

HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

CCNS THE LODGE OLDER ADULT CENTER

7711 18TH AVENUE, BROOKLYN, NY 11214 Phone # (718)-621-1081

OPEN MONDAY THROUGH FRIDAY 8:00AM TO 4:00PM

Message from the Staff

Welcome to Spring everyone! As we start this new month, we look forward to longer days, warmer weather, and new activities at our center. Thank you to all our members for your participation and daily attendance. Your involvement makes our community stronger. We appreciate your support and feedback. We are excited about the events planned for this month and hope you will join us and invite others

Sincerely

The Staff of CCNS The Lodge Older Adult Center

大家好！三月快乐，欢迎步入春季！随着新的一月拉开帷幕，我们期待着日渐变长的白昼、日渐回暖的天气，以及中心即将开展的各项新活动。感谢各位会员的积极参与和每日光临。正是有了你们的投入，我们的社区才变得更加充满活力。我们衷心感谢大家一直以来的支持与反馈。对于本月已规划的各项活动，我们倍感兴奋，并诚挚地邀请大家踊跃参加，同时也欢迎您邀请亲朋好友一同加入！

诚挚地，

CCNS The Lodge 长者中心全体员工

FUNDED BY NYC AGING

RUSSOS FRESH GOURMET		May 2026 CALENDAR			CCNS/CONGREGATE CENTERS	
Monday	Tuesday	Wednesday	Thursday	Friday		
27 Chicken Salad (3oz) Coleslaw (pre-prepared) Simple Potato Salad	28 Chickpeas (1/2 cup) Rasta Pasta (8oz) Garden Salad Italian Blend Vegetables	29 BBQ Pulled Pork (3oz) Yellow Rice Steamed Carrots	30 Beef Salisbury Steak Mushroom Gravy (1pc) California Blend Vegetables Garlic Mashed Potatoes	31 Baked Fish with Lemon Garlic Butter Sauce (1pc) White Rice (1/2 cup) Sauteed Green Beans with Onions *		
4 Jerk Chicken (1pc) California Blend Vegetables * Homemade Mashed Potatoes	5 Chili-Spiced Pinto Bean Ragout (8oz) Brown Rice (1/2 cup) Caesar Salad	6 Italian Style Pork Loin Tomato Sauce (pre-prepared, 1/2 cup) (3oz) Penne (1/2 cup) Tomato Sauce (pre-prepared, 1/2 cup) Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette	7 Beef Stew (8oz) Garlic Mashed Potatoes Steamed Carrots	8 Tuna Salad (3oz) Basic Pasta Salad Garden Salad Ocean Bay: Lasagna Roll (1pc)		
11 Chicken Salad (3oz) Whole Wheat Bread Cole Slaw Simple Potato Salad	12 Three Bean and Spinach Stew (8oz) Brown Rice with Black Beans Caesar Salad	13 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (8oz) Yellow Rice Sauteed Green Beans with Onions	14 Shepherd's Pie (1 pc) Italian Blend Vegetables *	15 Baked Salmon with Cilantro Citrus Sauce (1pc) Garden Salad Roasted Potatoes		
18 Baked Chicken Thighs BBQ Sauce (1pc) Baked Sweet Potato Steamed Carrots	19 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) (8oz) California Blend Vegetables *	20 Annes Lemon Garlic Sauce Baked Pork (3pc) White Rice (1/2 cup) Italian Blend Vegetables	21 Mushroom Gravy Roast Beef (6oz) Homemade Mashed Potatoes Garden Salad *	22 Baked Fish Oreganata (1pc) Brown Rice Green Beans with Onions		
25 Egg Salad (3oz) Basic Pasta Salad Simple Potato Salad	26 Zesty Chickpea Stew (8oz) Brown Rice (1/2 cup) Garden Salad *	27 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (8oz) Yellow Rice Prince Edward Blend Vegetables *	28 Italian Meatballs with Beef and Turkey (6pc) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) California Blend Vegetables	29 Cajon Shrimp (15pc) White Rice (1/2 cup) Caesar Salad Ocean Bay: Lasagna Roll (1pc)		

ALL Meals are served with: Whole Grain Bread, Margarine, Milk and A Piece of Fresh Fruit. Banana, Apple, Pear or Orange.

CCNS THE LODGE OLDER ADULT CENTER ACTIVITIES
7711 18TH AVENUE BROOKLYN, NY 11214

PHONE 電話 # 718-621-1081

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
FUNDED BY ALL ITEMS ARE SUBJECT TO CHANGE				
NYC DEPARTMENT FOR THE CHANGE				
MAY 2026				
<p>4 MAHJONG 9AM - 4PM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM SINGING ENSEMBLE 1PM - 2:30PM TAI CHI 2:30PM - 3:30PM PING PONG 3PM - 4PM</p>	<p>5 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>6 MAHJONG 9AM - 4PM JAZZERCISE 9:30AM - 10:30AM PAINTING CLASS 10:30AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>7 MAHJONG 9AM - 4PM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM SINGING ENSEMBLE 1PM - 2:30PM TAI CHI 2:30PM - 3:30PM PING PONG 3PM - 4PM</p>	<p>1 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>
<p>11 MAHJONG 9AM - 4PM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM SINGING ENSEMBLE 1PM - 2:30PM TAI CHI 2:30PM - 3:30PM PING PONG 3PM - 4PM</p>	<p>12 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>13 MAHJONG 9AM - 4PM JAZZERCISE 9:30AM - 10:30AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>14 MAHJONG 9AM - 4PM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM SINGING ENSEMBLE 1PM - 2:30PM TAI CHI 2:30PM - 3:30PM PING PONG 3PM - 4PM</p>	<p>15 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>
<p>18 MAHJONG 9AM - 4PM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM SINGING ENSEMBLE 1PM - 2:30PM TAI CHI 2:30PM - 3:30PM PING PONG 3PM - 4PM</p>	<p>19 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>20 MAHJONG 9AM - 4PM JAZZERCISE 9:30AM - 10:30AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>21 MAHJONG 9AM - 4PM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM SINGING ENSEMBLE 1PM - 2:30PM TAI CHI 2:30PM - 3:30PM PING PONG 3PM - 4PM</p>	<p>22 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>
<p>25 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>26 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>27 MAHJONG 9AM - 4PM JAZZERCISE 9:30AM - 10:30AM PAINTING CLASS 10:30AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>	<p>28 MAHJONG 9AM - 4PM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM SINGING ENSEMBLE 1PM - 2:30PM TAI CHI 2:30PM - 3:30PM PING PONG 3PM - 4PM</p>	<p>29 MAHJONG 9AM - 4PM JAZZERCISE 10AM - 11AM RUMMIKUB 11AM - 12 PM TAI CHI 11AM - 12 PM LUNCH 12 PM TAI CHI 1AM - 2 PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM</p>

Singing Ensemble

Mondays & Thursdays from

1:30PM to 2:30PM

Singing Ensemble will not meet on May 25th



PAINTING CLASSES

AVAILABLE ON THE FOLLOWING DAYS FROM 10:30 AM

TO 12:00 PM

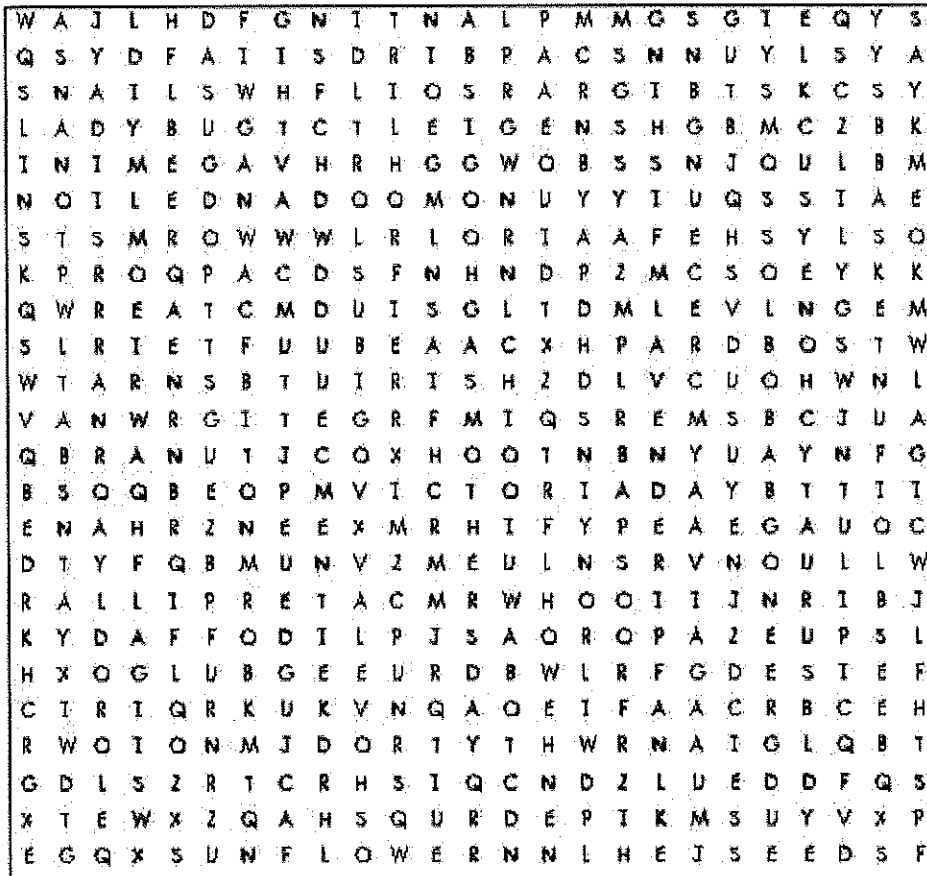
WEDNESDAY MAY 6TH

WEDNESDAY MAY 27TH



May Word Search

Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!



- | | | | | |
|-------------|-------------|-------------|------------|-------------|
| ANTS | CINCODEMAYO | HAWTHORN | MOTHERSDAY | SPRING |
| BASKET | DAFFODIL | HONEYSUCKLE | ORCHID | SUNFLOWER |
| BEES | DAISY | IRIS | PANSIES | TAURUS |
| BIRDS | DANDELION | LADYBUG | PLANTING | TREES |
| BLOSSOMS | FIFTHMONTH | LAVENDER | ROSE | TULIP |
| BUDS | FISHING | LAWN | SEEDS | VICTORIADAY |
| BUTTERFLY | FLOWERS | LILAC | SHOVEL | VIOLET |
| CAMPING | GARDEN | LILY | SHRUBS | WARM |
| CATERPILLAR | GEMINI | MARIGOLD | SNAILS | WATER |
| CHIRPING | GREEN | MEMORIALDAY | SOIL | WORMS |

CCNS THE LODGE OLDER ADULT SERVICES

7711 18th Avenue Phone: (718) 621-1081

Brooklyn, NY 11214

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

SENIOR CENTER STAFF

Director of Operations– Annie Liu

Program Manager – Catherine Palermo

Case Manager – Jeffrey Liang

Administrative Assistant – Vacant

Janitor – Burno Moreano

Kitchen Aide – David Lively

**IN PERSON ACTIVITIES AND CONGREGATE MEALS ARE BACK AT
CCNS THE LODGE OLDER ADULT CENTER. FOR MORE
INFORMATION PLEASE**

CALL 718-621-1081. THANK YOU!

We welcome seniors ages 60 and up. The Center is accessible by wheelchair.

Catholic Charities 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 that promotes justice and embraces human development.

布鲁克林及皇后区教区天主教慈善会（Catholic Charities）通过肯定每一个人的尊严与价值——尤其是我们多元化社会中最弱势群体的尊严与价值——将耶稣基督的福音付诸实践。本会致力于制定有效的方案以回应人类的各项需求，并与所有怀有善意的人士携手合作，共同倡导建立一个弘扬正义、促进人类全面发展的社会秩序。

FUNDED BY NYC AGING



American Heart Association.
Healthy for Good™

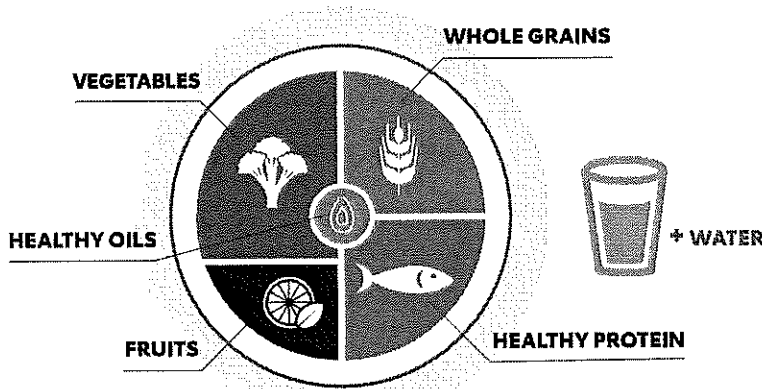
Life's Essential 8™

HOW TO EAT BETTER



CREATE A HEALTHY EATING PATTERN

Eat well-balanced meals throughout the day to keep your heart and brain working at their best. Don't worry about "special foods" – a variety of healthy foods is best.



ENJOY

vegetables, fruits, whole grains, beans, legumes, nuts, plant-based proteins (like beans, lentils, nuts), lean animal proteins (like skinless poultry, fish, seafood, low-fat dairy). Drink plenty of water throughout the day, and unsweetened tea and coffee can also be enjoyed.

LIMIT

sweetened drinks and alcohol. Eat less salty food, fatty foods, and processed meats. Limit foods like butter, whole milk, full-fat yogurt, and cheese. Take the skin off poultry before cooking. Use plant-based oils, such as olive, canola, or avocado oil, instead of oils like coconut or palm oil.

AVOID

trans fats. Trans fats are found in some store-bought baked goods and fried foods.

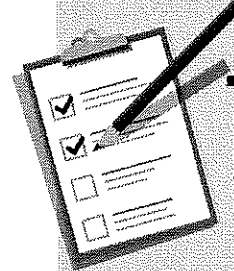


READ NUTRITION LABELS

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	230
Calories	
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	

Understanding food labels can help you make healthier choices.

When you have more than one choice, compare nutrition facts. Foods with less sodium, bad fats (saturated and trans fats), and added sugars are better for you.



TIPS FOR SUCCESS



WATCH PORTIONS

Make room for healthy portions of different food groups in your meals and snacks.



COOK AT HOME

Cooking at home can be more nutritious than eating out. Fresh, frozen or canned fruits and vegetables are all great options. If they are canned or frozen make sure they don't have added sugars or salt. Learn healthy prep methods at heart.org/eatsmart.



LOOK FOR THE HEART-CHECK

The Heart-Check mark helps you find foods that can be part of a healthy eating plan.



IN NEED OF INSPIRATION?

The American Heart Association has hundreds of recipes at heart.org/recipes.

Learn more at heart.org/lifes8

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

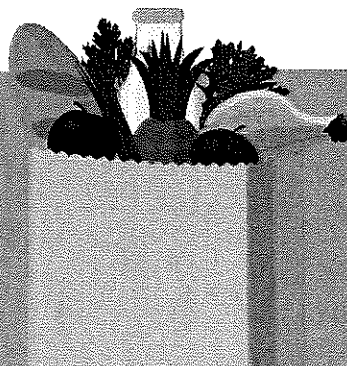
St. Michael

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.