

September/Septiembre 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 THROUGH FRIDAY 8:30AM TO 4:30PM

## A MESSAGE FROM STAFF/UN MENSAJE DE PERSONAL

The weather is getting cooler and autumn is soon making its way. Please pay attention to our activities calendar for all of our upcoming activities and to any changes.

With love,

The Staff of Woodhaven-Richmond Hill Older Adult Center

El tiempo se está volviendo más fresco y el otoño pronto llega. Preste atención a nuestro calendario de actividades para todas nuestras próximas actividades y cualquier cambio. ¡Espero verlos a todos!

Con amor,

El personal del Centro para Adultos Mayores Woodhaven-Richmond Hill



FUNDED BY NYC AGING



**SEPTEMBER BIRTHDAYS/  
CUMPLEAÑOS EN SEPTIEMBRE**

**OLGA ACEVEDO**

**MERCEDES MARRASQUIN**

**MARTHA SIGUENZA**

**CESAR CORDOVA**

**LUZ MARINA SATIZABEL**

**EDWARD MANZONI**

**RAGHU SHERPA**

**ANGEL SANCHEZ**

**MIRIAM FERNANDEZ**

**PAMELA NOEL**

**LAURA RODRIGUEZ**



# September

## CCNS Woodhaven-Richmond Hill Older Adult Center

# 2023

\*All Activities are Subject to Change

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	2
3	<b>CENTER IS CLOSED</b>	10am- Chair Exercise 11am- Bingo 12:45pm- Yoga	10am- Fall Prevention Presentation 11am- Bingo 12:45pm- Belly Dancing	10am- Zumba 11am- Bingo 12:45pm- <b>Yoga</b>	10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	8
10	10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Stretching & Balancing	10am- Chair Exercise 11am- Bingo 12:45pm- Yoga	10am- SPS Nurse Presentation 11am- Bingo 12:45pm- Belly Dancing	10am- Zumba 11am- Bingo 12:45pm- Arts and Craft	10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	15
17	10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- ESL Class	10am- Chair Exercise 11am- Bingo 12:45pm- Yoga	10am- SPS Nurse Presentation 11am- Bingo 12:45pm- Belly Dancing	10am- Zumba 11am- Bingo 12:45pm- Arts and Craft	10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	22
24	10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- ESL Class	10am- Chair Exercise 11am- Bingo 12:45pm- Yoga	10am- SPS Nurse Presentation 11am- Bingo 12:45pm- Belly Dancing	10am- Zumba 11am- Bingo 12:45pm- Arts and Craft w/ Tessie	10am- SAIL Class by Madhavi 11am- Bingo 1:00pm- Monthly Birthday Party	29
						30

# Septiembre

## CCNS Woodhaven-Richmond Hill Older Adult Center

# 2023

\*Todas las actividades están sujetas a cambios.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	2
3 <b>EL CENTRO ESTÁ CERRADO</b>	4 10am- Ejercicio en silla 11am- Bingo 12:45pm- Yoga	5 10am- Presentación Sobre Prevención de Caídas 11am- Bingo 12:45pm- Danza del Vientre	6 10am- Zumba 11am- Bingo 12:45pm- <b>Yoga</b>	7 10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	8	9
10 10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Estiramiento y Equilibrio	11 10am- Ejercicio en silla 11am- Bingo 12:45pm- Yoga	12 10am- Presentación de la Enfermera 11am- Bingo 12:45pm- Danza del Vientre	13 10am- Zumba 11am- Bingo 12:45pm- Artes y Manualidades	14 10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	15	16
17 10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Clase de ESL	18 10am- Ejercicio en silla 11am- Bingo 12:45pm- Yoga	19 10am- Presentación de la Enfermera 11am- Bingo 12:45pm- Danza del Vientre	20 10am- Zumba 11am- Bingo 12:45pm- Artes y Manualidades	21 10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Karaoke	22	23
24 10am- SAIL Class by Madhavi 11am- Bingo 12:45pm- Clase de ESL	25 10am- Ejercicio en silla 11am- Bingo 12:45pm- Yoga	26 10am- Presentación de la Enfermera 11am- Bingo 12:45pm- Danza del Vientre	27 10am- Zumba 11am- Bingo 12:45pm- Artes y Manualidades con Tessie	28 10am- SAIL Class by Madhavi 11am- Bingo 1:00pm- Monthly Birthday Party	29	30

**MENU September 2023 (SUBJECT TO CHANGE)**

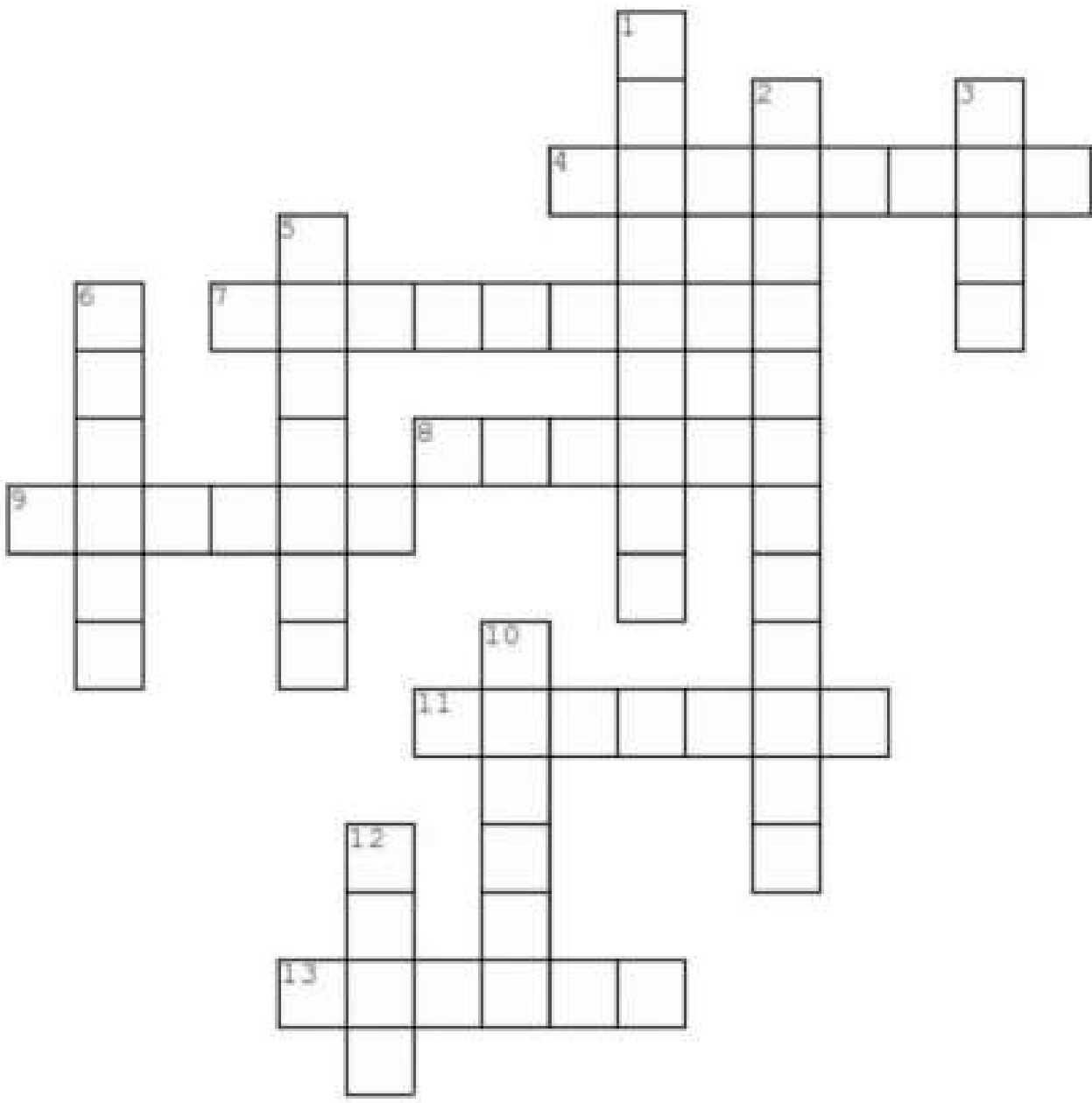
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1 Lemon Pepper Fish Multigrain Bread Yellow Rice Zucchini with Onions and Peppers * Grapes 1% Low Fat Milk	2
3	4 <b>EL CENTRO ESTÁ CERRADO</b>	5 Oven Fried Chicken Wings Multigrain Bread Potato Salad Sautéed String Beans * Canned Sliced Peaches * 1% Low Fat Milk	6 BBQ Pulled Pork Baked Macaroni and Cheese Cornbread Collard Greens with Tomato * Cantaloupe 1% Low Fat Milk	7 BBQ Chicken Potato Salad Baked Beans Garden Salad Cornbread Apple 1% Low Fat Milk	8 Baked Fish with Lemon Garlic Butter Sauce Multigrain Bread Perfect White Rice Sautéed Zucchini * Orange 1% Low Fat Milk	9
10	11 Three Bean Chili with Cheddar Cheese Cornbread Creamed Spinach * Apple 1% Low Fat Milk	12 Beef Meatballs in Tomato Sauce Multigrain Bread Spaghetti (1/2 cup) Normandy Blend * Grapes 1% Low Fat Milk	13 Pork Spare Ribs Apple Sweet Potatoes Multigrain Bread Braised Collard Greens * Orange 1% Low Fat Milk	14 Chicken Parmesan with Sautéed Onions and Garlic Multigrain Bread Pasta (1/2 cup) Italian Cut Green Beans * Honeydew 1% Low Fat Milk	15 Baked Salmon with Cilantro Citrus Sauce Cilantro Lime Rice Multigrain Bread Roasted Broccoli * Canned Pineapple * 1% Low Fat Milk	16
17	18 Ginger Sesame Vegan Meatballs Chinese Style Spaghetti Multigrain Bread Sautéed Bok Choy with Garlic * Grapes 1% Low Fat Milk	19 Pencil (Roasted Pork Shoulder) Coconut Rice and Pigeon Peas California Blend Vegetables * Mango * 1% Low Fat Milk	20 Beef and Cheese Lasagna Multigrain Bread Sautéed Zucchini * Apple 1% Low Fat Milk	21 Baked Asian Style Honey Chicken Multigrain Bread Perfect White Rice Steamed Broccoli * Orange 1% Low Fat Milk	22 Parmesan Baked Fish Multigrain Bread Capri Blend Vegetables * Glazed Sweet Potatoes Watermelon 1% Low Fat Milk	23
24	25 Black Bean and Sweet Potato Chili Multigrain Bread Perfect White Rice Capri Blend Vegetables Cantaloupe 1% Low Fat Milk	26 Lemon Chicken Multigrain Bread Homemade Mashed Potatoes Sautéed Spinach * Honeydew 1% Low Fat Milk	27 Bistec Encebollao (Puerto Rican Steak and Onions) Multigrain Bread Yellow Rice and Pigeon Peas Baby Carrots and Parsley * Canned Pineapple * 1% Low Fat Milk	28 Baked Breaded Pork Chops Multigrain Bread Apple Sweet Potatoes Braised Collard Greens * Applesauce * 1% Low Fat Milk	29 Asian Style White Fish with Cilantro Multigrain Bread Perfect White Rice Sautéed Bok Choy with Garlic * Grapes 1% Low Fat Milk	30

**MENÚ Septiembre 2023 (SUJETO A CAMBIOS)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
3	4	5	6	7	8	9
	<b>EL CENTRO ESTÁ CERRADO</b>	Ajititas de Pollo Fritas al Horno Pan Multigrano Puré de Patatas Judías Verdes Salteadas Durrznos en rodajas enlatados * 1% Leche Baja en Grasa	Barbacoa de Puerco Macarrones y Queso al Horno Pan de Maiz Col Rizada con Tomate Cantalupo 1% Leche Baja en Grasa	Pollo Barbacoa Ensalada de Papas Frijoles Horneados Ensalada de Verduras Pan de Maiz Manzana 1% Leche Baja en Grasa	Pescado Al Horno Con Salsa De Mantequilla De Ajo Y Limón Pan multigrano Arroz Blanco Perfecto Salteado de calabacin Naranja 1% Leche Baja en Grasa	
10	11	12	13	14	15	16
Chile De Tres Frijoles Con Queso Cheddar Pan de Maiz Crema de Espinacas Manzana 1% Leche Baja en Grasa	Albóndigas De Carne En Salsa De Tomate Pan multigrano Espaguets (1/2 taza) Mezcla Normandía Uvas 1% Leche Baja en Grasa	Costillas De Cerdo Batatas De Manzana Pan multigrano Coles Estofadas Naranja 1% Leche Baja en Grasa	Pollo Parmesano Con Cebolla Salteada Y Ajo Pan multigrano Pasta (1/2 taza) Judías Verdes Cortadas Italianas Gotas de miel 1% Leche Baja en Grasa	Salmon Al Horno Con Salsa De Cilantro Y Cítricos Arroz con cilantro y lima Pan multigrano Brócoli Asado Piña enlatada 1% Leche Baja en Grasa		
17	18	19	20	21	22	23
Albóndigas Veganas con Jengibre y Sesamo Espaguets al Estilo Chino Pan Multigrano Bok Choy Salteado con Ajo Uvas 1% Leche Baja en Grasa	Pernil Arroz con coco y gandules Verduras Mezcladas de California * Mango * 1% Leche Baja en Grasa	Lesaña de Carne y Queso Pan Multigrano Salteado de Calabacin * Manzana 1% Leche Baja en Grasa	Pollo Al Horno Con Miel Al Estilo Asiático Pan Multigrano Arroz Blanco Perfecto Brócoli Cocido al Vapor Naranja 1% Leche Baja en Grasa	Pescado Al Horno Con Parmesano Pan multigrano Verduras Mezcla Capri * Batatas Glaseadas Sandía 1% Leche Baja en Grasa		
24	25	26	27	28	29	30
Chile de Frijoles Negros y Camote Pan Multigrano Arroz Blanco Perfecto Mezcla de verduras Capri Cantalupo 1% Leche Baja en Grasa	Pollo al Limón Pan multigrano Puré De Patatas Casero Espinacas salteadas * Gotas de miel 1% Leche Baja en Grasa	Bistec Encebollado Pan multigrano Arroz amarillo y gandules Zanahorias Baby y Perejil * Piña enlatada * 1% Leche Baja en Grasa	Chuletas De Cerdo Empanizadas Al Horno Pan multigrano Batatas De Manzana Coles estofadas * Puré de manzana * 1% Leche Baja en Grasa	Pescado Blanco Estilo Asiático con Cilantro Pan multigrano Arroz Blanco Perfecto Bok Choy salteado con ajo * Uvas 1% Leche Baja en Grasa		



# Fall Crossword



## Across

- 4. Jewish Holiday, Rosh \_\_\_\_\_
- 7. Scary Holiday
- 8. Fall from oak trees
- 9. Change colors
- 11. For carving and pie
- 13. Color

## Down

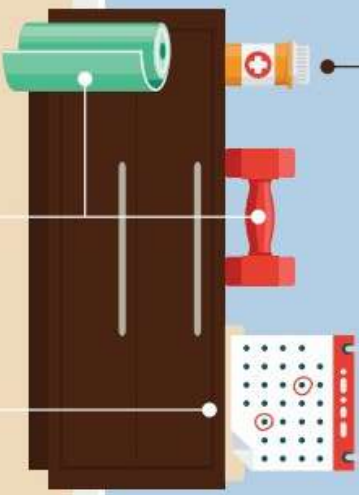
- 1. Used to frighten birds
- 2. Feast Holiday
- 3. Tool to clean the grass of leaves
- 5. Marks the end of the growing season
- 6. Squirrel
- 10. Another name for Fall
- 12. Grows on stalks



# Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.

Talk with your health care provider about medication side effects



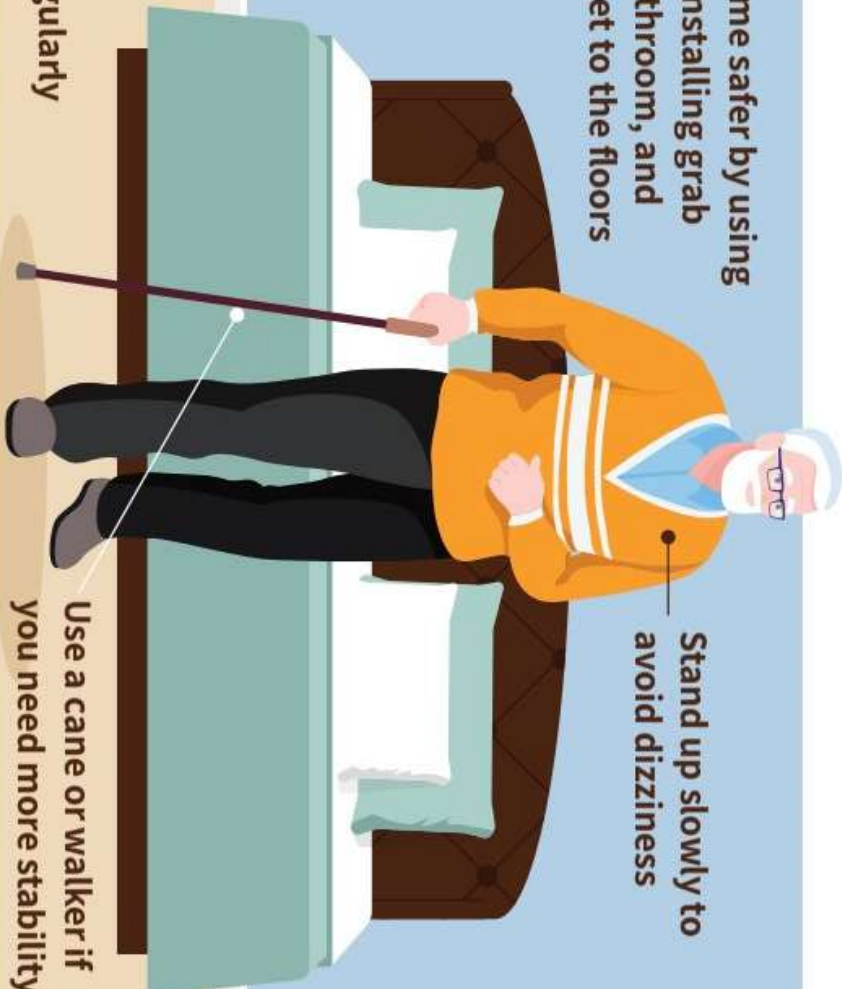
Do strength and balance exercises

Get your vision and hearing checked regularly

Make your home safer by using night lights, installing grab bars in the bathroom, and securing carpet to the floors



Stand up slowly to avoid dizziness



Use a cane or walker if you need more stability

Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).



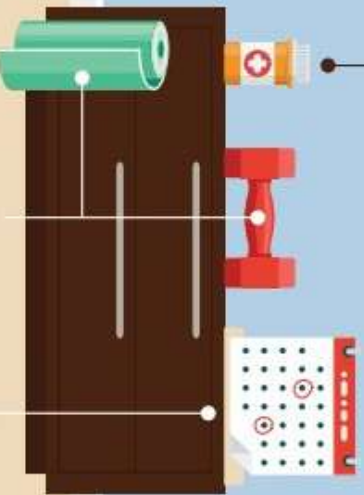
FUNDED BY NYC AGING



# Seis sugerencias para ayudar a prevenir caídas

Más de una en cuatro personas de 65 años o mayores sufren caídas cada año, pero muchas de estas caídas se pueden prevenir.

Hable con su proveedor de atención médica sobre los efectos secundarios de sus medicamentos



Realice ejercicios para mejorar su equilibrio y fuerza

Haga su casa más segura: use luces de noche, instale barras en el baño y asegure las alfombras al piso



Chequee seguido su vista y audición



Levántense despacio para no marearse

Use un bastón o un andador si necesita ayuda con su equilibrio

Aprenda más sobre prevención de caídas y fracturas en

[www.nia.nih.gov/espanol/prevenca-caidas-fracturas](http://www.nia.nih.gov/espanol/prevenca-caidas-fracturas).



National Institute  
on Aging

# HAPPY BIRTHDAY!

## August Birthday Party Fiesta de Cumpleaños de Agosto



FUNDED BY NYC AGING

# What's Happening at the Center?

## Ecuador Independence Day Dia de Independencia de Ecuador



FUNDED BY NYC AGING

# What's Happening at the Center?

Trinidad & Tobago Independence Day

Dia de Independencia de Trinidad & Tobago



# What's Happening at the Center?

Saying Goodbye to our Wonderful

SYEP Workers

Diciendo Adiós a Nuestros Maravillosos

Trabajadores de SYEP



# WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

89-02 91st Street  
Woodhaven, NY 11421

Phone: (718) 847-9200  
Open Monday-Friday 8:30am-4:30pm

## SENIOR CENTER STAFF

Annie Liu ..... Director of Operations  
Vacant ..... Program Manager  
Karina Munoz ..... Case Manager  
Loreta Mendoza ..... Administrative  
Assistant  
Tessie Arce ..... Transportation  
Coordinator  
Vacant ..... Maintenance  
Rebecca Garcia ..... Driver  
Vacant ..... Driver

## ADVISORY COMMITTEE

Fenadis Guardo ..... President  
Federico Velasquez ..... Vice President  
Carmen Beato ..... Secretary  
Olga Acevedo ..... Treasurer  
JoAnn Bartos ..... Advisory  
Vacant Fire Guard

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**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!**

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We welcome seniors ages 60 and up. The Center is  
wheelchair accessible.

Dmos 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

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### *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 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.

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### *Caridades Católicas Brooklyn Y Queens | Nuestra Mision*

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

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FALL PREVENTION &  
SAFETY

*Presented By:*

**MediSys** *Health Network*





# *INDEPENDENCE DAYS*

## **ZUMBA WITH ELAINE**



*Sept. 7TH  
10AM*



*Sept. 14TH  
10AM*



*Sept. 21st  
10AM*

*SATIL Class*

**WITH  
MADHAVI**

*Every Monday and Friday  
@ 10:00am*



FUNDED BY NYC AGING



## Southwest Queens Senior Services

is funded by the New York City Department  
for the Aging

### Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

The program is sponsored by  
**Catholic Charities Neighborhood Services**  
Affiliate of Catholic Charities  
**Brooklyn and Queens**

Accredited by the Council on Accreditation  
for Children and Family Services

Catholic Charities Southwest Queens Senior Services can help.

Our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

**Call today for a free consultation.**  
**718-217-0126**

Serving Homebound Older  
Adults in Southwest Queens



## Southwest Queens Senior Services

183-16 Jamaica Avenue  
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

## Who is eligible to receive services?

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

## We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens



## What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

## What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support

**We care! You are not alone!**

*Program funded by the New York City  
Department for the Aging*