



Changing Times

June 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,

June is here, come join the activities and celebrations. On June 11, we are going to celebrate Father's Day with DJ Buena Vida and a free raffle from the Advisory Council.

Take full advantage of our Qi Gong class every Friday from 10 to 11, (Qigong, qi gong, chi kung, or chi gung is a holistic system of coordinated body posture and movement, breathing, and meditation used for the purposes of health, spirituality, and martial arts training. With roots in Chinese medicine, philosophy, and martial arts, qigong is traditionally viewed as a practice to cultivate and balance qi, translated as "life energy" Don't miss it!!!

And if you love painting don't forget to come every Wednesday from 10 to 11:30. We also have haircut every Monday from 10 to 1pm.

Please, pass the word to any Senior in the community who can take advantage of our services.

Our Senior Center 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 (Video) (L)**
- 10:00 Hair Cut**
- 10:15 Zumba class with Maria (L)**
- 1:00 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**
- 9:00 Sit & Fit (L)**
- 11:00 Chair Yoga with Mimi (L)**
- 1:15 Bingo (A)**

Thursday

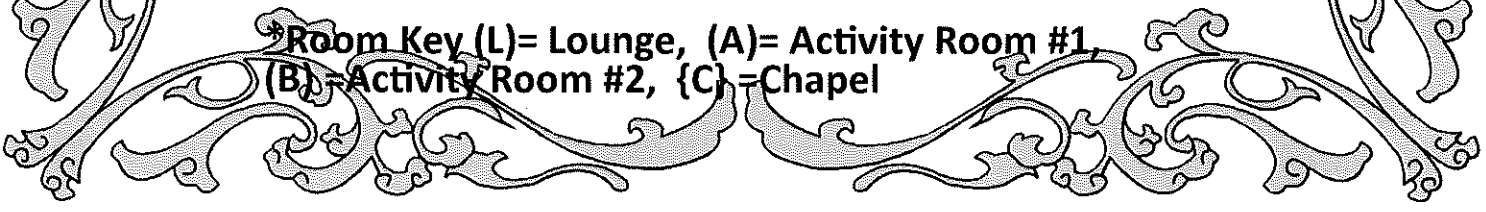
- 9:00 Sit & Fit (Video) (L)**
- 9:30 Knitting & Crocheting (A)**
- 1:15 Strength & Stretch with Gerard (L)**
- 1:45 ESL Class (T)**

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:

Tuesday, 6/4/19 @ 2 pm Workshop for SNAP.
Wednesday, 6/5/19 @ 9:30 am Trip to Westchester Broadway Theater.
Wednesday, 6/26/19 @ 11 am Art Exhibition.

PARTY DAYS

Monday, 6/3/19 @ 1 pm Social Dance with DJ Ron.
Tuesday, 6/4/19 @ 1 pm Social Dance with DJ Julio.
Monday, 6/10/19 @ 1 pm Social Dance with DJ Julio.
Tuesday, 6/11/19 @ 1 pm Social Dance with DJ Buena Vida.
Monday, 6/17/19 @ 1 pm Social Dance with DJ Ron.
Tuesday, 6/18/19 @ 1 pm Social Dance with DJ Julio.



Monday, 6/24/19 @ 1 pm Social Dance with DJ Julio.
Tuesday, 6/25/19 @ 1 pm Birthday Dance with Ron.

TRIPS

Monday, 6/3/19 @ 10 am	B. J.'S
Monday, 6/10/19 @ 10 am	Costco ***
Monday, 6/17/19 @ 10 am	Trader Joe's
Monday, 6/24/19 @ 10 am	B. J.'S

*** Membership Card needed for Costco.***.

High blood pressure is a condition that patients tend to dangerously underestimate – many people just don't take it very seriously.

According to the CDC, only about $\frac{1}{2}$ of those with high blood pressure are adequately controlling their condition. Some people are unaware that they have high blood pressure. Others are reluctant to take high blood pressure medications because of real or perceived side effects; or maybe they don't want to (or can't) make the needed lifestyle changes. But one of the biggest reasons people aren't controlling their blood pressure is that they're having trouble getting an accurate view of what their blood pressure numbers are exactly.

In the past, high blood pressure was determined by the blood pressure reading you get in your doctor's office. But data has shown that blood pressures in the doctor's office are often not accurate – even up to up to 65% of the time.

Centers for Disease Control and Prevention.

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

Funded by the NYC Department for the Aging



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 June's 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 6/25/19 if you sign up in
advance

Thank You!!!!!!



COOLING ASSISTANCE BENEFIT

The Home Energy Assistance Program (HEAP) Cooling Assistance benefit opens May 1, 2019.

If you are eligible, you may receive one Cooling Assistance benefit per household for the purchase and installation of an air conditioner to help cool your home.

HOUSEHOLDS WITH U.S. CITIZENS OR QUALIFIED ALIENS MAY BE ELIGIBLE TO RECEIVE A FREE AIR CONDITIONER STARTING MAY 1ST IF:

- Your gross monthly income is at or below HEAP's monthly income limits (see below), or you receive SNAP, Temporary Assistance, or Supplemental Security Income Living Alone
- A household member has a documented medical condition worsened by heat
- You received a Regular HEAP Heating Benefit greater than \$21 this year
- You do not have a working air conditioner, or your air conditioner is at least 5 years old.

You did not receive a HEAP funded air conditioner in the past 10 years

Household Size Maximum Gross

Monthly Income

1	\$2,391
2	\$3,127
3	\$3,863
4	\$4,598
5	\$5,334
6	\$6,070
7	\$6,208
8	\$6,346
9	\$6,483
10	\$6,621
11	\$6,918

Each additional Add \$540

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




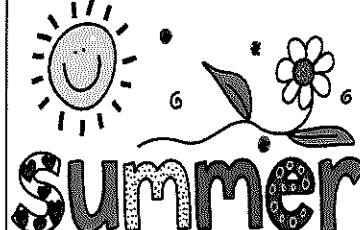
SENIOR CENTER STAFF

Mariana Ortiz, Program Manager
Kathleen Dosiak, Office Manager
Carmen Rojas, Case Manager
Jorge Quinones, Recreation Coordinator
Janeth Ospino, Transportation Coordinator
Maria Rua, Kitchen Aide
Sam Williams, Kitchen Aide
Joseph Saffer, Driver
Maryann Ubaldo, Driver









ADVISORY COUNCIL

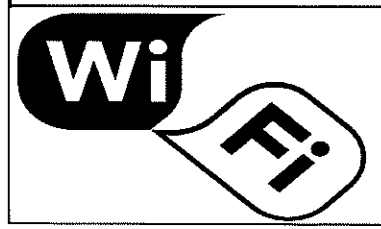
Estelle Espinola	President
Carlos Nieves	Council Member
Lorraine Levi	Council Member
Louise Ross	Treasurer
John McGurrin	Council Member
Carole DiSantis	Vice-President
Ana Ruiz	Council Member

JUNE MENU / 2019 JUNIO MENU / 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>SUMMER STARTS</p> <p>ON THE 21st</p>	
3	4	5	6	7
<p>BBQ CHICKEN BREAST STEAMED BROCCOLI CLASSIC MACARONI SALAD BREAD/FRUIT/MILK SOCIAL DANCE WITH RON</p>	<p>SALISBURY STEAK GARLIC AND ROSEMARY POTATOES ITALIAN BLEND VEGS. BREAD/FRUIT/MILK SOCIAL DANCE WITH JULIO</p>	<p>TENDER PORK MEDALLIONS WITH ONION SAUCE BROWN RICE GARDEN SALAD BREAD/FRUIT/MILK</p>	<p>GARLIC CHICKEN BAKED POTATOES CARROTS BREAD/FRUIT/MILK</p>	<p>GINGER AND LIME SALMON CHICKPEA SALAD ORIENTAL BLEND VEGS. BREAD/FRUIT/MILK</p>
10	11	12	13	14
<p>BEEF STEW EGG NOODLES SAUTEED SPINACH SOCIAL DANCE WITH JULIO</p>	<p>APRICOT GLAZED PORK CHOPS BROWN RICE STEAMED CAULIFLOWER SOCIAL DANCE WITH BUENA VIDA</p>	<p>BAKED TURKEY BREAST ARUGULA SALAD BAKED SWEET POTATO BREAD/FRUIT/MILK</p>	<p>CHICKEN SALAD CUCUMBER TOMATO SALAD POTATO SALAD BREAD/FRUIT/MILK</p>	<p>GINGER AND LIME SALMON PASTA ASIAN CABBAGE BREAD/FRUIT/MILK</p>
17	18	19	20	21
<p>ORANGE GLAZED CHICKEN BREAST WHITE RICE MIXED GREEN SALAD SOCIAL DANCE WITH RON</p>	<p>YANKEE POT ROAST BAKED MACARONI AND CHEESE STEAMED SPINACH BREAD/FRUIT/MILK SOCIAL DANCE WITH JULIO</p>	<p>ITALIAN STYLE PORK LOIN BROCCOLI / RED PEPPERS GARLIC MASHED BREAD/FRUIT/MILK</p>	<p>EGGPLANT PARMESAN PASTA GARDEN SALAD BREAD/FRUIT/MILK</p>	<p>BAKED SALMON COUS COUS ROASTED ZUCCHINI BREAD/FRUIT/MILK</p>
24	25	26	27	28
<p>LEMON CHICKEN ROASTED POTATOES SAUTEED SPINACH BREAD/FRUIT/MILK SOCIAL DANCE WITH JULIO</p>	<p>SMOTHERED PORK CHOPS PASTA CARROTS BREAD/FRUIT/MILK SOCIAL DANCE WITH RON</p>	<p>GINGER GARLIC BEEF STEW SMASHED RED POTATOES GARDEN SALAD BREAD/FRUIT/MILK</p>	<p>TURKEY WITH GRAVY WHITE RICE GREEN BEAN SALAD BREAD/FRUIT/MILK</p>	<p>BAKED SALMON CHINESE STYLE BOK CHOY GLAZED SWEET POTATOES BREAD/FRUIT/MILK</p>

June 2019 Monthly Activities / Junio 2019 Actividades del Mes

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
9-9:45 Sit & Fit (video) (L) 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba (L) 10-1 Haircuts (A) 1:15-3 Senior Sing Along (A) 1-3 Dance with DJ Ron (L) 	9:30-12 Art Class (A) 1-3 Cards & Scrabble games 1:15-2:15 Computer Class 2-4 Snap Presentation (L) 1-3 Dance with DJ Julio (C) 	9-10 Sit & Fit (video) (L) 10-11:30 Art with Elizabeth 11-12 Chair Yoga 1:15-3 Bingo (A) Trip to Westchester Broadway Theater	9-10 Sit & Fit (video) (L) 11-12 Howard Jokesercise 1:15-2:15 Strength & Stretching(L) 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 (L) 1:15-3 Bingo (A) 1:30-4:15 ESL Class
10	11	12	13	14
9-9:45 Sit & Fit (video) (L) 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba (L) 10-1 Haircuts (A) 1:15-3 Senior Sing Along (A) 1-3 Dance with DJ Julio (C) 	9:30-12 Art Class (A) 10-11 Aerobics (L) 1:15-2:15 Computer Class 1-3 Cards & Scrabble games 1-3 Dance with DJ Buena Vida(C) Father's Day Celebration 	9-10 Sit & Fit (video) (L) 10-11:30 Art with Elizabeth 11-12 Chair Yoga 1:15-3 Bingo (A)	9-10 Sit & Fit (video) (L) 11-12 Wii-Bowling 1:15-2:15 Strength & Stretching(L) 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 (L) 1:15-3 Bingo (A) 1:30-4:15 ESL Class
17	18	19	20	21
9-9:45 Sit & Fit (video) (L) 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba (L) 10-1 Haircuts (A) 1:15-3 Senior Sing Along (A) 1-3 Dance with DJ Ron (L) 	9:30-12 Art Class (A) 10-11 Aerobics (L) 1:15-2:15 Computer Class 1-3 Cards & Scrabble games 1-3 Dance with DJ Julio (C) 	9-10 Sit & Fit (video) (L) 10-11:30 Art with Elizabeth 11-12 Chair Yoga 1:15-3 Bingo (A)	9-10 Sit & Fit (video) (L) 11-12 Wii-Bowling 1:15-2:15 Strength & Stretching(L) 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 (L) 1:15-3 Bingo (A) 1:30-4:15 ESL Class
24	25	26	27	28
9-9:45 Sit & Fit (video) (L) 9:30-12 Knitting & Crocheting (A) 9:30-12 Art Class (A) 10-11 Zumba (L) 10-1 Haircuts (A) 1:15-3 Senior Sing Along (A) 1-3 Dance with DJ Julio (C) 	9:30-12 Art Class (A) 10-11 Aerobics (L) 1:15-2:15 Computer Class 1-3 Cards & Scrabble games 1-3 Birthday Dance with DJ Ron (L) 	9-10 Sit & Fit (video) (L) 10 Art Exhibition with Elizabeth 11-12 Chair Yoga 1:15-3 Bingo (A)	9-9:45 Sit & Fit (video) (L) 11-12 Wii-Bowling 1:15-2:15 Strength & Stretching(L) 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 (L) 1:15-3 Bingo (A) 1:30-4:15 ESL Class



JUNE 16 FATHER'S DAY
 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 -- Lunchtime: 12:00pm - 1:00pm, M-F / Almuerzo: 12:00pm a 1:00, Lunes a Viernes
 Funded by New York Department for the Aging /
 Fundado por el Departamento del Adulto Mayor de la Ciudad de Nueva York