

March/Marzo 2023



HIGHLIGHTS

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
**WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER**

89-02 91st Street Woodhaven, NY 11421

Phone # (718) 847-9200

OPEN MONDAY THRU FRIDAY FROM 8:30AM TO 4:30PM

A Message From Staff / Un Mensaje de personal

Hi Everyone,

Spring is around the corner! Please pay attention to our activities calendar for changes and upcoming activities. Looking forward to seeing everyone!

With Love,

The Staff of Woodhaven-Richmond Hill Older Adult Center

MARCH

CELEBRATE
**WOMEN'S
HISTORY**
ARTS POLITICS SCIENCE TECHNOLOGY MATH CULTURE RELIGION ACTIVISM





HAPPY BIRTHDAY

MARCH BIRTHDAYS/ CUMPLEAÑOS DE MARZO

**Emily Mcgovern
Valentin Mitnitsky
Patricia Carman
Janie Mason
Yvonne Mckenzie
Fenadis Guardo
Victor Peralta
Mary Mazeika
Sylvia Gonzalez
Roopmatie Koomah
Clara Natal**

CCNS Woodhaven-Richmond Hill OAC

MENU March 2023 (MENU SUBJECT TO CHANGE)

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|---|----------|
| 26 | 27 | 28 | 1 Orange Glazed Chicken Breast White Rice (1/2 cup) Capri Blend Vegetables Apple Juice Orange | 2 Stuffed Bell Peppers with Beef Sautéed Spinach Cantaloupe Orange Juice | 3 Baked Fish Marsala with Mushrooms California Blend Vegetables Garlic Mashed Potatoes Apple - OR - Grape Juice, Unsweetened | 4 |
| All Meals comes with 1% Milk and Multigrain Bread | | | | | | |
| 5 | 6 Beef Teriyaki White Rice (1/2 cup) Oriental Blend Vegetables Apple Juice Pear | 7 Chicken Parmesan with Sautéed Onions and Garlic Spaghetti (1/2 cup) Roasted Zucchini Grapes Orange Juice | 8 Apricot-Glazed Pork Chops Homemade Mashed Potatoes Roasted Broccoli Apple | 9 Baked Ziti with Cheese Italian Blend Vegetables Grape Juice, Unsweetened Orange | 10 Baked Fish with Lemon Garlic Butter Sauce Yellow Rice Sautéed Spinach Apple Orange Juice | 11 |
| 12 | 13 BBQ Pulled Pork Cornbread Multigrain Bread Braised Collard Greens Warm Potato Salad Apple Juice Orange | 14 Baked Asian Style Honey Chicken Chinese Style Spaghetti Oriental Blend Vegetables Apple | 15 Omelets with Spinach and Parmesan Cheese Home Fries with Peppers and Onions Sautéed Spinach Grapes Orange Juice | 16 Low Sodium Corn Beef Boiled Potatoes Cabbage Irish Soda Bread Orange Apple Juice | 17 Fillet of Sole Florentine Yellow Rice California Blend Vegetables Apple Juice Pear | 18 |
| 19 | 20 Omelets with Peppers and Onions Home Fries with Peppers and Onions Sautéed String Beans Apple Fruit Cocktail | 21 Beef and Cheese Lasagna Capri Blend Vegetables Apple Juice Orange | 22 Italian Roast Chicken Garlic Mashed Potatoes Italian Blend Vegetables Pear | 23 Pernil (Roasted Pork Shoulder) Yellow Rice and Pigeon Peas Steamed Peas and Carrots Apple Juice Orange | 24 Baked Fish with Cream Sauce Garlic Mashed Potatoes Steamed Broccoli Grape Juice, Unsweetened | 25 |
| 26 | 27 Chicken Fajitas Multigrain Bread Perfect White Rice Steamed Peas and Carrots Apple Grape Juice, Unsweetened | 28 Beef Meatballs in Tomato Sauce Multigrain Bread Spaghetti (1/2 cup) Roasted Zucchini Apple Juice Orange | 29 Baked Breaded Pork Chops Multigrain Bread Apple Sweet Potatoes Collard Greens with Tomato Applesauce | 30 Vegetable Lo Mein Multigrain Bread Oriental Blend Vegetables Orange Juice | 31 Baked Salmon with Cilantro Citrus Sauce Cilantro Lime Rice Multigrain Bread Italian Cut Green Beans Apple Juice Orange | 1 |

FUNDED BY NYC AGING

March

CCNS Woodhaven-Richmond Hill Older Adult Center

2023

*** All Activities are Subject to Change**

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|--|--|----------|
| | | | 1 11am- Bingo 1pm- Belly Dancing | 2 10am- Zumba 11am- Bingo 1pm- Arts and Craft | 3 10am- Health Talk Information 11am- Bingo 1pm- ESL Class | 4 |
| 5 10am- Salsa Lesson by VNS 11am- Bingo 1pm- Smart Device Class | 6 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 7 10am- Karaoke 11am- Bingo 1pm- Belly Dancing | 8 10am- Zumba 11am- Bingo 1pm- Arts and Craft | 9 10am- Health Talk Information 11am- Bingo 12:45pm- Stretching and Balancing by Madhavi 1:30pm- ESL Class | 10 | 11 |
| 12 11am- Bingo 1pm- Smart Device Class | 13 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 14 10am- Karaoke 11am- Bingo 1pm- Belly Dancing | 15 10am- Zumba 11am- Bingo 1:30pm- St. Patrick Day Party | 16 10am- Health Talk Information 11am- Bingo 12:45pm- Stretching and Balancing by Madhavi 1:30pm- ESL Class | 17 | 18 |
| 19 9-11am- Museum of Moving Images- SU CASA 11am- Bingo 1pm- Smart Device Class | 20 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 21 10am- Karaoke 11am- Bingo 1pm- Belly Dancing | 22 10am- Zumba 11am- Bingo 1pm- Arts and Craft | 23 10am- Health Talk Information 11am- Bingo 12:45pm- Stretching and Balancing by Madhavi 1:30pm- ESL Class | 24 | 25 |
| 26 9-11am- Museum of Moving Images- SU CASA 11am- Bingo 1pm- Smart Device Class | 27 10am- Chair Exercise 11am- Bingo 1pm- Yoga | 28 10am- Karaoke 11am- Bingo 1pm- Belly Dancing | 29 10am- Zumba 11am- Bingo 1pm- Arts and Craft | 30 10am- Health Talk Information 11am- Bingo 1-3pm- Monthly Birthday Party | 31 | |

March Madness

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

| | | |
|------------------|------------|--------|
| St Patrick's day | Vacation | Clover |
| Egg | Green | Easter |
| Bunny | Leprechaun | March |
| Spring | | |

MARCH

Comes in like a lion...

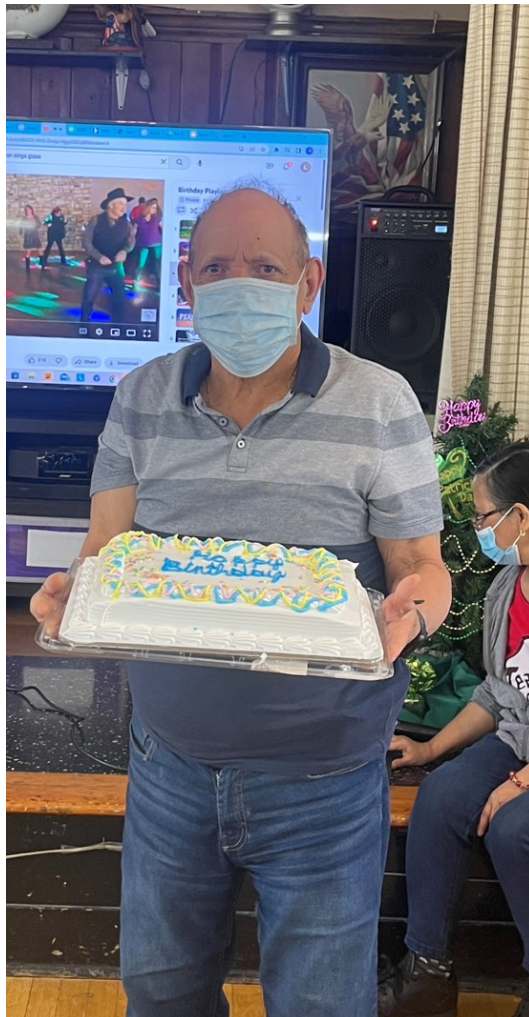


and goes out like a lamb.



HAPPY birthday

February Birthday Party



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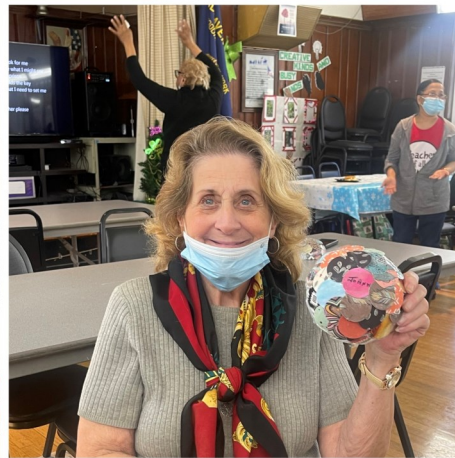
What's happening at the center

Valentine Day Painting



What's happening at the center

Arts and Craft with Tessie



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What's happening at the center

Zumba/Valentine Day



What's happening at the center



Mardi Gras



What's happening at the center

Wishing Tessie Congratulations



Tessie has been with us for over a year. We are very grateful for her contribution to the center and making the seniors feel welcome and happy. She is now working elsewhere and moving on up in her career. Staff and seniors from Woodhaven will miss you a lot and we hope you won't forget your friends here in Woodhaven!

WOODHAVEN-RICHMOND HILL OAC

89-02 91st Street
Woodhaven, NY 11421

Phone: (718) 847-9200

Open Monday—Friday 8:30am—4:30pm

SENIOR CENTER STAFF

Annie LiuDirector of Operations
Emily Zuniga.....Program Manager
Karina MunozCase Manager
Vacant.....Administrative Assistance
VacantTransportation Coordinator
Henry JamesMaintenance
Daniel Persaud.....Driver
Vacant.....Driver

ADVISORY COMMITTEE

| | |
|--------------------|----------------|
| Loreta Mendoza | President |
| Federico Velasquez | Vice President |
| Olga Acevedo | Treasurer |
| Carmen Beato | Secretary |
| JoAnn Bartos | Advisory |
| Fenadis Guardo | Advisory |
| Vacant | Advisory |
| Vacant | Fire Guard |

**IN PERSON ACTIVITIES AND CONGREGATE MEALS ARE
BACK AT WOODHAVEN -RICHMOND HILL OLDER ADULT
CENTER. FOR MORE INFORMATION PLEASE CALL 718-
847-9200. THANK YOU!**

We welcome seniors ages 60 and up.

The Center is wheelchair accessible

Damos la bienvenida a personas mayores de 60 años en adelante.

El Centro es accesible para sillas de ruedas

ENGLISH, CHINESE & SPANISH SPOKEN/ SE HABLA INGLÉS, CHINO Y ESPAÑOL

Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable 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 which promotes justice and embraces human development

Caridades Catolicas Brooklyn & Queens | Nuestra Mision

Caridades Católicas en la Diócesis de Brooklyn y Queens traducen el Evangelio de Jesucristo en acción al afirmar la dignidad y el valor de cada persona, especialmente los miembros más vulnerables de nuestra sociedad diversa.

Caridades Catolicas desarrolla respuestas efectivas a las necesidades humanas y se une a todas las personas de buena voluntad para abogar por un orden social que promueva la justicia y abrace el desarrollo humano.



ST. PATRICK'S DAY

PARTY

March 16, 2023

1:00 PM – 3:00 PM

**89-02 91st Street Woodhaven-
Richmond Hill Older Adult Center**

Come and celebrate St. Patrick's Day with us. We will have music with DJ, cake, snacks, coffee, and 50/50

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Celebrate
St. Patrick's day
With Amira Elaine
Mar 16 2023
10:00 am



Women's day
Celebration
with Amira Elaine
Mar 08 2023
12:45 pm

WOODHAVEN OLDER ADULT CENTER

89-02 91ST STREET, QUEENS, NY 11421

718 847 9200

Cooking Live with NYC Aging!

**Date: Wednesday, March 15 at
11:00am**

Recipe: Fried Rice

**Languages: English +
Cantonese**



Photo Credit: Prianna Chiu

Zoom Link:

**[https://us02web.zoom.us/j/84599309153?
pwd=bFErdmJIUTA3bzRtTXN5U0hPa29YUT09](https://us02web.zoom.us/j/84599309153?pwd=bFErdmJIUTA3bzRtTXN5U0hPa29YUT09)**

Meeting ID: 845 9930 9153

Passcode: 123

Dial In Number: +1 929-436-2866 US (New York)

Fried Rice

Ingredients

- 1 medium onion, finely chopped
 - (equals about 1 cup)
- 1.5 teaspoons vegetable oil
- 3 cups mushrooms, sliced or chopped
 - (equals about 12 medium-sized mushrooms)
- 2 cups brown rice, cooked
- 2 teaspoons garlic, minced
- 1/4 teaspoon ground pepper
- 2 eggs
- 1/2 cup frozen carrots
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 1/2 cup frozen green beans

Servings: 4-6

Materials

- Medium-size Pan
- Teaspoon
- Measuring Cup
- Measuring Spoon
- Small Pot
- Drainer

Did you know?

- Fried Rice can be loaded with a variety of vegetables, including carrots, onions, and peas, which make it a colorful and delicious dish!
- Brown rice can be stored in the pantry for up to 1 year! There are different types of brown rice, including instant or regular. Regular-cook rice may be the least expensive option.