

Pioneers of Queens

125+
YEARS OF CHANGING LIVES



MONTHLY NEWSLETTER

February 2026



Holidays and highlights this month

HEART HEALTH AWARENESS MONTH

Age increases the risk of heart disease, the leading cause of death in those 65 and older. To lower your risk, consider the following lifestyle changes:

- Eat healthy meals
- Incorporate exercise
- Quit smoking

Coronary artery disease is the most common type, which can lead to heart attacks. Symptoms to watch for include:

- Chest pain or discomfort
- Pain in the jaw, neck, or back
- Weakness, light-headedness, or fainting
- Pain in arms or shoulders
- Shortness of breath
- Nausea (especially in women)

Consult your healthcare provider about lifestyle and dietary changes to reduce risks and follow their recommendations.

Black History Month Lunar New Year Valentines Day-February Presidents Day

Black History Month: A month dedicated to honoring the achievements, contributions, and history of African Americans, while recognizing their role in shaping the nation and promoting equality and social justice.

Lunar New Year: A cultural celebration marking the beginning of the new year in the lunar calendar, observed by many Asian communities, focusing on family, renewal, good fortune, and traditions.

Valentine's Day (February 14): A day celebrating love, affection, and appreciation, often marked by exchanging cards, gifts, and kind gestures with partners, family, and friends.

Presidents Day: A federal holiday honoring U.S. presidents, especially George Washington and Abraham Lincoln, recognizing their leadership and contributions to the country.

In this newsletter you can expect:

Holidays & Celebrations

Resources & Collages

Activities & Events

Hybrid/ virtual Events

Activity Calendar

Lunch Menu

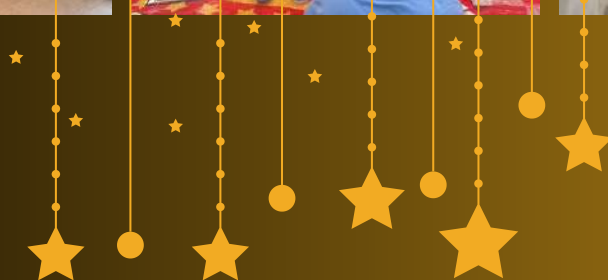
February 2026



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1 1-7 World Interfaith Harmony Week World Hijab Day
2 Ground Hog Day	3	4 Rosa Park Day	5 Time to Talk Day	6	7	8
9 9-15 Children's Mental Health Week 9-15 National Apprenticeship Week	10	11 International Day for Women and Girls in Science	12	13	14 Valentine's Day	15 ● Masha Shivratri ॐ
16 Presidents Day	17 ● Shrove Tuesday † ● Chinese New Year 🇨🇳 Lunar New Year ● 17 Feb-18 Mar Ramadan ☾	18 ● 16 Feb-2 Apr Lent †	19	20 World Day for Social Justice	21	22
23	24	25	26	27	28	1
2	3	4	5	6	7	8



Winter photographs.



VIRTUAL ZUMBA

Health Benefits Associated With Regular Physical Activity: Adults & Older Adults

- Lower risk of cardiovascular disease mortality
- Lower risk of cardiovascular disease (including heart disease and stroke)
- Lower risk of hypertension
- Lower risk of type 2 diabetes
- Lower risk of cancers of the bladder, breast, colon, endometrium, esophagus, kidney, lung, and stomach
- Improved cognition (Reduced risk of dementia (including Alzheimer's disease) / Adults older than age 50 years Improved cognition (executive function, attention, memory, crystallized intelligence,* processing speed)
- Lower risk of falls (older adults)
- Improved quality of life
- Reduced anxiety
- Reduced risk of depression
- Improved sleep
- Slowed or reduced weight gain
- Weight loss, particularly when combined with reduced calorie intake
- Prevention of weight regain following initial weight loss
- Improved bone health
- Improved physical function

Participants List:

- Michael Singh-CBQ/CCNS (Past, me)
- Crystal Covington
- BETH LEAL
- Carol Douglas
- Echo Mei
- Larrie
- Lucy
- Muhyamuddin ahm...
- Samsung SM-S149VL
- sannpinder

Participants: Lannie, sannpinder, Jocelyne Cuffie

Participants: Samsung SM-S9..., sannpinder, muhyamuddin ahm..., Samsung SM-S901U1, sarinpinder

Participants: Dwayne, Lani, Google Pixel 4a, Samsung SM-S1..., iPhone



Mardi Gras



Carnival

"HOLD FAST TO DREAMS, FOR IF DREAMS DIE, LIFE IS A
BROKEN-WINGED BIRD THAT CANNOT FLY."

— LANGSTON HUGHES

BLACK HISTORY MONTH

FEBRUARY 2026



LUNAR NEW YEAR



Happy Lunar New Year! Sending best wishes
for happiness, good luck, and endless success
ahead.

Tuesday, February 17th



LOVE HAS NOTHING TO DO WITH WHAT YOU ARE EXPECTING
TO GET — ONLY WITH WHAT YOU ARE EXPECTING TO GIVE —
WHICH IS EVERYTHING.

HAPPY

Valentine's

DAY

Saturday, February 14th



"IF YOUR ACTIONS INSPIRE OTHERS TO DREAM MORE, LEARN MORE, DO MORE, AND BECOME MORE, THEN YOU ARE A LEADER." – JOHN QUINCY ADAMS

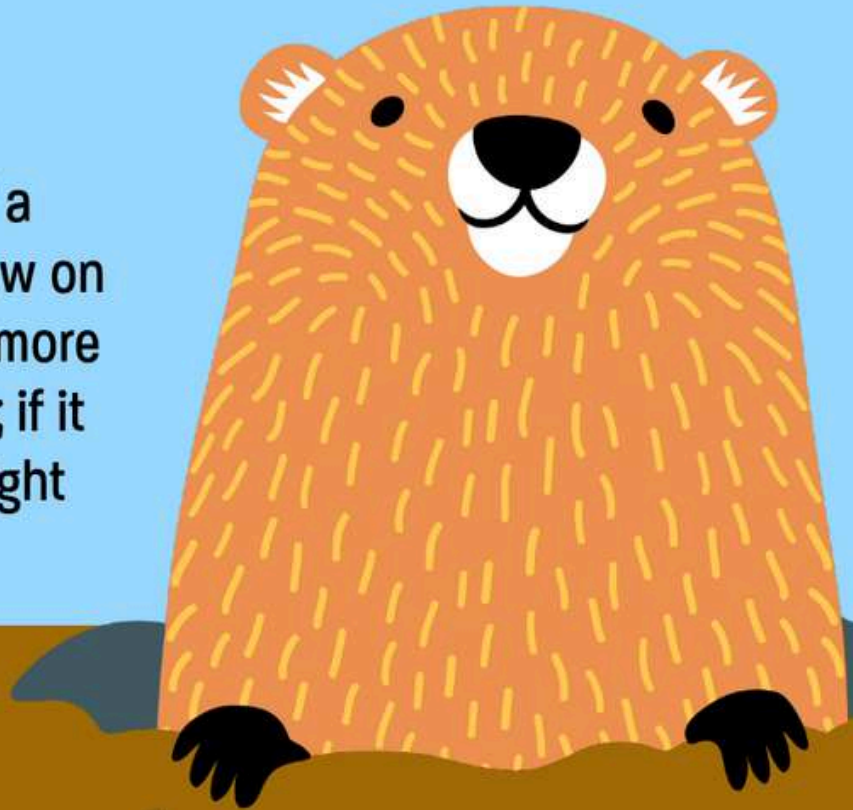
HAPPY
PRESIDENTS DAY
UNITED STATES OF AMERICA

Monday, February 16th

GROUNDHOG DAY

FEB
2

According to legend, if a groundhog sees its shadow on this day, there will be six more weeks of wintry weather; if it doesn't, then spring is right around the corner!



THE OLD
FARMER'S ALMANAC



HAPPY GROUNDHOG DAY



Tips for Older Adults To Stay Safe in Cold Weather

Changes that come with aging can make it harder for older adults to be aware of their body becoming too cold. This can quickly turn into a dangerous health issue, such as hypothermia or frostbite.

Use the information and tips below to help lower these risks during the colder months and to learn what to do in the case of unsafe exposure to the cold.

Staying Warm When It's Cold Outside

- Check the weather forecast for windy and cold days. A heavy wind can quickly lower your body temperature — try to stay inside or in a warm place.
- If you must go out on windy, cold, or damp days, don't stay outside for very long.
- Let others know when you're planning to spend time outdoors and carry a fully charged mobile phone.
- Keep warm blankets and extra cold-weather clothing in your car.
- Wear a hat, scarf, and gloves or mittens to prevent loss of body heat through your head and hands. Also consider using disposable or rechargeable hand- and foot-warming products.
- Wear warm and loose layers of clothing. The air between the layers helps to keep you warm.
- Wear a waterproof coat or jacket if it's snowy or rainy.
- Change out of damp or wet clothes as soon as possible.



What Is Hypothermia?

Hypothermia is a medical emergency that occurs when the body's core temperature drops below 95°F. It is often caused by exposure to cold temperatures, but it can also occur at cool temperatures (above 40°F) if you become chilled from rain, sweat, or being in cold water. Hypothermia affects the brain and makes it difficult to think clearly, so people may not realize what is happening and that they need help.

What To Look For

Be aware of warning signs and early symptoms:

- Cold feet and hands
- Puffy or swollen face
- Pale skin
- Shivering or shaking
- Slowed or slurred speech
- Feeling sleepy, angry, or confused

Later symptoms of hypothermia can include:

- Stiff and jerky arm and leg movements
- Slow heartbeat or breathing
- Loss of consciousness

What To Do

Hypothermia is a medical emergency. If someone has signs of hypothermia, **call 911 right away.**

After you call 911:

- Help the person move to a warmer place, if possible.
- Offer them a warm drink.
- Wrap them in dry blankets, towels, or coats.
- Don't use a heating pad.
- Don't rub the person's legs or arms.
- Don't try to warm the person in a bath.

What Is Frostbite?

Frostbite is injury to the skin caused by exposure to temperatures below freezing. It can lead to a loss of feeling and color in the affected areas — often, the hands, feet, nose, and ears. Frostbite can permanently damage the body. Because the frozen parts of the body are numb, people may not know they have frostbite.

What To Look For

In the warning stage of frostbite (called frostnip), affected areas of skin may experience:

- Redness
- Pain
- Sensation of pins and needles

If cold exposure continues, frostbitten skin may become:

- Numb
- White or grayish yellow
- Unusually firm or waxy feeling

What To Do

If you notice any signs of frostbite, seek medical care. In addition:

- Protect any exposed skin and get into a warm car or room.
- Avoid walking on frostbitten feet or toes.
- Put the frostbitten area in warm water.
- Use body heat, such as an armpit, to warm the frostbitten area if warm water is not available.
- Don't rub or massage the frostbitten area.
- Don't use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming.

To learn more about cold weather safety, visit www.nia.nih.gov/cold-safety.



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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 FEBRUARY



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



Serving Homebound Older Adults in Southwest Queens



Southwest Queens Senior Services

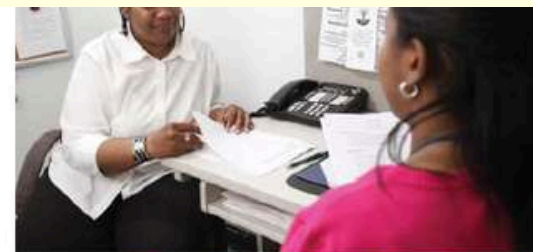
183-16 Jamaica Avenue
Hollis, NY 11423

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

¿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

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**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.

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**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY

Ubicaciones y Horarios

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Miércoles, 9:30 AM - 12 PM and 1:30 PM - 3 PM

Our Lady of Miracles

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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
Martes, 4 PM - 6 PM

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

St. Michael

136-76 41st Ave., Flushing, NY 11355
Martes y Miércoles, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368
(Estacionamiento de la iglesia)
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 mayor información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.



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

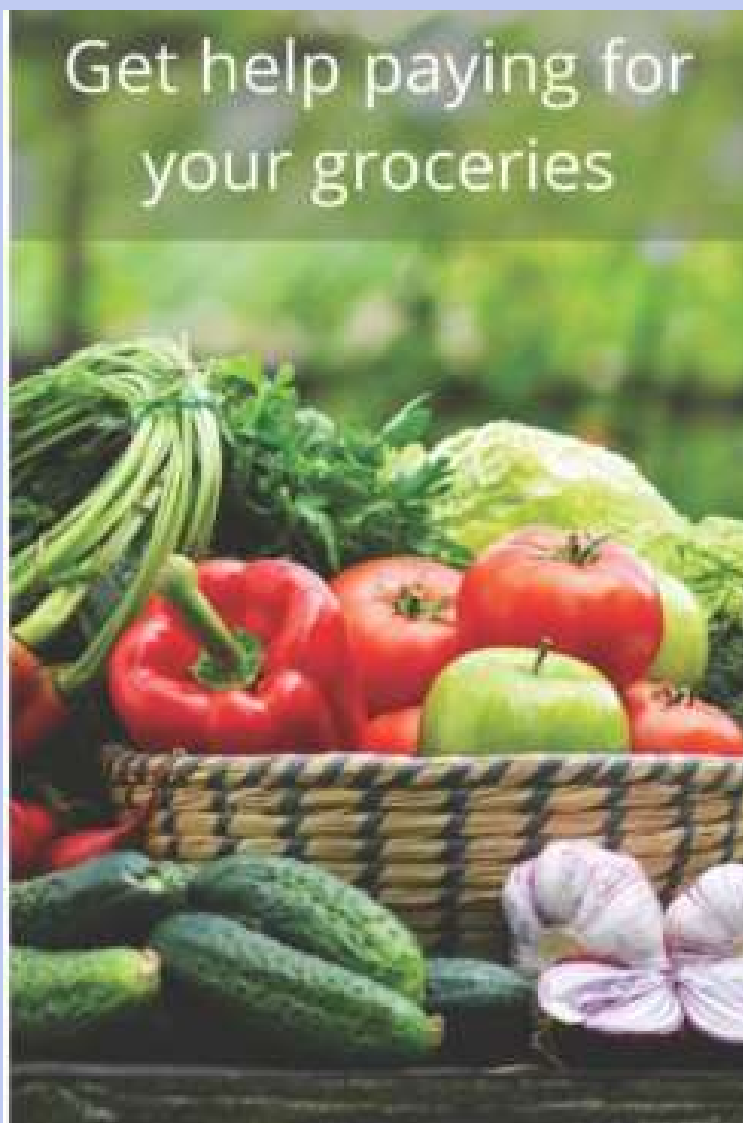


SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING

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



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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

Pumpkin Spice Milk

This is such a fun recipe because it has the feel of a homemade pumpkin spice latte, which we also love, but it's completely caffeine free so it can be enjoyed by the whole family any time of day. See recipe notes for instructions to make a thicker smoothie version!

Servings: 1

Prep 2 minutes

INGREDIENTS:

- 1 cup milk (or milk alternative)
- 4-6 Tbsp pureed pumpkin depending on how pumpkin-y you want it to taste
- 1 1/2 tsp pure maple syrup
- 1/4 tsp pumpkin pie spice
- 1/4 tsp pure vanilla extract



INSTRUCTIONS:

- Place all ingredients except optional garnishes into a glass, then whisk or mix with an immersion blender.
- (If serving hot, gently heat all except vanilla on stove, whisking constantly. When steaming, remove from heat, add vanilla, then pour into serving glass)
- Top with whipped cream and additional pumpkin pie spice for garnish if desired.

Peppers

Key Points

- For the best buy, choose shiny, firm peppers.
- To prepare peppers, rinse and remove the stem, core and seeds before using.
- To store fresh, refrigerate peppers for up to 5 days.
- Peppers contain vitamin C, which is good for fighting colds and healing cuts.



Pepper Pizza

Ingredients:

- 4 English muffins, split and toasted
- 1 cup tomato sauce
- 1 bell pepper, chopped
- 1/2 teaspoon garlic powder (optional)
- 1 teaspoon oregano (optional)
- 1/2 cup shredded low fat Mozzarella cheese

Directions:

1. Preheat oven to 400°F.
2. Place English muffin halves on a baking sheet (you will have 8 halves).
3. Top each muffin half with 2 tablespoons tomato sauce.
4. Divide chopped pepper evenly on top of the sauce.
5. Sprinkle each pizza with garlic and oregano.
6. Top each pizza with 1 tablespoon of cheese.
7. Bake for 10-15 minutes or until cheese is melted and slightly brown.
8. Refrigerate leftovers.

Makes 4 servings.

Pepper Frittata

Ingredients:

- 2 tablespoons vegetable oil
- 2 potatoes, chopped
- 2 onions, chopped
- 3 bell peppers, chopped
- 6 eggs, beaten
- Salt and pepper (optional)

Directions:

1. Heat oil in a frying pan over medium heat.
2. Add potatoes, onion and peppers and cook until vegetables are soft.
3. Pour in eggs and gently stir together.
4. Cover the pan and continue to cook until eggs are firm.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Cut peppers into strips and eat plain or with dip.
- Add peppers to tuna, chicken, potato or pasta salads.
- Add chopped peppers to pasta sauce or rice dishes.
- Remember to rinse all fruits and vegetables before using.

Pimientos

Puntos Claves

- Para que la compra sea óptima, elija pimientos firmes y brillantes.
- Para preparar pimientos, enjuáguelos y quíteles el tallo, el centro y las semillas antes de consumirlos.
- Puede guardar pimientos frescos en el refrigerador por hasta 5 días.
- Los pimientos contienen vitamina C, que es buena para luchar contra resfríos y curar cortes.



Consejos rápidos

- Corte los pimientos en tiras y cómalos solos o con salsa.
- Agregue pimientos al atún, al pollo, a las patatas o a las ensaladas de fideos.
- Añada pimientos picados a la salsa para pastas o a los platos con arroz.
- Recuerde lavar todas las frutas y verduras antes de consumirlas.

Pizza de pimientos

Ingredientes:

- 4 *muffins* ingleses, partidos y tostados
- 1 taza de salsa de tomate
- 1 pimiento picado
- 1/2 cucharadita de polvo de ajo (opcional)
- 1 cucharadita de orégano (opcional)
- 1/2 taza de queso bajo en grasas cortado en tiras

Instrucciones:

1. Precaliente el horno a 400°F.
2. Coloque las mitades de *muffin* inglés sobre una placa para horno (debe tener 8 mitades).
3. Corone cada mitad de *muffin* con 2 cucharadas de salsa de tomate.
4. Divida el pimiento picado y colóquelo encima de la salsa.
5. Esparza el ajo y el orégano sobre cada pizza.
6. Corone cada pizza con 1 cucharada de queso.
7. Hornee durante 10-15 minutos o hasta que el queso se derrita y se dore suavemente.
8. Guarde el resto en el refrigerador.

Rinde 4 porciones.

Frittata de pimientos

Ingredientes:

- 2 cucharadas de aceite vegetal
- 2 patatas picadas
- 2 cebollas picadas
- 3 pimientos picados
- 6 huevos batidos
- Sal y pimienta (opcional)

Instrucciones:

1. Caliente aceite en una sartén a fuego medio.
2. Agregue las patatas, la cebolla y los pimientos y cocine hasta que las verduras estén blandas.
3. Añada los huevos y revuelva todo suavemente.
4. Tape la sartén y continúe la cocción hasta que los huevos estén firmes.
5. ¡Sírvalos calientes y disfrute!
6. Guarde el resto en el refrigerador.

Rinde 6 porciones.



Esta institución es un proveedor y empleador que ofrece oportunidades equitativas. Este material contó con la financiación del Programa de Cupones para Alimentos del Departamento de Agricultura de los Estados Unidos. El Programa de Cupones para Alimentos brinda asistencia nutricional a personas con bajos ingresos. Puede ayudarle a comprar alimentos nutritivos para una dieta mejor. Para saber más, póngase en contacto con el 1-800-221-5689.

¡Visite nuestro sitio Web www.jsyfruitveggies.org para conocer más recetas deliciosas!

Easy Ways to... Read an Ingredients List

Choose items with a list that...

✓ Is short

As a general rule, the fewer ingredients a product has, the healthier it is.

✓ Is easy to understand

Choose foods with ingredients that have uncomplicated names.

✓ Includes whole grains

In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.

✓ Includes no or low sugar

Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in **bold**).

Avoid items with a list that...

X Is long

As a general rule, long ingredients lists mean more sugars and additives.

X Is hard to understand

Avoid ingredients you do not recognize or cannot pronounce.

X Includes trans fat or partially hydrogenated oils

Trans fat increases your risk of heart disease by increasing "bad" cholesterol (LDL) and decreasing "good" cholesterol (HDL).

X Includes many sugars

Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

Bread #1: Healthier Choice

INGREDIENTS: 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES**, YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

Bread #2: Less Healthy Choice

INGREDIENTS: ENRICHED WHEAT FLOUR, **CORN SYRUP**, **SUGAR**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE**, **DEXTROSE**, **HIGH FRUCTOSE CORN SYRUP**, **FRUCTOSE**, GLYCERIN, **POLYDEXTROSE**, MODIFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYLATE, PYRIDOXINE HYDROCHLORIDE, **RED #40**, **YELLOW #5**

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 and search for "farmers markets."

For healthy recipes, visit jsvfruitveggies.org.



Just Say Yes to Fruits and Vegetables

Maneras sencillas de... leer una lista de ingredientes

Elija productos con una lista...

- ✓ **Corta**
Como regla general, cuantos menos ingredientes tenga el producto, más sano será.
- ✓ **Fácil de entender**
Elija alimentos con ingredientes que no tengan nombres complicados.
- ✓ **Que incluya granos integrales**
En el cereal para el desayuno, galletas saladas, pastas y panes, debería aparecer la palabra "whole" (integral) como primer o segundo ingrediente.
- ✓ **Que incluya poca cantidad de azúcar o nada de azúcar**
Elija alimentos que no contengan mucha azúcar (ver Pan n.º 2 a continuación, donde se muestran los nombres frecuentes del azúcar en **negrilla**).

Evite productos con una lista...

- ✗ **Larga**
Como regla general, las listas largas de ingredientes son sinónimos de más azúcar y aditivos.
- ✗ **Difícil de entender**
Evite ingredientes que no reconozca o que no pueda pronunciar.
- ✗ **Que incluya grasas trans o aceites parcialmente hidrogenados**
Las grasas trans aumentan el riesgo de sufrir enfermedades del corazón porque elevan el colesterol "malo" (LDL, por sus siglas en inglés) y reducen el colesterol "bueno" (HDL, por sus siglas en inglés).
- ✗ **Que incluya grandes cantidades de azúcar**
Los nombres que recibe el azúcar son caña de azúcar, miel, sacarosa, glucosa, fructosa, dextrosa, jarabe de maíz con alto contenido de fructosa, concentrado de jugo de frutas, melaza y azúcar invertido.

Pan n.º 1: la opción más saludable

INGREDIENTES: 100% WHOLE WHEAT (HARINA DE TRIGO 100 % INTEGRAL), WATER (AGUA), SOYBEAN OIL (ACEITE DE SOJA), **MOLASSES (MELAZA)**, YEAST (LEVADURA), WHEAT GLUTEN (GLUTEN DE TRIGO), CALCIUM PROPIONATE (PROPIONATO DE CALCIO) (PARA EVITAR LA DESCOMPOSICIÓN), NON FAT MILK (LECHE DESCREMADA), SALT (SAL)

Pan n.º 2: la opción menos saludable

INGREDIENTES: ENRICHED WHEAT FLOUR (HARINA DE TRIGO ENRIQUECIDA), **CORN SYRUP (JARABE DE MAÍZ)**, **SUGAR (AZÚCAR)**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL (ACEITE DE SOJA Y DE PALMA PARCIALMENTE HIDROGENADO), **SUCROSE (SACAROSA)**, **DEXTROSE (DEXTROS)**, **HIGH FRUCTOSE CORN SYRUP (JARABE DE MAÍZ CON ALTO CONTENIDO DE FRUCTOSA)**, **FRUCTOSE (FRUCTOSA)**, GLYCERIN (GLICERINA), **POLYDEXTROSE (POLIDEXTROSA)**, MODIFIED CORN STARCH (ALMIDÓN DE MAÍZ MODIFICADO), SALT (SAL), SODIUM STEAROLY LACTYLATE (ESTEAROIL LACTILATO DE SODIO), PYRIDOXINE HYDROCHLORIDE (CLORHIDRATO DE PIRIDOXINA), RED #40 (ROJO n.º 40), YELLOW #5 (AMARILLO n.º 5)

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://www.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



My name is _____

Black History Word Find

Find and circle the words.

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

ABOLITION
 ABRAHAM LINCOLN
 AMENDMENTS
 CIVIL RIGHTS
 CIVIL WAR
 DIVERSITY
 EMANCIPATION
 EQUALITY

FEBRUARY
 FREDERICK DOUGLASS
 FREEDOM
 GEORGE WASHINGTON CARVER
 HARRIET TUBMAN
 HISTORY
 INTEGRATION
 MARTIN LUTHER KING JR

MAYA ANGELOU
 OPPORTUNITY
 PEACE
 ROSA PARKS
 TOLERANCE
 TUSKEGEE AIRMEN
 UNDERGROUND RAILROAD

VALENTINE'S DAY

♥ WORD SCRAMBLE ♥

1. MARDIER _____
2. QUTBOUE _____
3. OOLTCHEA _____
4. PDUCI _____
5. WRSLEFO _____
6. AETRH _____
7. NORMCEA _____
8. WREHTTESAE _____
9. ELVNATEIN _____
10. OESRS _____
11. GHU _____
12. LEVO _____



Chinese New Year Crossword

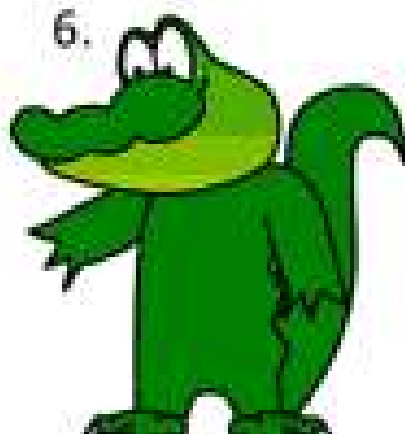
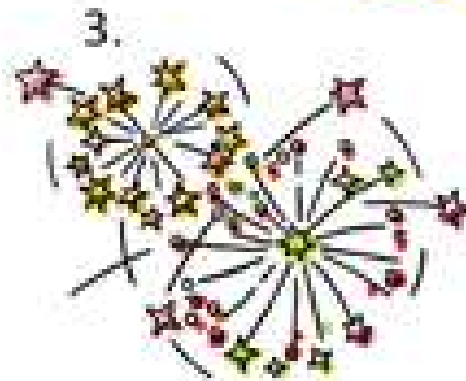
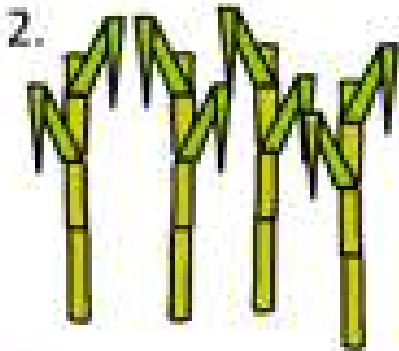
Word List:

alligator, bamboo, dragon, fireworks, panda, ping pong



Across

Down



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

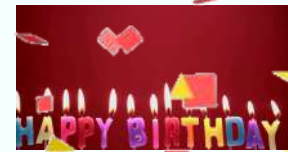
Norma A.
Deatra F.
Carol Ann G.
Edelmira M.
Louise N.

You Are Invited

Birthday Party



FEBRUARY



23rd 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

FEBRUARY 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

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.



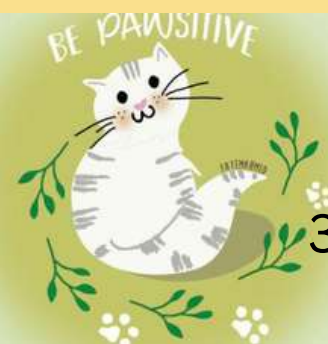
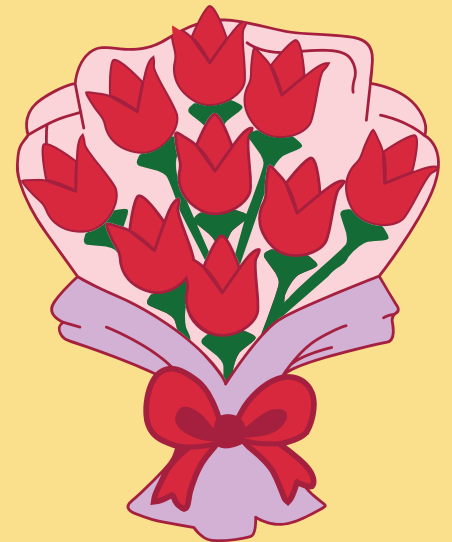
Councilmembers

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.

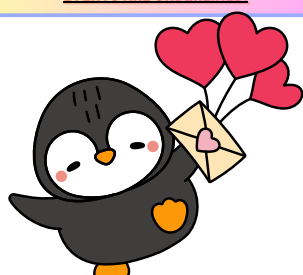
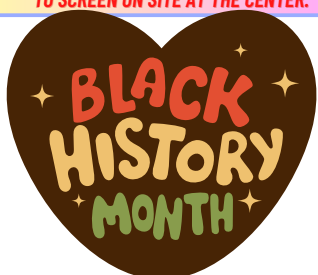


Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p>9:00 Spot the Difference: Brain Teaser w/Ahmed <u>10:30 Line Dancing w/Wen T.</u> 12:00:1:00 Lunch <u>1:00 Black History Month Celebration w/ DJ Woody.</u></p> 	<p>3</p> <p>9:00 Word Search w/Ahmed <u>10:30-11:30 Aerofitness w/EM</u> 12:00:1:00 Lunch <u>1:00 Latin-Zumba Gold w/EM</u> <u>1:00-3:00 Watercolor Painting w/Helen D.</u></p>	<p>4</p> <p>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></p>	<p>5</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> 11:00 Medicare Presentation w/t German Talis (Confirmed) 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>6</p> <p>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></p>
<p>9</p>  <p>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 Valentine's Day & Lunar New Year Celebration w/ DJ Woody.</u></p> 	<p>10</p> <p>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></p>	<p>11</p> <p>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></p>	<p>12</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> 11:00 Senior Wellness Presentation w/t Delilah Sinclair (3rd Reschedule, Unconfirmed) 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>13</p> <p>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></p>
<p>16</p> 	<p>17</p> <p>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></p>	<p>18</p> <p>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></p>	<p>19</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> 11:00 President's Day Celebration w/MA 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>20</p> <p>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></p>
<p>23</p>  <p>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 February Birthday Celebration with Special DJ</u></p> 	<p>24</p> <p>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></p>	<p>25</p> <p>9:00 Word fill in Puzzle w/Ahmed <u>10:00 Tai Chi w/Wen T.</u> 11:00 Bilingual Performance w/t Catalina SEA (Unconfirmed) 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></p>	<p>26</p> <p>9:00 Word Scramble w/MA <u>10:00 Yoga Dance w/ EM</u> 11:00: Falling Prevention Presentation W/T Gigliola Manrique (Pending Confirmation) 12:00:1:00 Lunch 1:00-2:30 Leisure Games w/Michael J.</p>	<p>27</p> <p>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></p>

*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.

SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.

Physical Exercise underlined in green



2026				
Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Chicken Parmesan Spaghetti Baby Spinach Salad with Lemon Vinaigrette Tomato Sauce Apple	Spanish Style Roast Pork Broccoli and Red Pepper Salad Homemade Mashed Potatoes Fruit Cocktail	A Nice Vegetable Soup Meaty Lentil and Mushroom Meatballs Cous Cous Beet Salad Apple Orange Juice	Beef Hamburger French Fries Lettuce and Tomato Banana	Baked Fish Brown Rice California Blend Vegetables Cantaloupe
9	10	11	12	13
Spanish Style Baked Chicken Brown Rice Vegetable Mix Apple	Roasted Turkey Breast Fresh Cranberry Sauce Baked Sweet Potato Roasted Zucchini Orange	Cuban Style Split Pea Soup California Veggie Burger Plain Hamburger Bun Carrot Salad Apple Orange Pineapple Juice	Beef Brisket with Tomatoes and Onions Pasta Tomato Salad with Basil Banana	Fish Fillet Cous Cous Cole Slaw Apple
16	17	18	19	20
	Chinese Style Pork Chinese Style Spaghetti Steamed Sliced Carrots Orange	Zesty Chickpea Stew Caribbean Stuffed Eggplant 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
23	24	25	26	27
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
Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.				



Located at: 23-11 31st Road,
Astoria NY 11106

718-626-1500

