

CCNS Peter J. Dellamonica Older Adult Center

— Pioneers of Queens —

April 2026 Newsletter

Funded by



A Message from the Program Manager

Dear Members,

As we welcome April, we also welcome a season of renewal, hope, and fresh beginnings. This month, we look forward to celebrating culture, wellness, and community together.

*Spring reminds us that every day
brings a new opportunity to
grow, connect, and thrive.*



April 2026 Highlights



Spring Holy Days & Cultural Celebrations

Honoring Passover, Good Friday & Easter.



Earth Day Celebration – April 20

Join us for music, community, and environmental awareness activities.



Spring Social Events

Featuring DJ Woody and festive gatherings filled with energy and joy.



April is Minority Health Month

Encouraging seniors to prioritize preventive care, monitor blood pressure, and stay informed.

April is Stress Awareness Month

Supporting emotional wellness, join social activities, and practicing relaxing exercises.



*Celebrating Culture, Movement
& Community This Spring*



★ ACTIVE SENIORS IN ACTION ★

Wellness • Friendship • Community



Our members at the CCNS Peter J. DellaMonica Older Adult Center stay active and connected through fun activities, wellness programs, and social events.

From dance and movement classes to outdoor gatherings, our center provides opportunities for older adults to stay healthy, engaged, and part of a vibrant community.

★ Center Highlights

- ✓ Fitness & Stretch Classes
- ✓ Dance & Movement Programs
- ✓ Outdoor Social Activities
- ✓ Health & Wellness Education
- ✓ Cultural Celebrations
- ✓ Community Events

CCNS Peter J. DellaMonica Older Adult Center

📍 23-11 31st Road
Astoria, NY 11106

📞 718-626-1500



❤️ Join Our Community

Older adults come together at our center to stay active, build friendships, and enjoy meaningful programs that support healthy aging.

★ All seniors are welcome!

Funded by **NYC Aging** 2



Computer & Smart Device Class






Learn how to use computers, smartphones, and tablets!









Join us as we restart our **Computer & Smart Device Classes** at the center. This class will help you feel more comfortable using technology in everyday life!

Class Details

-  Day: Friday
-  Time: 11:00 AM
-  Instructor: Rianne

What We Will Learn

-  Using smartphones and tablets
-  Basic computer skills
-  Sending emails
-  Using the internet safely
-  Taking and sharing photos
-  Online safety tips



CCNS Peter J. DellaMonica
 Older Adult Center
 23-11 31st Road
 Astoria, NY 11106
 718-626-1500

No experience needed — beginners are welcome!



April 2026 Community Trips

Time: 10:30 AM – 1:45 PM • Local Trips: \$2 • Queens Trips: \$3 • Outside Queens: \$4-\$5

For Registered Participants Age 60+ • Sign Up & Pay in Advance



Transportation Fee Guide

- Local Trips — \$2
- Queens Trips — \$3
- Outside Queens: \$4-\$5

Tuesday, April 7

Astoria Park Waterfront Walk
Free Admission - \$2 Transportation

Walking Level: Easy

Tuesday, April 14

Flushing Meadows Park Cherry Blossoms
Free Admission - \$3 Transportation

Walking Level: Moderate

Tuesday, April 21

Noguchi Museum Sculpture Garden
\$10 Admission - \$2 Transportation

Walking Level: ● Easy-Moderate

Tuesday, April 28

Gantry Plaza State Park Skyline Walk
Free Admission - \$2 Transportation

Walking Level: ● Easy

Thursday, April 9

Museum of the Moving Image
\$10 Admission - \$2 Transportation

Walking Level: Easy

Thursday, April 16

Queens Botanical Garden
\$6 Admission - \$3 Transportation

Walking Level: Moderate

Thursday, April 23

Queens Center Mall Shopping Trip
Free Admission - \$3 Transportation

Walking Level: Easy

Thursday, April 30

City Island Waterfront Tour
Free Admission - \$2 Transportation

Walking Level: Easy. Moderate

Trip Sign-Up Information

- Only 7 seats available per trip
- Register with Recreation Coordinator or Driver
- Full payment required when signing up

Walking Level Guide

- Easy – minimal walking
- Moderate – some walking required
- Difficult – longer walks

*Trips may be subject to change due to weather, transportation issues, or unforeseen circumstances. Funded by NYC Aging

Funded by NYC Aging



WEDNESDAY IS

Healthy Meatless Meal Day!



Join Us Every Wednesday for a
Delicious Meatless Lunch!

- ✓ Fresh Veggies
- ✓ Beans & Grains
- ✓ Crisp Salads
- ✓ Tasty Fruit



12:00 PM – 1:00 PM

Come Enjoy a Healthy Meal!

- ✓ Good for Your Heart
- ✓ Gives You Energy
- ✓ Adds Variety to Your Week
- ✓ Something Different!



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Catholic Charities
Brooklyn & Queens



APRIL 2026

Minority Health Month & Stress Awareness Month



National Minority Health Month

Raising awareness about health disparities and promoting **health equity** for all communities.

- Preventive Screenings
- Chronic Disease Management
- Culturally Responsive Care
- Chronic Disease Management
- Culturally Responsive Care
- Access to Community Resources



Stress Awareness Month

Understanding the impact of stress on physical and emotional well-being.

- Sleep
- Blood Pressure
- Aerofitness
- Blood Pressure
- Mood
- Overall Health

Healthy coping strategies support **stronger aging** and resilience.



Physical Health & Exercise

- Line Dancing
- Tai Chi
- Chair Yoga
- Aerofitness
- Zumba & Zumba Gold
- Yoga Dance



Health Management & Promotion

- Stress Management
- Mood & Healthy Habits
- Home Safety Checklist
- Scam & EBT Safety



Nutrition Education

- My Favorite Healthy Meal
- Smart Shopping Checklist
- Build a Balanced Plate
- Nutrition Lecture with Registered Dietitian



Mind-Body Wellness

- Chair Yoga
- Tai Chi
- Yoga Dance
- Stress Workshops

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Funded by NYC Department for the Aging
Schedule Subject to Change


CCNS Peter J. DellaMonica
Older Adult Center presents

APRIL FOOL'S COMEDY MAGIC SHOW!

A Fun Afternoon of
Laughs & Amazing
Tricks!

Wednesday, April 1st

★ 1:00 PM

 Hilarious Magic Tricks

 Audience Participation

 Lots of Surprises!

APRIL
FOOLS!

Featuring

★ De-Lish-Us Magic!

23-11 31st Road, Astoria, NY 11106 • (718) 626-1500

Free • All Seniors Welcome

Funded by NYC Aging








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718-626-1500

Spring Celebration Social

A Non-Secular Community Gathering

Join us for a joyful *Spring Celebration* filled with music, laughter,
— and seasonal fun! —

-  **Spring-Themed Dance Social**
-  **Live with DJ Woody & Classic Favorites**
-  **Festive Spring Décor**
-  **Egg Decorating & Light Refreshments**
-  **Spring Photo Corner**

Date: Monday, April 6th

Time: 1:00pm

Location: CCNS Peter J. Dellamonica Older Adult Center

Celebrate the beauty of spring, friendship, and
community in a warm and welcoming environment for all.

- ★ Open to all members
- ★ Fun, festive & inclusive
- ★ Seasonal treats & good company

Spring Holy Days & Cultural Celebrations

Honoring Passover & Easter

Good
Friday

DJ Woody
Live!

Monday, April 13th, 2026 | 1:00 PM

CCNS Peter J. Dellamonica
Older Adult Center

23-11 31st Road, Astoria, NY 11106

718-626-1500

125+
YEARS OF CHANGING LIVES





Earth Day Celebration!

Monday, April 20th, 2026



CCNS Peter J. Dellamonica Older Adult Center

Monday, April 20th at 1:00 PM

23-11 31st Road, Astoria, NY 11106

- 🌿 Celebrate Earth Day with music & fun
- 🌿 Enjoy a delicious, eco-friendly Meatless Menu

Promoting a plant-based meal to help save the planet!

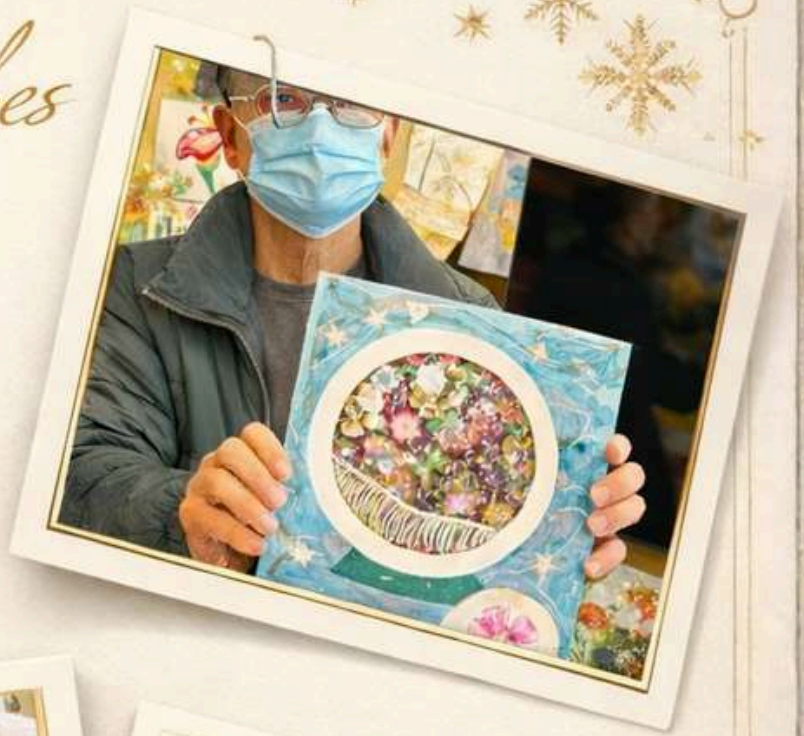
718-626-1500

23-11 31st Road, Astoria, NY 11106



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Snow globes



Funded by NYC Aging

125+
YEARS OF CHANGING LIVES



National Nutrition Month • March 2026

March into Wellness

Celebrating National Nutrition Month

Supporting Healthy Aging in Our Community



“During National Nutrition Month, our center came together to nourish health, share resources, and strengthen the bonds that make our community feel like family.”

More Than Meals – We Deliver Care

This March, CCNS proudly celebrated National Nutrition Month by supporting the health and well-being of our older adults through nutritious meals, CityMeals package distribution, and meaningful connection.



Preparing for
Peace of Mind



Nourishing
Strength



Community
in Action



Together
We Thrive

With Gratitude to *Southwest Queens Meals on Wheels*

Funded by **NYC** Aging



St. Patrick's Day Celebration Highlights

CCNS Peter J. DellaMonica Older Adult Center



Members celebrating St. Patrick's Day together at the center!



Friends celebrating
in green spirit



Festive costumes and
dancing fun



Community, laughter,
and celebration

🎵 Special Performance by Our Center Choir 🎵

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Older Adult Center
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Funded by NYC Aging

HEALTH AWARENESS DAY

At CCNS Peter J. DellaMonica OAC



Promoting wellness, prevention,
and community care



125+



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Funded by
NYC aging 14

EXERCISE & WELLNESS

At CCNS Peter J. DellaMonica OAC

Staying active and healthy for better aging!



Group Exercises



Healthy Habits



23-11 31st Road • Astoria, NY 11106

718-626-1500



Funded by **NYC** aging

Healing with Music

Peace of Heart Choir Performance



We were honored to welcome the **Peace of Heart Choir** to the **CCNS Peter J. DellaMonica Older Adult Center** in Astoria for a special musical performance.

The choir, formed shortly after **September 11th**, was created with a mission to bring **healing, unity, and community through music** to people across New York City.

Thank you to the Peace of Heart Choir for sharing their voices and bringing such joy to our center.

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Lunar New Year Arts & Crafts Celebration

Create Your Own Festive Lantern!

Dellamonica Older Adult Center



Join us for a fun and creative **Lunar New Year Arts & Crafts** activity where members designed and decorated beautiful traditional lanterns to celebrate the season of renewal, good fortune and community.

Participants enjoyed:

- Making colorful paper lanterns
- Decorating with festive designs
- Socializing with friends
- Celebrating culture and creativity

Lunar New Year symbolizes:

- Good luck
- Happiness
- New beginnings
- Community celebration

Celebrate Creativity • Culture • Community



Funded by NYC Aging

AGE STRONG NYC

ADVOCACY DAY

In Partnership with LiveOn NY

Queens Borough Hall • March 10, 2026



OUR VOICES MATTER

Older adults, caregivers, and service providers came together Queens Borough Hall to **advocate for sustainable funding for aging services** as part of the **Age Strong NYC** campaign. Participants *shared their voices* to highlight the importance of programs that support **health, independence,** and community **for older New Yorkers.**

TOGETHER, WE ADVOCATED FOR

- ✓ Increased funding for aging services
- ✓ Strong nutrition programs for older adults
- ✓ Affordable housing for seniors
- ✓ Community-based programs that reduce isolation
- ✓ Support and resources for caregivers



CCNS CENTERS REPRESENTED:

- CCNS Peter J. DellaMonica Older Adult Center
- CCNS Woodhaven-Richmond Hill Older Adult Center
- CCNS Hillcrest Older Adult Center



OUR VOICES MATTERED.

125th
YEAR OF CHANGING LIVES



A Program of
Catholic Charities
Brooklyn & Queens

NYC
Aging



Enjoy the Outdoors!

Patio Activities

CCNS Peter J. Dellamonica OAC

23-11 31st Road • Astoria, NY 11106

125⁺
Years of Excellence



718-626-1500

Funded by NYC Aging

Join us for fun outdoor activities in the
spring, summer, and early fall!



Morning Stretch



Patio Tai Chi



Coffee & Conversation



Outdoor Games



Gardening

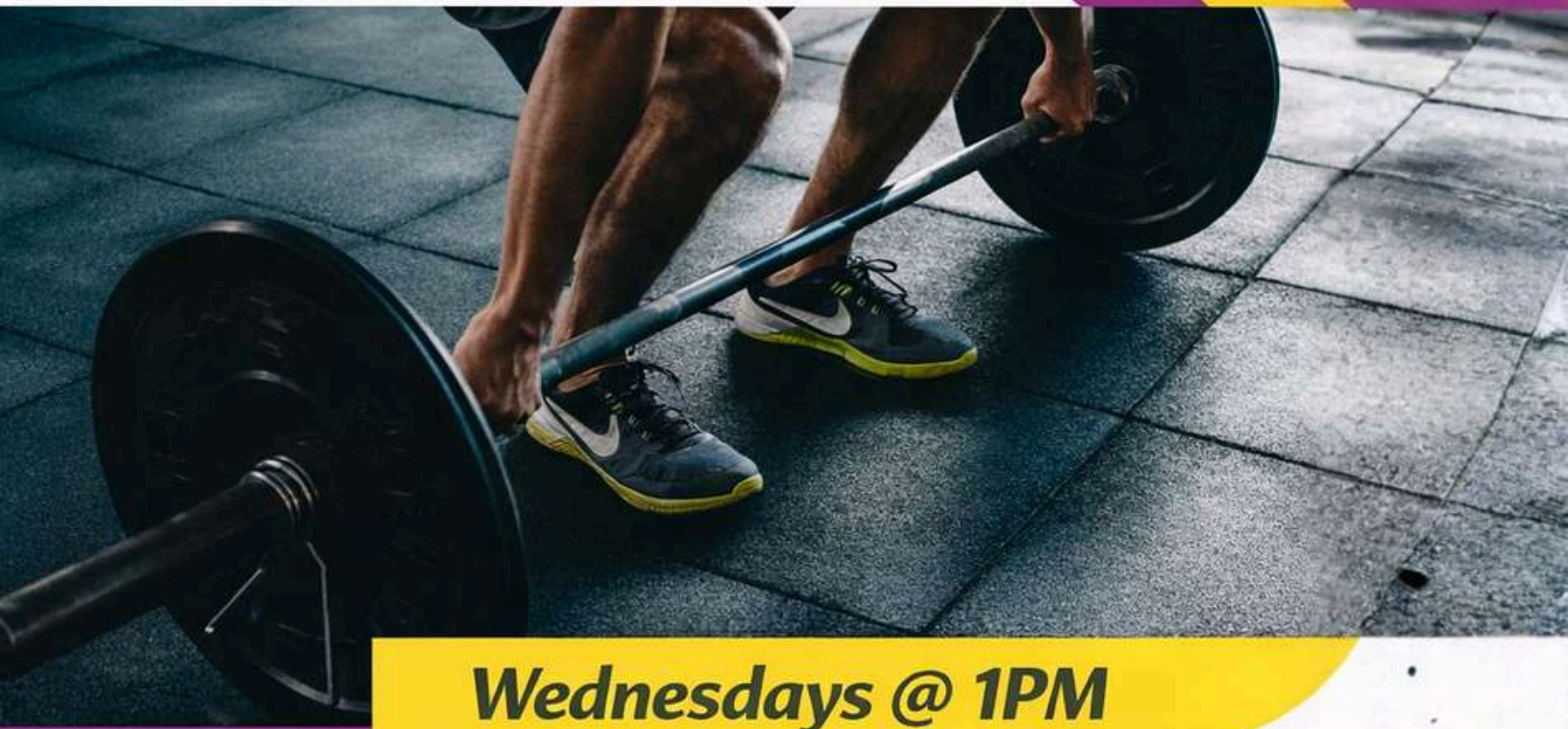


Outdoor Celebrations

Let's enjoy fresh air and fun social activities
on the patio!

CCNS

PETER J. DELLA MONICA
OLDER ADULT CENTER



Wednesdays @ 1PM

STRENGTH TRAINING


Join us for fun exercise!

 www.seniorplanet.zoom.us

Zoom Meeting ID:
831 2781 3758

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NYC Aging

 CATHOLIC CHARITIES
BROOKLYN & QUEENS

125+
YEARS OF CHANGING LIVES



VIRTUAL & HYBRID EXERCISE

MONTHLY Schedule



MONDAY – FRIDAY

Morning Stretch
10:00 AM



TUESDAY & THURSDAY

Chair Yoga
12:00 PM



MONDAY & WEDNESDAY

Easy-to-Follow Tai Chi
2:00 PM



TUESDAY & THURSDAY

Afternoon Stretch
4:00 PM



Join Online: Senior Planet Zoom
Meeting ID: 170 361 931
(Or ask the front desk for assistance)

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125+
YEARS OF CHANGING LIVES





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

125+ YEARS OF CHANGING LIVES



Serving Homebound Older Adults in Southwest Queens



CATHOLIC CHARITIES Brooklyn & Queens ESTABLISHED 1899

Southwest Queens Senior Services

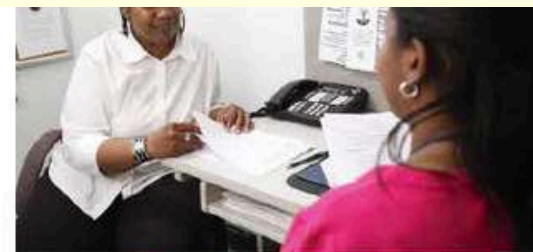
183-16 Jamaica Avenue Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495



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.

- 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



NEED HELP?

Catholic Charities Call Center

718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services
Catholic Charities Brooklyn and Queens
www.ccbq.org

125th  **¿Necesitas ayuda?**
Catholic Charities
Centro de Atención
718-722-6001



Lunes - Viernes, 9AM - 6PM

- Servicios de salud de comportamiento
- Coordinación de la atención
- Enseñanza preescolar y programa *Head Start*
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias
- Información sobre viviendas
- Servicios migratorios
- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- Información y referencias a otros servicios

Un centro de atención personal de *Catholic Charities* también se puede encontrar en su área.

Salud Integral & Servicios de Bienestar
Catholic Charities Brooklyn and Queens
www.ccbq.org

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.

125+
YEARS OF CHANGING LIVES



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY

Locations and Hours

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1st and 3rd Thursday of the month, 9 AM - 11 AM

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Every other Wednesday, 12 PM - 1 PM

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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.

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106 ☎ 718-626-1500

WHAT IS SNAP?

SNAP (Supplemental Nutrition Assistance Program) helps older adults and families purchase healthy groceries.

Over 4 million older Americans use SNAP to purchase healthy food every month.

HOW TO APPLY

Make an appointment today

Call Jennifer at

☎ 718-626-1500 ext. 7375

• 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.

• IMPORTANT: NEW NY SNAP RULES

88% of SNAP participants say healthy foods are too expensive.



Get help paying for your groceries



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.



BENEFITS

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

61% of SNAP households act as caretakers for loved ones.



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MEDICARE Understanding Your Coverage

What Is Medicare?

Medicare is a **federal health insurance** program for:

- ✓ Adults age 65 and older
- ✓ People with permanent disabilities
- ✓ Individuals with End-Stage Renal Disease (ESRD)
- ✓ Individuals with ALS *(no waiting period)*

2026 Medicare Updates

- ✓ **\$2,000** yearly drug spending cap
- ✓ No more “donut hole”
- ✓ **\$35** insulin limit
- ✓ Many vaccines **\$0** copay



– The Four Parts of Medicare



Part A – Hospital Insurance

- Inpatient hospital care
- Skilled nursing facility care
- Hospice care
- Some home health services

(Most people do not pay a Part A premium.)



Part B – Medical Insurance

- Doctor visits
- Outpatient services
- Durable medical equipment
- Some home health care
- Limited prescription drugs



Part C – Medicare Advantage

- Combines Part A & B
- Usually includes drug coverage
- May include extra benefits (dental, vision, etc.)




Part D – Prescription Drug Coverage

- Covers most prescription medications
- **\$2,000** annual out-of-pocket cap
- **\$35** insulin monthly cap
- No more coverage gap



– NEED HELP?

Make an appointment with **Jennifer**

 **718-626-1500 ext. 7375**

We can help you:

- Review your Medicare plan
- Compare Advantage vs. Original Medicare
- Understand drug costs



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MEDICAID

How to Get Free or
Low-Cost Health Coverage



What Is Medicaid?

Medicaid is a **joint federal and state** program that provides:

- ✓ Free or low-cost health coverage
- ✓ Care at a doctor's office, hospital, clinic & more
- ✓ Long-term care services

Who Can Qualify for Medicaid?

- ✓ People of **all ages** who meet income/resource limits.
- ✓ Low-income seniors (age 65+)
- ✓ People with disabilities or blindness.
- ✓ Children
- ✓ Pregnant individuals



What Does Medicaid Cover?



Doctor visits



Hospital services



Dental care



Emergency care



Home and long-term care



Vision and hearing care

NEED HELP?

Make an appointment with **Jennifer** ☎ 718-626-1500 ext. 7375

- ✓ Check if you're eligible
- ✓ Apply for Medicaid
- ✓ Renew your Medicaid coverage

Funded by **NYC Aging**

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★=★

#RENTFREEZENYC

Senior Citizen Rent Increase Exemption (SCRIE)



SENIORS AND PEOPLE WITH DISABILITIES, KEEP YOUR RENT FROM INCREASING, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$60,000 or less;
- Live in a rent regulated apartment;
- Spend more than 1/3 of income on rent.

ENROLL IN THE NYC RENT FREEZE PROGRAM



IMPORTANT NYC RENT FREEZE (SCRIE/DRIE) UPDATES:

- ✓ New higher income limits now used—applicants earning up to approx. **\$60,000+** may qualify.
- ✓ Renewals are easier—fewer documents, mail/online options available.
- ✓ Disability Rent Increase Exemption (DRIE) clarified for SSDI/SSI recipients.
- ✓ Multilingual forms available (Spanish/Chinese/Russian/Bengali).
- ✓ NYC HPD offers free help completing applications.

Questions?

Contact Jennifer at
718-626-1500 ext. 7375

¿Preguntas?

Comuníquese con la trabajadora social:
Jennifer al 718-626-1500 x7375

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106

Monday - Friday, 8:00 am - 4:00 pm

718-626-1500

FREEZING
YOUR
RENT



FREEZE
YOUR RENT

30

April 2026

Springtime Spiced Lemon Honey Tea

Ingredients:

- 1 cup water
- 1 tbsp lemon juice
- 1 tbsp honey
- ½ cinnamon stick
(or 1/8 tsp ground cinnamon)
- 2-3 whole cloves
- Optional: 1 star anise



- Pour the water into a small saucepan, Add the lemon juice, honey, cinnamon stick, whole cloves, and optional star anise.
- Bring to a simmer over medium heat and let steep for about 5 minutes, then remove from heat.
- Pour into a mug and enjoy this soothing springtime drink!



Honey Glazed Carrots

Easy Recipe

Ingredients:

- 1 lb carrots, cut into sticks or rounds
- 2 tbsp honey
- 2 tbsp butter or margarine
- ¼ tsp ground cinnamon
- Pinch of salt (optional)



Instructions:

1. Place carrots in a pot, cover with water, and add a pinch of salt.
2. Bring to a boil, then simmer 6-8 minutes until just tender.
3. Drain the carrots and return to the warm pot.
4. Add honey, butter, and cinnamon. Stir until the carrots are glazed. Optional: add a pinch of salt.



Zanahorias Glaseadas con Miel

Receta Fácil

Ingredientes:

- 450 g (1 libra) de zanahorias en bastones o rodajas
- 2 tbsp honey
- 2 tbsp de mantequilla o margarina
- ¼ cda de canela en polvo
- Pizca de sal (opcional)



Instrucciones:

1. Poner las zanahorias en una olla y cubrirlas con agua. Agregar una pizca de sal.
2. Llevar a hervir y cocinar a fuego lento de 6 a 8 minutos, hasta que estén tiernas.
3. Escurrir las zanahorias y ponerlas de vuelta en la olla tibia.
4. Agregar miel, mantequilla y canela. Revolver hasta que las zanahorias estén glaseadas. Opcional: añadir una pizca de sal.



Easy Ways to... Store Fruits and Vegetables

Properly stored fruits and vegetables stay fresh longer, taste better, maintain nutrients and save you money by reducing food waste.

Cool, dark and dry place: 1 to 3 months



Potatoes
Sweet potatoes
Winter squash

Garlic
Onions
Shallots



Counter: 3 to 10 days (refrigerate when ripe)

Apples
Grapes
Peaches
Plums

Cherries
Melons
Pears
Tomatoes



Refrigerator: 3 to 14 days

Asparagus*	Berries	Beets
Broccoli	Brussels sprouts	Cabbage
Carrots	Cauliflower	Celery*
Chili peppers	Corn	Cucumbers
Eggplant	Green onions	Green beans
Herbs*	Leafy greens*	Leeks
Mushrooms	Okra	Peas
Peppers	Radishes	Summer squash
Zucchini		<i>*keep in plastic bag</i>



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 and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.

NYC
Health

Just Say Yes to Fruits and Vegetables

Maneras sencillas de... almacenar frutas y verduras

Cuando las frutas y verduras se almacenan correctamente se mantienen frescas durante más tiempo, tienen mejor sabor, conservan los nutrientes y le ayudan a ahorrar dinero al reducir el desperdicio de alimentos.

Lugar fresco, oscuro y seco: de 1 a 3 meses



Papas
Batatas
Calabaza de invierno

Ajo
Cebollas
Chalotes



Mostrador: de 3 a 10 días (póngalos en el refrigerador cuando maduren)



Manzanas
Uvas
Duraznos
Ciruelas

Cerezas
Melones
Peras
Tomates



Refrigerador: de 3 a 14 días

Espárragos*
Brócoli
Zanahorias
Chiles
Berenjena
Hierbas*
Champiñones
Pimientos
Calabacín

Bayas
Coles de Bruselas
Coliflor
Maíz
Cebollas verdes
Verduras de hoja verde*
Oca
Rábanos

Remolachas
Repollo
Apio*
Pepinos
Ejotes (judías verdes)
Puerros
Arvejas
Zapallo de verano

**guardar en bolsa de plástico*



Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para más información sobre los Stellar Farmers Markets, visite [nyc.gov](https://www.nyc.gov) y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

NYC
Health

Just Say Yes to Fruits and Vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede serle útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite [mybenefits.ny.gov](https://www.mybenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opiniones políticas o discapacidad. Para presentar una denuncia de discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (llamada de voz y TDD).

April 2026



April 2026 Word Search

- | | |
|---------|-----------|
| FARMS | EASTER |
| TULIPS | RAINBOW |
| APRIL | SUNDAY |
| RABBITS | BUTTERFLY |
| EGGS | SHOWERS |
| EASTER | EARTHDAY |

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





Earth Day Word Scramble

GERNE _____

DLANSTAP _____

GEECNRY _____

CEPYREL _____

TAUSR _____

Funded by **NYC**
Aging



APRIL BIRTHDAY CELEBRATION

You're Invited to Our

**CCNS Peter J. Dellamonica Older
Adult Center**

23-11 31st Road Astoria, NY 11106
718-626-1500

April Birthday Party!

**Monday, April 27, 2026
1:00 PM**

*Join us as we celebrate our
April honlorces with:*

- 🎵 Live DJ Valentine & Music
- 🍰 Cake & Refreshments
- 🕺 Dancing & Fun
- 🎁 Special Birthday Recognition

Funded by *NYC Aging*

125+
YEARS OF CHANGING LIVES



April 2026

CCNS Peter J. Dellamonica Older Adult Center

23-11 31st Road, Astoria, NY 11106
718-626-1500

Spring into Fun!



Older Adult Center Staff

Michael S.	Program Manager
Jeniifer D.	Case Manager
Miriam C.	Administrative Assistant
M. Ahmed	Recreation Coordinator
Val Y.	Cook
Vadym S.	Assistant Cook
Cristella C.	Kitchen Aide
Ram P.	Custodian
Consuelo G.	Transportation

Monday - Friday 9am - 4pm

Our case worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-626-1500 to make an appointment.



Advisory Council

President	Seela B.
Vice President	Michael J.
Treasurer	Marina F.
Secretary	Norma R.
Councilmembers	Vilma L. Joe M.



Season of Renewal & Reflection

Honoring the traditions
of Passover, Good Friday & Easter



DOFO-Annie L.

Catholic Charities Mission Statement

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 offers compassionate and comprehensive services and partners with all people of good will in advocating for a social order that promotes justice and embraces human development.

April 2026 ACTIVITY CALENDAR



CCNS Peter J. Dellamonica OAC

23-11 31st Road • Astoria, NY 11106 • 718-626-1500



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		APRIL FOOLS 1 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Comedy Magician w/Delish-Us Magic 1-3 Beginner Painting (Helen)	2 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (EM) 11:00 My Favorite Healthy Meal 12-1 Lunch 1:00 Leisure Games (Michael J.)	
6 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Salsa Dance Party w/Th Council member Caban 12:00 Lunch 1:00 Spring Celebration Social (DJ Valentine)	7 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Easter Choir Performance w/ Jen 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-3 Watercolor (Helen)	8 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)	9 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (EM) 11:00 Salsa in the Spring (Susan Agin) 12-1 Lunch 1:00 Leisure Games (Michael J.)	10 9:00 Sudoku (Ahmed) 10:30 Arts & Craft (Tiffany) 10:00 Computer Class (Rianne) 10:30 Zumba (Natasha) 12:00 Lunch 1:00 Patio Games (MS) 1-3 Watercolor (Helen)
13 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Scam & Fraud: Spotting Deceit: Friendship, Romance & Financial Scams with QCSW 12-1 Lunch 1:00 Spring Holy Days-Cultural Celebration (DJ Woody)	14 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Jewelry Scam Information 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-3 Watercolor (Helen)	15 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)	16 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (EM) 11:00 BNV Home Care Presentation 12-1 Lunch 1:00 Leisure Games (Michael J.)	17 9:00 Sudoku (Ahmed) 10:30 Arts & Craft (Tiffany) 10:00 Computer Class (Rianne) 10:30 Zumba (Natasha) 12:00 Lunch 1:00 Patio Games (MS) 1-3 Watercolor (Helen)
20 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Elder Abuse Lecture with Maureen 12-1 Lunch 1:00 Earth Day Celebration (DJ Woody)	21 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Skimming fraud (MS) 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-3 Watercolor (Helen)	22 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)	23 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (EM) 11:00 Balanced Diet 12-1 Lunch 1:00 Leisure Games (Michael J.)	24 9:00 Sudoku (Ahmed) 10:30 Arts & Craft (Tiffany) 10:00 Computer Class (Rianne) 10:30 Zumba (Natasha) 12:00 Lunch 1:00 Patio Games (MS) 1-3 Watercolor (Helen)
27 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Jewelry Making (Tiffany) 12-1 Lunch 1:00 April Birthday Celebration (DJ Valentine)	28 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Ivy Rehab Volunteer Presentation with Emily Angelone 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-3 Watercolor (Helen)	29 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)	30 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (EM) 11:00 Nutrition Lecture (Neron Francis, RD) 12-1 Lunch 1:00 Leisure Games (Michael J.)	



CCNS Peter J. DellaMonica Older Adult Center APRIL 2026 LUNCH MENU

Wishing our wonderful seniors a joyful and healthy spring season filled with good meals and good company!

Lunch Served 12:00 PM – 1:00 PM | Menu subject to change without prior notice



Monday	Tuesday	Wednesday	Thursday	Friday
		1 <ul style="list-style-type: none"> • Zesty Chickpea Stew • Brown Rice (½ cup) • Caribbean Stuffed Eggplant • Apple 	2 <ul style="list-style-type: none"> • Beef and Peppers • Egg Noodles • Broccoli & Red Peppers • Orange 	
6 <ul style="list-style-type: none"> • Oven Fried Chicken Wings • Beet Salad • Roasted Potatoes • Banana 	7 <ul style="list-style-type: none"> • Turkey Meatloaf • Four Bean Salad • Instant Mashed Potatoes • Apple 	8 <ul style="list-style-type: none"> • Black Bean Soup • Classic Macaroni Salad • Carrot Salad • Banana 	9 <ul style="list-style-type: none"> • BBQ Beef Ribs • Roasted Sweet Potato Fries • Vegetable Mix (non-starchy) • Apple 	10 <ul style="list-style-type: none"> • Baked Salmon • Quinoa (½ cup) • Asian Cucumber Salad • Mango
13 <ul style="list-style-type: none"> • BBQ Chicken • Bulgur • Sliced Cucumbers & Tomatoes • Orange 	14 <ul style="list-style-type: none"> • Baked Pork Chops • Baked Macaroni & Cheese • Garden Salad • Fruit Cocktail 	15 <ul style="list-style-type: none"> • Homemade Lentil Soup • Falafel (pre-prepared) • Spiced Mixed Vegetables (non-starchy) 	16 <ul style="list-style-type: none"> • Beef Brisket w/ Tomatoes & Onions • Baked Potato • Tomato Sauce 	17 <ul style="list-style-type: none"> • Cooked Shrimp (3 oz) • Bowtie Pasta with Kasha • Coleslaw (pre-prepared) • Tomato & Cucumber Salad
20 <ul style="list-style-type: none"> • BBQ Chicken Leg Quarters • Baked Sweet Potato • Four Bean Salad • Banana 	21 <ul style="list-style-type: none"> • Turkey Meatballs with Sofrito • Spaghetti (½ cup) • Roasted Broccoli • Orange 	22 <ul style="list-style-type: none"> • Black Bean Soup • Vegetable Cutlet (pre-prepared) • Baby Carrots & Parsley • Apple 	23 <ul style="list-style-type: none"> • Roast Beef • Brown Rice (½ cup) • Steamed Green Beans • Orange 	24 <ul style="list-style-type: none"> • Tuna Salad • Basic Pasta Salad • Russian Tomato Salad • Fresh Pineapple
27 <ul style="list-style-type: none"> • Chicken Parmesan • Spaghetti (½ cup) • Baby Spinach Salad • Apple 	28 <ul style="list-style-type: none"> • Spanish Style Roast Pork • Broccoli & Red Pepper Salad • Fruit Cocktail 	29 <ul style="list-style-type: none"> • A Nice Vegetable Soup • Meaty Lentil & Mushroom Meatballs • Cous Cous 	30 <ul style="list-style-type: none"> • Beef Hamburger • Plain Hamburger Bun • French Fries (pre-prepared) • Lettuce & Tomato 	

MENU SUBJECT TO CHANGE WITHOUT PRIOR NOTICE • ALL MEALS COME WITH 1% LOW-FAT MILK AND WHOLE WHEAT BREAD

