



Senior Voices



CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
HOWARD BEACH OLDER ADULT CENTER

155-55 Cross Bay Blvd., Howard beach, NY 11414

Phone # (718) 738-8100

National Colorectal Cancer Awareness Month



**March is a special month focused on matters of the
Colon Health.**

March is recognized as the National Colorectal Cancer Awareness Month. It is time for us to focus on preventive care, healthy eating, and protecting ourselves from falls and injury. Many serious health conditions can be prevented or detected early with simple steps.

March 2026

Funded by NYC Dept of Aging



Message from the Center:

Dear CCNS Howard Beach OAC Members,

Welcome to March!

Spring is here! Let us welcome the smell of the blooming flowers. A colorful visual month full of beautiful flowers. Enjoy the spring breeze along with the colorful vibrant.

March is a special month to focus on our colon. As we continue into the year of 2026, we encourage everyone to focus on colon health, healthy habits, and emotional well-being.

March is recognized as the colorectal cancer awareness month, reminding us to focus on preventive care and healthy eating. Remember to stay active, eat nutritious foods, manage stress, and attend preventive check-ups.

We appreciate your continuation of your support and look forward to another month of friendship, wellness, and community.

Wishing everyone a happy and healthy March.!!

**Live Long
Live Well
Live Happy**

125+
YEARS OF CHANGING LIVES



Mission Statement



Catholic Charities of the Diocese of 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 which promotes justice and embraces human development.

Happy St. Patrick's Day

17 Irish fun facts to amaze your virtual drinking mates



The first St. Patrick's Day parade was held in New York City in 1762.

Irish tradition: If your palm itches you're going to get money. If the back of your hand itches you're loosing it.



Traditionally, Irish brides carried a new horseshoe up the aisle for good luck.



President Obama's ancestors hailed from County Offaly.



Ireland's green harp flag of the revolution was first used in 1642.



1-161 Americans are named Patrick.

Jasper O'Farrell, born in County Wexford, planned San Francisco in 1847.



County Kilkenny's James Hoban designed the White House.

Irish surnames that start with Mac means son of, O means grandson of.



County Laois is often referred to as Dunne Country for the family's fierce resistance to English rule in the sixteenth century.



Bram Stoker wrote *Dracula* in 1876 when he was a civil servant in Dublin.



1 in 10,000 clovers have four leaves.



450 American churches are named after Saint Patrick.



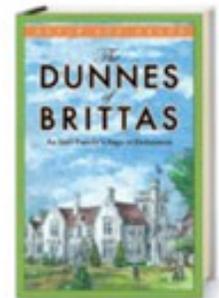
275 Irish mansions were burned down during the Irish Civil War from 1919-1923.

The submarine was invented in Ireland by John Philip Holland.



The Irish wolfhound is the tallest dog breed in the world.

Patrick is the Patron Saint of Nigeria.



The Dunnes of Brittas: An Irish Family's Saga of Endurance releases on March 17.

DUNNESOFBRITTAS.COM

(Menu is subject to change.)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 -Chipotle Bean & Veggie Chili -Brown Rice with Mushroom -Baby Spinach Salad w/Lemon Vinaigrette Plums (2)</p>	<p>3 -Garlic Chicken -Whole Wheat Pita -Kale & Watercress Salad -Mashed Potatoes -Watermelon</p>	<p>4 -Light Egg Salad with Lettuce -Classic Garlic Bread -Mixed Green Salad -Apple</p>	<p>5 -Baked Breaded Pork Chops -Perfect White Rice -Whole Wheat Bread -Sweet Beet Salad -Banana</p>	<p>6 -Baked Salmon with Lemon, Tarragon, and Thyme -Whole Wheat Bread -Mashed Potatoes -Steamed Broccoli -Orange</p>
<p>9 -Asian Peanut Whole Wheat Noodles -Whole Wheat Bread -Asian Style Cucumber Salad -Vegetable Soup -Blueberries</p>	<p>10 -BBQ Chicken -Classic Macaroni Salad -Whole Wheat Bread -Mixed Green Salad with Dressing -Canned Pineapple</p>	<p>11 -Beef Stew -Whole Wheat Bread -Arugula Salad with Balsamic Vinaigrette -Baby Carrots and Parsley -Garlic Mashed Potatoes -Orange</p>	<p>12 -Italian Roasted Pork Tenderloin -Coconut Rice and Pigeon Peas -Spiced Mixed Vegetables -Vegetable Mix -Applesauce</p>	<p>13 -Tuna Salad -Bowtie Pasta Salad -Whole Wheat Bread -Garden Salad -Grapes</p>
<p>16 -California Veggie Burger -Homemade Minestrone Soup -Whole Wheat Hamburger Bun -Baked Fries -Garden Salad Lettuce and Tomato -Tangerines</p>	<p>17 -Corn Beef -Cabbage -Whole Potatoes -Carrots -Soda Bread -Pear</p>	<p>18 -Baked Asian Honey Chicken Wings -Fortune Cookies -Fried Rice -Chow Mein -Spring Roll -Orange</p>	<p>19 -Ginger Sherry Pork Chops -Whole Wheat Bread -Smashed Red Potatoes -Vegetable Mix -Pear</p>	<p>20 -Parmesan Baked Fish -Basic Pasta Salad -Garden Salad -Orange</p>

(Menu is subject to change.)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <ul style="list-style-type: none"> -Arroz con Gandules -Apple and Beet Salad -Coleslaw -Green Bean and Pepper Salad -Pear 	<p>24</p> <ul style="list-style-type: none"> -Deluxe Cheeseburger with Sauteed Green Peppers and Onions -Whole Wheat Hamburger Bun -French Fries -Garden Salad -Grapes 	<p>25</p> <ul style="list-style-type: none"> -Chicken Soup with Vegetables -Classic Macaroni Salad -Whole Wheat Pita -Tossed Salad with Dressing -Apple 	<p>26</p> <ul style="list-style-type: none"> -Smothered Pork Chops -Whole Wheat Bread -Baked Sweet Potato -Broccoli and Red Peppers -Orange 	<p>27</p> <ul style="list-style-type: none"> -Homemade Breaded Fish -Whole Wheat Bread -Home Fries with Peppers and Onions -Leafy Green Salad with Apples -Banana
<p>30</p> <ul style="list-style-type: none"> -Tasty Whole Wheat Lo Mein with Edamame -Whole Wheat Bread -Garden Salad -Garlic Snap Peas -Mixed Vegetables -Pear 	<p>31</p> <ul style="list-style-type: none"> -Baked Chicken Quarters -Whole Wheat Bread -Potato Salad -Sauteed String Beans -Peach 			



CCNS Howard Beach OAC

March 2026 Activities Schedule

(Events/Classes are subject to rescheduled or cancelled)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 <u>9A-10A Brain Teasers / Delia (D)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>IP-2:30P Bingo / Delia (D)</u></p>	<p>3 <u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Beyond the Basics-Web Browser Based / Daniel Sandoval (C)</u> <u>IP-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>4 <u>9A-2P Free BP Screening/ Nurse Spencer (D)</u> <u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10A-11A Guitar Class A/ Ayodele Maakberry (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakberry (A)</u> <u>IP-2P Karaoke / Howard (D)</u> <u>IP-2P Leisure Games / Linda (A)</u></p>	<p>5 <u>9:30A-10:30A Senior Breakfast / Kamani (D)</u> <u>10A-11:15A Beyond the Basics-Web Browser Based / Daniel Sandoval (C)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>IP-1:45P Chinese New Year Dance / Happy Dance Group (D)</u> <u>IP-3P Rock Painting / Margaret (A)</u> <u>1:30A-2:30P Monthly Book Club / Pat (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>	<p>6 <u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Sign Language / Judy (A)</u> <u>IP-3P Party with DJ Lou (D)</u> <u>IP-3P Mahjong /Linda (A)</u> <u>IP-3P Card Games/Sonia (C)</u></p>
<p>9 <u>9A-10A Brain Teasers / Delia (D)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>IP-2:30P Exercise / Delia (D)</u></p>	<p>10 <u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Beyond the Basics-Web Browser Based / Daniel Sandoval (C)</u> <u>IP-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>11 <u>9A-2P Free BP Screening/ Nurse Spencer (D)</u> <u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10A-11A Guitar Class A/ Ayodele Maakberry (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakberry (A)</u> <u>IP-2P Karaoke / Howard (D)</u> <u>IP-2P Leisure Games / Linda (A)</u></p>	<p>12 <u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Beyond the Basics-Web Browser Based / Daniel Sandoval (C)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>IP-3P Rock Painting / Margaret (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>	<p>13 <u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Sign Language / Judy (A)</u> <u>IP-3P Party with DJ Joel (D)</u> <u>IP-3P Mahjong /Linda (A)</u> <u>IP-3P Card Games/Sonia (C)</u></p>



CONNS Howard Beach OAC

March 2026 Activities Schedule

(Events/Classes are subject to rescheduled or cancelled)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>16</p> <p>9A-10A Brain Teasers / Delia (D) 10:15A-11:15A Work your Heart And Muscles / Christina (D) IP-2:30P Exercise / Delia (D)</p>	<p>17</p> <p>9:30A-10:30A Exercise / Delia (D) 10A-11:15A Beyond the Basics- Web Browser Based / Daniel Sandoval (C) 12P-1P St. Patrick Day Feast (D) / Kamami IP-2P Embroidery / Karen (A) 1:45P-2:30P Tai-Chi / Maggie (D)</p>	<p>18</p> <p>9A-2P Free BP Screening/ Nurse Spencer (D) 9:30A-10:30A IntenSati /Joseph (D) 10A-11A Guitar Class A/ Ayodele Maakherru (A) 10:30A-11:30A Disco Torso / SEPH (D) 11A-12P Guitar Class B/ Ayodele Maakherru (A) IP-2P Karaoke / Howard (D) IP-2P Leisure Games / Linda (A)</p>	<p>19</p> <p>9:30A-10:30A Exercise / Delia (D) 10A-11A Beginner Crochet / Mary (A) 11A-12P Intermediate Crochet / Mary (A) IP-3P Rock Painting / Margaret (A) 1:45P-2:30P Yoga / Maggie (D)</p>	<p>20</p> <p>9:30A-10:30A Exercise / Delia (D) 10:30A-11:30A Sign Language / Judy (A) IP-3P Party with DJ Ray (D) IP-3P Mahjong /Linda (A) IP-3P Card Games /Sonia (C)</p>
<p>23</p> <p>9A-10A Brain Teasers / Delia (D) 10:15A-11:15A Work your Heart And Muscles / Christina (D) IP-2:30P Exercise / Delia (D)</p>	<p>24</p> <p>9:30A-10:30A Exercise / Delia (D) IP-2P Embroidery / Karen (A) 1:45P-2:30P Tai-Chi / Maggie (D)</p>	<p>25</p> <p>9A-2P Free BP Screening/ Nurse Spencer (D) 9:30A-10:30A IntenSati /Joseph (D) 10A-11A Guitar Class A/ Ayodele Maakherru (A) 10:30A-11:30A Disco Torso / SEPH (D) 11A-12P Guitar Class B/ Ayodele Maakherru (A) IP-2P Karaoke / Howard (D) IP-2P Leisure Games / Linda (A)</p>	<p>26</p> <p>9:30A-10:30A Exercise / Delia (D) 10A-11A Beginner Crochet / Mary (A) 11A-12P Intermediate Crochet / Mary (A) IP-3P Rock Painting / Margaret (A) 1:45P-2:30P Yoga / Maggie (D)</p>	<p>27</p> <p>9:30A-10:30A Exercise / Delia (D) 10:30A-11:30A Medicare Benefit Updates Presentation / Steve Baer (D) 11:30A-12P Introduction to Pen Pal Project / PS232 (D) 10:30A-11:30A Sign Language / Judy (A) IP-3P March Birthday Party / DJ Lou (D) IP-3P Mahjong /Linda (A) IP-3P Card Games /Sonia (C)</p>

CCNS Howard Beach OAC

March 2026 Activities Schedule

(Events/Classes are subject to rescheduled or cancelled)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>30</p> <p>9A-10A Brain Teasers / Delia (D) 10:15A-11:15A Work Your Heart And Muscles / Christina (D) 1P-2:30P Exercise / Delia (D)</p>	<p>31</p> <p>9:30A-10:30A Exercise / Delia (D) 1P-2P Embroidery / Karen (A) 1:45P-2:30P Tai-Chi / Maggie (D)</p>			





Where are the March Babies?

Abdul Ahmed	Luisa Mullin
Ana Gonzalez	Margie Minore
Angela Buonagura	Maria Vaccaro
Ann Doody	Marie Mauro
Benny De simone	Marie Jean Baptiste
Carole Amendolara	Marion Perrone
Concetta Slater	Matilde Diaz
Donna Berard	Mei Ru (Miki) Zhu
Dorothy Langan	Melvin Smith
Elizabeth Bruno-Pelaez	Natalia Dabruzzo
Ester Parente	Patricia Roberts
Fortunata Scotto	Patricia Carman
Gaetana Antonello	Pauline Castagna
Janie Mason	Pauline Myers
Jiraporn Rittymanee	Peter Carotenuto
John Mannino	Roopmatie Koomah
Lorenzo Esposito	Sue Misuraca
Lorraine Cohen	Theresa Falzetta
Louise Falkowski	Victoria Frango
Luisa Mullin	

ST. PATRICK'S DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

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

Ale	Elf	Leprechaun
Bagpipe	Fairy	Lucky
Banshee	Gold	Parade
Blarney	Green	Pub
Bog	Irish	Rainbow
Brogue	Jig	Shamrock
Clover	Keg	Tricky

DAYLIGHT SAVINGS TIME

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

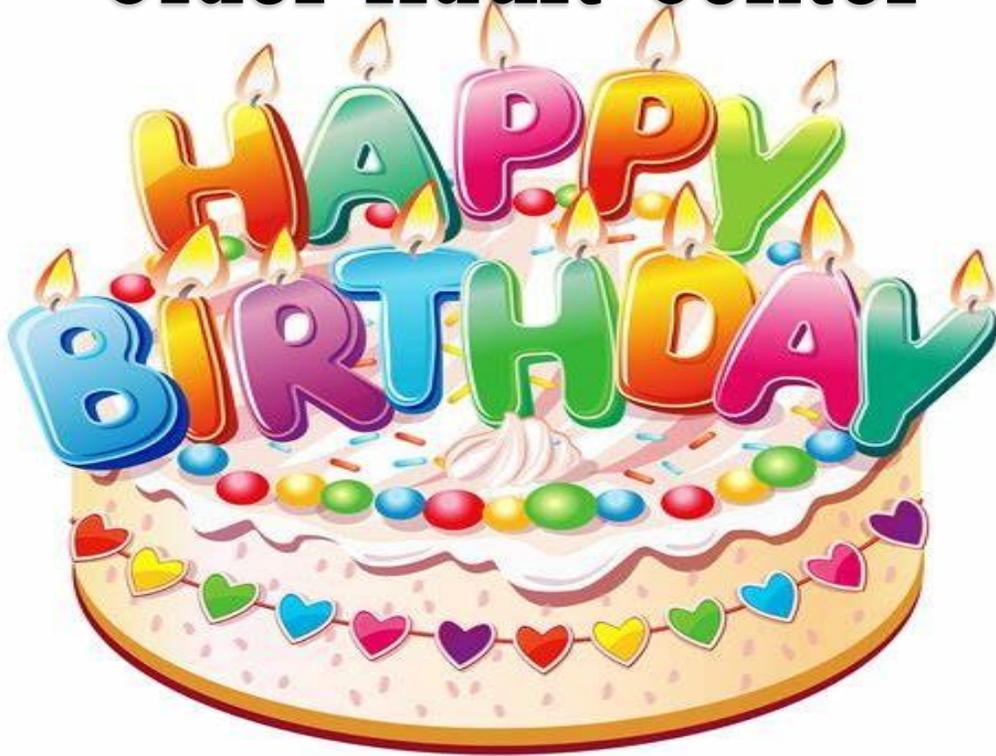
M S P E A R L Y T E S N U S
I T U E S I R N U S E P O U
N E N H T A E O R E T F A F
U V U T O M D H N E S L H A
T E S D I U O V W O A O F W
E N A T I N R T A V O E R H
T I A F N T M O R N I N G C
H N D S T I H E N T C O T R
G G H G E E T G N L K E B A
I I G N H N R I I C T E O M
L F S I I P G N O L F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

- | | | |
|-----------|----------|----------|
| Advance | Evening | Noon |
| After | Hour | Savings |
| Afternoon | Interval | Sunrise |
| Before | March | Sunset |
| Clock | Minute | Sunup |
| Daylight | Morning | Time |
| Early | Night | Twilight |



SUNFLOWER

**CCNS Howard Beach
Older Adult Center**



Let's Celebrate

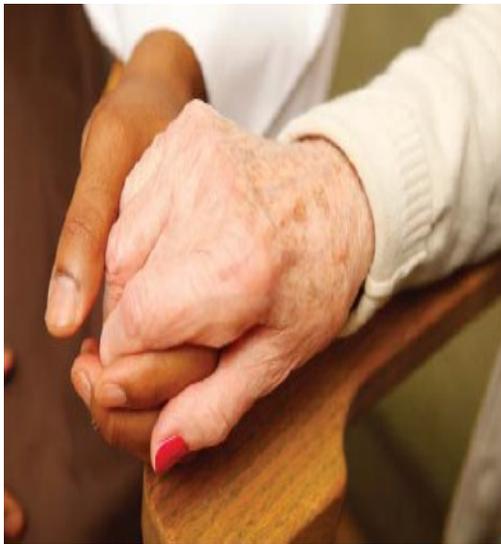
Date: February 27, 2026

Place: 155-55 Cross Bay Blvd

Time: 1:00 - 3:00 pm

125+
YEARS OF CHANGING LIVES





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**

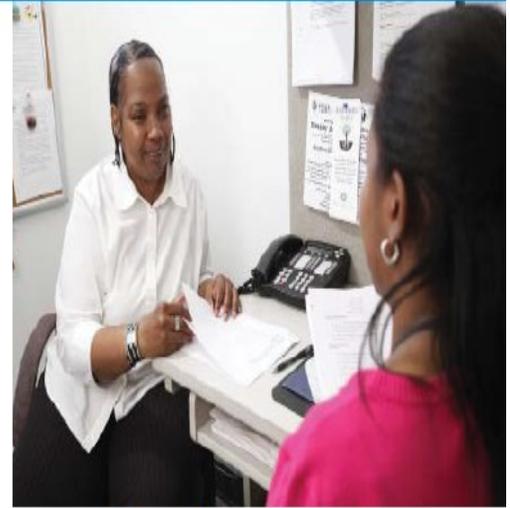
T: 718-217-0126 • F: 718-217-0495

Who is eligible to receive services?

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.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



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

We care! You are not alone!

*Program funded by the New York City
Department for the Aging*



125+
YEARS OF CHANGING LIVES



Geriatric Mental Health Initiative **Program**

*Providing awareness, screenings and referrals
for seniors 55 and older in the area of
depression, anxiety, alcohol and substance
abuse.*

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

**Office Location: 191 Joralemon Street 13FL Brooklyn
NY 11201**

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



125+
YEARS OF CHANGING LIVES



**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.

March 2026

Funded by NYC Dept of Aging

HOWARD BEACH STAFF

Annie Director of Operations
Oleksandr Program Manager
Wendy Case Manager
Kamani Administrative Assistant
Tracy Cook
Shamel Assistant Cook
Maria Kitchen Aide
Jeremy Maintenance

**155-55 Cross Bay Blvd.
Howard Beach, NY 11414
PHONE: (718) 738-8100
Monday—Friday
8:30 A.M.—4:30 P.M.**



HOWARD BEACH ADVISORY COUNCIL

President: Joyce Taraby
Vice President: Grace Denza
Treasurer: Pat Mckeever
Secretary: Elaine Anderson
Councilmembers:
Florence Carbone
Yvonne Whittingham
Matilde Diaz
Dee Martins

Councilmembers:

Nancy Lopez
Nieves Gonzalez
Hilda Spinner
Richard Tabakoff
Connie Pionegro
Lorraine Trotta
Linda Mastrangelo

**Wishing everyone will have a happy, healthy, and prosperous
March!**

