

# Pioneers of Queens

125+

MONTHLY  
NEWSLETTER

December 2025



## Holidays and highlights this month

### DECEMBER IS UNIVERSAL HUMAN RIGHTS MONTH

In 1948, the United Nations established the Universal Declaration of Human Rights stating that all humans are born free and equal in dignity and rights. It emphasizes the need for universal respect and protection of human rights. Human Rights Month reminds us of our shared humanity across diverse cultures and beliefs. By educating ourselves and advocating for others' rights, we foster equality, justice, and freedom.

### December Holidays and Traditions

December is filled with various winter celebrations such as Christmas, Kwanzaa, and Hanukkah, fostering family traditions and a focus on unity and peace. This month is marked by community activity in both personal and business spheres, including shopping, reunions, and baking. Baking cookies is a cherished tradition, often shared during festive events. Additionally, winter sports thrive, with hockey, football, basketball, skiing, and snowmobiling engaging fans and outdoor enthusiasts.

### In this newsletter you can expect:

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Holidays & Celebrations

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Resources & Collages

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Activities & Events

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Hybrid/ virtual Events

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Activity Calendar

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Lunch Menu



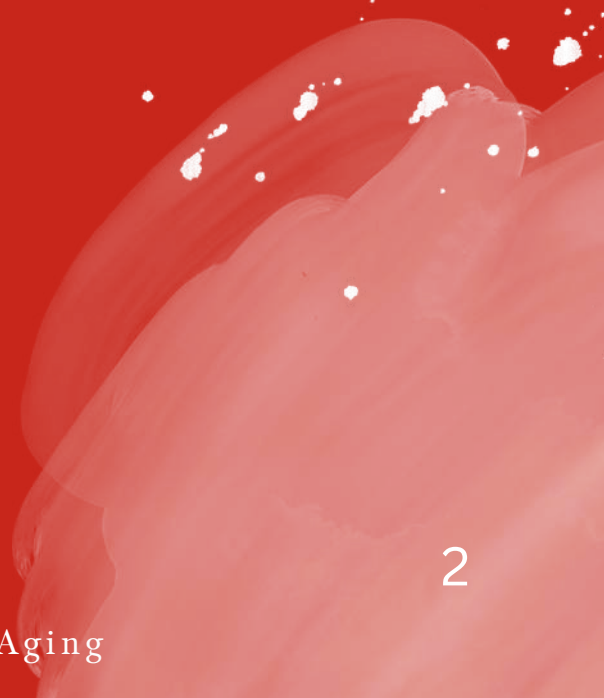

125<sup>+</sup>  
YEARS OF CHANGING LIVES

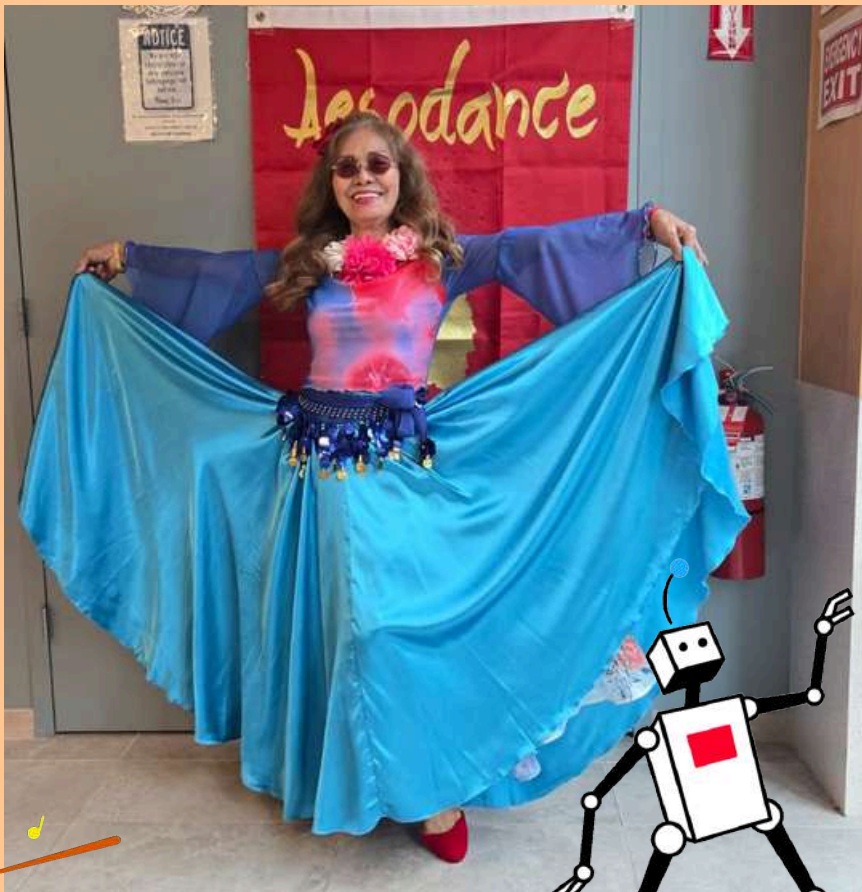


CATHOLIC  
CHARITIES  
Brooklyn &  
Queens

# Hello, December

Wishing you a month filled with  
happiness, gratitude, and  
delightful surprises.





125+  
YEARS OF CHANGING LIVES



**JOIN US FOR FUN EXERCISE!**

# ***STRENGTH TRAINING***

⋮  
⋮  
⋮  
⋮

[HTTPS://SENIORPLANET.ZOOM.  
US/J/83127813758#SUCCESS](https://seniorplanet.zoom.us/j/83127813758#success)

ZOOM MEETING ID:  
831 2781 3758

**WEDNESDAYS AT 1PM**

# Virtual/Hybrid Exercise for This Month



**IN DECEMBER**



**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**

**5**



## 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



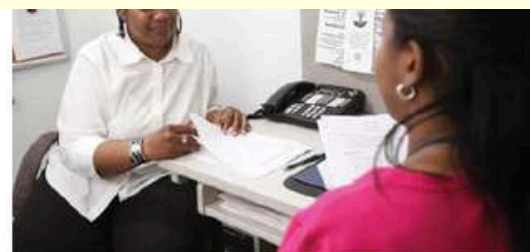
## Southwest Queens Senior Services

**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



# **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)**

**125+**  
YEARS OF CHANGING LIVES



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

# 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

### **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 AM - 11 AM

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

224 Brooklyn Ave., Brooklyn, NY 11213

Every other Wednesday, 12 PM - 1 PM

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

1712 45th Street, Brooklyn, NY 11204

Every other Friday, 9 AM - 11 AM

### **St. Michael/St. Malachy**

***Beginning September 26, 2025***

286 Warwick Street, Brooklyn 11207

Every Friday, 9:30 AM - 11:30 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 - 11:30 AM

### **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)

Beginning May 9, 2024: 2nd 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).

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YEARS OF CHANGING LIVES



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

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224 Brooklyn Ave., Brooklyn, NY 11213

Cada dos Miércoles, 12 PM - 1 PM

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

1712 45th Street, Brooklyn, NY 11204

Cada dos Viernes, 9 AM - 11 AM

### **St. Michael/St. Malachy**

*A partir del 26 de septiembre de 2025*

286 Warwick Street, Brooklyn 11207

Todos los viernes de 9:30 AM - 11:30 AM

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

35-34 105th Street, Corona, NY 11368

(Estacionamiento de la iglesia)

A partir del 9 de mayo de 2024: 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 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

12

# #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**  
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**

# Cranberry Orange Spritzer

Need a refreshing, company-friendly drink? Try these sparklers.

**Servings: 2**

**Prep 5 minutes**

## INGREDIENTS:

- ½ cup orange juice
- 1 cup cranberry juice
- 1 cup ginger ale
- Ice
- sprig of rosemary
- 6 fresh cranberries



## INSTRUCTIONS:

- Add ice to glass. Add in orange juice and cranberry juice, and mixx
- Top off with ginger ale.
- Give it a stir. Add in rosemary and cranberries. Serve ice cold!

# Red Lentil Butternut Squash Soup

This red lentil butternut squash soup is rich, creamy, and full of flavor! It's a little bit sweet, lightly spiced, and oh-so-satisfying!

**Servings: 8**

**Prep Time: 40 mins**

## INGREDIENTS:

- 1 tablespoon olive oil
- 1 medium onion, diced
- 3 garlic cloves, minced
- 1 tablespoon freshly grated ginger
- 1 ½ teaspoons ground cumin
- 1 teaspoon ground cinnamon
- 4 cups vegetable broth
- 3 cups diced butternut squash (Note 1)
- 1 cup split red lentils
- 1 cup full fat coconut milk, plus more for serving, if desired
- Salt and pepper, to taste
- 2 tablespoons fresh cilantro, chopped (optional)



## INSTRUCTIONS:

- Coat the bottom of a large pot with oil and place it over medium heat. When the oil is hot, add the onion. Sweat the onion for about 5 minutes, until it becomes soft and translucent.
- Add the garlic, ginger, cumin and cinnamon. Sauté the mixture while stirring constantly for about 1 minute, until it becomes very fragrant.
- Stir in the broth, butternut squash, and lentils. Raise the heat and bring the mixture to a boil. Lower heat and allow the soup to simmer, uncovered, for 20-25 minutes, until the lentils and squash are very tender.
- Remove the pot from heat. Either use an immersion blender or transfer the soup to a blender in batches, and blend until smooth.
- Return the soup to the pot if you used a blender. Stir in the coconut milk and season the soup with salt and pepper to taste (Note 2). Briefly reheat it if it cooled down too much.

# Easy Ways to ..... Enjoy Fresh Greens



## 1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

## 2. Store

- ❖ Before storing:
  - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
  - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
  - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



## 3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

## 4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



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).

**NYC**  
Health

*Just Say Yes* to fruits and vegetables

# Maneras sencillas de... disfrutar de las verduras de hoja frescas



## 1. Compre

- ❖ Elija verduras de hoja crujientes, brillantes y sin manchas de color amarillo o café.

## 2. Almacene

- ❖ Antes de almacenar:
  - **Lchuga y verduras de hoja para ensaladas:** envuelva las hojas en una toalla de papel seca.
  - **Verduras de hoja en manojo con tallos (col rizada, berza):** corte las puntas de los tallos y envuelva los extremos en una toalla de papel húmeda.
  - **Hierbas:** envuelva todo el manojo en una toalla de papel ligeramente húmeda.
- ❖ Guarde todas las verduras de hoja en el refrigerador, sin lavar, en una bolsa de plástico sellada.



## 3. Lave

- ❖ Coloque las verduras de hoja en un tazón y cúbralas con agua.
- ❖ Agite las verduras de hoja debajo del agua para aflojar la suciedad y déjela que se asiente.
- ❖ Levante lentamente las verduras de hoja y deseche el agua. Repita según sea necesario.

## 4. Prepare

- ❖ Saltee las cebollas y el ajo en aceite. Agregue las hojas verdes y cocínelas hasta que estén blandas.
- ❖ Mezcle la espinaca o la col rizada con frutas congeladas para preparar un batido o con frijoles para preparar una deliciosa salsa.
- ❖ Agregue las hojas verdes cortadas a las sopas, guisados y salsas para pasta. Cocínelas hasta que estén blandas.
- ❖ Agregue frutas, otras verduras, frutos secos o frijoles a las verduras de hoja cortadas y crudas para preparar una ensalada saludable.



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

Para más información sobre los Stellar Farmers Markets, visite [nyc.gov](https://nyc.gov) y busque "farmers markets" (mercados de agricultores).

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

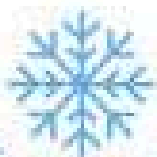
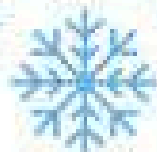
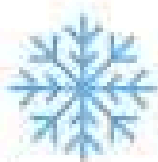
**NYC**  
Health

Just Say Yes to fruits and vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite [myBenefits.ny.gov](https://www.ny.gov/benefits). 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 motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opinión política o discapacidad. Para presentar una denuncia de 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 (llamada de voz y TDD).

# WINTER

## Word Search Puzzle



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



BLIZZARD  
CHILLY  
CHRISTMAS  
COAT  
DECEMBER  
EARMUFFS  
FEBRUARY  
FIREPLACE

HANUKKAH  
HOLIDAYS  
HOT COCOA  
ICE SKATES  
ICICLES  
JANUARY  
MITTENS  
NEW YEAR

PARKA  
SHOVEL  
SKIING  
SLEDDING  
SLEET  
SLUSH  
SNOWMAN  
SWEATER

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

**Barbara B.**

**Lyn D.**

**Joe M.**

**Judith S.**

**Michael G.**

You Are Invited

# Birthday Party



## DECEMBER



### 22nd at 1:00 PM

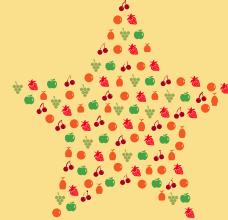
*COME JOIN SPECIAL DAY WITH FUN  
DJ, MUSIC, MUCH MORE!*

125+  
YEARS OF CHANGING LIVES





# December



23-11 31st Road  
Astoria, NY 11106

## 2025

### Older Adult Center Staff

Michael S.	Program Manager
Jennifer D.	Case Manager
Miriam C.	Administrative Assistant
M. Ahmed.	Recreation Coordinator
Val Y.	Cook
Vadym S.	Assistant Cook
Cristelia C.	Kitchen Aide
Ram 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.



### Advisory Council

President	Seelia B.
Vice President	Michael J.
Treasurer	Maria E. R.
Secretary	Norma A.

#### Councilmembers

Vilma L.  
Joe M.

*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.



BE PAWSITIVE



20



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
9:00 Spot the Difference: Brain <u>10:30 Line Dancing w/Wen T.</u> 12: 00:1:00 Lunch <u>1:00 Welcome Winter Celebration w/Variety-DJ David</u>	9:00 Word Search w/Ahmed <u>10:00 Chair Exercise w/Ability</u> <u>10:30 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> 12:00 Lunch <u>1:00-3:00 Watercolor Painting w/Helen D.</u>	9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> 11:00 Adult Coloring w/MA 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. <u>1:00-3:00 Beginners Painting w/Helen D.</u>	9:00 Word Scramble w/MA <u>10:00 Chair Yoga w/ Ability</u> <u>11:00 Marks Home Care Presentation W/H Moshe Berman</u> 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.	9:00 Sudoku Puzzles w/MA <u>10:00 Zumba w/Ability B.</u> 10:30 Arts & Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. <u>1:00-3:00 Watercolor Painting w/Helen D.</u>
8	9	10	11	12
9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch <u>1:00 Human Rights Awareness Month Celebration w/ DJ Valentine</u>	9:00 Word Search w/Ahmed <u>10:00 Chair Exercise w/Ability</u> <u>11:00 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> 12:00 Lunch <u>1:00-3:00 Watercolor Painting w/Helen D.</u>	9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> <u>11:00 Chair Yoga w/Tayfu</u> 11:00 Adult Coloring w/MA 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. <u>1:00-3:00 Beginners Painting w/Helen D.</u>	9:00 Word Scramble w/MA <u>10:00 Chair Yoga w/ Ability</u> <u>11:00 Jewelry Making w/Louise</u> 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.	9:00 Sudoku Puzzles w/MA <u>10:00 Zumba w/Ability B.</u> 10:30 Arts & Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. <u>1:00-3:00 Watercolor Painting w/Helen D.</u>
15	16	17	18	19
9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch <u>1:00 Gratitude &amp; Thankfulness Celebration w/Variety-DJ Woody.</u>	9:00 Word Search w/Ahmed <u>10:00 Chair Exercise w/Ability</u> <u>11:00 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> 12:00 Lunch <u>1:00-3:00 Watercolor Painting w/Helen D.</u>	9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> 11:00 Adult Coloring w/MA 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. <u>1:00-3:00 Beginners Painting w/Helen D.</u>	9:00 Word Scramble w/MA <u>10:00 Chair Yoga w/ Ability.</u> Sketching w/MA 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.	9:00 Sudoku Puzzles w/MA <u>10:00 Zumba w/Ability B.</u> 10:30 Arts & Craft w/Ability 12:00 Lunch <u>1:00-2:00: Dance Salon Show w/Susanna Organic</u> <u>1:00-3:00 Watercolor Painting w/Helen D.</u>
22	23	24	25	26
9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> <u>11:00 - Senior Wellness Support Program W/H Delilah Sinclair</u> 12:00:1:00 Lunch <u>1:00 December Birthday Celebration w/DJ Valentine</u>	9:00 Word Search w/Ahmed <u>10:00 Chair Exercise w/Ability</u> <u>11:00 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> 12:00 Lunch <u>1:00-3:00 Watercolor Painting w/Helen D.</u>	9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> <u>11:00 Live Music Session W/H Ed Kaminski</u> 12:00:1:00 Lunch Center closes at 2pm in observation of Holiday! ¡El centro cierra a las 14:00 horas con motivo del día festivo!		
29	30	31		
9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch <u>1:00 Pre-New Year's Celebration Bash w/DJ David</u>	9:00 Word Search w/Ahmed <u>10:00 Chair Exercise w/Ability</u> <u>11:00 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> 12:00 Lunch <u>1:00-3:00 Watercolor Painting w/Helen D.</u>	9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> 11:00 Adult Coloring w/MA 12:00:1:00 Lunch Center closes at 2pm in observation of Holiday! ¡El centro cierra a las 14:00 horas con motivo del día festivo!	<b>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</b>  <u>Physical Exercise</u> <u>underlined in green</u>  <b><u>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</u></b>	



Monday	Tuesday	Wednesday	Thursday	 Friday
1	2	3	4	5
Oven Fried Chicken Wings Beet Salad Roasted Potatoes Banana	Turkey Meatloaf Four Bean Salad Instant Mashed Potatoes Apple	<b>Black Bean Soup</b> Classic Macaroni Salad Carrot Salad Banana Apple Juice	BBQ Beef Ribs Roasted Sweet Potato Fries Vegetable Mix Apple	Baked Fish Quinoa Asian Cucumber Salad Orange
8	9	10	11	12
BBQ Chicken Bulgur Sliced Cucumbers and Tomatoes Orange	Baked Pork Chops Baked Macaroni and Cheese Garden Salad Apple	<b>Homemade Lentil Soup</b> Falafel Tomato Sauce Spiced Mixed Vegetables Orange Orange Juice	Beef Brisket with Tomatoes and Onions Baked Potato Steamed Green Beans Apple	Baked Fish Bowtie Pasta with Kasha Coleslaw Tomato and Cucumber Salad with Dressing Watermelon
15	16	17	18	19
BBQ Chicken Leg Quarters Baked Sweet Potato Four Bean Salad Banana	Turkey Meatballs with Sofrito Spaghetti Roasted Broccoli Orange	<b>Black Bean Soup</b> Baby Carrots and Parsley Vegetable Cutlet Apple Apple Juice	Roast Beef Brown Rice Steamed Green Beans Orange	Tuna Salad Basic Pasta Salad Russian Tomato Salad Pineapple
22	23	24	25	26
Chicken Parmesan Spaghetti Baby Spinach Salad with Lemon Vinaigrette Tomato Sauce Apple	Spanish Style Roast Pork Broccoli and Red Pepper Salad Homemade Mashed Potatoes Orange	<b>A Nice Vegetable Soup</b> Meaty Lentil and Mushroom Meatballs Cous Cous Beet Salad Apple Orange Juice		
29	30	31	Located at: 23-11 31st Road, Astoria NY 11106	
Spanish Style Baked Chicken Brown Rice Vegetable Mix Apple	Roasted Turkey Breast Fresh Cranberry Sauce Baked Sweet Potato Roasted Zucchini Orange	<b>Cuban Style Split Pea Soup</b> California Veggie Burger Plain Hamburger Bun Carrot Salad Apple Orange Pine apple Juice	 718-626-1500 22 Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.	