



JULY

2021

CATHOLIC CHARITIES
HOWARD BEACH SENIOR CENTER
155-55 CROSSBAY BLVD.
HOWARD BEACH, NY 11414
718-738-8100

FUNDED BY THE NYC DEPT. FOR THE AGING

Welcome
Back
We Missed You

JUDY LISA KAMANI

BILL SUSAN



So, as we said before, things keep changing all the time. As of now, we are still socially distancing 6 feet, wearing masks, taking temperatures, and can only have about 25 people at a time in the dining room.



The center opens at 9:00

9:30 - we have chair exercise

10:00- brain games (word search) or speaker

10:45 – 11:30 either Bingo or True/False Trivia Contest

11:30 – Grab and Go for those who participated for all the morning activities

For those members not participating in the center activities, Starting Thursday July 1 Grab and Go meals will be given outside the building from 12:00 – 1:00 (these times may change also) Please wear masks, bring your membership cards and an insulated bag

As the Department for the Aging rules change, we will be adding and changing times of activities.

We are looking forward to seeing everybody

Judy

HOT WEATHER TIPS TO AVOID HEAT STRESS

HOT WEATHER CAN CAUSE SERIOUS ILLNESS AMONG OLDER PEOPLE WHO HAVE MEDICAL CONDITIONS AND/OR TAKE MEDICATION.

HOT WEATHER CAN CAUSE YOU TO SWEAT TOO MUCH OR STOP YOUR BODY FROM SWEATING.

SYMPTOMS OF HEAT STRESS CAN BE NAUSEA, DIZZINESS, WEAKNESS, MUSCLE CRAMPS, PALE AND CLAMMY SKIN, A THROBBING HEADACHE, OR DISORIENTATION.

IF YOU START TO DEVELOP THE SYMPTOMS OF HEAT STRESS CALL YOUR DOCTOR OR 911 IMMEDIATELY

TO PREVENT HEAT STRESS YOU SHOULD:

AVOID STRENUOUS ACTIVITY

COOL OFF WITH WET TOWELS, BATH OR SHOWER WITH COOL (NOT COLD) WATER

DRINK PLENTY OF WATER, BOTH INSIDE OR OUTSIDE, EVEN IF YOU ARE NOT THIRSTY

AVOID BEVERAGES WITH CAFFINE AND ALCOHOL, AND HOT, HOT FOODS AND HEAVY MEALS

KEEP ROOMS WELL VENTILATED BY USING A FAN OR AIR CONDITIONER BUT, REMEMBER TO SET A/C TO 78 DEGREES OR LOWER TO COSERVE ENERGY

CLOSE BLINDS AND DRAPERIES TO KEEP OUT THE SUN'S HEAT

WEAR LIGHTWEIGHT, LIGHT – COLORED, LOOSE – FITTING CLOTHING

WEAR A HAT OUTDOORS

REST IN AN AIR CONDITIONED AREAS

WHEN TEMPERATURES REACH OVER 90 DEGREES, IF YOU DO NOT HAVE AIR CONDITIONING, NYC HAS ESTABLISHED COOLING CENTERS (PUBLIC PLACES WHERE YOU CAN STAY COOL DURING THE DAY –TO FIND OUT WHERE ONE IS, CALL 311.)

Fresh fruit kebabs

By Mayo Clinic Staff

Dietitian's tip:

These kebabs work well with any type of fruit, including more exotic types such as star fruit, kumquats or prickly pears. To prevent fruit from browning, dip in pineapple or orange juice.

Number of servings Serves 2 Low Fat Low Sodium

Ingredients

- 6 ounces low-fat, sugar-free lemon yogurt
- 1 teaspoon fresh lime juice
- 1 teaspoon lime zest
- 4 pineapple chunks (about 1/2 inch each)
- 4 strawberries
- 1 kiwi, peeled and quartered
- 1/2 banana, cut into 4 1/2-inch chunks
- 4 red grapes
- 4 wooden skewers

Directions

In a small bowl, whisk together the yogurt, lime juice and lime zest. Cover and refrigerate until needed.

Thread 1 of each fruit onto the skewer. Repeat with the other skewers until the fruit is gone. Serve with the lemon lime dip.

Nutritional analysis per serving

Serving size: 2 fruit kebabs

- Calories 190
- Total fat 2 g
- Saturated fat 1 g
- Trans fat 0 g
- Monounsaturated fat Trace
- Cholesterol 5 mg Sodium 53 mg Total carbohydrate 39 mg Dietary fiber 4 g Added sugars 6 g

Protein4

Grilled pineapple

By Mayo Clinic Staff



Dietitian's tip:

Soak wooden skewers in water 30 minutes before you plan to grill.

Number of servings

Serves 8 High Fiber Low Fat Healthy carb Low Sodium

Ingredients

For the marinade 2 tablespoons dark honey 1 tablespoon olive oil

- 1 tablespoon fresh lime juice
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground cloves
- 1 firm, ripe pineapple
- 8 wooden skewers, soaked in water for 30 minutes, or metal skewers
- 1 tablespoon dark rum (optional)
- 1 tablespoon grated lime zest

Directions

Prepare a hot fire in a charcoal grill or heat a gas grill or broiler. Away from the heat source, lightly coat the grill rack or broiler pan with cooking spray. Position the cooking rack 4 to 6 inches from the heat source.

To make the marinade, in a small bowl, combine the honey, olive oil, lime juice, cinnamon and cloves and whisk to blend. Set aside.

Cut off the crown of leaves and the base of the pineapple. Stand the pineapple upright and, using a large, sharp knife, pare off the skin, cutting downward just below the surface in long, vertical strips and leaving the small brown "eyes" on the fruit.

Continued on next page

Lay the pineapple on its side. Aligning the knife blade with the diagonal rows of eyes, cut a shallow furrow, following a spiral pattern around the pineapple, to remove all the eyes.

Stand the peeled pineapple upright and cut it in half lengthwise. Place each pineapple half cut-side down and cut it lengthwise into four long wedges. Slice away the core. Cut each wedge crosswise into three pieces. Thread the three pineapple pieces onto each skewer.

Lightly brush the pineapple with the marinade. Grill or broil, turning once and basting once or twice with the remaining marinade, until tender and golden, about 5 minutes on each side.

Remove the pineapple from the skewers and place on a platter or individual serving plates. Brush with the rum, if using, and sprinkle with the lime zest. Serve hot or warm.

Nutritional analysis per serving

Serving size: 1/8 of recipe

- Total carbohydrate 13 g
- Dietary fiber 1 g
- Sodium 1 mg
- Saturated fat < 1 g
- Total fat 2 g
- Cholesterol 0 mg

- Protein < 1 g
- Monounsaturated fat 1 g
- Calories 70
- Added sugars 0 g
- Trans fat 0 g
- Total sugars 0 g

-

FREE PRINTABLE

AT THE BEACH CROSSWORD PUZZLE



1

2

4

5

6

7

8

9

3

10

11

12

13



WORD BANK

surfing	popsicle	shells	swimsuit
august	lifeguard	vacation	shorts
sand	sunscreen	seagull	fan
hot	ocean	fan	fourth of july

ACROSS

1. Kids love to dig in this.
2. You can collect these on the beach.
6. An American summer holiday.
8. You turn this on to cool off.
10. We put this on our skin to protect us from the sun.
13. A trip away from home.

DOWN

1. What you wear to go swimming.
3. You swim in this at the beach.
4. A frozen treat on a stick.
5. The weather in summer.
7. Someone whose job is to make sure swimmers are safe.
9. The last month of summer.
10. A bird you see often at the beach.
11. When you ride a wave with a board.
12. Commonly worn in summer.

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Independence Day

Find the hidden words within the grid of letters. **WSH6-3**

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

allegiance

American flag

American Revolution

barbecues

baseball games

Charles River Esplanade

Continental Congress

democracy

fireworks

founding fathers

Freedom Festival

fun fourth

Great Britain

Independence Day

John Adams

July

Macy's Fireworks

national anthem

national holiday

patriotic

Rainbow Gathering

Red White and Boom

Stadium of Fire

Thomas Jefferson

Yankee Doodle

Summer Olympics

Find and circle all of the Summer Olympic events that are hidden in the grid.

The remaining letters spell a secret message.

Note: Similarly named events are hidden separately. For example, SWIMMING and SYNCHRONIZED SWIMMING do not overlap.

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

ARCHERY
ATHLETICS
BADMINTON
BASEBALL
BASKETBALL
BEACH VOLLEYBALL
BOXING
CANOING
CYCLING
DIVING
EQUESTRIANISM
FENCING

FOOTBALL
GYMNASTICS
HANDBALL
HOCKEY
JUDO
MODERN PENTATHLON
RHYTHMIC GYMNASTICS
ROWING
SHOOTING
SOFTBALL
SWIMMING
SYNCHRONIZED SWIMMING

TABLE TENNIS
TAEKWONDO
TENNIS
TRAMPOLINING
TRIATHLON
VOLLEYBALL
WATER POLO
WEIGHTLIFTING
WRESTLING
YACHTING

Did you enjoy this puzzle? Visit: <https://www.puzzles.ca/word-search>

HOWARD BEACH SENIOR CENTER

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***HOWARD BEACH SENIOR CENTER
WILL BE CLOSED ON MONDAY JULY 5th***

Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all

Funded by the New York City Department for the Aging

CCNS HOWARD BEACH SENIOR CENTER

JULY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	CONTRACTED TO THE NEW YORK CITY DEPARTMENT FOR THE AGING	ALL MEALS INCLUDE MILK BUTTER FRUIT	1 APRICOT GLAZED CHICKEN MASHED POTATOES ROASTED ZUCCINI	2 TILAPIA W/ MUSHROOMS YELLOW RICE CALIFORNIA VEG
5 CENTER CLOSED	6 TURKEY W/ GRAVY WILD RICE SAUTEED STRING BEANS	7 HERB ROASTED PORK ROAST BAKED SWEET POTATO CAPRI BLEND VEG	8 BAKED SALMON W/ CILANTRO CITRUS SAUCE BROWN RICE CALIFORNIA BLEND VEG	9 CHICKEN PARMESAN PASTA STEAMED SPINACH
12 SALISBURY STEAK GARLIC MASHED POTATOES STEAMED PEAS CARROTS	13 BBQ CHICKEN CORN CALIFORNIA BLEND VEG	14 HOMEMADE ROAST PORK SPANISH STYLE YELLOW RICE W/PEAS SAUTEED SPINACH	15 GROUND BEEF STUFFED BELL PEPPERS W/ CHEESE SAUTEED SPINACH	16 OVEN FRIED TILAPIA BAKED SWEET POTATO SAUTEED ZUCCINI
19 BEEF MEATLOAF GARLIC MASHED POTATOES CUT GREEN BEANS	20 SMOTHERED PORK CHOPS RICE PILAF COLLARD GREENS	21 TURKEY MEAT SAUCE SPAGHETTI STEAMED SPINACH	22 STEWED CHICKEN WHITE RICE STEAMED PEAS AND CARROTS	23 BAKED TILAPIA W/ RUSTIC TOMATO SAUCE EGG NOODLES GREEN BEAN SAUTEE
26 BEEF AND PEPPERS BROWN RICE STEAMED BROCCOLI	27 BAKED ASIAN STYLE CHICKEN CHINESE STYLE SPAGHETTI ORIENTAL BLEND VEG	28 BEEF LASAGNA STEAMED SPINACH	29 BAKED TILAPIA RED BLISS POTATOES SAUTEED ZUCCINI	30 ITALIAN ROASTED PORK TENDERLOIN BAKED SWEET POTATO COLLARD GREENS