

Pioneers of Queens

125+
YEARS OF CHANGING LIVES



MONTHLY
NEWSLETTER

MAY 2025



FUNDED BY NYC AGING

Holidays and highlights this month

MAY IS MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month aims to raise recognition of mental illness and educate the public about available services, encouraging advocacy even among those without mental health issues. It helps reduce stigma by fostering open conversations, which can motivate individuals to seek help. Understanding mental health's impact on daily life enables caregivers and loved ones to provide better support. Additionally, the month promotes fundraising and outreach events, supporting research, treatment options, and connections among advocates for improved mental health care.

Cinco de Mayo (May 5), Mother's Day (May 11), Memorial Day (May 26)

Cinco de Mayo In the United States serves as a celebration of Mexican culture and heritage.

Mother's Day is a special occasion that recognizes the significant impact of mothers in society.

Memorial Day honor and mourn the men and women who died while serving in the U.S. military.

Enjoy this month's newsletter!

Della Monica Team

In this newsletter you can expect:

Holidays & Celebrations

Resources & Collages

Activities & Events

Hybrid/ virtual Events

Activity Calendar

Lunch Menu

125⁺
YEARS OF CHANGING LIVES



CATHOLIC
CHARITIES
Brooklyn &
Queens

Welcome May

*You are as welcome as the
flowers in May*





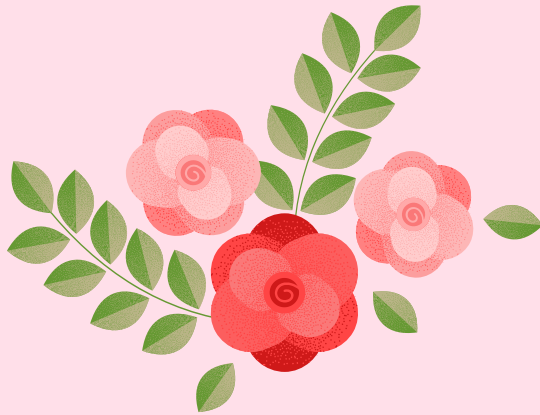
FELIZ
CINCO
DE
MAYO

Funded by NYC Aging



Mother's Day

*to the ladies who brighten the world
with their love and grace!*



Funded by NYC Aging

*"Our greatest glory is not in never falling,
but in rising every time we fall"*
-Confucius

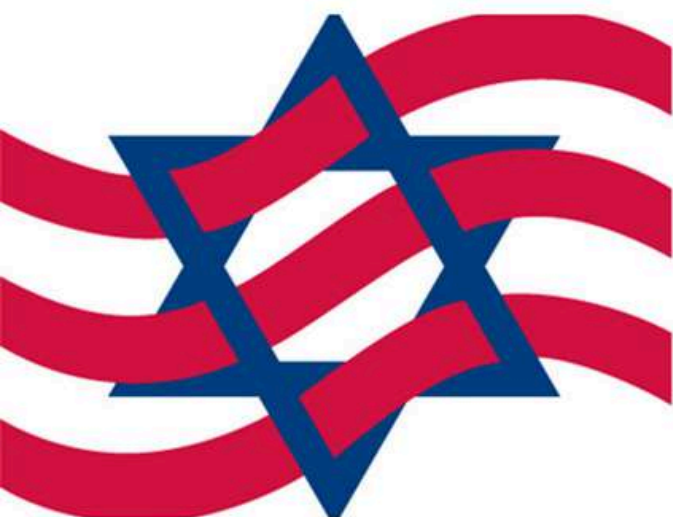
HONORING ASIAN PASIFIC HERITAGE 🌸🌸



EMBRACE DIVERSITY

LET'S COME TOGETHER!

*May is Asian American and Pacific Islander (AAPI) Heritage Month!
This month serves as a time to celebrate the culture, history, and
achievements of Asian Americans and Pacific Islanders in New
York City and across the country.*



JEWISH AMERICAN HERITAGE MONTH

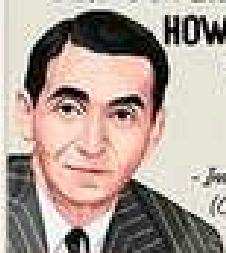
FAMOUS JEWISH AMERICANS

"WORDS MAKE YOU THINK.
MUSIC MAKES YOU FEEL.
A SONG MAKES YOU FEEL
A THOUGHT."



- E.Y. Rabinowitz
(Singer)

"LIFE IS 10 PERCENT
WHAT YOU MAKE IT
AND 90 PERCENT
HOW YOU
TAKE
IT."



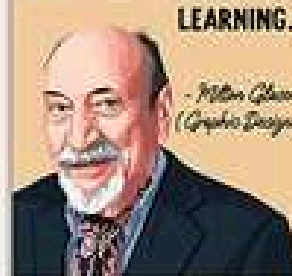
- Irving Berlin
(Composer)

"A FEMINIST IS ANYONE
WHO RECOGNIZES THE
EQUALITY AND FULL
HUMANITY OF WOMEN
AND MEN."



- Gloria Steinem
(Journalist)

"FAIL MORE OFTEN
IN ORDER TO FIND OUT
WHAT YOU'RE CAPABLE OF
LEARNING."



- Milton Glaser
(Graphic Designer)

"A PAINTING IS NOT
A PICTURE OF AN
EXPERIENCE, BUT IS
THE EXPERIENCE."



- Mark Rothko
(Artist)

"REAL CHANGE,
ENDURING CHANGE,
HAPPENS
ONE STEP
AT A
TIME."



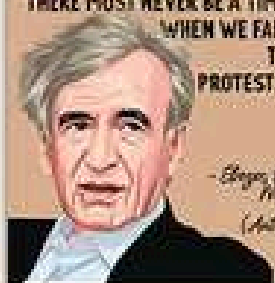
- Betty Bayler Ginzburg
(Singer)

"WHEN PEOPLE SAY:
SHE'S GOT EVERYTHING.
I'VE ONLY ONE ANSWER:
I HAVEN'T HAD
TOMORROW."



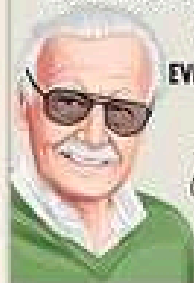
- Elizabeth Taylor
(Actress)

"THERE MAY BE TIMES WHEN
WE ARE POWERLESS
TO PREVENT INJUSTICE, BUT
THERE MUST NEVER BE A TIME
WHEN WE FAIL
TO
PROTEST."



- Bayan Q. Winick
(Author)

"I'VE BEEN THE LUCKIEST MAN
IN THE WORLD BECAUSE I'VE
HAD FRIENDS, AND TO HAVE
THE RIGHT
FRIENDS IS
EVERYTHING."



- Stan Lee
(Comic Book Creator)

"YOU MIGHT AS WELL LIKE
YOURSELF, JUST THINK
ABOUT ALL THE TIME
YOU'RE GONNA HAVE
TO SPEND
WITH
YOU."



- Jerry Lewis
(Comedian)

"Let the good in me connect with the good in others, until all the world is transformed through the compelling power of love."

- Rabbi Nachman of Breslov.

125+
YEARS OF CHANGING LIVES



You should try this stress relief method



Sport



Meditation



Share with the
closest people



Have a fun hobby



sleep regularly

125+
YEARS OF CHANGING LIVES



Gratitude

today is a
good day.



Funded by NYC Aging



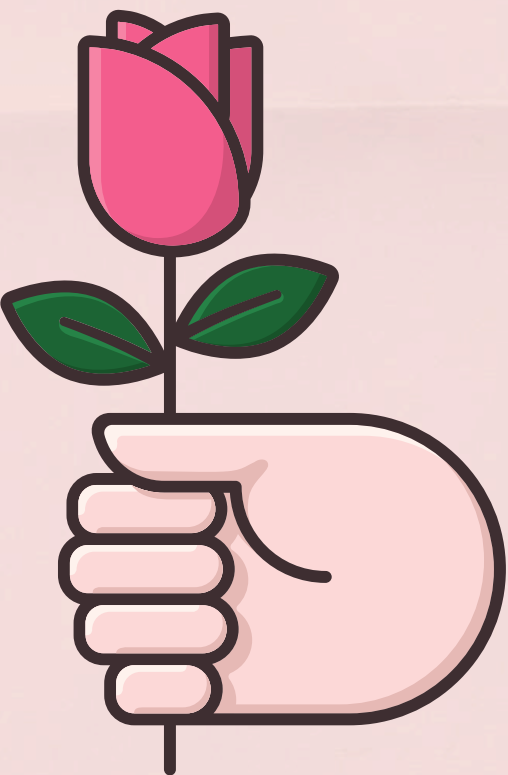
KINDNESS

NEVER

GOES

OUT OF

style



Self-care checklist



MINDFULNESS



Birthday

May your life be filled
with love, laughter, and
everything wonderful.



125⁺
YEARS OF CHANGING LIVES



Funded by NYC Aging

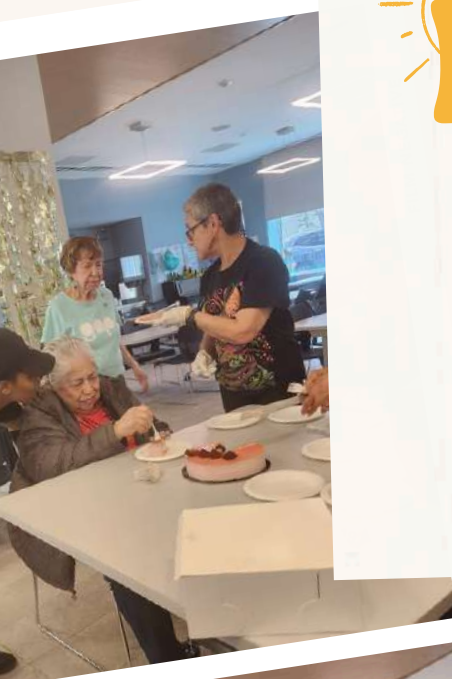


 **125+**
YEARS OF CHANGING LIVES



Memories With Rosa Coto

Funded by NYC Aging





125+ YEARS OF CHANGING LIVES
CATHOLIC CHARITIES
Education & Growth

Celebrating
EASTER
2025

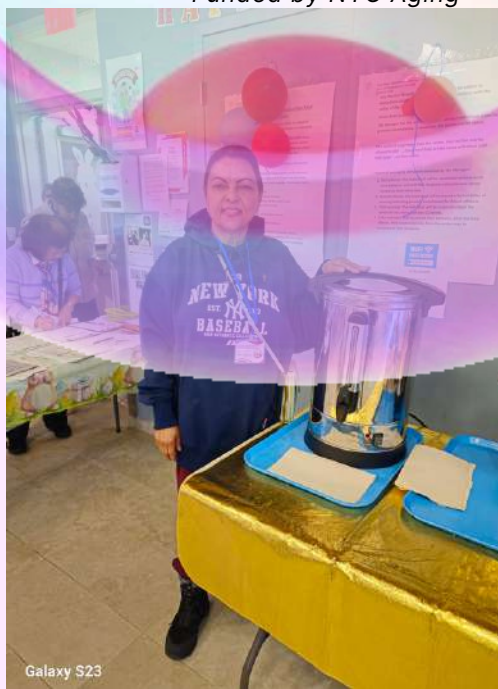
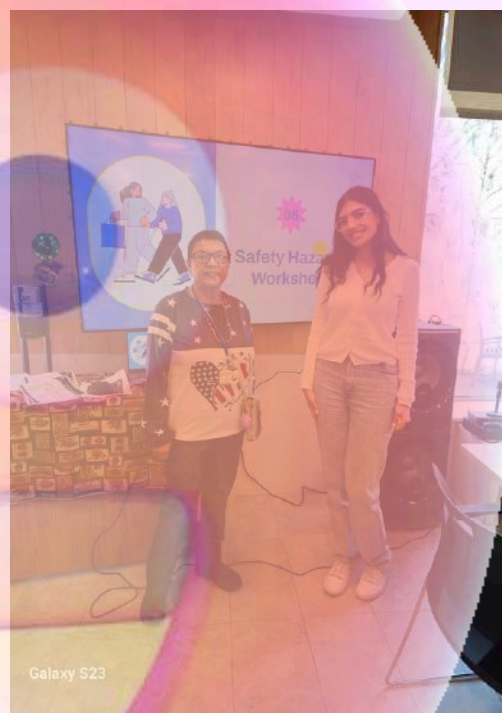
Funded by NYC Aging





EASTER FUN

Funded by NYC Aging



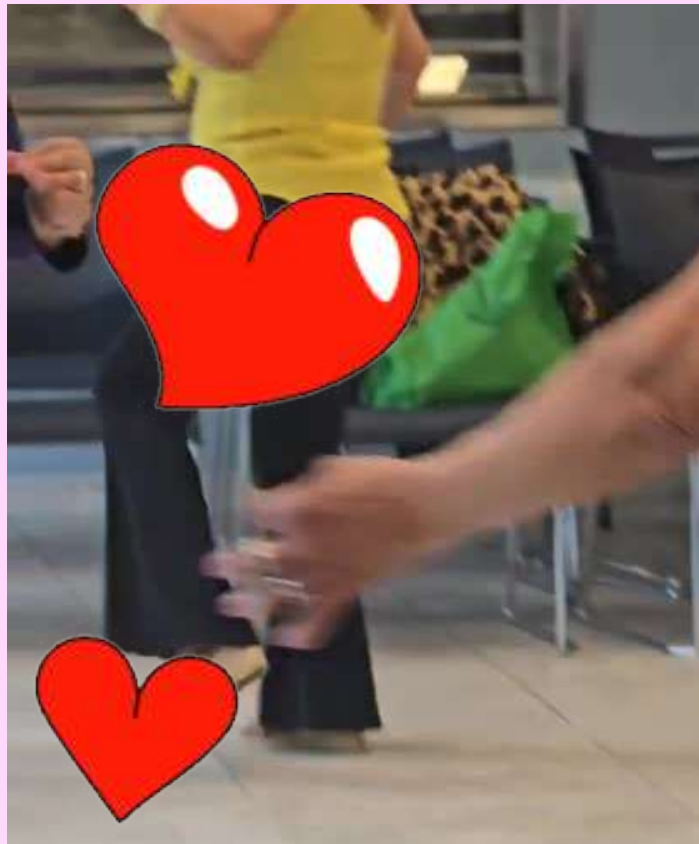
CENTER ACTIVITIES

Funded by NYC Aging

Galaxy S23

Galaxy S23

love





Enjoy your
time!



Walk-A-Thon



Explore
outside with
us!

Funded by NYC Aging



COMMUNITY



Funded by NYC Aging



Funded by NYC Aging



SPECIAL MUSIC Concert

with Dellamonica Choir



Celebrating
Holy Week



Holy
Week



Funded by NYC Aging



yum



yummm!



WOMEN'S TALK

Women & Aging



Join us for an inspiring gathering where women from diverse backgrounds come together to celebrate strength, resilience, and the incredible power that lies within.

TUESDAY, MAY, 6TH 2025 AT 11AM
Lunch Room

TOPIC DISCUSSIONS:

- Wellness and Self-Care
- Healthy Aging
- Women's Health
- Realistic Expectations

Join Ability & Beyond for an incredible discussion!

JOIN US!



CCNS PETER J. DELLAMONICA OAC
23-11 31ST ROAD ASTORIA, NY 11106
718-626-1500

Funded by NYC Aging



Art in a Box Workshop



About Workshop

Engage with the MET collection and each other through art to promote well-being and diminish social isolation.



11:00 AM | Thursday, May 15th



CCNS Peter J. DellaMonica OAC
23-11 31st Road
Astoria, NY 11106
718-626-1500



Miriam
Mindfulness &
Meditation



Zoom Link

Meeting ID: 812 8739 6046
Passcode: 2311



Funded by NYC Aging



Hybrid workshop
In-person: Lunch Room
Online: Zoom



W/ MIRIAM



COPING SKILLS



MINDFULNESS & MEDITATION



Master the art of mindfulness and meditation!



[CLICK HERE](#)



**Thursday, May
22nd**



**At
11:00AM**



**Meeting ID:
899 7855 5371
Passcode: 2311**

Funded by NYC Aging



CCNS Peter J. DellaMonica OAC
23-11 31st Road Astoria, NY 11106
718-626-1500

125+
YEARS OF CHANGING LIVES



Senior support group sharing sessions

with CUNY OT Interns & MS

Wednesdays

11am to 11:45am

Art Room

- Help reduce stress and anxiety
- Gives a sense of purpose & belonging
- Boost mental health
- Improve cognitive functioning
- Help obtain practical advice
- Offer encouragement
- Provide emotional support

**Community support can make a huge
difference in the health and general
well-being of older adults.**

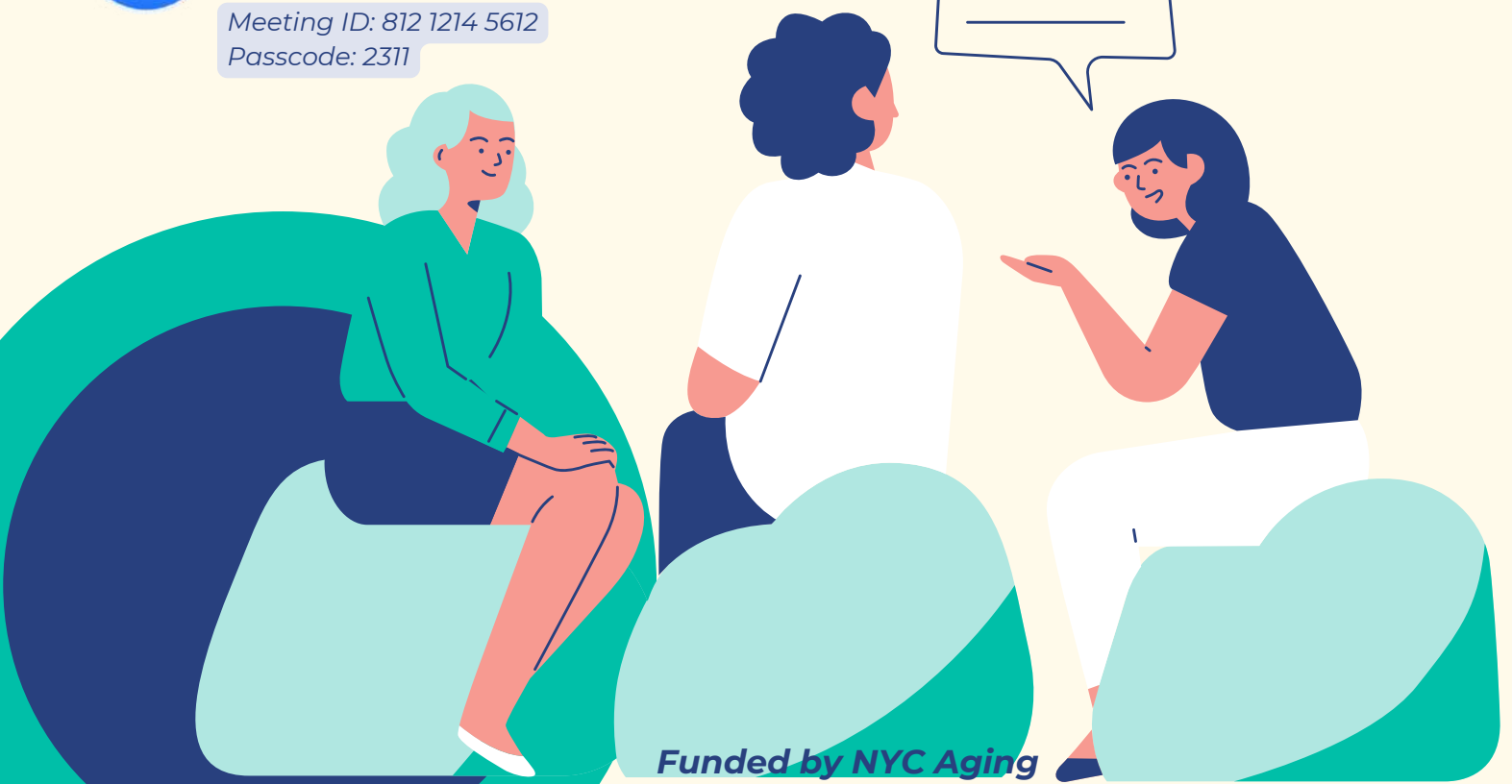
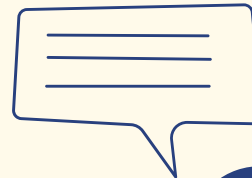


zoom



[Click this link
to join online!](#)

Meeting ID: 812 1214 5612
Passcode: 2311



Funded by NYC Aging



FUN WALK CLUB

Come join us for Thursdays Fun Walk! Enjoy the fresh air, get active, and spend a fun time with friends in the evening.



THURSDAYS AT 3:00PM

Patio



125+
YEARS OF CHANGING LIVES



Join us for an exciting **GARDENING WORKSHOP**

Discover the joys of gardening, learn
new techniques, and connect with
fellow gardening enthusiasts.

***Wednesdays at 10:00AM
with Tony & CUNY Interns***



Funded by NYC Aging

WATERCOLOR PAINTING

*Join us to learn the watercolor
technique w/ Helen*

**ART & CRAFT ROOM
TUESDAYS & FRIDAYS
AT 1:30PM**



IMPROVE YOUR COMPUTER SKILLS

Digital Literacy & Inclusion Initiative



EVERY MONDAY & FRIDAY AT 10:00AM

1

BROWSE THE INTERNET

Web Browsers & Connection Types



2

INTRO TO GOOGLE

How to use Gmail & Google Drive



3

SECURITY

Anti-Virus, Anti-Spyware, & Firewalls



4

SOFTWARE & HARDWARE

In and Outs of a Computer



5

SHOPPING & BANKING

Tools to safely Shop & Bank Online



Art & Craft Workshop

EVERY FRIDAY AT 11:00AM
WITH ABILITY & BEYOND

*Art & Craft fosters positive emotions, improves
physical skills, and provides a calming effect.*

125+
YEARS OF CHANGING LIVES



See you there!

125+
YEARS OF CHANGING LIVES



Come Join!

CHAIR EXERCISE

CLASS

- 📅 Every Tuesday
- 🕒 10:00am - 11:00am
- 📍 Activity Room

Instructed by
Ability Fitness

Registration not Required!

CCNS Peter J. DellaMonica OAC
23-11 31st Road, Astoria NY 11106
718-626-1500



Funded by NYC Aging



PHYSICAL ACTIVITIES



EXERCISE SCHEDULE

MAY

2025

Funded by NYC Aging

**MON
10:30**

LINE DANCING

Improve your coordination & balance.

CHAIR EXERCISE

Improve your flexibility, strengthen your muscles, 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

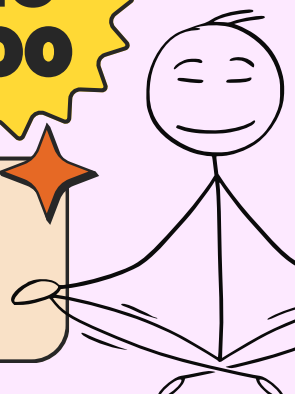
Learn to build strength, awareness, & harmony.
Develop better coping skills & positivity.

**THU
11:00**

**FRI
10:30**

ZUMBA

Increase your balance and improve your mood.



COME AND
EXPRESS YOUR
CREATIVITY

125+



VIRTUAL

CCNS PETER J. DELLAMONICA DAC
23-11 31ST ROAD ASTORIA NY 11106
718-626-1500

MAY

PAINTING

2025

WORKSHOP

W/ JOEL ADAS

WEDNESDAYS
AT 4:30PM

ART HISTORY &
PAINTING

[HTTPS://US06WEB.ZOOM.US/J/85652228226?](https://us06web.zoom.us/j/85652228226?pwd=MRTCTJQRHDNX9AVQSHQGM8VXAURDRB.1)
[PWD=MRTCTJQRHDNX9AVQSHQGM8VXAURDRB.1](https://us06web.zoom.us/j/85652228226?pwd=MRTCTJQRHDNX9AVQSHQGM8VXAURDRB.1)

WEEKLY

MEETING ID: 856 5222 8226
PASSCODE: 414762

CLASSES

LEARN ABOUT ART HISTORY AND PAINTING
TECHNIQUES!

FUNDED BY NYC AGING



MAY 2025

DELLAMONICA HYBRID EXERCISE

Thursdays

Yoga
10:00AM

Meeting ID: 844 9207 0667

Passcode: 2311

[Click here for direct access](#)

Fridays

Zumba
10:30AM

Meeting ID: 832 1502 4853

Passcode: 2311

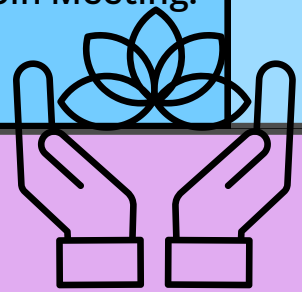
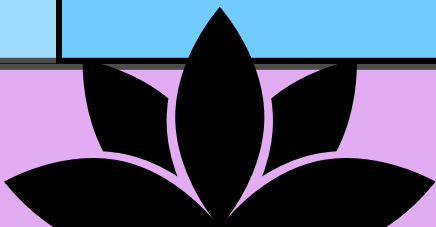
[Click here for direct access](#)

How to join a Zoom meeting from a web browser

1. Open the web browser.
2. Go to join.zoom.us.
3. Enter your meeting ID provided by the host/organizer.
4. Click Join. If this is your first time joining from Web Browser, you will be asked to open the Zoom desktop client to join the meeting.

How to join a Zoom meeting on Smart Phones

1. Open the Zoom mobile app.
2. Join a meeting using one of these methods:
3. Tap Join a Meeting if you want to join without signing in.
4. Sign in to Zoom then tap Join.
5. Enter the meeting ID number and your display name.
6. If you're not signed in, enter a display name.
7. Select if you would like to connect audio and/or video and tap Join Meeting.



Virtual/Hybrid Exercise for This Month



IN MAY



2025

**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

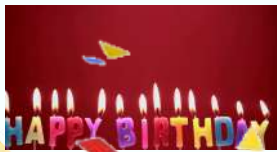


Funded by NYC Aging

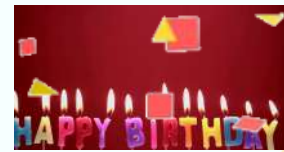
CCNS PETER J. DELLAMONICA OAC
23-11 31st Road Astoria NY 11106
718-626-1500

You Are Invited

Birthday Party



MAY



19th at 1:00 PM

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

125+
YEARS OF CHANGING LIVES



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.**

125+
YEARS OF CHANGING LIVES



**CALL 718-626-1500
ASK FOR CONSUELO 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 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

125+
YEARS OF CHANGING LIVES



*Serving Homebound Older
Adults in Southwest Queens*



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899



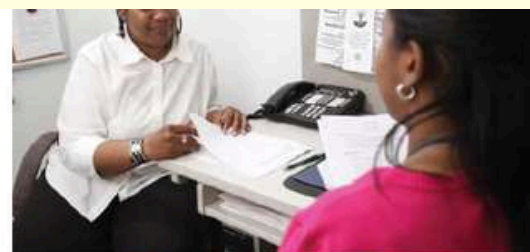
Southwest Queens Senior Services

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





Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

The program is sponsored by Catholic Charities Neighborhood Services Diocese of Brooklyn and Queens.

Accredited by the Council on Accreditation for Children and Family Services



CATHOLIC CHARITIES
Brooklyn & Queens
ESTABLISHED 1879

Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

**Catholic Charities
Benson Ridge Senior Services
can help.**

One of 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.

718-680-3530

We care! You are not alone!

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



CATHOLIC CHARITIES
Brooklyn & Queens
ESTABLISHED 1879

Benson Ridge Senior Services

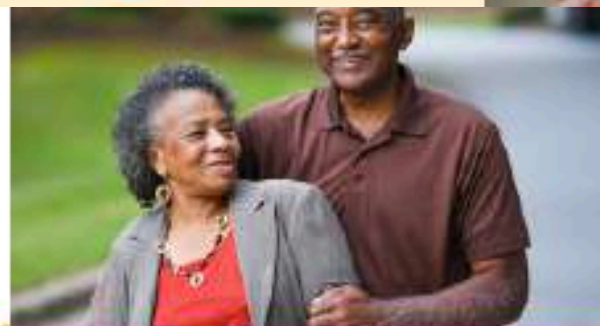
6823 Fifth Avenue
Brooklyn, NY 11220

718-680-3530 (Tel)

718-680-3654 (Fax)



*Serving Homebound Older Adults
in Bay Ridge and Bensonhurst*



Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

What services are available?

- Case management
- Home-delivered meals
- Homecare
- Housekeeping
- Transportation
- Friendly visiting
- Long-term care planning
- Benefits and entitlements
- Information and referral
- Caregiver support

What languages are spoken?

- English
- Russian
- Spanish

What are the hours of operation?

Monday - Friday
9:00 AM - 5:00 PM



"Youth is a gift of nature, but age is





**Make the call today to find out about
our program and services!**



HOURS OF OPERATION

Monday-Friday: 8 a.m. - 4 p.m.

Program begins 9 a.m. - 2 p.m.

Meeting the Needs of Alzheimer's Patients and Their Caregivers

We have special services for our neighbors with Alzheimer's disease or related forms of dementia, including group activities, workshops, case management, information and referral services. For their caregivers, we provide respite services.



Catholic Charities Alzheimer's Social Adult Day Program

190-04 119th Avenue

St. Albans, NY 11412

Tel: 718-358-3541

Fax: 718-978-2105

www.ccbq.org

**Funded by NYC Aging
and NY State Office for the Aging**



Catholic Charities Alzheimer's Social Adult Day Program

www.ccbq.org

OUR MISSION

The mission of Catholic Charities Brooklyn and Queens is to promote unity among all persons by developing caring communities. The Catholic Charities Alzheimer's Social Adult Day Program carries out this mission by providing a wide range of services that promote dignity and respect.

Our goal is to create an environment that will assist in improving the quality of life for those suffering with Alzheimer's disease or forms of dementia, and their caregivers.

OUR STAFF

Our dedicated team of professionals include: a Program Manager, Program Coordinator and other skilled personnel and volunteers trained to work with your loved ones.

We have more than twenty years of experience working with families and people who have Alzheimer's disease and other forms of dementia.

This program is designed to offer mental and physical stimulation to the participants and respite for their caregiver. You can bring your family member to our program with confidence -- while you take care of personal business, go to work or just want to relax for a few hours.

At the Catholic Charities Alzheimer's Social Adult Day Program our weekly calendar of activities includes:

- Cognitive Skills Review
- Music Therapy
- Art Therapy
- Chair Exercise Classes
- Dancing
- Delicious Lunches
- Door to Door Transportation (limited locations)

SUPPORT GROUP

The program also provides services for family members and caregivers who may be experiencing their own emotional turmoil due to a loved one's struggle with all forms of dementia.

We provide a holistic approach to services for members and loved ones, by offering current information on resources and linkages to support services. We partner with other local case management agencies to assist with other needs including:

- Meals on Wheels
- Counseling
- Home Care
- Housekeeping

**Our Support Group meets every 3rd
Monday of the month at 10 a.m. — It's
open to everyone.**

**Refreshments and good
conversations are always present!**



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

¿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



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

ESTABLISHED 1899

125⁺



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



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. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

ESTABLISHED 1899

125+



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

St. John the Baptist

333 Hart Street, Brooklyn, NY 11206

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

2866 West 17th Street, Brooklyn, NY 11224

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

Our Lady of Mercy

680 Mother Gaston Blvd., Brooklyn, NY 11212

Lunes y Viernes, 9 AM - 11 AM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204

Cada dos Viernes, 9 AM - 11 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693

Martes, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377

Martes, 4 PM - 6 PM

BVM St. Mary-Winfield

70-31 48th Ave., Woodside, NY 11377

Jueves, 9:30 AM - 12 PM

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374

1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

St. Raphael

35-20 Greenpoint Ave., Long Island City, NY 11101

Jueves, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick

39-38 29th Street, Long Island City, NY 11106

3er Sábado de cada mes, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427

Viernes, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434

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Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432

1er y 3er Miércoles de cada mes, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692

1er y 3er Jueves de cada mes, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355

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



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. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.

Beat the heat with **HEAP!**

If the heat affects your health you may be eligible for HEAP cooling assistance.

You may qualify for a HEAP cooling benefit if your household:

- Has a member with a documented medical condition worsened by heat
- Gross monthly income meets current HEAP guidelines
- Received a regular HEAP benefit greater than \$21 in the current program year or resides in government subsidized housing with heat included in your rent
- Did not receive a HEAP funded air conditioner within the past 5 years

Learn more about the HEAP Cooling Benefit at:
otda.ny.gov/programs/heap/#cooling-assistance
or **1-800-342-3009**

Tips to get cool:

- Stay indoors in air conditioning
- Drink plenty of cool nonalcoholic and caffeine-free liquids
- Take a cool shower or bath

For more extreme heat advice, visit:
www.health.ny.gov/extremeheat



HEAP
Home Energy
Assistance Program

A P
Pub-5182 (H
**Make an appointment with Jennifer
at 718-626-1500 x7375**



Combata el calor con **iHEAP!**

Si el calor afecta negativamente su salud, es posible que reúna los requisitos para recibir el subsidio de enfriamiento HEAP.

Usted podría reunir los requisitos para recibir el subsidio de enfriamiento HEAP si su grupo familiar:

- Incluye un miembro con una afección médica documentada que se empeora con el calor.
- Si su ingreso mensual bruto cumple con las pautas establecidas de HEAP.
- Si usted recibió el subsidio regular HEAP por un monto mayor a \$21 en el programa del presente año o reside en una vivienda subvencionada por el gobierno donde la calefacción está incluida en su alquiler.
- No recibió un aire acondicionado subsidiado con fondos de HEAP en los últimos 5 años.

Infórmese más sobre el subsidio de enfriamiento de HEAP en:
otda.ny.gov/programs/heap/#cooling-assistance o 1-800-342-3009

Consejos sobre cómo mantener una temperatura corporal cómoda:

- Manténgase al interior con el aire acondicionado.
- Beba suficientes líquidos fríos no alcohólicos y sin cafeína.
- Dese una ducha o un baño de tina fríos.

Si desea más consejos sobre cómo combatir el calor, ingrese a: www.health.ny.gov/extremeheat



HEAP
Home Energy
Assistance Program

Make an appointment with Jennifer
at 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

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 Jennifer
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
Jennifer at

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 Jennifer at
718-626-1500 x7375

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

PETER J. DELLAMONICA OLDER ADULT CENTER

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FREEZING
YOUR
RENT



**FREEZE
YOUR RENT**

Fruit Infused Water

Quick Tips

- To stay hydrated, drink eight cups of water each day. Drink more when it's hot outside and when you are physically active.
- Fill a water bottle and carry it with you during the day.
- Get creative! Make water even tastier by adding a slice of your favorite fruit.



Winter: Citrus Splash

(Adapted from Pinterest.com)

Ingredients:

- 1 orange, sliced thin
- 1 lemon, sliced thin
- 1 lime, sliced thin
- Ice
- Carbonated water

Directions:

1. Add orange, lemon and lime to a pitcher. Gently press fruit with a spoon to release some of the juices.
2. Fill the pitcher with ice, then fill with carbonated water. Gently stir fruit to mix.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Spring: Cucumber, Lime and Mint

(Adapted from eatingrichly.com)

Ingredients:

- 1 lime, sliced thin
- 12 mint leaves (optional)
- 1 cucumber, sliced thin
- Water

Directions:

1. Add lime slices, mint leaves and sliced cucumber to a large pitcher.
2. Add cold water to pitcher. Stir ingredients into water.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Summer: Strawberry Pineapple

(Adapted from fruitinfusedwater.com)

Ingredients:

- 2 cups of fresh or frozen strawberries
- 1 cored pineapple, sliced or 1 20 oz. can of drained pineapple slices
- Water
- Ice

Directions:

1. Cut strawberries in half. Add strawberries and pineapple slices to a pitcher.
2. Add ice to the pitcher, then fill with water. Stir fruit to mix.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Fall: Orange Cranberry Cooler

(Adapted from fruitinfusedwater.com)

Ingredients:

- 1 cup cranberries
- 2 oranges, sliced thin
- Water

Directions:

1. Add cranberries to a pitcher and gently smash to release some of the juices. Add orange slices.
2. Pour water on top of fruit. Stir fruit to mix.
3. Serve immediately or chill, covered, in the refrigerator. Enjoy!

Meet with a Virtual Nutritionist

Website: CookingwithNYCAging.org

Email: virtuallmartliving@aginig.nyc.gov

Call: 929-436-2866

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's 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

Visit our website at www.jsyfruitveggies.org for more great recipes!

Good For Your Gut

Spring Produce Guide



Apricots

1.4g Fiber
per two medium



Artichokes

10.3g Fiber
per one medium



Asparagus

2.4g Fiber
per 5 spears



Avocados

7.8g Fiber
per ½ cup



Broccoli

2.5g Fiber
per ½ cup



Cabbage

1.4g Fiber
per ½ cup



Green Beans

2g Fiber
per ½ cup



Kale

1.3g Fiber
per ½ cup cooked



Mangoes

1.3g Fiber
per ½ cup



Peas

1.3g Fiber
per ½ cup



Strawberries

1.7g Fiber
per ½ cup



Swiss Chard

1.8g Fiber
per ½ cup cooked



EAT SEASONAL & LOCAL

SPRING

FRUIT



APPLES



BERRIES



CHERRIES



GRAPEFRUIT



MANDARINS



MANGOES



PINEAPPLE



MELONS



ORANGES

VEGETABLES



ASPARAGUS



SPINACH



BEETROOT



CAULIFLOWER



MUSHROOMS



SILVERBEET



TOMATOES



SWEET CORN



bnmulti.com

Easy Ways to... Add More Fruits and Vegetables to Your Meals

Brighten up your plate with colorful fruits and vegetables at every meal.

Breakfast



Mix fruit with yogurt, oatmeal or whole grain cereal.



Include vegetables in an omelet or egg sandwich.



Make a smoothie with leafy greens and frozen fruit.

Lunch and Dinner



Add vegetables to soups, stews or casseroles.



Mix vegetables with pasta, rice or couscous



Top tacos, pizzas and pita bread with vegetables.

Snacks



Enjoy fruit with peanut butter.



Add vegetables to half of a sandwich.



Serve fresh vegetables with a bean dip.

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. 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 202-725-5054 (voice and TDD).

Formas fáciles para... añadir más frutas y vegetales a sus comidas

Ilumine su plato con frutas y vegetales coloridos en todas las comidas.

Desayuno



Mezcle frutas con yogur, avena o cereal integral.



Incluya vegetales en una tortilla o sándwich de huevo.



Haga un batido con hojas verdes y fruta congelada.

Almuerzo y cena



Añada vegetales a las sopas, guisados o estofados.



Mezcle los vegetales con pasta, arroz o cuscús.



Cubra los tacos, las pizzas y el pan de pita con vegetales.

Meriendas



Disfrute de fruta con mantequilla de maní.



Agregue vegetales a la mitad de un sándwich.



Sirva vegetales frescos con salsa de frijoles.

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 y busque **farmers markets** (mercados de agricultores).

Para obtener recetas saludables, visite 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 800-342-3000 o ingrese a 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).

Start simple with MyPlate



Be Salt Smart

Healthy eating is important at every age. Eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified soy alternatives. When deciding what to eat or drink, choose options that are full of nutrients and limited in added sugars, saturated fat, and sodium. Start with these tips:



Read the label

The **Nutrition Facts** label shows you how much sodium is in packaged foods. Choose lower sodium foods—especially if you have high blood pressure, diabetes, or kidney disease.



Eat fruits and veggies

Enjoy a variety of fresh and frozen fruits and vegetables—almost all of them are naturally low in sodium. Look for canned vegetables labeled “no added salt.”



Look for cue words

Items that are “pickled,” “brined,” or “cured” tend to be high in sodium. Include these foods in your meals sparingly.



Put together meals at home

Making your own meals gives you more control over the salt you eat. Taste your food before adding salt from the shaker.



Go easy on the sauce

Be mindful of how much sauce, gravy, salsa, ketchup, soy sauce, marinade, or dressing you're using. The sodium from these can add up quickly.



Spice it up

Flavor your foods with fresh or dried herbs and spices instead of salt. Pick spice blends that do not list salt or sodium on the ingredients list.

Pasta Primavera



Makes:

3 servings



Total Cost:

\$\$\$\$

A flavorful spring recipe that you and your family will savor. Use your favorite spring vegetables from your garden or local farmers market: kohlrabi, sugar snap peas, carrots, and asparagus are all delicious options.

Ingredients

- 1 cup noodles, uncooked
- 1 tablespoon vegetable oil
- 2 cups mixed vegetables (chopped)
- 1 cup tomatoes (chopped)
- 1 tablespoon margarine
- 1/4 teaspoon garlic powder
- 1/8 teaspoon black pepper

Directions

1. Wash hands with soap and water.
2. Cook noodles according to package directions.
3. While noodles are cooking, heat oil in a skillet.
4. Add vegetables and sauté until tender; stir constantly.
5. Add tomato and sauté 2 more minutes.
6. Toss vegetables with noodles and margarine.
7. Add seasonings; sprinkle with Parmesan cheese.

Nutrition Information

Serving Size: 1/3 of recipe (180g)

[Show Full Display](#)

Nutrients	Amount
Total Calories	336
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	3 mg
Sodium	147 mg
Carbohydrates	48 g
Dietary Fiber	8 g
Total Sugars	6 g
Added Sugars included	0 g
Protein	11 g
Vitamin D	0 mcg
Calcium	103 mg
Iron	2 mg
Potassium	398 mg

N/A will display when nutrient data is unavailable

Public Assistance



NYC

Cash benefits for low-income persons to provide essential food, clothing and shelter.

Benefits vary depending on specific situations:

- *assets/income*
- *rent*
- *housing status*
- *work-related expenses and/or special needs.*

Age: Any Age

Income: Eligibility is calculated individually, depending on family size, income and expenses.

Assets: Limit--Single individuals and childless couples - \$2,000 cash assets; \$3,000 if age 60 or older. Ask about life insurance and burial plans.

Maximum Monthly Benefits:

One person without children \$398.10; couples without children \$541.50. Amount must include rent payment. Public Assistance recipients may also qualify for Medicaid and Food Stamps. Medicaid is available to persons who meet above requirements but choose not to receive Public Assistance. One- time per year Emergency Cash Grants are also available for heating costs.

For more information, please call the HRA Infoline at 718-557-1399 or 311 for more information.

Name: _____ Date: _____

MERRY MONTH OF MAY

Word Search

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

BASEBALL

BLOSSOM

BUMBLEBEE

BUTTERFLY

CINCO DE MAYO

FLOWERS



GARDEN

GEMINI

GREEN

LADYBUG

LAWN MOWER

MAYPOLE

MEMORIAL DAY

MOM

MOTHER'S DAY

PIÑATA

PLANT

SEEDS

SPRING

SUNSHINE

TAURUS

TEACHER



Memorial Day

-----Word Scramble-----

- I. NOROH _____
2. NICAERMA FGLA _____
3. DBLA GLEAE _____
4. DLRIEOS _____
5. DNPNEEINDECE _____
6. TAIONN _____
7. EVABR _____
8. YERIBTL _____
9. BEMREERM _____
10. AYRTMILI _____
- II. TROIPAT _____
12. DFOEMRE _____

-----Word Bank-----

SOLDIER	BRAVE	NATION	FREEDOM
INDEPENDENCE	BALD EAGLE	PATRIOT	MILITARY
HONOR	REMEMBER	AMERICAN FLAG	LIBERTY

May 2025

Happy Birth day

Michael K.

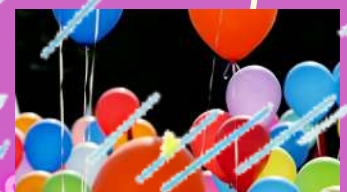
Maria C.L.

Edelmira M.

Elizabeth N.

Carmen N.

Nilcee K. S.



*To all of our
Participants*



23-11 31st Road
Astoria, NY 11106

MAY
2025



Older Adult Center Staff

Michael S.	Program Manager
Jennifer D.	Case Manager
Miriam C.	Administrative Assistant
Val Y.	Cook
Vadym S.	Assistant Cook
Cristelia C.	Kitchen Aide
Ramnaresh P.	Custodian
Consuelo G.	Transportation

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	Seelia B.
Vice President	Bruny R.
Treasurer	Bernadine M.
Secretary	Maria E R.
Head Councilmember	Michael J

Volunteer-Councilmembers

Rudi A.
Lucia S.



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



BE PAWSITIVE



Director of Field Operations Annie Liu

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.





GROUP TRIPS

Wednesdays at 10:30am

Disclaimer

Registered members only!
8 seats available on first basis!

Wednesday, May 7th

DellaMonica Event

time

11:30AM

Wednesday, May 14th

Hillcrest OAC

time

10 AM

Wednesday, May 21st

City Island

time

11:30 AM

Wednesday, May 28th

Cuty Island

time

10 AM

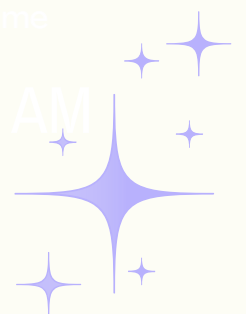
Wednesday, April 30th

Astoria Park



time

10 AM



Monday	Tuesday	Wednesday	Thursday	Friday
*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.	<u>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</u>	<u>Physical Exercise</u> underlined in green	1	2
			9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> <u>11:00 Alex w/ Concerts in Motion</u> 12:00 Lunch 1:30 Walking Club-SD	9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:30 Painting for Beginners w/ Helen D.
5	6	7	8	9
9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 Cinco De Mayo Celebration w/ DJ Michael	9:00 Word Search w/ MS 10:00 Chair Exercise w/Ability <u>11:00 Gentle Stretching w/Carl</u> 11:00 Women's Health Discussion w/Ability 12:00 Lunch 1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS 10:00 Tai Chi w/Wen T. 10:00 What is Asthma? w/St. John's University. Meeting ID: 898 3297 5087 11:00-3:00 Bishop Valero Residence Award Ceremony 12:00 Grab & Go Lunch 3:00 Brain Teasers in Activity Room w/CI	9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> 11:00 AAPI & JHM Recognition 12:00 Lunch 1:00-3:00 BINGO 3:00 Walking Club-SD	9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:30 Painting for Beginners w/ Helen D.
12	13	14	15	16
<u>9:00 Spot the Difference: Brain Teaser w/MS</u> <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 Mother's Day Celebration w/ DJ Valentine	9:00 Word Search w/MS 10:00 Chair Exercise w/Ability <u>11:00 Gentle Stretching w/Carl</u> 12:00 Lunch 1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS <u>10:00 Tai Chi w/Wen T.</u> 10:00 Garden Tips w/CI 11:00 Senior Support Group w/CI 12:00 Lunch 1:00-2:30 BINGO 3:00 Brain Teasers w/CI	9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> 10:30 Self-Directed Blood Pressure 11:00 MET Art in a Box & Meditation-mindfulness w/Miriam S. 12:00 Lunch 1:00-3:00 BINGO 3:00 Walking Club-SD	9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:00-2:30 Bingo 1:30 Painting for Beginners w/ Helen D.
19	20	21	22	23
9:00 Spot the Difference: Brain Teaser w/MS <u>10:00 Line Dancing w/Wen T.</u> 10:00 Computer Classes w/Ability 11:00-11:45 Board Games w/Ability 12:00 Lunch 1:00 May Birthday Party w/ DJ Valentine	9:00 Word Search w/MS 10:00 Chair Exercise w/Ability <u>11:00 Gentle Stretching w/Carl</u> 11:00 Elder Abuse w/Maureen Prichard 12:00 Lunch 1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS 10:00 Tai Chi w/Wen T. 10:00 Garden Tips w/CI 11:00 Senior Support Group w/CI 12:00 Lunch 1:00-2:30 BINGO 3:00 Brain Teasers w/CI	9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> 10-11 Caption Call w/ Carlo 10:30 Self-Directed Blood Pressure 11:00 Coping Skills: Meditation & Mindfulness w/Miriam S. 12:00 Lunch 1:00-3:00 BINGO 3:00 Walking Club-SD	9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:00-2:30 Bingo 1:30 Painting for Beginners w/ Helen D.
26	27	28	29	30
	9:00 Word Search w/MS 10:00 Chair Exercise w/Ability <u>11:00 Gentle Stretching w/Carl</u> 10:30 Self-Directed BP 12:00 Lunch 1:30 Watercolor Painting w/ Helen D. 3:00 Leisure Games w/CI	9:00 Word fill in Puzzle w/MS 10:00 Tai Chi w/Wen T. 10:00 Garden Tips w/CI 11:00 Senior Support Group w/CI 12:00 Lunch 1:00-2:30 BINGO 3:00 Brain Teasers w/CI	9:00 Word Scramble w/MS <u>10:00 Chair Yoga w/ Ability B.</u> 10:30 Self-Directed Blood Pressure 11:00 Jewelry Making w/Miriam S. 12:00 Lunch 1:00-3:00 BINGO 3:00 Walking Club-SD	9:00 Sudoku Puzzles w/ MS 10:00 Zumba w/Ability B. 10:00 Computer Classes w/Ability 11:00 Arts & Craft w/ Ability B. 12:00 Lunch 1:00-2:30 Bingo 1:30 Painting for Beginners w/ Helen D.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.</p> <p>Located at: 23-11 31st Road, Astoria NY 11106</p> <p>718-626-1500</p>			<p>Chili con Carne</p> <p>White Rice</p> <p>Brussels Sprouts</p> <p>Kiwi</p> <p>Orange Pineapple Juice</p>	<p>Fish with Creole Sauce</p> <p>Farro</p> <p>Sauteed Asparagus</p> <p>Pineapple</p> <p>Orange Juice</p>
5	6	7	8	9
<p>Chicken Stir Fry with Vegetables</p> <p>Baked Brown Rice Pilaf</p> <p>Asian Cucumber Salad</p> <p>Banana</p> <p>Orange Juice</p>	<p>Pernil (Roasted Pork Shoulder)</p> <p>Roasted Potatoes Steamed</p> <p>Cauliflower</p> <p>Orange</p> <p>Grape Juice, unsweetened</p>	<p>White Bean Soup</p> <p>Whole Wheat</p> <p>Pasta Primavera</p> <p>Italian Blend</p> <p>Vegetables</p> <p>Apple</p> <p>Orange Juice</p>	<p>Roast Beef</p> <p>California Blend</p> <p>Vegetables Sauteed</p> <p>Sweet Potatoes</p> <p>Peach</p> <p>Grape Juice, unsweetened</p>	<p>Baked Fish Amandine</p> <p>Couscous with Peas and Lemon</p> <p>Garden Salad</p> <p>Mango</p> <p>Orange Pineapple Juice</p>
12	13	14	15	16
<p>Chicken Breast with Mushrooms and Peppers</p> <p>Egg Noodles</p> <p>Brussels Sprouts</p> <p>Apple</p> <p>Orange Pineapple Juice</p>	<p>Noodles with Turkey, Cabbage, Onions, and Mushrooms</p> <p>Green Bean Salad</p> <p>Banana</p> <p>Grape Juice, unsweetened</p>	<p>Minestrone Soup with Cabbage</p> <p>Veggie Lover</p> <p>Lasagna Alfredo</p> <p>Vegetable Mix</p> <p>Applesauce</p> <p>Orange Juice</p>	<p>Beef Brisket with Tomatoes and Onions</p> <p>Italian Blend Vegetables</p> <p>Mashed Sweet Potatoe</p> <p>Orange</p> <p>Orange Pineapple Juice</p>	<p>Fish with Tomatoes and Herbs</p> <p>Cous Cous</p> <p>Broccoli and Red Pepper Salad</p> <p>Kiwi</p> <p>Grape Juice, Unsweetened</p>
19	20	21	22	23
<p>Baked Chicken Thighs</p> <p>Kasha</p> <p>Orange</p> <p>Apple Juice</p>	<p>Chinese Style Pork</p> <p>Italian Blend Vegetables</p> <p>Sauteed Sweet Potatoes</p> <p>Banana</p> <p>Grape Juice, Unsweetened</p>	<p>Homemade Soup</p> <p>Basic Pasta Salad</p> <p>Apple and Beet Salad</p> <p>Apple</p> <p>Orange Juice</p>	<p>Beef Hamburger</p> <p>Whole Wheat Hamburger Bun</p> <p>French Fries</p> <p>Lettuce and Tomato</p> <p>Pear</p> <p>Grape Juice, unsweetened</p>	<p>Baked Fish Oreganata</p> <p>Brown Rice</p> <p>Green Bean Salad</p> <p>Frozen Mixed Berries</p> <p>Orange Pineapple Juice</p>
26	27	28	29	30
	<p>Turkey Chili con Carne</p> <p>White Rice</p> <p>Italian Blend Vegetables</p> <p>Banana</p> <p>Apple Juice</p>	<p>Creamy Tomato and Rice Soup</p> <p>California Veggie Burger</p> <p>French Fries</p> <p>Green Bean Salad</p> <p>Apple</p> <p>Orange Juice</p>	<p>Spanish Steak</p> <p>Brussels Sprouts</p> <p>Homemade Mashed Potatoes</p> <p>Orange</p> <p>Grape Juice, unsweetened</p>	<p>Baked Salmon</p> <p>Kasha</p> <p>Beet Salad</p> <p>Mandarin Oranges</p> <p>Orange Pineapple Juice</p>

