

CELEBRATING
125
YEARS



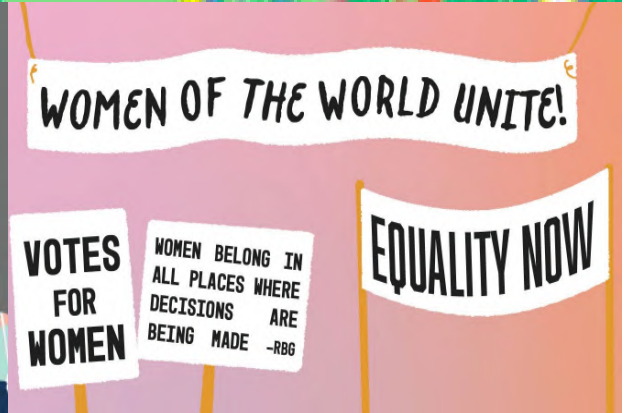
HILLCREST OLDER ADULT CENTER PRESENTS:

Senior Voices



91-34 182 Place 2nd Floor, Jamaica, NY 11423

HAPPY MARCH!



Our mission

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.

Meet our wonderful staff!!

Debra Hoffer	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Vere Guri	Custodian
Sam Williams	Kitchen Aide

MARCH 2024 PRESENTATIONS AND CLASSES - CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1 10:00 SAIL w/ Madhavi 11:00 Computer Class w/Clelia 12:00 Lunch 1:00 Friday Social w/ Justin
4 10:00 Chair Aerobics w/Alejandra 11:00 Nutrition Presentation w/Neron 12:00 Lunch 1:00 Zumba 2:00 Movie: Kuch Kuch Hota Hai w/Clelia	5 10:00 Exercise w/Alejandra 11:00 Elder Abuse Presentation w/Joshua 12:00 Lunch 1:00 Karaoke w/Clelia	6 10:00 SAIL w/ Madhavi 11:00 Bingo w/Olivia & Beth 12:00 Lunch 1:00 Dance Club w/Justin	7 10:00 Chair Aerobics w/Alejandra 11:00 Family Home Care Services of Brooklyn & Queens 12:00 Lunch 1:00 Crochet w/Eunice 1:00 Terpsichorean Dance	8 10:00 SAIL w/ Madhavi 11:00 Puppet Inspiration w/Daryl 12:00 Lunch 1:00 Friday Social and International Women's Day celebration w/ Justin
11 10:00 Chair Aerobics w/Alejandra 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00 Zumba 2:00 Karaoke w/Clelia	12 10:00 Exercise w/Alejandra 11:00 Emergency Preparedness W/ Hector Tirado 12:00 Lunch 1:00 Dance Fever w/Clelia	13 10:00 SAIL w/ Madhavi 11:00 Bingo w/Olivia & Beth 12:00 Lunch 1:00 Dance Club w/Justin	14 10:00 Chair Aerobic w/Alejandra 11:00 Diabetes "Don't Sugarcoat it" w/Vicki Hou 12:00 Lunch 1:00 Crochet w/Eunice 1:00 Terpsichorean Dance	15 10:00 SAIL w/ Madhavi 11:00 DOT Presentation w/Eric Miu 12:00 Lunch 1:00 St. Patrick's Day Celebration w/Justin
18 10:00 Chair Aerobic w/Alejandra 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00 Welcome Spring Party w/DJ Woody	19 10:00 Exercise w/Alejandra 11:00 Elder Abuse w/Kacey 12:00 Lunch 1:00 Karaoke w/Clelia	20 10:00 SAIL w/ Madhavi 11:00 Bingo w/Olivia & Beth 12:00 Lunch 1:00 Dance Club w/DJ Justin	21 10:00 Chair Aerobic w/Alejandra 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00 Crochet w/ Eunice 1:00 Terpsichorean Dance	22 10:00 SAIL w/ Madhavi 11:00 Nutrition Brain Health w/ Angela 12:00 Lunch 1:00 Friday Social w/Justin
FUNDED BY THE NYC DEPARTMENT FOR THE AGING				
25	26	27	28	29

CCNS HILLCREST OLDER ADULT CENTER

MENU MARCH 2024

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Annes Lemon Garlic Sauce Baked Salmon Rice with Vegetables Whole Wheat Bread Garden Salad Pear 1% Low Fat Milk
4 Sesame Orange Chicken Rice with Vegetables Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	5 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread Vegetable Mix (non-starchy)* Banana 1% Low Fat Milk	6 Italian Style Pork Loin Mushroom Gravy Whole Wheat Bread Homemade Mashed Potatoes Roasted Zucchini * Orange 1% Low Fat Milk	7 Homemade Beef Hamburger Whole Wheat Hamburger Bun Baked Red Potato Wedges Garden Salad * Apple 1% Low Fat Milk	8 Baked Fish with Garlic Parmesan Crust Brown Rice (1/2 cup) Whole Wheat Bread Sauteed Green Beans with Onions * Pear 1% Low Fat Milk
11 Chicken Marsala Whole Wheat Bread Roasted Potatoes Sauteed Spinach * Apple 1% Low Fat Milk	12 Zesty Chickpea Stew Quinoa (1/2 cup) Whole Wheat Bread Garden Salad * Banana 1% Low Fat Milk	13 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Steamed Carrots * Orange 1% Low Fat Milk	14 Homemade Tomato Sauce (1/2 cup) Italian Meatballs with Beef and Turkey Homemade Tomato Sauce (1/2 cup) Spaghetti (1/2 cup) Whole Wheat Bread Vegetable Mix (non-starchy) Apple 1% Low Fat Milk	15 Citrus Sesame Crusted Salmon Whole Wheat Bread Corn Niblets Steamed Broccoli * Pear 1% Low Fat Milk
18 Baked Chicken Thighs Whole Wheat Bread Mashed Sweet Potatoes Sauteed String Beans * Apple 1% Low Fat Milk	19 Mediterranean Lentil Stew (pre-prepared) Cous Cous Whole Wheat Bread Steamed Kale Banana 1% Low Fat Milk	20 Sweet and Sour Pork Loin Rice with Corn Whole Wheat Bread Steamed Broccoli Orange 1% Low Fat Milk	21 Beef Stew Brown Gravy Egg Noodles Whole Wheat Bread Vegetable Mix (non-starchy)* Apple 1% Low Fat Milk	22 Baked Fish with Cream Sauce Whole Wheat Bread Garden Salad * Garlic Mashed Potatoes Pear 1% Low Fat Milk
25 Chicken Parmesan Homemade Tomato Sauce (1/2 cup) Homemade Tomato Sauce (1/2 cup) Pasta (1/2 cup) Whole Wheat Bread	26 Vegetarian Three Bean Chili (pre-prepared) Brown Rice (1/2 cup) Whole Wheat Bread Sauteed Spinach * Banana 1% Low Fat Milk	27 BBQ Pulled Pork Whole Wheat Bread Baked Sweet Potato Garden Salad Orange 1% Low Fat Milk	28 Beef Salisbury Steak Brown Gravy Whole Wheat Bread Garlic Mashed Potatoes Roasted Zucchini * Apple 1% Low Fat Milk	29 CENTER CLOSED GOOD FRIDAY



BARAO, ROSALIA 3/28
BERMUDEZ, EUGENIA 3/04
DEANGKINAY, DOLLY 3/03
ECLARIN, GLORIA 3/02
FERRER, ROZAIDA 3/16
GUTIEREZ, SONIA 3/10
HENRY KARLENE 3/07
MAIKOO, LEILA 3/22
MONDERSON, EUNICE 3/21

O'CONNOR, MOXIE 3/06
OMOIJUANFO, STEPHAN 3/07
PAQUIZ, GRACE 3/15
PEREZ, MANUEL 3/01
RAGASA, OLIVIA 3/05
ROBLES, JOSE
 3/16
SANTIAGO, JOSE 3/19
SINGH, VIDAWATTIE 3/11



Highlights of Our Black History Month Celebration

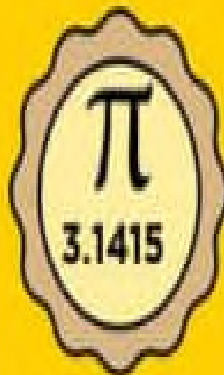
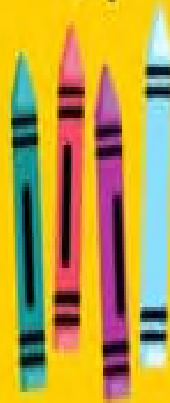


31
DAYS IN THE
MONTH

Womens
History
Month

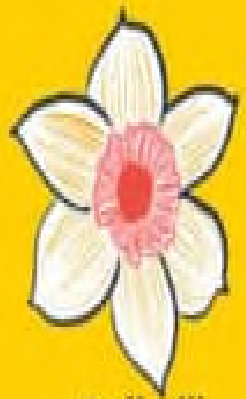


National
Crayon
Day



Pi Day

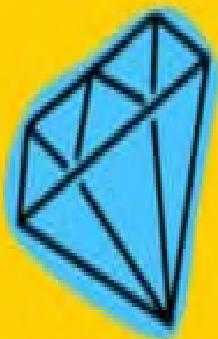
National
Craft
Month



Daffodil



Dr. Seuss'
Bday &
Read
Across
America



Aquamarine
Birthstone

MARCH

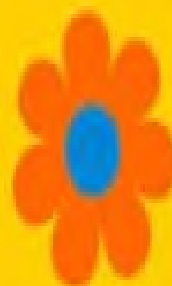
FUN FACTS

Astrology Signs



Pisces Aries

Goodbye
Winter



Hello
Spring

St. Patrick's
Day
Mar 17th



rd Month
of The Year



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WHY IS ST. PATRICK'S DAY CELE-

Saint Patrick's Day is usually celebrated on March 17, in honor of the Patron Saint of Ireland, St. Patrick. In the 18th century, Irish emigrants brought Saint Patrick's Day traditions and celebrations to the USA, making it one of the most celebrated days in America. Saint Patrick played a major role in introducing and celebrating the Irish culture across the world.

Saint Patrick was born in the 4th Century Britain. However, he was kidnapped at 16 and taken to Ireland. After seeking refuge in France and undergoing Christian indoctrination, later St. Patrick returned to Ireland with the mission of converting many to Christianity. During his time there, he built numerous monasteries, churches, and schools to spread his beliefs.

The first celebrations of Saint Patrick's Day in America date back to 1737 in Boston, followed by the celebrations in New York in 1762. With time, the celebrations got bigger and the places with most Irish American residents left no stone unturned to commemorate this day.

On this day according to this tradition, people must wear at least one item of green clothing. Drinking is a huge part of the celebrations. Also, many across the country visit pubs and bars to celebrate with others. incorporating traditional decorations such as shamrocks, snakes, and leprechauns.

Legend has it that Saint Patrick repelled snakes from Ireland, with some suggesting this may symbolize his efforts to rid the country of pagans and non-believers. It is also said that he used the shamrock to symbolize the Holy Trinity. Hence, the shamrock became the symbol of



St. Patrick's Day Search

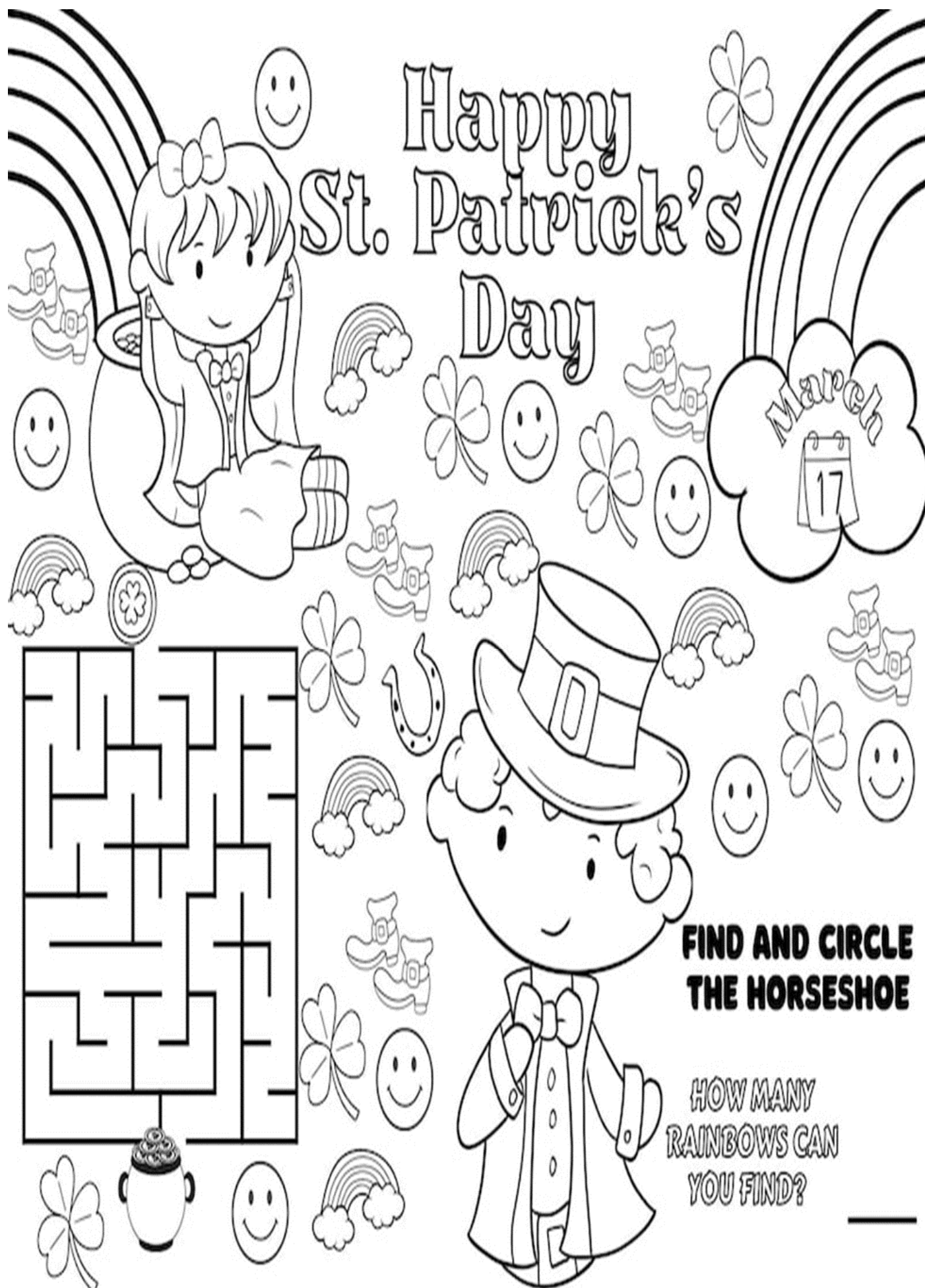
L N Z P A U L T J T S O B H O
A G L D O G M W S J G P O T I
C Y D O S A R I A L K O F A T
Z L Y D R P W X E K W M O E W
K L O C V O B P K C U L N D X
T E H V B M R H J O W R C E G
D R Y N E E K C I R T A P T S
M L I B C R B R Z M N X G M P
Y A O H H I R E L A N D R X Z
R K A G O I B A G H W C E F Z
B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



CLOVER
GREEN
IRELAND
LEPRECHAUN
LUCK

MARCH
POT OF GOLD
RAINBOW
SHAMROCK
ST. PATRICK

Happy St. Patrick's Day



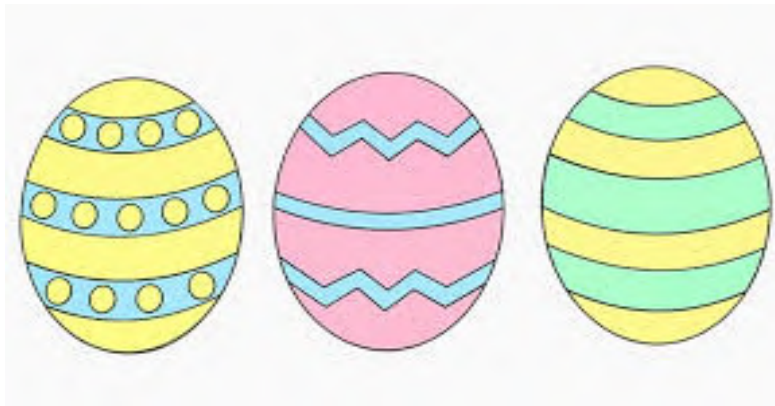
**FIND AND CIRCLE
THE HORSESHOE**

HOW MANY
RAINBOWS CAN
YOU FIND? _____

The Celebration of Easter

Easter Sunday is a major Christian holiday celebrating Jesus Christ's resurrection three days after his death. Easter marks the end of a period known as the Passion of Christ, which begins with the 40 days of lent, symbolizing the days that Jesus spent in the desert being tempted by the Devil. It culminates in Holy Week during which Jesus was crucified:

- Holy Thursday (also Maundy Thursday) where Jesus had his last supper.
- Good Friday when Jesus was crucified.
- Easter Sunday, which marks the day of his resurrection.
- Easter Sunday is the foundation of the Christian faith, marking the day of Jesus Christ's resurrection after his crucifixion.
- In around 30 AD, Roman Emperor Pontius Pilate sentenced Jesus Christ to death, after having him arrested by his troops for claiming to be the "Son of God". After his death, he was buried in a tomb that was closed off by a big rock. It is said that three days after his burial of him, Jesus' followers found the tomb open upon visiting it, and Jesus' body was missing. During this period, Jesus Christ appeared to many of his followers, before ascending to heaven to be with his father.
- In the Bible, it is written that believers who celebrate the events of Easter and have faith in Jesus' resurrection will also have eternal



Easter Word Search

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

Basket

Bonnet

Bunny

Candy

Chicks

Chocolate

Daffodil

Decorate

Ducks



Dye

Easter

Egg Hunt

Eggs

Family

Flowers

Grass

Happy

Jellybeans

Lily

Parade

Peeps

Rabbit

Spring

Sunday

Tradition

Tulips





Spring Word Search

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



APRIL
BASEBALL
BLOOM
BUNNY
BUTTERFLY
CHICK
EASTER
EGGS

FLOWERS
GREEN
GROW
HATCH
JUNE
MARCH
MAY
NEST

PASSOVER
PUDDLE
RAINBOW
RAINCOAT
SEEDS
SHOWERS
SPRING
UMBRELLA



Women Rights

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

Self-less

Militant

Demonstration

Protest

Strong

Equality

League

Hunger Strike

Women

Women History

First Lady

Rights

Grant

War

Women Movement

Suffrage

Politic

Property

Union

Women Rights



In 1987 the United States dedicated the month of March to celebrate women's achievements and their contributions to culture, society and history. Women's History Month celebrates all women, those who came before us and paved the way for the fight for equality, and the American women of today who continue fighting for women's rights.

It is during Women's History Month, on March 8, that we also observe International Women's Day. Women's History Month started as Women's History Week, an event which was organized by the school district of Sonoma, California, and was first observed in 1978. Celebrations included a parade, essay competitions, and presentations about influential women.

In 1980 President Jimmy Carter declared the week beginning on March 8, as National Women's History Week. The following year, Congress passed a resolution establishing Women's History Week as an official annual National celebration. Eventually, the National Women's History Project petitioned Congress to extend the celebrations to the whole month of March, and so, in 1987, the first Women's History Month was celebrated around the United States.

Women's History Month is dedicated to celebrating the power and strength of women, in the hopes of inspiring young girls to follow in the footsteps of the trailblazers before them.

March is

NATIONAL NUTRITION AWARENESS MONTH

Malnutrition occurs with too much or too little of certain nutrients. Undernutrition is a lack of vitamins, minerals, and other essential substances in their body.

Get The Facts.

Some signs and symptoms of malnutrition include:

- a lack of appetite or interest in food or drink
- tiredness and irritability
an inability to concentrate
- always feeling cold
- depression
- loss of fat, muscle mass, and body tissue
- a higher risk of getting sick
- longer healing time for wounds

Take Action.

Fruits, vegetables, whole grains, protein foods, and fat-free or low-fat dairy products are healthy choices.

Include a variety of protein foods such as seafood, lean meats, poultry, beans, peas, lentils, nuts, seeds, and eggs.

Choose fresh foods when possible or low-sodium packaged foods.

Limit foods and beverages higher in added sugars, saturated fat, and sodium

As you age, manage your calories to stay healthy.

Spring Into Fitness

4 Ways to Spring Clean Your Fitness Routine



**Go
outside**

Now that the weather is finally warming up, exercise outside! Find accessible parks and trails in your area that you haven't yet explored.

You're more likely to stick with your plan if you've got a partner. Choose someone to exercise with who has similar goals and a schedule that fits with your own.



**Get a
Partner**



**Stay
Hydrated**

Avoid muscle cramping and fatigue by drinking plenty of water before, during, and after exercise.

Going outside means more sunshine, but it also means that your skin is exposed to harmful UV rays. Rub sunscreen on all exposed areas of your body.



**Don't Forget
Sunscreen**