

CELEBRATING
125
YEARS



FEBRUARY 2026

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES

BEST LIFE OLDER ADULT CENTER

118-35 Farmers Blvd

St. Albans, NY 11412

929-268-3326

Funded by NYC Aging

Dear Seniors,

Spring

Welcome to February!



February was named for the Roman word “februum,” which means purification.

It was one of the last months to be added to the Roman calendar because they didn’t have months in wintertime.

We all know that February is the shortest month, but at one time, it was only 23 days long! That would make the rhyme a bit more complicated.

Prepare yourself for the fascinating special days of the month that February has to offer.

Remember, the center is here for you.

All the best,



February is the
shortest month.
So if you're
having a
miserable month,
try to schedule it
for February.

Lemony Snicket



Will You Be Mine?

Valentine, you make me silly;
You make my heart beat willy-nilly;
When I'm with you, the world is hazy;
Valentine, you drive me crazy! Valentine, when
we're apart,
My need for you goes off the chart.
Will you be mine? Can I be thine?
Say you'll be my Valentine!



We at Best Life Older Adult Center would like to celebrate Black History Month by showcasing the difference achievement by black pioneers:

Did you know:

the "Blue Baby doctor" Dr. Blalock who pioneered modern heart surgery with **Vivien Thomas**

African-American lab technician, **Vivien Thomas**, as they pioneer the research for heart, he prove himself by assisting the Blue Baby doctor Dr. Blalock with his research their study of infant heart disease. Thomas is indispensable to Blalock's progress. But Blalock is the only one who is allowed to receive the acclaim.



The Three-Light Traffic Signal, Invented by **Garrett Morgan** in 1923

With only an elementary school education, Black inventor (and son of an enslaved parent), **Garrett Morgan** came up with several significant inventions, including an improved sewing machine and the gas mask. However, one of Morgan's most influential inventions was the improved traffic light. Morgan's was one of the first three-light systems that were invented in the 1920s, resulting in the widespread adoption of the traffic lights we take for granted today.



Dr. Shirley Ann Jackson, is the first African American woman to earn a doctorate from the Massachusetts Institute of Technology. Dr. Jackson's theoretical physics research at Bell Laboratories laid the groundwork for caller ID, call waiting, fiber optic cables, the touch-tone phone and the portable fax machine.

Valarie Thomas invented three dimensional images while working at NASA. The scientist and inventor analyzed the data of satellites. In 1980, Thomas received the patent for her invention – the illusion transmitter. Nasa used this technology in its satellites. Thomas held several leadership roles at NASA and spent much of her career encouraging African American girls and young people to study science.

Dr. Jackson's theoretical physics research at Bell Laboratories laid the groundwork for caller ID, call waiting, fiber optic cables, the touch-tone phone and the portable fax machine.



The folding chair, gas mask, traffic signal, automatic elevator doors, potato chips and the Super Soaker childrens's water gun toy were all invented by Black innovator



February is American Heart Month

- **Heart Disease & Seniors**

- February is American Heart Month – a time to raise awareness about heart disease, the leading cause of death for seniors.

- **Why It's Important:**

- Many seniors are at higher risk for conditions like **hypertension** (high blood pressure), **high cholesterol**, and **diabetes** – all of which affect heart health.

- **Simple Steps for Heart Health:**

- **Stay Active:** Even light exercise helps. Walking, stretching, or chair exercises can reduce your risk.

- **Eat Heart-Healthy Foods:** Focus on fruits, vegetables, whole grains, and lean proteins.

Stay Hydrated: Drinking water helps maintain healthy circulation.

Fun & Easy Ways to Stay Active

- **Simple Exercises for Seniors:**

- **Chair Yoga:** Great for flexibility and circulation.

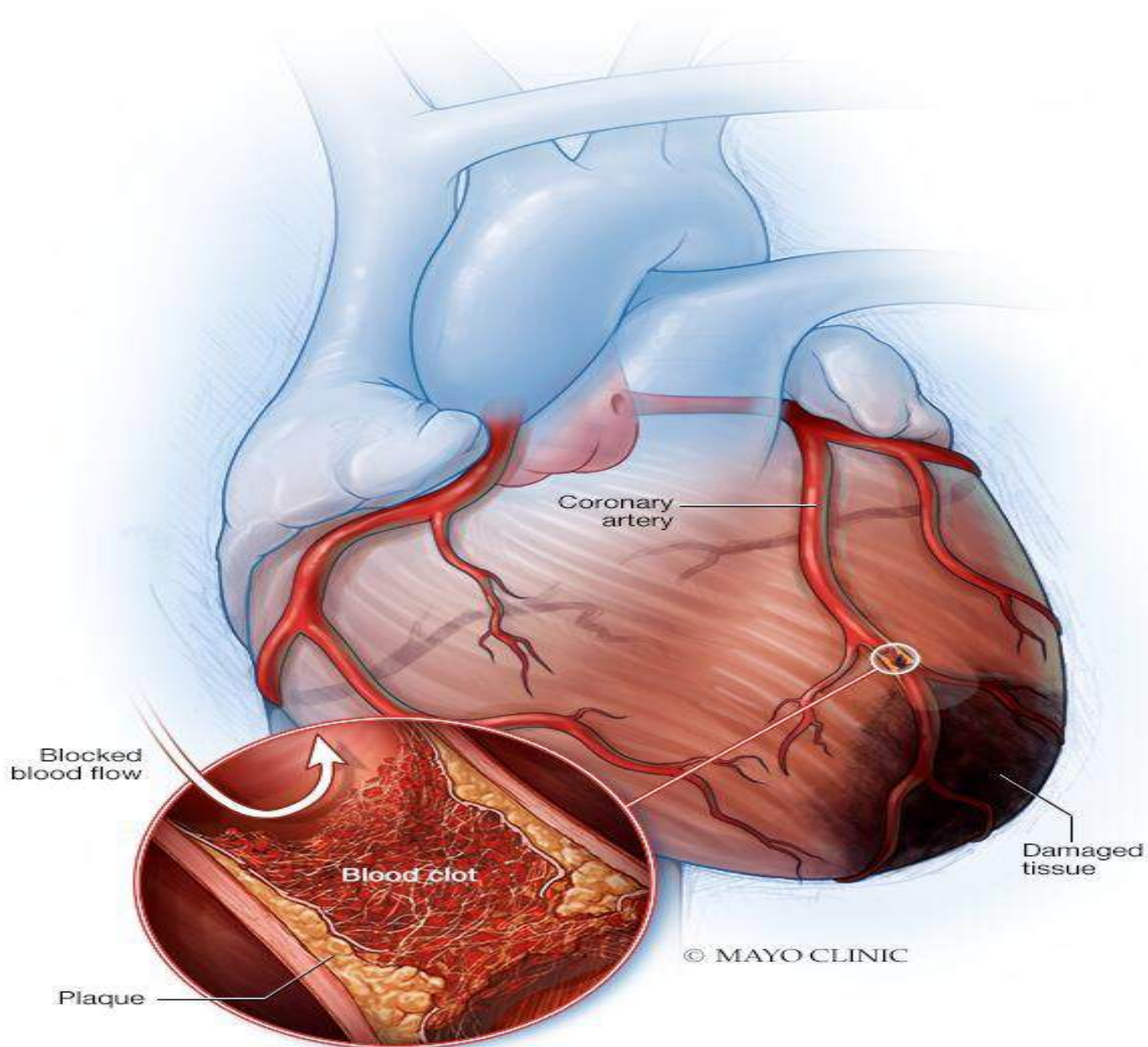
- **Walking Club:** Even a short 10-minute walk daily can improve heart health.

- **Strength Training:** Light weights or resistance bands help build muscle mass, which supports heart health.

- **Stay Safe:**

Start slow and listen to your body. If you feel tired or dizzy, rest and

American Heart Month is celebrated in February. It's a time to raise awareness about heart health and the importance of making healthy lifestyle choices



A heart attack occurs when the flow of blood to the heart is severely reduced or blocked. The blockage is usually due to a buildup of fat, cholesterol and other substances in the heart (coronary) arteries. The fatty, cholesterol-containing deposits are called plaques. The process of plaque buildup is called atherosclerosis.

Sometimes, a plaque can rupture and form a clot that blocks blood flow. A lack of blood flow can damage or destroy part of the heart muscle.

- **Tips for Reducing Stress:**

- **Mindfulness:** Try 5-minute breathing exercises daily.



- **Social Connections:** Engage with friends or family, even through phone or video calls.

Journaling: Writing down your feelings can reduce anxiety and help process emotions.

Activities to Boost Your Mood

- **Stay Connected:**

- Join group activities like **coffee socials, game days, or arts and crafts** at the center.

- **Creative Expression:**

- Painting, knitting, and writing are all great ways to relax and boost mood.

- **Laughter**

NATURALLY IMPROVE YOUR MOOD



HEART HEALTHY FOODS

PREVENT HEART DISEASE NATURALLY



WHAT to EAT?
FRUITS and VEGETABLES



WHAT to AVOID?
PROCESSED and GMO FOODS

* **Good fats**
monounsaturated fats
polyunsaturated fats
omega-3 fatty acids

* **Bad fats**
saturated fats
trans fats



↑ **VITAMINS**
MINERALS
ANTIOXIDANTS
DIETARY FIBERS

↓ **SALT**
BAD FATS
CALORIES
CHOLESTEROL

LIST of HEALTHY PRODUCTS



+ fibers
+ folic acid
+ potassium
+ **vitamin C**



Chia seed

healthy protein
+ fibers
+ good fats



+ potassium
+ folic acid
+ **vitamin C, A**
anti inflammation



+ Q10 co-enzyme
+ fibers
+ **vitamin A, C**
reduce inflammation



+ antioxidants
+ fibers
+ good fats



+ antioxidants
- cholesterol
- blood pressure
anti inflammation



+ **vitamin C, A**
+ antioxidants
+ potassium
- cholesterol



+ **vitamin B**
+ fibers
+ good fats



+ fibers
+ potassium
+ good fats
+ **vitamin C, B**



Spinach

+ Q10 co-enzyme
+ antioxidants
+ potassium
- cholesterol
- toxins



+ antioxidants
+ fibers
+ potassium
- cholesterol
- blood pressure



+ fibers
+ antioxidants
- cholesterol



+ **vitamin A, C**
+ potassium
+ fibers



Brown rice

+ fibers
+ antioxidants
+ **lignans**



+ **vitamin C, B**
+ antioxidants
- cholesterol



Dark chocolate

+ antioxidants
- cholesterol
- blood sugar



+ **vitamin A, C**
+ fibers
+ potassium



+ **vitamin A, B, C**
helps with
cholesterol
blood flow



+ **vitamin C, A**
+ potassium
+ fibers



Up Coming Events:

Braata Singers Concert

Friday 02/20/2026

Black History Celebration

Friday 02/27/2026

Jan & Feb Birthday Celebration

Friday 02/27/2026





In association with
NYC Councilwoman
Dr. Nantasha Williams
Presents

SPONSORED BY



A SENIOR CENTER
CONCERT SERIES
FEATURING
THE BRAATA SINGERS

FREE OF CHARGE

FRIDAY
FEBRUARY 20, 2026
12:30PM - 1:30PM
BEST LIFE OLDER ADULT CENTER
118-35 FARMERS BLVD ST ALBANS, NY 11412



THIS PROGRAM IS MADE POSSIBLE BY THE NEW YORK STATE COUNCIL ON THE ARTS WITH THE SUPPORT OF GOVERNOR KATHY HOCHUL AND THE NEW YORK STATE LEGISLATURE AND COUNCILWOMAN DR. NANTASHA WILLIAMS, WITH ADDITIONAL SUPPORT FROM THE HOWARD GILMAN FOUNDATION. PROMOTIONAL SUPPORT PROVIDED IN PART BY THE NEW YORK CITY TOURISM FOUNDATION.

SAVE THE DATE !

LET'S CELEBRATE !

FRIDAY FEB, 27 1:00 PM @ BEST LIFE OAC

BLACK HISTORY PROGRAM

JAN & FEB BIRTHDAYS CELEBRATION



WEAR AFRICAN (OR ETHNIC ATTIRE)



BRING A FLAG

DANCE AND SING!

DO YOUR THING!

VOLUNTEER

TO / PARTICIPATE

SEE ELLA, EVE,

OR KATHY

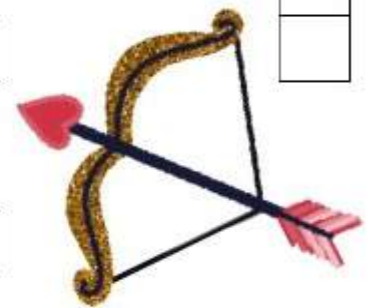
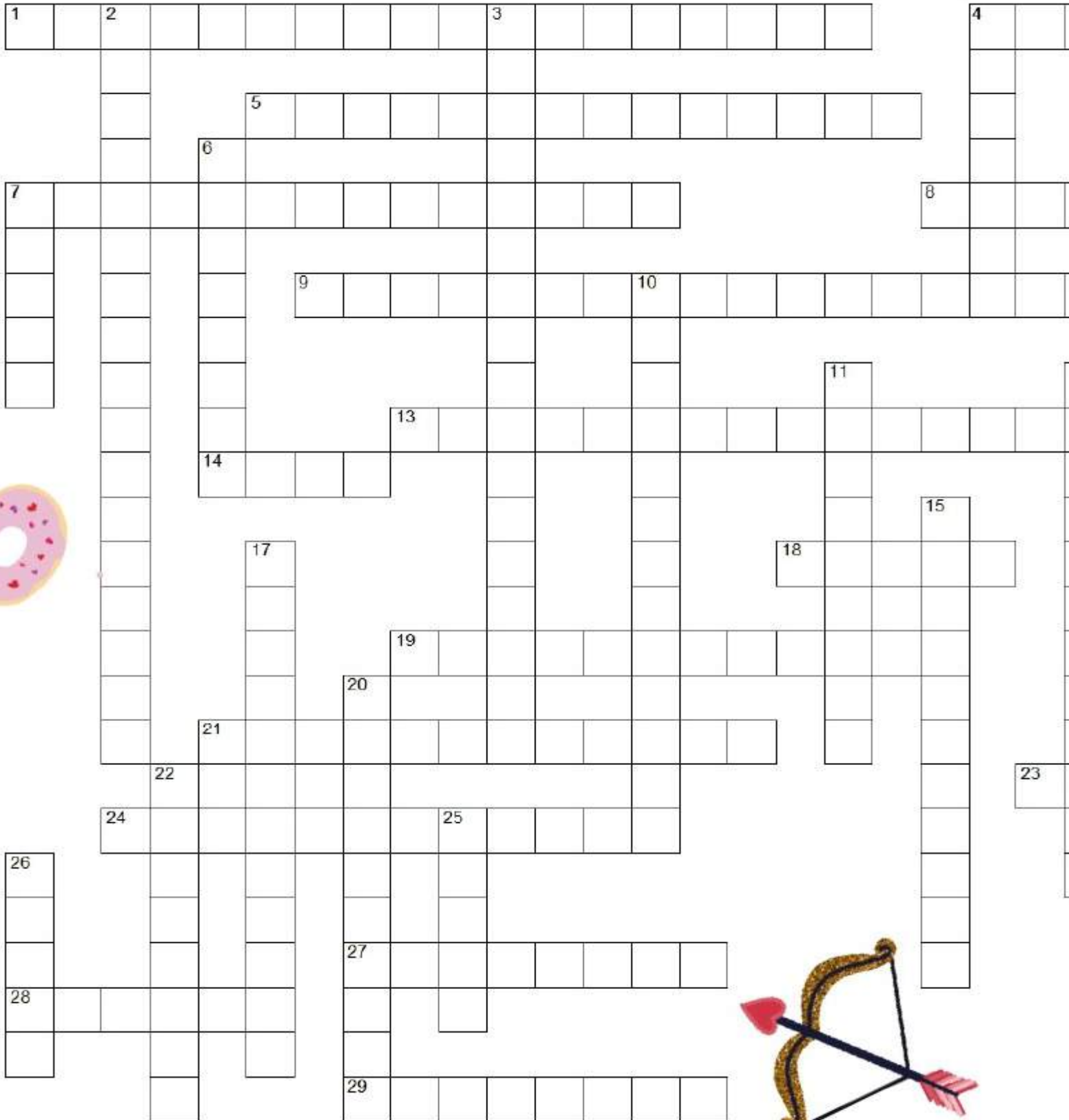


Name: _____

Date: _____



FEBRUARY



Across

1. February 17th, celebrating the adoption of the first electric streetcar
19. February celestial event known for its red hue
21. February 2nd tradition
2. February 26th, recognizing the role of fairies in literature and

Do

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	
<p>Roast/w Mango</p> <p>White Rice</p> <p>Shredded Cabbage</p> <p>Bread/Milk/Fruit</p>	<p>Chickpeas</p> <p>Rasta Pasta</p> <p>Garden Salad/ Vegetables</p> <p>Bread/Milk/Fruit</p>	<p>Blackeye Peas/w Curry</p> <p>Mashed Potatoes</p> <p>Steamed Broccoli</p> <p>Bread/Milk/Fruit</p>	<p>Beef Salisbury Steak</p> <p>Garlic Mashed Potatoes</p> <p>California Blend Veg.</p> <p>Bread/Milk/Fruit</p>	<p>Spanish Chicken</p> <p>Yellow Rice</p> <p>Steamed Green Beans</p> <p>Bread/Milk/Fruit</p>
9	10	11	12	
<p>Spare Ribs</p> <p>Mashed Potatoes</p> <p>Shredded Collard Greens</p> <p>Bread/Milk/Fruit</p>	<p>Chili-Spiced Pinto Beans Ragout</p> <p>Brown Rice</p> <p>Caesar Salad</p> <p>Bread/Milk/ Fruit</p>	<p>Jumbo Stuffed Shells</p> <p>with Meat Sauce</p> <p>Vegetable Mix</p> <p>Bread / Milk / Fruit</p>	<p>Beef Stew</p> <p>Garlic Mashed Potatoes</p> <p>Steamed Carrots</p> <p>Bread/Milk/Fruit</p>	<p>Fish /w Tomatoes & Herbs</p> <p>Rice and Red Beans</p> <p>Sauteed Spinach</p> <p>Bread/Milk/Fruit</p>
16	17	18	19	
<p>CLOSED</p> <p>HOLIDAY</p> <p>PRESIDENT'S DAY</p>	<p>Three Bean and Spinach Stew</p> <p>Brown Rice /w Black Bean</p> <p>Caesar Salad</p> <p>Bread/Milk/ Fruit</p>	<p>No Cheese Spring Vegetable Lasagna</p> <p>Sauteed Green Beans</p> <p>With Onions</p> <p>Bread / Milk /Fruit</p>	<p>Basic Shepherd's Pie</p> <p>Italian Blend</p> <p>Vegetables</p> <p>Bread/Milk/Fruit</p>	<p>Caesar Salad/w</p> <p>Grilled Chicken</p> <p>Basic Pasta Salad</p> <p>Cabbage Carrot Slaw</p> <p>Bread / Milk /Fruit</p>
23	24	25	26	
<p>Hamburger</p> <p>Shredded Red Potato</p> <p>Shredded Cabbage</p> <p>Bread/Milk/ Fruit</p>	<p>Mexican Style Brown</p> <p>Rice/w Pigeon Peas</p> <p>California Blend Veg.</p> <p>Bread/Milk/ Fruit</p>	<p>Fish/w Mushroom</p> <p>Pasta</p> <p>Baby Carrots & Parsley</p> <p>Bread / Milk / Fruit</p>	<p>Roast Beef</p> <p>Mashed Potatoes</p> <p>Garden Salad</p> <p>Bread/Milk/Fruit</p>	<p>Chicken Legs/w Stewed</p> <p>Rice and Pigeon Peas</p> <p>Normandy Blend</p> <p>Bread / Milk /Fruit</p>



Best Life OAC -Activities February Calendar

(929) - (268-3326)

Monday:

9:00-10:00 Leisure Games

10:00 – 11:00 Sewing

11:00 – 12:00 Line Dancing

12:00 – 1:00 Lunch

1:15-2:15 Self Defense

2:00-3:00 Bingo

Tuesday:

9:00 – 10:00 Trivia

10:00 – 11:00 Sewing

11:00 -12:00 Chair Fitness

12:00-1:00 Lunch

1:00 – 2: 00 Sharpening of the Mind



Wednesday

9:00 10:00 Trivia w/Corraine

10:00 – 11:00 Sewing

11:00- 12:00 Chair Fitness

12:00 – 1:00 Lunch

1:30 -2:30 Joy of Painting

Thursday

9:00-10:00 Leisure Games

10:00-11:30 Drama Class

12:00 – 1:00 Lunch

1:00-2:00 Line Dancing



Friday:

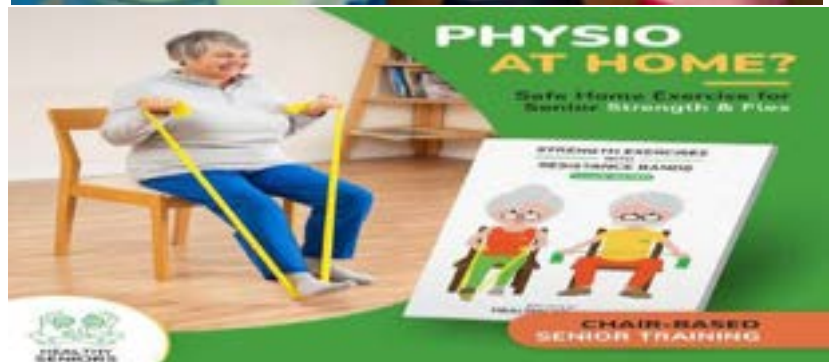
9:00 – 10:00 Poetry

10:00 -11:00 Crochet

11:00-12:00 Line Dancing

12:00-1:00 Lunch

1:30 -2:30 Chair Fitness



The Seniors have Created an Advisory Board they will have lots of events in the future, with the blessing of CCBQ OAC Best Life

Officers:

President : Denise Powell

Vice President: Kathy Gilmore

Secretary: Stephanie Melton

Treasurers: Joan Broome & Allyson Moore

Members:

1. Marie Alexandre
2. Barbara Carby
3. Diane Nesbitt
4. Elizabeth Omijuanfo
5. Carmen Wheatley
6. Robert Witherspoon

If you or your loved one needs a home delivery meals, home care or friendly visiting, please talk to our Case Manager, Barbara Rozario or call our Catholic Charities South West Queens Senior Service directly at 718-217-0126.



DID YOU KNOW?

VERIZON NEW YORK EQUIPMENT PROGRAM



If an individual is receiving benefits from the state (SNAP benefits, Medicaid, etc.) they are eligible for one free phone every five years. This phone could be an amplified phone, large button phone, or a cordless phone.

Phone: 1-888-774-4678