



SEPTEMBER 2023

CATHOLIC CHARITIES NEIGH-
BORHOOD SERVICES
**OZONE PARK SENIOR
OLDER ADULTCENTER**

Funded by NYC Department for the Aging

H I G H L I G H T S

Message from Sabrina to Ozone Park members

Can you believe it is September already. With this new season we will be having a Carnival Parade Party. At this Party you will represent the country you are from. You can bring a flag or where the colors of your flag. Please look at the Upcoming Events page to see when this party will be. We also will be closed on September 4th for Labor Day. Remember to look at the upcoming event page in the newsletter to see what's new. Please come out and socialize with us. Looking forward to seeing everyone.

IMPORTANT DATES:

- **9/4 Labor Day**
- **9/10 Grandparents Day**
- **9/11 Patriots Day**
- **9/15 Rosh Hashana Begins**
- **9/23 Autumn Begins**
- **9/24 Yom Kipper Starts**
- **National Preparedness Month**



Name: _____

Date: _____

FALL

Word Search



ACORN
APPLE
AUTUMN
CHESTNUTS
CHILLY
CIDER
COBWEB
FALL
FOOTBALL
GOURD
HALLOWEEN

HARVEST
HAY BALE
HAYRIDE
LEAVES
MAIZE
NOVEMBER
NUTS
OCTOBER
PUMPKIN
QUILT
RAKE

SCARECROW
SEPTEMBER
SLEET
THANKSGIVING

DIRECTIONS:
Find and circle the
vocabulary words in
the grid. Look for
them in all directions
including backwards
and diagonally.

Upcoming Events

PRESENTATION:

September 8- Active Shooter (11am)

September 22– Nutrition Presentation (11am) Neron Francis

SPECIAL EVENT:

September 1– Arts & Crafts (11am) Oaks Street Health)

September 12 –Carnival Parade Party (Bring your countries flag or wear your countries flag colors) 1pm-3pm-(60 people)-Must be on the list –there will be a 50/50 raffle– and Appetizers

September 15- Sip & Paint Arts & Craft(11am –12pm)

September 21-Monthly Breakfast (9am to 10am) (45 people) -Must be on the list

September 26- Ice Cream Social (1:10 pm—2pm)

CENTER CLOSED FOR LABOR DAY(9-4-2023)

Funded by NYC Department for the Aging

MENU SEPTWMBER 2023 (MENU SUBJECT TO CHANGE) All meals come with bread and milk

Monday	Tuesday	Wednesday	Thursday	Friday
Funded by NYC AGING				1 Lemon Pepper Fish Yellow Rice Zucchini w/Onions & peppers Grapes
4 LABOR DAY (CLOSED)	5 Oven Fried Chicken Wings Potato Salad Sautéed String Beans Sliced Peaches	6 Black Bean Burger Baked Red Potato Wedges Steamed Broccoli Fruit Cocktail	7 Labor Day Lunch BBQ Chicken Baked Beans Potato Salad Garden Salad Cornbread Pineapple Italian Ice	8 Baked Fish w/Lemon Garlic Butter sauce White Rice Sautéed Zucchini Orange
11 Three Bean Chili w/Cheddar Cheese Cornbread Creamed Spinach Apple	12 Beef Meatballs w/tomato sauce Spaghetti Normandy Blend Veg. Grapes	13 Pork Spare Ribs Apple Sweet Potatoes Braised Collard Greens Orange	14 Chicken Parm. w/sautéed onions & Garlic Pasta Italian blend Veg. Honeydew	15 Baked Salmon w/cilantro citrus sauce Cilantro Lime Rice Roasted Broccoli Pineapples
18 Ginger Sesame Vegan Meatballs Chinese Style Spaghetti Sautéed Bok Choy w/garlic Grapes	19 Pernil (Roast Pork) Coconut Rice & Pigeon Peas California Blend Veg. Mango	20 Beef & Cheese Lasagna Sautéed Zucchini Apple	21 Baked Asian Honey Chicken White Rice Steamed Broccoli Orange	22 Parmesan Baked Fish Glazed Sweet Potatoes Capri Blend Veg. Watermelon
25 Black Bean & Sweet Potato Chili White Rice Capri Blend Vegetable Cantaloupe	26 Lemon Chicken Mashed Potatoes Sautéed Spinach Honeydew	27 Bistec Encaballo (Steak & onions) Yellow Rice & Pigeon Peas Baby Carrots & Parsley Pineapple	28 Baked Breaded Pork Chops Apple Sweet Potatoes Braised Collard Greens Apple Sauce	29 Asian Fish W/Cilantro White Rice Sautéed Bok Choy w/garlic Grapes

Fall Word Sudoku



Write the word 'leaf' so that each letter appears in a row, column and square only once.



	l		a
		e	
l			f
	a		e





DID YOU KNOW?

What is the SCRIE program?
Helps eligible senior citizens 62 and older stay in affordable housing by freezing their rent. For more information or to apply please speak with the Case Manager



Sha-Mecca Hawkins

ADULT COLORING



Labor Day

word search

Words may be horizontal, vertical
and diagonal.

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

WEEKEND
COMMUNITY
AMERICAN
OFFICE

LABOR
SEPTEMBER
TRAVEL
WORK

BARBECUE
DAY
PROFESSION
MONDAY

EMPLOYMENT
HOLIDAY
BREAK
PARTY

SEPTEMBER 2022 MONTHLY ACTIVITIES

Monday	Tuesday	Wednesday	Thursday	Friday
FUNDED BY NYC AGING				1) 9am-Culture Group 9:30-Crochet 10-Zumba/exercise 11-Arts & Crafts 1- Bingo
4) CLOSED FOR LA- BOR DAY	5) 9- Leisure: Card Playing- 9:30-Healthy Topic- 10-Chair Yoga 11-SAIL 1-2-Karaoke	6) 9-Art History- 9:30-Crochet- 10-Bingo- 1-pm Karaoke-	7) 9:30 Healthy Recipes 10- Thai Chi 11-SAIL 12-1pm-Labor Day Lunch 1- Leisure: Card Playing	8) 9am-Culture Group 9:30 am – Crochet 10:00am-Zumba/exercise 11am- Presentation 1pm- Bingo
11) 9am – Smart De- vice 9:30-Trivia- 10-Bingo	12) 9- Leisure: Card Playing- 9:30-Healthy Topic- 10-Chair Yoga 11-SAIL 1-3- Carnival Parade Par- ty	13) 9-Art History- 9:30-Crochet- 10-Bingo- 11-Presentation 1-pm Karaoke-	14) 9- Healthy Recipes 10- Thai Chi 11-SAIL 1- Leisure: Card Playing	15) 9am-Culture Group 9:30 am – Crochet 10:00am-Zumba/exercise 11am- Sip & Paint 1pm- Bingo
18) 9am – Smart De- vice 9:30-Trivia- 10-Bingo	19) 9- Leisure: Card Playing- 9:30-Healthy Topic- 10-Chair Yoga 11-SAIL 1-2-Karaoke	20) 9-Art History- 9:30-Crochet- 10-Bingo- 1-pm Karaoke-	21) 9- Breakfast 9- Healthy Recipes 10- Thai Chi 11-SAIL 12:30- Trip: Trader Joes	22) 9am-Culture Group 9:30 am – Crochet 10:00am-Zumba/exercise 11am- Presentation 1pm- Bingo
25) 9am – Smart De- vice 9:30-Trivia- 10-Bingo	26) 9- Leisure: Card Playing- 9:30-Healthy Topic- 10-Chair Yoga 11-SAIL 1-2-Karaoke 1:15-Ice Cream Social	27) 9-Art History- 9:30-Crochet- 10-Bingo- 1-pm Karaoke-	28) 9- Healthy Recipes 10- Thai Chi 11-SAIL 1- Leisure: Card Playing	29) 9am-Culture Group 9:30 am – Crochet 10:00am-Zumba/exercise 1pm- Bingo

RECIPE CORNER-Perfect Deviled Eggs

INGREDIENTS: Prep:10min/Cook:5 min/
Additional time: 45mins Total Time:1 hr



- 8 eggs
- 1 drop hot pepper sauce, or to taste
- $\frac{1}{3}$ cup mayonnaise
- salt and pepper to taste
- 2 tablespoons Worcestershire sauce
- 1 teaspoon dried parsley flakes
- 2 tablespoons cream-style horseradish sauce
- To garnish
- 1 teaspoon paprika, for garnish

DIRECTIONS:

1. Place eggs into a saucepan in a single layer and cover with water by 1 inch. Cover the saucepan and bring to a boil. Remove from the heat and let eggs stand in hot water for 15 minutes. Drain and cool under cold running water in the sink.
2. Peel cool eggs and cut in half lengthwise. Place yolks into a mixing bowl and set whites aside. Mash yolks with a fork until smooth; stir in mayonnaise, Worcestershire sauce, horseradish, hot sauce, salt, and pepper. Spoon yolk mixture into a heavy plastic bag; snip a corner off the bag to create a 1/2-inch opening. Pipe yolk mixture into egg white halves. Chill for at least 30 minutes before serving. Sprinkle with parsley and paprika to garnish.



Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.



12/09/20

www.cdc.gov/coronavirus/vaccines



national **PREPAREDNESS** SEPTEMBER • MONTH



12 WAYS TO PREPARE



Sign up
for Alerts
and Warnings



Make a Plan



Save for a
Rainy Day



Practice
Emergency
Drills



Test Family
Communication
Plan



Safeguard
Documents



Plan with
Neighbors



Make Your
Home
Safer



Know
Evacuation
Routes



Assemble or
Update
Supplies



Get Involved in
Your Community



Document and
Insure Property

Happy
Grandparents
Day

nationaldaytime.com

—Happy—
L**A****B****O****R**
day 2023

103-02 101st Avenue
Ozone Park, NY 11416

Phone: (718) 847-2100 Fax: (718) 847-2166
Open Monday—Friday 8am—4pm

SENIOR CENTER STAFF

Sabrina Marson.....Program Manager
ShaMecca Hawkins.....Case Manager
Skye MorrisAdministrative Assistant
Tracy Douse.....Cook
Jaime Yodice.....Assistant Cook
Argenis Cruz.....Custodian
Vacant.....Kitchen Aide



To all our members with a September birthday

From Ozone Park Staff

If you or your loved ones are interested in making a bequest to **Catholic Charities** for your senior center, please contact your Program Manager for more information. Your generous gift can ensure that we can continue to provide needed and quality services to older adults.

Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all persons by seeking to develop caring communities.