

May 2026



Golden Voices

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

CCNS Pete McGuinness Older Adult Center
715 Leonard Street Brooklyn, NY 11222

Monday - Friday 8am - 4pm
(718) 383-1940



May 4th at 11:30 am – St. Nicks– Housing

May 5th at 1:30 pm - Cinco de Mayo

May 12th at 12 pm - Mother's Day

May 21st at 12:30 pm - Birthday Party - DJ Tomasz

NYC Department for
the Aging

125+
YEARS OF CHANGING LIVES



If You Need Help, Call Us 718-383-1940

PETE MCGUINNESS OLDER ADULT CENTER

715 Leonard Street
Brooklyn, NY 11222

Phone: (718) 383-1940 Fax: (718) 383-1960
Open Monday—Friday 8am—4pm

Website <https://www.ccbq.org/older-adult-centers/pete-mcguinness-older-adult-center/>

CENTER STAFF

Ron Carson.....Director of Field Operation

Agata Skowronska.....Program Manager

Sara Jablonska.....Case Manager

Magdalena Engel.Administrative Assistant

Wojciech Jarosz.....Maintenance

Marzena Kumor.....Kitchen Aid

Carlos Collazo.....Driver



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 persons in 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 .

Osoby wspierające działalność Ośrodka

ADVISORY COMMITTEE

Paul Beissel.....President

Stella Zielinska.....Vice President

Zbigniew ZdunekTreasurer

Danuta Wardowski.....Secretary

Members :

Krystyna Zagulski

Alicja Barska

Didimo Orejuela



DOŁĄCZ DO NAS!



Honor members:

Elsie and Albert Baumgardt

Teresa Zabiski, Phyllis Nusspickel

If you would like to become a member of our Center, please come in and register with our Offices.

We welcome older adults ages 60 and up. The Center is wheelchair accessible. We speak English, Polish, Spanish and Italian.

Jeżeli chciałbys zostać członkiem naszego Centrum zarejestruj się w naszym biurze. Zapraszamy osoby 60 lat i starsze. Centrum ma udogodnienia dla wózków inwalidzkich.

MÓWIMY PO ANGIELSKU, POLSKU
WŁOSKU I HISZPAŃSKU



Every minute ... Every day
Catholic Charities Brooklyn and Queens
is there for you.

Catholic Charities Neighborhood Services, Inc. Funded by the New York City Department for the Aging. 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 .

UPCOMING

EVENTS



ROZKLAD ZAJEC

MONDAY/ PONIEDZIAŁEK

DANCE CLASS	10:30 am — 11:30 am
TECHNOLOGY/ <i>KLUB TECHNOLOGICZNY</i>	11:30 am — 12:15 pm
WALKING CLUB	11:00 am—12:00 pm
BILLIARD CLUB	1:30 pm — 2:30 pm

TUESDAY/ WTOREK

PHOTO CLUB/ <i>KLUB FOTOGRAFIKA</i>	10:00 am — 10:45 am
YOGA/GENTLE MOVEMENT/BREATHING <i>CWICZENIA ODDECHOWE I YOGA</i>	11:00 am — 12:00 pm

WEDNESDAY/ŚRODA

FITNESS/ <i>CWICZENIA FITNESS</i>	09:45 am — 10:45 am
TECHNOLOGY/ <i>KLUB TECHNOLOGICZNY</i>	11:00 am — 12:00 pm
MOVIE CLUB/ <i>KLUB FILMOWY</i>	2:00 pm — 3:00 pm

THURSDAY/CZWARTEK

DANCE CLASS	10:30 am — 11:30 am
BOOK CLUB	1:30 pm—2:30 pm

FRIDAY/PIĄTEK

DRAWING/PAINTING CLUB/ <i>KLUB MALARSKI I RYSOWNICZY</i>	9:45 am — 11:45 am
FITNESS/ <i>CWICZENIA FITNESS</i>	10:00 am — 11:00 am
PRESS REVIEW	11:30 am—12:30 pm
GARDEN CLUB/ <i>KLUB OGRODNIKA</i>	1:45 pm — 2:30 pm

Monday 5/4/2026 - SPECIAL EVENT - 11:45 am - 12:15 pm St. Nick's Alliance – Housing

Wednesday 5/6/2026 SPECIAL EVENT - Nutritionist Lecture 11:30 am - 12:30 pm

Wednesday 5/13/2026 SPECIAL EVENT - Nutritionist Lecture- 11:30 am - 12:30 pm

Monday 5/18/2026 - SPECIAL EVENT - 11:45 am - 12:15 pm NY Connects – Fire Safety

Wednesday 5/20/2026 SPECIAL EVENT - Home Sharing 11:30 am - 12:30 pm

Wednesday 5/27/2026 SPECIAL EVENT - NY Connects - SNAP - 11:30 am - 12:30 pm

Thursday 5/21/2026 - Birthday Party- 12:30 pm– 3:30 pm

Donation \$2.5

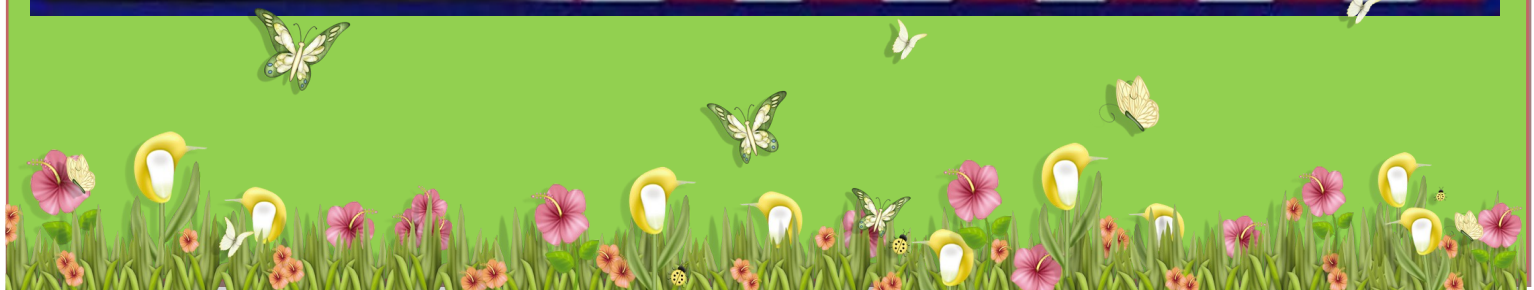
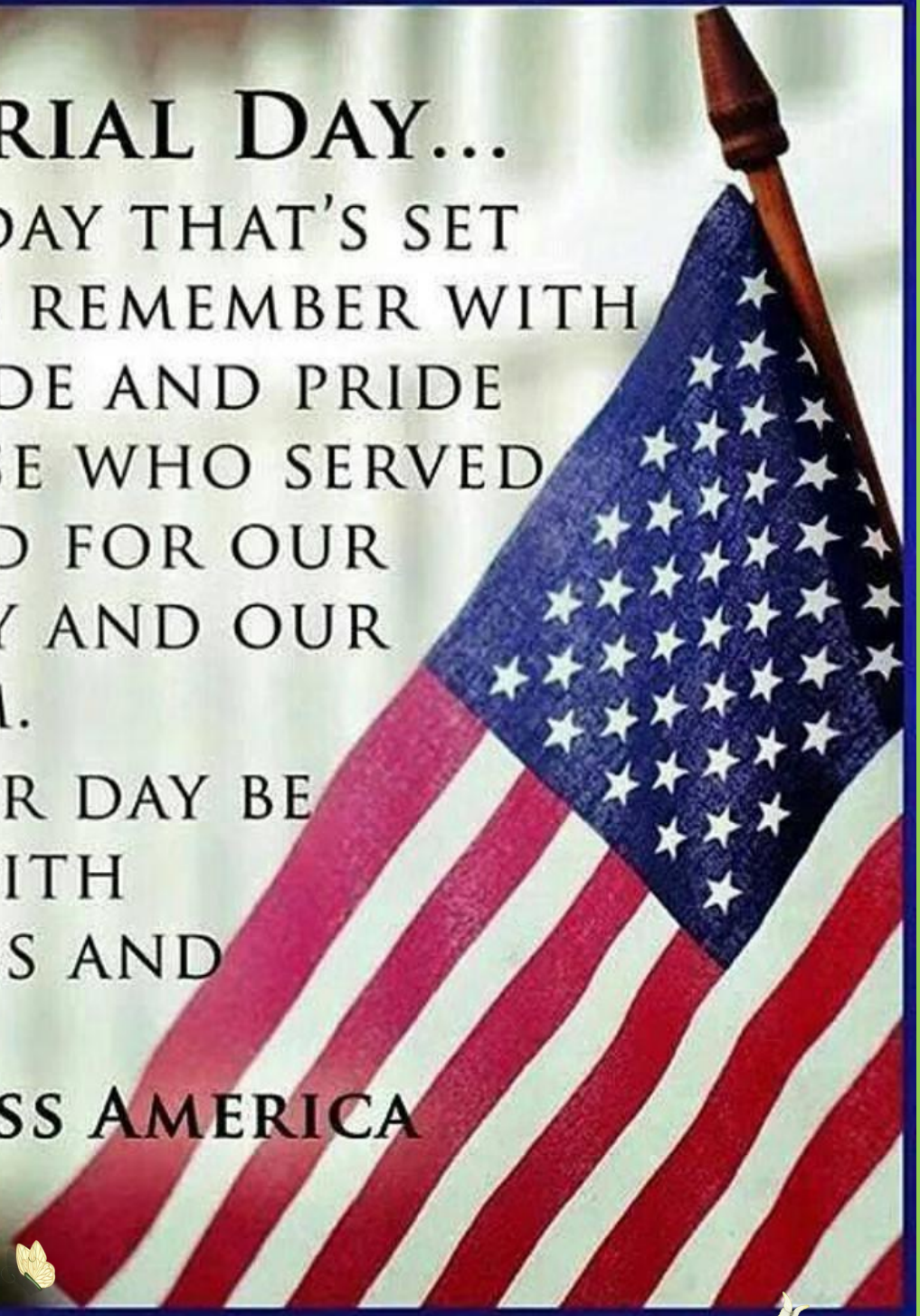
Mondays, Thursdays - DANCE PROGRAM - 10:30am - 11:30am

MEMORIAL DAY...

...IS THE DAY THAT'S SET
ASIDE TO REMEMBER WITH
GRATITUDE AND PRIDE
ALL THOSE WHO SERVED
AND DIED FOR OUR
COUNTRY AND OUR
FREEDOM.

MAY YOUR DAY BE
FILLED WITH
MEMORIES AND
PEACE.

GOD BLESS AMERICA

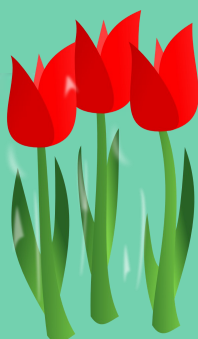


**CCNS PETE MCGUINNESS OAC,
715 LEONARD STREET, BROOKLYN NY 11222
718-383-1940**

***BIRTHDAY PARTY
ZABAWA URODZINOWA***

**Thursday MAY 21st
12:30 PM - 3:30 PM**

**Czwartek MAJ 21
12:30 - 3:30**



**DOMOWY OBIAD,
GRY,
NIESPODZIANKI
I LOTERIA**

**DJ
THOMAS**


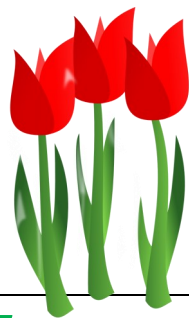

**LUNCH, GAMES,
SURPRISES AND
RAFFLE**

CCNS Pete McGuinness Activity Schedule

Telephone 718-383-1940

May 2026

MON TO FRI 8AM-4PM

		Monday	Tuesday	Wednesday	
		SCHEDULED ACTIVITIES SUBJECT TO CHANGE DUE TO UNFORESEEN		1 10-11:00 Fitness 11:30-12:30 Press Review 12:00– 12:45 <i>Blood Pressure Monitoring</i> 1:45-2:30 Garden Club	
		4 10:30 - 11:30 <i>Dance Class</i> 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 <i>Blood Pressure Monitoring</i> 1:30-2:30 Billiard		5 10:00-10:45 Photo Club 11:00–12:00 Yoga	6 9:45-10:45 Fitness 11:00 –12:00 Technology Club 11:30-12:30 <i>Nutritionist Lecture</i> 12:00– 12:45 <i>Blood Pressure Monitoring</i> 2:00-3:00 Movie Club
11 10:30-11:30 <i>Dance Class</i> 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 <i>Blood Pressure Monitoring</i> 1:30-2:30 Billiard		12 10:00 -10:45 Photo Club 11:00–12:00 Yoga 12:00 - Mother’s Day Lunch	13 9:45-10:45 Fitness 11:00 –12:00 Technology Club 11:30-12:30 <i>Nutritionist Lecture</i> 12:00– 12:45 <i>Blood Pressure Monitoring</i> 2:00-3:00 Movie Club	14 10:30-11:30 <i>Dance Class</i> 11:30– 12:15 <i>Alert & Alive</i> 1:30-2:30 Book Club	15 10-11:00 Fitness 11:30-12:30 Press Review 12:00– 12:45 <i>Blood Pressure Monitoring</i> 1:45-2:30 Garden Club
18 10:30-11:30 <i>Dance Class</i> 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 <i>Blood Pressure Monitoring</i> 1:30-2:30 Billiard		19 10:00 -10:45 Photo Club 11:00–12:00 Yoga	20 9:45-10:45 Fitness 11:00 –12:00 Technology Club 11:30-12:30 <i>Lecture-Home Shar- ing</i> 12:00– 12:45 <i>Blood Pressure Monitoring</i>	21 10:30-11:30 <i>Dance Class</i> 1:30-2:30 Book Club	22 9:45 - 11:45 Painting 10-11:00 Fitness 11:30-12:30 Press Review 12:00– 12:45 <i>Blood Pressure Monitoring</i> 1:45-2:30 Garden Club
25 CLOSE MEMORIAL DAY 		26 10:00-10:45 Photo Club 11:00–12:00 Yoga	27 9:45-10:45 Fitness 11:00 –12:00 Technology Club 11:30-12:30 <i>Lecture–SNAP/Ryan</i> 12:00– 12:45 <i>Blood Pressure Monitoring</i> 2:00-3:00 Movie Club	28 10:30-11:30 <i>Dance Class</i> 11:30– 12:15 <i>Alert & Alive</i> 1:30-2:30 Book Club	29 10-11:00 Fitness 11:30-12:30 Press Review 12:00– 12:45 <i>Blood Pressure Monitoring</i> 1:45-2:30 Garden Club



CLUB'S LEADERS

Movie Club—Paul Beissel

Every Wednesday 2pm-3pm



Garden Club—Zbigniew Dudek, Zbigniew Zdunek

Every Friday 1:45pm-
2:30pm



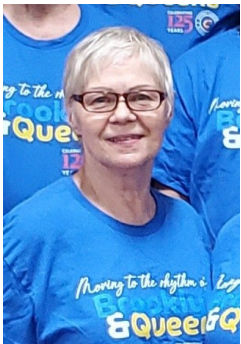
Press Club—Krystyna Lisiewska

Every Friday 11:30 am-12:30 pm



Photo Club—Agata Skowronska

Every Monday 10am-12pm



Walking Club—Alicja Barska

Every Monday 11am-12 pm



Book Club—Stella Zielinska

Every Thursday 11:30pm-



Billiard Club—Eugene Bobrowski

Every Monday 1:30pm-2:30pm

COME AND ENJOY!



THE 2026 BIG WALK-A-THON

KICKS OFF ON

National Walking Day, Wednesday, April 1st!

Take the Step Pledge to walk at least 1x a week with your walking club. Every step counts! At the end of the **WALK-A-THON** the one club in each borough that has the most steps will win the award for that borough.

Your club may even qualify for the **WILD CARD!**

**WINNERS WILL BE ANNOUNCED AT
THE 2026 NYC AGING HEALTH FAIR ON SEPTEMBER 17TH!**

TAKE THE PLEDGE TODAY!

Ask Agata for details






CCNS PETE MCGUINNESS OLDER ADULT CENTER
715 LEONARD STREET BROOKLYN, NY 11222 718-383-1940

MENU MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center">WHOLE WHEAT BREAD AND LOW FAT MILK (1%) SERVED DAILY</p>	<p align="center">MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>		 <p align="center">Thank You</p>	<p>1 Lemon-Thyme Carrot Soup Pierogi Arugula Salad Orange</p>
<p>4 Tomato Soup Chili con Carne Yellow Rice Garden Salad Peach</p>	<p>5 Chicken Soup Italian Style Pork Loin Rice Spinach Salad Apple</p>	<p>6 Cauliflower Soup Potato Pancake Mixed Salad Kiwi</p>	<p>7 Split Pea Soup Ginger Garlic Beef Stew Brown Rice Cucumber Salad Banana</p>	<p>8 Red Borscht Baked Fish Brown Rice Green Salad Applesauce</p>
<p>11 Broccoli Soup Chicken Stir Fry w/Vegetables Yellow Rice Mixed Green Salad Orange</p>	<p>12 Vegetable Soup Roasted Pork Shoulder Mashed Potatoes Spinach Salad Banana</p>	<p>13 Lentil Soup Vegetable Lasagna Garden Salad Apple</p>	<p>14 Chicken Barley Soup Bigos (Hunter Stew) Baked Potato Iceberg Salad Kiwi</p>	<p>15 Pickle Soup Eggplant Parmesan Arugula Salad Banana</p>
<p>18 Garden Bounty Soup Curried Chicken Legs White Rice Mixed Green Salad Apple</p>	<p>19 Cabbage Soup Pork Tenderloin w/Sauce Farro Beet Salad Orange</p>	<p>20 Mushroom Soup Lazanki (Polish Pasta w/Cabbage) Garden Salad Banana</p>	<p>21 Cauliflower Soup Baked Chicken Cutlets Mashed Potatoes Green Salad w/Apple Kiwi</p>	<p>22 White Bean Soup Pierogi Mixed Green Salad Applesauce</p>
<p>25</p> <p align="center">MEMORIAL DAY CLOSED</p> 	<p>26 Tomato Soup Penne Chicken Alfredo Spinach Salad Orange</p>	<p>27 Lemon-Thyme Carrot Soup Pork Chops Yellow Rice Peas Salad Kiwi</p>	<p>28 Lentil Soup Chicken Legs Kasha Banana</p>	<p>29 Split Pea Soup Baked Fish Brown Rice Spinach Salad Apple</p>



CCNS PETE MCGUINNESS OAC
715 LEONARD STREET, BROOKLYN, NY 11222
MAJ 2026

PONIEDZIALEK	WTOREK	ŚRODA	CZWARTEK	PIĄTEK
<p>MENU MOŻE ULEC ZMIANIE BEZ POWIADOMIENA</p>	<p>CHLEB PEŁNOZIARNISTY I MLEKO 1% PODAWANE CODZIENNIE</p>			<p>1</p> <p>Zupa Marchewkowa Pierogi Sałatka z Rukoli Pomarańcza</p>
<p>4</p> <p>Zupa Pomidorowa Chili con Carne Zółty Ryż Sałata Zielona Brzoskwinia</p>	<p>5</p> <p>Rosół Schab po Włosku Ryż Sałata ze Szpinakiem Jabłko</p>	<p>6</p> <p>Zupa Kalafiorowa Placki Ziemniaczane Sałata Zielona Kiwi</p>	<p>7</p> <p>Grochówka Gulasz Wołowy Brazowy Ryż Sałatka z Ogorka Banan</p>	<p>8</p> <p>Czerwony Barszcz Pieczona Ryba Brazowy Ryż Sałata Zielona Mus Jabłkowy</p>
<p>11</p> <p>Zupa Brokułowa Kurczak Sir Fry z Warzywami Zółty Ryż Sałata Zielona Pomarańcza</p>	<p>12</p> <p>Zupa Jarzynowa Karkówka Tłuczone Ziemniaki Sałata ze Szpinakiem Banan</p>	<p>13</p> <p>Zupa z Soczewicy Warzywna Lasagna Sałata Zielona Jabłko</p>	<p>14</p> <p>Krupnik Bigos Sałata Zielona Kiwi</p>	<p>15</p> <p>Zupa Ogórkowa Pieczony Bakłażan Sałata z Rukoli Banan</p>
<p>18</p> <p>Zupa Jarzynowa Nóżki Kurczaka Curry Biały Ryż Sałata Zielona Jabłko</p>	<p>19</p> <p>Kapuśniak Połędwica Wieprzowa w Sosie Farro Buraczki Pomarańcza</p>	<p>20</p> <p>Zupa Grzybowa Łazanki Sałata Zielona Banan</p>	<p>21</p> <p>Zupa Kalafiorowa Kotlet Drobiowy Tłuczone Ziemniaki Sałata Zielona z Jabłkiem Kiwi</p>	<p>22</p> <p>Zupa z Białej Fasoli Pierogi Sałata Zielona Mus Jabłkowy</p>
<p>25</p> <p>MEMORIAL DAY</p> <p>CENTRUM ZAMKNIĘTE</p> 	<p>26</p> <p>Zupa Pomidorowa Kurczak z Pastą Penne w Sosie Alfredo Sałata ze Szpinakiem Pomarańcza</p>	<p>27</p> <p>Zupa Marchewkowa Schab Zółty Ryż Sałata z Groszku Kiwi</p>	<p>28</p> <p>Zupa z Soczewicy Nóżki Kurczaka Kasza Banan</p>	<p>29</p> <p>Grochówka Pieczona Ryba Brazowy Ryż Sałata ze Szpinakiem Jabłko</p>

Easter Lunch at CCNS Pete McGuinness OAC

We celebrated Easter at the Pete McGuinness Senior Center in a warm and welcoming atmosphere. The day began with a blessing of the food led by Father Gregory from St. Stanislaus Kostka Church and Father Benny from St. Anthony Church.

About 130 people joined us for the celebration. Our seniors prepared beautiful painted eggs, bringing color and tradition to the event. We also served traditional Polish food, which made the day feel even more special and familiar for many.

The staff prepared a small surprise for the seniors, and 130 holiday eggs were distributed so everyone could take a piece of the celebration home with them.

It was a meaningful gathering, full of tradition, community, and shared joy.



W Pete McGuinness Senior Center świętowaliśmy Wielkanoc w ciepłej i serdecznej atmosferze. Dzień rozpoczął się od poświęcenia pokarmów przez księdza Gregory'ego z kościoła św. Stanisława Kostki oraz księdza Benny z kościoła św. Antoniego.

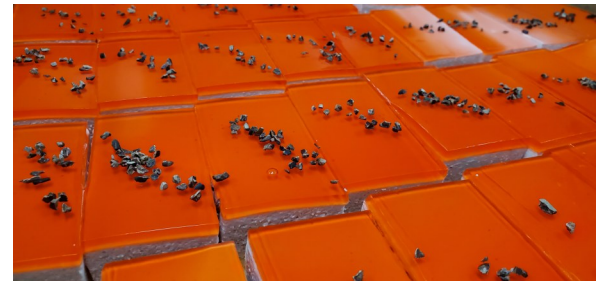
W wydarzeniu wzięło udział około 130 osób. Nasi seniorzy przygotowali piękne, ręcznie zdobione pisanki, które wniosły dużo koloru i tradycji do całego spotkania. Na stołach pojawiły się również tradycyjne polskie potrawy, co sprawiło, że atmosfera była jeszcze bardziej domowa.

Pracownicy ośrodka przygotowali dla seniorów małą niespodziankę, a 130 świątecznych jajek trafiło do uczestników, aby każdy mógł zabrać ze sobą część tej wyjątkowej atmosfery.

To było bardzo ważne spotkanie — pełne tradycji, wspólnoty i radości.



Easter Lunch at CCNS Pete McGuinness OAC



RHYTHM AND TIMING-DANCE CLASS



**We warmly invite seniors to join our dance classes
at CCNS Pete McGuinness OAC!**

**It's a wonderful way to stay active, lift your mood, and enjoy
time in a friendly, welcoming atmosphere.**

Classes are held:

- **Mondays at 10:30 am**
- **Thursdays at 10:30 am**

**No experience is needed—just bring your energy and a smile.
Come meet new friends and enjoy the joy of dancing together!**

**Zapraszamy seniorów na zajęcia taneczne w CCNS Pete McGuinness
OAC!**

**To doskonała okazja, aby zadbać o zdrowie, poprawić nastrój i spędzić
czas w milej atmosferze.**

Zajęcia odbywają się:

- **w poniedziałki o 10:30 am**
- **w czwartki o 10:30 am**

NEW!!!



**Nie trzeba mieć doświadczenia – wystarczy chęć do ruchu i uśmiech.
Przyjdź, poznaj nowych ludzi i ciesz się tańcem razem z nami!**

CCNS Pete McGuinness OAC offers transportation to local stores and doctor appointments around Greenpoint for a suggested contribution of \$1.00 each way.



**Call
718-383-1940
to schedule a ride**



Our trips comeback!

Thursday 5/7/2025 8:30 am - 10:30 am Trip to Trader Joe's

Thursday 5/14/2025 8:30 am - 10:30 am Trip to Michaels

Thursday 5/21/2025 8:30 am - 10:30 am Trip to Trader Joe's

Thursday 5/28/2025 8:30 am - 10:30 am Trip to Michaels

THE SCHEDULE MAY CHANGE . ONLY 3 PEOPLE PER RIDE.

SUGESTION DONATIO \$1.00 each ride

TO CONFIRM AND MAKE RESERVATION CALL 718-418-9210 ASK FOR AGATA



Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

The program is sponsored by Catholic Charities Neighborhood Services Diocese of Brooklyn and Queens.

Accredited by the Council on Accreditation for Children and Family Services



Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

Catholic Charities Benson Ridge Senior Services can help.

One of 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.

718-680-3530

We care! You are not alone!

Program funded by the New York City Department for the Aging



CATHOLIC CHARITIES Brooklyn & Queens
ESTABLISHED 1899

Benson Ridge Senior Services

6823 Fifth Avenue
Brooklyn, NY 11220

718-680-3530 (Tel)
718-680-3654 (Fax)



Serving Homebound Older Adults in Bay Ridge and Bensonhurst



Top 20 Powerful Mood Boosters



avocado



blue potatoes



blueberries



broccoli



coconut



dark chocolate



eggs



flaxseed



Greek yogurt



Green tea



honey



mussels



oatmeal



orange juice



pistachios



salmon



spinach



Swiss chard



walnuts



water



TECHNOLOGY CLUB

IPHONE technology class
every Monday from 11:30 am to 12:15 pm

Klasa technologii IPHONE
w każdy wtorek od 11:30 am do 12:15 pm



SAMSUNG technology class
every Wednesday from 11:00 am to 12:00 pm

Klasa technologii SAMSUNG
w każdą środę od 11:00 am do 12:00 pm



Growing Miniature Roses Indoors

Miniature Roses will grow just as well indoors as they would outdoors, as long as you take proper care of them. Here are the basics of rose care.

Plenty of Light — Place your roses in the brightest spot (best 6 hours of sun a day). If you don't feel you have enough light, consider using a grow light to supplement the natural light.

Careful Watering — Water thoroughly but don't let your roses sit in standing water. Never let your miniature roses completely dry out as they probably won't recover. Water your rose when the top inch of soil is dry.

Humidity — If the air in your home is dry, your rose would benefit from being placed on a pebble-covered tray filled with water. This will raise the humidity around without having the roots sit in standing water.

Temperature — Roses ideally like the temp. in the 70s during the day and in the 60s at night.

Use Fertilizer — Feed every 2 weeks in spring and summer with a high-phosphorus fertilizer (such as 6-12-6) that contains micronutrients, diluted by half.

Outdoors — In spring and summer, your roses may appreciate being outdoors. Be sure to place the plant in complete shade at first outside, then increase the amount of sun so you don't shock and burn the leaves of your plant.

Chodowla miniaturowych róż w domu

Miniaturowe róże będą rosły równie dobrze w pomieszczeniach, jak na zewnątrz, o ile odpowiednio się nimi zajmiesz. Oto podstawy pielęgnacji róż.

Mnóstwo światła — umieść róże w najjaśniejszym miejscu (najlepiej 6 godzin słońca dziennie). Jeśli uważasz, że nie masz wystarczającej ilości światła, rozważ użycie sztucznego oświetlenia.

Ostrożne podlewanie — Podlewaj dokładnie, ale nie pozwól różom stać w stojącej wodzie. Nigdy nie pozwól, aby twoje miniaturowe róże całkowicie wyschły, ponieważ prawdopodobnie nie odrosną. Podlewaj różę, gdy wierzchnia warstwa gleby wyschnie.

Wilgotność — jeśli powietrze w twoim domu jest suche, twoja róża skorzystałaby przy umieszczeniu jej na pokrytej żwirkiem tacy wypełnionej wodą. Spowoduje to podniesienie wilgotności wokół bez umieszczania korzeni w stojącej wodzie.

Temperatura — idealna temperatura dla róż to 70F w dzień i 60F w nocy.

Użyj nawozu — co 2 tygodnie wiosną i latem należy nawozić róże nawozem o wysokiej zawartości fosforu (takim jak 6-12-6), który zawiera mikroelementy, rozcieńczonym o połowę.

Na zewnątrz — Wiosną i latem Twoje róże mogą docenić przebywanie na świeżym powietrzu. Pamiętaj, aby najpierw umieścić roślinę w całkowitym cieniu na zewnątrz, a następnie powoli zwiększać ilość słońca, aby nie poparzyć liści rośliny.



Kobieta w pewnym wieku jest jak nietoperz, nie dowidzi, nie dosłyszcy a wszystkiego się czepia 😂

LAUGH

FACTORY



What kind of tea is hard to swallow?

Reality.



"I'm here about the light-house work."

Mąż wraca z sanatorium i pokazuje żonie zdjęcie

- Widzisz kochanie: ja jestem w środku, a to moi nowi przyjaciele. Ten z prawej to profesor z Krakowa - bardzo porządny facet, a ten drugi to lekarz z Warszawy - pełna kultura!

Na drugi dzień żona wzięła zdjęcie i pojechała do tego sanatorium. Pokazuje na recepcji to zdjęcie recepcjonistce i pyta się jej czy poznaje kogoś na tym zdjęciu.

Na to recepcjonistka odpowiada :

- Ten z prawej to profesor z Krakowa - niesamowity pijak, a ten z lewej to lekarz z Warszawy - babaż, że strach!

- Proszę Pani, a ten w środku?
- O ten był najporządniejszy! On z żoną przyjechał, wszędzie z żoną chodził i z żoną wyjechał



This is why physics teachers should not be given playground duty.

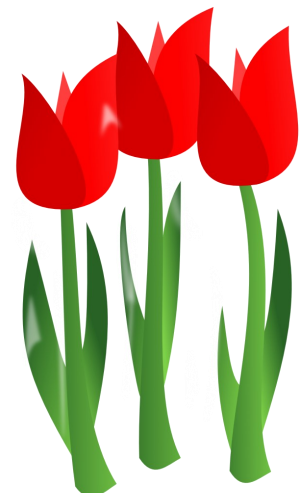
Why did the blonde get excited after finishing her puzzle in 6 months?

-- The box said 2-4 years!



CCNS PETE MCGUINNESS OLDER ADULT CENTER

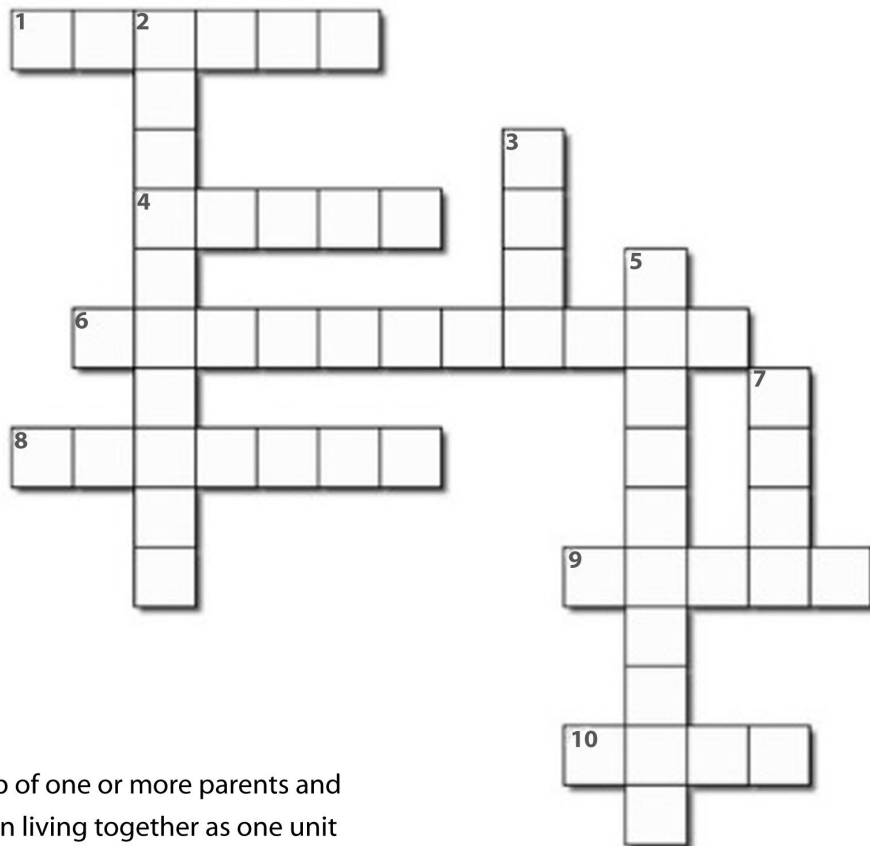
*Happy birthday :)
to all our friends from
Pete McGuinness
that were born in
May
Pete McGuinness Team*



EXERCISE YOUR BRAIN / CWICZ SWOJ UMYSŁ



Mother's Day CROSSWORD PUZZLE



Across

1. A group of one or more parents and children living together as one unit
4. Anatomy associated with emotions, feelings & sentiment.
6. Sometimes a second mother or a mother or fathers mother.
8. A pretty plant sometimes gifted for Mother's Day.
9. Flowers and _____ make a great Mothers Day Gift.
10. A feeling of intense affection

Down

2. The state of being a mother.
3. An item willfully given to another person for an occasion.
5. Being committed to the act of Mothering
7. A thick piece of paper used for writing a sentimental message.



MOTHERS DAY

WORD SEARCH

FIND AND CIRCLE EACH WORD!



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

Heart

Pink

Flower

Care

Chocolate

Sweet

Gift

Mom

Love

Mother

Coffee

Card

NEW WORKSHOPS AND EXERCISES

Sign up for the new workshops in our Center!
Zapisz się na nowe zajęcia w naszym Centrum!

SEATED AB AND CORE EXERCISES



Knee Lifts
Lift one knee toward chest, alternating legs. 10-12 reps each side.



Marching
March in place lifting knees. 20-30 seconds.



Torso Twists
Twist upper body side to side. 10 reps each way.



Side Bends
Lean to each side. 10 reps each side.



Leg Extensions
Extend one leg forward and hold. 10 reps each leg.



Knee-to-Elbow
Bring knee toward opposite elbow. 8-10 reps per side.



Pelvic Tilts
Tilt pelvis forward and backward. 10-12 reps.



Heel Taps
Tap heels alternately. 20 seconds.



Forward Reach
Reach forward toward toes. 8-10 reps.



Leg Circles
Extend leg and draw small circles. 5-6 each way.

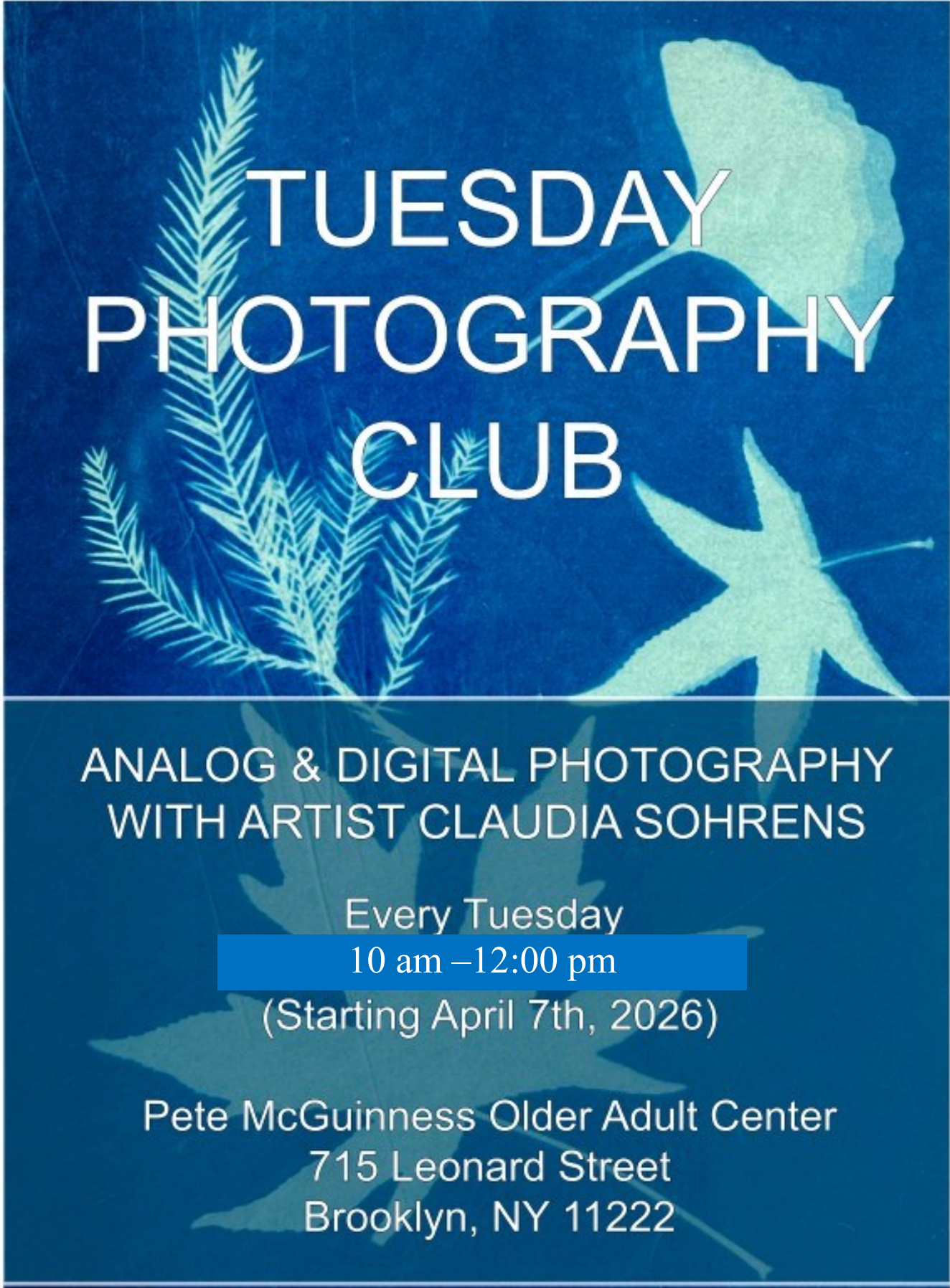


Side Leg Lifts
Lift leg sideways while seated. 8 reps each leg.



Arm & Leg Reach
Extend opposite arm and leg. 6-8 reps each side.

ARTS AND CRAFT



TUESDAY PHOTOGRAPHY CLUB

ANALOG & DIGITAL PHOTOGRAPHY
WITH ARTIST CLAUDIA SOHRENS

Every Tuesday

10 am – 12:00 pm

(Starting April 7th, 2026)

Pete McGuinness Older Adult Center
715 Leonard Street
Brooklyn, NY 11222