

125+
YEARS OF CHANGING LIVES



SHERIDAN CONNECTIONS



CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
CATHERINE SHERIDAN OLDER ADULT CENTER

35-24 83rd Street, Jackson Heights, NY 11385 Phone # (718) 458-4600

HAPPY EASTER

Easter is not only a religious observance but also a time for spiritual renewal. It emphasizes hope, the triumph of life over death, and the assurance of God's mercy and love. Traditions such as church services, prayers, and reflection on the empty tomb highlight the significance of Jesus' resurrection, while cultural customs like egg decorating and Easter celebrations have developed alongside the religious observance.

Sheridan Connections

CCNS Catherine Sheridan Older Adult Center
 35-24 83rd Street, Jackson Heights, NY 11372
 Ph: 718-458-4600 / Fx: 718-458-5665
 FUNDED BY NYC AGING



Aging is a journey filled with wisdom, experience and continued growth. Let us honor celebrate our seniors not just today but every day!

Catherine Sheridan OAC is more than just a place; it's a community of seniors of all ages and cultures who come together to learn new things, discover new interests, build social connections and develop meaningful relationships. Our Programs are designed to spark curiosity with classes and lectures to keep you active and energized and create opportunities for fun connections.

Whether you want to challenge your mind, stretch your body or share laughter - Catherine Sheridan senior center is the place for you to make life fun. See you soon!

The Team

SPRING IS A LOVELY REMINDER OF HOW BEAUTIFUL CHANGE CAN TRULY BE.

For many, spring represents new beginnings. It is an opportunity to hit the refresh button on different aspects in life. It can be seen as a chance to get rid of old things that are no longer serving you and replace them with new things that do. We spring clean and declutter our homes to increase productivity, we can do the same for our minds and bodies.

Our self-care needs change over time because we change and things around us change all the time. The way that you've always dealt with stress and adversity may not work for you anymore.

If you're not feeling any different then your current self-care practices aren't working and it's time to switch it up. Allow the new season to motivate you. If you're searching for new methods, put some thought into it and be open to trying new things


UPCOMING EVENTS
MEXICAN PAPER CRAFTS MONDAY 13 TH & 20 TH
TRADITIONAL INDIAN FOLK DANCE THURSDAYS 16 TH & 23 RD
SENIOR HAND-PRINT CANVAS EVENT- TUESDAY APRIL 28 TH
PAINT & PLANT A POT EVENT- TUESDAY 14 TH APRIL
SPRING FLING DANCE PARTY WITH ASSEMBLY WOMAN CATALINA CRUZ- THURSDAY 23 RD APRIL
OPEN MIC-KARAOKE EVERY THURSDAYS



CCNS CATHERINE SHERIDAN OAC ACTIVITIES APRIL 2026

Lets Spring into change



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CCNS CATHERINE SHERIDAN OLDER ADULT CENTER JACKSON HEIGHTS NY11372 718-458-4600 MONDAY -FRIDAY 8:30 to 4:30		<p>MAY THE SPIRIT OF EASTER BLOOD IN YOUR HEART LIKE SPRING FLOWERS</p> 	<p>EXERCISE -MARIA VERONICA 11-12 BLOOD PRESSURE SCREENING 9-3 LEISURE GAMES 11 - 4 SOCIAL DANCING-DJ VALENTIN 1-3 BINGO 1:00 TO 3:00</p>	<p>COUNSELING WITH VICTORIA 8:30-4:30 BLOOD PRESSURE SCREENING 9-3 LECTURE-HYDRATION-RN ERICA-11:00 HAIR CUT 10:00 TO 1:00 KARAOKE 1-4</p>	<p>CLOSED</p>
<p>COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP 10:00 LEISURE GAMES 10-3 SOCIAL DANCING DJ JULIO 1-3 HAPPY EASTER</p>	<p>ART & CRAFT WITH MARIA-10:00 YOGA WITH MIMI 11:30-12:15 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 - 4</p>	<p>EXERCISE -MARIA VERONICA 11-12 BLOOD PRESSURE SCREENING 9-3 SOCIAL DANCING-DJ VALENTIN 1-3 BINGO 1:00 TO 3:00</p>	<p>COUNSELING WITH VICTORIA 8:30-4:30 BLOOD PRESSURE SCREENING 9-3 LECTURE-HYDRATION FIBER-RN ERICA-11:00 HAIR CUT 10:00 TO 1:00 KARAOKE 1-4</p>	<p>YOGA WITH MIMI:10:30-11:30 OAK STREET HEALTH PRESENTATION 11:30 MEDICARE AND MEDICAID BINGO 1:00 TO 3:00 LEISURE GAMES 11 - 4</p>	
<p>COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP 10:00 MEXICAN PAPER CRAFTS-SU-CASA 10-11 SOCIAL DANCING DJ JULIO 1-3</p>	<p>ART & CRAFT WITH MARIA-10:00 YOGA WITH MIMI 11:30-12:15 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 - 4</p>	<p>EXERCISE -MARIA VERONICA 11-12 BLOOD PRESSURE SCREENING 9-3 LECTURE-DIABETES PREVENTATION -RN RAMRIEZ-11:00 SOCIAL DANCING-DJ VALENTIN 1-3 BINGO 1:00 TO 3:00</p>	<p>COUNSELING WITH VICTORIA 8:30-4:30 BLOOD PRESSURE SCREENING 9-3 INDIAN DANCE-SU CASA 10-11 HAIR CUT 10:00 TO 1:00 KARAOKE 1-4</p>	<p>YOGA WITH MIMI:10:30-11:30 OAK STREET HEALTH PRESENTATION 11:30 MEDICARE AND MEDICAID LEISURE GAMES 11 - 4 BINGO 1:00 TO 3:00</p>	
<p>COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP 10:00 NUTRITION LECTURE-ANGELA SINCLAIR-11 SOCIAL DANCING DJ JULIO 1-3</p>	<p>ART & CRAFT WITH MARIA-10:00 YOGA WITH MIMI 11:30-12:15 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 TO 4</p>	<p>EXERCISE -MARIA VERONICA 11-12 BLOOD PRESSURE SCREENING 9-3 LECTURE-MANAGING KIDNEY DISEASE-RN RAMRIEZ-11:00 SOCIAL DANCING-DJ VALENTIN 1-3 BINGO 1:00 TO 3:00</p>	<p>COUNSELING WITH VICTORIA 8:30-4:30 BLOOD PRESSURE SCREENING 9-3 HEALTHY BRAIN CONNECTIONS 10:30-ROY CAPP SPRING PARTY WITH ASSEMBLY WOMAN CATALINA CRUZ 12:30-3:00 HAIR CUT 10:00 TO 1:00</p>	<p>YOGA WITH MIMI:10:30-11:30 LEISURE GAMES 11 - 4 BINGO 1:00 TO 3:00</p>	
<p>COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP 10:00 MEXICAN PAPER CRAFTS-SU-CASA 10-11 SOCIAL DANCING DJ WOODY 1-3</p>	<p>ART & CRAFT WITH MARIA-10:00 YOGA WITH MIMI 11:30-12:15 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES 11 - 4</p>	<p>EXERCISE -MARIA VERONICA 11-12 BLOOD PRESSURE SCREENING 9-3 LECTURE- DIABETES MANAGEMENT-RN RAMRIEZ-11:00 SOCIAL DANCING-DJ VALENTIN 1-3 APRIL BIRTHDAY CELEBRATIONS</p>	<p>COUNSELING WITH VICTORIA 8:30-4:30 BLOOD PRESSURE SCREENING 9-3 INDIAN DANCE-SU CASA 10-11 HAIR CUT 10:00 TO 1:00 LECTURE: VICTORIA-1:00 KARAOKE 1-4</p>	<p>SUBJECT TO CHANGE WITHOUT NOTICE MONDAYS & THURSDAYS 8:30-4:30 COUNSELING WITH VICTORIA FREE HAIR CUT EVERY THURSDAY:10:00-1:00</p>	




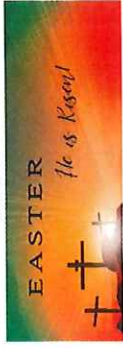
CCNS CATHERINE SHERIDAN OAC APRIL LUNCH MENU LUNCH BEGINS 11:30AM -1:00PM

MENU TO CHANGE WITHOUT PRIOR NOTICE

Lets Spring into change

VOLUNTARY DONATION-\$1.25



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p>CCNS CATHERINE SHERIDAN OAC 35-24 83RD STREET, JACKSON HEIGHTS NY11372 718-458-4600 MONDAY -FRIDAY 8:30 to 4:30</p>	<p>MAY THE SPIRIT OF EASTER BLOOM IN YOUR HEART LIKE SPRING FLOWERS</p>  <p>CATHOLIC CHARITIES Brooklyn & Queens ESTABLISHED 1959</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE SAUTEED GREEN BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>BASIC SHEPHERD'S PIE ITALIAN VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE SAUTEED GREEN BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE SAUTEED GREEN BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>BASIC SHEPHERD'S PIE ITALIAN VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>CLOSED</p> 	<p>6</p>	<p>7</p>
<p>BAKED CHICKEN THIGHS/BBQ SAUCE BAKED SWEET POTATOES STEAMED CARROTS BREAD/ 1% MILK/ FRUIT</p>	<p>ARROZ CON GRANDULES CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED PORK /GARLIC LEMON SAUCE WHITE RICE ITALIAN BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>ROAST BEEF/MUSHROOM GRAVY HOMEMADE MASHED POTATOES GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>ROAST BEEF/MUSHROOM GRAVY HOMEMADE MASHED POTATOES GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED FISH OREGANATA BROWN RICE SAUTEED GREEN BEANS/ONIONS BREAD/ 1% MILK/ FRUIT</p>	<p>13</p>	<p>14</p>
<p>EGG SALAD BASIC PASTA SALAD SIMPLE POTATO SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>ZESTY CHICKPEA STEW BROWN RICE GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>BEEF AND TURKEY MEATBALLS PENNE/TOMATO SAUCE CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE SAUTEED STRING BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>CHAMBRE DE GRANDULES YELLOW RICE SAUTEED STRING BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>BEEF AND TURKEY MEATBALLS PENNE/TOMATO SAUCE CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>CAJUN SHRIMP WHITE RICE CEASAR SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>16</p>	<p>17</p>
<p>ITALIAN CHICKEN MEATBALLS PASTA PRIMAVERA ROASTED BROCCOLI BREAD/ 1% MILK/ FRUIT</p>	<p>MAMA'S PASTA FAGIOLI BABY SPINICH SALAD WITH MUSHROOMS ITALIAN BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED PORK /MUSHROOM GRAVY YELLOW RICE SAUTEED STRING BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>SPANISH STYLE BEEF STEW MASHED SWEET POTATOES PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED PORK /MUSHROOM GRAVY YELLOW RICE SAUTEED STRING BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>BAKED PORK /MUSHROOM GRAVY YELLOW RICE SAUTEED STRING BEANS BREAD/ 1% MILK/ FRUIT</p>	<p>SPANISH STYLE BEEF STEW MASHED SWEET POTATOES PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>TUNA SALAD PASTA SALAD GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>20</p>	<p>21</p>
<p>CHICKEN SALAD COLESLAW POTATO SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>CHICKPEAS RASTA PASTA GARDEN SALAD BREAD/ 1% MILK/ FRUIT</p>	<p>BBQ PULLED PORK YELLOW RICE STEAMED CARROTS BREAD/ 1% MILK/ FRUIT</p>	<p>BEEF SALISBURY/MUSHROOM GRAVY GARLIC MASHED POTATOES CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>BBQ PULLED PORK YELLOW RICE STEAMED CARROTS BREAD/ 1% MILK/ FRUIT</p>	<p>BBQ PULLED PORK YELLOW RICE STEAMED CARROTS BREAD/ 1% MILK/ FRUIT</p>	<p>BEEF SALISBURY/MUSHROOM GRAVY GARLIC MASHED POTATOES CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT</p>	<p>CCNS CATHERINE SHERIDAN OAC 35-24 83RD STREET, JACKSON HEIGHTS NY11372 718-458-4600 MONDAY -FRIDAY 8:30 to 4:30</p>	<p>27</p>	<p>28</p>
		<p>29</p>	<p>30</p>	<p>29</p>	<p>30</p>	<p>29</p>	<p>30</p>	<p>29</p>	<p>30</p>

PAINT -AND -PLANT A POT EVENT



JOIN US AS WE SPRING INTO

SPRING

LET'S HAVE FUN AND GET
CREATIVE!

APRIL 14TH, 2026 - 10:00AM

- ALL MATERIALS WILL BE PROVIDED
- PAINT YOUR OWN UNIQUE DESIGN
- PLANT A BEAUTIFUL FLOWER OR CHARMING SUCCULENT!
- CHAT WITH FRIENDS AND ENJOY LIGHT REFRESHMENTS

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FUNDED BY NYC AGING



HELLO APRIL
JOIN US AS WE CELEBRATE OUR DIVERSITY

SENIOR HAND-PRINT CANVAS EVENT

Let's leave our mark - April 28th, 2026



YOUR BEAUTIFUL ARTWORK WILL BE PROUDLY DISPLAYED IN THE CENTER AS A SYMBOL OF UNITY, CREATIVITY, AND THE VIBRANT SPIRIT OF OUR SENIORS.



LEAVE YOUR HANDPRINT ON OUR COMMUNITY CANVAS



ENJOY LIGHT REFRESHMENTS

Business Days & Hours: Monday- Friday 8am-4pm
Funded by: NYC AGING

CATHERINE SHERIDAN PROVIDES PROGRAMS AND SERVICES TO INDIVIDUALS AGED 60+

CELEBRATING
125
YEARS



ENJOY

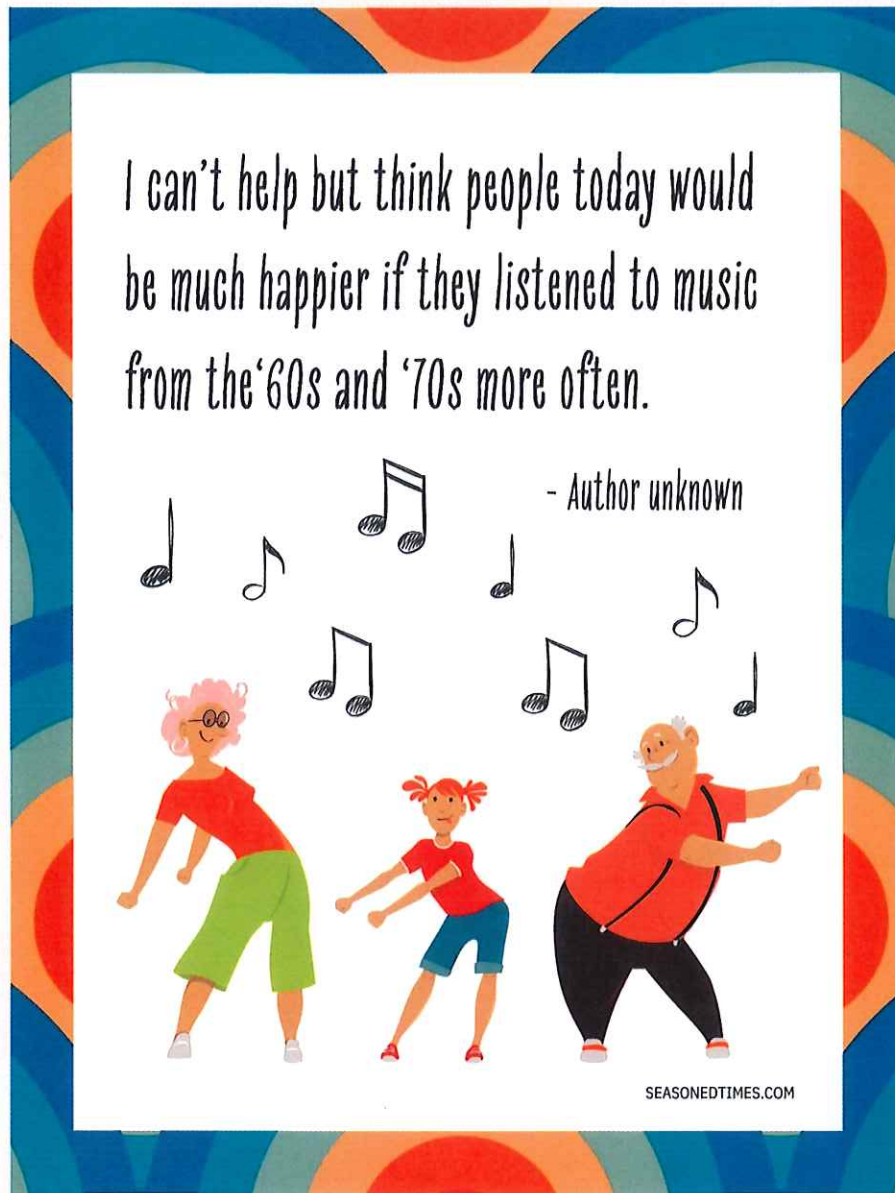
KAROKÉ
AND
COFFEE

THURSDAYS

1:00PM-4:00PM

WITH JANETH

OPEN MIC THURSDAYS

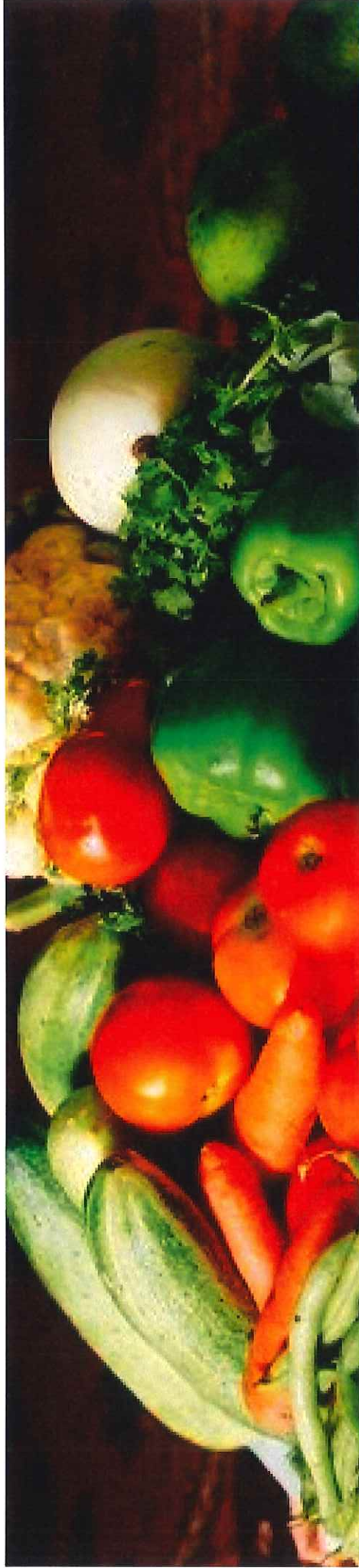


JOIN US EVERY MONDAY AND WEDNESDAY 1:00-3:00PM

SPECIAL EVENTS

BIRTHDAY CELEBRATIONS -24TH APRIL,2026

SPRING FLING PARTY -HOSTED BY ASSEMBLY WOMAN CATLINA CRUZ 23RD APRIL,2026



IMPORTANT : NEW NY SNAP RULES

- Starting March 1, 2026, some SNAP recipients may need to do at least 80 hours/month of work, volunteering, or training to keep benefits beyond 3 months in a 3-year period.
- Applies to able-bodied adults ages 18-64 without dependents.
- Seniors, those with disabilities, pregnant individuals, and caregivers of children under age 14 are typically exempt.

AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.

The amount you receive may depend on two things:

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- Number of people that live in your household.



HOW TO APPLY?

Make an appointment today

Call Patricia at 718-626-1500
ext. 7715

Our case Manager is available a
for assistance with:

- Benefits
- Case management
- Referrals
- SNAP, Medicaid,
SCRIE/DRIE

Business Days & Hours: Monday- Friday 8am-4pm

Funded by: NYC AGING

CATHERINE SHERIDAN PROVIDES PROGRAMS AND SERVICES TO INDIVIDUALS AGED 60+



86-07 35th Avenue

Jackson Heights, NY 11372

FREE HOT LUNCH:

MONDAY TO FRIDAY

11:30 TO 1 PM

ALMUERZO CALIENTE GRATIS:

LUNES A VIERNES

11:30 HASTA 1 PM

MERCADO POR CITA SOLAMENTE

LLAMAR LUNES-VIERNES DESDE 10-12PM

718-335-3693 718-335-1590

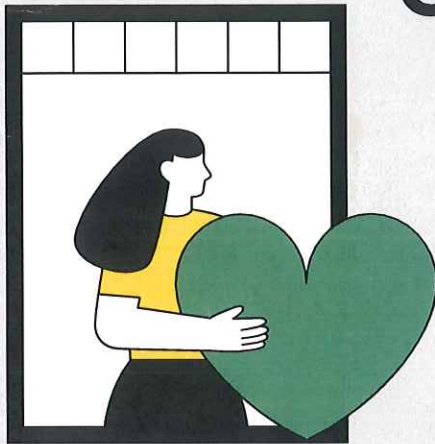
FOOD PANTRY BY APPOINTMENT ONLY

CALL MONDAY-FRIDAY FROM 10-12PM



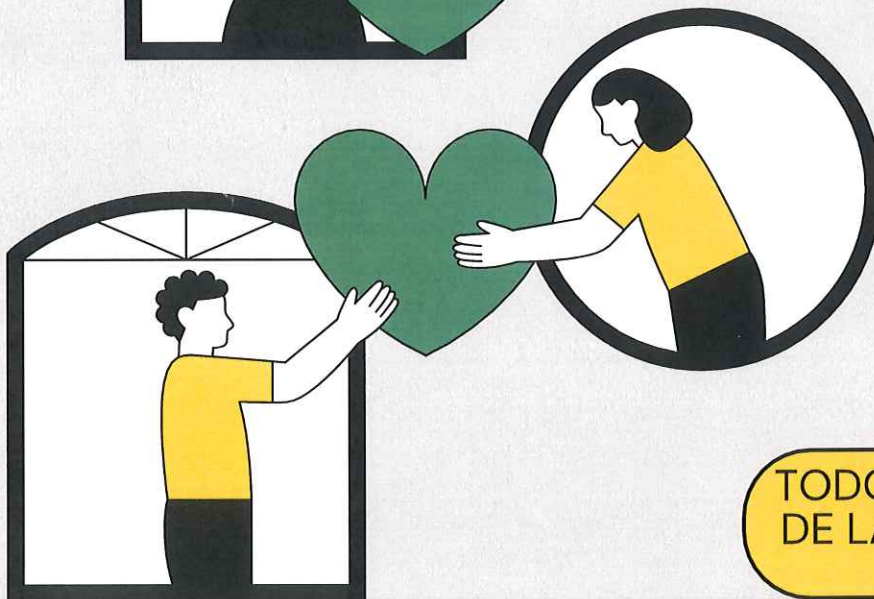
CATHERINE SHERIDAN OLDER ADULT CENTER

GRIEF & ISOLATION SUPPORT GROUP



EVERY MONDAY AT 10 A.M.
FOR 6 WEEKS

Space is limited. For more
information, see or contact
Victoria.
(917)485-1629



TODOS LOS LUNES A LAS 10
DE LA MAÑANA DURANTE 6
SEMANAS

GRUPO DE APOYO POR DUELO Y EL AISLAMIENTO

El espacio es limitado.
Para más información,
vea o contacte a
Victoria.
(917)485-1629

CCNS CATHERINE SHERIDAN OLDER ADULT CENTER WELLNESS SUPPORT

NYC Department for
the Aging

SAMUEL HELO Y
CENTRAL QUEENS Y

**COMMONPOINT
QUEENS**
A community support center

It's ok to feel sad, stressed, confused, scared, or angry. Having extra support is a great opportunity to express yourself, set new wellness goals, and work through the challenges you may face.

Victoria Medelius, from CAPE Mental Health is here at Florence E Smith to talk with you. I am here every **Monday and Thursday**.

If interested, please call 917-485-1629 or see me in the room next to the chapel.



APOYO AL BIENESTAR

Está bien sentirse triste, estresado, confundido, asustado o enojado. Tener apoyo adicional es una gran oportunidad para expresarse, establecer nuevas metas de bienestar y superar los desafíos que pueda enfrentar. Victoria Medelius, de CAPE Salud Mental está aquí en Florence E Smith para hablar contigo. Estoy aquí cada **lunes y jueves**.

Si está interesado, llame al 917-485-1629 o visíteme en la sala al lado de la cepilla.

Scam Prevention: Tips and Tricks

Is It a Scam? Common Red Flags



- Unexpected contact from someone you do not know or a company you weren't expecting to hear from.
- Phone calls or texts that prompt you to enter personal information, account information or to click on a link.
- Requests for payment, often via electronic means (such as wire transfer, payment apps, or cryptocurrency/bitcoin) or the purchasing of gift cards.
- Sense of urgency or high-pressure sales pitches, including threats of consequences if you do not act immediately, such as account closure or police involvement.
- Notification of a "problem" that requires your personal information and/or payment to "fix".
- Demands of secrecy. Scammers may tell you not to involve anyone else or to call the police.
- Instructions to move your money into unknown accounts or give cash to unknown individuals to "keep it safe".
- Offers that sound "too good to be true" such as investments or job opportunities, promising quick, easy money with no experience needed.
- Claims that you have won a prize or lottery and must pay to claim your winnings.

Signs

You May Have Been Scammed

- Unusual or unfamiliar bank and/or credit card transactions, such as transfers of funds into unknown accounts or purchases the older adult did not make themselves.
- Purchasing and sending gift cards to unknown individuals.
- Payments made via electronic means the older adult would not typically use, such as cryptocurrency/bitcoin or wire transfers.
- Large cash withdrawals.
- Calls from "impostors" claiming to be family members in trouble, police officers, or government or business officials who request money or personal information.
- Social media/internet contact with unknown individuals promising friendship or romance.

Financial Literacy: What to Know

Where to Find Financial Help & Assistance



It's Important at Any Age, Especially When You're Older

- Older adults may face unique financial challenges like budgeting to live on a fixed income.
- It's important to know how to manage debt as you get older.
- Understanding Social Security benefits or other entitlements is key.
- There are many tax credits and deductions for older adults, it's important to know how to use them.
- Learning how to avoid scams is key to staying financially literate.

Department of Consumer & Worker Protection Tips for Older Adults

Information about common financial issues for older adults and how to spot fraud
Get a copy:

- Visit nyc.gov/dcwcp and search "Tips for Older Adults" to download OR
- Call 311 and request a copy of the "Consumer Tips for Seniors".

DCWP Financial Empowerment Centers

Get free, one-on-one financial counseling at an NYC Financial Empowerment Center. Learn more and make an appointment:

- Visit nyc.gov/TalkMoney
- Call 311 and say "Financial Counseling"

NYC Free Tax Help

Use NYC Free Tax Prep to file your taxes for free and keep your whole refund. Even if you aren't working, you may still need to file a tax return. You might also be eligible for tax deductions or credits, including healthcare, family and dependent care credits, and a larger standardized deduction.

Learn more and find filing option for you:

- Visit nyc.gov/TaxPrep
- Call 311 and say "Tax Preparation"

Legal Resources & the Preservation of Personal Autonomy

Older adults have differing concerns about wills, power of attorney, guardianship needs, estate planning, and related legal concerns when dealing with "end-of-life planning," otherwise known as Preservation of Personal Autonomy. NYC Aging and its legal services providers make referrals to free or low-cost attorneys and legal consultants who can work with you to draft or file these important documents.

To connect with these resources, contact:

- The New York City Bar Association Legal Referral Service 917-818-4684 OR
- The New York State Bar Association Lawyer Referral and Information Services 1-800-342-3661.

Other Helpful Resources

Aging Connect

NYC Aging's information and referral contact center for older adults and their families.

212-AGING-NYC (212-244-6469)

Social Security Benefits

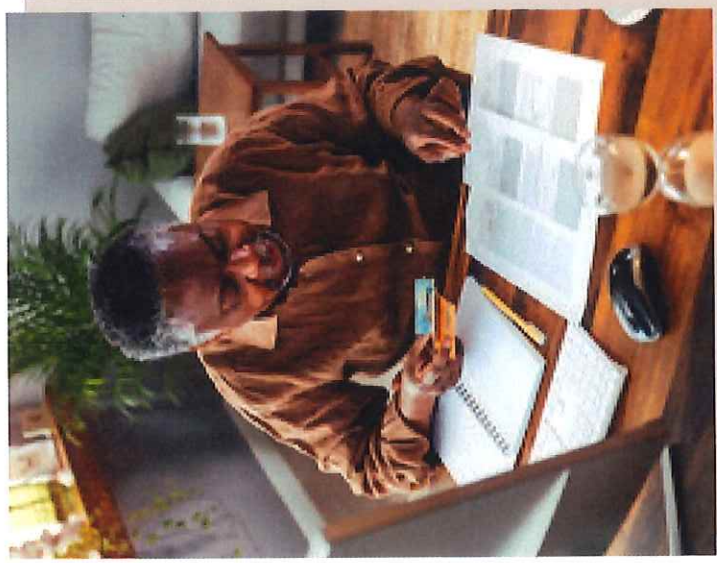
Contact the Social Security Administration for more information on your benefits.

1-800-772-1213 OR

www.ssa.gov

Legal Services & Assistance

NYC Aging contracts with local borough-based organizations to provide free legal services to older New Yorkers.



**Call Aging Connect:
212-AGING-NYC (212-244-6469)**

What To Do

if You've Been Scammed

- In New York State, you can file a police report if you have been the victim of a scam. With a police report you may be able to seek some reimbursement from the New York State Office of Victims Services.
 - Credit fixing rights: Federal law requires internet-based credit repair companies to detail their services in writing to you before an agreement is made. Companies cannot ask you to pay before the services have been performed.
 - You may request a free copy of your credit report. Review it carefully and report issues to your credit card companies.
- Visit www.annualcreditreport.com or call (877)-322-8228 for more information.



Who to Contact

for Legal Assistance

Aging Connect

NYC Aging's information and referral contact center for older adults and their families.

212-AGING-NYC (212-244-6469)

New York City Bar Association

Legal Referral Hotline 917-708-8396 or visit nycbar.org.

New York Legal Assistance Group

(NYLAG): nylag.org/consumer-rights.

If You've Been Scammed,

NYCAgingCanHelp

Call Aging Connect

212-AGING-NYC (212)-244-6469 to learn more about programs and services available through NYC Aging. If you have been scammed, the agency's Elderly Crime Victims Resource Center provides crime support services, including guidance on reporting scams and assistance applying for reimbursement through the New York State Office of Victims Services. For additional information visit nyc.gov/aging.

**Call Aging Connect:
212-AGING-NYC (212-244-6469)**

CELEBRATING
125
YEARS



**TRANSPORTATION SERVICES
TO LOCAL SENIORS CENTERS, MEDICAL
DENTAL AND CLINIC APPOINTMENTS
SUGGESTED DONATIONS REQUESTED
SPONSORED BY
CCNS CATHERINE SHERIDAN OLDER ADULT CENTER**



**THIS SERVICE IS PROVIDED FOR SENIORS 60 YEARS AND
OLDER WHO HAVE DIFFICULTY TAKING PUBLIC
TRANSPORTATION AND RESIDE IN MASPETH, WOODSIDE,
MIDDLE VILLAGE, SUNNYSIDE, JACKSON HGTS, ELMHURST
AND EAST ELMHURST**

**FOR FURTHER INFORMATION PLEASE CALL JANETH OSPINO
TRANSPORTATION COORDINATOR AT 718-458-4600**

CCNS CATHERINE SHERIDAN OLDER ADULT CENTER

35-24 83 ST JACKSON HEIGHTS NY 11372



**CCNS CATHERINE SHERIDAN OLDER ADULT CENTER
MALL SHOPPING AND RECREATION TRIPS CALENDAR FOR THE
MONTH OF APRIL 2026**

Call (718) 779-8305 to make a reservation.
Departure Time 9:30 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 B.J.S. Donation \$3.00	7 IKEA Donation \$4.00	8	9	10	11
12	13 ALDI Donation \$3.00	14 CITY ISLAND Donation \$7.00	15	16	17	18
19	20 T.J.MAXX Donation \$3.00	21 DUMBO Donation \$4.00	22	23	24	25
26	27 COSTCO Donation \$3.00	28 CITY ISLAND Donation \$7.00	29	30		

FUNDED BY NYC DEPARTMENT FOR THE AGING

FREE TAX FILING

URBAN U BOUND OFFERS:

Tax preparation and Finance Counseling—Different Locations

CALL FOR AN APPOINTMENT AT:

Phone: 718-784-0877

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OTHER OPTION:

ELMHURST HOSPITAL
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Elmhurst

TUESDAY, THURSDAY, AND SATURDAY

FROM: 9-5



Healthy Banana Smoothie

This healthy banana smoothie recipe is one of our all-time favorite smoothies! It's made with frozen bananas (super key to its creamy texture!), Greek yogurt, flax seed, and almond milk. Make it in just 5 minutes!



Ingredients

Bananas (frozen sliced), 2 cups

Nonfat Plain Greek Yogurt, ½ cup

Ground Flax Seeds, ½ tablespoon

Unsweetened Almond Milk (plain), 1 cup

This banana smoothie recipe is truly a 5-minute meal. Add your ingredients to a high-speed blender and you've got a quick and easy breakfast ready to go.

Funded by: NYC AGING



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



Story Title

Ready to create your own Funny Fill-in story? To get started right away, just replace this text with your own. You can customize your story by adding your own pictures, shapes, and icons. On the Insert tab of the ribbon, just tap the option you need.

Once your story is complete, go back and replace the nouns, adjectives, adverbs, and other words with fill-in blanks. To create the fill-in blanks, just add a series of underscores, like this: _____.

To add the labels, at the end of each line of your story, press Enter twice to create an empty paragraph between each line. Type the label text, and then select the Fill-In-Label style from the Styles gallery on the Home tab. Use tabs and spaces in front of the label to position it under the fill-in blank: _____.

Fill-In Label

Get creative with your fill-in labels by using an Icon from the Insert tab in place of the label text. Resize and recolor the icons on the Format tab, and then select the Fill-In Icon style for the label paragraph: _____.




Stuck for story ideas? Get inspiration from a favorite story, fairytale, song, movie, or show. For a special occasion, such as a birthday or family get-together, write a story about the person or a funny family story.




The Best Day Ever

One day I woke up feeling  _____, and I knew
Emotion



it was going to be a special day. The sky was  _____
Color

and the weather was  _____, so I hopped out of
Weather

bed, put on my  _____ and my _____
Article of clothing Adjective

 _____, and I was ready to _____.
Type of footwear Verb



Outside, I caught the first  _____, which took
Type of vehicle

me straight into  _____. I went  _____
Town/City Direction

until I came to a store selling _____,
Adjective Plural noun


where I bought the perfect _____!
Adjective Noun

Next, I treated myself to a  _____ snack at a
Type of food

 _____ restaurant. It was very  _____,
Type of food Temperature

but it was still good enough to _____.
Verb

Finally, I went back home. I fed the _____,
Animals

then sat down on the  _____, and thought, "What
Piece of furniture

a/an _____ day!"
Adjective



A LITTLE TIME, A BIG DIFFERENCE

SIGN-UP TO VOLUNTEER

PLEASE REACH OUT TO PATRICIA (CASE MANAGER)



MEET OUR STAFF

MARIANA ORTIZ. – PROGRAM MANAGER

PATRICIA P. – CASE MANAGER

CANDIDA F. – ADMINISTRATIVE ASSISTANT

MARIA R. – KITCHEN AIDE

DEYGER G.-KITCHEN AIDE

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