

125+
YEARS OF CHANGING LIVES



Hillcrest Older Adult Center
91-34 182nd Place, 2nd Floor
Jamaica, NY 11423
(718) 297-7171



THE HILLCREST OLDER ADULT CENTER
NEWSLETTER FOR THE MONTH OF MAY 2026



FUNDED BY THE NYC DEPARTMENT FOR THE AGING

Our mission

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 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.

Meet our wonderful staff!!

Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Cynthia Aaron	Case Manager
Vere Guri	Custodian
Sam Williams	Kitchen Aide

CCNS HILLCREST OLDER ADULT CENTER PRESENTATIONS AND CLASSES – MAY 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
<p>PLEASE NOTE: ACTIVITIES SUBJECT TO CHANGE LAST MINUTE</p>				<p>1 10:00 Today in the News 11: 00 Puppet Inspiration w/Daryl 12:00 Lunch 1:00-3:00 Friday Social w/ DJ Valentin</p>
<p>4 10:00 Today in the News 11:00 Zumba w/ability & Beyond fitness 12:00 Lunch 1:00-3:00 Multicultural Line Dance w/Dancers</p>	<p>5 10:00 Strength Training w/Gerard M 12:00 Lunch 1:00 – 3:00 Cinco De Mayo Celebration w/DJ Luis Salinas</p>	<p>6 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Luis Salinas</p>	<p>7 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Movie: “The Intern” w/Clelia 1:00 -3:00 Terpsichorean Dance W/Dancers</p>	<p>8 10:00 Today in the News 11:00 Nutrition Presentation w/Angela 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Mother’s Day Celebration w/ DJ Luis Salinas</p>
<p>11 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00 Elder Financial Abuse w/ Lumber Law 1:00-3:00 Multicultural Line Dance w/Dancers</p>	<p>12 10:00 Strength Training w/Gerard M 12:00 Lunch 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago</p>	<p>13 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 -3:00 Indian Arrival Day w/ DJ Luis Salinas</p>	<p>14 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers</p>	<p>15 10:00 Today in the News 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Friday Social w/ DJ Valentin</p>
<p>18 10:00 Today in the News 11:00 Zumba w/Ability & Beyond Fitness 12:00 Lunch 1:00-3:00 Multicultural Line Dance w/Dancers</p>	<p>19 10:00 Strength Training w/Gerard M 12:00 Lunch 1:00 Art & Craft w/ Leo Coltrane Ability & Beyond 2:00 Computer Class w/ Leo Coltrane Ability & Beyond 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago</p>	<p>20 9:30 General Membership Meeting 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 National Older Americans Month Celebration w/ DJ Woody</p>	<p>21 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Movie: “The Bucket” w/Clelia 1:00 -3:00 Terpsichorean Dance W/Dancers</p>	<p>22 10:00 Today in the News 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Memorial Day Celebration w / DJ Luis Salinas</p>
<p>25 CLOSED MEMORIAL DAY</p>	<p>26 10:00 Strength Training w/Gerard M 12:00 Lunch 1:00-3:00 Line Dance w/ Bon Santiago</p>	<p>27 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Guyana Independence Day Celebration W/Luis Salinas</p>	<p>28 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers</p>	<p>29 10:00 Today in the News 11:00 Nutrition Presentation w/ Angela 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday’s Celebrations w / DJ Valentin</p>

CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU MAY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE				1 Baked Fish with Garlic Sauce Yellow Rice Whole Wheat Bread Steamed Green Beans Orange 1% Low Fat Milk
4 Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	5 Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	6 Baked Asian Style Honey Chicken Half White Rice Whole Wheat Bread Steamed Broccoli Banana 1% Low Fat Milk	7 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk	8 Fish with Tomatoes and Herbs Caribbean Rice and Red Beans Whole Wheat Bread Sauteed Spinach Orange 1% Low Fat Milk
11 Spanish Style Roast Pork White Rice Whole Wheat Bread California Blend Vegetables Orange 1% Low Fat Milk	12 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	13 BBQ Chicken Leg Quarters Baked Macaroni and Cheese Whole Wheat Bread Steamed Red Green Cabbage Apple 1% Low Fat Milk	14 Basic Shepherd's Pied Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk	15 Baked Fish with Mushrooms and Peppers Yellow Rice Whole Wheat Bread Cauliflower with Carrots and Parsley Banana 1% Low Fat Milk
18 Spanish Style Roast Pork Black Beans and Rice Whole Wheat Bread Steamed Collard Greens Banana 1% Low Fat Milk	19 Arroz con Gandules (Mexican Style Brown Rice With Pigeon Peas Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	20 Chicken Legs with Stewed Tomatoes Oconut Rice and Pigeon Peas Normady Blend Orange 1 % Low Fat Milk	21 Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad Apple 1% Low Fat Milk	22 Fish with Mushrooms, Peppers, and tomatoes Pasta Whole Wheat Bread Baby Carrots and Parsley Fruit Cocktail 1% Low Fat Milk
25 CLOSED MEMORIAL DAY	26 Zesty Chickpea Stew Brown Rice Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk	27 Jerk Chicken Black Beans and Rice Whole Wheat Bread Italian Blend Vegetables Watermelon 1 % Low Fat Milk	28 Homemade Tomato Sauce Italian Meatballs with Beef and turkey Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	29 Baked Fish with Seet and Sour Sauce Pasta Whole Wheat Bread Normandy Blend Fruit Cocktail 1% Low Fat Milk



celebrate
May
 birthdays!

Ball, Serena	5/27
Bool, Cely	5/21
BOOL, Araceli P.	5/21
Cooks, Rosita	5/12
Del Rosario, Carlos	5/2
English, Daryl	5/22
Gottfried, Bruce	5/6
Hussain, Seeta	5/5
Johnson, Desmond	5/8
Martin, Elena	5/3
Oh, Angela	5/3
Perez, Manny	5/18
Riggieri, Richard	5/3
Sapla-Coll, Helen	5/20
Spielvogel, Elsa	5/11
Tovar, Juanita	5/10
Wall, Dorothy	5/9
Zapata, Reyna	5/27

Join Us on Wednesday, April 29, 2026, at 1:00 PM - 3:00 PM, For
 Multicultural Music and Birthday Celebration



craftycicijoy

Los Angeles's annual Cinco de Mayo celebration is bigger than the one in Puebla, Mexico, where the holiday originated.

Cities around the U.S. celebrate the holiday with events highlighting traditional Mexican dancing, music and cuisine.



For many Mexicans, however, May 5 is a day like any other: It is not a federal holiday, so offices, banks, and stores remain open.

In 2005, Congress declared Cinco de Mayo an official U.S. holiday.



facts about Cinco de Mayo



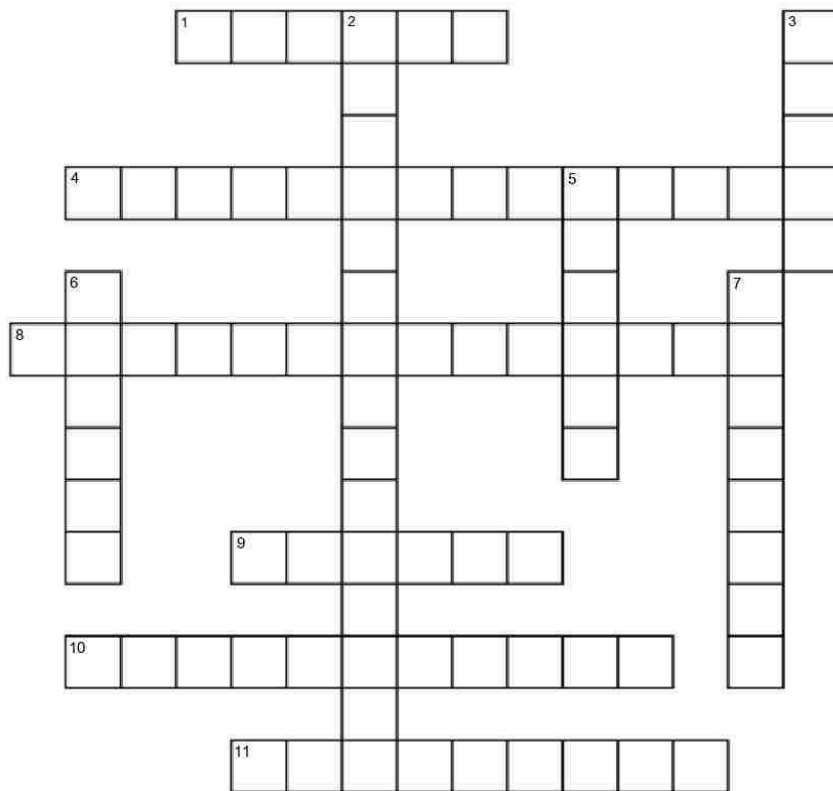
In the U.S., Cinco de Mayo is marked by lots of dancing, lots of drinking, and lots of food.

Mariachi refers to the music most associated with Cinco de Mayo celebrations.



CINCO DE MAYO

crossword puzzle



- WORD BANK:**
- BATTLE OF PUEBLA
 - FRANCE
 - GUADALUPE
 - IGNACIO ZARAGOZA
 - LORETO
 - MARIACHI
 - MEXICAN CULTURE
 - MEXICO
 - MOLE POBLANO
 - PARADE
 - THREE

- Down:**
2. The name of the general who led the Mexican army in the Battle of Puebla.
 3. The number of vertical stripes present on the Mexican flag.
 5. Procession in the streets of Puebla on Cinco de Mayo with battle reenactments, musicians, and dancers.
 6. Traditional Mexican folk music you might hear on Cinco de Mayo.
 7. The southernmost fort the Mexican troops defended in the Battle of Puebla.

- Across:**
1. Country where the Battle of Puebla occurred.
 4. This is also celebrated during Cinco de Mayo in addition to the victory of the Battle of Puebla.
 8. The battle Mexico won on May 5, 1862, and the reason for celebrating Cinco de Mayo.
 9. The name of the country Mexico fought during the Battle of Puebla.
 10. Savory dish with a sauce featuring chocolate and chili that originated in Puebla.
 11. The northernmost fort the Mexican troops defended in the Battle of Puebla.

14 FACTS ABOUT

Mother's Day

1. One of the earliest Mother's Day celebrations was in Ancient Greece
2. The history of American Mother's Day starts with peacemaker Ann Jarvis.
3. Mother's Day is celebrated all over the world.
4. Mother's Day isn't always on the same date each year.
5. The moniker 'Mom' comes from babies.
6. More calls are made on Mother's Day than any other day of the year.
7. Beauty salons and spas also get a Mother's Day boost.
8. Normally, Mother's Day is the busiest day of the year for restaurants.
9. Moms aren't the only ones getting Mother's Day love. Grandmas Too.
10. The most popular gift for Mother's Day is the greeting card.
11. In 2022, over \$31 Billion was spent on Mother's Day.
12. Carnations have a special meaning on Mother's Day. Red means alive, white means passed.
13. 41% of Americans plan to buy their mom jewelry.
14. Many women are waiting before they become mothers.

MEMORIAL DAY

ESTABLISHED AFTER THE CIVIL WAR BY UNION VETERANS AND NAMED

DECORATION DAY

1st celebrated at Arlington National Cemetery on

MAY 30th 1868



Waterloo, N.Y. is considered to be the birthplace of **MEMORIAL DAY**



1971 Year that Memorial Day was established as an official holiday

NOW CELEBRATED ON THE LAST MONDAY IN MAY



IN 2010, CONGRESS PASSED AND THE PRESIDENT SIGNED AN ACT CREATING A

NATIONAL MOMENT OF REMEMBRANCE

WHICH ENCOURAGES PEOPLE TO STOP AT 3 P.M. FOR A MOMENT OF SILENCE

Memorial Day pays tribute to those

U.S. SERVICE MEMBERS WHO LOST THEIR LIVES



1,196,793

Total war casualties, over 300,000 of which are buried at Arlington National Cemetery in Washington, D.C.



An average of **28** burials occur each weekday at Arlington – **6,900** annually



220,000
FLAGS PLANTED AT ARLINGTON FOR MEMORIAL DAY IN 2012



U.S. ARMY INFANTRY REGIMENT, OR THE "OLD GUARD," HAS PLACED FLAGS ON ARLINGTON GRAVES SINCE 1948

RECIPE

PASTA SALAD

BY MOMCOOKSITALIAN

INGREDIENTS FOR 4 PEOPLE

1 POUND WHEAT DRIED
PASTA LIKE PENNE O
FUSILLI

1 CUP SLICED ARUGULA
3 BOILED EGGS
4 HOT DOGS
3 PICKLES

1 CUP CUT CHERRY
TOMATOES

1 CUP HARD CHEES LIKE
PARMIGGIANO

4 TSP MUSTARD
1/4 CUP OLIVE OIL
1 TSP SALTS



COOK TIME 10 MINUTES

MAKE TIME 20 MINUTES

COOK PASTA IN A LARGE POT OF SALTED BOILING WATER,
UNTIL SUGGEST THE PACKAGE .

RINSE UNDER COLD WATER AND DRAIN TOGETHER THE PASTA
MIX OLIVE OIL AND SALT

IN A SALAD BOWL, COMBINE THE PASTA AND ALL
INGREDIENTS ALREADY CUT LIKE SLICES AND THE

MIX WELL ALL TOGETHER.

SAVE IN THE REFRIGERATOR FOR 3 HOURS.
EAT IN TWO DAYS.

PICK STRAWBERRIES DAY • MAY 20TH
5 fun facts about strawberries



Strawberries are the only "fruit" with seeds on the outside. Because their seeds are not on the inside they are not technically a fruit—they are actually a member of the rose family.

3.5 LBS. PER YEAR



The average American eats almost 3.5 lbs. of the berry each year!



There are about

200 SEEDS

on each strawberry!

Strawberries are low in calories but HIGH IN VITAMINS.



75%



California produces 75% of the strawberries grown in the U.S. **That's about 2 billion pounds!**

MAY PRODUCE GUIDE



what's in season



AVOCADO

ARUGULA

ARTICHOKE

ASPARAGUS

BEETS

BOC CHOY

BROCCOLI

CACTUS PADDLES

CARROT

CAULIFLOWER

CELERY

CHERRIES

CITRUS

COLLARDS

CUCUMBER

ENDIVE

FAVA BEANS

FENNEL

FRESH HERBS

GRAPEFRUIT

GREENS

KALE

KIWI

LEEKs

MANGO

MUSHROOMS

MUSTARD GREENS

ONION

PARSNIPS

PEAS

PEARS

PINEAPPLE

POTATOTES

RADICCHIO

RADISH

RHUBARB

SHALLOT

SPINACH

SWEET POTATO

STRAWBERRIES

SWISS CHARD

WATERCRESS

125+
YEARS OF CHANGING LIVES



Kindness
brings
happiness