



Changing Times

May 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 Mother's Day

Dear seniors,

Welcome to May, warmer weather brings celebration, dancing, and fun.

On Wednesday May 8, we will be celebrating Mother's Day with Dancing, cupcakes and coffee. As always, Bingo on Tuesdays and Fridays, Art class with Elizabeth on Wednesdays, ESL classes on Thursdays and Fridays, and Belly Dancing class on Fridays.

For more details, pick up your schedule on the second floor.

Remember, our Center will be closed on Monday May 27 Memorial Day, and will re-open on the 28 with our Birthday Dance with DJ Ron, coffee and cupcakes will be served.

All the best,
Mariana



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)**
- 1:00 Cards and scrabble games (A)**
- 1:00 Social Dance (C)**
- 2:00 Computer Class (T)**

Wednesday

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

Thursday

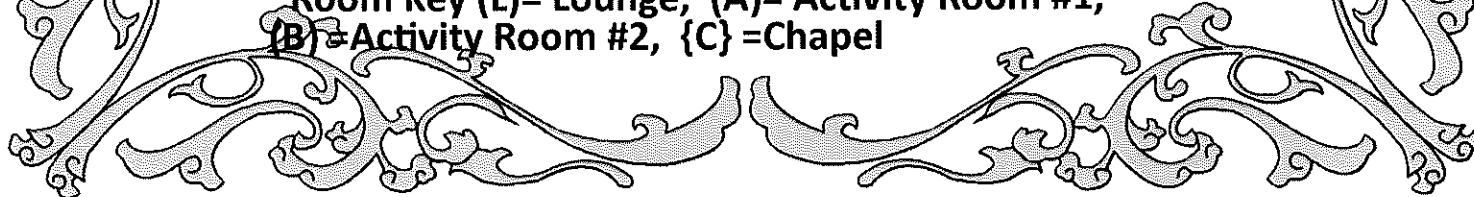
- 9:00 Sit & Fit (L)**
- 9:30 Knitting & Crocheting (A)**
- 1:15 Strength & Stretch with Gerard (L)**
- 1:45 ESL Class (T)**

Friday

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

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:

Wednesday, 5/1/19 @ 10 am Emergency Preparedness Presentation.
Monday, 5/20/19 @ 11 am SNAP (Food Stamps) Presentation
by The Nutrition Outreach Program.

PARTY DAYS

Monday, 5/6/19 @ 1 pm Social Dance with DJ Ron.
Tuesday, 5/7/19 @ 1 pm Social Dance with DJ Julio.
Wednesday, 5/8/19 @ 1 pm Mother's Day Dance with HUMANA.
Monday, 5/13/19 @ 1 pm Social Dance with DJ Julio.
Tuesday, 5/14/19 @ 1 pm Social Dance with DJ Buena Vida.
Monday, 5/20/19 @ 1 pm Social Dance with DJ Ron.
Tuesday, 5/21/19 @ 1 pm Social Dance with DJ Julio.
Monday, 5/28/19 @ 1 pm Birthday Dance with DJ Ron.



CENTER CLOSED ON MONDAY, 5/27/19 FOR
MEMORIAL DAY.

TRIPS

Monday, 5/6/19 @ 10 am	B. J.'S
Monday, 5/13/19 @ 10 am	Macy's
Monday, 5/20/19 @ 10 am	Trader Joe's
Monday, 5/27/19 @ 10 am	B. J.'S

Ways to Take Control of Your Heart Health

- Don't smoke. In the U.S., smoking is the leading cause of preventable death. If you smoke, talk to your healthcare provider about quitting.
- Manage other health conditions. Work with your healthcare team to manage your health conditions such as high blood pressure and high cholesterol.
- Eat heart healthy. Eat food lower in trans-fats, saturated fats, added sugar, and sodium. Do your best to fill at least half your plate with vegetables and fruits.
- Stay active. Move for at least 150 minutes per week (2.5hours).

This resource has been adapted from the Centers for Disease Control and Prevention and Million Hearts.

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



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

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Mantengase saludable a cualquier edad

Llevar un estilo de vida saludable es clave para envejecer saludablemente. Estas medidas pueden ayudarle a mantenerse saludable.

- Coma mucha frutas, verduras y granos integrales**
- Mantengase físicamente activo/a.**
- Si bebe alcohol, hagalo con moderacion**
- No fume**
- Mantengase al dia con las pruebas medicas de detection (como los exámenes de presión arterial) y vacunas (como la vacuna contra la gripe),**

Si padece una enfermedad crónica, hable con su médico sobre como controlar la enfermedad y llevar una vida saludable.

Boletín de salud

Visite nyc.gov/health



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 5/28/19 if you sign up in
advance

Thank You!!!!!!



MAY MENU / 2019 MAYO MENU / 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>HAPPY MOTHER'S DAY!</p> <p>SUNDAY, MAY 12</p>	<p>1</p> <p>BAKED TURKEY BREAST</p> <p>ARUGULA SALAD</p> <p>BAKED SWEET POTATO BREAD/FRUIT/MILK</p>	<p>2</p> <p>CHICKEN SALAD</p> <p>CUCUMBER TOMATO SALAD</p> <p>POTATO SALAD</p> <p>BREAD/FRUIT/MILK</p>	<p>3</p> <p>GINGER AND LIME SALMON PASTA</p> <p>ASIAN CABBAGE</p> <p>BREAD/FRUIT/MILK</p>
<p>6</p> <p>ORANGE GLAZED CHICKEN BREAST</p> <p>PERFECT RICE</p> <p>MIXED GREEN SALAD</p> <p>BREAD/FRUIT/MILK</p> <p>DANCE WITH RON</p>	<p>7</p> <p>YANKEE POT ROAST</p> <p>BAKED MACARONI/ CHEESE</p> <p>STEAMED SPINACH</p> <p>BREAD/FRUIT/MILK</p> <p>DANCE WITH JULIO</p>	<p>8</p> <p>ITALIAN STYLE PORK LOIN</p> <p>BROCCOLI AND PEPPERS</p> <p>MASHED POTATO</p> <p>BREAD/FRUIT/MILK</p>	<p>9</p> <p>EGGPLANT PARMESAN PASTA</p> <p>GARDEN SALAD</p> <p>BREAD/FRUIT/MILK</p>	<p>10</p> <p>BAKED SALMON</p> <p>COUS COUS</p> <p>ROASTED ZUCCHINI</p> <p>BREAD/FRUIT/MILK</p>
<p>13</p> <p>LEMON CHICKEN</p> <p>ROASTED POTATOES</p> <p>SAUTEED SPINACH</p> <p>DANCE WITH JULIO</p> <p>BREAD/FRUIT/MILK</p>	<p>14</p> <p>PORK CHOPS PASTA/CARROTS</p> <p>PASTA</p> <p>CARROTS</p> <p>DANCE WITH DJ BUENA</p> <p>BREAD/FRUIT/MILK</p>	<p>15</p> <p>GINGER GARLIC BEEF STEW</p> <p>MASHED RED POTATOES</p> <p>GARDEN SALAD</p> <p>BREAD/FRUIT/MILK</p>	<p>16</p> <p>TURKEY WITH GRAVY</p> <p>WHITE RICE</p> <p>GREEN BEAN SALAD</p> <p>BREAD/FRUIT/MILK</p>	<p>17</p> <p>BAKED SALMON</p> <p>CHINESE STYLE BOK CHOY</p> <p>GLAZED SWEET POTATOES</p> <p>BREAD/FRUIT/MILK</p>
<p>20</p> <p>STUFFED SHELLS WITH CHEESE</p> <p>BABY SPINACH SALAD</p> <p>ITALIAN BLAND VEGETABLES</p> <p>BREAD/FRUIT/MILK</p> <p>DANCE WITH RON</p>	<p>21</p> <p>BEEF STROGANOFF WITH NOODLES</p> <p>ARUGULA SALAD</p> <p>BREAD/FRUIT/MILK</p> <p>DANCE WITH JULIO</p>	<p>22</p> <p>HONEY MUSTARD CHICKEN BREAST</p> <p>BAKED SWEET POTATO</p> <p>ROASTED ZUCCHINI</p> <p>BREAD/FRUIT/MILK</p>	<p>23</p> <p>BBQ PORK CHOPS</p> <p>RICE WITH VEGETABLES</p> <p>ROASTED BRUSSEL SPROUTS</p> <p>BREAD/FRUIT/MILK</p>	<p>24</p> <p>CITRUS SESAME CRUSTED SALMON</p> <p>GARLIC MASHED POTATOES</p> <p>TANGY GREEN BEANS</p> <p>BREAD/FRUIT/MILK</p>
<p>27</p>  <p>HAPPY Memorial DAY</p> <p>CENTER CLOSED</p>	<p>28</p> <p>SWEDISH MEATBALLS WITH BEEF AND TURKEY</p> <p>PASTA</p> <p>GARDEN SALAD</p> <p>BREAD/FRUIT/MILK</p> <p>DANCE WITH JULIO</p>	<p>29</p> <p>GINGER SHERRY PORK CHOPS</p> <p>BAKED POTATO</p> <p>BEET SALAD</p> <p>BREAD/FRUIT/MILK</p>	<p>30</p> <p>CHICKEN PARMESAN</p> <p>COUS COUS</p> <p>STEAMED CARROTS</p> <p>BREAD/FRUIT/MILK</p>	<p>31</p> <p>PINEAPPLE GLAZED SALMON</p> <p>WHITE RICE</p> <p>BABY SPINACH SALAD</p> <p>BREAD/FRUIT/MILK</p>

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

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