

Pioneers of Queens



MONTHLY
NEWSLETTER
♦
January 2026



Holidays and highlights this month

JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

January is Glaucoma Awareness Month, an observance dedicated to educating the public about this eye condition, known as the "sneak thief of sight" because it often has no early symptoms. It is a leading cause of blindness, and early detection through regular eye exams is crucial for preventing vision loss.

Glaucoma is a leading cause of vision loss and blindness in the United States. But as many as half of people with glaucoma don't know they have it.

Glaucoma has no early symptoms. The only way to check for it is to get 23-1131ST-ROAD-ASTORIA-NY-11106

a comprehensive dilated eye exam. There's

New Year's Day Martin Luther King Jr. Day

Martin Luther King Jr. Day, officially known as the Birthday of Martin Luther King Jr. and commonly referred to as MLK Day, is a federal holiday in the United States celebrated on the third Monday of January each year. As the leading advocate for nonviolent activism during the Civil Rights Movement, King played a pivotal role in protesting racial discrimination found in federal and state laws, as well as in civil society. His efforts contributed to several significant legislative changes in the United States.

Enjoy this month's newsletter! *Peter J. Dellamonica 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

HELLO
January

As January arrives, it brings with it a sense of renewal and the promise of new beginnings.

Funded by NYC Aging

Peace & LOVE



Funded by NYC Aging



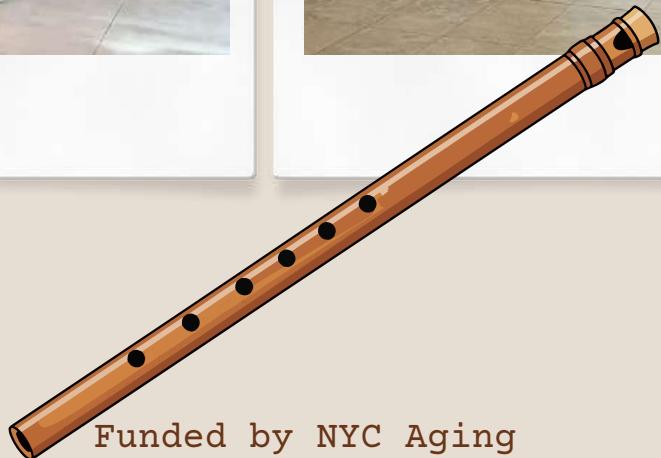


Winter Dance





winter Ballet



Funded by NYC Aging

Dellamonica Choir

Peace
on Earth



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 JANUARY



2026

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>





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.



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.

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

Accredited by the Council on Accreditation
for Children and Family Services

Catholic Charities Southwest Queens Senior Services can help.

Our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.
718-217-0126



Serving Homebound Older Adults in Southwest Queens

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens



Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495



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.

¿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

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**



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.

125+
YEARS OF CHANGING LIVES



CATHOLIC
CHARITIES
Brooklyn &
Queens

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

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 AM - 11 AM

St. Gregory the Great

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

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
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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)
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



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 más información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, texta FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.



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



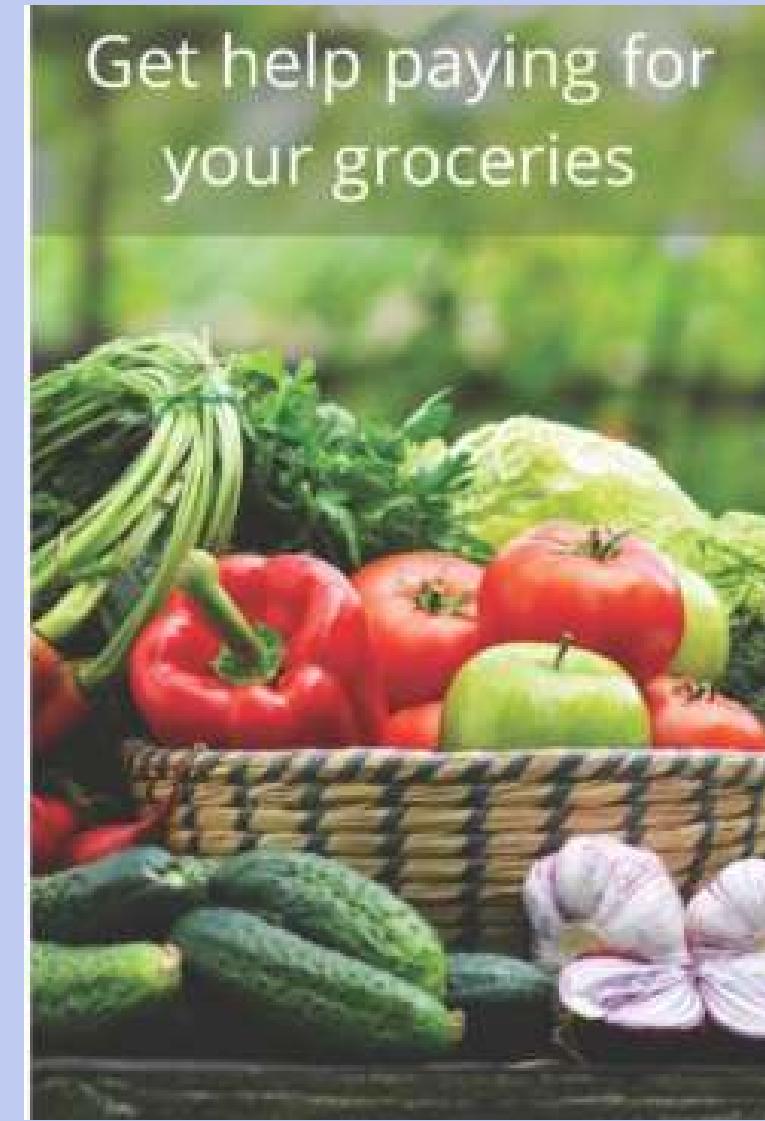
SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING



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



61% reported cost of healthy foods as a barrier

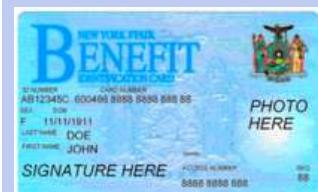


AM I ELIGIBLE?

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.

Funded by NYC Aging



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)



Make an appointment with Jennifer at

718-626-1500 x7375

15

****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.**

#RENTFREEZENYC

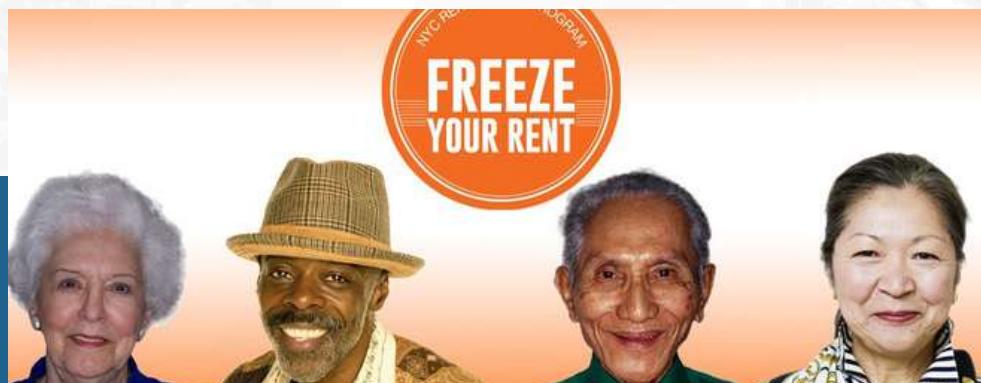
Senior Citizen Rent Increase Exemption (SCRIE)



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. DELAMONICA 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**

125+
YEARS OF CHANGING LIVES



Sparkling Blood Orange

This winter mocktail with blood orange juice, honey, vanilla, and sparkling water is a refreshing winter spritzer. It's an easy mocktail - a perfect drink for Dry January and a pretty, non-alcoholic drink for girls' night in!

Servings: 2

Prep 5 minutes

INGREDIENTS:

- 8 oz. blood orange juice, freshly squeezed
- 1 tablespoon honey
- ½ teaspoon vanilla extract
- 4 oz. lime sparkling water
- blood orange slices for garnish



INSTRUCTIONS:

- Squeeze the blood orange juice into a mason jar with a lid or cocktail shaker. Add the honey and vanilla extract to the unchilled juice. Shake. Add ice to cool it down.
- Pour evenly into two ice-filled glasses. Top with lime sparkling water and a slice of blood orange on top. Cheers! Enjoy right away.

LEMON SOUP

Our family's holiday staple, lemon orzo soup. An easy four ingredient soup that can be whipped up in less than fifteen minutes.

INGREDIENTS

- 1 (48 fluid ounce) can chicken broth
- 2 egg yolks
- 2 egg whites
- 1 lemon, juiced
- salt and pepper to taste
- 1 cup uncooked orzo pasta

PREPARATION TIME: 5 MINUTES

COOKING TIME: 10 MINUTES

SERVES: 8

INSTRUCTIONS -

1. Pour chicken broth into a large pot, and bring to a boil. Add orzo pasta, and simmer for 10 minutes, until tender.
2. In a medium glass or metal bowl, whip egg whites to medium stiff peaks. Stir in egg yolks and lemon juice. When the pasta has finished cooking, Gradually ladle about 1 cup of the soup into the egg mixture while stirring gently. This will heat up the eggs so they will not be shocked by the boiling liquid. Pour the egg mixture into the soup pot, and stir until well blended. Season with salt and pepper, and serve immediately.

Nutrition Facts

Servings Per Recipe: 8
Calories: 124

	% Daily Value *
Total Fat: 2g	2%
Saturated Fat: 1g	3%
Cholesterol: 56mg	19%
Sodium: 891mg	39%
Total Carbohydrate: 21g	8%
Dietary Fiber: 1g	5%
Total Sugars: 2g	
Protein: 6g	12%
Vitamin C: 10mg	12%
Calcium: 19mg	1%
Iron: 1mg	6%
Potassium: 74mg	2%

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

** Nutrient information is not available for all ingredients. Amount is based on available nutrient data.

(-) Information is not currently available for this nutrient. If you are following a medically restrictive diet, please consult your doctor or registered dietitian before preparing this recipe for personal consumption.



Easy Ways to... Freeze Fruits and Vegetables

Freeze	Blanch (quick boil)	Cook
Put these in the freezer right away	Blanch these before freezing	Cook these before freezing
Berries Cherries* Corn (cut off the cob) Grapes Peaches* Plums* Peeled melon Winter squash *remove pits	Artichokes Asparagus Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery	Eggplant Green beans Leafy greens Okra Onions Parsnips Peppers Summer squash Zucchini
		Apples Beets Beans and legumes Potatoes Sweet potatoes Tomatoes Pumpkin Radishes Winter squash
Freezing Tips	Blanching Steps	Ways to Cook
<ul style="list-style-type: none"> Wash all fruits and vegetables before freezing. Store food in a container with a tight-fitting lid. Write the date on the container before freezing. Food will keep for about six months. 	<ul style="list-style-type: none"> Boil enough water to cover all produce in the pot. Clean produce. Chop into even-sized pieces. Place produce in boiling water and boil until just tender (one to five minutes). Rinse under cold water until cool. Strain in colander, place in sealed container and freeze. 	<ul style="list-style-type: none"> Bake or roast Sauté Boil Steam Poach

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at
facebook.com/eatinghealthynyc

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.

NYC
Health

Just Say  19

Maneras sencillas de... congelar frutas y verduras

Congele	Blanquee (al primer hervor)	Cocine
Colóquelas en el congelador de inmediato.	Blanquéelas antes de congelarlas.	Cocínelas antes de congelarlas.
Bayas Cerezas* Maíz (corte la mazorca) Uvas Duraznos* Ciruelas* Melón pelado Calabaza de invierno *remueva las semillas	Alcachofas Espárragos Brócoli Coles de Bruselas Repollo Zanahorias Coliflor Apio	Berenjena Ejotes (judías verdes) Verduras de hoja verde Ocra Cebollas Chirivías Pimientos Zapallo de verano Calabacín
		Manzanas Remolachas Frijoles y legumbres Papas Batatas Tomates Calabaza Rábanos Calabaza de invierno
Consejos para congelar	Pasos para blanquear	Formas de cocinar
<ul style="list-style-type: none"> Lave todas las frutas y verduras antes de congelarlas. Guarde los alimentos en un recipiente con tapa hermética. Anote la fecha en el recipiente antes de colocarlo en el congelador. Los alimentos se conservarán durante aproximadamente seis meses. 	<ul style="list-style-type: none"> Hierva suficiente agua para cubrir todas las frutas y verduras en la olla. Lave las frutas y verduras. Cúrtelas en trozos iguales. Coloque las frutas y verduras en agua hirviendo y déjelas hervir hasta que estén apenas blandas (entre uno y cinco minutos). Enjuáguelas en agua fría hasta que se enfrien. Páselas por un colador, colóquelas en un recipiente cerrado y congélelas. 	<ul style="list-style-type: none"> Hornear o asar Saltear Hervir Cocinar al vapor Escalfar (<i>poach</i>)

Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web facebook.com/eatinghealthynyc.

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

Para obtener recetas saludables, visite jsyfruitveggies.org.



Just Say  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) financia 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 800-342-5009 o visite myBenefits.ny.gov. El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De acuerdo 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, opiniones políticas 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).

January

BITTER
 BLIZZARD
 CALENDAR
 CELEBRATION
 FIREPLACE
 FREEZING
 FROST
 FROSTY
 HIBERNATION
 HOLIDAY
 HOT CHOCOLATE
 ICICLE
 INDOOR
 JANUARY
 MITTENS
 MLK DAY
 NEW YEAR
 PARKA
 POLAR
 RESOLUTION
 SCARF
 SKIING
 SLEDDING
 SNOWFLAKE
 SNOWMAN
 SWEATER
 WINTER

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





Martin Luther King Jr. Word Scramble

ICTTIASV

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RTOTESP

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ADMER

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TEIRYBL

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ROEEMFD

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EEPCA

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GTSELRUG

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UNYJRAA

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GTGRAESEE

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QYILUEAT

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ESPCEH

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EJCSUTI

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ACGNEH

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RDLEEA

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MAALBAA

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

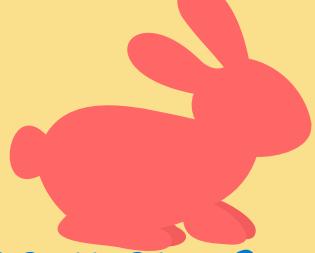
Ruth A.
Lucy B.
Alba B.

You Are Invited
Birthday
Party
JANUARY

12th at 1:00 PM

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





23-11 31st Road
Astoria, NY 11106

JANUARY 2021



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

Advisory Council

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

Councilmembers

Vilma L.
Joe M.

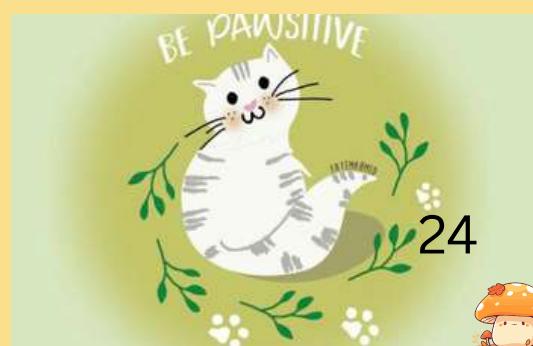
Catholic Charities Mission Statement

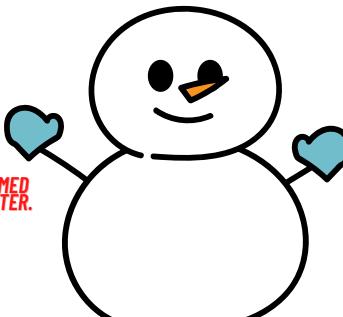
Director of Field Operations Annie Liu
Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces human development.

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.



Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</p> <p>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</p> <p>Physical Exercise underlined in green</p>	 <p>HAPPY NEW YEAR</p>			 <p>We will be CLOSED for the HOLIDAYS</p>
5	6	7	8	9
<p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch 1:00 New Year's Celebration w/ DJ Woody.</p>	<p>9:00 Word Search w/Ahmed 10:00-12:00 Aerofitness-Fusion Dance/EM 12:00:1:00 Lunch 1:00-2:30 Bingo w/MJ 12:00 Lunch 1:00-3:00 Watercolor Painting w/Helen D.</p>	<p>9:00 Word fill in Puzzle w/Ahmed 10:00 Tai Chi w/Wen T. 11:00 Chair Yoga w/Tayfu 11:00 Health Promotion & Management w/JD 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. 1:00-3:00 Beginners Painting w/Helen D.</p>	<p>9:00 Word Scramble w/MA 10:00 Chair Yoga w/ Ability. 11:00 Technology w/MA 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>9:00 Sudoku Puzzles w/MA 11:00 Zumba w/Ability B. 10:30 Arts & Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. 1:00-3:00 Watercolor Painting w/Helen D.</p>
12	13	14	15	16
<p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 11:00 Celebrating MLK Jr. Day with Appreciation w/JD 12:00:1:00 Lunch 1:00 January Birthday Celebration & MLK Jr. Day w/DJ Woody.</p>	<p>9:00 Word Search w/Ahmed 10:30-11:30 Aerofitness w/EM 12:00:1:00 Lunch 1:00 Latin-Zumba Gold w/EM 1:00-3:00 Watercolor Painting w/Helen D.</p>	<p>9:00 Word fill in Puzzle w/Ahmed 10:00 Tai Chi w/Wen T. 11:00 Health Promotion & Management w/JD 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. 1:00-3:00 Beginners Painting w/Helen D.</p>	<p>9:00 Word Scramble w/MA 10:00 Chair Yoga w/ Ability. 11:00: FDNY Fire Safety Education Presentation. 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>9:00 Sudoku Puzzles w/MA 11:00 Zumba w/Ability B. 10:30 Arts & Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. 1:00-3:00 Watercolor Painting w/Helen D.</p>
19	20	21	22	23
<p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch 1:00-2:30 Health Awareness Celebration with Special Bingo w/ Michael Jarvis</p>	<p>9:00 Word Search w/Ahmed 10:30-11:30 Aerofitness w/EM 12:00:1:00 Lunch 1:00 Latin-Zumba Gold w/EM 1:00-3:00 Watercolor Painting w/Helen D.</p>	<p>9:00 Word fill in Puzzle w/Ahmed 10:00 Tai Chi w/Wen T. 11:00 Health Promotion & Management w/JD 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. 1:00-3:00 Beginners Painting w/Helen D.</p>	<p>9:00 Word Scramble w/MA 10:00 Chair Yoga w/ Ability. 11:00: HealthCare Presentation w/h Delilah 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>9:00 Sudoku Puzzles w/MA 11:00 Zumba w/Ability B. 10:30 Arts & Craft w/Ability 12:00 Lunch 1:00-2:30 Board Game w/Michael J. 1:00-3:00 Watercolor Painting w/Helen D.</p>
26	27	28	29	30
<p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>9:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch 1:00 Winter Teamed Special Bingo w/ Michael Jarvis</p>	<p>9:00 Word Search w/Ahmed 10:30-11:30 Aerofitness w/EM 12:00:1:00 Lunch 1:00 Latin-Zumba Gold w/EM 1:00-3:00 Watercolor Painting w/Helen D.</p>	<p>9:00 Word fill in Puzzle w/Ahmed 10:00 Tai Chi w/Wen T. 11:00 Health Promotion & Management w/JD 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J. 1:00-3:00 Beginners</p>	<p>9:00 Word Scramble w/MA 10:00 Chair Yoga w/ Ability. 11:00 Technology w/MA 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>9:00 Sudoku Puzzles w/MA 11:00 Zumba w/Ability B. 10:30 Arts & Craft w/Ability 12:00:1:00 Lunch 1:00-2:30 Board Game w/Michael J. 1:00-3:00 Watercolor Painting w/Helen D.</p>

Monday	Tuesday	Wednesday	Thursday	Friday
		3	1	2
Located at: 23-11 31st Road, Astoria NY 11106  718-626-1500	Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.			
5	6	7	8	9
Baked Breaded Lamb Chops Smashed Red Potatoes Steamed Green Beans Apple	Chinese Style Pork Chinese Style Spaghetti Steamed Sliced Carrots Orange	Zesty Chickpea Stew Caribbean Stuffed Eggplant Brown Rice Apple Orange Juice	Beef and Peppers Egg Noodles Broccoli and Red Peppers Orange	Baked Fish Amandine Buckwheat with Mushrooms Spinach, Apple and Red Onion Salad Papaya
12	13	14	15	16
Oven Fried Chicken Wings Beet Salad Roasted Potatoes Banana	Turkey Meatloaf Four Bean Salad Instant Mashed Potatoes Apple	Black Bean Soup Classic Macaroni Salad Carrot Salad Banana	BBQ Beef Ribs Roasted Sweet Potato Fries Vegetable Mix Apple	Baked Salmon Quinoa Asian Cucumber Salad Mango
19	20	21	22	23
BBQ Chicken Bulgur Sliced Cucumbers and Tomatoes Orange	Baked Pork Chops Baked Macaroni and Cheese Garden Salad Fruit Cocktail	Homemade Lentil Soup 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
26	27	28	29	30
BBQ Chicken Leg Quarters Baked Sweet Potato Four Bean Salad Banana	Turkey Meatballs with Sofrito Spaghetti Roasted Broccoli Orange	Black Bean Soup 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