

125+
YEARS OF CHANGING LIVES



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 MARCH 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!!

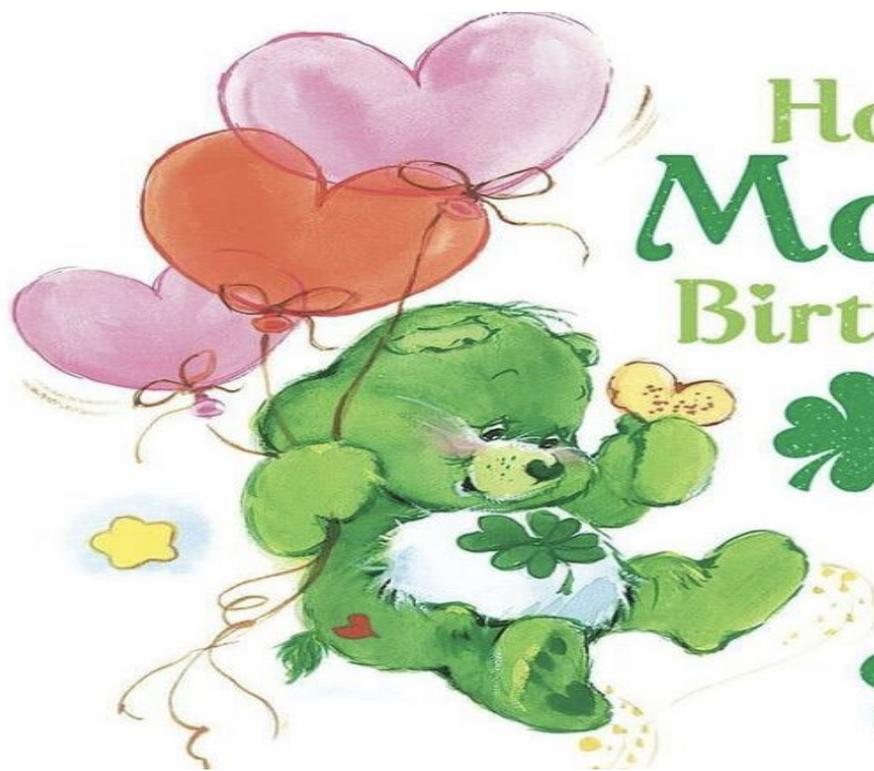
Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Cynthia Aaron	Case Manager
Vere Guri	Custodian
Sam Williams	Kitchen Aide

**CCNS HILLCREST OLDER ADULT CENTER
PRESENTATIONS AND CLASSES – MARCH 2026 CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
2 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00-3:00 Multicultural Line Dance w/Dancers	3 10:00 Chair Aerobics w/Ability & Beyond Fit 12:00 Lunch 1:00 Movie: Driving Miss Daisy (1989) w/Clelia 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 Dance Club w/ Luis	5 10:00 Chair Aerobics w/Ability & Beyond Fit 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 First Medicare information w/Jacqueline 12:00 Lunch 1:00-3:00 Women's History w/ DJ Woody
9 10:00 Today in the News 11:00 Zumba w/ability & Beyond fitness 12:00 Lunch 1:00-3:00 Multicultural Line Dance w/Dancers	10 10:00 Chair Aerobics w/Ability & Beyond Fitt 12:00 Lunch 1:00 Art & Craft w/ Leo Coltrane Ability & Beyond 2:00 Computer Class w/ Leo Coltrane Ability & Beyond 1:00 – 3:00 Line Dance w/ Bon Santiago	11 10:00 Today in the News 11:00 Leisure Games W/Clelia 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Luis	12 10:00 Chair Aerobics w/Ability & Beyond Fit 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 Friday Social w/ DJ Valentin
16 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00 – 3:00 St. Patrick's Day Celebration w/DJ Woody	17 10:00 Chair Aerobics w/Ability & Beyond Fit 12:00 Lunch 1:00 3:00 Line Dance w/ Bon Santiago	18 10:00 Today in the News 11:00 Leisure Games W/Clelia 12:00 Lunch 1:00 -3:00 Dance Club w/ DJ Luis Salinas	19 10:00 Chair Aerobics w/Ability & Beyond Fit 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 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Friday Social w/ DJ Valentin
23 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00 Leisure Games W/ Clelia 1:00-3:00 Multicultural Line Dance w/Dancers	24 10:00 Chair Aerobics w/Ability & Beyond 12:00 Lunch 1:00 Art & Craft w/ Leo Coltrane Ability & Beyond 2:00 Computer Class w/ Leo Coltrane Ability & Beyond 1:00-3:00 Line Dance w/ Bon Santiago	25 9:30 General Membership Meeting 11:00 Medicare & Medicaid Information w/Gary Tellis 12:00 Lunch 1:00 -3:00 Dance Club w/ DJ Luis	26 10:00 Chair Aerobics w/Ability & Beyond Fit 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 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday's Celebrations w / DJ Valentin
30 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00 Leisure Games W/ Clelia 1:00-3:00 Multicultural Line Dance w/Dancers	31 10:00 Chair Aerobics w/Ability & Beyond Fit 12:00 Lunch 1:00 Leisure Games W/ Clelia 1:00-3:00 Line Dance w/ Bon Santiago			PLEASE NOTE: ACTIVITIES SUBJECT TO CHANGE LAST MINUTE

CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU MARCCH 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 Spanish Chicken With Potatoes and Garlic Whole Wheat Bread Yellow Rice Steamed Green Beans Orange 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 Jerk Fish Black Beans and Rice Whole Wheat Bread Steamed Kale Whole Wheat Bread Pear 1% Low Fat Milk
9 Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	10 Mama's Pasta Faggioli Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Italian Blend Vegetables Banana 1% Low Fat Milk	11 Grilled Caribbean Chicken Breast Basic Pasta Salad Whole Wheat Bread Orange 1% Low Fat Milk	12 Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple 1% Low Fat Milk	13 Fish with Mushrooms, Peppers, and tomatoes Pasta Whole Wheat Bread Baby Carrots and Parsley Fruit Cocktail 1% Low Fat Milk
16 BBQ Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	17 Chickpeas (1/2 cup) Rasta Pasta Whole Wheat Bread Garden Salad Italian Blend Vegetables Banana 1% Low Fat Milk	18 Chicken Legs with Stewed Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Whole Wheat Bread Orange 1% Low Fat Milk	19 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk	20 Jerk Fish Black Beans and Rice Whole Wheat Bread Steamed Kale Whole Wheat Bread Pear 1% Low Fat Milk
23 Spanish Style Roast Pork White Rice Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	24 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	25 Jerk Chicken Black Beans and Rice Whole Wheat Bread Italian Blend Vegetables Orange 1 % Low Fat Milk	26 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk	27 Fish with Mushrooms, Peppers, and tomatoes Pasta Whole Wheat Bread Baby Carrots and Parsley Fruit Cocktail 1% Low Fat Milk
30 BBQ Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	31 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk			PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE



Happy March Birthdays

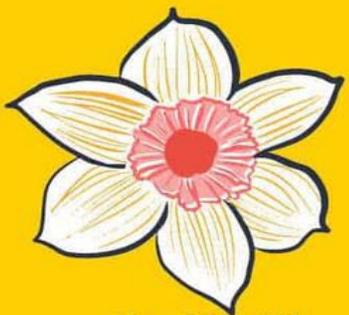
- ❖ Rosalia Baro, 3/28
- ❖ Eugenia Bermudez, 3/04
- ❖ Dolly Deangkinay, 3/03
- ❖ Gloria Eclarin, 3/02
- ❖ Ana Gonzales, 3/24
- ❖ Karlene Henry, 3/07
- ❖ Melvin Kaplan, 3/24
- ❖ Leila Maikoo, 3/22
- ❖ Eunice Monderson, 3/21
- ❖ Moxie O'Connor, 3/06

- ❖ Grace Paquiz, 3/15
- ❖ Manuel Perez, 3/01
- ❖ Olivia Ragasa, 3/05
- ❖ Jose Robles, 3/16
- ❖ Genita Santarina, 3/12
- ❖ Jose Santiago, 3/19
- ❖ Lincoln Scott, 3/06
- ❖ Vidawattie Singh, 3/11
- ❖ Gail Sylvester, 3/29
- ❖ Carlton Walcott, 3/27

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

31
DAYS IN THE
MONTH

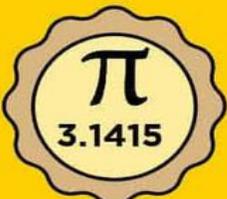
National
Crayon
Day



Daffodil



Aquamarine
Birthstone



Pi Day



Dr. Seuss'
Bday &
Read
Across
America



Womens
History
Month

MARCH FUN FACTS

Goodbye
Winter

Hello
Spring



National
Craft
Month

Astrology Signs



Pisces



Aries



St. Patrick's
Day
Mar 17th



rd Month
of The Year



MADEWITHHAPPY.COM

INTERESTING FACTS ABOUT

Womens History Month

- The first Women's History Day was held in 1909, then it became a week in 1978, and finally it became a month in 1987 .

Women currently hold 17% of Congressional & Senate seats



Approximately 14% of active members in the U.S armed forces today are women. In 1950, women comprised less than 2% .



The two highest IQ's ever recorded, both belong to women .



Over 60 percent of college degrees awarded in the U.S every year are earned by women .



More American women work in the education, health services, & social assistance industries than any other .



Women's History Month is an opportunity to draw attention to inequality .



HISTORY

ST PATRICK'S DAY

EVOLUTION OF ST. PATRICK'S DAY

St. Patrick's Day has transformed into a global celebration of Irish culture, especially in countries with a large Irish immigrant populations.



PARADES AND PUBLIC FESTIVALS

The first St. Patrick's Day parade was recorded in New York City in 1762, marking the beginning of the parade tradition in North America in the 18th century.



ROLE OF IRISH IMMIGRANTS

St. Patrick's Day was turned into a celebration of Irish heritage by Irish immigrants, especially in the United States, who organized parades and celebrations to show pride and unity.



Spring Facts



The first American to propose daylight savings was Benjamin Franklin in 1784

The equinox occurs two times a year in March and September. The Earth's axis tilts toward or away from the sun.

Every spring, about 1800 bird species fly home after migrating away during the winter.

There are over a dozen different national holidays during spring,



MondayMandala.com



March

WORD SEARCH



Solve the following puzzle by finding all the hidden words!



PI DAY

EASTER

LUCK

EQUINOX

MARDI GRAS

BASKETBALL

MARCH MADNESS

RAIN

SPRING BREAK

CHERRY BLOSSOMS

IDES OF MARCH

TOURNAMENT

LAMB

KITE

DAYLIGHT SAVING

COLLEGE

SHAMROCK

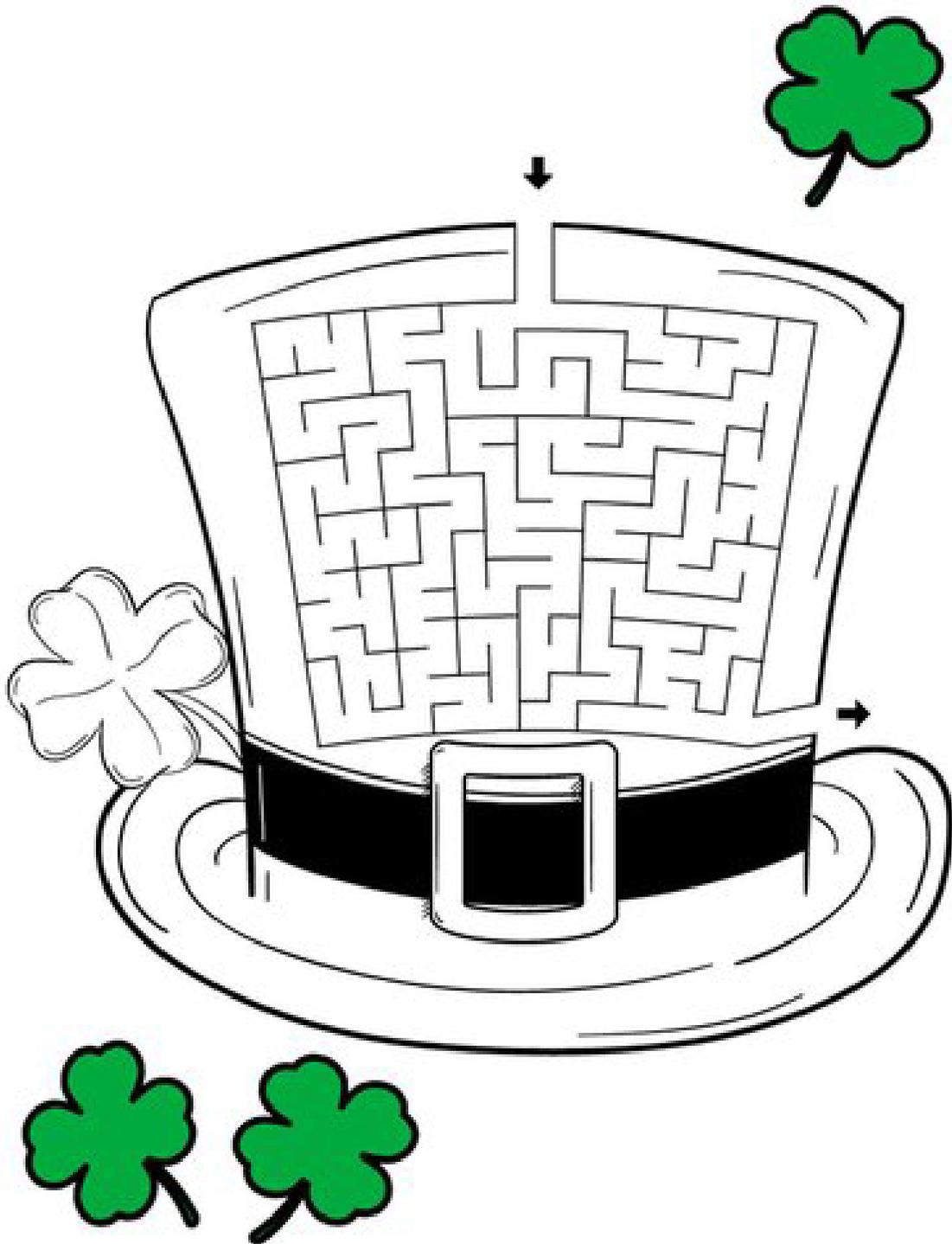
TULIPS

WINDY

GREEN

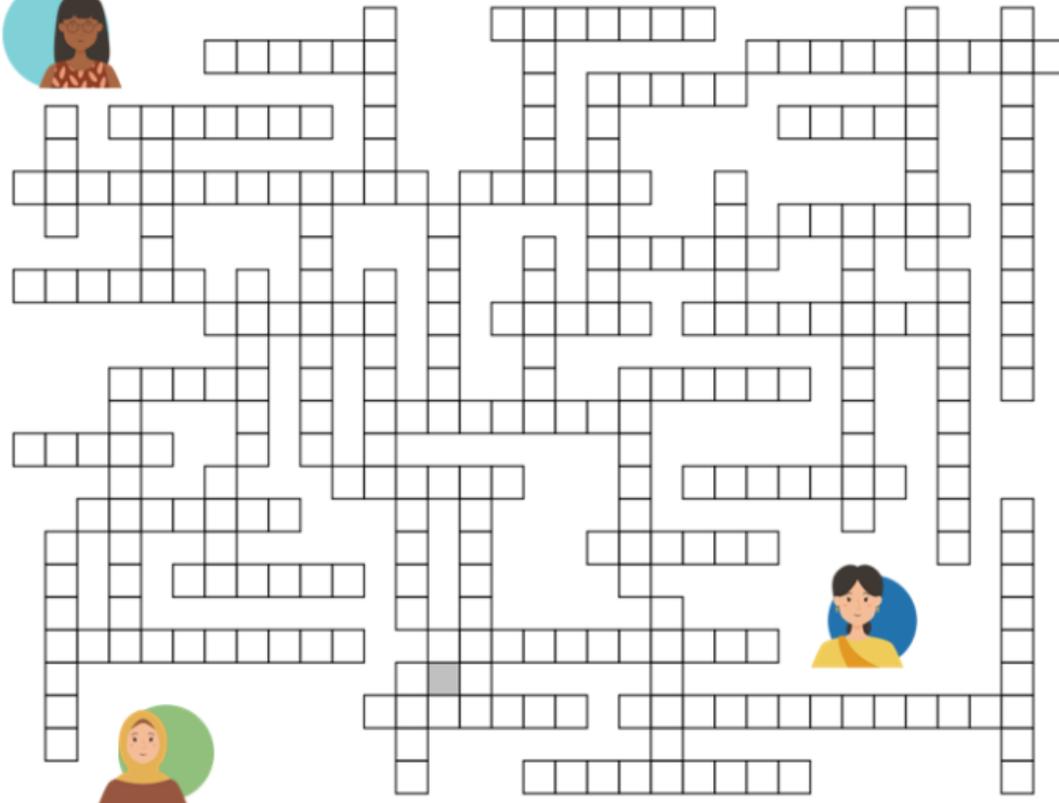
DAFFODILS

St. Patrick's Day Maze



Women's History Month Word Fill In

Write the words in the correct place on the grid based on the number of letters.



4 letters

Joan
poet
bold

5 letters

Kahlo
smart
brave
Parks
Curie
Wells
judge

6 letters

lawyer
Sappho
leader
Barton
O'Keefe
values
Fu Hao
mother
wisdom
doctor
Indira
strong
artist
Tubman

7 letters

daring
Hopper
Boudica
focused
Anthony
Earhart
Hypatia
courage
athlete
Goodall
painter

8 letters

powerful
explorer
inventor

9 letters

integrity
Cleopatra
scientist
Nefertiti
visionary
physicist
Sacagawea

10 letters

determined
contribute
astronomer

11 letters

trailblazer

12 letters

perseverance

13 letters

mathematician
lili'uokalani

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125+
YEARS OF CHANGING LIVES



Kindness
brings
happiness