

# Pioneers of Queens



MONTHLY NEWSLETTER



March 2026



## Holidays and highlights this month

### HEART HEALTH AWARENESS MONTH

National Nutrition Month encourages seniors to focus on healthy eating habits that support energy, strength, and overall well-being. Enjoying balanced meals with fruits, vegetables, whole grains, lean proteins, and healthy fats can help support heart health, bone strength, digestion, and immune function. Staying hydrated and eating regular meals can improve focus, mobility, and daily comfort. Paying attention to portion sizes and choosing nutrient-rich foods can also help manage blood sugar and maintain a healthy weight. Making small, mindful food choices each day can lead to lasting benefits and help you feel your best at any age.



### St. Patrick's Day Women History Month

#### St. Patrick's Day (March 17)

St. Patrick's Day celebrates Irish culture and heritage, honoring St. Patrick, the patron saint of Ireland. It is marked by traditions like wearing green, parades, music, and symbols such as shamrocks, bringing people together to celebrate Irish history and community.

#### Women's History Month (All of March):

Women's History Month recognizes and celebrates the contributions, achievements, and impact of women throughout history and in today's world. It's a time to reflect on progress made, highlight inspiring leaders and changemakers, and continue advocating for equality and opportunity for all.

In this newsletter you can expect:

Holidays & Celebrations

Resources & Collages

Activities & Events

Hybrid/ virtual Events

Activity Calendar

Lunch Menu



WEDNESDAY IS

# Healthy Meatless Meal Day!



Join Us Every Wednesday for a  
Delicious Meatless Lunch!

- ✓ Fresh Veggies
- ✓ Beans & Grains
- ✓ Crisp Salads
- ✓ Tasty Fruit



12:00 PM – 1:00 PM

*Come Enjoy a Healthy Meal!*

- ✓ Good for Your Heart
- ✓ Gives You Energy
- ✓ Adds Variety to Your Week
- ✓ Something Different!

**CCNS Peter J. DellaMonica Older Adult Center**  
23-11 31st Road • Astoria, NY 11106  
718-626-1500

Funded by NYC Aging

Catholic Charities  
Brooklyn & Queens





# Women's History Month

## Celebration!


Monday, March 2<sup>nd</sup>, 2026 at 1PM



 Honoring Trailblazing Women

 Poetry & Storytelling 

 Tea, Treats & Light Refreshments

 Friendship & Photo Fun!

 DJ Woody & 



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23-11 51st Road, Astoria, NY 11106 718-626-1500

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# St. Patrick's Day Celebration!

Monday, March 16<sup>th</sup>, 2026 at 1 PM

🎵 DJ Valentine 🎵



- 🍀 Irish Music & Dancing
- 🍀 Special Irish Lunch
- 🍀 Games & Photo Fun!



**Wear Green & Celebrate with Us!**

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# Ramadan & Eid Celebration

Community Education & Cultural Appreciation

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718-626-1500

## What is Ramadan?

- ◆ Fasting from sunrise to sunset
- ◆ Prayer and spiritual reflection
- ◆ Acts of kindness and charity
- ◆ Spending time with family and community

Many people break their fast each evening with a meal called *Iftar*.

## What is Eid al-Fitr?

- ◆ Festive meals
- ◆ Visiting family and friends
- ◆ Giving to those in need
- ◆ Wearing colorful clothes
- ◆ Community gatherings and prayers

Also called the "Festival of Breaking the Fast."

## At Our Center

We celebrate and learn about the many cultures that make our community special.

Join us for a **Cultural Appreciation Gathering:**

Cultural Celebration  
Monday, March 23rd at 1pm  
with DJ Valentine

- ◆ Learn about Ramadan traditions
- ◆ Share stories from our community
- ◆ Enjoy light refreshments
- ◆ Celebrate diversity and friendship


### Everyone is Welcome!

We proudly support a welcoming and inclusive community for all older adults.



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A program of  A program of Catholic Charities  
Brooklyn & Queens

# National Nutrition Month

Celebrating the Entire Month of March!

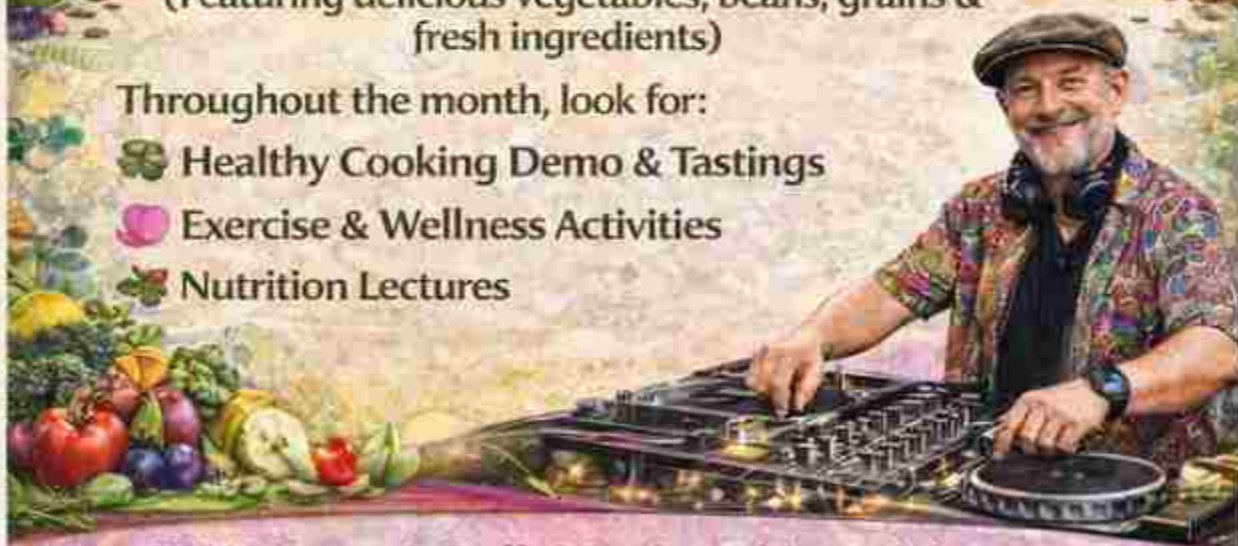


## Join us on Wednesdays for Healthy Meatless Meal Days!

(Featuring delicious vegetables, beans, grains & fresh ingredients)

Throughout the month, look for:

-  Healthy Cooking Demo & Tastings
-  Exercise & Wellness Activities
-  Nutrition Lectures



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# Art & Craft Program

CCNS Peter J. DellaMonica Older Adult Center



★ Funded by NYC Aging ★

23-11 31st Road | Astoria, NY 11106

718-626-1500

# Happy VALENTINE'S DAY



*In the twilight of life, love shines brightest*



**dance  
dance  
dance**

CCNS PETER J. DELLAMONICA OAC  
PRESENTS

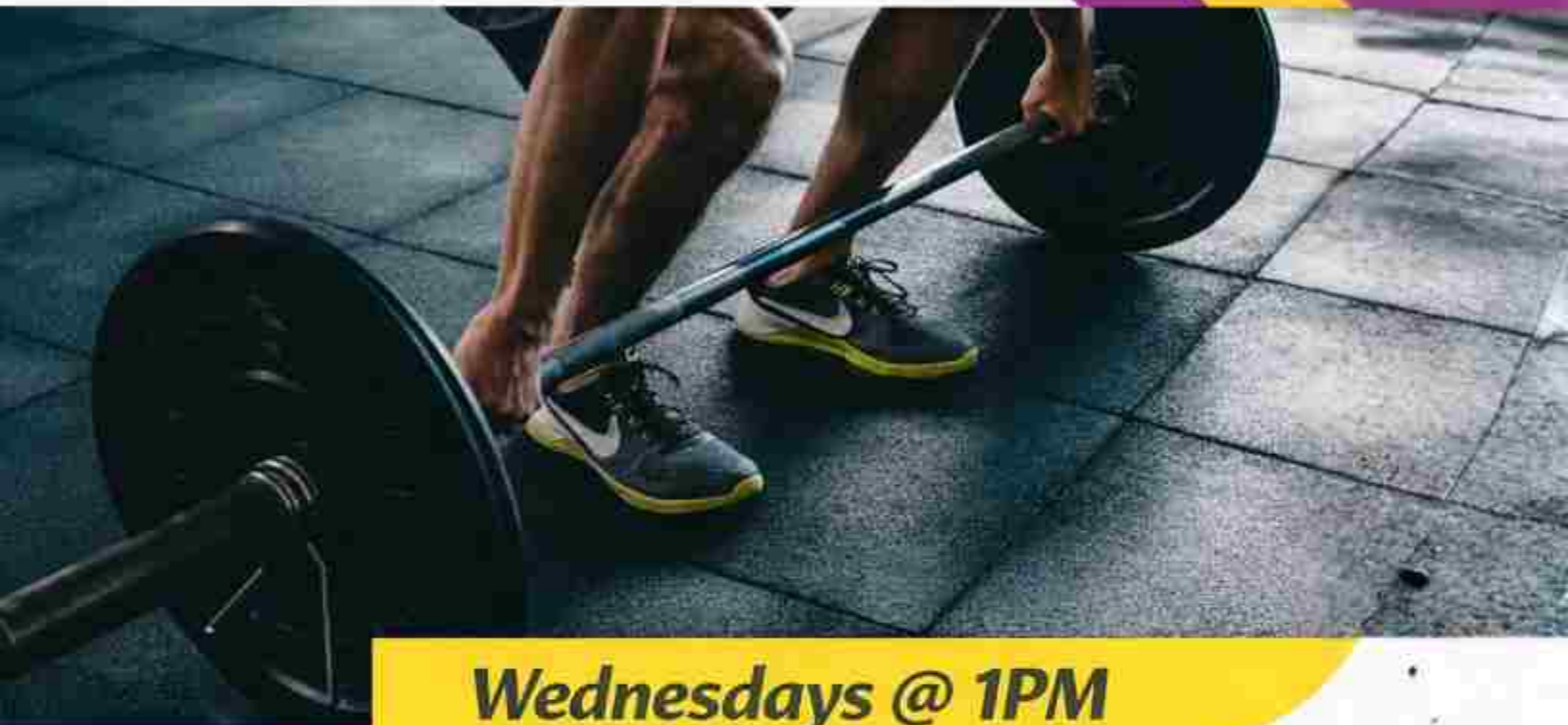
Lunar  
New Year  
2026

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丙午



**CCNS**

PETER J. DELLAMONICA  
OLDER ADULT CENTER



**Wednesdays @ 1PM**

# **STRENGTH TRAINING**

**Join us for fun exercise!**

 [www.seniorplanet.zoom.us](http://www.seniorplanet.zoom.us)

Zoom Meeting ID:  
**831 2781 3758**

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**NYC Aging**  CATHOLIC CHARITIES  
BROOKLYN & QUEENS

**125+**  
years of service



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# VIRTUAL & HYBRID EXERCISE

**MONTHLY Schedule**



**MONDAY – FRIDAY**

**Morning Stretch**  
10:00 AM



**TUESDAY & THURSDAY**

**Chair Yoga**  
12:00 PM



**MONDAY & WEDNESDAY**

**Easy-to-Follow Tai Chi**  
2:00 PM



**TUESDAY & THURSDAY**

**Afternoon Stretch**  
4:00 PM



**Join Online: Senior Planet Zoom**  
**Meeting ID: 170 361 931**  
(Or ask the front desk for assistance)

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125+





# 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.**

<sup>125</sup>  **¿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)

**125+**  
YEARS OF CHANGING LIVES



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

# FOOD PANTRY

## Ubicaciones y Horarios

### **Our Lady of Angels**

330 73rd Street, Brooklyn, NY 11209  
Miércoles, 9:30 AM - 12 PM and 1:30 PM - 3 PM

### **Our Lady of Miracles**

757 East 86th Street, Brooklyn, NY 11236  
Sábados, 10 AM - 11:30 AM

### **Our Lady of Solace**

2866 West 17th Street, Brooklyn, NY 11224  
Lunes, 9:30 AM - 1:30 PM

### **St. Marks**

2609 East 19th Street, Brooklyn, NY 11235  
1er y 3er Jueves del mes, 9 AM - 11 AM

### **St. Gregory the Great**

224 Brooklyn Ave., Brooklyn, NY 11213  
Cada dos Miércoles, 12 PM - 1 PM

### **Church of the Holy Spirit**

1712 45th Street, Brooklyn, NY 11204  
Cada dos Viernes, 9 AM - 11 AM

### **St. Michael/St. Malachy**

*A partir del 26 de septiembre de 2025*  
286 Warwick Street, Brooklyn 11207  
Todos los viernes de 9:30 AM - 11:30 AM

### **St. Rose of Lima**

130 Beach 84th Street, Rockaway Beach, NY 11693  
Martes, 10 AM - 12 PM

### **St. Teresa**

50-20 45th Street, Woodside, NY 11377  
Martes, 4 PM - 6 PM

### **BVM St. Mary-Winfield**

70-31 48th Ave., Woodside, NY 11377  
Jueves, 9:30 AM - 12 PM

### **Our Lady of the Angelus**

63-63 98th Street, Rego Park, NY 11374  
1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

### **St. Raphael**

35-20 Greenpoint Ave., Long Island City, NY 11101  
Jueves, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

### **St. Patrick**

39-38 29th Street, Long Island City, NY 11106  
3er Sábado de cada mes, 10 AM - 12 PM

### **Church of the Incarnation**

89-28 207th Street, Queens Village, NY 11427  
Viernes, 12 PM - 2 PM

### **St. Benedict the Moor**

171-17 110th Ave., Jamaica, NY 11434  
2do y 4to Martes del mes, 10 AM - 11:30 AM

### **Presentation of the Blessed Virgin Mary**

88-19 Parsons Blvd., Jamaica, NY 11432  
1er y 3er Miércoles de cada mes, 5 PM - 6 PM

### **Ocean Bay**

411 Beach 54th Street, Arverne, NY 11692  
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](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 más 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).

**125+**  
YEARS OF CHANGING LIVES



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens

# FOOD PANTRY

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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).

# CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106 ☎ 718-626-1500

## WHAT IS SNAP?

**SNAP (Supplemental Nutrition Assistance Program)** helps older adults and families purchase healthy groceries.

Over 4 million older Americans use SNAP to purchase healthy food every month.

## HOW TO APPLY

Make an appointment today

Call Jennifer at

☎ 718-626-1500 ext. 7375

### IMPORTANT: NEW NY SNAP RULES

- Starting March 1, 2026, some SNAP recipients may need to do at least **80 hours/month** of work, volunteering, or training to keep benefits beyond 3 months in a 3-year period.
- Applies to able-bodied adults ages **18-64** without dependents.
- Seniors, those with disabilities, pregnant individuals, and caregivers of children under age 14 are typically exempt.



### IMPORTANT: NEW NY SNAP RULES

**88%** of SNAP participants say healthy foods are too expensive.

## 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.



## BENEFITS

The amount you receive may depend on two things.

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- Number of people that live in your household

**61%** of SNAP households act as caretakers for loved ones.



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## **MEDICARE** Understanding Your Coverage

### What Is Medicare?

Medicare is a federal health insurance program for:

- ✓ Adults age 65 and older
- ✓ People with permanent disabilities
- ✓ Individuals with End-Stage Renal Disease (ESRD)
- ✓ Individuals with ALS *(no waiting period)*

### 2026 Medicare Updates

- ✓ **\$2,000** yearly drug spending cap
- ✓ No more “donut hole”
- ✓ **\$35** insulin limit
- ✓ Many vaccines **\$0** copay



### – The Four Parts of Medicare



#### Part A – Hospital Insurance

- Inpatient hospital care
- Skilled nursing facility care
- Hospice care
- Some home health services

*(Most people do not pay a Part A premium.)*



#### Part B – Medical Insurance

- Doctor visits
- Outpatient services
- Durable medical equipment
- Some home health care
- Limited prescription drugs



#### Part C – Medicare Advantage

- Combines Part A & B
- Usually includes drug coverage
- May include extra benefits (dental, vision, etc.)



#### Part D – Prescription Drug Coverage

- Covers most prescription medications
- **\$2,000** annual out-of-pocket cap
- **\$35** insulin monthly cap
- No more coverage gap



### NEED HELP?

Make an appointment with **Jennifer**  
 **718-626-1500 ext. 7375**

We can help you:

- Review your Medicare plan
- Compare Advantage vs. Original Medicare
- Understand drug costs



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## **MEDICAID**

How to Get Free or  
Low-Cost Health Coverage



### What Is Medicaid?

Medicaid is a joint federal and state program that provides:






- ✓ Free or low-cost health coverage
- ✓ Care at a doctor's office, hospital, clinic & more
- ✓ Long-term care services

### Who Can Qualify for Medicaid?

- ✓ People of **all ages** who meet income/resource limits.
- ✓ Low-income seniors (age 65+)
- ✓ People with disabilities or blindness.
- ✓ Children
- ✓ Pregnant individuals



### What Does Medicaid Cover?

- |  |   |   |
|--|---|---|
|  Doctor visits  |  Hospital services       |  Dental care             |
|  Emergency care |  Home and long-term care |  Vision and hearing care |

### NEED HELP?

Make an appointment with **Jennifer** ☎ **718-626-1500 ext. 7375**

- ✓ Check if you're eligible
- ✓ Apply for Medicaid
- ✓ Renew your Medicaid coverage

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# CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★→★

## #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 \$60,000 or less;
- Live in a rent regulated apartment;
- Spend more than 1/3 of income on rent.

### ENROLL IN THE **NYC RENT FREEZE PROGRAM**



### IMPORTANT NYC RENT FREEZE (SCRIE/DRIE) UPDATES:

- ✓ New higher income limits now used—applicants earning up to approx. **\$60,000+** may qualify.
- ✓ Renewals are easier—fewer documents, mail/online options available.
- ✓ Disability Rent Increase Exemption (DRIE) clarified for SSDI/SSI recipients.
- ✓ Multilingual forms available (Spanish/Chinese/Russian/Bengali).
- ✓ NYC HPD offers free help completing applications.

#### Questions?

Contact Jennifer at  
718-626-1500 ext. 7375

#### ¿Preguntas?

Comuníquese con la trabajadora social:  
Jennifer al 718-626-1500 x7375

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106

Monday - Friday, 8:00 am - 4:00 pm

718-626-1500

FREEZING  
YOUR  
RENT



FREEZE  
YOUR RENT

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# Peppermint Hot Chocolate

*Rich, creamy, and perfect for a cozy winter day!  
Easy to prepare and great for entertaining.*

**Servings:** 1 large or 2 small mugs

**Prep Time:** 10 minutes

## Ingredients:

- 1 cup 1% milk
- ¼ cup heavy cream
- 1–2 tablespoons sugar (to taste)
- Pinch of kosher salt
- 3 ounces semisweet chocolate (about ¼ cup chopped or chips)
- ¼ teaspoon vanilla extract
- ¼ teaspoon peppermint extract
- Optional toppings: whipped cream, marshmallows, crushed candy canes

## Instructions:

1. In a small saucepan, whisk together milk, heavy cream, sugar, and salt.
2. Heat on medium-low until small bubbles form around the edges (do not boil).
3. Reduce heat to low and add chocolate. Whisk until melted and smooth (about 1–2 minutes).
4. Stir in vanilla and peppermint extracts.
5. Pour into a mug and top with whipped cream, marshmallows, or crushed candy canes.



# Stewed Cabbage

## Healthy & Affordable

Cabbage does not have to be boring with this tasty recipe.



### Ingredients

- 2 teaspoons vegetable oil
- 1 medium onion, chopped
- 2 garlic cloves, minced
- 2 celery stalks, chopped
- 3 cups chopped cabbage
- 1 can (14.5 oz) stewed tomatoes, with liquid
- Salt & pepper to taste

### Directions

1. Heat oil in skillet over medium heat.
2. Add onion, garlic, and celery. Cook 5 minutes.
3. Add cabbage and 2 tbsp water. Cook 15 minutes on low.
4. Add tomatoes. Cover and cook 30 minutes until tender.
5. Season and serve hot or cold. Refrigerate leftovers.

### Nutrition Facts / Datos Nutricionales

Serving Size: 3/4 Cup (about 170g) - Servings Per Recipe: 4

Percent Per Serving

**Calories** calorias: **90**

Total Fat 3g 60% ed% 5%

**Total Fat** 3g 4%


**Saturated Fat** 0.5g 3%

**Sodium** 140mg\* (Dih ismalo mhuo: "Se Sal Addido") 6%

**Total Carbohydrate** 14g (5%) 5%

**Total Diefetica** 4g 14%

**Protein** 3g 6%

 High fiber, low sodium, and rich in Vitamin C from tomatoes!

### Tip / Consejo

Look for canned tomatoes labeled

- No Salt Added\*
- Low Sodium



\*Sodium calculated using "No Salt Added" tomatoes.

# Col Estofada

Deliciosa y Saludable

La col no tiene que ser aburrida con esta *sabrosa receta*.



## Ingredientes

- 2 cucharaditas de aceite vegetal
- 1 cebolla mediana, picada
- 2 dientes de ajo, picados
- 2 tallos de apio, picados
- 3 tazas de col, reptollo, picada
- 1 lata (14.5 oz) de **tomates** cocidos con su jugo
- Sal y pimienta al gusto

## Instrucciones

1. Caliente el aceite en una sartén mediana.
2. Add cruse garlic, ajo y apio. Cocine 5 minutos.
3. Añada la col y 2 cucharadas de **agua**. Cocine 15 minutos a fuego bajo.
4. Agregue los **tomates**. Cocine tapado 30 minutos hasta que esté suave.
5. Sazone y sirva **caliente o frío**. Refrigere las sours.

## Nutrition Facts / Datos Nutricionales

Serving Size: 1/2 cup (about 120g) - Servings Per Recipe: 4

Per Amount Per Serving

**Calories** calorías: **90**

Grasa Total 3g, with sat. 5%

**Total Grasas** 3g 4%

**Grasa Saturada** 0.5g 3%

**Sodio** 140mg\* (Fila: el estándar diario: Sin Sal Añadida) 6%

**Carbohidratos Totales** 14g (5%) 5%

✓ Alta en fibra, bajo en sodio y rica en Vitamina C de los tomates!

## Tip / Consejo

Busque tomates que (figo).

• **Nn Sal Añadida**



# Easy Ways to... Use the Nutrition Facts Label

## 1. Start with serving size.

Check the number of servings per container and the size of each serving. The Nutrition Facts are based on one serving.

## 2. Aim to meet your daily calorie goal.

Visit [choosemyplate.gov/MyPlatePlan](http://choosemyplate.gov/MyPlatePlan) to calculate your personal calorie needs.

## 3. Limit:

- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Added sugars

## 4. Eat enough:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

## 5. Pay attention to the % (Percent) Daily Value (DV):

- 5 percent or less is **LOW**
- 20 percent or more is **HIGH**

## Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount Per Serving  
**Calories 230**

	% Daily Value*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	<b>6%</b>
<b>Vitamin D</b> 2mcg	<b>10%</b>
<b>Calcium</b> 260mg	<b>20%</b>
<b>Iron</b> 8mg	<b>45%</b>
<b>Potassium</b> 235mg	<b>6%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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 [jyfruitveggies.org](http://jyfruitveggies.org).

This material was funded by the United States Department of Agriculture (USDA) Supplemental Assistance Program (SNAP).

# Maneras sencillas de... leer las etiquetas de información nutricional

## 1. Comience con el tamaño de la porción.

Verifique la cantidad de porciones por envase y el tamaño de cada porción. La información nutricional está basada en una porción.

## 2. Intente alcanzar su objetivo de calorías diarias.

Visite [choosemyplate.gov/MyPlatePlan](http://choosemyplate.gov/MyPlatePlan) para calcular sus necesidades calóricas particulares.

## 3. Limite:

- Las grasas saturadas
- Las grasas *trans*
- El colesterol
- El sodio
- Los azúcares añadidos

## 4. Consuma suficiente:

- Fibra
- Vitamina D
- Calcio
- Hierro
- Potasio

## 5. Preste atención al % (porcentaje) del valor diario (VD):

- 5 % o menos es BAJO
- 20 % o más es ALTO

## Información nutricional

8 porciones por envase

Tamaño de la porción 2/3 taza (55g)

Cantidad por porción

**Calorías 230**

	% del valor diario*
<b>Grasas totales 8g</b>	<b>10 %</b>
Grasas saturadas 1g	5 %
Grasas <i>trans</i> 0g	
<b>Colesterol 0mg</b>	<b>0 %</b>
<b>Sodio 160mg</b>	<b>7 %</b>
<b>Total de carbohidratos 37g</b>	<b>13 %</b>
Fibra alimentaria 4g	14 %
Azúcares totales 12g	
Incluye 10g de azúcares añadidos	20 %
<b>Proteínas 3g</b>	<b>6 %</b>
<b>Vitamina D 2mcg</b>	<b>10 %</b>
<b>Calcio 260mg</b>	<b>20 %</b>
<b>Hierro 8mg</b>	<b>45 %</b>
<b>Potasio 235mg</b>	<b>6 %</b>

\*El % del valor diario (VD) indica cuánto de un nutriente en una porción de alimento contribuye a una alimentación diaria. Se usa un valor de 2000 calorías diarias como recomendación general de nutrición.

Para obtener consejos de alimentación saludable, siga a Eat Healthy, Be Active NYC en Facebook, en [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

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

Para obtener recetas saludables, visite [jsyfruitveggies.org](http://jsyfruitveggies.org).

Este material fue financiado por 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).

5.14  
Spanish (US)

**NYC**  
Health

Just Say Yes to Fresh and Vegetables **26**

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

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

# Famous Women In History

## DIRECTIONS:

Find and circle the  
CAPITALIZED  
names in the grid.  
Look for them in all  
directions including  
backwards and  
diagonally.



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

- ANGELOU, MAYA: 1928–2014, Author
- ANTHONY, SUSAN B: 1820–1906, Activist
- AUSTEN, JANE: 1775–1817, Author
- BARTON, CLARA: 1821–1912, Nurse
- CADY STANTON, ELIZABETH: 1815–1902,
- CLEOPATRA: 69 BC–12 AD, Ruler
- CURIE, MARIE: 1867–1934, Scientist
- EARHART, AMELIA: 1897–1939, Aviator
- FRANK, ANNE: 1929–1945, Writer
- GOODALL, JANE: 1934–present, Anthropologist
- JOAN OF ARC: 1412–1431, Heroine
- KAHLO, FRIDA: 1907–1954, Artist

- KELLER, HELEN: 1880–1968, Author
- LOVELACE, ADA: 1815–1852, Mathematician
- MOTHER TERESA: 1910–1997, Missionary
- NIGHTINGALE, FLORENCE: 1820–1910, Nurse
- O'CONNOR, SANDRA DAY: 1930–present, Judge
- PARKS, ROSA: 1913–2005, Activist
- RIDE, SALLY: 1951–2012, Astronaut
- ROSS, BETSY: 1752–1836, Upholsterer
- SACAGAWEA: 1732–1912, Explorer
- SACAGAWEA: 1788–2013, Upholsterer
- TUBMAN, HARRIET: 1827–1813, Abolitionist
- QUEEN VICTORIA: 1819–1901, Ruler
- WINFREY, OPRAH: 1954–present, Business
- QUEEN VICTORIA: 1819–present, Activist
- YOUSAFZAI, MALALA: 1997–present, Activist

# ST. PATRICK'S DAY

## Crossword Puzzle



1. The 3rd month of the year
2. Good fortune
3. Nonsense or misleading talk
4. Capital of Ireland
5. A type of Irish Dance
6. Called the Emerald Isle
7. If you do not wear green on March 17 this will happen.
8. A sprite
9. The day St. Patrick's Day falls on
10. A leaf \_\_\_\_\_
11. The national emblem of Ireland
12. Yellow and Blue make \_\_\_\_\_
13. From Ireland

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

Betty G.  
Marie L.  
Mary M.  
Somsong P.  
Amanda S.  
Elizabeth S.  
Barbara S.

You Are Invited

# Birthday Party



## MARCH



30th at 1:00 PM

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

125+



# CCNS Peter J. DellaMonica Older Adult Center

23-11 31st Road | Astoria, NY 11106 | 718-626-1500

## Celebrating March 2026!

### 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	Seelia B.
Vice President	Michael J.
Treasurer	Maria E. R.
Secretary	Norma A.

Councilmembers:

Vilma L.  
Joe M.

### Social Worker

#### Available by Appointment

Our case worker is available for assistance with:

- Benefits
- Case management
- Referrals
- SNAP, Medicaid, SCRIE/DRIE

Call 718-626-1500 to schedule.

Nuestro trabajador social está disponible con cita previa para ayudar con:

- Beneficios
- Manejo de casos
- Referidos
- SNAP, Medicaid, SCRIE/DRIE

Llame al 718-626-1500 para hacer una cita.

Annie L, DOFO

### Catholic Charities Mission Statement

Catholic Charities Brooklyn & Queens affirms the dignity of every person and serves the most vulnerable members of our community. We respond to human needs and advocate for justice and human development.



# MARCH 2026 ACTIVITY CALENDAR

*Spring Into Strength & Connection*

CCNS Peter J. Dellamonica OAC

23-11 31<sup>st</sup> Road • Astoria, NY 11106 • 718-626-1500






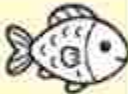






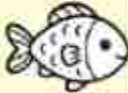


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>2</b> 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 12-1 Lunch 1:00 Women's History Celebration (DJ Woody)</p>	<p><b>3</b> 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Eating Well on a Budget (MA) 12-1 Lunch <b>Center closes by 2pm</b></p>	<p><b>4</b> 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)</p>	<p><b>5</b> 9:00 Word Scramble (Ahmed) 10:00 Yoga Dance (Ability) <b>11:00 True Home Care Medicare Service (Chun Yin)</b> 12-1 Lunch 1:00 Leisure Games (Michael J.)</p>	<p><b>6</b> 9:00 Sudoku (Ahmed) 10:30 Arts &amp; Craft (Tiffany) 11:00 Computer (Rianne) 11:00 Zumba (Ability) 12:00 Lunch 1:00 Board Games (Michael J.) 1-3 Watercolor (Helen)</p>
<p><b>9</b> 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) <b>11:00 Benefits Medicare presentation with David Yam</b> 12:00 Lunch 1:00 National Nutrition Month Celebration (DJ Woody)</p>	<p><b>10</b> 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Smart Grocery Shopping for Seniors (MA) 12-1 Lunch 1:00 Zumba Gold (EM) 1-3 Watercolor (Helen)</p>	<p><b>11</b> 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) <i>Tayfun Cancelled</i> <b>11:00 Peace of Heart Choir (Lis Geoghegan)</b> 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)</p>	<p><b>12</b> 9:00 Word Scramble (Ahmed) 10:00 Yogs Dance (Ability) <b>11:00 Healthy Aging Nutrition: Evidence-Based Strategies for Strength, Heart Health &amp; Disease Prevention (Michael S.)</b> 12-1 Lunch 1:00 Leisure Games (Michael J.)</p>	<p><b>13</b> 9:00 Sudoku (Ahmed) 10:30 Arts &amp; Craft (Tiffany) 11:00 Computer (Rianne) 11:00 Zumba (Ability) 12:00 Lunch 1:00 Board Games (Michael J.) 1-3 Watercolor (Helen)</p>
<p><b>16</b> 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Fraud &amp; Scam Awareness-AARP (MS) 12-1 Lunch 1:00 St. Patrick's Celebration (DJ Valentine)</p>	<p><b>17</b> 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Nutrition for Energy &amp; Immunity (MA) 12-1 Lunch 1:00 Zumba Gold (EM) 1-3 Watercolor (Helen)</p>	<p><b>18</b> 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)</p>	<p><b>19</b> 9:00 Word Scramble (Ahmed) 10:00 Yoga Dance (Ability) <b>11:00 Caregiver Presentation (Shyvonno Noboa)</b> 12-1 Lunch 1:00 Leisure Games (Michael J.)</p>	<p><b>20</b> 9:00 Sudoku (Ahmed) 10:30 Arts &amp; Craft (Tiffany) 11:00 Computer (Rianne) 11:00 Zumba (Ability) 12:00 Lunch 1:00 Board Games (Michael J.) 1-3 Watercolor (Helen)</p>
<p><b>23</b> 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 EBT Scams &amp; Skimming 12-1 Lunch 1:00 Memories-Cultural Holy Days Celebration (DJ Valentine)</p>	<p><b>24</b> 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Managing Blood Pressure &amp; Diabetes Through Food (MA) 12-1 Lunch 1:00 Zumba Gold (EM) 1-3 Watercolor (Helen)</p>	<p><b>25</b> 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)</p>	<p><b>26</b> 9:00 Word Scramble (Ahmed) 10:00 Yoga Dance (Ability) <b>11:00 Nutrition Lecture (Neron Francis, RD)</b> 12-1 Lunch 1:00 Leisure Games (Michael J.)</p>	<p><b>27</b> 9:00 Sudoku (Ahmed) 10:30 Arts &amp; Craft (Tiffany) 11:00 Computer (Rianne) 11:00 Zumba (Ability) 12:00 Lunch 1:00 Board Games (Michael J.) 1-3 Watercolor (Helen)</p>
<p><b>30</b> 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Tax Season Scams (MS) 12-1 Lunch 1:00 Feb &amp; March Birthday Celebration (DJ Valentine)</p> 	<p><b>31</b> 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Healthy Eating for Strong Aging 12-1 Lunch 1:00 Zumba Gold (EM) 1-3 Watercolor (Helen)</p>			



# CCNS Peter J. DellaMonica Older Adult Center MARCH 2026 LUNCH MENU

LUNCH SERVED 12:00 PM - 1:00 PM

MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> <ul style="list-style-type: none"> <li>• BBQ Chicken</li> <li>• Bulgur</li> <li>• Cucumber &amp; Tomato</li> <li>• Orange</li> </ul>	<b>3</b> <ul style="list-style-type: none"> <li>• Baked Pork Chop</li> <li>• Mac &amp; Cheese</li> <li>• Garden Salad</li> <li>• Fruit Cocktail</li> </ul>	<b>4</b> <ul style="list-style-type: none"> <li>• <b>Lentil Soup</b></li> <li>• Falafel</li> <li>• Mixed Vegetables</li> <li>• Orange</li> <li>• Orange Juice</li> </ul> 	<b>5</b> <ul style="list-style-type: none"> <li>• Beef Brisket</li> <li>• Baked Potato</li> <li>• Green Beans</li> <li>• Apple</li> </ul>	<b>6</b> <ul style="list-style-type: none"> <li>• Cooked Shrimp</li> <li>• Bowtie Pasta</li> <li>• Coleslaw</li> <li>• Tomato Salad</li> <li>• Watermelon</li> </ul> 
<b>9</b> <ul style="list-style-type: none"> <li>• BBQ Chicken Quarter</li> <li>• Sweet Potato</li> <li>• Four Bean Salad</li> <li>• Banana</li> </ul>	<b>10</b> <ul style="list-style-type: none"> <li>• Turkey Meatballs</li> <li>• Spaghetti</li> <li>• Roasted Broccoli</li> <li>• Orange</li> </ul>	<b>11</b> <ul style="list-style-type: none"> <li>• <b>Black Bean Soup</b></li> <li>• Vegetable Cutlet</li> <li>• Carrots</li> <li>• Apple</li> <li>• Apple Juice</li> </ul> 	<b>12</b> <ul style="list-style-type: none"> <li>• Roast Beef</li> <li>• Brown Rice</li> <li>• Green Beans</li> <li>• Orange</li> </ul>	<b>13</b> <ul style="list-style-type: none"> <li>• Tuna Salad</li> <li>• Pasta Salad</li> <li>• Tomato Salad</li> <li>• Fresh Pineapple</li> </ul> 
<b>16</b> <b>SPECIAL MENU</b>  <ul style="list-style-type: none"> <li>• Stuffed Cabbage</li> <li>• Mashed Potatoes</li> <li>• Tomato &amp; Cucumber</li> <li>• Orange</li> </ul> 	<b>17</b> <ul style="list-style-type: none"> <li>• Spanish Roast Pork</li> <li>• Mashed Potatoes</li> <li>• Broccoli &amp; Pepper Salad</li> <li>• Fruit Cocktail</li> </ul>	<b>18</b> <ul style="list-style-type: none"> <li>• <b>Vegetable Soup</b></li> <li>• Lentil Mushroom Meatballs</li> <li>• Cous Cous</li> <li>• Beet Salad</li> <li>• Apple</li> <li>• Orange Juice</li> </ul> 	<b>19</b> <ul style="list-style-type: none"> <li>• Chicken Parmesan</li> <li>• Spaghetti</li> <li>• Spinach Salad</li> <li>• Apple</li> </ul> 	<b>20</b> <ul style="list-style-type: none"> <li>• Baked Fish</li> <li>• Brown Rice</li> <li>• California Vegetables</li> <li>• Cantaloupe</li> </ul> 
<b>23</b> <ul style="list-style-type: none"> <li>• Spanish Baked Chicken</li> <li>• Brown Rice</li> <li>• Vegetable Mix</li> <li>• Apple</li> </ul>	<b>24</b> <ul style="list-style-type: none"> <li>• Roasted Turkey</li> <li>• Cranberry Sauce</li> <li>• Sweet Potato</li> <li>• Roasted Zucchini</li> <li>• Orange</li> </ul>	<b>25</b> <ul style="list-style-type: none"> <li>• <b>Split Pea Soup</b></li> <li>• Veggie Burger</li> <li>• Carrot Salad</li> <li>• Apple</li> <li>• Orange Pineapple Juice</li> </ul> 	<b>26</b> <ul style="list-style-type: none"> <li>• Beef Brisket</li> <li>• Pasta</li> <li>• Tomato &amp; Basil Salad</li> <li>• Banana</li> </ul>	<b>27</b> <ul style="list-style-type: none"> <li>• Fish Sandwich (WW)</li> <li>• Cous Cous</li> <li>• Cole Slaw</li> <li>• Mixed Berries</li> </ul> 
<b>30</b> <ul style="list-style-type: none"> <li>• Breaded Lamb Chop</li> <li>• Red Potatoes</li> <li>• Green Beans</li> <li>• Apple</li> </ul>	<b>31</b> <ul style="list-style-type: none"> <li>• Chinese Style Pork</li> <li>• Chinese Spaghetti</li> <li>• Carrots</li> <li>• Orange</li> </ul>			
				

Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.