Below are powerful reasons to stay in shape after turning 50.

1. You'll think more clearly

In addition to building muscles, exercise can help improve brain function. You can perform better and remain competitive in the workplace.

"Generally, exercise has been shown to improve mood and sleep and reduce stress and anxiety, all of which can indirectly help with overall cognitive function," says Pereira, who works at Abbott, a pharmaceutical and medical devices company.

A 2018 study by the American Academy of Neurology found that improved brain function can begin with at least 52 hours of aerobic exercise, strength training and/or mind-body exercise (like tai chi, yoga and qigong). The findings were true for people with cognitive impairments, too.

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.



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 April 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 4/30/19 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
Joseph Saffer, Driver
Maryann Ubaldo, Driver

ADVISORY COUNCIL

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