

March/Marzo 2026

HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

89-02 91st Street, Woodhaven, NY 11421

Phone # (718)-847-9200

OPEN MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM

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 of Woodhaven-Richmond Hill Older Adult Center

¡Hola a todos! ¡Feliz marzo y bienvenida la primavera! 🌸 Al comenzar un nuevo mes, esperamos días más largos, mejor clima y nuevas actividades emocionantes en nuestro centro. Queremos agradecer a todos nuestros miembros por su participación continua y asistencia diaria. Su energía y compromiso fortalecen nuestra comunidad cada día. Agradecemos su apoyo, sus valiosos comentarios y su entusiasmo al participar en nuestros programas y compartir nuestro almuerzo diario. Estamos muy emocionados por los próximos eventos y actividades de este mes y esperamos que continúen participando e invitando a otros a unirse.

¡Hagamos de marzo 2026 un mes maravilloso y activo juntos!

Con amor,

El personal del Centro para Adultos Mayores Woodhaven-Richmond Hill



**HAPPY
BIRTHDAY**

**MARCH BIRTHDAYS/
CUMPLEAÑOS EN MARZO**

PATRICIA CARMAN

VICTOR PERALTA

ROOPMATIE KOOMAH

JOCELYNE CELIFIE

NAOMI NATAL

FENADIS GUARDO

MEI KAM LIU

MARTHA MONTESDEOCA

AUREL SCHIOP

*** All Activities are Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>9-10am-Origami (Volunteer) 10-11am-Jewelry (Volunteer) 11-12am-Arts & Crafts (Volunteer) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Music App (Nick) 3-4pm- Coloring (Volunteer)</p>	<p>9-10am-Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Chess (Volunteer) 3-4pm- Book Club (Volunteer)</p>	<p>9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Technology (Volunteer) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 3-4pm- Brainteasers (Volunteer)</p>	<p>9-10am-Healthy Snacks (Vol) 10-11am- Karaoke (Loretta) 11-12 am- Bingo (Advisory) 1-2pm- Zumba (Elaine G.) 2-4pm – Movie & Discussion (Nick)</p>	<p>9-10am – Technology (Volunteer) 10-11am- Blood Pressure 5c (David) 11-12am- Nutrition Ed (David) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm – Nat Geo Movie and Discussion (Volunteer) 3-4pm-Painting (Volunteer)</p>
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Woodhaven-Richmond Hill OAC

(Menu is subject to change.)

MENU March 2026

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 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 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>			

SHOPPING SMART

THE KEY TO HEALTHY EATING IS HAVING ITEMS ON HAND THAT CAN PROVIDE YOU WITH THE ABILITY TO MAKE QUICK, EASY AND HEALTHY MEALS. A WELL STOCKED PANTRY AND REFRIGERATOR IS ESSENTIAL AND HERE ARE 5 WAYS TO ENSURE THAT YOU ARE ALWAYS PREPARED, COME RAIN OR SHINE.



5 smart food-shopping tips

When you eat at home, you consume fewer calories. But, to make delicious healthy meals, you need to have the right foods on hand. These strategies will help:

1. Take inventory

Use a meal planner as part of your healthy-eating strategy to guide your shopping. Take an inventory of your staples, such as milk, fresh fruits and whole grains.

2. Make a list

A list makes your shopping trip more efficient and helps you avoid impulse buys. But don't let your list prevent you from looking for or trying new healthy foods. When making your list, use your weight-loss menus as your guide. Make sure your list includes healthy and convenient snack foods. To make things go faster, organize your list according to where foods are located at your favorite store.

3. Shop the perimeter of the store for fresh foods

The dairy case, the fresh produce, poultry, meats and seafood sections of most grocery stores are all located on the perimeter. That's where to focus your shopping. Fresh foods are generally better than ready-to-eat foods because you know exactly what goes into your meal.

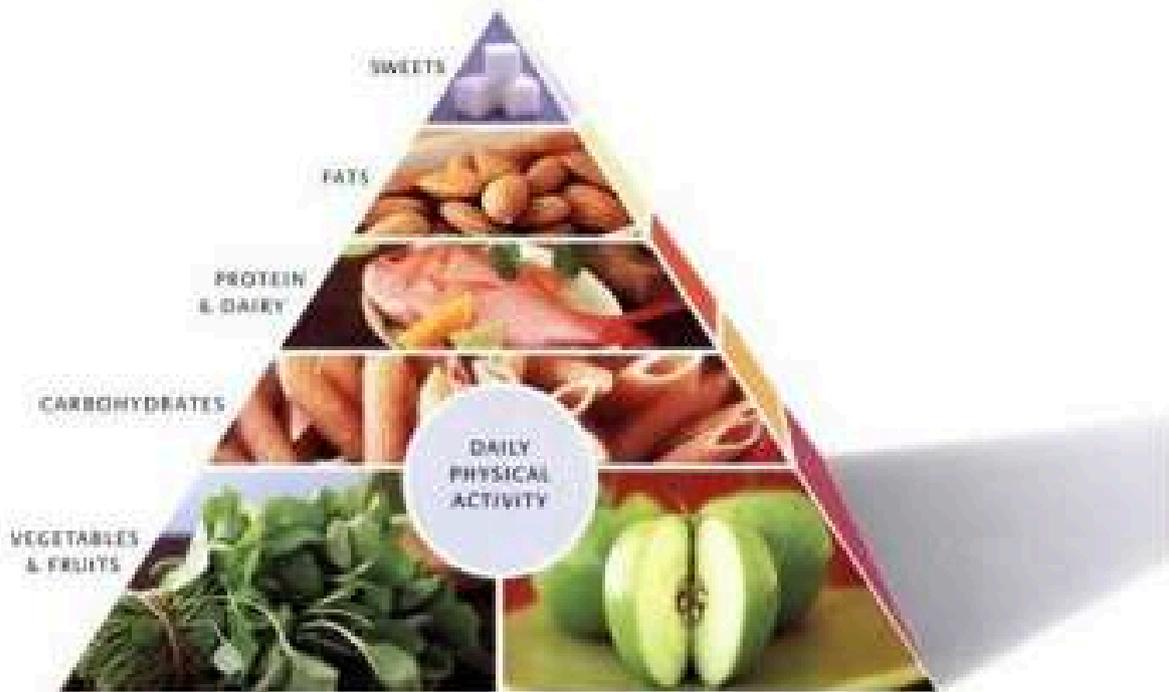
4. Don't shop when you're hungry

It's harder to resist buying higher-fat, higher-calorie snack items when you're hungry. So, set yourself up for success and shop after you've eaten a good meal. If you do find yourself shopping on an empty stomach, drink some water or buy a piece of fruit to munch on.

5. Read nutrition labels

Check nutrition labels for serving size, calories, fat, cholesterol and sodium. Remember, even low-fat and fat-free foods can pack a lot of calories. Don't be fooled. The label will list calories, fat, sodium and cholesterol for one serving — but it can be tempting to eat more than one serving. Make sure to compare similar products so that you can choose the healthiest option.

Use the Mayo Clinic Healthy Weight Pyramid



Mayo Clinic Healthy Weight Pyramid

The Mayo Clinic Healthy Weight Pyramid is a tool to help you lose weight or maintain your weight. The triangular shape shows you where to focus when selecting healthy foods. Eat more foods from the base of the pyramid and fewer from the top.

Healthy snacking to help fill you up

If you feel hungry while following the Mayo Clinic Healthy Weight Pyramid, reach for more fruits and vegetables to snack on. Just make sure your fruit is either fresh or canned in water or juice — and that you pour off the liquid before eating.

HAPPY EATING!!!

Madhavi Menon Strohl

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!

*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
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**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
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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
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T	V	O	U	O	B	W	F	I	O	E	V	O	L	A	R	A	H	K	E	U	V	C
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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

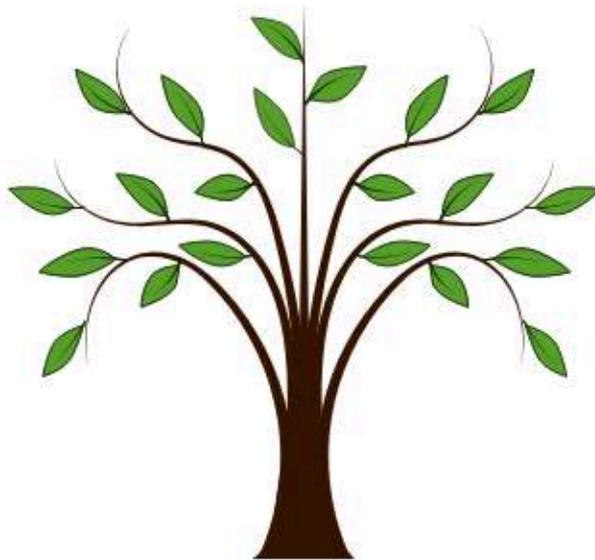


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Name: _____ Date: _____

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
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G	A	A	Y	W	O	Q	K	R	U	N	B	F	R	T	R	Z	Z	R	T	W	U	C	T
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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

HAPPY BIRTHDAY!

February Birthday Party
Fiesta de Cumpleaños de Febrero





What's Happening at the Center? In February 2026



What's Happening at the Center? In February 2026



**WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER**

89-02 91ST STREET, WOODHAVEN, NY 11421

PHONE # (718)-847-9200

OPEN MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM

Case Manager Recordatorio



Discover the support you deserve at our center! Our dedicated Case Manager offers a range of vital services, including:

🍴 SNAP Assistance: Ensure access to nutritious food with our guidance through the SNAP program, providing eligible seniors with essential nutrition support.

🏠 SCRIE Enrollment: Protect your home and budget with SCRIE assistance, helping seniors maintain affordable housing by freezing rent increases.

🔗 Housing Connections: Find your ideal living situation with our expert housing connections, tailored to the unique needs and preferences of seniors.

🏠 Public Benefits Forms: Ensure you're receiving all the benefits you're entitled to by letting us assist with filling out forms for public assistance programs.

Take the first step toward a brighter future! Visit us today and let's explore how our services can enhance your quality of life.

Schedule your appointment now and take the first step towards a brighter tomorrow!

FUNDED BY NYC AGING

**WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER**

89-02 91ST STREET, WOODHAVEN, NY 11421

PHONE # (718)-847-9200

OPEN MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM

Case Manager Recordatorio



Descubre el apoyo que mereces en nuestro centro. ¡Nuestro dedicada Case Manager ofrece una variedad de servicios vitales, que incluyen:

🍽️ Asistencia SNAP: Asegura el acceso a alimentos nutritivos con nuestra orientación a través del programa SNAP, brindando apoyo nutricional esencial a personas mayores elegibles.

🏠 Inscripción en SCRIE: Protege tu hogar y presupuesto con la asistencia de SCRIE, ayudando a los adultos mayores a mantener viviendas asequibles congelando los aumentos de alquiler.

🔗 Conexiones de Vivienda: Encuentra tu situación de vida ideal con nuestras conexiones expertas en vivienda, adaptadas a las necesidades y preferencias únicas de las personas mayores.

🏠 Formularios de Beneficios Públicos: Asegúrate de recibir todos los beneficios a los que tienes derecho dejándonos ayudarte a completar los formularios para programas de asistencia pública.

Da el primer paso hacia un futuro más brillante. ¡Visítanos hoy mismo y exploremos cómo nuestros servicios pueden mejorar tu calidad de vida!

Programa tu cita ahora y da el primer paso hacia un mañana más brillante.

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.

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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**

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 mayor información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.

FUNDED BY NYC AGING



WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

89-02 91st Street
Woodhaven, NY 11421

Phone: (718) 847-9200
Open Monday-Friday 8:30am-4:30pm

SENIOR CENTER STAFF

Annie Liu Director of Operations
Nicholas Theodorou..... Program Manager
Karina Munoz Case Manager
Loreta Mendoza Administrative Assistant
Maria Garnica Transportation
Coordinator
Vacant Maintenance
John Tsang Driver
Vacant Driver

ADVISORY COMMITTEE

Roopmatie Koomah President
Manjila Budraja Vice President
Susan Tommaso Secretary
JoAnn Bartos Treasurer
Patricia Carman Advisory Luis
Heywood Advisory Jocelyne
Celific Fire Guard

**IN PERSON ACTIVITIES AND CONGREGATE MEALS
ARE BACK AT WOODHAVEN-RICHMOND HILL OLDER
ADULT CENTER. FOR MORE INFORMATION PLEASE
CALL 718-847-9200. THANK YOU!**

We welcome seniors ages 60 and up. The Center is wheelchair accessible.
Dmos la bienvenida a personas mayores de 60 años en adelante. El Centro es
accesible para sillas de ruedas.

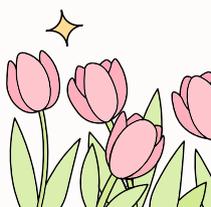
ENGLISH, CHINESE, & SPANISH SPOKEN/ SE HABLA INGLÉS, CHINO Y
ESPAÑOL

Catholic Charities 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 that promotes justice and embraces human development.

Caridades Católicas Brooklyn Y Queens | Nuestra Mision

Caridades Católicas de la Diócesis de Brooklyn y Queens traduce el Evangelio de Jesucristo en acción al afirmar la dignidad y el valor de cada persona, especialmente de los miembros más vulnerables de nuestra diversa sociedad. Caridades Católicas desarrolla respuestas efectivas a las necesidades humanas y se une a todas las personas de buena voluntad para abogar por un orden social que promueva la justicia y abrace el desarrollo humano.





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

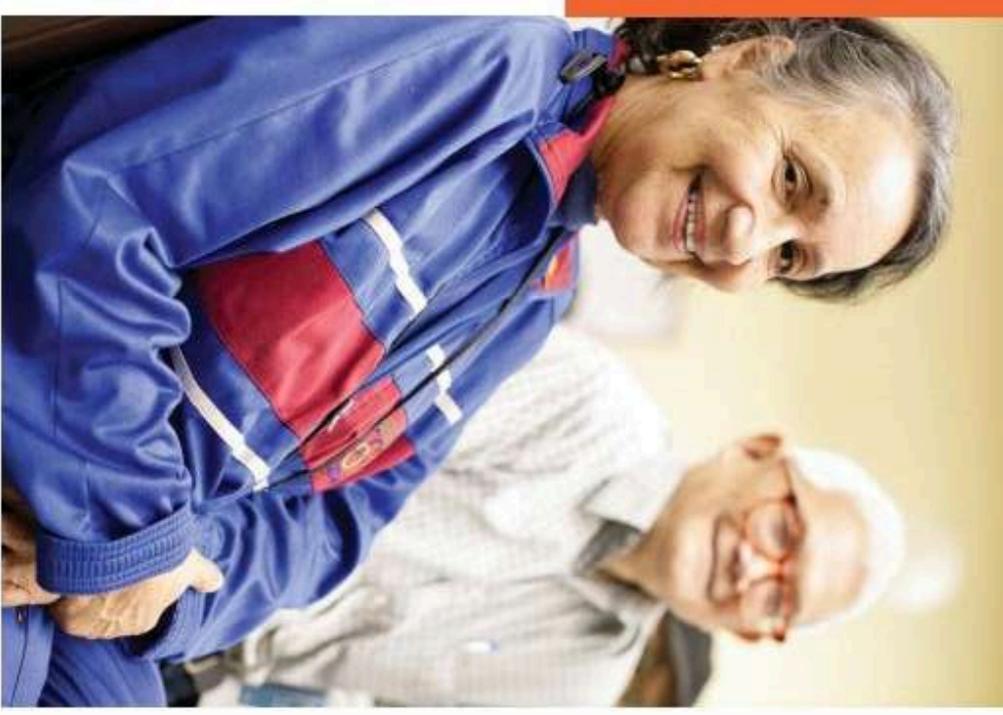
Accredited by the Council on Accreditation
for Children and Family Services

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



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*