



HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

CCNS Ozone Park OAC

103-02 101st Ave, Ozone Park, Ny 11416

Phone#(718)-847-2100

OPEN MONDAY THROUGH FRIDAY 8 AM TO 4 PM

A MESSAGE FROM STAFF/UN MENSAJE DE PERSONAL

Hello everyone! Happy March and welcome Spring! 🌸 As we begin a new month, we look forward to longer days, warmer weather, and exciting new activities at our center. We would like to thank all of our members for your continued participation and daily attendance. Your energy and involvement make our community stronger every day. We are grateful for your support, your helpful feedback, and your enthusiasm in joining our programs and enjoying our daily lunch together. We are excited about the upcoming events and activities planned this month and hope you will continue to participate and invite others to join us.

Let's make March 2026 a wonderful and active month together!

With Love,!

The Staff, Ozone Park Older Adult Center



FUNDED BY NYC AGING

*** All Activities are Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9-10am - Origami (Staff) 10-11am- Jewelry (Volunteer) 11am-12pm-Art and Craft (Staff) 1-2pm- YouTube Chair Exercise (Staff) 2-3pm-Music App (Staff) 3-4pm-Coloring (Staff)</p>	<p>3</p> <p>9-10am-Classical Hour (Staff) 10-11am-Chair Exercise (Tommy) 11-12pm-Technology (Staff) 1-2pm-Yoga (Pat) 2-3pm- Mahjong(adv) 3-4pm-Pencil Draw (Staff)</p>	<p>4</p> <p>9-10am-Origami (Staff) 10-11am-Healthy Snack (Staff) 11-12pm- Technology (Staff) 1-2pm-Belly Dance (Elaine) 2-3pm-Crafts & Garden (Staff) 3-4pm-Brain Teaser (Adv)</p>	<p>5</p> <p>9-10am-Healthy Snack (Video) (Staff) 10-11am-Zumba (Elaine) 11-12am-Bingo (Adv) 1-2pm-Karaoke (Loretta) 2-3pm-Jewelry (Volunteer) 3-4pm- Domino (Adv)</p>	<p>6</p> <p>9-10am- Technology (Staff) 10-11am-Knitting and Crochet (Yvonne) 11-12pm-Nat Geo Movie / Discussion(Staff) 1-2pm- Youtube Chair Yoga (Staff) 2-4pm-Movie/Discuss (Staff)</p>
<p>9</p> <p>9-10am - Origami (Staff) 10-11am- Jewelry (Volunteer) 11am-12pm-Art and Craft (Staff) 1-2pm- YouTube Chair Exercise (Staff) 2-3pm-Music App (Staff) 3-4pm-Coloring (Staff)</p>	<p>10</p> <p>9-10am-Classical Hour (Staff) 10-11am-Chair Exercise (Tommy) 11-12pm-Technology (Staff) 1-2pm-Yoga (Pat) 2-3pm- Mahjong(adv) 3-4pm-Pencil Draw (Staff)</p>	<p>11</p> <p>9-10am-Origami (Staff) 10-11am-Healthy Snack (Staff) 11-12pm- Technology (Staff) 1-2pm-Belly Dance (Elaine) 2-3pm-Crafts & Garden (Staff) 3-4pm-Brain Teaser (Adv)</p>	<p>12</p> <p>9-10am-Healthy Snack (Video) (Staff) 10-11am-Zumba (Elaine) 11-12am-Knitting and Crochet (Yvonne) 1-2pm-Karaoke (Loretta) 2-3pm-Jewelry (Volunteer) 3-4pm- Domino (Adv)</p>	<p>13</p> <p>9-10am- Technology (Staff) 10-11am-Knitting and Crochet (Yvonne) 11-12pm-Nat Geo Movie / Discussion(staff) 1-2pm- Youtube Chair Yoga (Staff) 2-3pm-Music App (Staff) 3-4pm-Coloring (Staff)</p>
<p>16</p> <p>9-10am - Origami (Staff) 10-11am- Jewelry (Volunteer) 11am-12pm-Art and Craft (Staff) 1-3pm-St. Patrick Day Celebration.</p>	<p>17</p> <p>9-10am-Classical Hour (Staff) 10-11am-Chair Exercise (Tommy) 11-12pm-Technology (Staff) 1-2pm-Yoga (Pat) 2-3pm- Mahjong(adv) 3-4pm-Pencil Draw (Staff)</p>	<p>18</p> <p>9-10am-Origami (Staff) 10-11am-Healthy Snack (Staff) 11-12pm- Technology (Staff) 1-2pm-Belly Dance (Elaine) 2-3pm-Crafts & Garden (Staff) 3-4pm-Brain Teaser (Adv)</p>	<p>19</p> <p>9-10am-Healthy Snack (Video) (Staff) 10-11am-Zumba (Elaine) 11-12am-Knitting and Crochet (Yvonne) 1-2pm-Karaoke (Loretta) 2-3pm-Jewelry (Volunteer) 3-4pm- Domino (Adv)</p>	<p>20</p> <p>9-10am- Technology (Staff) 10-11am-Knitting and Crochet (Yvonne) 11-12pm-Nat Geo Movie / Discussion(Staff) 1-2pm- Youtube Chair Yoga (Staff) 2-3pm-Music App (Staff) 3-4pm-Coloring (Staff)</p>
<p>23</p> <p>9-10am - Origami (Staff) 10-11am- Jewelry (Volunteer) 11am-12pm-Art and Craft (Staff) 1-2pm- YouTube Chair Exercise (Staff) 2-3pm-Music App (Staff) 3-4pm-Coloring (Staff)</p>	<p>24</p> <p>9-10am-Classical Hour (Staff) 10-11am-Chair Exercise (Tommy) 11-12pm-Technology (Staff) 1-2pm-Yoga (Pat) 2-3pm- Mahjong(adv) 3-4pm-Pencil Draw (Staff)</p>	<p>25</p> <p>9-10am-Origami (Staff) 10-11am-Healthy Snack (Staff) 11-12pm- Technology (Staff) 1-2pm-Belly Dance (Elaine) 2-3pm-Crafts & Garden (Staff) 3-4pm-Brain Teaser (Adv)</p>	<p>26</p> <p>9-10am-Healthy Snack (Video) (Staff) 10-11am-Zumba (Elaine) 11-12am-Knitting and Crochet (Yvonne) 1-2pm-Karaoke (Loretta) 2-3pm-Jewelry (Volunteer) 3-4pm- Domino (Adv)</p>	<p>27</p> <p>9-10am- Technology (Staff) 10-11am-Knitting and Crochet (Yvonne) 11-12pm-Nat Geo Movie / Discussion(Staff) 1-2pm- Youtube Chair Yoga (Staff) 2-3pm-Music App (Staff) 3-4pm-Coloring (Staff)</p>
<p>30</p> <p>9-10am - Origami (Staff) 10-11am- Jewelry (Volunteer) 11am-12pm-Art and Craft (Staff) 1-2pm- YouTube Chair Exercise (Staff) 2-3pm-Music App (Staff) 3-4pm-Coloring (Staff)</p>	<p>31</p> <p>9-10am-Classical Hour (Staff) 10-11am-Chair Exercise (Tommy) 11-12pm-Technology (Staff) 1-2pm-Yoga (Pat) 2-3pm- Mahjong(adv) 3-4pm-Pencil Draw (Staff)</p>			

(Menu is subject to change.)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 Chipotle Bean and Veggie Chili Brown Rice with Mushroom Baby Spinach Salad with Lemon Vinaigrette Plums (2)</p>	<p>3 Garlic Chicken Whole Wheat Pita Kale and Watercress Salad Mashed Potatoes Watermelon</p>	<p>4 Light Egg Salad with Lettuce Classic Garlic Bread Mixed Green Salad with Dressing 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 Bovite Pasta Salad Whole Wheat Bread Garden Salad Grapes</p>
<p>16 California Veggie Burger Homemade Mmestrome Soup Whole Wheat Hamburger Bun Baked Fries Garden Salad Lettuce and Tomato Tangerines</p>	<p>17 Baked Asian Style Honey Chicken Perfect White Rice Whole Wheat Bread Sautéed Spinach Fruit Cocktail Grapes</p>	<p>18 Beef and Peppers Egg Noodles Whole Wheat Bread Steamed Broccoli and Cauliflower Kiwis (2)</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>
<p>23 Arroz con Gandules Apple and Beet Salad Coleslaw Green Bean and Pepper Salad Pear</p>	<p>24 Deluxe Cheeseburger with Sautéed Green Peppers and Onions Whole Wheat Hamburger Bun French Fries Garden Salad Grapes</p>	<p>25 Chicken Soup with Vegetables Classic Macaroni Salad Whole Wheat Pita Tossed Salad with Dressing Apple</p>	<p>26 Smothered Pork Chops Whole Wheat Bread Baked Sweet Potato Broccoli and Red Peppers Orange</p>	<p>27 Homemade Breaded Fish Whole Wheat Bread Home Fries with Peppers and Onions Leafy Green Salad with Apples Banana</p>
<p>30 Tasty Whole Wheat Lo Mein with Edamame Whole Wheat Bread Garden Salad Garlic Snap Peas Mixed Vegetables, Pear</p>	<p>31 Baked Chicken Quarters Whole Wheat Bread Potato Salad Sautéed String Beans Peach</p>			

*March
national
days
word
search*



*Printable
from
Always
the
Holidays*

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

ST PATRICKS DAY
WOMENS DAY
HOLI
DAYLIGHT SAVINGS
FIRST DAY OF SPRING
ZERO DISCRIMINATION DAY
DOWN SYNDROME DAY
SOCIAL WORK DAY
CUDDLY KITTEN DAY
PANDA DAY
PEANUT BUTTER LOVERS DAY

PROPOSAL DAY
GIRLS WRITE NOW DAY
ARTICHOKE HEARTS DAY
GODDESS OF FERTILITY DAY
SPINACH DAY
IRISH FOOD DAY
EARMUFF DAY
CANADIAN BACON DAY
PROM DAY
GOOF OFF DAY
AG DAY
WAFFLE DAY

RESCUE CAT DAY
PI DAY
COCKTAIL DAY
JOE DAY
PLANT A FLOWER DAY
TEENAGER DAY
MARIO DAY
JOHNNY APPLESEED DAY
FRENCH BREAD DAY
OK DAY
LANDLINE TELEPHONE DAY

ST. PATRICK'S DAY WORD SEARCH

Find words across, down, and diagonal.

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

IRELAND

GREEN

CLOVER

SHAMROCK

LUCK

RAINBOW

GOLD

LEPRECHAUN

MARCH

IRISH

PATRICK

PARADE

SAINT

TREASURE

CELEBRATE

FUN



For more free craft ideas, visit craftcornerdiy.com

Name: _____ Date: _____



March



- ANCHORAGE
- BASKETBALL
- BEADS
- BLOOMS
- BRACKET
- BREAK
- BUDS
- BULBS
- CHAMPIONSHIP
- CHICK
- CLOVER
- COINS
- CROCUS
- DAFFODIL
- DAYLIGHT
- DOGSLED
- DUCKLING
- EQUINOX
- FESTIVAL
- FLOWERS
- GALOSHES
- GOLD
- GOSLING
- GREEN
- HATCH
- HOOP
- IDITAROD
- IRELAND
- JACKET
- JESTER
- LAMB
- LEPRECHAUN
- LION
- LUCK
- MARCH
- MARDI GRAS
- MASKS
- MUDDY
- MUSHER
- NCAA
- NOME
- PARADE
- PATRICK
- PLAYERS
- POT
- PUDDLES
- RABBIT

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



- RACE
- RAIN
- RAINBOW
- RAINCOAT
- SEASON
- SHAMROCK
- SPRING
- SPROUT
- TADPOLE



- THAW
- THIRD
- THIRTY-ONE
- UMBRELLA
- VACATION
- VERNAL
- WARMING
- WINDY
- WISH



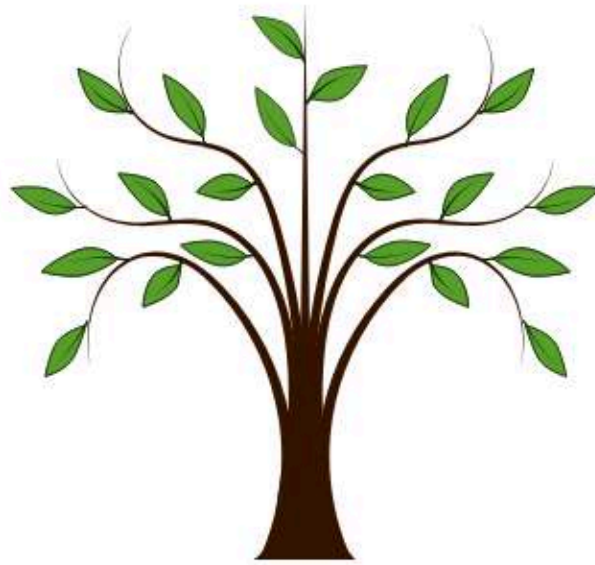
© Puzzle Cheer

Name: _____

Date: _____

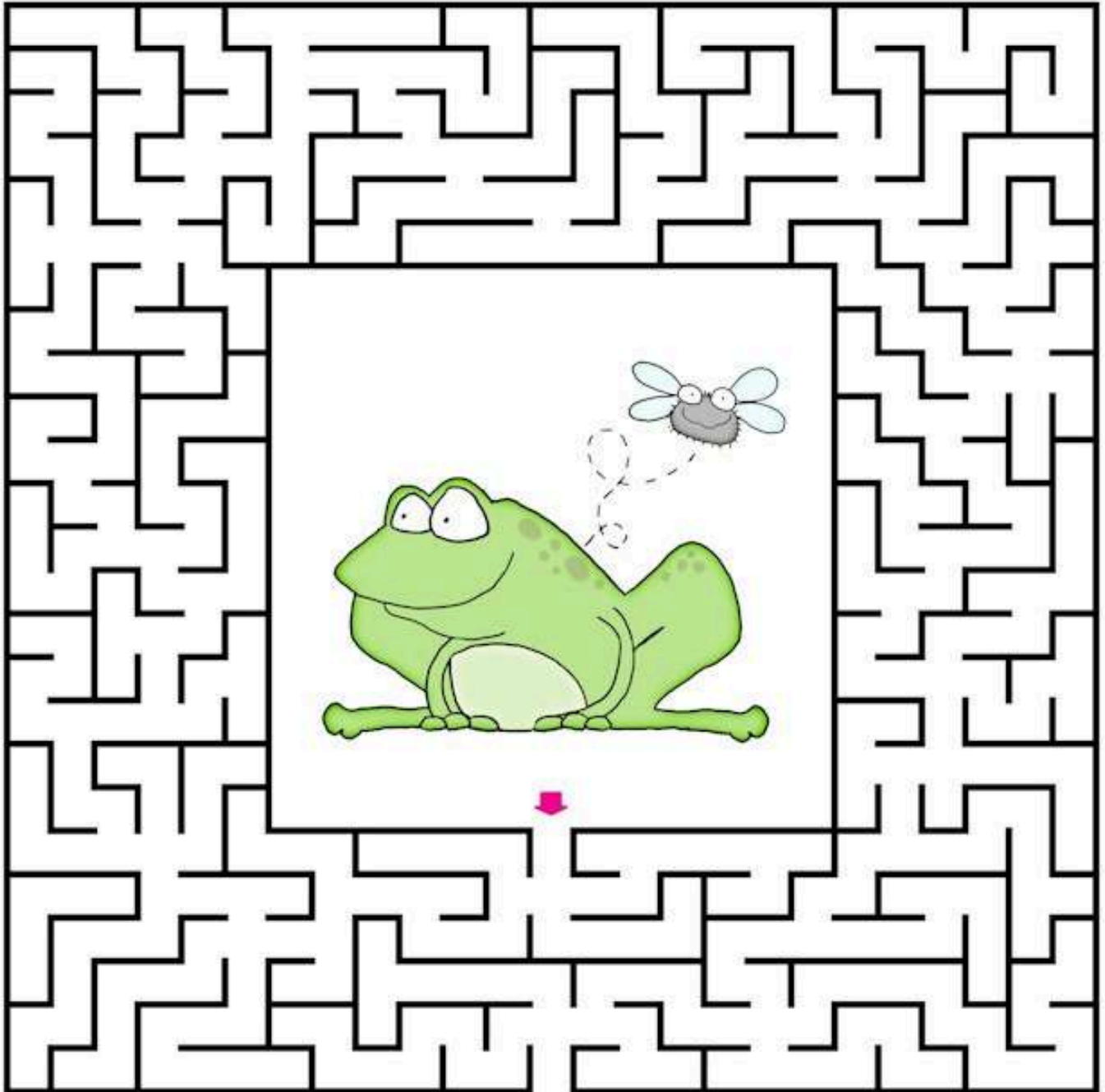
Spring Word Search

St. Patrick's Day
 April Fool's Day
 earthworm
 butterfly
 daffodils
 Passover
 sunshine
 fragrant
 umbrella
 baseball
 Ramadan
 rainbow
 showers
 flowers
 blossom
 growth
 robins
 plants
 puddle
 sprout
 garden
 tulips
 soccer
 storms
 Easter
 seeds
 kites
 nests
 birds
 green
 April
 March
 warm
 buds
 rain
 May

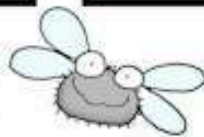


E	A	S	T	E	R	J	W	T	U	L	I	P	S	L	K	Z	F	S	Y	P	R	T	S
R	Z	K	P	L	A	N	T	S	A	Q	O	B	K	F	A	Z	T	H	U	I	C	S	R
M	B	Z	H	A	L	L	A	B	E	S	A	B	J	P	C	S	R	A	X	Y	J	S	E
P	R	P	Q	L	B	K	E	R	S	T	O	R	M	S	E	W	P	I	Y	L	I	T	W
O	F	N	O	R	A	M	A	D	A	N	L	G	R	N	K	S	V	D	L	R	O	P	O
B	N	V	H	C	N	M	K	K	W	W	V	O	M	G	X	F	M	F	F	R	Z	A	L
E	I	E	S	E	R	R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

MAZE

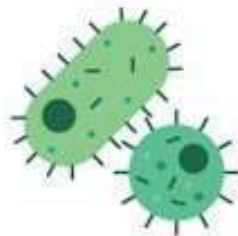
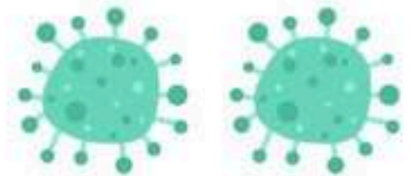
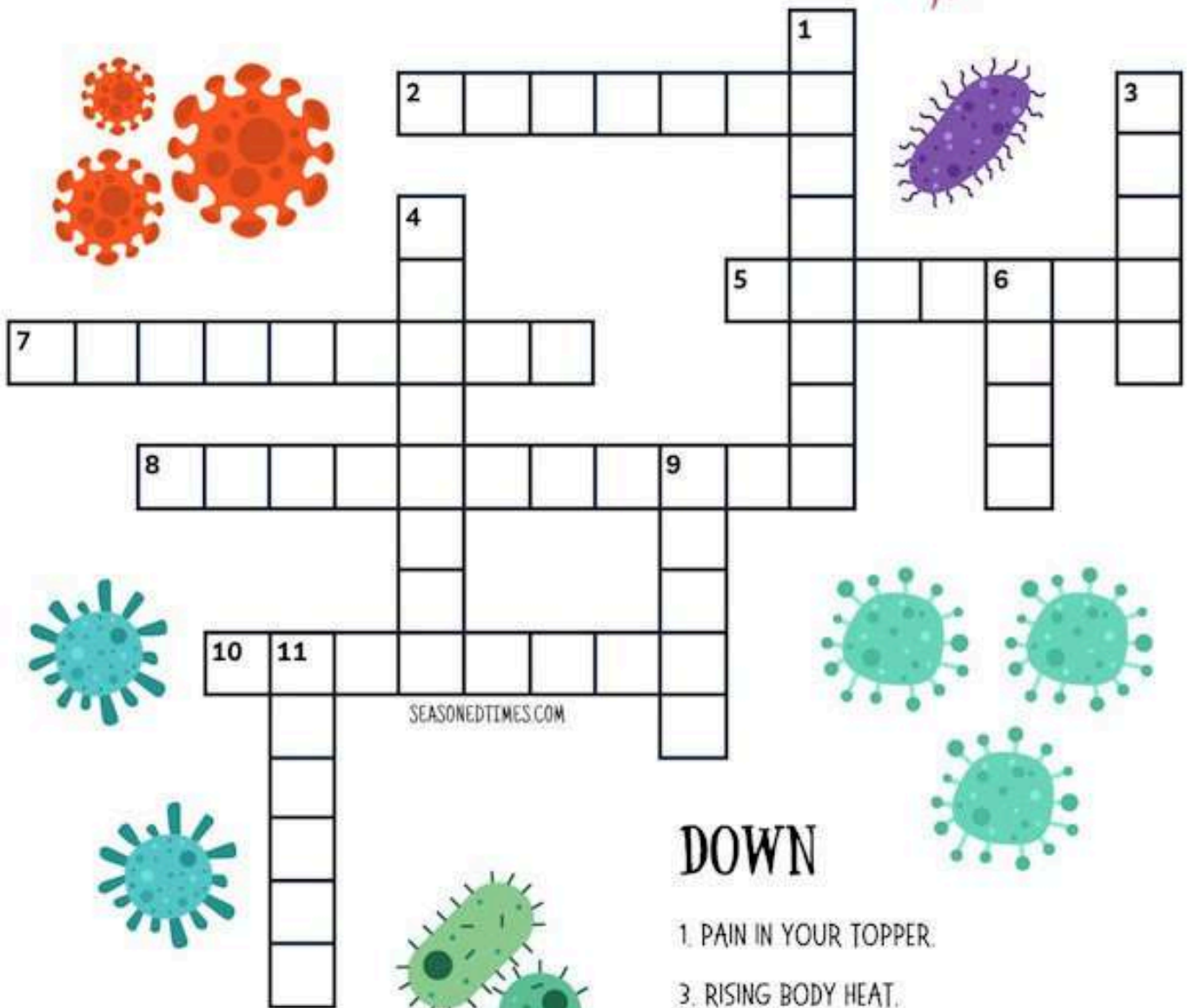
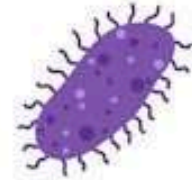
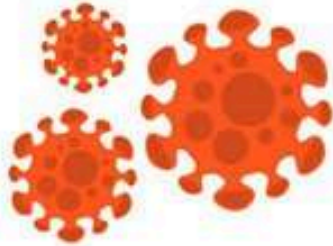
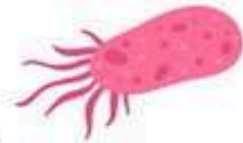


Help the fly exit the maze to join its friend



SEASONEDTIMES.COM

ILLNESSES & SYMPTOMS



ACROSS

2. FEELING VERY TIRED AND WEAK.
5. PAIN IN YOUR SHELL-LIKE APPENDAGE.
7. PAIN WITHIN YOUR MOUTH.
8. DISCOMFORT IN YOUR MIDSECTION.
10. BLOWING AIR SUDDENLY.

DOWN

1. PAIN IN YOUR TOPPER.
3. RISING BODY HEAT.
4. PAIN IN YOUR VERTEBRAE.
6. A COMMON ILLNESS.
9. NOISE FROM YOUR THROAT.
11. FEELING LIKE RELEASING CONTENTS



Happy March, 2026!

INTERNATIONAL WOMEN'S DAY

March 8, 2026

Honoring the Women Who Inspire Us

Today we celebrate the wisdom, strength, and resilience of the incredible women in our community. Your life experiences, leadership, kindness, and dedication have shaped families, neighborhoods, and generations. 💕💕

Thank you for the love and guidance you continue to share every day.

We are proud to celebrate you and the beautiful legacy you represent.

Happy International Women's Day!

ST. PATRICK'S DAY CELEBRATION

March 17, 2026

Celebrating Friendship and Good Fortune

St. Patrick's Day is a time to celebrate joy, laughter, and togetherness. May this day bring you happiness, good health, and a little extra luck!

Thank you for being part of our wonderful center community.

Your presence makes every day brighter.

Wishing you a day filled with smiles and cheer!

SPRING EASTER CELEBRATION

April 2026

Celebrating Hope and Renewal

Easter is a beautiful reminder of hope, renewal, and new beginnings.

As spring arrives, we celebrate the warmth, light, and positivity it brings.

May this season fill your heart with peace, joy, and continued good health.

We are grateful to celebrate together as a community!

Happy March, 2026!

INTERNATIONAL WOMEN'S DAY

March 8, 2026

Honoring the Women Who Inspire Us

Today we celebrate the wisdom, strength, and resilience of the incredible women in our community. Your life experiences, leadership, kindness, and dedication have shaped families, neighborhoods, and generations. 💕💕

Thank you for the love and guidance you continue to share every day.

We are proud to celebrate you and the beautiful legacy you represent.

Happy International Women's Day!

ST. PATRICK'S DAY CELEBRATION

March 17, 2026

Celebrating Friendship and Good Fortune

St. Patrick's Day is a time to celebrate joy, laughter, and togetherness. May this day bring you happiness, good health, and a little extra luck!

Thank you for being part of our wonderful center community.

Your presence makes every day brighter.

Wishing you a day filled with smiles and cheer!

SPRING EASTER CELEBRATION

April 2026

Celebrating Hope and Renewal

Easter is a beautiful reminder of hope, renewal, and new beginnings.

As spring arrives, we celebrate the warmth, light, and positivity it brings.

May this season fill your heart with peace, joy, and continued good health.

We are grateful to celebrate together as a community!

CCNS Ozone Park OAC
10312 101st Ave, Ozone Park, Ny 1141
OPEN MONDAY THROUGH FRIDAY 8AM TO 4 PM



💬 *Need Help Navigating Benefits, Housing, or Food Programs?*

Our Case Manager is Here for You!

Life can be challenging — but you don't have to face it alone.

At our center, you can receive free, one-on-one support to access the services and benefits you may be eligible for.

🔧 *Our Case Manager Can Help You With:*

🍴 *Food Assistance (SNAP)*

Apply for monthly food benefits and enjoy nutritious meals.

🏠 *SCRIE (Rent Freeze for Seniors)*

If you're 62 or older and rent-stabilized, we'll help you apply to freeze your rent and protect your housing.

🔍 *Housing Support*

Get connected to safe and affordable housing options tailored to your needs.

📄 *Help with Public Benefits Forms*

Need help applying for Medicaid, HEAP, or other programs? We'll guide you step-by-step.

🌟 *Why Meet with the Case Manager?*

✓ *Free, confidential, and personalized help*

✓ *Caring support from someone who understands your needs*

✓ *Take control of your future with expert guidance*

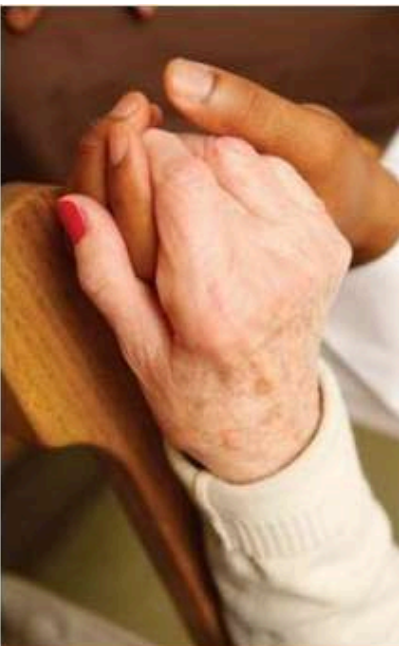
📅 *Book Today!*

Come see the Case Manager at the center or call 718-847-2168 ext. 7231 to schedule your appointment.

Your brighter future starts here — let's take the first step together!



FUNDED BY NYC AGING



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



CATHOLIC CHARITIES
Brooklyn & Queens
ESTABLISHED 1979

Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

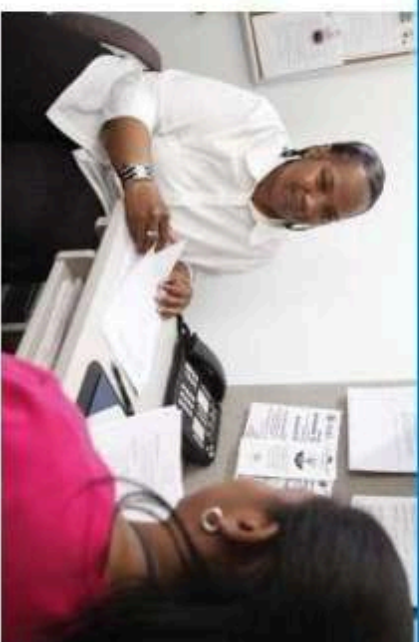
T: 718-217-0126 • F: 718-217-0495

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



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*

