



Senior Voices

HILLCREST OLDER ADULT CENTER

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

91-34 182 PLACE, 2ND FLOOR JAMAICA, NY 11423 MARCH 2023 PHONE # (718) 297-7171



1916 - Margaret Sanger opens the first birth control clinic
Women's
1903 - Marie Curie is awarded the Nobel Prize for Physics for the discovery of radioactivity
1849 - Elizabeth Blackwell becomes the first American woman to receive a medical degree
1928 - Women compete for the first time in Olympic field events
1854-1860 - Susan B. Anthony crusades for women's rights in the United States and internationally
History
1966 - National Organization for Women (NOW) is founded
1920 - With the passage of the 19th Amendment to the U.S. Constitution, U.S. women get to vote
1542 - Mary, Queen of Scots is the first known female golfer
1969 - Golda Meir becomes prime minister of Israel
Month
2570 B.C. - Queen Nefertari rules Egypt, calling herself "God's wife."

HILLCREST NEWS

1. WE ARE LOOKING FOR MEMBER VOUNTEERS TO COLLECT OUR LUNCH CONTRIBUTIONS. ANYONE WHO IS INTERESTED PLEASE SEE DEBBIE
2. WE WILL BE HAVING A FORMAL COMPUTER CLASS STARTING IN MARCH. IT WILL BE THE 1ST AND 3RD MONDAY OF EVERY MONTH. YOU MUST SIGN UP THE WEEK BEFORE, SEE THE FRONT DESK FOR MORE INFORMATION.
3. STARTING MARCH 6 AT 2 PM HILLCREST WILL BE HAVING DANCE FEVER MONDAYS . SO COME WITH YOUR DANCING SHOES.
4. TAI CHI 2 WITH GERARD WILL START ON MARCH 14, FOR THOSE THAT SIGNED UP FOR THE CLASS. IT WILL MEET IN THE FRONT ROOM ACROSS FROM THE RECEPTION. T-SHIRTS WILL BE GIVEN OUT ON THE FIRST DAY.
5. SU CASA WILL BE HERE ON MONDAY & THURSDAYS TO DO DANCE AND CHORUS CLASSES. PLEASE LOOK AT SCHEDULE AND FLYERS FOR DETAILS.
6. CROCHET CLASSES AT HILLCREST STARTING THURSDAY MARCH 9 @ 2 PM.
7. Look for exciting new March programming which you will find in the flyers inside the newsletter
8. Rest assured, Catholic Charities is looking for a new Program Manager. Although we will never be able to replace Alex, we feel confident we will find a wonderful new manager to oversee our wonderful center.



KIDNEY HEALTH FOR ALL

PREPARING FOR
THE UNEXPECTED,
SUPPORTING
THE VULNERABLE!



#worldkidneyday #kidneyhealthforall
www.worldkidneyday.org

World Kidney Day is a joint  **ISN**  **IFKF-WKA** initiative



RHYTHM IS AGELESS

MOVEMENT DEFINES ME

"When I tell people I'm a hip hop dancer, I get this strange look...C'mon, what's so surprising about an older person doing splits anyway?" – *Myna Majors*
Dancer, Anti-Violence Advocate, Consultant

#AgelessNewYork #CombatAgeism

Diabetes Alert Day[®] is March 22, 2022

Diabetes Alert Day[®] is on March 22, 2022! Observed annually on the fourth Tuesday in March by the American Diabetes Association, Diabetes Alert Day is a one-day "wake-up call" that focuses on the seriousness of diabetes and the importance of understanding your risk. We encourage you to find out if you—or someone you love—are at risk for type 2 diabetes by taking this quick and simple [Diabetes Risk Test](#).

- 37.3 million Americans—or about 11.3% of the U.S. population—have diabetes.¹
- About 1 in 5 Americans living with diabetes, or 8.5 million people, are unaware that they have the disease.¹
- Approximately 96 million people ages 18 or older have prediabetes, a condition in which blood glucose levels are higher than normal but not high enough to be diagnosed as diabetes.¹
- More than 8 in 10 adults living with prediabetes don't know they have it.²
- About half of women with gestational diabetes go on to develop type 2 diabetes. Gestational diabetes is a type of diabetes that women develop when they are pregnant.³



EUGENIA

LACKRAJ

ROSALIA

OLIVIA

SONIA

EUNICE

DOLLY

KARLENE

Birthday party will be held on March 10th

Come celebrate with all the March birthday babies at our Friday Social on 3/10/23 from 1pm-3:00 pm. The cake is on us!!!



**Do you want to learn how to
Google and join the computer generation???**
**Come to the Catholic Charities
Hillcrest Older Adult Center**



**Free Computer Classes on the 1st and 3rd Mondays of
the month starting in March**

Time: 10 am-11 am

Location: 91-34 182 Place, Jamaica

Please call 718-297-7171 to reserve your spot

**Come join the fun & amaze your
grandchildren on how computer savvy you are. 😊**

Funded by NYC Aging

Why be bored at home when you can play board games with Us!

At Catholic Charities
Hillcrest Older Adult Center



Date: Tuesdays starting 3/14

Time: 11:00am-12:00pm

Location: 91-34 182 Place, Jamaica

Come join the fun!!!

Funded by the NYC Aging



St. Patrick's Day Party

Friday, March 17th!

**At the Catholic Charities
Hillcrest Older Adult Center**



Music, Fun, Dancing and free cupcakes & Irish Soda Bread, what can be better than that!
Come dance the day away with DJ. Woody

Celebrate the luck of the day with your friends at the Hillcrest Older Adult Center
Come join the fun!!!

Time: 1:00pm – 3:00pm
Location: 91-34 182 Place, Jamaica

Dance Fever Mondays!

**At the Catholic Charities
Hillcrest Older Adult Center**



**Beginning every Monday in March come and
dance the afternoon away at your favorite
center with your favorite DJ Clelia.**

Come join the fun!!!

Time: 2:00pm – 3:30pm

Location: 91-34 182 Place, Jamaica

**Attention all Members Born in the
month of March...**



**Come Celebrate your birthday with your friends
At the Catholic Charities
Hillcrest Older Adult Center**

**Enjoy some music and cake as you
blow out your candles and we
celebrate you!!!**

**Date: Friday, March 10th
Time: 1:00pm
Location: 91-34 182 Place, Jamaica**

Movin' N Grovin' Dance Class with the Queens Theater

Learn New Dance Moves

Get your body Movin' and Grovin' while you learn a new dance with Queens Theatre's dance class for mature adults. QT's hour-long dance class provides a creative way to stay active and healthy. Our program is for anyone at any level and can be done on your feet or seated. You can choose to join us for one class or for all of the classes.

When Are the Classes?

Dance Classes are held every **Thursday from 10:30 to 11:30 AM** beginning **March 9, 2023**.

How do I get involved?

You can sign up with Debra Hoffer at Hillcrest Senior Center. Or just join us for a class.



Songbird Ensemble

Singing Class

Harmonizing brings harmony and health! Queens Theatre's singing ensemble class offers a fun and creative way to lower stress, boost your mood and bond with friends. Join Queens Theatre Songbird Ensemble and sing with us!



When Are the Classes?

Classes are held every **Monday from 10 AM to 11:30 AM** beginning **March 6, 2023**.

How do I get involved?

You can sign up with Debra Hoffer at Hillcrest Senior Center. Or just join us for a class.

Catholic Charities Hillcrest Older Adult Center Celebrates Black History Month



A special thanks to Justin Lewis for coordinating this wonderful event. We had poetry, drummers and a special trumpet solo from Eunice's very talented grandson. What a beautiful celebration!!!



Catholic Charities Neighborhood Services Inc. Virtual Events

Attend fun & educational events from the comfort of your own home. If you have a Smart Phone, Tablet or Computer you can join the zoom events listed below if you type on the links below. If you need help accessing these events, please call our case manager at 718-297-7171

Please type in the link below to join any of the lectures of activities listed below.

<https://vnsny.zoom.us/j/7726623351>

Virtual Exercises: -

Zumba Gold every Monday at 10:00am

Chair Exercise every Tuesday at 10:00am

Chair Yoga every Thursday at 10:00am

Tai Chi every Friday at 10:00am

Cantonese Instructor led Exercises: -

Zumba Gold Every 1st Tuesday at 2:30pm

Zumba Gold in Chair Every 2nd Tuesday at 2:30pm

Chair Yoga Every 3rd Tuesday at 2:30pm

Chair Exercise Every 4th Tuesday at 2:30pm

Special Events:

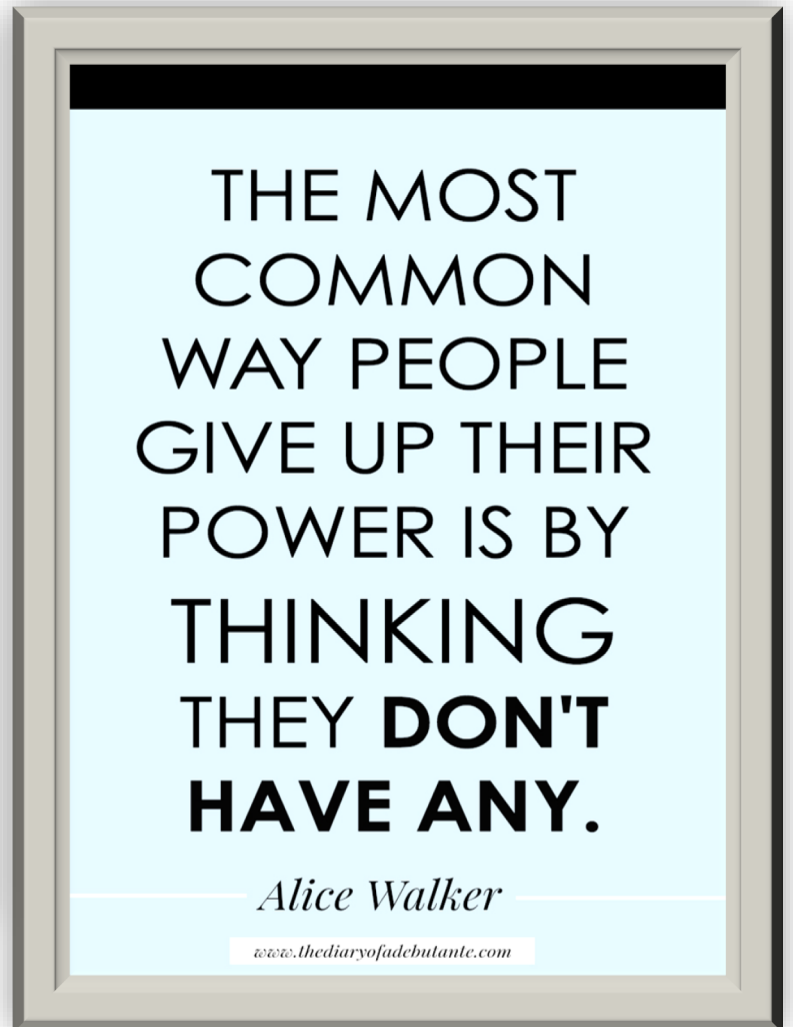
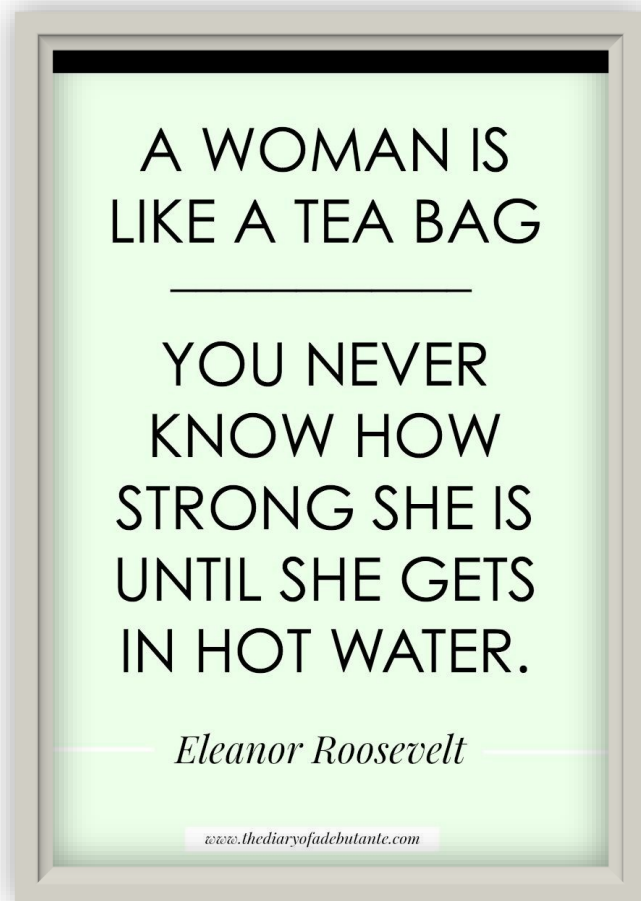
March 3, 2023-(10am –11am) (Cholesterol 101) Join via zoom

**[https://us02web.zoom.us/j/85147086268?](https://us02web.zoom.us/j/85147086268?pwd=QUN3ZmhydOZYRHJhczdvMOK4Y2hNQTO9v)
[pwd=QUN3ZmhydOZYRHJhczdvMOK4Y2hNQTO9v](#)**

Meeting ID: 851 4708 6268

Passcode: 535391

Dial in number: +1 929 436 2866 US (New York)





March 2023 Presentations and Classes - Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
		1 11:00 Bingo 12:00 Lunch 1:00 Dance Club with Justin	2 11:00 Chair Aerobics w/ Clelia 12:00 Lunch 1:00 Terpsichorean Group 1:00 Yoga w/Mimi	3 10:00 Cholesterol Webinar by St John 12:00 Lunch 1:00 Friday Social
6 10:00 SU CASA Chorus 10:00 Computer Class 12:00 Lunch 1:00 Zumba w/Amira 2:00 Dance Fever Mondays w/DJ Clelia	7 11:00 Full body workout w/ Clelia 12:00 Lunch 1:00 Karaoke w/ Clelia	8 11:00 Bingo 12:00 Lunch 1:00 Dance Club with Justin	9 10:00 Presentation: Hid- den salt and sugar in your daily foods 10:30 Su Casa Dancing 12:00 Lunch 1:00 Terpsichorean Group 1:00 Yoga w/Mimi 2:00 Crotchet	10:00 Advisory Council Meeting 11:00 Full Body Workout 12:00 Lunch 1230 General Membership Meeting 1:00 Friday Social & Birthday celebration
13 10:00 SU CASA Chorus 12:00 Lunch 1:00 Zumba w/Amira 2:00 Dance Fever Mondays w/ DJ Clelia	14 10:00 Tai Chi w/ Gerard2 11:00 Pedestrian DOT Safety Presentation 12:00 Lunch 1:00 Karaoke w/ Clelia	15 11:00 Bingo 12:00 Lunch 1:00 Dance Club with Justin	16 10:00 Tai Chi 2 10:30 Su Casa Dancing 12:00 Lunch 1:00 Terpsichorean Group 1:00 Yoga w/Mimi 2:00 Crotchet	17 11:00 Full Body Workout 12:00 Lunch 1:00 Friday Social St Patrick Day Party 
20 10:00 SU CASA Chorus 10:00 Computer Class 12:00 Lunch 1:00 Zumba w/Amira 2:00 Dance Fever w/Clelia	21 10:00 Tai Chi 2 11:00 Lets play Games 12:00 Lunch 1:00 Karaoke w/ Clelia	22 11:00 Bingo 12:00 Lunch 1:00 Dance Club with Justin	23 10:00 Tai Chi 2 10:30 Su Casa Dancing 12:00 Lunch 1:00 Terpsichorean Group 1:00 Yoga w/Mimi	24 10:00 Game day Staff vs Members in Jeopardy 11:00 Full Body Workout 12:00 Lunch 1:00 Friday Social
27 10:00 SU CASA Chorus 12:00 Lunch 1:00 Zumba w/Amira 2:00 Dance Fever	28 10:00 Tai Chi 2 11:00 Lets Play Games 12:00 Lunch 1:00 Karaoke	29 11:00 Bingo 12:00 Lunch 1:00 Dance Club with Justin	30 10:00 Tai Chi 2 10:30 Su Casa Dancing 12:00 Lunch 1:00 Terpsichorean Group 1:00 Yoga w/Mimi 2:00 Crotchet	31 10:00 SU CASA 11:00 Full Workout 12:00 Lunch 1:00 Friday Social

March 2023 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Veggie Burger Roasted Potatoes Spinach	2 Beef Stir fry with Broccoli & Carrots Brown Rice String Beans	3 Baked Fish Cous Cous Green Beans
6 Chicken Parmesan Pasta Vegetable	7 Baked Pork Apple sweet potatoes Spinach	8 Veggie Lasagna Veggies	9 Shepherd's Pie Mashed Potatoes Veggie Mix	10 Tuna Fish Salad Pita Garden Salad Birthday Celebration
13 Sesame Orange Chicken Rice Pilaf Oriental Veggies	14 Italian Sausage Zucchini	15 Baked Veggie Alfredo Pasta Garden Salad	16 Hamburger Potato Wedges Lettuce & Tomatoe	17 Baked Fish Yellow Rice Green Beans St. Patrick's Day Party
20 Chicken Marsala Roasted Potatoes Spinach	21 Pork shoulder Yellow Rice Steamed Carrots	22 Veggie Lasagna Salad	23 Meatballs Spaghetti Veggies	24 Oven Fried Fish Corn Niblets Broccoli
27 Baked Chicken Thighs Green Beans Mashed Sweet Potatoes	28 Sweet & sour Pork Chops White Rice Broccoli	29 Veggie Lo Mein Spaghetti Spinach	30 Beef Stew Egg Noodles Veggie Mix	31 Baked Fish Brown Rice Garden Salad

91-34 182 PLACE

PHONE: (718) 297-7171

JAMAICA, NEW YORK 11423

Open Monday–Friday 9 a.m.–5:00 p.m.

SENIOR CENTER STAFF

Debra Hoffer	Director of Field Operations	Program Manager
Maria Rodriguez	Kitchen Aide	Clelia Ramos Case Manager
Vere Guri	Custodian	Samuel Williams Kitchen Aide
Shyanna Janvier	Administrative Assistant	

HILLCREST ADVISORY COUNCIL

<u>President:</u>	Justin Lewis	<u>Councilmembers:</u>	
<u>Vice President:</u>	Rosalia Barao	Manjit Bhala	Jasmin Avila
<u>Treasurer:</u>	Eunice Monderson	Natalie Persad	Dorothy Wahl
<u>Secretary:</u>	vacant	Kamawaltie Sukhu	
		Marcia Walcott	
		Minerva Carillo	

**On behalf of the staff at Hillcrest Senior Center we
Thank each one of our members for all their support**

ADVISORY COUNCIL

MEETING

WEDNESDAY MARCH 22, 2023

@10:00 AM

MEMBERSHIP MEETING

WEDNESDAY MARCH 29,

2023

@ 12:00 PM

Funded by the NYC Department for the Aging



Our social worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-297-7171 to make an appointment.

Nuestro trabajador social está disponible aquí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-297-7171 para hacer una cita.



Catholic Charities Mission Statement

Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces human development.