

125+
YEARS OF CHANGING LIVES



Senior Voices





CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
HOWARD BEACH OLDER ADULT CENTER

155-55 Cross Bay Blvd.,
Howard beach, NY 11414
Phone (718) 738-8100



April is a Special Month Focused on Overall Wellness & Prevention

April is recognized for several important health awareness topics, including Stress Awareness Month, Parkinson's Disease Awareness Month, and National Public Health Week. This is a time to focus on mental well-being, staying active, and maintaining a healthy lifestyle. As the weather improves, it's the perfect opportunity to get outdoors, reduce stress, and reconnect with healthy habits. Taking small steps-like daily movement, balanced nutrition, staying socially engaged, and managing stress-can make a big difference in overall health and quality of life. Let's use this month to:

-  Prioritize mental health and stress management
-  Stay active with walking and light exercise
-  Learn about brain health and neurological conditions
-  Stay connected with friends, family, and community

Remember: Prevention, awareness, and early action are key to living a healthier and happier life.

April 2026

Funded by NYC Dept of Aging

Message from the Center:

**Live Long
Live Well
Live Happy**

Dear CCNS Howard Beach OAC Members,

Welcome to April!

Spring is in full bloom! Let us enjoy the beauty of blossoming flowers, warmer days, and fresh beginnings. April brings a colorful and refreshing atmosphere—perfect for getting outside, enjoying nature, and embracing a positive mindset.

April is a special month focusing on overall wellness and stress awareness. As we continue through 2026, we encourage everyone to take time to care for both physical and mental health. This is a great opportunity to slow down, reduce stress, and reconnect with healthy daily habits.

April is recognized as Stress Awareness Month, reminding us of the importance of balance and self-care. Remember to stay active, eat nutritious foods, practice relaxation techniques, and stay socially connected.

We appreciate your continued support and look forward to another month of friendship, wellness, and community.

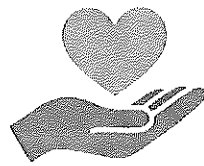
Wishing everyone a happy, peaceful, and healthy April!!



Howard Beach OAC
April 2026 Newsletter



Our 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 which promotes justice and embraces human development.



For more info, visit: www.ccbq.org | Howard Beach OAC Front Desk

CCNS Howard Beach OAC

Golden Age Dancers Group

Fundraising Flea Market



Friday, April 10, 2026

9:00 AM to 12:30 PM

In the front lobby of Peter J. Striano Senior Residence

155-55 Crossbay Blvd., Howard Beach, NY 11414

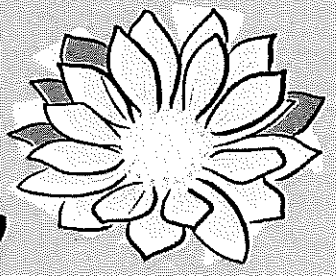


Fundraising to support our dance group!

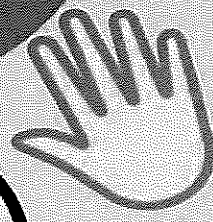
Funded by NYC Aging

30
DAYS IN THE
MONTH

National
Unicorn
Day

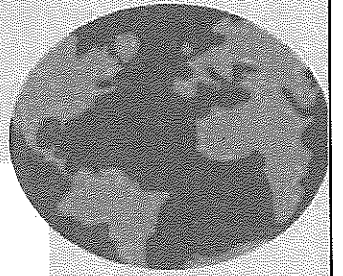


Daisy

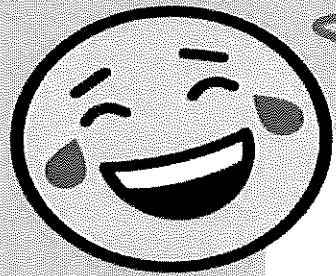


Hi-Five
Day

National
Garden Month



Earth
Day



April
Fools
Day

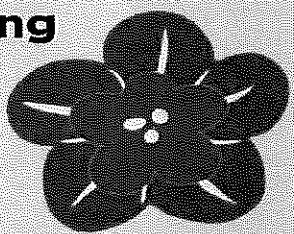
APRIL

FUN FACTS

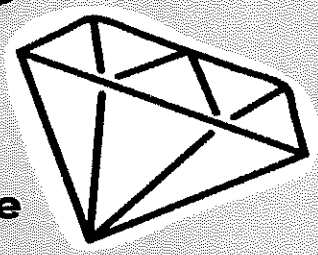


Start of
Baseball
Season

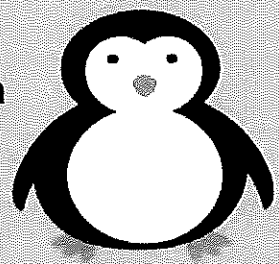
Spring



Diamond
Birthstone



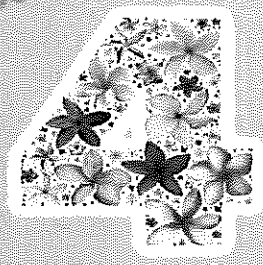
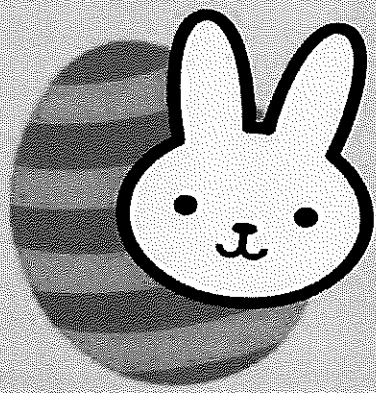
World
Penguin
Day



National
Chase a
Rainbow Day



Easter

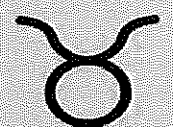


4th Month
of The Year

Astrology Signs



Aries



Taurus



MADEWITHHAPPY.COM

FIVE FUN FACTS ABOUT APRIL FOOL'S DAY

1. The exact origins of April Fool's Day are unknown, but it's believed to have started in France in the 1500s when the new year was moved from April 1 to January 1.
2. In Scotland, April Fool's Day is celebrated for two days. The second day is called Taily Day, and it's dedicated to pranks involving buttocks. Taily Day's symbol is the "kick me" sign.
3. In France, people who get fooled on April 1 are called "Poisson d'Avril" or "April Fish." Children traditionally tape a picture of a fish on the back of their friends as a prank.
4. One of the most famous April Fool's Day hoaxes was in 1957 when the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees.
5. In modern times, major companies and media outlets have joined in on April Fool's Day by announcing fake products or news stories that fool the public.

APRIL
FOOL'S
DAY



CCNS Howard Beach OAC April 2026 Activities Schedule

(Events/Classes are subject to rescheduled or cancelled)

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	1	2	3
<p><u>9A-10A</u> Brain Teasers / Delia (D) <u>10:15A-11:15A</u> Work your Heart And Muscles / Christina (D) <u>1P-2:30P</u> Bingo / Delia (D)</p>	<p><u>9:30A-10:30A</u> Exercise / Delia (D) <u>1P-2P</u> Embroidery / Karen (A)</p>	<p><u>9A-2P</u> Free BP Screening/ Nurse Spencer (D) <u>9:30A-10:30A</u> IntenSati /Joseph (D) <u>10:30A-11:30A</u> Best Diet for Heart Health Presentation / Nurse Spencer (C) <u>10A-11A</u> Guitar Class A/ Ayodele Maakheru (A) <u>10:30A-11:30A</u> Disco Torso / SEPH (D) <u>11A-12P</u> Guitar Class B/ Ayodele Maakheru (A) <u>1P-2P</u> Karaoke / Howard (D) <u>1P-2P</u> Leisure Games / Linda (A)</p>	<p><u>9:30A-10:30A</u> Exercise / Delia (D) <u>10A-11A</u> Beginner Crochet / Mary (A) <u>11A-12P</u> Easter Dance / Golden Age Dance Group (D) <u>11A-12P</u> Intermediate Crochet / Mary (A) <u>1P-3P</u> Rock Painting / Margaret (A)</p>	<p>GOOD FRIDAY - CENTER CLOSED</p>
6	7	8	9	10
<p><u>9A-10A</u> Brain Teasers / Delia (D) <u>10:15A-11:15A</u> Work your Heart And Muscles / Christina (D) <u>1P-2:30P</u> Bingo / Delia (D)</p>	<p><u>9:30A-10:30A</u> Exercise / Delia (D) <u>1P-2P</u> Embroidery / Karen (A)</p>	<p><u>9A-2P</u> Free BP Screening/ Nurse Spencer (D) <u>9:30A-10:30A</u> IntenSati /Joseph (D) <u>10:30A-11:30A</u> Fall Prevention Presentation / Nurse Spencer (C) <u>10A-11A</u> Guitar Class A/ Ayodele Maakheru (A) <u>10:30A-11:30A</u> Disco Torso / SEPH (D) <u>11A-12P</u> Guitar Class B/ Ayodele Maakheru (A) <u>1P-3P</u> Benefits of Homecare Services Lecture / MHC (D)</p>	<p><u>9:30A-10:30A</u> Exercise / Delia (D) <u>10A-11A</u> Beginner Crochet / Mary (A) <u>11A-12P</u> Intermediate Crochet / Mary (A) <u>1P-3P</u> Rock Painting / Margaret (A)</p>	<p><u>9:30A-10:30A</u> Exercise / Delia (D) <u>10:30A-11:30A</u> Sign Language / Judy (A) <u>1P-3P</u> Party with DJ Joel (D) <u>1P-3P</u> Mahjong /Linda (A) <u>1P-3P</u> Card Games /Sonia (C)</p>

<p>13</p> <p><u>9A-10A Brain Teasers / Delia (D)</u> <u>11A-12P Pen Pal Time / Wendy (C)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Exercise / Delia (D)</u></p>	<p>14</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Mental Health Wellbeing Workshop 1 / Charlotte (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>1P-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>15</p> <p><u>9A-2P Free BP Screening/ Nurse Spencer (D)</u> <u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10:30A-11:30A Best Diet for Diabetes Presentation / Nurse Spencer (C)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-2P Karaoke / Howard (D)</u> <u>1P-2P Leisure Games / Linda (A)</u></p>	<p>16</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1:30P-2:30P Monthly Book Club / Pat (C)</u> <u>1P-3P Rock Painting / Margaret (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>	<p>17</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Sign Language / Judy (A)</u> <u>10:30A-11:30A The Impact of Stress Presentation / Ohel (D)</u> <u>1P-3P Party with DJ Ray (D)</u> <u>1P-3P Mahjong /Linda (A)</u> <u>1P-3P Card Games /Sonia (C)</u></p>
<p>20</p> <p><u>9A-10A Brain Teasers / Delia (D)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Exercise / Delia (D)</u></p>	<p>21</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Mental Health Wellbeing Workshop 2 /Charlotte (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>1P-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>22</p> <p><u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-2P Karaoke / Howard (D)</u> <u>1P-2P Leisure Games / Linda (A)</u></p>	<p>23</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1P-3P Rock Painting / Margaret (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>	<p>24</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Sign Language / Judy (A)</u> <u>1P-3P Monthly Birthday Party / DJ Lou (D)</u> <u>1P-3P Mahjong /Linda (A)</u> <u>1P-3P Card Games /Sonia (C)</u></p>

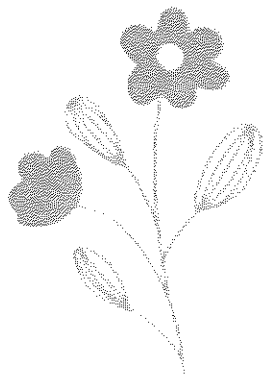
<p>27</p> <p><u>9A-10A Brain Teasers / Delia (D)</u> <u>11A-12P Pen Pal Time / Wendy (C)</u> <u>10:15A-11:15A Work your Heart And Muscles / Christina (D)</u> <u>1P-2:30P Exercise / Delia (D)</u></p>	<p>28</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10:30A-11:30A Mental Health Wellbeing Workshop 3 / Charlotte (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>1P-2P Embroidery / Karen (A)</u> <u>1:45P-2:30P Tai-Chi / Maggie (D)</u></p>	<p>29</p> <p><u>9:30A-10:30A IntenSati /Joseph (D)</u> <u>10A-11A Guitar Class A/ Ayodele Maakheru (A)</u> <u>10:30A-11:30A Disco Torso / SEPH (D)</u> <u>11A-12P Comedy Show / Howard the Joker (D)</u> <u>11A-12P Guitar Class B/ Ayodele Maakheru (A)</u> <u>1P-2P Karaoke / Howard (D)</u> <u>1P-2P Leisure Games / Linda (A)</u></p>	<p>30</p> <p><u>9:30A-10:30A Exercise / Delia (D)</u> <u>10A-11:15A Tech Resources for Everyday Life & Open Tech Help/ Daniel Sandoval (C)</u> <u>11A-12P Medicare Presentation / David (D)</u> <u>10A-11A Beginner Crochet / Mary (A)</u> <u>11A-12P Intermediate Crochet / Mary (A)</u> <u>1P-3P Rock Painting / Margaret (A)</u> <u>1:45P-2:30P Yoga / Maggie (D)</u></p>
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CCNS Howard Beach OAC
(Menu is subject to change.)

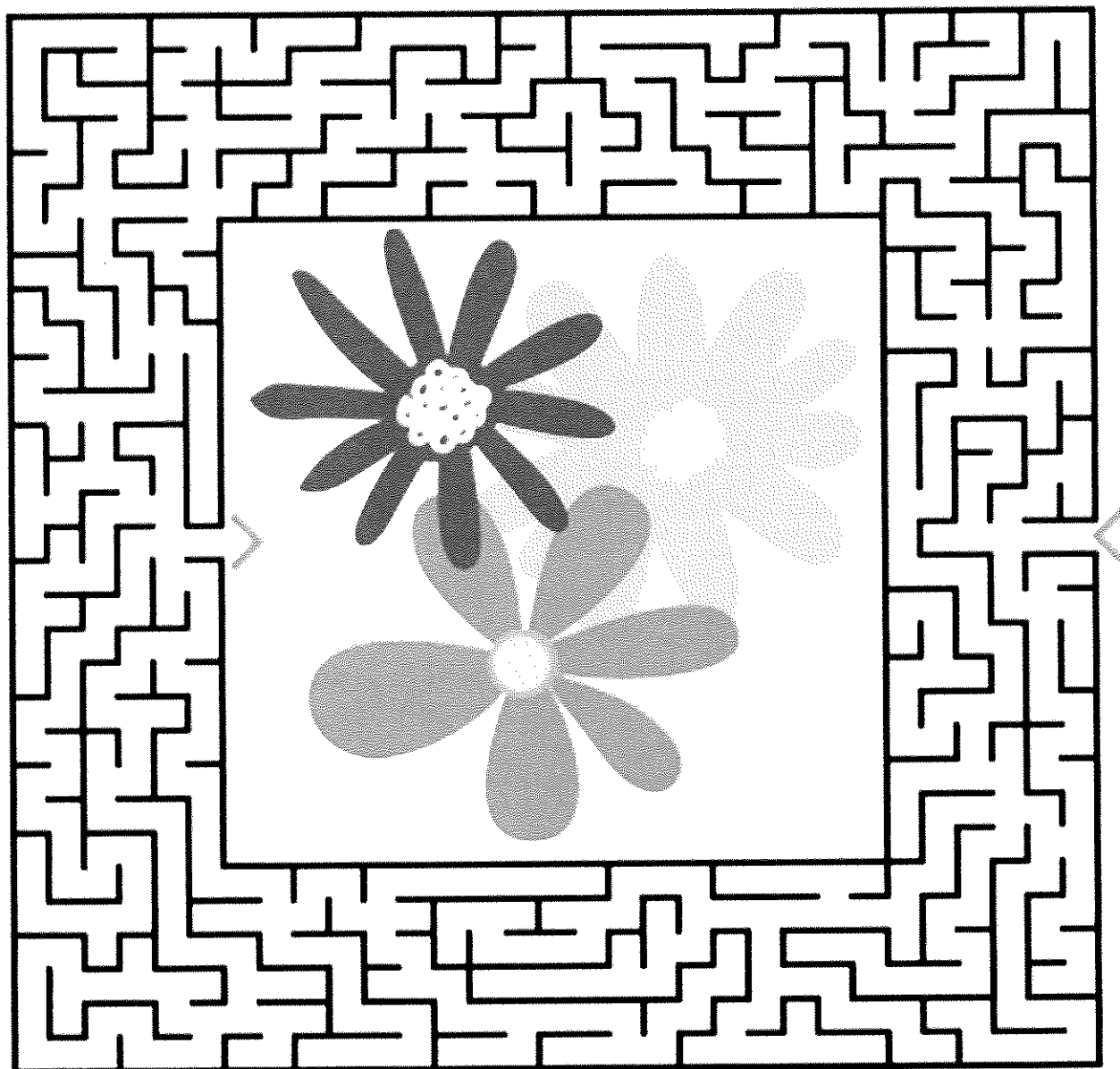
MENU April 2026

Monday	Tuesday	Wednesday	Thursday	Friday
6 Black Bean Soup Brown Rice with Mushrooms Asian Style Cucumber Salad Steamed Collard Greens Canned Sliced Peaches	7 Oven Fried Chicken Cheddar Cheese Cornbread Whole Wheat Bread Baked Potato Wedges Garden Salad Apple	1 Beef Meatloaf with Mushroom Gravy Whole Wheat Bread Garden Salad Italian Cut Green Beans Parmesan Rosemary Mashed Potatoes Fruit Cocktail	2 Easter Meal: Ham Scalloped Potatoes Asparagus Fruited Jello	3 GOOD FRIDAY - CENTER CLOSED Happy Good Friday!
13 Chipotle Bean and Veggie Chili Brown Rice with Mushrooms Baby Spinach Salad with Lemon Vinaigrette Plums (2)	14 Garlic Chicken Whole Wheat Pita Kale and Watercress Salad Mashed Potatoes Watermelon	8 Pork Spare Ribs Baked Macaroni and Cheese Whole Wheat Bread Arugula Salad with Balsamic Vinaigrette Sweet and Tangy Collard Greens Grapes	9 Chicken Parmesan Baked Ziti with Ricotta Italian Cut Green Beans Watermelon	10 Tuna Salad with Eggs Basic Pasta Salad Whole Wheat Hamburger Bun Beet, Arugula, and Feta Salad Banana
20 Asian Peanut Whole Wheat Noodles Whole Wheat Bread Asian Style Cucumber Salad Vegetable Soup Blue Berries	21 BBQ Chicken Classic Macaroni Salad Whole Wheat Bread Canned Pineapple	15 Light Egg Salad with Lettuce Classic Garlic Bread Mixed Green Salad w/Dressing Apple	16 Baked Breaded Pork Chops Perfect White Rice Whole Wheat Bread Sweet Beet Salad Banana	17 Baked Salmon with Lemon, Tarragon, and Thyme Whole Wheat Bread Mashed Potatoes Steamed Broccoli Orange
27 California Veggie Burger Homemade Minestrone Soup Whole Wheat Hamburger Bun Baked Fries Garden Salad	28 Baked Asian Style Honey Chicken Perfect White Rice Whole Wheat Bread Sautéed Spinach Fruit Cocktail	22 Beef Stew Whole Wheat Bread Arugula Salad w/ Balsamic Vinaigrette Baby Carrots and Parsley Garlic Mashed Potatoes Canned Pineapple / Orange	23 Italian Roasted Pork Tenderloin Coconut Rice and Pigeon Peas Spiced Mixed Vegetables Vegetable Mix Apple Sauce	24 Tuna Salad Bowtie Salad Whole Wheat Bread Garden Salad Grapes
		29 Beef and Peppers Egg Noodles Whole Wheat Bread Steamed Broccoli & Cauliflower Kiwi (2)	30 Ginger Sherry Pork Chops Whole Wheat Bread Smashed Red Potatoes Vegetable Mix Pear	

FUNDED BY NYCAGING

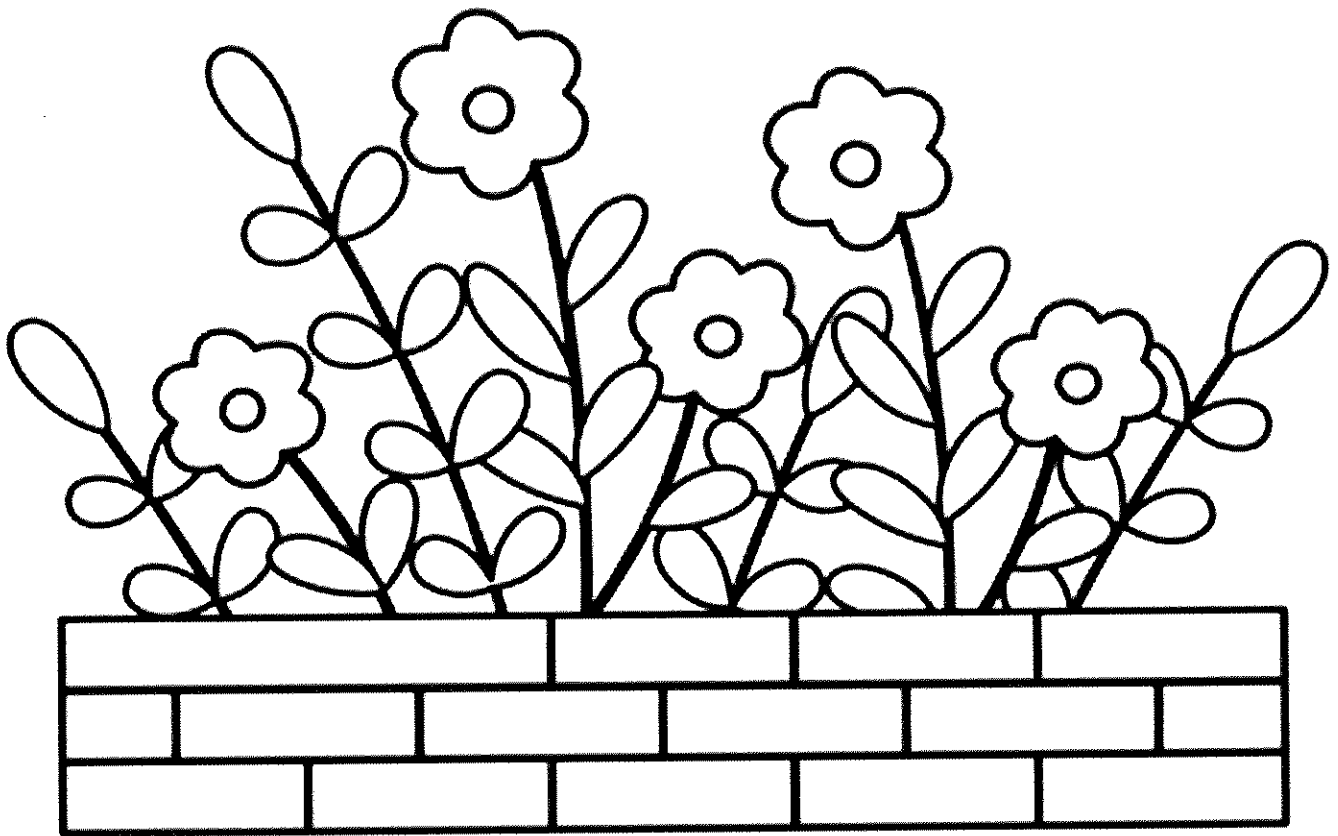


FLOWER MAZE



SEASONEDTIMES.COM

Spring Vibes



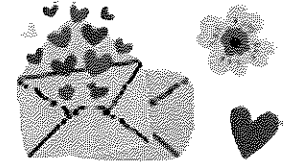
SEASONEDTIMES.COM



© Rhoda Design Studio



IS IT LOVE?



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

SEASONEDTIMES.COM

Look for the following words associated with love. They may be spelled forward, backward, downward, upward, or diagonally.

TREASURE

ATTRACTION

ADMIRE

BESOTTED

IDOLIZE

FLIRT

SWEETHEART

KISS

AFFECTION

ROMANCE

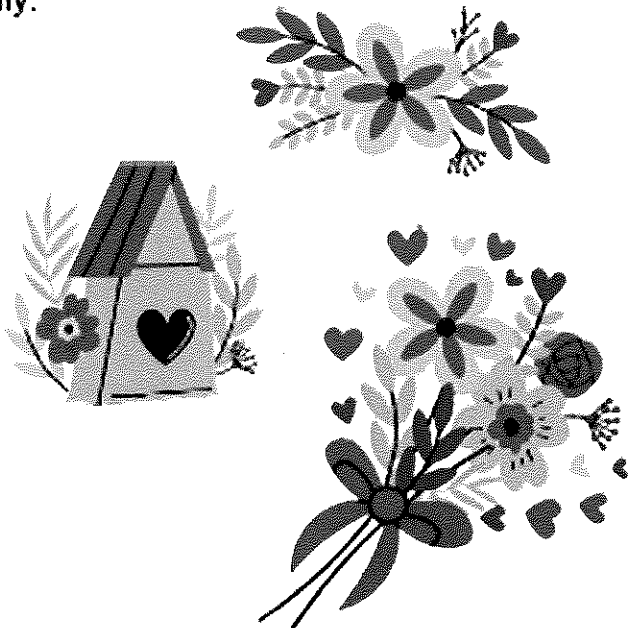
HEART

MARRIAGE

CHERISH

HUG

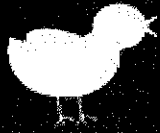
CRUSH



Easter fun facts

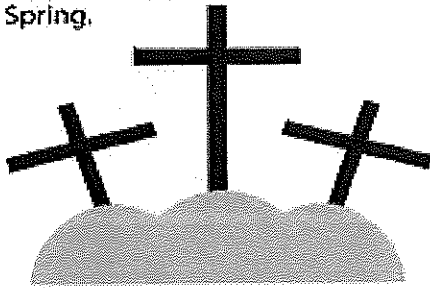
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publicityservices



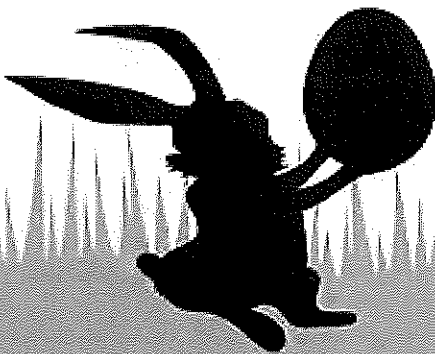
The word 'Easter'

is derived from Eostre, an ancient Anglo-Saxon goddess who symbolised the rebirth of the day at dawn and the rebirth of life in Spring.



Easter down under

Preservationists seized on the Easter-bunny tradition to draw attention to the fate of the bilby, a marsupial threatened with extinction. They boldly announced that the bilby, not the Easter bunny was the official Easter egg supplier and the idea caught on. Now you can even buy these marsupials in supermarkets but only in chocolate.



The Easter Act

...was first passed in Parliament in 1928. The purpose was to provide a fixed date for Easter, establishing Easter Sunday as the Sunday following the second Saturday in April. But although the Act was passed, it has yet to be implemented.

Hot Cross Buns

In 1361 a monk named Father Thomas Roccliffe is recorded to have made small spiced cakes, stamped with the sign of the cross, to be distributed to the poor visiting the monastery at St. Albans on Good Friday.



Sharing a hot cross bun with another is supposed to ensure friendship throughout the coming year, particularly if "Half for you and half for me, Between us two shall goodwill be" is said at the time.

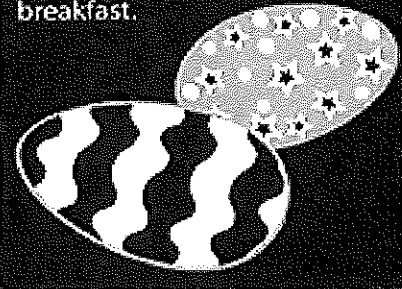
The Easter bunny

Eostre, the goddess of fertility and spring, was symbolised by the rabbit. The first mention of an Easter bunny was in the 1500s and it was in the 1680s that a story of the bunny was first published.

Legend has it that the Easter bunny lays, decorates and hides eggs as they are also a symbol of new life. He is not alone though. In Switzerland, Easter eggs are delivered by a cuckoo and by a fox in parts of Germany.

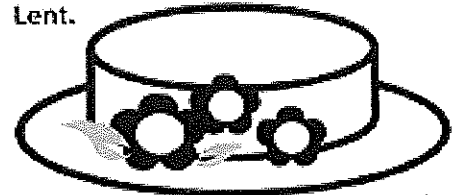
Easter Eggs

The peak time for Easter egg consumption is 11am on Easter Sunday, with 30% of children eating one of their 8.8 chocolates eggs instead of breakfast.



Easter Bonnets

Easter Bonnets are a throw back to the days when people denied themselves the pleasure of wearing finery for the duration of Lent.



Easter in Spain

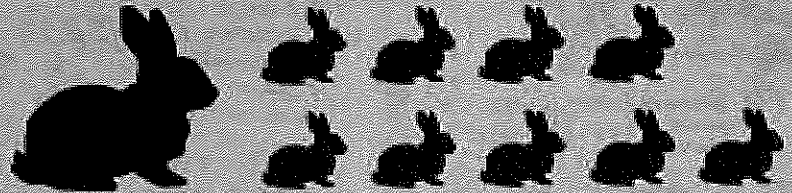
During the Semana Santa (Holy Week) in Spain, mile-long Easter processions snake their way through the towns, accompanied by rhythmic drumbeats.

'Sinners' dressed in pointed hats and long cloaks are an integral part of the processions, a tradition that dates back to the 16th century.

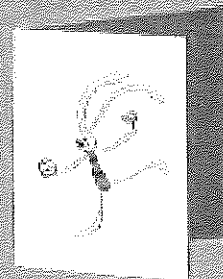


Happy Easter!

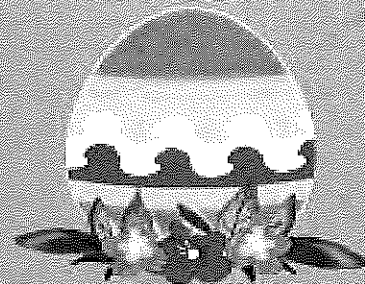
90
MILLION chocolate Easter
bunnies are
made every year



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



Healthy Easter Recipes for Seniors

Light • Nutritious • Easy to Prepare

1 Roasted Spring Vegetables

- Carrots, asparagus, zucchini
- Olive oil
- Garlic, salt, pepper

Directions: Toss vegetables with olive oil and seasoning. Roast at 400°F for 20~25 min.

♥♥ Rich in fiber and easy to digest

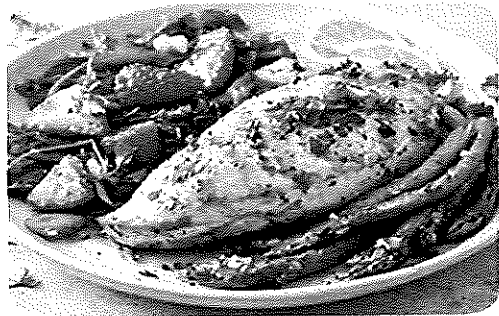


2 Baked Lemon Herb Chicken

- Chicken breast
- Lemon juice
- Garlic, oregano

Directions: Bake at 375°F for 25~30 minutes until tender.

♥♥ High protein, low fat



3 Fresh Spring Salad

- Spinach or mixed greens
- Strawberries
- Walnuts
- Feta cheese

♥♥ Mix and drizzle with olive oil or light vinaigrette.



4 Healthy Deviled Eggs

- Boiled eggs
- Greek yogurt

Directions: Replace mayo with yogurt, mix, and fill egg halves.

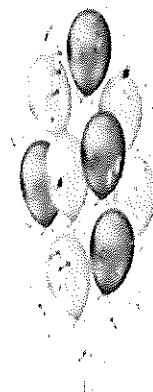
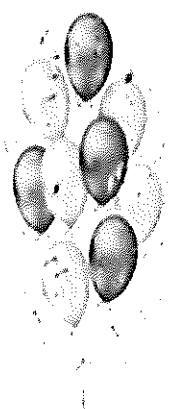
♥♥ Gentle on digestion & naturally sweet



EASTER WELLNESS TIPS FOR SENIORS

- ✔ Eat smaller, balanced meals
- ✔ Stay hydrated
- ✔ Take a light walk after meals

- ✔ Enjoy time with family and community



Where are the April Babies?

Vezzuto Sylvia

Formanek Jaroslava

Quirindongo Blanca

Mecca Frances

Kartsimadis Alexandra

Sancan Dora

Kabansky Jane

Darita Maria

Campo Giuseppa

Postilio Geraldine

Deoliver Suelly

Williams Helen

Vezzuto Martin

Bassant Allan

Mursko Linda

Ambrosino Margaret

Michaels Arlene

Priory Rosalle

Bruno Gloria

Muniz Sonia

Walsh De Cristino Diane

Ciclo Anna

Oppenheim Marc

Zamba Irene

Tabakoff Richard

Drexel Janet

Callaghan Marie

Velez Elizabeth

Mulligan Theresa

San Andres Betty

Lanza Anthony

Gillespie Elias (Lee)

Lopez Luis

Lavayen Dominga

Patricia Maletta

Ramirez Frances

Fountain Anne

Kumar Savitree

Budhreja Manjula

Delancey Gary

Feruggi Elenor

Singh Angela

Isralsky Ellen

Bautista Mirella

Ward Loretta

Turansky Geraldine

Fornito Patricia

Dolengewicz Sheila

Chan Lai Yee

Daniel Rae

Hernandez Aida





APRIL HEALTH & WELLNESS

NEWSLETTER

Renewal • Movement • Awareness • Connection



Dear Members,

April is a beautiful time of renewal, fresh air, and new beginnings. As spring arrives, it's the perfect opportunity to focus on both physical and emotional well-being. Let's take small steps together toward a healthier, happier lifestyle.



STRESS AWARENESS MONTH

Why It Matters

Stress can affect heart health, sleep, memory, and overall well-being—especially for older adults.

Simple Ways to Reduce Stress

- Practice deep breathing for 5 minutes daily
- Take relaxing walks outdoors
- Listen to music or read
- Stay socially connected with friends



Activity Highlight: Guided Relaxation & Breathing Session



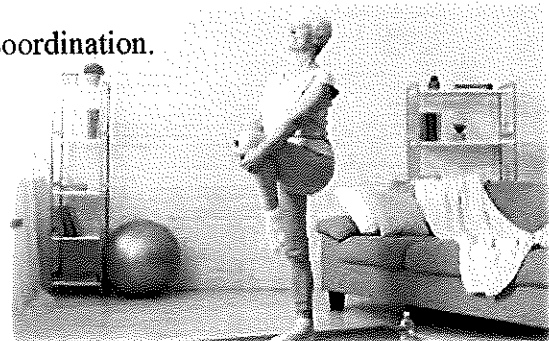
PARKINSON'S DISEASE AWARENESS MONTH

What to Know

Parkinson's disease affects movement, balance, and coordination.

Early Signs

- Tremors or shaking
- Muscle stiffness
- Slower movement



Workshop: Balance & Fall Prevention Class


STD AWARENESS (FOR ALL AGES)

Important Reminder

Health screenings are important at every age.

Key Points

- Regular check-ups matter
- Speak openly with your doctor
- Don't ignore symptoms

 **Educational Session:** Preventive Health Talk



MOVE MORE THIS APRIL

Stay Active, Stay Independent

Regular movement improves strength, mood, and balance.

Easy Daily Activities

- Chair exercises
- Gentle stretching
- Walking groups
- Dancing or light aerobics

 **Group Event:** Spring Dance & Movement Class



INTERACTIVE ACTIVITIES FOR APRIL

(Insert collage of activity photos: crafts, games, social groups)

Weekly Ideas:

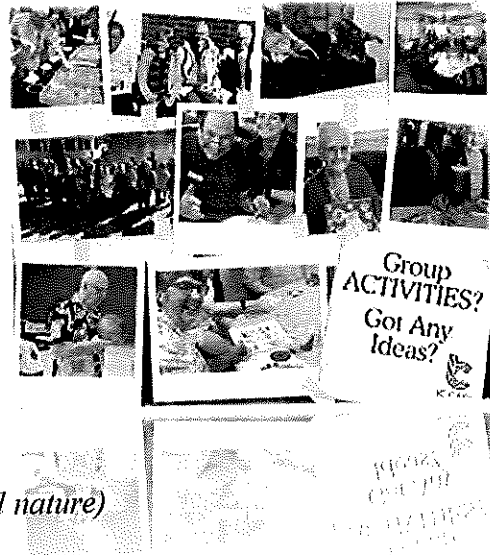
- Mindfulness Monday – breathing & relaxation
- Wellness Wednesday – light exercise or yoga
- Friendly Friday – social games & group chats

Creative Engagement:

April 2026

Funded by NYC Dept of Aging

- Spring arts & crafts (flower themes)
- Gratitude journaling
- Music & memory sessions



🌸 **Brain Health:**

- Puzzle corner
- Trivia games
- Memory exercises

🌹 **FINAL MESSAGE**

(Insert small calming image: flowers or peaceful nature)

Let's welcome April with positivity, movement, and care for one another. Small daily habits can lead to big improvements in our health and happiness.

💖 Stay active. Stay connected. Stay well.





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

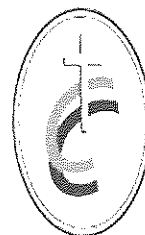
Accredited by the Council on Accreditation
for Children and Family Services

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

1955-1960-1995

Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

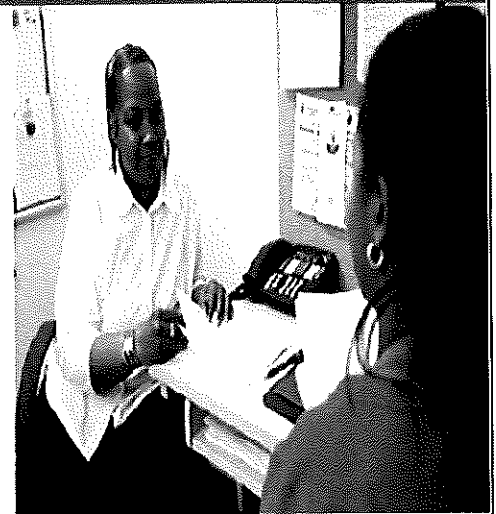


Who is eligible to receive services?

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
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



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*



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.

125+
YEARS OF CHANGING LIVES



Geriatric Mental Health Initiative **Program**

*Providing awareness, screenings and referrals
for seniors 55 and older in the area of
depression, anxiety, alcohol and substance
abuse.*

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

**Office Location: 191 Joralemon Street 13FL Brooklyn
NY 11201**

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



HOWARD BEACH STAFF

Annie Director of Operations
Oleksandr Program Manager
Wendy Case Manager
Kamani Administrative Assistant
Tracy Cook
Shamel Assistant Cook
Maria Kitchen Aide
Jeremy Maintenance

155-55 Cross Bay Blvd.
Howard Beach, NY 11414
PHONE: (718) 738-8100
Monday—Friday
8:30 A.M.—4:30 P.M.

125+
YEARS OF CHANGING LIVES



NYC
Department for
the Aging

HOWARD BEACH ADVISORY COUNCIL

President: Joyce Taraby
Vice President: Grace Derza
Treasurer: Pat McKeever
Secretary: Elaine Anderson
Councilmembers:
Florence Carbone
Yvonne Whittingham
Matilde Diaz
Dee Martins

Councilmembers:

Nancy Lopez
Nieves Gonzalez
Hilda Spirmer
Richard Tabakoff
Corrie Pionegro
Lorraine Trotta
Linda Mastrangelo

**Wishing everyone will have a happy, healthy, and prosperous
April!**



April 2026

Funded by NYC Dept of Aging