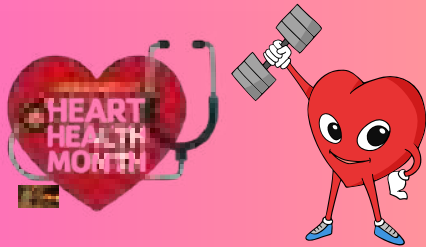


# THE SILVER NETWORK

23-11 31ST ROAD, ASTORIA NY 11106

PHONE# (718) 626-1500



## HEART HEALTH AWARENESS MONTH

Age is also a risk factor. Your risk for heart disease goes up as you age. In fact, heart disease is the leading cause of death in people 65 and older. There are lifestyle choices and changes you can make to lower your risk. When you control your risk factors, you help protect your heart. It's easy to get started. Here are a few ideas:

- Eat healthy meals.
- Add exercise to your life.
- If you smoke, quit.

Heart disease is the leading cause of death for men and women. The most common type of heart disease is coronary artery disease, which can lead to a heart attack. While some heart attacks are sudden and intense, others can start slowly with mild pain or discomfort. Often people aren't sure what's wrong and wait too long before getting help. Pay attention to any of the following warnings of a possible heart attack:

- Chest pain or discomfort;
- Pain or discomfort in the jaw, neck or back;
- Feeling weak, light-headed or faint;
- Pain in arms or shoulder;
- Shortness of breath; and
- Nausea (an extra symptom in women).

Talk with your health care provider. Ask about lifestyle, exercise and dietary changes you can make to cut your risks. Follow your doctor's advice and take your medicines as directed.

## HOLIDAYS AND HIGHLIGHTS THIS MONTH



**Black History Month**  
**Chinese New Year-February 10th**  
**Valentines Day-February 14th**

Every February, the U.S. honors the contributions and sacrifices of African Americans who have helped shape the nation. **Black History Month** celebrates the rich cultural heritage, triumphs and adversities that are an indelible part of our country's history.

**Lunar New Year (Chinese New Year)** happens this year on Saturday, February 10, 2024. This year ushers in the year of the Dragon!

Although this holiday is commonly called "Chinese New Year" in the West, China is not the only country to observe it. Lunar New Year, also known as the Spring Festival, is the most celebrated and longest of all Asian festivals and is observed by millions of people worldwide.

Many other countries in East Asia, including Vietnam, Korea, Japan, and the Philippines, hold their own New Year celebrations at this time. (Occasionally, the date celebrated may differ by one day or even one moon cycle due to time zones and other factors.)

Those born in the Year of the Dragon are believed to be ambitious, energetic, and charismatic, often inspiring others with their passion and enthusiasm. They are considered to be natural leaders, confident and unafraid to take risks, making them magnetic personalities in social and professional circles.

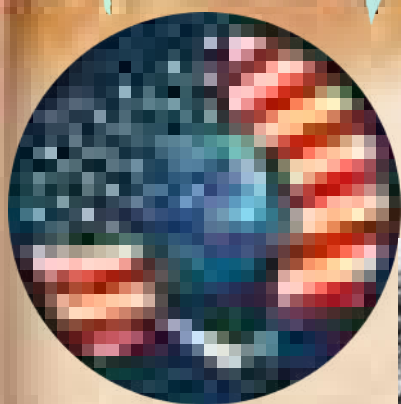
**Valentine's Day** is celebrated on February 14. It is a festival of romantic love and many people give cards, letters, flowers or presents to their spouse or partner. They may also arrange a romantic meal in a restaurant or night in a hotel. Common symbols of Valentine's Day are hearts, red roses and Cupid.

**CENTER HIGHLIGHTS!**  
**WINTER FUN & CELEBRATIONS!**  
**JANUARY BIRTHDAY PARTY**  
**& 1ST DANCE OF THE YEAR!**



**REMEMBERING MLK**

**LEGACY**



**"True peace is not merely the absence of tension; it is the presence of justice."- Dr. Martin Luther King, Jr.**

During the less than 13 years of Dr. Martin Luther King, Jr.'s leadership of the modern American Civil Rights Movement, from December 1955 until April 4, 1968, African Americans achieved more genuine progress toward racial equality in America than the previous 350 years had produced.



# New Year Party

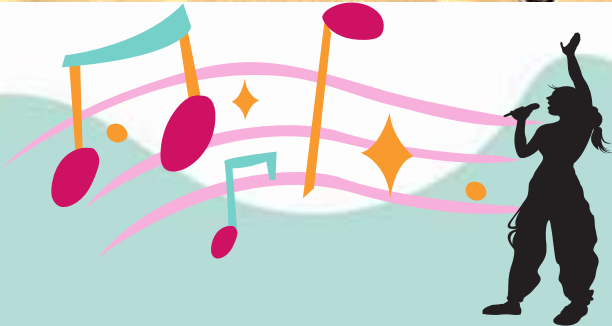


# THANK YOU SO MUCH

APPRECIATING OUR REGULAR  
VOLUNTEER HELPERS!



AND OUR  
DELLAMONICA VOCAL CHORUS!



# LET'S GET PHYSICAL KEEPIN' IT MOVING!



**Keep you energy going with great regularly scheduled exercise classes and dance parties!**

**STAY ACTIVE AND INDEPENDENT FOR LIFE (SAIL)  
WITH MADHAVI RETURNING ON FEB 20TH, 2024**



**at Peter J. Dellamonica OAC**



# Educational & Recreational Activities

Come join and improve your social skills

**TUE  
FRI**

**PAINTING**  
2:30PM

**SMARTDEVICES DISCUSSION**

*Join us in the lunch room to learn to operate smart devices, such as your phone, tables, watches, etc.*

**WED**

**10:00am**

**TUE**

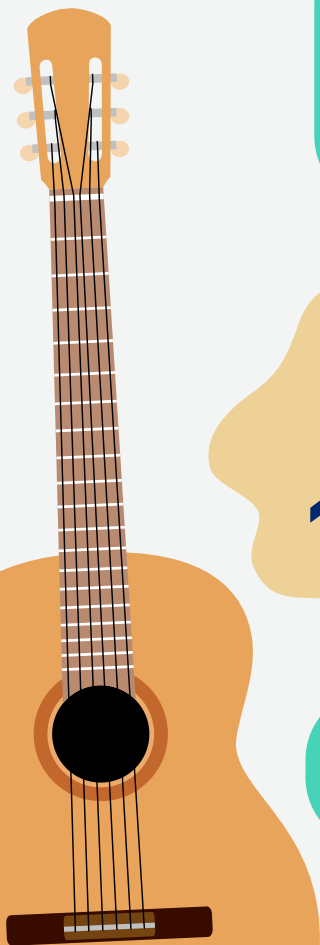
**10:00am**

**ADULT COLORING**

Coloring is a healthy way to relieve stress. It calms the brain and helps your body relax. This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.

**LEISURE GAMES**  
2:30 PM

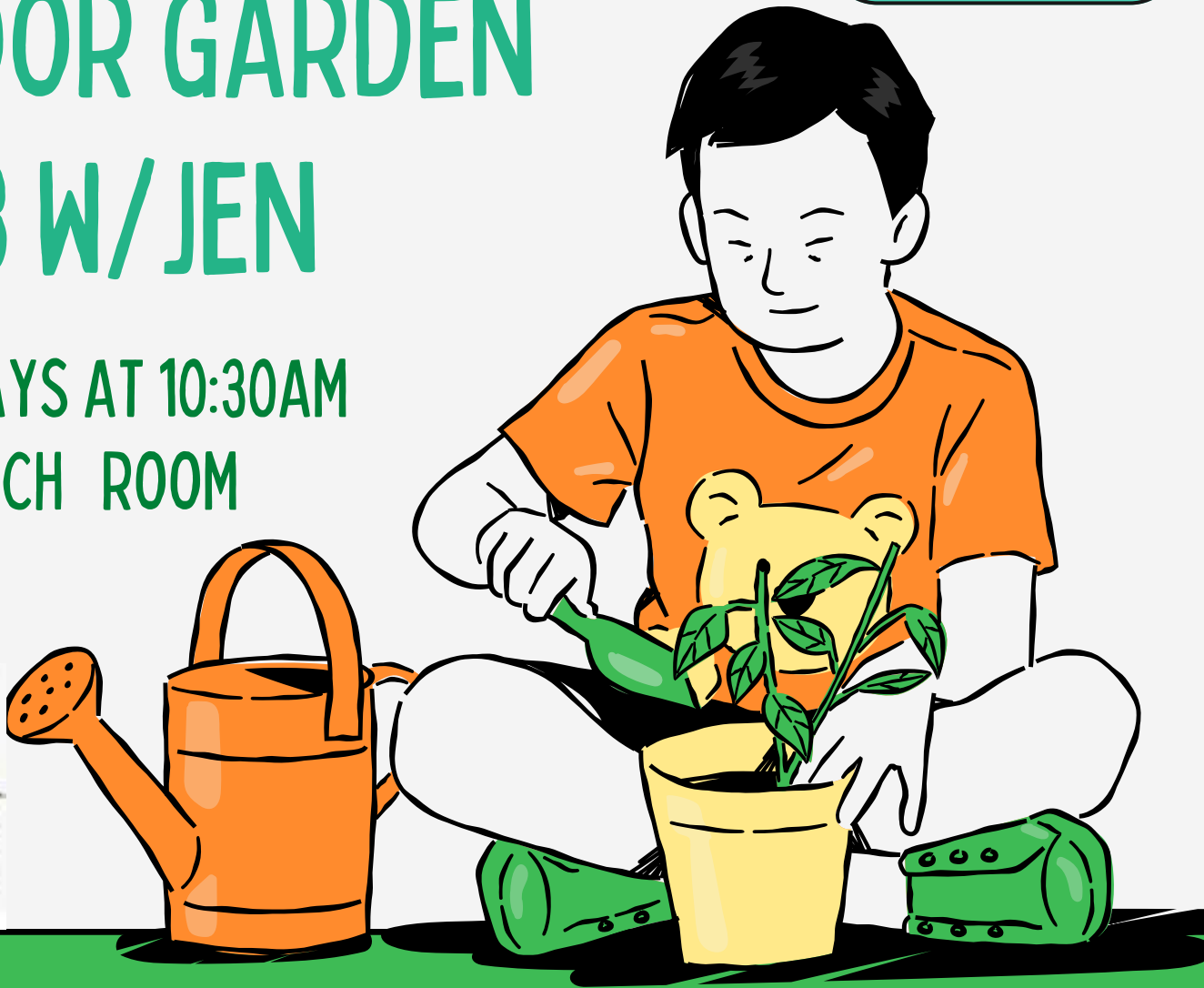
**TUE  
THU**



February 2024

# INDOOR GARDEN CLUB W/JEN

THURSDAYS AT 10:30AM  
LUNCH ROOM



01

Gardening gives you endless opportunities to learn new skills.

02

Growing your own food can help you eat healthier.

03

By gardening, you can let your creativity thrive.



# Stay Active & Independent for Life (SAIL)

a strength, balance, and fitness class for Older Adults



**SAFE SPACES  
EVERYONE**

You will be stronger,  
have better balance, &  
feel better. You will also  
meet others and make  
new friends.

***It works, It's safe, and  
It's fun!***

## TUESDAYS & THURSDAYS

10:00am-11:00am

@ ACTIVITY ROOM

**FEBRUARY 20TH  
TO MAY 9TH**

**SPACE IS  
LIMITED!**

**ON A FIRST  
COME, FIRST  
SERVE BASIS!**



CCNS PETER J. DELLAMONICA OLDER ADULT CENTER  
23-11 31ST ROAD ASTORIA NY 11106  
(718) 626-1500



FUNDED BY NYC AGING

**EVERYONE IS**  
*welcome here*



## PHYSICAL ACTIVITIES



**FEBRUARY**

**2024**

# EXERCISE SCHEDULE

*Funded by NYC Aging*

**MON  
10:30**

## LINE DANCING

Improve your coordination & balance.

## GENTLE STRETCHING

Improve your flexibility and learn to prevent injury.

**TUE  
10:00**

**WED  
10:00**

## TAI CHI

Improve balance to prevent falls. Learn to feel more relaxed, grounded, & present.

## YOGA

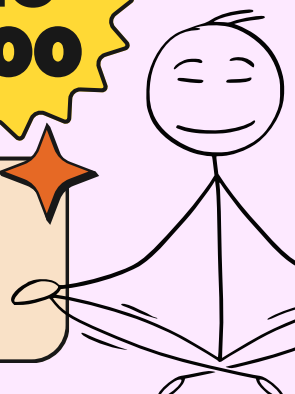
Learn to build strength, awareness, & harmony.  
Develop better coping skills & positivity.

**THU  
10:00**

**FRI  
10:30**

## ZUMBA

Increase your balance and improve your mood.



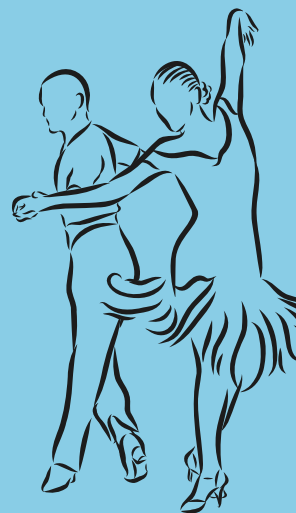
**Mondays**  
**9:30 AM**

**Activity Room**



*Ballroom*

*Dance*





## THE EMOTIONAL BENEFIT OF

# Meditation



Building skills to  
manage your stress

Increasing  
self-awareness

Increasing patience &  
tolerance

Reducing  
negative emotions

Focusing on  
the present

Increasing  
imagination & creativity



# COMPUTER LAB & INTERNET CAFE

SAFE SPACES  
for EVERYONE

Free computer and internet access to all DellaMonica members. The Computer Lab and Internet Cafe is available for drop-in use on the below days and times. You are free to walk in recharge your devices and browse the web. The room is quiet and has brand new equipment.

Mondays to Fridays  
8:00am to 4:00pm



CCNS Peter J. DellaMonica Older Adult Center  
23-11 31st Road Astoria, NY 11106  
(718) 626-1500



Funded by NYC Aging



# Virtual/Hybrid Exercise for This Month



**IN FEBRUARY**



**2024**

**MON-  
FRI**

**MORNING STRETCH**  
**10:00 AM**

↘ <https://seniorplanet.zoom.us/j/170361931>

**TUE  
&  
THU**

**CHAIR YOGA**  
**12:00 PM**

↘ <https://seniorplanet.zoom.us/j/170361931>

**MON  
&  
WED**

**EASY TO FOLLOW TAI CHI**  
**2:00 PM**

↘ <https://seniorplanet.zoom.us/j/170361931>

**TUE &  
THU**

**AFTERNOON STRETCH**  
**4:00 PM**

↘ <https://seniorplanet.zoom.us/j/170361931>

**Senior Planet**



**Funded by NYC Aging**



# Senior Planet Virtual/Hybrid Workshops with Zoom

February  
2024

## MONDAY, FEBRUARY 5TH [AT] 12:00PM

Mandarin Multilingual Technology Program:  
網路購物 (Online Shopping)

Pre-register: [ACCC@avenidas.org](mailto:ACCC@avenidas.org)

## TUESDAY, FEBRUARY 6TH [AT] 3:00PM

How to Choose a New Computer

Meeting ID: 892 2062 6958

## WEDNESDAY, FEBRUARY 7TH [AT] 12:30PM

Protecting Your Personal Info Online

Meeting ID: 892 2062 6958

## THURSDAY, FEBRUARY 8TH [AT] 2:00 PM

Mindful Meditation & Breathing

Meeting ID: 895 2422 1328

## FRIDAY, FEBRUARY 9TH [AT] 2:00 PM

Internet of Things: Healthcare

Meeting ID: 830 1691 2683

## MONDAY, FEBRUARY 12TH [AT] 11:00 AM

Smartphones at a Glance

Meeting ID: 892 2062 6958

[seniorplanet.org/classes/](https://seniorplanet.org/classes/)



You Are Invited

# Birthday Party

**FEBRUARY**

**26th at 1:00 PM**

*COME JOIN SPECIAL DAY WITH FUN  
DJ, MUSIC, PRIZES, MUCH MORE!*

# **CCNS PETER J. DELLAMONICA OLDER ADULT CENTER TRANSPORTATION**

**TRIPS  
START  
AT  
10:30AM**



**TRIPS  
ENDS  
AT  
2:30PM**

**DELLAMONICA PROVIDES TRANSPORTATION FOR  
A SUGGESTED CONTRIBUTION OF \$1.50 ONE WAY  
TO LOCAL STORES & DOCTOR'S APPOINTMENTS.**



**CALL 718-626-1500  
ASK FOR SYED TO  
SCHEDULE A RIDE**

**IF YOU NEED TO CANCEL, PLEASE CALL AT 9:00AM OF  
THE MORNING YOU WERE TO RIDE.**

**23-11 31ST ROAD ASTORIA, NY 11106**

**FUNDED NY NYC AGING**

February 4th

Closing the gap in  
cancer care

# World Cancer Day

There is always hope,  
don't give up!

"Hope is living with courage  
and confidence, not fear."



# Tips for a Healthy Heart



Stay active



Eat healthy



Avoid unhealthy habits



Check health parameters



Sleep well



Reduce stress





## 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



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1954

## Southwest Queens Senior Services

183-16 Jamaica Avenue  
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

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.

- 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



# **NEED HELP?**

## **Catholic Charities**

# **Call Center**

## **718-722-6001**



**Monday - Friday, 9AM - 6PM**

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

**A Catholic Charities Walk-In Center may also be located in your area.**

**Integrated Health & Wellness Services**  
Catholic Charities Brooklyn and Queens  
**[www.ccbq.org](http://www.ccbq.org)**

# **¿Necesitas ayuda?**

## **Catholic Charities**

### **Centro de Atención**

# **718-722-6001**



**Lunes - Viernes, 9AM - 6PM**

- Servicios de salud de comportamiento
- Coordinación de la atención
- Enseñanza preescolar y programa Head Start
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias
- Información sobre viviendas
- Servicios migratorios
- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- Información y referencias a otros servicios

Un centro de atención personal de *Catholic Charities* también se puede encontrar en su área.

**Salud Integral & Servicios de Bienestar**  
Catholic Charities Brooklyn and Queens  
[www.ccbq.org](http://www.ccbq.org)



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1899

# FOOD PANTRY

## Locations and Hours

### **Our Lady of Angels**

330 73rd Street, Brooklyn, NY 11209  
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

### **St. John the Baptist**

333 Hart Street, Brooklyn, NY 11206  
Tuesdays, 8:30 AM - 12 PM

### **Our Lady of Miracles**

757 East 86th Street, Brooklyn, NY 11236  
Saturdays, 10 AM - 11:30 AM

### **Our Lady of Solace**

2866 West 17th Street, Brooklyn, NY 11224  
Mondays, 9:30 AM - 1:30 PM

### **St. Marks**

2609 East 19th Street, Brooklyn, NY 11235  
1st and 3rd Thursday of the month, 9:30 AM - 11:30 AM

### **St. Gregory the Great**

244 Brooklyn Ave., Brooklyn, NY 11213  
Every other Wednesday, 12 PM - 1 PM

### **Our Lady of Mercy**

680 Mother Gaston Blvd., Brooklyn, NY 11212  
Mondays and Fridays, 9 AM - 11 AM

### **Church of the Holy Spirit**

1712 45th Street, Brooklyn, NY 11204  
Every other Friday, 9 AM - 11 AM

### **St. Rose of Lima**

130 Beach 84th Street, Rockaway Beach, NY 11693  
Tuesdays, 10 AM - 12 PM

### **St. Teresa**

50-20 45th Street, Woodside, NY 11377  
Tuesdays, 4 PM - 6 PM

### **BVM St. Mary-Winfield**

70-31 48th Ave., Woodside, NY 11377  
Thursdays, 9:30 AM - 12 PM

### **Our Lady of the Angelus**

63-63 98th Street, Rego Park, NY 11374  
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

### **St. Raphael**

35-20 Greenpoint Ave., Long Island City, NY 11101  
Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

### **St. Patrick**

39-38 29th Street, Long Island City, NY 11106  
3rd Saturday of every month, 10 AM - 12 PM

### **Church of the Incarnation**

89-28 207th Street, Queens Village, NY 11427  
Fridays, 12 PM - 2 PM

### **St. Benedict the Moor**

171-17 110th Ave., Jamaica, NY 11434  
2nd and 4th Tuesday of the month, 10 AM - 12 PM

### **Presentation of the Blessed Virgin Mary**

88-19 Parsons Blvd., Jamaica, NY 11432  
1st and 3rd Wednesday of every month, 5 PM - 6 PM

### **Ocean Bay**

411 Beach 54th Street, Arverne, NY 11692  
1st and 3rd Thursday of every month, 12 PM - 2 PM

### **St. Michael**

136-76 41st Ave., Flushing, NY 11355  
Tuesdays and Wednesdays, 9 AM - 11 AM

### **Our Lady of Sorrows Church**

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)  
Opens October 5, 2023, 1st Thursday of the month,  
2 PM - 5 PM

For the full list of affiliate locations, visit: [www.ccbq.org/service/food-pantry-network](http://www.ccbq.org/service/food-pantry-network)

If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit [access.nyc.gov](http://access.nyc.gov). To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit [www.ccbq.org](http://www.ccbq.org).





**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1899

# FOOD PANTRY

## Ubicaciones y Horarios

### **Our Lady of Angels**

330 73rd Street, Brooklyn, NY 11209

Miércoles, 9:30 AM - 12 PM and 1:30 PM - 3 PM

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Martes, 8:30 AM - 12 PM

### **Our Lady of Miracles**

757 East 86th Street, Brooklyn, NY 11236

Sábados, 10 AM - 11:30 AM

### **Our Lady of Solace**

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Lunes, 9:30 AM - 1:30 PM

### **St. Marks**

2609 East 19th Street, Brooklyn, NY 11235

1er y 3er Jueves del mes, 9:30 AM - 11:30 AM

### **St. Gregory the Great**

244 Brooklyn Ave., Brooklyn, NY 11213

Cada dos Miércoles, 12 PM - 1 PM

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Martes y Miércoles, 9 AM - 11 AM

### **Our Lady of Sorrows Church**

35-34 105th Street, Corona, NY 11368

(Estacionamiento de la iglesia)

Abre el 5 de octubre de 2023, 1er jueves de cada mes,  
2 PM - 5 PM

Para obtener la lista completa de ubicaciones afiliadas, visite: [www.ccbq.org/service/food-pantry-network](http://www.ccbq.org/service/food-pantry-network)



Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para mayor información y/o para presentar una solicitud, visite [access.nyc.gov](http://access.nyc.gov). Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite [www.ccbq.org](http://www.ccbq.org).



## PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, New York, 11106

Monday - Friday: 8:00 am - 4:00 pm

(718) 626-1500

*Funded by NYC Aging*

## WHAT IS SNAP?

The **Supplemental Nutrition Assistance Program** (SNAP) helps low-income individuals and families buy the food they need to stay healthy.

**Over 4 million older Americans use SNAP to buy healthy food at their local store or market.**

## HOW TO APPLY

**Make an appointment with Social Worker Patricia at 718-626-1500 x7375**



### SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING

**88%** of SNAP participants report facing challenges to a healthy diet



**61%** reported cost of healthy foods as a barrier

Get help paying for  
your groceries



### AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.



The amount you receive may depend on two things:

- Household income from all sources, including money you get from a job, Social Security, SSI, or interest
- Number of people that live in your household





If you make **\$2,260 a month or less**, you may qualify for a **Medicare Savings Program!**

Medicare Savings Programs may be used to help pay for your Medicare Part A (hospital insurance) and Part B (medical insurance) premiums, deductibles, coinsurance, and copayments.

Income eligibility limits for the Medicare Savings Programs have increased.

Connect with a **GetCoveredNYC** Specialist to see if you qualify for a Medicare Savings Program.

## MEDICARE

**MEDICARE IS A NATIONWIDE HEALTH INSURANCE PROGRAM RUN BY THE FEDERAL GOVERNMENT. YOU CAN QUALIFY FOR MEDICARE IF YOU ARE AGE 65 OR OLDER AND/OR IF YOU HAVE CERTAIN DISABILITIES OR END-STAGE RENAL DISEASE (ERSD).**

### MEDICARE HAS FOUR PARTS:

#### PART A

- HOSPITAL INSURANCE
- INPATIENT CARE IN A HOSPITAL
- **SKILLED NURSING FACILITIES**
- HOSPICE CARE
- SOME HOME HEALTH CARE



#### PART B

- MEDICAL INSURANCE
- DOCTORS' VISITS AND OTHER SERVICES OUTSIDE OF A HOSPITAL
- HOME HEALTH CARE
- DURABLE MEDICAL EQUIPMENT, LIKE A WHEELCHAIR
- LIMITED PRESCRIPTION DRUGS

#### PART C

- MEDICARE ADVANTAGE PLANS
- HOSPITAL AND MEDICAL CARE (PART A & B)
- PRESCRIPTION DRUGS (USUALLY)
- OTHER BENEFITS AND SERVICES AT AN EXTRA COST (USUALLY)

#### PART D

- PRESCRIPTION DRUG COVERAGE
- PRESCRIPTION DRUGS NOT COVERED UNDER PART B

### WHO IS ELIGIBLE

- PEOPLE 65 AND OLDER
- PEOPLE WITH PERMANENT DISABILITIES WHO RECEIVE SOCIAL SECURITY DISABILITY INSURANCE (AFTER A TWO-YEAR WAITING PERIOD)
- PEOPLE WITH END-STAGE RENAL DISEASE OR AMYOTROPHIC LATERAL SCLEROSIS (ALS) (NO WAITING PERIOD)



**\*\*\*NOTE:\*\*\* MOST PEOPLE DON'T PAY A PREMIUM FOR PART A: HOSPITAL INSURANCE BECAUSE THEY OR A SPOUSE ALREADY PAID FOR IT THROUGH THEIR PAYROLL TAXES WHILE WORKING.**

Make an appointment with  
Social Worker-Patricia

718-626-1500 x7375 



# #RENTFREEZENYC

Senior Citizen Rent Increase Exemption (SCRIE)



## SENIORS AND PEOPLE WITH DISABILITIES, **KEEP YOUR RENT FROM INCREASING**, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$50,000 or less;
- Live in a rent regulated apartment; and
- Spend more than 1/3 of income on rent.

## ENROLL IN THE **NYC RENT FREEZE PROGRAM**



Interested?  
Contact Social  
Worker- Patricia at  
718-626-1500 x7375

¿Interesado? Comuníquese  
con la trabajadora social:  
Patricia al 718-626-1500 x7375

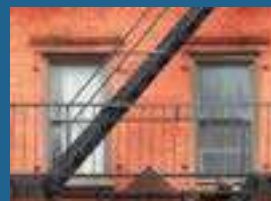
PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, New York, 11106

Monday - Friday: 8:00 am - 4:00 pm

(718) 626-1500

FREEZING  
YOUR  
RENT



FREEZE  
YOUR RENT

*Funded by NYC Aging*

# Easy Ways to... Keep Food Safe

## CLEAN your hands and surfaces often.

- Wash your hands with soap and warm water for 20 seconds.
- Wash utensils and cutting boards regularly.
- Rinse produce under running water.



## SEPARATE raw meats, poultry and seafood.

- Store them away from ready-to-eat foods in your refrigerator.
- Use separate cutting and preparation surfaces.
- Keep them away from other foods in your shopping cart.



## COOK foods to a safe temperature.

- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.



### Safe Cooking Temperatures:

- Poultry: **165 degrees Fahrenheit**
- Ground meats: **160 degrees Fahrenheit**
- Whole cuts of beef, pork, veal or lamb: **145 degrees Fahrenheit**

## CHILL foods.

- Keep your refrigerator at or below 40 degrees Fahrenheit.
- Refrigerate food within two hours of cooking or removing it from the refrigerator.
- Always thaw food in the refrigerator.



For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for **farmers markets**.

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

## Formas fáciles para...

# mantener seguros los alimentos

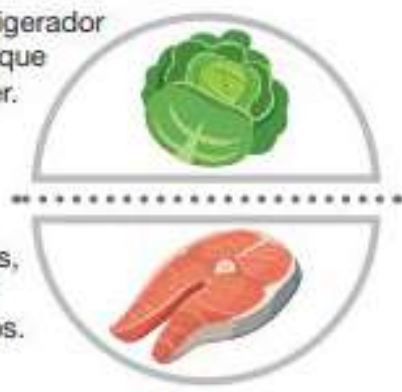
### LIMPIE sus manos y las superficies con frecuencia.

- Lávese las manos con jabón y agua tibia durante 20 segundos.
- Lave los utensilios y las tablas de picar con regularidad.
- Enjuague las frutas y vegetales con agua del grifo.



### SEPARE las carnes, las aves y los mariscos crudos.

- Almacénelos en el refrigerador lejos de los alimentos que están listos para comer.
- Use diferentes superficies de corte y preparación.
- En el carro de compras, manténgalos alejados de los demás alimentos.



### COCINE los alimentos a una temperatura segura.

- Caliente los alimentos para matar las bacterias que pueden enfermarlo.
- Utilice un termómetro para alimentos para controlar las temperaturas internas de los alimentos cuando los cocine.



#### Temperaturas seguras de cocción:

- Aves: **165 °F**
- Carnes molidas: **160 °F**
- Cortes enteros de res, cerdo, ternera y cordero: **145 °F**

### ENFRÍE los alimentos.

- Mantenga su refrigerador a una temperatura de 40 °F o menos.
- Refrigere los alimentos antes de que transcurran dos horas de haberlos cocinado o de haberlos retirado del refrigerador.
- Descongele siempre los alimentos en el refrigerador.



Puede obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook, en [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para obtener más información acerca de Stellar Farmers Markets, visite [nyc.gov](https://www.nyc.gov) y busque **farmers markets** (mercados de agricultores).

Para obtener recetas saludables, visite [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

El Programa de Asistencia Nutricional Suplementaria (Supplemental Nutrition Program, SNAP) del Departamento de Agricultura de Estados Unidos (United States Department of Agriculture, USDA) financió este material. El SNAP, anteriormente conocido como Programa de Cupones para Alimentos (Food Stamp Program, FSP) en Nueva York, proporciona asistencia nutricional a personas con bajos recursos. Puede ayudarle a comprar alimentos nutritivos para tener una mejor dieta. Para obtener más información, llame al 800-342-3009 o ingrese a [myBenefits.ny.gov](https://myBenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por raza, color, origen nacional, sexo, edad, religión, opiniones políticas o incapacidad. Para presentar una queja sobre discriminación, escriba a: USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (voz y TDD).

*This pumpkin stew will warm your bones on a cold winter day!*

## Nutrition Facts

Serving Size (510g)  
Servings Per Container

Amount Per Serving

Calories 250    Calories from Fat 20

% Daily Value\*

Total Fat 2g    3%

Saturated Fat 0.5g    3%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 300mg    13%

Total Carbohydrate 49g    16%

Dietary Fiber 13g    52%

Sugars 11g

Protein 12g

Vitamin A 400%    •    Vitamin C 40%

Calcium 15%    •    Iron 30%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories	2,000	2,500
Total Fat	Less than	65g	80g	
Saturated Fat	Less than	20g	25g	
Cholesterol	Less than	300mg	300mg	
Sodium	Less than	2,400mg	2,400mg	
Total Carbohydrate	Less than	300g	375g	
Dietary Fiber	Less than	25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



## Nutrition Facts

Serving Size (510g)  
Servings Per Container

Amount Per Serving

Calories 250    Calories from Fat 20

% Daily Value\*

Total Fat 2g    3%

Saturated Fat 0.5g    3%

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Total Carbohydrate	Less than	300g	375g	
Dietary Fiber	Less than	25g	30g	

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## Pumpkin Stew

Serves 6 • Serving: 2 cups

*Just Say Yes* to Fruits and Vegetables

*Save the pumpkin seeds and roast them for a great source of protein!*

*Meet with a Virtual Nutritionist*

*Website: [Cooking with NYC Aging](http://CookingwithNYCAging.com)*

*Email: [virtuallmartliving@aginig.nyc.gov](mailto:virtuallmartliving@aginig.nyc.gov)*

*Call: 929-436-2866*

## Ingredients:

- 1 chopped onion
- 2 chopped garlic cloves
- 2 teaspoons chili powder
- 1 teaspoon cinnamon (optional)
- 2 cups chopped tomatoes
- 3 cups chopped cooked pumpkin
- 1½ cups corn
- 4 cups cooked pinto beans
- 2 cups low sodium chicken broth
- Salt and pepper, to taste

## Directions:

1. In a large pot over medium heat, cook the onion in ½ cup water until soft, 5-10 minutes.
2. Add the garlic, chili powder, and cinnamon. Stir and cook 1 minute.
3. Add the tomatoes and cook 5 minutes. Add the pumpkin, corn, beans, and chicken broth. Cover and cook 15 minutes or until the pumpkin is very soft, adding ½ cup water if stew is too thick.
4. Season with salt and pepper to taste. Enjoy!
5. Refrigerate leftovers.

# Calabaza de azúcar

## Puntos clave

- Para una mejor compra, elija calabazas de azúcar que tengan tallos firmes y una piel naranja brillante sin manchas.
- Para preparar la calabaza de azúcar, haga 3 agujeros en la calabaza. Colocar sobre una bandeja para horno y cocine por 60 a 90 minutos a 400° F o hasta que al insertar un cuchillo en la calabaza, este entre y salga con facilidad. Enfrie la calabaza, corte por la mitad, remueva las semillas y la pulpa fibrosa. Saque toda la pulpa suave con una cuchara hasta llegar a la piel.
- Para mantener fresca, conservar en un lugar fresco y seco hasta 1 mes.
- La calabaza contiene vitamina A, la cual es buena para tener una piel y ojos saludables.



## Consejos rápidos

- Para hervir una calabaza de azúcar, lavar, cortar en pequeños trozos y quitar las semillas. Hervir de 10 a 20 minutos. La calabaza puede pelarse antes o después de cocinarse.
- Una calabaza de azúcar de 4 libras equivale a 2 tazas de puré de calabaza.
- Quite las semillas de la calabaza. Esparza sal ligeramente y hornee a 350° F por 15 minutos.
- Recuerde lavar todas las frutas y los vegetales antes de utilizarlos.

## Relleno de calabaza

### Ingredientes:

- 1 taza y 1/2 de cebolla picada
- 1 taza y 1/2 de apio picado
- 1 calabacín picado
- 2 tazas de calabaza cocida picada
- 3 muffins de maíz
- 1/2 taza de caldo de pollo bajo en sodio
- 1 cucharadita de condimento para aves (opcional)

### Indicaciones:

1. En una sartén grande a fuego medio, cocine la cebolla, el apio y el calabacín con 1/2 taza de agua por 10 minutos o hasta que esté blando.
2. Agregue la calabaza y cocine otros 5 minutos agregando 1/4 taza de agua si la sartén está seca.
3. Desmenuce los muffins de maíz y agréguelos a la sartén.
4. Agregue el caldo de pollo. Revuelva para mezclar.
5. Si el relleno está demasiado seco, agregue 1/4 taza de agua.
6. Caliente a fuego medio hasta que el relleno esté caliente, revolviendo con frecuencia. ¡Disfrute!
7. Coloque las sobras en el refrigerador.

**Rinde 8 porciones.**

## Estofado de calabaza

### Ingredientes:

- 1 cebolla cortada
- 2 dientes de ajo cortados
- 2 cucharaditas de chile en polvo
- 1 cucharadita de canela (opcional)
- 2 tazas de tomates picados
- 3 tazas de calabaza cocida picada
- 1 taza y 1/2 de maíz
- 4 tazas de frijoles pintos cocidos
- 2 tazas de caldo de pollo

### Indicaciones:

1. En un recipiente grande, cocine la cebolla a medio fuego con 1/2 taza de agua hasta que esté blanda.
2. Agregue el ajo, el chile en polvo y la canela. Cocine por 1 minuto.
3. Agregue los tomates y cocine por 5 minutos. Agregue la calabaza, el maíz, los frijoles y el caldo de pollo. Cocine por 15 minutos o hasta que la calabaza esté muy blanda, agregando 1/2 taza de agua si el estofado está demasiado espeso. ¡Disfrute!
4. Coloque las sobras en el refrigerador.

**Rinde 6 porciones.**

*Reúnase con un nutricionista virtual*

*Sitio web: Cocinar con NYC Aging*

*Correo electrónico: [virtuallmartliving@aginig.nyc.gov](mailto:virtuallmartliving@aginig.nyc.gov)*

*Llamar: 929-436-2866*

Esta institución es un proveedor y empleador que ofrece igualdad de oportunidades. Este material fue financiado por el Programa de Cupones para Alimentos del Departamento de Agricultura de las EE. UU. El Programa de Cupones para Alimentos ofrece asistencia en nutrición a las personas de bajos ingresos. También puede ayudarle a comprar alimentos nutritivos para mejorar su dieta. Si desea más información, llame al 1-800-231-5689.

**¡Visite nuestro sitio web [www.jsyfruitveggies.org](http://www.jsyfruitveggies.org) para obtener más recetas grandiosas!**



# Veterans Benefits



NYC

*Pensions for low-income and disabled veterans; health care; vocational training; rehabilitation services; education; home loans; disability compensation; life insurance; burial funds and other benefits.*

*Medical benefits include care in VA hospitals, nursing homes and outpatient services.*

*Dependents and survivors may also be eligible for certain benefits.*

**Age:** Any age

**Income:** Limits vary with benefits

**Assets:** Subject to review

For more information, please contact the Social Security Administration at **(800) 772-1213**.

# SENIOR SCAM SAFETY TIPS

## 1. REMOVE NUMBER AND HOME ADDRESS FROM DIRECTORIES

Remove your senior loved one's number from directories and add them to no call lists to ensure that no telemarketers call. If someone would call saying they were, you would know it was likely a scam.



## 2. DO NOT GIVE OUT PERSONAL INFORMATION OVER THE PHONE

Unless you have initiated the phone call, do not give out your social security number, card number, bank information, or your medicare information over the phone.



## 3. BE WARY ABOUT MONEY INQUIRIES FROM STRANGERS AND FAMILY

Telemarketing scams targeted at seniors are very creative; many prey on seniors' kindness and willingness to give by impersonating family members. See popular scams on [www.ncoa.org](http://www.ncoa.org).



## 4. ASK THEM TO SEND YOU PROOF BEFORE GIVING THEM ANYTHING

Ask them for their full name, address, and business name. Ask them to send this information to you in the mail. Before giving them anything, do a quick internet search. If you cannot find proof of existence, you know it's a scam.



## 5. IF YOU THINK YOU WERE A VICTIM: CALL ADULT PROTECTION SERVICES

Waiting can only make it worse, call APS (1-800-677-1116) to get protection and guidance on next steps. Make sure to cancel or freeze any accounts associated with the fraud.



Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Chinese New Year

## Word Search

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

ANCESTORS

BOAR

COMPASS

DOG

DRAGON

DUMPLINGS

ENVELOPE

FANS

FESTIVAL

FIREWORKS



HORSE

JADE

LANTERN

LUCK

LUNAR

MONEY

MONKEY

OX

PARADE

RABBIT

RAT

RED

ROOSTERS

SHEEP

SNAKE

SPRING

TIGER

ZODIAC

# VALENTINE'S DAY WORD SCRAMBLE

LOAHCCETO

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SREOS

EWESRTSEHA

GHU

WROAR

WLEYJRE

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**February 2024**

# **Happy Birth day**

**Mary Absi  
Alba Bastidas  
Ruth Alvarez  
Katherine Schlotterbeck  
Barbara Lavelle**

*To all of our  
Participants*



23-11 31st Road  
Astoria, NY 11106

# February



## Older Adult Center Staff

Debra Hoffer	Director of Field Operations
Michael Singh	Program Manager
Patricia Pimentel	Case Manager
Miriam Castro	Administrative Assistant
Jennifer Deror	Recreation Coordinator
Val Yaskubov	Cook
Jasmine Federico	Assistant Cook
Kevin Jackson	Custodian
	Transportation
Syed Haider	Transportation
Cristelia Caraballo	Kitchen Aide

718-626-1500  
Monday-Friday  
8am-4pm

*Social  
worker*

Our case worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-626-1500 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 718-626-1500 para hacer una cita.



## Peter J. DellaMonica Advisory Council

President	Rosa Coto
Vice President	Miriam Summerford
Treasurer	Bernadine Moses
Secretary	Maria Elena Rodriguez
Head Councilmember	Nancy Dharma

### Councilmembers

Jay Marcus	Rudi Amaro
Gloria Gasca	Enilda Rodriguez
Lucia Say	

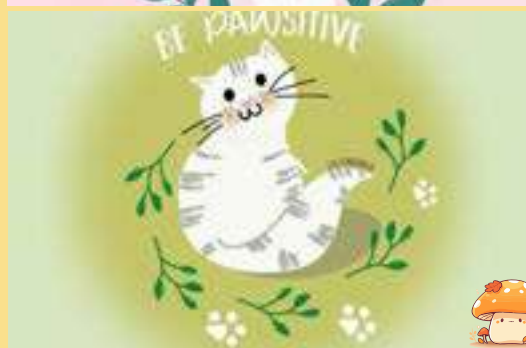


**THANK YOU FOR YOUR DONATIONS  
TO ALL WHO HAVE DONATED!**



## 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.



# February 2024 Presentations and Classes - Calendar // Febrero

## 2024 Presentaciones y Clases - Calendario

**SCHEDULE SUBJECT TO CHANGE**

Funded by the NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Physical Exercise</u> underlined in green</p>  <p>Scan with phone to access Newsletter</p> <p>Contact Recreational Coordinator, Jennifer Deror, for any questions or concerns about activities/events. 718-626-1500</p> 	<p><u>Health Management/Promotion</u> underlined in Purple</p>	<p><i>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</i></p>	<p>1</p> <p>9:00 Word Scramble w/Michael S. 10:30 Indoor Gardening w/Jen D. <u>10:30 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ Joe M.</p>	<p>2</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Seniors Trivia w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/Helen D.</p>
<p>5</p>  <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> <u>10:30 Line Dancing w/Wen T.</u> 11:00 Scams &amp; Fraud Info w/Michael S. 12:00 Lunch <u>1:00 Valentine's Day Celebration w/ VillageCare Max DJ (Raffle)</u></p> 	<p>6</p> <p>9:00 Word Search w/ Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:30 BJ's Trip</u> <u>10:00 Hybrid Gentle Stretching. w/Carl S.</u> 11:00 Guided Meditation w/Nilcee 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/Helen D.</p>	<p>7</p> <p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Smart Devices Discussion w/Michael S.</u> <u>10:00 - 12:00 MLTC Info &amp; 11:00 Salsa Class w/ VNSNY</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.</p>	<p>8</p> <p><b>Black History Month</b></p> <p>9:00 Word Scramble w/Michael S. <u>10:30 Yoga w/Ability B.</u> 10:00 Black History Month Poetry Reading w/Jen D. <u>11:00 * Managing Blood Pressure w/ DFTA</u> 11:15 Vocal Chorus w/Jen D. 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/J.M.</p> 	<p>9</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Vocal Chorus w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/Helen D.</p>
<p>12</p>  <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> <u>10:30 Line Dancing w/Wen T.</u> 11:00 Costco Trip 11:00 Scams &amp; Fraud Info w/Michael S. 12:00 Lunch <u>1:00 Chinese (Lunar) New Year Celebration w/ DJ Valentin O. (Raffle)</u></p> 	<p>13</p> <p>9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:00 Hybrid Gentle Stretching. w/Carl S.</u> <u>10:30 Trader Joe's Trip</u> 11:00 Guided Meditation w/Nilcee 12:00 Lunch 2:30 Watercolor Painting w/H. D.</p>	<p>14</p> <p><b>Valentine's Day</b></p> <p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Valentine's Friending Game w/ Miriam</u> 11:15 Valentine's Day Singalong w/Dellamonica Vocal Chorus 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ Joe M.</p> 	<p>15</p> <p>9:00 Word Scramble w/Michael S. 10:30 Indoor Gardening w/Jen D. <u>10:30 Target Trip</u> <u>10:30 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/ J.M.</p>	<p>16</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Seniors Trivia w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/Helen D.</p>
<p>19</p>  <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> 11:00 Scams &amp; Fraud Info w/Michael S. <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch <u>1:00 Movie Day: Casablanca (free movie and snacks)</u></p>	<p>20</p> <p>9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:00 Stay Active &amp; Independent for Life exercise w/Madhavi M.</u> <u>11:00 Hybrid Gentle Stretching. w/Carl S.</u> <u>11:30 *Health Literacy &amp; Medication Errors</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/H. D.</p>	<p>21</p> <p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Smart Devices Discussion w/Michael S.</u> <u>11:00 *Nutrition w/ HealthFirst</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.</p>	<p>22</p> <p>9:00 Word Scramble w/Michael S. <u>10:00 *A Condition of the Heart w/ DFTA</u> 11:00 Indoor Gardening w/Jen D. <u>10:00 Stay Active &amp; Independent for Life (SAIL) exercise w/Madhavi M.</u> <u>11:00 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/J.M.</p>	<p>23</p> <p>9:00 Sudoku Puzzles w/ Michael S. 10:00 Board Game w/Rosa C. <u>10:30 Hybrid Zumba w/ Ability B.</u> 11:00 Seniors Trivia w/Jen D. 12:00 Lunch 1:00-2:30 Bingo 2:30 Painting for Beginners w/Helen D.</p>
<p>26</p>  <p>9:00 Spot the Difference: Brain Teaser w/Michael S. <u>9:30 Ballroom Dancing</u> <u>10:00 Financial Literacy w/Regina-Chase Bank</u> <u>10:30 Line Dancing w/Wen T.</u> 11:00 Costco Trip 12:00 Lunch <u>1:00 February Birthday Party w/ DJ Valentin O. (Gifts &amp; Cake)</u></p>	<p>27</p> <p>9:00 Word Search w/Michael S. 10:00 Adult Coloring w/Rosa C. <u>10:00 SAIL exercise w/Madhavi M.</u> <u>11:00 Hybrid Gentle Stretching. w/Carl S.</u> <u>11:00 *Operation Safe Travel w/ Lighthouse Guild</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Watercolor Painting w/H. D.</p>	<p>28</p> <p>9:00 Word fill in Puzzle w/Michael S. 10:00 Queens Center Mall Trip <u>10:00 Tai Chi w/Wen T.</u> <u>10:30 *Art Deco Presentation w/ Art Deco Society.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/Joe M.</p>	<p>29</p> <p>9:00 Word Scramble w/Michael S. <u>10:00 Jewelry Making w/Miriam S.</u> 10:30 Indoor Gardening w/JD <u>10:00 SAIL exercise w/Madhavi M.</u> <u>11:00 Yoga w/ Ability B.</u> 12:00 Lunch 1:00-2:30 BINGO 2:30 Leisure Game w/J.M.</p>	<p><b>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</b></p> 

LUNCH SERVED 12:00-1:00

LUNCH MENU

SUGGESTED CONTRIBUTION: \$1.50

February 2024/ Febrero 2024

Funded by NYC Aging

Monday	Tuesday	Plant-Based A base de plantas Wednesday	Thursday	Fish Pescado Friday
			1	2
<p>Located at: 23-11 31st Road, Astoria NY 11106</p>  <p>Phone: 718-626-1500</p>		<p><b>MENU SUBJECT TO CHANGE</b></p> 	<p>Pernil (Roasted Pork Shoulder) Rice and Beans Steamed Collard Greens Kiwi Orange Juice</p>	<p>Baked Breaded Fish Homemade Mashed Potatoes Steamed Sliced Carrots Banana Grape Juice, Unsweetened</p>
5	6	7	8	9
<p>Turkey Meat Sauce Whole Wheat Spaghetti Steamed Broccoli Apple Orange Pineapple Juice</p>	<p>Chicken Marsala Brown Rice Italian Blend Vegetables Orange Apple Juice</p>	<p>California Veggie Burger (pre-prepared) French Fries (pre-prepared) Steamed Cauliflower Cantaloupe Pineapple Juice</p>	<p>Roast Beef California Blend Vegetables Roasted Butternut Squash Fruit Cocktail Grape Juice, Unsweetened</p>	<p>Baked Flounder Sauteed Sweet Potatoes Steamed Spinach Banana Orange Pineapple Juice</p>
12	13	14	15	16
<p>Beef Meatloaf Homemade Mashed Potatoes Kiwis Orange Juice</p>	<p>Classic Chicken Cacciatore Spaghetti Italian Blend Vegetables Plums Grape Juice, Unsweetened</p>	<p>Creamy Tomato and Rice Soup Grandma's Baked Eggplant Parmesan Green Bean Salad Orange Apple Juice</p>	<p>BBQ Chicken Leg Quarters Rice and Beans Steamed Zucchini Apple Orange Juice</p>	<p>Poached Fish Quinoa Beet Salad Banana Grape Juice, Unsweetened</p>
19	20	21	22	23
<p>Turkey Meatballs with Sofrito Penne Normandy Blend Apple Orange Juice</p>	<p>Pork Spare Ribs Roasted Sweet Potato Slices Sauteed Zucchini Orange Apple Juice</p>	<p>Vegetable Soup Whole Wheat Baked Ziti with Vegetables French Dressed Bean Salad Steamed Green Beans Peach Orange Pineapple Juice</p>	<p>Hawaiian Chicken Legs Whole Wheat Bread Wild Rice Steamed Collard Greens Kiwi Orange Juice</p>	<p>Baked Fish Kasha Carrot Salad Banana Orange Pineapple Juice</p>
26	27	28	29	
<p>Deluxe Cheeseburger with Onions French Fries (pre-prepared) Garden Salad Apple Orange Juice</p>	<p>Baked Pork Chops Yellow Rice Baby Carrots and Parsley Plums Orange Pineapple Juice</p>	<p>Lentil Soup Steamed Green Beans Vegetable Lasagna Orange Apple Juice</p>	<p>BBQ Chicken Leg Quarters Beet Salad Creamed Spinach Honeydew Orange Juice</p>	 <p>All lunches include Low-fat 1% Milk and a slice of Whole Wheat Bread.</p>

