

# Pioneers of Queens

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

## 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

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:

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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

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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*



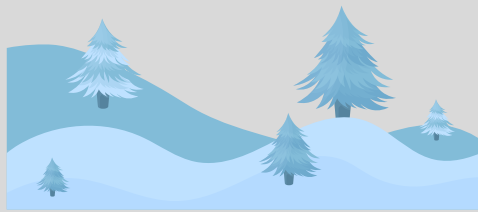
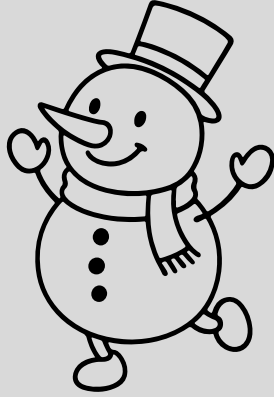


# Peace & LOVE



Funded by NYC Aging





# Winter Dance





# winter Ballet





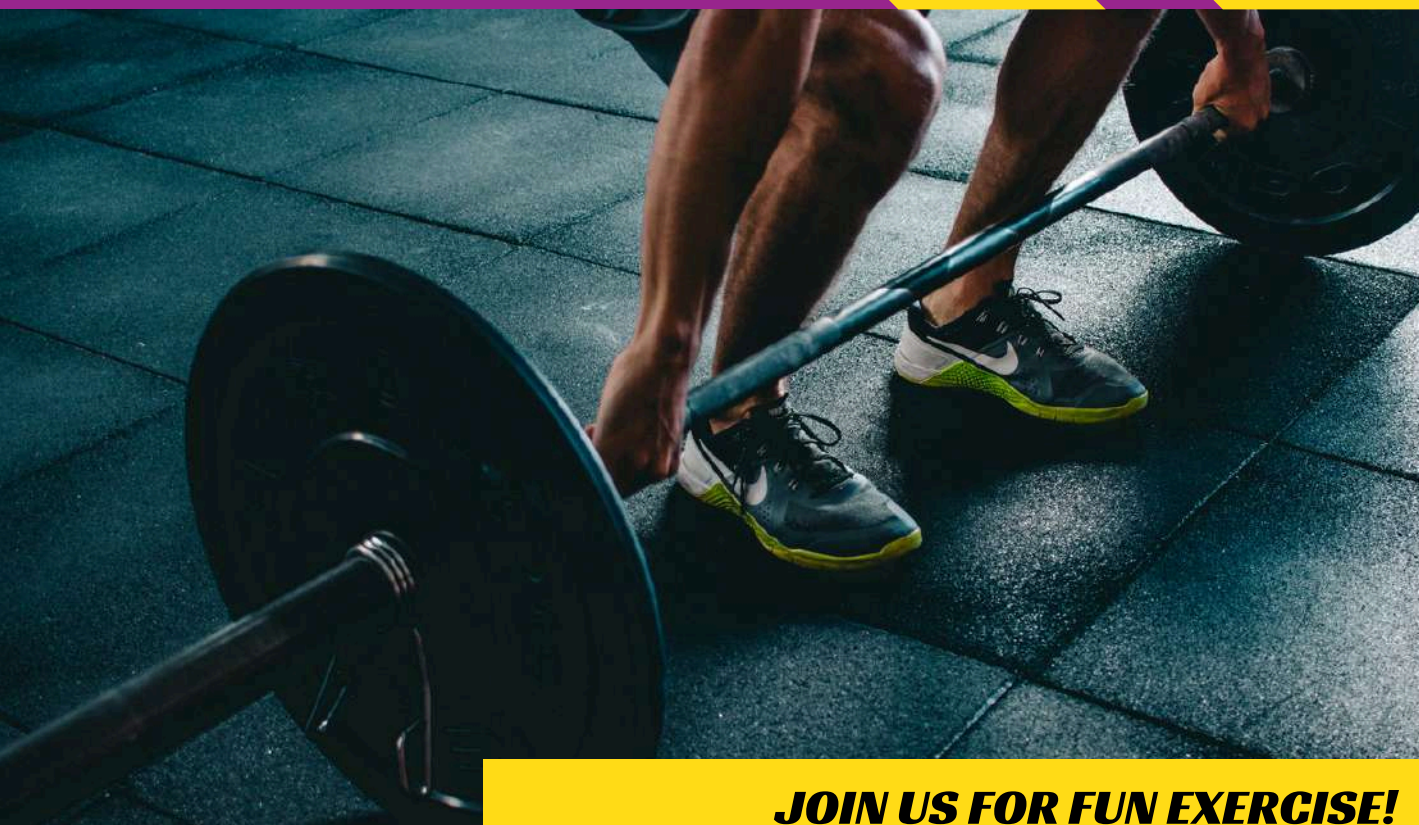
# Dellamonica Choir

# 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>

**Senior Planet**



**Funded by NYC Aging**

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## 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



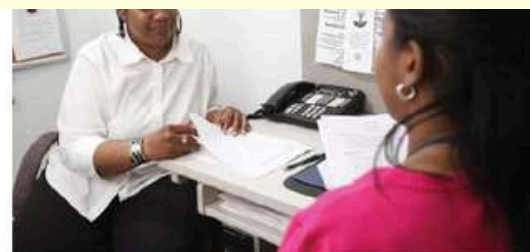
## Southwest Queens Senior Services

**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)



**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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**CATHOLIC  
CHARITIES**  
Brooklyn &  
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# FOOD PANTRY

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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

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Martes y Miércoles, 9 AM - 11 AM

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

35-34 105th Street, Corona, NY 11368

(Estacionamiento de la iglesia)

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

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# #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**



# 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 *
<b>Total Fat:</b> 2g	2%
<b>Saturated Fat:</b> 1g	3%
<b>Cholesterol:</b> 56mg	19%
<b>Sodium:</b> 891mg	39%
<b>Total Carbohydrate:</b> 21g	8%
<b>Dietary Fiber:</b> 1g	5%
<b>Total Sugars:</b> 2g	
<b>Protein:</b> 6g	12%
<b>Vitamin C:</b> 10mg	12%
<b>Calcium:</b> 19mg	1%
<b>Iron:</b> 1mg	6%
<b>Potassium:</b> 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 <b>right away</b>	Blanch these <b>before freezing</b>	Cook these <b>before freezing</b>
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"> <li>Wash all fruits and vegetables before freezing.</li> <li>Store food in a container with a tight-fitting lid.</li> <li>Write the date on the container before freezing. Food will keep for about six months.</li> </ul>	<ul style="list-style-type: none"> <li>Boil enough water to cover all produce in the pot.</li> <li>Clean produce. Chop into even-sized pieces.</li> <li>Place produce in boiling water and boil until just tender (one to five minutes).</li> <li>Rinse under cold water until cool.</li> <li>Strain in colander, place in sealed container and freeze.</li> </ul>	<ul style="list-style-type: none"> <li>Bake or roast</li> <li>Sauté</li> <li>Boil</li> <li>Steam</li> <li>Poach</li> </ul>

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](http://nyc.gov) and search for "farmers markets."

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


**NYC**  
Health

Just Say  19

19



# Maneras sencillas de... congelar frutas y verduras

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

Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web [facebook.com/eatinghealthynyc](https://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://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 800-542-3009 o visite [myBenefits.ny.gov](https://myBenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por 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).



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



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.

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

Name \_\_\_\_\_

Date \_\_\_\_\_



# Martin Luther King Jr. Word Scramble

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ICTTIAVS

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IVLCI GISHTR

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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

--	--	--	--	--	--

RDLEEA

--	--	--	--	--	--

MAALBAA

--	--	--	--	--	--	--



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

**Ruth A.  
Lucy B.  
Alba B.**

You Are Invited  
**Birthday  
Party**



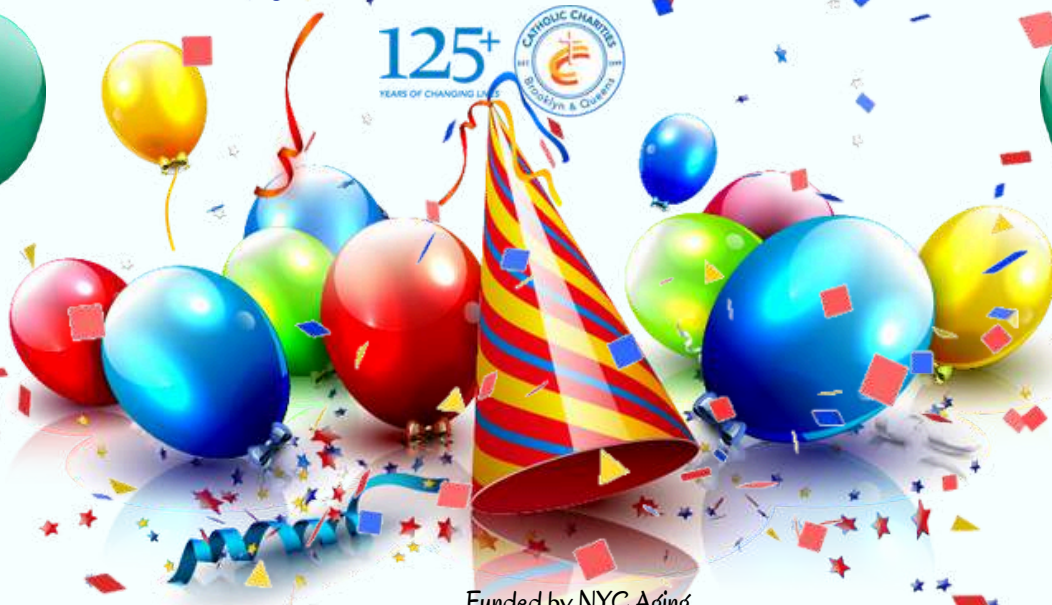
**JANUARY**



**12th at 1:00 PM**

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

**125+**  
YEARS OF CHANGING LIVES

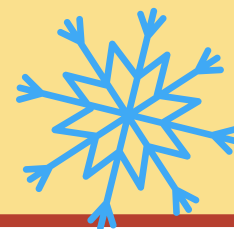




23-11 31st Road  
Astoria, NY 11106

# JANUARY

## 2022



### 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.

*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.

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.



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

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