

**A Traditional Easter Play about  
Jesus Christ**

**Based on scripture from the Bible**

**Directed By Charlotte Muller**

**Presented by**

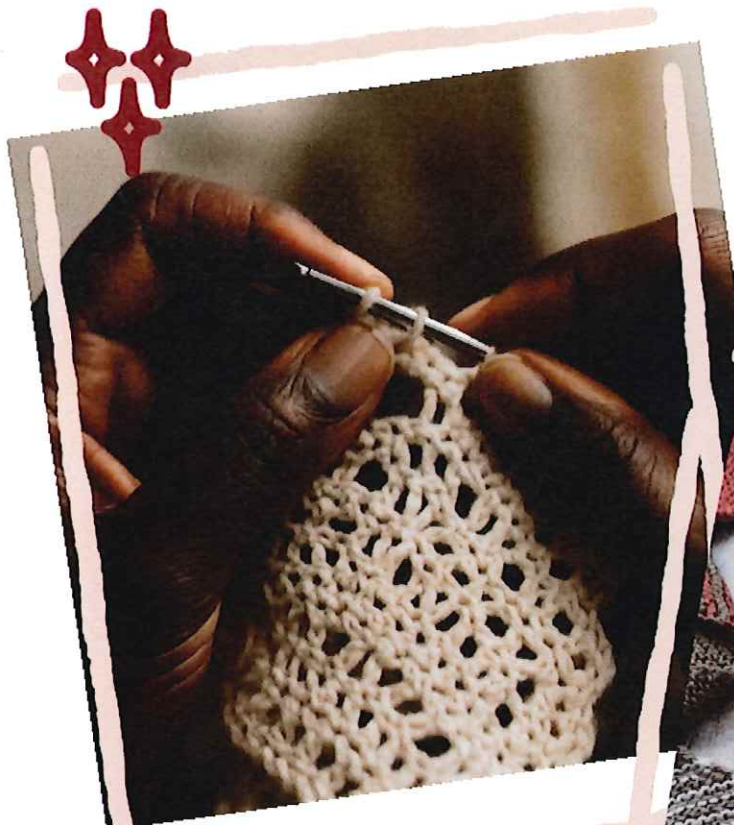
**The Best Life Playas**

**When: April 2nd, 2026**

**Time 1:15 pm**

**Where: CCNS/Best Life Senior Center  
118-35 Farmers Blvd, Jamaica, NY 11412**

Funded By NYC Aging



Discover the art of  
Crochet with Celeste  
Friday 10am-12pm

# Sewing Together!

Growing Together

With Loma & Diane

1st & 4th Thursday

10:00AM-12:00PM





# Easter Word Search Puzzle

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

BASKET  
 CHICKS  
 DUCKLINGS  
 EGGS  
 HYACINTH  
 LAMBS  
 PARADE  
 RESURRECTION

BONNET  
 CHOCOLATE  
 EASTEREGG  
 GOODFRIDAY  
 IRIS  
 LASTSUPPER  
 PEEPS  
 SPRING

BUNNY  
 DAFFODILS  
 EGGHUNT  
 HOTCROSSBUNS  
 JELLYBEANS  
 PALMSUNDAY  
 RABBIT  
 SUNRISE



Age Adds Flavor



# Easy Ways to... Read an Ingredients List

## Choose items with a list that...

- ✓ **Is short**  
As a general rule, the fewer ingredients a product has, the healthier it is.
- ✓ **Is easy to understand**  
Choose foods with ingredients that have uncomplicated names.
- ✓ **Includes whole grains**  
In breakfast cereals, crackers, pastas and breads, the word "whole" should appear as the first or second ingredient.
- ✓ **Includes no or low sugar**  
Choose foods that do not have a lot of sugar (see Bread #2 below, where common names for sugar are shown in bold).

## Avoid items with a list that...

- X **Is long**  
As a general rule, long ingredients lists mean more sugars and additives.
- X **Is hard to understand**  
Avoid ingredients you do not recognize or cannot pronounce.
- X **Includes trans fat or partially hydrogenated oils**  
Trans fat increases your risk of heart disease by increasing "bad" cholesterol (LDL) and decreasing "good" cholesterol (HDL).
- X **Includes many sugars**  
Common names for sugars include cane sugar, honey, sucrose, glucose, fructose, dextrose, high fructose corn syrup, fruit juice concentrate, molasses and invert sugar.

### Bread #1: Healthier Choice

**INGREDIENTS:** 100% WHOLE WHEAT FLOUR, WATER, SOYBEAN OIL, **MOLASSES**, YEAST, WHEAT GLUTEN, CALCIUM PROPIONATE (TO PREVENT SPOILAGE), NON FAT MILK, SALT

### Bread #2: Less Healthy Choice

**INGREDIENTS:** ENRICHED WHEAT FLOUR, **CORN SYRUP**, **SUGAR**, PARTIALLY HYDROGENATED SOYBEAN AND PALM OIL, **SUCROSE**, **DEXTROSE**, **HIGH FRUCTOSE CORN SYRUP**, **FRUCTOSE**, GLYCERIN, **POLYDEXTROSE**, MODIFIED CORN STARCH, SALT, SODIUM STEAROLY LACTYLATE, PYRIDOXINE HYDROCHLORIDE, **RED #40**, **YELLOW #5**

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](http://nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).



*Just Say Yes* to Fresh & Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).