

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 APRIL 2026



April

the month of possibilities,
where dreams blossom like
spring flowers.





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 – APRIL 2026 CALENDAR**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
		1 10:00 Today in the News 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00 - 3:00 April Fool Day w/DJ Woody	2 10:00 Chair Aerobics w/Ability & Beyond Fit 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	3 CENTER CLOSED GOOD FRIDAY
6 10:00 Today in the News 11:00 Zumba w/ability & Beyond fitness 12:00 Lunch 1:00-3:00 Easter Celebration w/DJ Woody	7 10:00 Chair Aerobics w/Ability & Beyond Fit 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	8 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Luis Salinas	9 10:00 Chair Aerobics w/Ability & Beyond Fit 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	10 10:00 Today in the News 11:00 Lamber Gullo Elder Law Presentation-Assisting Living W/Elisabeth 11: 00 Leisure Games w/Clelia 12:00 Lunch 1:00 - 3:00 Friday Social w/ DJ Valentin
13 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	14 10:00 Chair Aerobics w/Ability & Beyond Fit 12:00 Lunch 1:00 Movie:” Little Miss Sunshine w/Clelia 1:00 3:00 Line Dance w/ Bon Santiago	15 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 - 3:00 Dance Club w/ DJ Luis Salinas	16 10:30 Strength Training w/Gerard 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	17 10:00 Today in the News 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Welcome Spring w/ DJ Valentin
20 10:00 Today in the News 11:00 Move to the Rhythm w/Clelia 12:00 Lunch 1:00-3:00 SPRING FLING DANCE by Fidelis Care with DJ	21 10:00 Strength Training w/Gerard 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	22 10:00 Zumba w/Ability & Beyond Fitness 11:00 Leisure Games W/ Olivia & Beth 12:00 Lunch 1:00 -3:00 Earth Day W/DJ Woody	23 10:30 Strength Training w/Gerard 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	24 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
27 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	28 10:00 Strength Training w/Gerard 12:00 Lunch 1:00 Movie: “Thelma” W/Clelia 1:00-3:00 Line Dance w/ Bon Santiago	29 9:30 General Membership Meeting 11:00 Leisure Games W/Clelia 12:00 Lunch 1:00 -3:00 Dance Club w/ DJ Luis Salinas	30 10:30 Strength Training w/Gerard 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	PLEASE NOTE: ACTIVITIES SUBJECT TO CHANGE LAST MINUTE

CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU APRIL 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Spanish Chicken With Potatoes and Garlic Whole Wheat Bread Yellow Rice Steamed Green Beans Orange 1 % Low Fat Milk	2 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk	3 CENTER CLOSED GOOD FRIDAY
6 Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	7 Mama's Pasta Faggioli Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Italian Blend Vegetables Banana 1% Low Fat Milk	8 Grilled Caribbean Chicken Breast Basic Pasta Salad Whole Wheat Bread Orange 1% Low Fat Milk	9 Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple 1% Low Fat Milk	10 Fish with Mushrooms, Peppers, and tomatoes Pasta Whole Wheat Bread Baby Carrots and Parsley Fruit Cocktail 1% Low Fat Milk
13 BBQ Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	14 Chickpeas (1/2 cup) Rasta Pasta Whole Wheat Bread Garden Salad Italian Blend Vegetables Banana 1% Low Fat Milk	15 Chicken Legs with Stewed Tomatoes Coconut Rice and Pigeon Peas Normandy Blend Whole Wheat Bread Orange 1% Low Fat Milk	16 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk	17 Jerk Fish Black Beans and Rice Whole Wheat Bread Steamed Kale Whole Wheat Bread Pear 1% Low Fat Milk
20 Spanish Style Roast Pork White Rice Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	21 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	22 Jerk Chicken Black Beans and Rice Whole Wheat Bread Italian Blend Vegetables Orange 1 % Low Fat Milk	23 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk	24 Fish with Mushrooms, Peppers, and tomatoes Pasta Whole Wheat Bread Baby Carrots and Parsley Fruit Cocktail 1% Low Fat Milk
27 BBQ Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	28 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	29 Grilled Caribbean Chicken Breast Basic Pasta Salad Whole Wheat Bread Orange 1% Low Fat Milk	30 Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple 1% Low Fat Milk	PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE



CELEBRATING April BIRTHDAYS!

- ❖ Ali, Rahaman 4/20
- ❖ Ally, Ainal 4/8
- ❖ Alvarado, Macario 4/13
- ❖ Alvarez, Juan 4/29
- ❖ Baldeo, Princesita 4/16
- ❖ Banarsee, Yasodra 4/12
- ❖ Barana, Edith 4/12
- ❖ Barrueco, Calixto 4/24
- ❖ Bautista, Mirella 4/15
- ❖ Buitrago, Amparo 4/9
- ❖ Campos, Alicia 4/15
- ❖ Gerlak, Merlyn 4/21
- ❖ Gomez Meza, Jose 4/17

- ❖ Gonzalez, Laura 4/10
- ❖ Gordon, Marlin 4/14
- ❖ Grullon, Jose 4/4
- ❖ Guevara, Jacinta 4/28
- ❖ Lewis, Justin 4/20
- ❖ Lopez, Jose 4/9
- ❖ Lugo-Clemente, Vilma 4/2
- ❖ Nilpradab, Sununt 4/4
- ❖ Singh, Harinarine 4/29
- ❖ Televandas, Susan 4/7
- ❖ Tuner-Ford, Roslyn 4/13
- ❖ Villa, Norman 4/17
- ❖ Watson, Sharon 4/13

Join Us on Friday, April 24, 2026, at 1:00 PM - 3:00 PM, For
Multicultural Music and Birthday Celebration

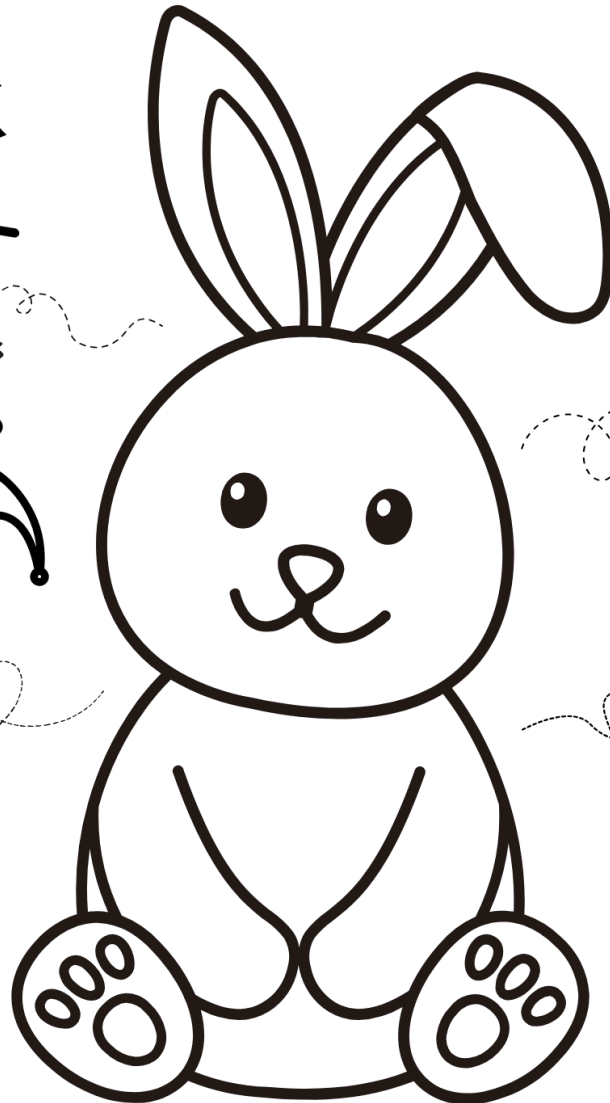
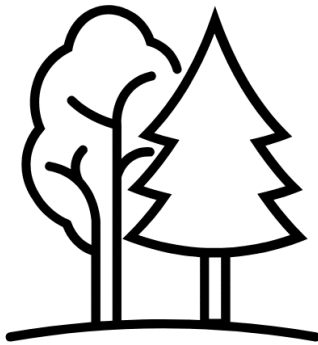
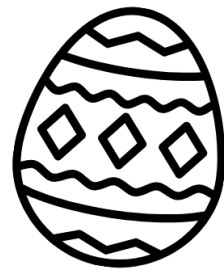
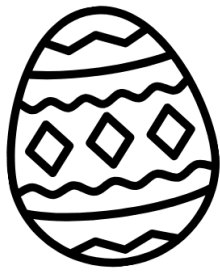


Fun Facts for April



- *The April gemstone is the diamond**
- *The April flower is the Sweet Pea**
- *The name "April" is thought to come from the Latin word "aperire" which means "to open" signifying the beginning of Spring**
- *The arrival of the Cuckoo bird signifies that Spring is here – the bird will sing from approximately April 14th – April 24th every year**
- *The first Sunday of April was formerly known as "Daffodil Sunday" because in Victorian times, people would pick daffodils from their gardens to take to the sick in hospitals**
- *Famous fairy tale author Hans Christian Anderson was born on April 2nd**
- *Queen Elizabeth II was born on April 21st**

Hello April



#3330

ColoringCow.com



Is celebrated on April 1st each year



April Fish refers to the tradition of pinning paper fish on people's backs as a prank on April Fools' Day.

Some believe that April Fools' Day started from old parties celebrating the start of spring.



APRIL FOOLS' DAY FUN FACTS



In 1985, Sports Illustrated published a story about a fictional baseball pitcher



The Tower of London once pranked, claiming it was leaning, alarming many.



In 1996, Taco Bell caused a stir with a full-page newspaper ad claiming they bought the Liberty Bell.



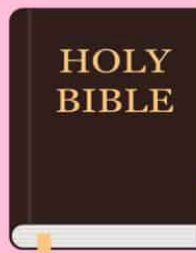
In 1957 the BBC aired a fake documentary about spaghetti trees, convincing viewers that spaghetti grew on trees

France's calendar moved New Year's from April 1st to January 1st. Leading to playful pranks on those who still celebrated in April

During the Holi festival, coinciding with April Fools' Day, Hindus play playful pranks and practical jokes.



NEW YEAR



The Bible's Proverbs mention April Fools' Day, cautioning against playing tricks on others.



MADEWITHHAPPY.COM



april fools' day

word search



APRIL

PRANKS

LAUGHTER

TRICKS

JOKES

SPRING

GAMES

SILLY

FOOL

HOLIDAY

SURPRISE

PLAYFUL

EARTH DAY

A CALL TO PROTECT OUR PLANET

WHEN?

April 22
Every year since 1970

WHY IT MATTERS:

Earth Day is a global reminder that we all share the responsibility to protect the environment. From climate change to pollution, our actions matter.

HOW IT BEGAN

- Founded by Senator Gaylord Nelson (Wisconsin, USA)
- Inspired by the 1969 Santa Barbara oil spill
- First Earth Day in 1970 brought 20 million Americans to the streets
- Led to major U.S. environmental laws:
 - Clean Air Act
 - Clean Water Act
 - Endangered Species Act



GLOBAL REACH

- 1990: Earth Day goes worldwide
- Over 1 billion people now participate in 192+ countries
- One of the largest secular observances on the planet

WHAT YOU CAN DO

- Plant a tree
- Reduce, Reuse, Recycle
- Bike or walk more
- Save water
- Support environmental policies
- Join a cleanup or sustainability project



FUN FACT

Earth Day is intentionally set between Spring Break and Finals Week to engage students a key group in the environmental movement!



April

Word Search

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

RAINBOWS

EGGS

RABBIT

EARTH DAY

CLOUDS

CHICKS

APRIL FOOLS

GRASS

SPRING

TULIPS

JACKET

PUDDLES

Happy Easter!

90 MILLION chocolate Easter bunnies are made every year



120 MILLION cards will be sent, exchanged or given on Easter



To fulfill demand Easter Eggs are produced for **8** MONTHS IN A YEAR

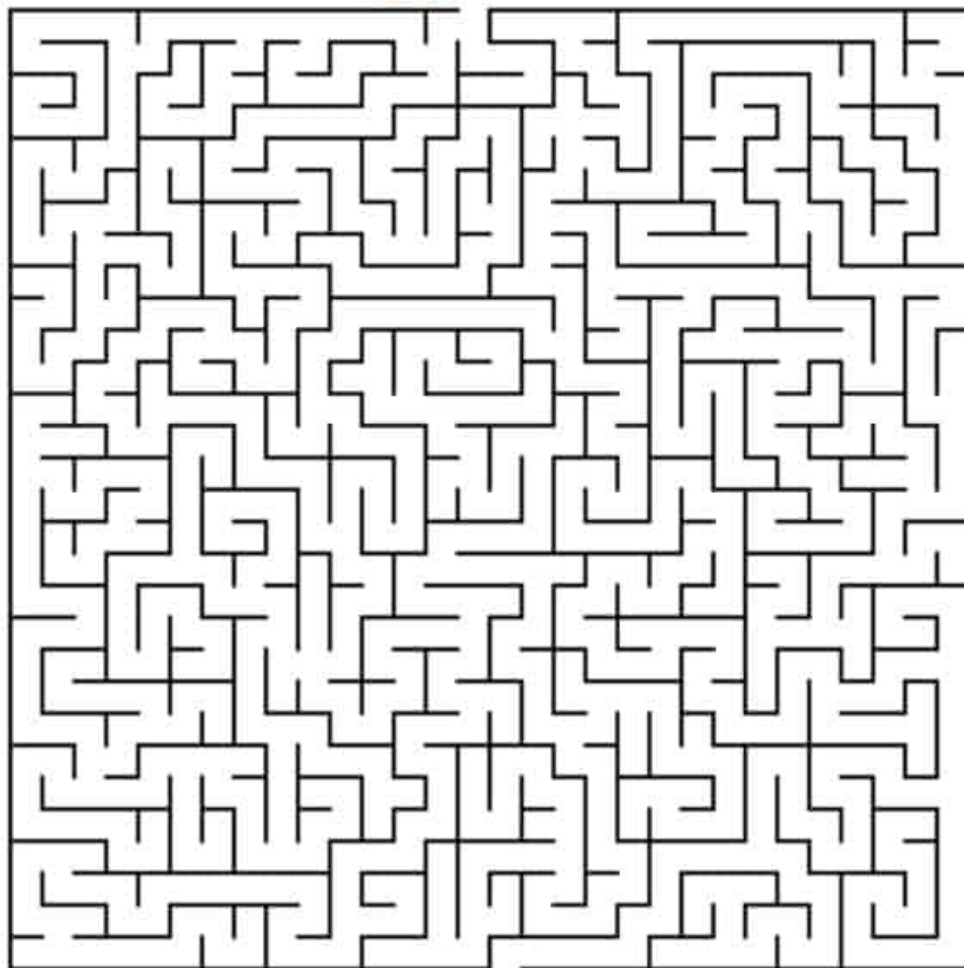


76% of people eat the ears of an Easter bunny first



Easter Egg Maze

Help the chick get through the maze and find the Easter eggs.



mymentitledlife.com

125+
YEARS OF CHANGING LIVES



Kindness
brings
happiness

FUNDED BY THE NYC DEPARTMENT FOR THE AGING