Hillcrest Older Adult Center
91-34 182nd Place, 2nd Floor
Jamaica, NY 11423
(718) 297-7171

THE HILLCREST OLDER ADULT CENTER

NEWSLETTER FOR THE MONTH OF FEBRUARY 2026

FUNDED BY THE NYC DEPARTMENT FOR THE AGING

our mission

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.

Meet our wonderful staff!!

Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Cynthia Aaron	Case Manager
Vere Guri	Custodian
Sam Williams	Kitchen Aide

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CCNS HILLCREST OLDER ADULT CENTER
PRESENTATIONS AND CLASSES – FEBRUARY 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00 Movie: "Hidden Figures" w/Clelia	**3** 10:00 Strength Training w/Gerard 12:00 Lunch 1:00 – 3:00 Line Dance w/Bon Santiago	**4** 10:00 Today in the News 11:00 Leisure Games W/Clelia 12:00 Lunch 1:00 - 3:00 Black History Month Celebration w/ Live DJ	**5** 10:30 Strength Training w/Gerard 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	**6** 10:00 Today in the News 11:00 Leisure Games w/Clelia 11:00 Health Benefit Presentation W/ Healthfirst 12:00 Lunch 1:00-3:00 Friday Social w/ Live DJ
9 10:00 Today in the News 11:00 Move to The Rhythm w/Clelia 12:00 Lunch 1:00 Karaoke w/Clelia	**10** 10:00 Today in the News 12:00 Lunch 1:00 – 3:00 Line Dance w/Bon Santiago	**11** 10:00 Today in the News 11:00 FDNY Fire Safety Education Presentation 11:00 Leisure Games W/Clelia 12:00 Lunch 1:00 – 3:00 Dance Club w/ Live DJ	**12** 10:30 Move to the Rhythm w/Clelia 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	**13** 10:00 Today in the News 11: 00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Valentine's Day Celebration w/ Live DJ
16 PRESIDENTS DAY CENTER CLOSED	**17** 10:00 Today in the News 12:00 Lunch 1:00 3:00 President's Day Celebration w/ Live DJ	**18** 10:00 Today in the News 11:00 Leisure Games W/Clelia 12:00 Lunch 1:00 -3:00 Dance Club w/ Live DJ	**19** 10:30 Move to the Rhythm w/Clelia 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	**20** 10:00 Today in the News 11:00 Elder Abuse Presentation w/JASA 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Friday Social w/ Live DJ
23 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00 Leisure Games W/ Clelia	**24** 10:00 Today in the News 12:00 Lunch 1:00-3:00 Line Dance w/Bon Santiago	**25** 9:30 General Membership Meeting 11:00 Leisure Games W/Clelia 12:00 Lunch 1:00 -3:00 Dance Club w/ Live DJ	**26** 10:30 Move to the Rhythm w/Clelia 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	**27** 10:00 Today in the News 11:00 Nutrition Presentation w/ Angela 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday's Celebrations w /Live DJ

PLEASE NOTE: ACTIVITIES SUBJECT TO CHANGE LAST MINUTE

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CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU FEBRUARY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 BBQ Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	**3** Chickpeas (1/2 cup) Rasta Pasta Whole Wheat Bread Garden Salad Italian Blend Vegetables Banana 1% Low Fat Milk	**4** Jerk Fish Black Beans and Rice Whole Wheat Bread Steamed Kale Whole Wheat Bread Pear 1% Low Fat Milk	**5** Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk	**6** Spanish Chicken With Potatoes and Garlic Whole Wheat Bread Yellow Rice Steamed Green Beans Orange 1 % Low Fat Milk
9 BBQ Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	**10** Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	**11** Jerk Fish Black Beans and Rice Whole Wheat Bread Steamed Kale Whole Wheat Bread Pear 1% Low Fat Milk	**12** Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk	**13** Grilled Caribbean Chicken Breast Basic Pasta Salad Whole Wheat Bread Orange 1% Low Fat Milk
16 ***PRESIDENTS DAY*** ***CENTER CLOSED***	**17** Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	**18** Fish with Mushrooms, Peppers, and tomatoes Pasta Whole Wheat Bread Baby Carrots and Parsley Fruit Cocktail 1% Low Fat Milk	**19** Shephard's Pie Italian Blend Vegetables Apple 1% Low Fat Milk	**20** Chicken Legs with Stewed Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Whole Wheat Bread Orange 1% Low Fat Milk
23 BBQ Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	**24** Arroz con Gandules (Mexican Style Brown Rice With Pegeon Peas Calefornia Blend Vegetables Banana 1% Low Fat Milk	**25** Jerk Fish Black Beans and Rice Whole Wheat Bread Boiled Southern Greens Honeydew 1% Low Fat Milk	**26** Mushroom Gravy Roast Beef Homemade Mashed Potatoes Garden Salad Apple 1% Low Fat Milk	**27** Jerk Chicken Black Beans and Rice Whole Wheat Bread Italian Blend Vegetables Orange 1 % Low Fat Milk

PLEASE NOTE: LUNCH MEUN SUBJECT TO CHANGE LAST MINUTE

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Rafaele Agripina, 2/27

Fanny Almeida, 2/10

Champawattie Basdeo, 2/27

Marina Carrillo, 2/24

Gloria Chico, 2/21

Nick Coll, 2/26

Silvino Correa, 2/15

Lourdes Dalessio, 2/11

Drewmattie Drepaul, 2/24

Silvana Hoskins, 2/20

Joyce Mahdoo, 2/22

Venell Mcleod, 2/08

Cheryl Ann Mcneil, 2/22

Sheldon Moilver, 2/18

Edward Morales, 2/04

Gloria Palomino, 2/23

Generson Ragot, 2/19

Jose Santiago, 2/10

Betty Teague, 2/12

Christine Williams. 2/11

Join Us on Friday, February 27, 2026, at 1:00 PM - 3:00 PM, For Multicultural Music and Birthday Celebration

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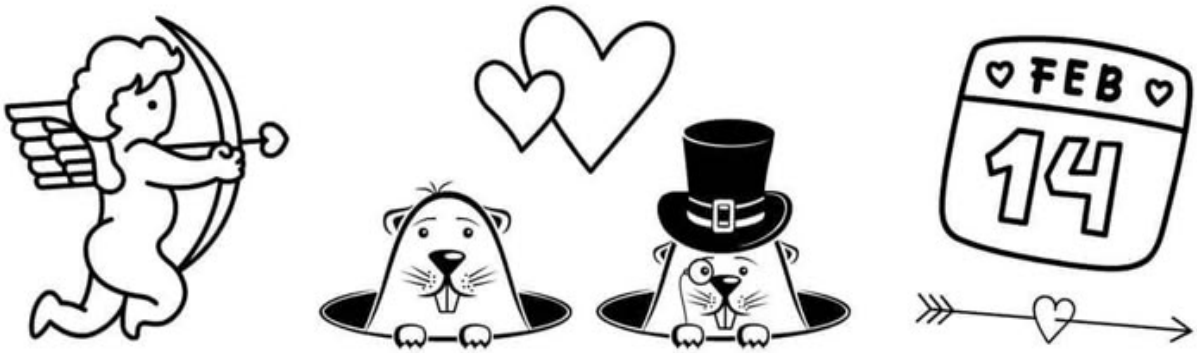

FEBRUARY

WORD SEARCH

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

ARROW
CHILI DAY
CHINESE NEW YEAR
CHOCOLATE
CUPID
FEBRUARY
FLOWERS
FRIENDS
GROUNDHOG DAY
KINDNESS
LEAP YEAR
LOVE
MARDI GRAS
NUTELLA
PARTY
PRESIDENTS DAY
SUPER BOWL
SWEETHEART
VALENTINES
WINTER

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VALENTINE'S DAY

HISTORY

1300s- Valentine's Day officially became a holiday.

Middle Ages (1400–1500)- The holiday became associated with love and romance, after the common belief in France and England that birds started their mating season on February 14.

1861- The first heart-shaped chocolate box was introduced by John Cadbury in Birmingham, England.

2003- First global celebration of International Quirkyalone Day, a holiday for single people on Feb. 14.

$27 billion

Americans spent more than $27 billion on Valentine's Day in 2020 and $20.7 billion in 2019.

~6 million

couples get engaged on Valentine's Day.

~8 billion

conversation hearts are manufactured each year.

Most Popular Gifts

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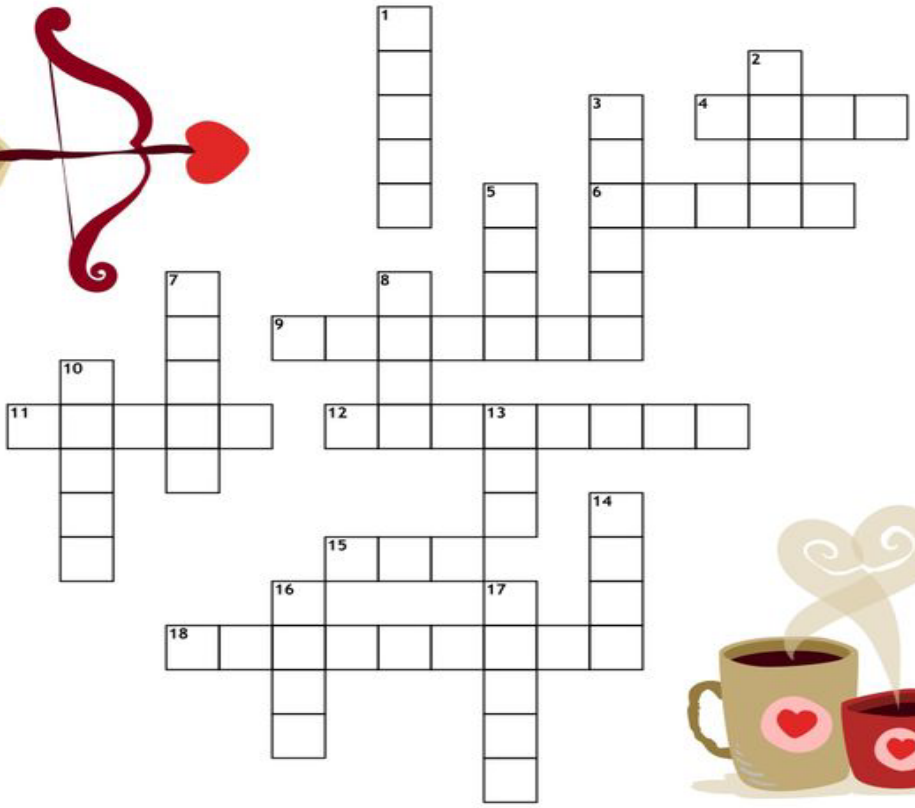
Valentine's Day



Across

4. if you like it then you should have put a ____ on it
6. they normally come in a dozen
9. you send them to your lover
11. passing love _____ to your bae
12. month of love
15. before anyone else
18. sweet treat in a heart shapped box

Down

1. he shoots people with arrows
2. be ____
3. cupid shoots them
5. take your love on a romantic ____
7. _____ heart
8. i _____ you
10. go to watch a _____ for valentines day
13. color of love
14. ask your boyfriend or girlfriend on a ____
16. the bird of love
17. passed them out to your class when you were younger

Word Bank

love	dove	chocolate	february	roses	cupid
arrows	red	bae	ring	mine	notes
cards	date	sweet	flowers	movie	date

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Get Mr. Groundhog to his hole. Which road should he take?

Church House Collection ©

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3TH

MONDAY IN FEBRUARY

The day was originally estblished in honor George Washington's Birthday, Feb 22nd

Three different presidents have died on the 4th of the July.

FEBRUARY

PRESIDENT'S DAY

fun facts

The federal holiday is celebrated on the 3rd Monday in February

The White House is the official residence of the U.S. president.

Franklin D. Roosevelt was the first president to appear on television

Teddy Roosevelt achieved a world record by shaking over 8,100 hands in a single day

Calvin Coolidge had a pet raccoon named Rebecca who lived in the White House

The 3rd Monday in February is because it fell between George Washinton's and Abraham Lincoln's Birthday

Lincoln signed the Emancipation Proclamation declaring all slaves in Confederate-held territory to be free.

James Polk was the president that aquired California

Thomas Jefferson wrote the Declaration of Independence

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BLACK HISTORY FACTS

CARTER G. WOODSON, IS KNOWN AS THE FATHER OF BLACK HISTORY

INTERRACIAL MARRIAGES BECAME LEGAL IN 1967

WILLIAM TUCKER WAS THE FIRST AFRICAN PERSON BORN IN AMERICA

BLACK HISTORY MONTH IS CELEBRATED BY CANADA, UK. GERMANY & OTHER COUNTRIES AS WELL!

BLACK HISTORY MONTH HAS A THEME EACH YEAR.

CLAUDETTE COLVIN WAS THE FIRST BLACK WOMAN WHO REFUSED TO GIVE UP HER BUS SEAT IN MONTGOMERY, ALABAMA.

PRESIDENT GERALD FORD OFFICIALLY RECOGNIZED BHM N 1976, DURING THE UNITED STATES' BICENTENNIAL.

ALTHEA GIBSON BECAME THE FIRST BLACK TENNIS PLAYER TO WIN A GRAND SLAM.

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125+

YEARS OF CHANGING LIVES

CATHOLIC CHARITIES

EST. 1899

Brooklyn & Queens

Kindness brings happiness

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