



Our Voices

CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144

DATA

Catholic Charities Bayside Older Adult Center served 15,219 congregate lunches in the past 5 months.

HAPPY New Year 2026



Did you know Bayside Older Adult Center opened a total of 112 days in the past 5 months?

JANUARY



125+
YEARS OF CHANGING LIVES



Resources!

DECEMBER SELF-CARE

set your monthly intentions

shower and moisturize

do a morning stretch

cook/bake something that makes the house smell good

donate or gift something to someone

express gratitude

engage in gentle movement

arts and crafts project

make a winter szn playlist

declutter your space

celebrate just because

relax in your favorite way

do a winter themed activity

go somewhere you haven't before

put on fuzzy socks

invite someone to decorate cookies

listen to an audiobook or read

have dinner by candlelight

journal your feelings

sort your winter clothes

get some vitamin D

get SUPER cozy

stay hydrated

learn a new skill

cook a soup or stew

get nostalgic

dance

connect with a loved one

watch a holiday movie

deep clean

do something special for yourself

@crazyheadcomics



As the year ends, I pause to look back on the moments that shaped Catholic Charities Bayside Older Adult Center —both joyful and challenging. 2025 was the year I have learned to value small victories and see setbacks as lessons in resilience both personally and professionally.

2026 will be a fresh new page, offering a chance for all of us to grow not just in achievements, but especially in kindness, patience, and presence. While I cannot control everything ahead, I will continue to choose care, hope, gratitude, and the courage to keep moving forward and doing what is best for Bayside OAC and our community. Finally, I want to personally thank Bayside OAC staff, volunteers, community leaders and especially all the older adults that attended the center in making 2025 such a successful year.

年尾，我停低回顧下塑造天主教慈善機構灣畔老人中心嘅時刻 — 既歡樂又充滿挑戰。2025年係我學識咗珍惜小小嘅勝利，同埋將挫折視為個人同專業上嘅抗逆力教訓嘅一年。

2026年將會係一個新鮮嘅新一頁，為我哋所有人提供一個機會，唔單止嘅成就方面成長，特別係嘅善良、耐性同存在上。雖然我控制唔到前面嘅一切，但我會繼續選擇關懷、希望、感恩同勇氣，繼續向前行，為灣仔 OAC 同我哋嘅社區做最好嘅事。最後，我想親自多謝 Bayside OAC 嘅工作人員、義工、社

Al finalizar el año, me detengo a reflexionar sobre los momentos que marcaron el Centro para Adultos Mayores de Catholic Charities Bayside, tanto los alegres como los desafiantes. 2025 fue el año en que aprendí a valorar las pequeñas victorias y a ver los contratiempos como lecciones de resiliencia, tanto en lo personal como en lo profesional.

2026 será un nuevo comienzo, una oportunidad para que todos crezcamos, no solo en logros, sino especialmente en bondad, paciencia y empatía. Si bien no puedo controlar todo lo que nos depara el futuro, seguiré eligiendo el cuidado, la esperanza, la gratitud y el coraje para seguir adelante y hacer lo mejor para el Centro para Adultos Mayores de Bayside y nuestra comunidad. Finalmente, quiero agradecer personalmente al personal, los voluntarios, los líderes comunitarios y, sobre todo, a todos los adultos mayores que asistieron al centro, por hacer de 2025 uexitoso.

Let us make 2026 even better **together!**



Services offered at mobile sales vehicles

- Apply for [Reduced-Fare](#) or get help with an application
- Get more information about [OMNY](#) and sign up
- Transfer value from MetroCard (full-fare or Reduced-Fare) to an OMNY card
- Report a lost/stolen Reduced-Fare MetroCard
- Ask our team about any OMNY-related issues
- Add money to your OMNY card

Schedule for Queens

Location	Day	Time
Forest Hills at 71 Ave-Continental Ave & Queens Blvd	1st Friday	10 a.m. – 12 p.m.
Flushing at Main St & Roosevelt Ave (Facing Roosevelt Ave)	1st & 3rd Friday	8 a.m. – 3 p.m.
Rego Park at Mall (Marshalls) (Queens Blvd & 63 Rd)	1st Friday	1 p.m. – 3 p.m.
Sunnyside at 41-02 Queens Blvd	2nd & 4th Tuesday	10 a.m. – 12 p.m.
Maspeth at Grand Ave & 69 St	2nd & 4th Tuesday	1 p.m. – 3 p.m.
Windsor Park at 73 Ave & Bell Blvd	2nd & 4th Wednesday	10 a.m. – 12 p.m.
Union Turnpike (256th & 260th Streets)	2nd & 4th Wednesday	1 p.m. – 3 p.m.
Astoria at 31 St (Between Ditmars Blvd & 23 Ave)	2nd & 4th Monday	10 a.m. – 2:30 p.m.
Bay Terrace Shopping Center (Bell Blvd & 24 Ave)	2nd & 4th Monday	10 a.m. – 12 p.m.
Fresh Meadows Shopping Center (Horace Harding Expressway & 188 St)	2nd & 4th Monday	1 p.m. – 2:30 p.m.
Rochdale at Rochdale Village Senior Center	3rd Tuesday	10 a.m.-2 p.m.
Jamaica at Allen Community – Theodora G. Jackson Senior Center	3rd Thursday	10 a.m.-12 p.m.
Locust Manor at Robert Couche Senior Center	3rd Thursday	1 p.m. – 3 p.m.

2025

In Memoriam

I wrote this in honor to those we lost. Your stories will not end at Bayside OAC—I will always remember the kindness, selflessness, courage, and grace you taught me to have through your chemotherapy sessions, physical and mental hardships. Hoping that I can pay forward with your light into every tomorrow.

"Score"



Verse

*Your heart tremors as you close your door.
to a place that no one wants to know.
From a Friday into Monday is all a craze
Just let close ones clear up that maze.

I'll take you where you want to go.

There are so many things we can't control.
Life in this world is about how much care we show.
That's the only way we can all grow.*

Chorus

*What really are we fighting for? is it to have more?
To be the keys to unlock doors ... or to "walk the floor".
To do things that you adore...To feel just like before.
In the end, is anyone keeping score?*

Bridge

**Every single day life gives us melody.
Life is that song and we are the remedy.
Sooner or later, we will see the clarity.**

Chorus

**What really are we fighting for? Are we even sure?
To be the keys to unlock doors...or to "walk the floor".
To do the things that you adore...To be just like before.
In the end, is anyone keeping score?**

In this life is anyone keeping score?

YOUR LIFE WAS
A BLESSING,
YOUR MEMORY
A TREASURE.
YOU ARE LOVED
BEYOND
WORDS AND
MISSED BEYOND
MEASURE

Holiday Stress & Loneliness Awareness

🌟 A Season of Joy — and Challenges

December is a beautiful time filled with lights, music, and celebration. But for many older adults, the holidays can also bring feelings of loneliness, stress, or emotional fatigue. It is completely normal — and you are not alone.

💛 Why Do Seniors Feel This Way?

- Missing loved ones or traditions
- Changes in family dynamics
- Cold weather limiting activities
- Financial pressures
- Health concerns or mobility challenges
- Social isolation during long winter days

Understanding these feelings is the first step toward managing them with care.

🌈 Simple Ways to Reduce Holiday Stress

1. Keep realistic expectations

You don't need to do everything. Choose what brings peace and joy.

2. Stay active in small ways

Gentle stretching, safe walking, or group activities lift the mood and reduce tension.

3. Make time for rest

Take breaks during busy events and protect your energy.

4. Stay warm & comfortable

Cold weather can increase stress on the body — dress warmly and keep an inviting home environment.

🤝 Combatting Loneliness

- Stay connected — Call a friend, join a holiday event, or participate in center activities.
- Share your feelings — Talking with others can reduce emotional weight.
- Try something new — Crafts, music, volunteer projects, or group classes can spark joy.
- Reach out — Checking in with others builds a sense of purpose and belonging.

🧘 Tips for Emotional Well-Being

- Deep breathing or calming music
- Enjoying hobbies like reading or puzzles
- Light therapy or spending time near a sunny window
- Practicing gratitude each day

❤️ Remember: You Matter

This season, take care of your mind and heart.

If feelings of sadness or anxiety become overwhelming, speak with a healthcare provider — help is always available, and you deserve support.

Wishing you warmth, connection, and peace this December.



Eulalia Choi - Case Manager



Social Work Assistance



Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.



New York SNAP Eligibility Requirements

The Supplemental Nutrition Assistance Program (SNAP) in New York provides assistance to individuals and families who need help purchasing healthy food when finances are tight.

- Most households applying for SNAP no longer need to pass a savings/resource test. Assets such as stocks, savings, and retirement accounts are not considered when determining eligibility.
- You can apply for SNAP even if you have a job, receive SSI or disability benefits, own a home, or own a car.
- Certain households with little income or high housing costs can receive SNAP benefits within five days.
- Remember that the best way to determine your household's eligibility is to apply for SNAP. If you meet the income criteria, you may be eligible to receive benefits within 30 days.

Income Guidelines based upon SNAP Standards effective October 1 2025:

Households without Earned Income (no member 60 years or older n or disabled member):

Monthly Gross Income:

1 person: \$1,696	2 people: \$2,292	3 people: \$2,888
4 people: \$3,483	5 people: \$4,079	6 people: \$4,675
7 people: \$5,271	8 people: \$5,867	Each additional person: \$596+

Annual Gross Income:

1 person: \$20,352	2 people: \$27,504	3 people: \$34,656
4 people: \$41,796	5 people: \$48,948	6 people: \$56,100
7 people: \$63,252	8 people: \$70,404	Each additional person: \$7,152+

Households with Earned Income (no member 60 years or older n or disabled member):

Monthly Gross Income:

1 person: \$1,957	2 people: \$2,644	3 people: \$3,332
4 people: \$4,019	5 people: \$4,707	6 people: \$5,394
7 people: \$6,082	8 people: \$6,769	Each additional person: \$688+

Annual Gross Income:

1 person: \$23,484	2 people: \$31,728	3 people: \$39,984
4 people: \$48,228	5 people: \$56,484	6 people: \$64,728
7 people: \$72,984	8 people: \$81,228	Each additional person: \$8,256+

Households with an Elderly/Disabled Member & Households with Dependent Care Expenses:

Monthly Gross Income:

1 person: \$2,608	2 people: \$3,525	3 people: \$4,442
4 people: \$5,358	5 people: \$6,275	6 people: \$7,192
7 people: \$8,108	8 people: \$9,025	Each additional person: \$917+

Annual Gross Income:

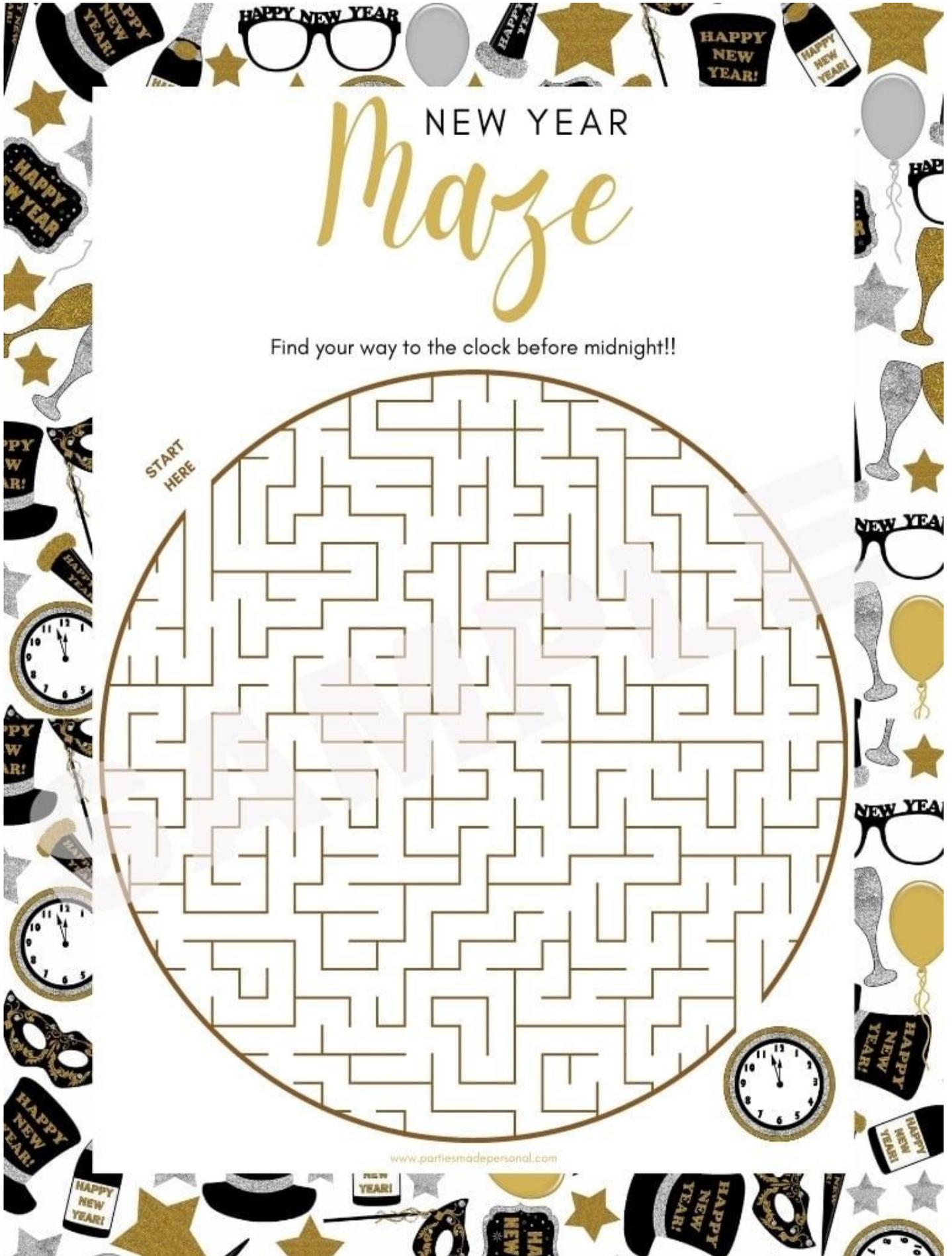
1 person: \$31,300	2 people: \$42,300	3 people: \$53,300
4 people: \$64,300	5 people: \$75,300	6 people: \$86,300
7 people: \$97,300	8 people: \$108,300	Each additional person: \$11,000+

For further information and application, please visit:

<https://otda.ny.gov/programs/snap/#eligibility>

Bayside Older Adult Center Activities for January, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
	Center Closed "New Year's Day"	Center Closed "New Year's Day"	Center Closed "New Year's Day"	Center Closed "Additional Holiday"
<p>5 Painting Group (9am-3pm) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am Bingo (Pat) 12:30pm Line Dance (Rose) 1:30pm</p>	<p>6 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>7 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>8 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Line Dance (Harrison) 1:00pm</p>	<p>9 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>12 Painting Group (9am-3pm) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am Bingo (Pat) 12:30pm Line Dance (Rose) 1:30pm</p>	<p>13 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>14 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>15 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Line Dance (Harrison) 1:00pm</p>	<p>16 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>19 Center Closed Martin Luther King Jr. Day</p>	<p>20 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>21 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>22 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Line Dance (Harrison) 1:00pm</p>	<p>23 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>26 Painting Group (9am-3pm) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am Bingo (Pat) 12:30pm Line Dance (Rose) 1:30pm</p>	<p>27 Painting Group (9am-3pm) Line Dance (Jennifer) 9am Yoga (Sharon) 10am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm Latin Dance (Yukari) 1:30pm</p>	<p>28 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (12:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>29 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00pm Line Dance (Harrison) 1:00pm</p>	<p>30 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Live DJ and Social Dancing (1:00-3:00pm)</p>



HAPPY NEW YEAR

HAPPY NEW YEAR!

NEW YEAR

Maze

Find your way to the clock before midnight!!

START
HERE



补充营养援助计划 SNAP (食品券福利) 资格要求

纽约的补充营养援助计划(SNAP)为财政紧张时需要帮助购买健康食品的个人和家庭提供援助。

- 大多数申请 SNAP 的家庭不再需要通过储蓄/资源测试。在确定资格时，不考虑股票、储蓄和退休账户等资产。
- 某些收入低或住房成本高的家庭可以在五天内获得 SNAP 福利。
- 请记住，确定您的家庭资格的最佳方法是申请 SNAP。如果你符合收入标准，你可能有资格在 30 天内获得福利 123。

收入指南 基于 2025 年 10 月 1 日生效的 SNAP 标准:

无劳动收入家庭(无 60 岁或以上的长者或残疾成员):

月总收入:	1 人: \$1,696	2 人: \$2,292	3 人: \$2,888
	4 人: \$3,483	5 人: \$4,079	6 人: \$4,675
	7 人: \$5,271	8 人: \$5,867	每增加一个人: \$596+
年总收入:	1 人: \$20,352	2 人: \$27,504	3 人: \$34,656
	4 人: \$41,796	5 人: \$48,948	6 人: \$56,100
	7 人: \$63,252	8 人: \$70,404	每增加一个人: \$7,152+

有收入家庭 (无 60 岁或以上的长者或残疾成员):

月总收入:	1 人: \$1,957	2 人: \$2,644	3 人: \$3,332
	4 人: \$4,019	5 人: \$4,707	6 人: \$5,245
	7 人: \$6,082	8 人: \$6,769	每增加一个人: \$688+
年总收入:	1 人: \$23,484	2 人: \$31,728	3 人: \$64,728
	4 人: \$48,228	5 人: \$56,484	6 人: \$62,940
	7 人: \$72,984	8 人: \$81,228	每增加一个人: \$8,256+

有长者/残疾成员的家庭及有受抚养人照顾开支的家庭:

月总收入:	1 人: \$2,608	2 人: \$3,525	3 人: \$4,442
	4 人: \$5,358	5 人: \$6,275	6 人: \$7,192
	7 人: \$8,108	8 人: \$9,025	每增加一个人: \$917+
年总收入:	1 人: \$31,300	2 人: \$42,300	3 人: \$53,300
	4 人: \$64,300	5 人: \$75,300	6 人: \$86,300
	7 人: \$97,300	8 人: \$108,300	每增加一个人: \$11,000+

更多信息和申请，请访问: <https://otda.ny.gov/programs/snap/#eligibility>

Bayside Older Adult Center Menu for January, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>5 Chicken Salad Potato Salad Whole Wheat Bread Cole Slaw Apple 1% Low Fat Mil</p>	<p>6 Three Bean and Spinach Stew Brown Rice with Black Beans Whole wheat Bread Caesar Salad Banana; 1% Low Fat Milk</p>	<p>7 Chambre de Gandules (Dominican Stew with Pork, Vegetables and Brown Rice) Whole Wheat Bread Yellow Rice; Sauteed Green Beans with Onions Orange; 1% Low Fat Milk</p>	<p>8 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk</p>	<p>9 Tuna Salad Whole Wheat Bread Basic Pasta Salad Garlic Salad Pear 1% Low Fat Milk</p>
<p>12 Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Whole Wheat Bread Steamed Carrots Apple 1% Low Fat Milk 1% Low Fat Milk</p>	<p>13 Arroz Con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk</p>	<p>14 Annes Lemon Garlic Sauce Baked Pork White Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Orange 1% Low Fat Milk</p>	<p>15 Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad Apple 1% Low Fat Milk</p>	<p>16 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Sauteed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>19 Baked Chicken Thighs Brown Gravy Mashed Sweet Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>20 Zesty Chickpea Stew Brown Rice (1/2 cup) Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk</p>	<p>21 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Prince Edward Blend Vegetables Orange 1% Low Fat Milk</p>	<p>22 Homemade Tomato Sauce (1/2 cup) Italian Meatballs with Beef and Turkey Penne (1/2 cup) Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk</p>	<p>23 Citrus Sesame Crusted Salmon White Rice (1/2 cup) Whole Wheat Bread Caesar Salad Pear 1% Low Fat Milk</p>
<p>26 Italian Meatballs with Chicken Whole Wheat Bread Whole Wheat Pasta Primavera Roasted Broccoli Apple 1% Low Fat Milk</p>	<p>27 Tofu in Garlic Soy Sesame Sauce White Rice (1/3 cup) Whole Wheat Bread Baby Spinach Salad with Mushroom and Balsamic Vinaigrette Banana 1% Low Fat Milk</p>	<p>28 Baked Pork Mushroom Whole Wheat Bread Yellow Rice Sauteed String Beans Orange 1% Low Fat Milk</p>	<p>29 Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>30 Tuna Salad Basic Pasta Salad Whole Wheat Bread Garden Salad Pear 1% Low Fat Milk</p>



Comforting & Healthy Recipes for the Winter Season

❄️ Warm Up Your December!

December brings chilly days and cozy evenings — the perfect time to enjoy nutritious, comforting meals. These easy recipes are senior-friendly, affordable, and full of winter flavor.

🍲 1. Winter Vegetable Soup

A soothing, vitamin-packed soup that supports immunity during cold season.

Ingredients:

- 1 carrot, diced
- 1 potato, diced
- ½ onion, chopped
- 1 celery stalk
- 1 cup spinach
- 4 cups low-sodium broth
- Salt, pepper, herbs

Directions:

Sauté vegetables for 3–4 minutes. Add broth, simmer 15 minutes. Add spinach last. Enjoy warm.

🍠 2. Easy Roasted Sweet Potatoes

Ingredients:

- Sweet potatoes
- Olive oil
- Salt & pepper
- A pinch of rosemary

Instructions:

1. Dice potatoes, toss with olive oil and seasoning.
2. Roast at 400°F (200°C) for 25–30 minutes.

Why it's great: High in fiber, vitamin A, and perfect as a holiday side dish.



125+
YEARS OF CHANGING LIVES



Resources!

3. Warm Cinnamon Apples

A healthy holiday dessert with no added sugar.

Ingredients:

- 2 apples, sliced
- ½ tsp cinnamon
- Splash of water
- Optional: raisins

Directions:

Cook apples in a pan with water and cinnamon for 8–10 minutes until soft.



4. Festive Holiday Salad

Light, colorful, and refreshing.

Ingredients:

- Mixed greens
- Orange slices
- Walnuts
- Dried cranberries
- Olive oil + lemon dressing

Directions:

Combine ingredients and toss gently.



Healthy Tips for December Eating

- Choose warm soups and cooked vegetables for digestion.
- Drink plenty of fluids — winter dehydration is common.
- Limit holiday sweets, enjoy in moderation.
- Add herbs and spices for flavor instead of salt.

Wishing You a Delicious December!

Enjoy these cozy recipes and share them with friends and family.

Cooking together or enjoying a meal with others is a wonderful way to stay connected this season.



Happy New Year



Word Search

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

Ball Drop
Herrera
Midnight
Party Hat

Celebrate
Hopkins
New Year
Sparklers

Fireworks
Kiss
New York
Time Square

Happy
McEvoy
Party



BLOOMING HEALTH Bayside Senior Center Older Adults Survey



What was your favorite dessert this past year at Bayside OAC?

Cupcake - 44%

Danish - 40%

Linzer Tart - 16%



What was your favorite activity at Bayside OAC this past year?

Dancing -25%

Bingo - 28%

Yoga/low impact Exercise -25%

Social Dancing with Live DJ -22%



What was your favorite meal at Bayside OAC this past year?

Chicken -30%

Plant based -8%

Pork -12%

Beef -10%

Fish -40%



What kind of changes would you like from Bayside OAC for 2026?

Hours of operation -3%

Activities change -2%

Meal Change -7%

No Changes - 88%





BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa Farmer.....President
Christina Lau... Vice President
Pat Walton Treasurer
Leo Palumbo Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi
Carl Dietz
Fraternidad Sevilla
Jane Chin



BAYSIDE OLDER ADULT CENTER STAFF

Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Eulalia ChoiCase Manager
Yolanda De Martinez Custodian
Anmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

Henry Cadet Transportation
Shawn White Transportation
Laura Moy Kitchen Aide
Yung Ping Tam Kitchen Aide
Michael Mason Jr. Kitchen Aide

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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.



Requisitos de Elegibilidad para SNAP en Nueva York

El Programa de Asistencia Nutricional Suplementaria (SNAP) en Nueva York proporciona asistencia a individuos y familias que necesitan ayuda para comprar alimentos saludables cuando las finanzas son limitadas.

- La mayoría de los hogares que solicitan SNAP ya no necesitan pasar una prueba de ahorros/recursos. Activos como acciones, ahorros y cuentas de jubilación no se consideran al determinar la elegibilidad.
- Puedes solicitar SNAP incluso si tienes un trabajo, recibes beneficios de SSI o discapacidad, posees una casa o un automóvil.
- Ciertos hogares con pocos ingresos o altos costos de vivienda pueden recibir beneficios de SNAP dentro de cinco días.
- Recuerda que la mejor manera de determinar la elegibilidad de tu hogar es solicitar SNAP. Si cumples con los criterios de ingresos, puedes ser elegible para recibir beneficios dentro de 30 días.

Guías de Ingresos basadas en los Estándares de SNAP vigentes a partir del 1 de octubre de 2025:

Hogares sin Ingresos Ganados (sin miembros de 60 años o más ni miembros discapacitados):

Ingresos Brutos Mensuales:

1 persona: \$1,696	2 personas: \$2,292	3 personas: \$2,888
4 personas: \$3,483	5 personas: \$4,079	6 personas: \$4,675
7 personas: \$5,271	8 personas: \$5,867	Cadapersona adicional: \$596+

Ingresos Brutos Anuales:

1 persona: \$20,352	2 personas: \$27,504	3 personas: \$34,656
4 personas: \$41,796	5 personas: \$48,948	6 personas: \$56,100
7 personas: \$63,252	8 personas: \$70,404	Cadapersona adicional: \$7,152+

Hogares con Ingresos Ganados (sin miembros de 60 años o más ni miembros discapacitados):

Ingresos Brutos Mensuales:

1 persona: \$1,957	2 personas: \$2,644	3 personas: \$3,332
4 personas: \$4,019	5 personas: \$4,707	6 personas: \$5,394
7 personas: \$6,082	8 personas: \$6,769	Cadapersona adicional: \$688+

Ingresos Brutos Anuales:

1 persona: \$23,484	2 personas: \$31,728	3 personas: \$39,984
4 personas: \$48,228	5 personas: \$56,484	6 personas: \$64,728
7 personas: \$72,984	8 personas: \$81,228	Cadapersona adicional: \$8,256+

Hogares con un Miembro Anciano/Discapacitado y Hogares con Gastos de Cuidado de Dependientes:

Ingresos Brutos Mensuales:

1 persona: \$2,608	2 personas: \$3,525	3 personas: \$4,442
4 personas: \$5,358	5 personas: \$6,275	6 personas: \$7,192
7 personas: \$8,108	8 personas: \$9,025	Cadapersona adicional: \$917+

Ingresos Brutos Anuales:

1 persona: \$31,300	2 personas: \$42,300	3 personas: \$53,300
4 personas: \$64,300	5 personas: \$75,300	6 personas: \$86,300
7 personas: \$97,300	8 personas: \$108,300	Cadapersona adicional: \$11,000+

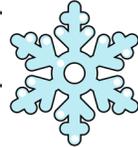
Para más información y solicitud, por favor visita: <https://otda.ny.gov/programs/snap/#eligibility>



WELCOME



1.	Julie M. Chan
2.	Ping Jian
3.	Thomas M. Tam
4.	Sau P. Tso
5.	Yuen Man Ng
6.	Chun Tung Ng
7.	Norma B. Ashby
8.	Peter A. Turecamo
9.	Tia Mcloughlin
10.	David Edward E. Levy
11.	Gregory Pollack
12.	Ana M. Maldonado
13.	Jim Wong
14.	Kim H. Lau
15.	Liang Guo
16.	Limei Shen
17.	Po Wong
18.	Fred Wu
19.	Frances Wu



*January
national
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Holidays*

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Y A E H Y A D E E F F O C H S I R I Y T Y

MARTIN LUTHER KING JR DAY
PUZZLE DAY
ORGANIZE YOUR HOME DAY
DAY OF PEACE
KOREAN AMERICAN DAY
POPCORN DAY
CURRIED CHICKEN DAY
SPOUSES DAY
HOT BUTTERED RUM DAY
PEANUT BUTTER DAY
HOT TEA DAY

HOT CHOCOLATE DAY
STICKER DAY
MILK DAY
DAISY DAY
SEEING EYE DOG DAY
NEW YEARS DAY
BIRD DAY
HYPNOTISM DAY
PIE DAY
HAT DAY
CARNATION DAY

IRISH COFFEE DAY
SNOWMAN DAY
VISION BOARD DAY
SHORTBREAD DAY
BIRD DAY
BLOODY MARY DAY
SPAGHETTI DAY
KETO DAY
WORK HARDER DAY
BEAN DAY
BACKWARDS DAY
FIG NEWTON DAY

Happy Recap!



DECEMBER 2025 50 YEARS NYC Department for the Aging

