

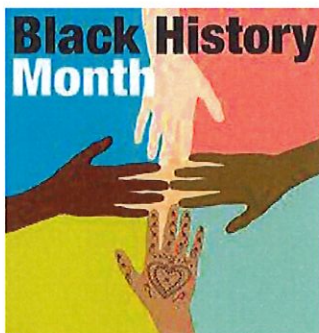


FEBRUARY 2023

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  
NYC AGING

FOR A VERY SHORT MONTH, FEBRUARY HAS A LOT OF  
SPECIAL DAYS TO CELEBRATE



**CCNS HOWARD BEACH OLDER ADULT CENTER**  
**CONGREGATE MENU FEBRUARY 2023**  
 All meals come with milk and bread, fruit

Monday	Tuesday	Wednesday	Thursday	Friday	
CONTRACTED TO THE NEW YORK CITY DEPARTMENT FOR THE AGING (NYC AGING)	ALL MEALS SUBJECT TO CHANGE	1 BAKED VEGETABLE ALFREDO PASTA GARDEN SALAD	2 HAMBURGER BAKED RED POTATO WEDGES LETTUCE & TOMATO	3 BAKED FISH WITH GARLIC PARMESAN CRUST YELLOW RICE SAUTEED GREEN BEANS	
6 CHICKEN MARSALA ROASTED POTATOES SAUTEED SPINACH	7 PERNIL YELLOW RICE STEAMED CARROTS	8 VEGETABLE LASAGNA GARDEN SALAD	9 ITALIAN MEATBALLS w/ BEEF & TURKEY SPAGHETTI ITALIAN BLEND VEGGIES	10 OVEN FRIED FISH CORN NIBLETS STEAMED BROCOLI	
13 CHICKEN FAJITAS WHITE RICE STEAMED PEAS & CARROTS	14 BEEF MEATBALLS w/ TOMATO SAUCE SPAGHETTI ROASTED ZUCCHINI	15 BAKED BREADED PORKCHOPS APPLE SWEET POT COLLARD GREENS	16 VEGETABLE LO MEIN ORIENTAL BLEND VEGETABLES	17 BAKED SALMON w/ CILANTRO CITRUS SAUCE CILATRO LIME RICE ITALIAN CUT GREEN BEANS	
20 RESIDENT'S DAY CENTER CLOSED	21 TURKEY w/ GRAVY MASHED POTATOES SAUTEED STRING BEANS	22 ASH WEDNESDAY SWEET ORANGE SALMON MASHED POTATOES BROCCOLI	23 ITALIAN ROAST PORK TENDERLOIN BROWN RICE CARROTS	24 BAKED BREADED FISH RED POTATO WEDGES ROASTED BROCCOLI	
27 ITALIAN SAUSAGE w/ ONIONS & PEPPERS PASTA ITALIAN BLEND VEGGIES	28 BAKED MACARONI & CHEESE BOILED SOUTHERN GREENS	HOWARD BEACH IS GETTING A NEW CATERER: SIMILAR TYPES OF FOOD, BUT DIFFERENT AND TASTIER	MORE VARIETIES ON DIFFERENT DAYS OF THE WEEK!	STARTING FEBRUARY 13 OZONE PARK OLDER ADULT CENTER WILL BE OUR NEW CATERER. MORE INFORMATION TO FOLLOW!	



# HOWARD BEACH OLDER ADULT CENTER

## SPECIAL ACTIVITIES FOR FEBRUARY 2023

LUNCH WILL BE SERVED 11: 45 to 12:45

ALL SIGN IN FOR LUNCH IS IN THE DINING ROOM

### SPECIAL EVENTS

THURS. 2	10:30	"NEW ADVANCES IN ALZHEIMERS" – ALZHEIMERS ASSOCIATION
FRI. 3	1:00	DANCING TO DJ JOEL
FRI 10	1:00	VALENTINES DANCE w/ DJ RAY
MON 13	10:30	CUNY NURSING STUDENTS FIRST DAY
WED. 15	9:45	VALENTINE'S DAY BELLY DANCE CLASS PERFORMANCE
WED. 15	1:30	MUSEUM OF THE MOVING IMAGE – 1 <sup>ST</sup> SESSION
THURS. 16	1:00	JOKERCISE PRESENTS SONGS OF MOTOWN
FRI. 17	10:00	WHAT TO DO FOR ACTIVE SHOOTER AND OTHER SAFETY ISSUES 106 PRECINCT COMMUNITY AFFAIRS AND OTHER SPECIAL GUESTS
FRI. 17	1:00	THE GREAT AMERICAN SONGBOOK W/ SAL ARMAO FOLLOWED BY SPECIAL DESSERT
MON. 20		CENTER CLOSED – PRESIDENT'S DAY
TUES. 21	1:00 – 2:30	MARDI GRAS CELEBRATION EITHER BRING A MASK OR MAKE A MASK HERE PHOTO BOOTH (SPONSORED BY VNS HEALTH) BEADS, PARADE & SPECIAL SNACK
THURS. 23	1:30	BOOK CLUB MEETS
FRI. 24	1:00	BIRTHDAY PARTY DANCING TO DJ LOU

### DAILY ACTIVITIES

MONDAY, TUESDAY & FRIDAY 9:30 – CHAIR EXERCISE

MONDAY 10:30 – CUNY NURSES START PROGRAMS ON FEB 13 (WE WILL PLAY "TRUE OR FALSE" GAME UNTIL THEN)

MONDAY 1:00 – HEALTH TALK FOLLOWED BY BINGO

WEDNESDAY 9:45 – BELLY DANCE

WEDNESDAY 10:30 – ZUMBA

WEDNESDAY 1:30 – MUSEUM OF THE MOVING IMAGE – FILMAKING & DOCUMENTRY CLUB

THURSDAY 10:15 – CHAIR YOGA \* NEW TIME STARTS FEB 9\*

FRIDAY 10:30 – MUSEUM OF THE MOVING IMAGE – THE ART BEHIND THE SCREEN CLUB

FRIDAY 10:00 – SIGN LANGUAGE

FRIDAY 9-3:30 – LEISURE POOL

FRIDAY 1-3:30 – LEISURE GAMES

OTHER FUN ACTIVITIES ON DAYS NO WORKSHOP IS LISTED

### **ADVISORY COUNCIL**

In the New Year the Advisory Council will play a more active role in the CCNS Howard Beach Older Adult Center. The purpose of the Advisory Council is to represent the general membership, advise staff, and make recommendations that reflect the interests and concerns of program participants. We are looking for individuals that would be interested in serving on the Council. To be eligible, an individual must be a member of the Center, participate on a regular basis and be at least 60 years of age. If you meet the requirements and wish to participate, please leave your information in the office, Please include why you want to be on the Advisory Council and what you can contribute as a member.

In addition, the fund raising committee is asking for donations of small new items to be used for grab-bags. Please drop it off in the office. Thank you.

### **Spring Fashion Show**

Want to show off your favorite casual, formal, sport, or dinnerware outfit?

Would you like to walk the runway at a fashion show?

Then this is the perfect activity for you.

On Tuesday March 21 at 1:30 we will be having our first fashion show

If you would like to participate, either see Yvonne Whittingham or Delia Hussey in the dining room. If they are not in, please leave your name and phone number in the office.



# FILMMAKING



## Filmmaking & Documentary Club

Wednesdays, 1:30 - 3:30 PM

Beginning February 15th, 2023

*Learn about different visual storytelling mediums; documentary, narrative, music- videos, photography, and stop-motion animation.*

*In this class, you will learn how to use lights, camera, props, clothes & make up to tell your story visually.*

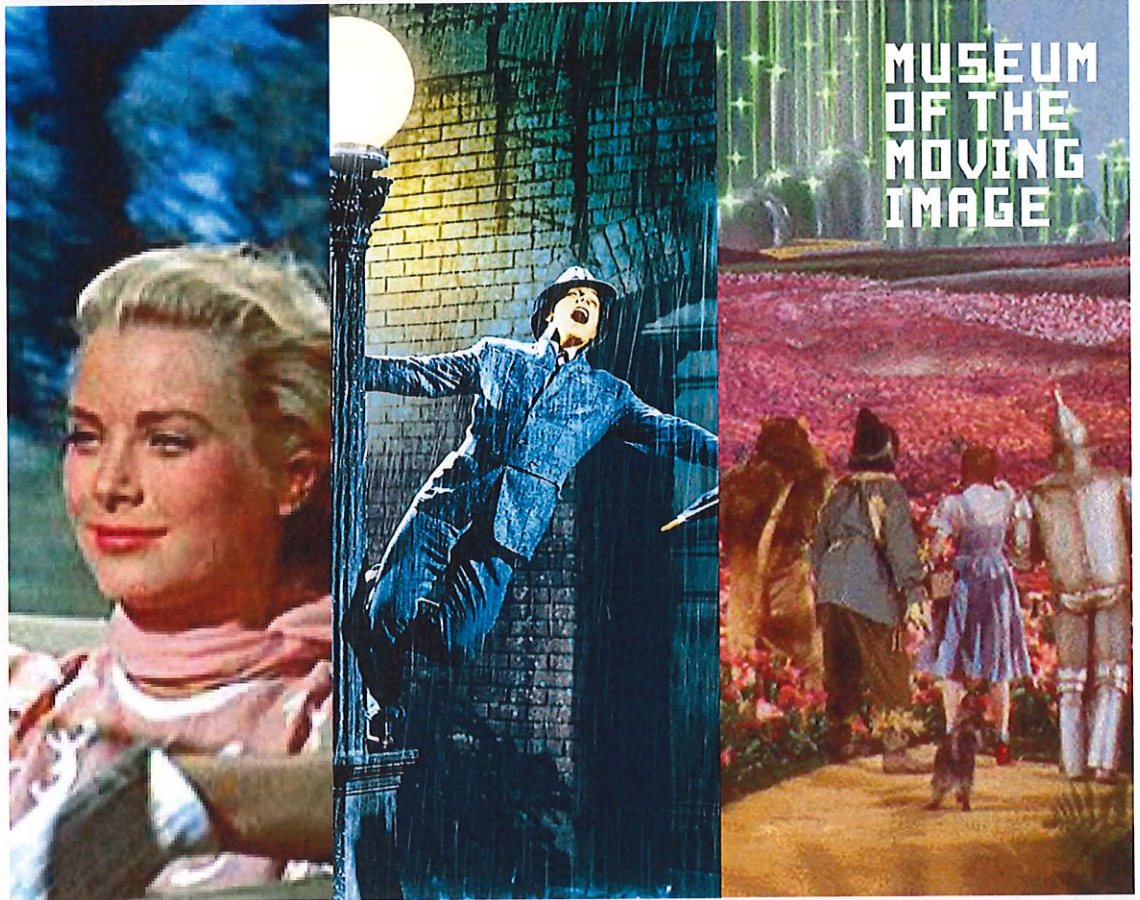
- Watch clips from great films
- Make films to share with your friends and family
- Create a final project that will be shown on the big screen, at Museum of the Moving Image!

All classes will take place at CCNS Howard Beach Neighborhood Senior Center, and culminate with a trip to the Museum of the Moving Image.

Classes will be taught by Aden Suchak. Aden is a filmmaker, and a media instructor at MoMI.



# FILMMAKING



## The Art Behind the Screen Club

Fridays, 10:00 - 11:30 AM

Beginning February 17th, 2023

*Through screenings of films from around the world, participants will learn the elements that comprise the art of filmmaking: acting styles, camera angles, editing, photography, storytelling, and much more!*

- Learn how to tell your own story using the art of film
- Work with others to create a short film
- Create visual stories with the moving image
- Show your short film on the big screen at Museum of the Moving Image!

All classes will take place at CCNS Howard Beach Neighborhood Senior Center, and culminate with a trip to the Museum of the Moving Image.

Classes will be taught by Evan Deng. Evan is a music video director, and a media instructor at MoMI.



## February is American Heart Month

February is American Heart Month. This awareness month was established by the Center for Disease Control and Prevention (CDC) to educate the public about heart disease and stroke. The [American Heart Association](#) (AHA) promotes healthier lives during the month of February and for the common goal is to eradicate heart disease and stroke.



## Heart Disease Can Happen at Any Age

(<https://www.cdc.gov/>)

(<https://www.nhlbi.nih.gov/education/american-heart-month>)

Heart disease doesn't happen just to older adults. It is happening to younger adults more and more often.

It is the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart.

Nearly half of all Americans have at least one of the top three risk factors for heart disease: **high blood pressure, high cholesterol, and smoking.**



## You Could Be at Risk

These are many of the conditions and behaviors that put people at risk for heart disease are appearing at younger ages, as well:

**High blood pressure.** Millions of Americans of all ages have high blood pressure. About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the biggest risks for heart disease and other harmful conditions, such as stroke.

**High cholesterol.** High cholesterol can increase the risk for heart disease. Having diabetes and/or obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels.

**Smoking.** More than 35 million U.S. adults are current smokers, and thousands of young people start smoking each day. Smoking damages the blood vessels and can cause heart disease.



**On average, U.S. adults have hearts that are 7 years older than they should be.**

**Other conditions and behaviors that affect your risk for heart disease include:**

- **Obesity.** Carrying extra weight puts stress on the heart. More than 1 in 3 Americans—and nearly 1 in 6 children and adolescents ages 2 to 19—have obesity.
- **Diabetes** causes sugar to build up in the blood. This can damage blood vessels and nerves that help control the heart muscle. More than 1 in 10 people in the United States have diabetes.



# Lollipop Cookie Valentines

x

## Lollipop Cookies Valentines

These sweet treats are perfect for Valentine's Day! Colorful, vibrant, and a delicious way to show someone you love them!



### Servings:

6

### Yield:

1 dozen

## Ingredients

- 12 craft sticks
- ½ cup semisweet chocolate chips
- ½ cup butter, softened
- ⅓ cup packed light brown sugar
- ½ teaspoon vanilla extract
- 1 egg
- 2 cups all-purpose flour
- ¼ cup unsweetened cocoa powder
- ¼ teaspoon salt
- 12 (1 ounce) squares white chocolate
- 1 egg white
- 1 ¼ cups confectioners' sugar
- 3 drops red food coloring
-



## • Directions

1. Soak craft sticks for one hour in a bowl of cold water.
2. In small heavy saucepan over very low heat, stir chocolate chips until melted and smooth. Remove from heat; let cool.
3. In large bowl with electric mixer at medium speed, beat butter, brown sugar and vanilla until fluffy. Beat egg in well; beat in cooled chocolate. With mixer at low speed, beat in flour, cocoa powder and salt until smooth. Divide dough in half.
4. Preheat oven to 375 degrees F (190 degrees C) and grease 2 large cookie sheets.
5. Roll each half out to 1/8 inch thickness between 2 sheets of wax paper; freeze, in wax paper, 5 minutes. Peel top sheets of wax paper off dough; cut dough out using 3-inch heart-shaped cutter. Reroll scraps; freeze again 5 minutes; cut out. Place half of the hearts 1 inch apart on prepared cookie sheet.
6. Drain sticks, pat dry. Place one stick on each heart to make 2 1/2 inch handle, pressing lightly into dough. Place remaining hearts on top; press edges gently to seal. Bake about 12 minutes until firm to touch. Cool on wire racks.
7. In 2-quart heavy saucepan over very low heat, or in top of double boiler set over barely simmering water, stir white or milk chocolate until melted and smooth; if using both chocolates, melt in separate 1-quart pans. Remove from heat.
8. Holding each lollipop by handle, dip into chocolate to coat on both sides; let excess chocolate drip back into pan. Place each lollipop as it is coated on wax-paper-lined cookie sheet; refrigerate 20 minutes until chocolate is set.
9. To Make Icing: In large bowl with electric mixer at high speed, beat egg white and confectioners' sugar until very smooth. If desired, remove small portion of icing to separate bowl; tint with drops of food coloring. Spoon icing into decorating bag fitted with small writing tip; pipe over lollipops in desired patterns. Decorate with assorted candies and decors; attaching with dots of icing.



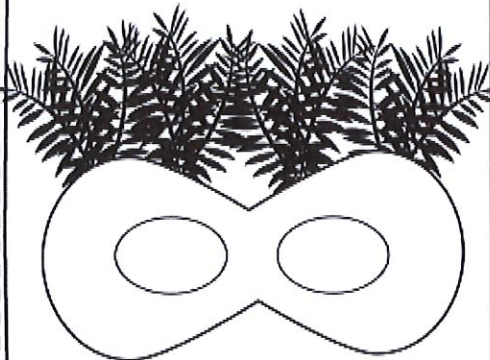
# . Join us in celebrating Mardi Gras Tuesday February 21

## Mardi Gras

parade	Fat <del>Tuesday</del>
gold	purple
beads	mask
crowds	French
New Orleans	band
King Cake	celebrate

Find each word in the search.  
Words go ↑, →, and ↘.

N	b	a	y	m	a	s	k	i	T
K	e	o	b	i	g	a	c	s	u
i	a	w	q	a	c	o	e	m	e
n	d	w	O	F	n	i	l	a	s
g	s	p	a	r	a	d	e	d	d
C	i	o	f	e	l	g	b	o	a
a	x	v	z	n	w	e	r	e	y
k	o	h	a	c	u	n	a	m	w
e	i	g	d	h	c	t	t	n	y
c	r	o	w	d	s	i	e	g	s
p	u	r	p	l	e	s	r	x	e



© 2017 Mama's Learning Corner



# Groundhog Day

## Word Search

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

burrow  
cloudy  
cold  
day  
emerge  
February  
forecast  
groundhog

hibernate  
hole  
holiday  
mammal  
Pennsylvania  
prediction  
Punxsutawney Phil  
rodent

shadow  
sign  
six weeks  
spring  
underground  
weather  
winter





Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Black History Month

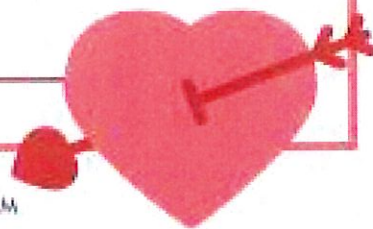
Q M G E B L A C K P A N T H E R S  
 N A M J F R F L G R Q A N K D A A  
 E R A L H Q N I D O R W M B E C N  
 V T O U J O B T S C E H A N K M G  
 K I X T R B U T F K D R X G G A E  
 C N M H L A N L T H V U I N C Y L  
 R D R E W M G E H G I M E M H A O  
 K V T R T A S V G K J R C U A E U  
 Q N I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

Black Panthers	Hank	Baldwin	James	Drew
Charles	Parks	Rosa	Nine	Rock
Little	Malcolm	Cosby	Bill	Ali
Muhammad	Obama	Barack	Marshall	Thurgood
Angelou	Maya	NAACP	Martin	Luther
King	Jr.	Civil	Rights	Movement

# VALENTINE'S DAY

## ♥ WORD SCRAMBLE ♥

1. MARDIER \_\_\_\_\_
2. QUTBOUE \_\_\_\_\_
3. OOLTCHEA \_\_\_\_\_
4. PDU CI \_\_\_\_\_
5. WRSLEFO \_\_\_\_\_
6. AETRH \_\_\_\_\_
7. NORMCEA \_\_\_\_\_
8. WREHTTESAE \_\_\_\_\_
9. ELVNATEIN \_\_\_\_\_
10. OESRS \_\_\_\_\_
11. GHU \_\_\_\_\_
12. LEVO \_\_\_\_\_





# Easy Ways to... Read an Ingredients List

## Choose items with a list that...

### ✓ Is short

As a general rule, the fewer ingredients a product has, the healthier it is.

### ✓ Is easy to understand

Choose foods with ingredients that have uncomplicated names.

### ✓ Includes whole grains

In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.

### ✓ Includes no or low sugar

Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).

## Avoid items with a list that...

### X Is long

As a general rule, long ingredients lists mean more sugars and additives.

### X Is hard to understand

Avoid ingredients you do not recognize or cannot pronounce.

### X Includes trans fat or partially hydrogenated oils

Trans fat increases your risk of heart disease by increasing "bad" cholesterol (LDL) and decreasing "good" cholesterol (HDL).

### X Includes many sugars

Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

## Bread #1: Healthier Choice

**INGREDIENTS:** 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES**, YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

## Bread #2: Less Healthy Choice

**INGREDIENTS:** ENRICHED WHEAT FLOUR, **CORN SYRUP, SUGAR**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE**, GLYCERIN, **POLYDEXTROSE**, MODIFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYLALATE, PYRIDOXINE HYDROCHLORIDE, RED #40, YELLOW #5

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for "farmers markets." For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

# **CCNS HOWARD BEACH SENIOR CENTER**

**155-55 Cross Bay Blvd  
Howard Beach, NY 11414**

**Phone: 718 738 8100**

**Fax: 718 738 6684**

**Open Monday through Friday 9am—4pm**

## **SENIOR CENTER STAFF**

JUDY.....PROGRAM MANAGER  
LISA.....CASE MANAGER  
KAMANI.....OFFICE MANAGER  
WILLIAM.....CUSTODIAN  
.....KITCHEN AID  
MARIA.....KITCHEN AID

## **ADVISORY COUNCIL**

JOYCE TARABY .PRESIDENT	PAT MCKEEVER.....TREASURER
GRACE DENZA...VICE PRESIDENT	VACANT POSITION.....SECRETARY

**WE HAVE MANY MEMBERS AT THE CENTER  
WE MAY NOT ALWAYS LIKE EACH OTHER,  
BUT PLEASE REMEMBER THAT WE MUST ALWAYS RESPECT  
EACH OTHER .  
BULLYING IS NOT ACCEPTABLE**

**“We must learn to live together as brothers or perish together as fools.”  
Martin Luther King Jr**

**FUNDED BY THE NEW YORK CITY DEPARTMENT FOR THE AGING  
NYC AGING**

**CATHOLIC CHARITIES MISSION STATEMENT  
CATHOLIC CHARITIES OF THE DIOCESE OF BROOKLYN AND QUEENS SEES ITS  
MISSION AS SHARING IN THE PROMOTION OF UNITY AMONG ALL**