

May 2026



Our Voices



CATHOLIC CHARITIES BAYSIDE ELDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144

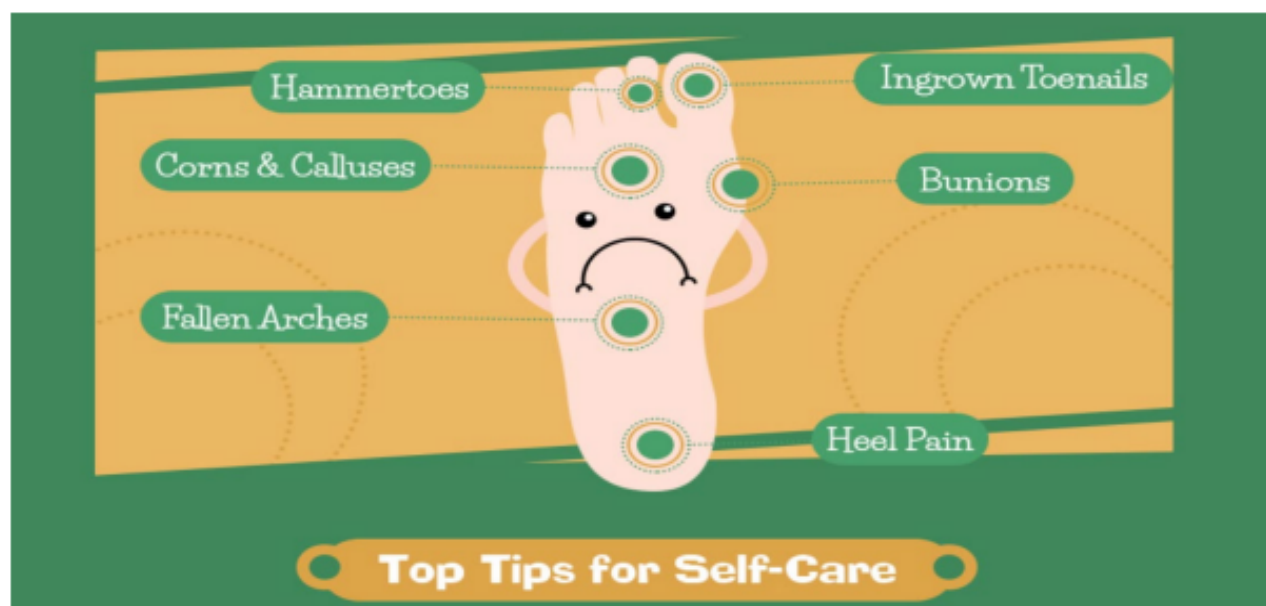
*Happy
Mother's
Day!*



Happy Feet: Taking Care of Your Feet As You Age

A webinar presented by NYC HHC Hospital/ NYU Langone Health
in partnership with NYC Aging

Tuesday, May 5th, at 10:30 a.m.



Janilee James- Coutou, M.D.

Fellow in Geriatric and Palliative Medicine at NYU Grossman School of Medicine

Join us to learn about:

Common issues as we age, proper foot care, proper footwear and socks, foot exercises, when to see a podiatrist/foot specialist.

Please click on the link below to join the ZOOM meeting:

<https://us02web.zoom.us/j/85412341929?pwd=TE44YWVpWllrbkFycXhCTlg5Y1ppdz09>

Enter Meeting ID: 854 1234 1929

Call: 1-929-436-2866

Enter Code: 778886



Mother's Day Fun Facts

We have some interesting facts to celebrate the day dedicated to mom, Mother's Day. Here's to all of the moms, stepmoms, grandmoms and anyone who is like a mother!

25.8

Average age of women in 2012 when they gave birth for the first time (most recent data according to the US Census)



Mom's favorite t-shirt is the Gildan Ultra Cotton Ladies T-shirt, our top selling ladies style.



\$62,985

Estimated annual worth of the various tasks a mom performs at home

MOTHER'S DAY



accounts for **ONE-FOURTH** of all holiday plant & flower sales.

141 MILLION

Mother's Day cards are exchanged annually in the United States

MOM MAMI ME MADRE

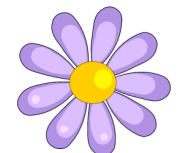
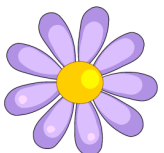
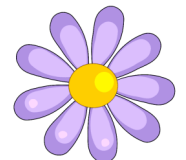
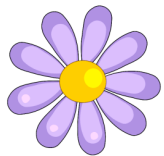
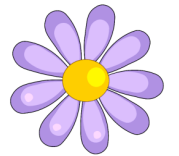
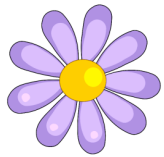
The word for mother starts with an "m" in many languages and it's no coincidence. One of the first sounds a baby makes is a "ma" sound.



An octopus mom from the deep-sea species *Graneledone boreopacifica* protects her eggs for about 4 1/2 years until they hatch.



The British version of Mother's Day dates back to the early 1700s.



Bayside Older Adult Center Menu for May, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Jerk Chicken Whole Wheat Bread California Blend Vegetables Homemade Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>5 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk</p>	<p>6 Italian Style Pork Loin Tomato Sauce (pre-prepared 1/2 cup); Penne (1/2 cup) Tomato Sauce (pre-prepared, ½ cup) Whole Wheat Bread Baby Spinach Salad with Mushrooms & Balsamic Vinaigrette Orange; 1% Low Fat Milk</p>	<p>7 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk</p>	<p>1 Baked Fish with Lemon Garlic Butter Sauce White Rice (1/2 cup) Whole Wheat Bread Sauteed Green Beans w/ Onions Pear; 1% Low Fat Milk</p>
<p>11 Chicken Salad Potato Salad Whole Wheat Bread Cole Slaw Apple 1% Low Fat Milk Apple 1% Low Fat Milk</p>	<p>12 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk</p>	<p>13 Chambre de Gandules (Dominican Stew with Pork, Vegetables and Brown Rice) Whole Wheat Bread Yellow Rice Sauteed Green Beans with Onions Orange 1% Low Fat Milk</p>	<p>14 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk</p>	<p>15 Citrus Sesame Crusted Salm White Rice (1/2 cup) Whole Wheat Bread Caesar Salad Pear 1% Low Fat Milk</p>
<p>18 Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Whole Wheat Bread Steamed Carrots Apple 1% Low Fat Milk</p>	<p>19 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk</p>	<p>20 Annes Lemon Garlic Sauce Baked Pork White Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Orange 1% Low Fat Milk</p>	<p>21 Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Green Salad Apple 1% Low Fat Milk</p>	<p>22 Baked Fish Oreganta Whole Wheat Bread Garlic Mashed Potatoes Sauteed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>25 Center Closed "Memorial Day"</p>	<p>26 Zesty Chickpea Stew Brown Rice (1/2 cup) Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk</p>	<p>27 Chambre de Gandules (Dominican Stew with Pork, Vegetables and Brown Rice) Whole Wheat Bread Yellow Rice Prince Edward Blend Vegetables Orange; 1% Low Fat Milk</p>	<p>28 Homemade Tomato Sauce (1/2 cup) Italian Meatballs with Beef Turkey; Pennw (1/2 chp) Whole Wheat Bread California Blend Vegetables Apple; 1% Low Fat Milk</p>	<p>29 Citrus Sesame Crusted Salmon White Rice (1/2 cup) Whole Wheat Bread Caesar Salad Pear 1% Low Fat Milk</p>

May 2026

125+
YEARS OF CHANGING LIVES



Resources!



**May is
National Stroke
Awareness Month**



A STROKE IS A MEDICAL EMERGENCY!

JOIN US ON MAY 8TH @ 10 AM TO LEARN:

- THE WARNING SIGNS OF STROKE

-HOW IT IS TREATED

-WAYS TO LOWER YOUR RISK

**-WHY THE WORD *FAST* IS CRITICAL IN THE
TREATMENT OF STROKES**

Join Zoom Meeting

<https://us02web.zoom.us/j/86239964254?pwd=fqYs2Fb0oR29TBdE0vaRHVvp1sn6js.1>

Meeting ID: 862 3996 4254

Passcode: 321141

+1929 436 2866 (New York)



**HOSTED BY STUDENTS & FACULTY FROM
ST. JOHN'S UNIVERSITY COLLEGE OF
PHARMACY AND HEALTH SCIENCES**



125+
YEARS OF CHANGING LIVES



May 2026
50 YEARS NYC
Department for the Aging

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
AMERICAN SOLDIERS WHO LOST THEIR LIVES

★ 4,435 American Revolution	★ 2,260 War of 1812	★ est. 1,000 Indian Wars	★ 13,283 Mexican War	★ 498,332 Civil War	★ 2,446 Spanish-American War	★ 116,516 World War I
★ 405,399 World War II	★ 54,246 Korean War	★ 90,220 Vietnam War	★ 1,948 Desert Shield/Desert Storm	★ 4,422 Operation Iraqi Freedom	★ 66 Operation New Dawn	★ 2,220 Operation Enduring Freedom

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

3
U.S. ARMY INFANTRY REGIMENT, OR THE "OLD GUARD," HAS PLACED FLAGS ON ARLINGTON GRAVES SINCE 1948



May

May Word Trails



Find and connect the trail of letters for each word. The trails can wander up, down, left, right, and diagonally.

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

azalea

butterflies

Cinco

fifth

graduation

mayflowers

mother

planting

spring



bees

camping

cookout

fishing

hiking

maypole

park

Preakness

sunny



Beltane

caring

derby

flowers

loving

memorial

peony

remembrance

tribute



birdsong

celebration

diploma

gardening

magnolia

mild

picnic

sports

veterans



Bayside Older Adult Center Activities for May, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Painting Group (9am-3pm) Queens Theatre (9:30-11:00am) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm</p>	<p>5 Painting Group (9am-3pm) 9:00-10:15am Computer Class Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm</p>	<p>6 Painting Group (9am-3pm) Queens Theatre (9:30-11:00am) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm</p>	<p>7 Painting Group (9am-3pm) 9:00-10:15am Computer class Wing Chun (David) 9:30am Nutrition Education (11:00am) Nutritionist Angela Karaoke (David) 12:00-3:45pm Line Dance (1:00-3:00pm) Harrison Tzeng</p>	<p>1 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>11 Painting Group (9am-3pm) 9:30-11:00am (Queens Theatre) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm</p>	<p>12 Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am 9:00-10:15am Computer Class Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm</p>	<p>13 Painting Group (9am-3pm) 9:30-11:00am (Queens Theatre) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm</p>	<p>14 Painting Group (9am-3pm) 9:00-10:15am Computer class Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) (1:00-3:00pm)</p>	<p>15 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>18 Painting Group (9am-3pm) 9:30-11:00am (Queens Theatre) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm</p>	<p>19 Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am 9:00-10:15am Computer Class Yoga (Sharon) 10am-11am Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm</p>	<p>20 Painting Group (9am-3pm) 9:30-11:00am (Queens Theatre) Low Impact Aerobics (Ira) (9:30-10:30am) Nutrition Education (11:00am) Latin Dance (Yukari) 1:00pm</p>	<p>21 Painting Group (9am-3pm) 9:00-10:15am Computer class Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) (1:00-3:00pm)</p>	<p>22 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>25 Center Closed "Memorial Day"</p>	<p>26 Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am 9:00-10:15am Computer Class Yoga (Sharon) 10am Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm</p>	<p>27 Painting Group (9am-3pm) 9:30-11:00am (Queens Theatre) Low Impact Aerobics (Ira) (9:30-10:30am) Mah Jong (1:00-3:30pm) Latin Dance (Yukari) 1:00pm</p>	<p>28 Painting Group (9am-3pm) 9:00-10:15am Computer Class Wing Chun (David) 9:30am 10:30am "Quintet of the Americas" Karaoke (David) 12:00-3:45pm Line Dance (Harrison)</p>	<p>29 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>

May Is Mental Health Awareness Month



1 in 5 adults experience mental illness each year.



Stigma prevents many from seeking help.



Promote self-care: exercise, sleep, healthy diet.



Talk about feelings; it's okay not to be okay.



Support others; listen without judgment.



Together, we can break the stigma!

You can always reach out to us.

Ingredients

- 3 cups uncooked rotini pasta
- ½ cup mayonnaise
- ½ cup finely chopped dill pickles (or more to taste)
- 1 tablespoon mustard
- 1 tablespoon red wine vinegar
- 1 teaspoon white sugar
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- ⅛ teaspoon celery salt
- 1 pinch garlic powder (or more to taste)

Dill Pickle Pasta Salad

Instructions

1. Start by bringing a large pot of water to boil. Once it's roiling, salt the water, add the rotini pasta, and cook until al dente (approximately 8 minutes).
2. While the noodles are cooking, whisk all of the other ingredients together in a medium bowl, leaving some pickles set aside. This will make your dressing. If you are using fresh herbs or pickle juice, you can add them now as well.
3. When the noodles are ready, rinse them in cold water and add them to a large bowl. Allow the noodles to cool completely.
4. (NOTE: This is where you'll want to add any vegetables, meat, or cheese from the variations.)
5. Cover the noodles in the dressing and mix, mix, mix!
6. Chill at least one hour and then serve. Top with more pickles.



2026

TALENT IS TIMELESS

Looking for a stage to showcase your talent?
Join the Talent is Timeless Competition!

CONTACT ELIZABETH AT THE OFFICE



NYCTM
Department for
the Aging

10 HEALTH BENEFITS OF KALE

@healthrangerstore



High in nutrients and very low in calories



Loaded with powerful antioxidants



High in vitamin C



Lower cholesterol levels in the body.



7 times the RDA for vitamin K



Help fight cancer



High in beta-carotene



Important minerals like calcium, potassium and magnesium.



High in lutein and zeaxanthin



Excellent addition to a weight loss diet



33rd National Older Adult Health & Fitness Day



Dance Through the Decades
Move a Little...Live a Lot!

Wednesday, May 27
8:30am - 12:30pm
Foley Square Park

(between Lafayette, Worth and Center Streets)



Join us for music, movement, fun and a box lunch.

Featuring:

Leslie Howitt

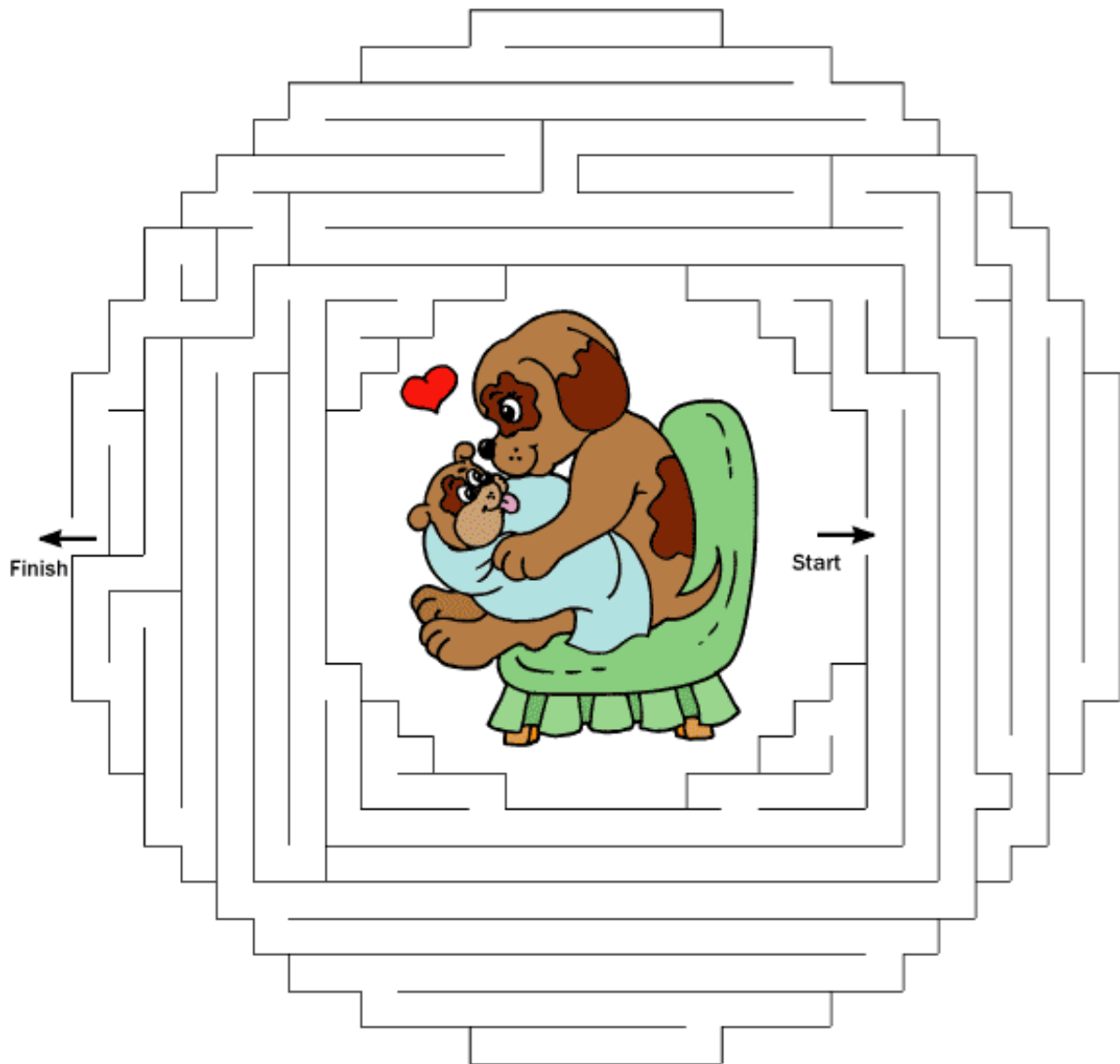
Yvonne & Roger Puckett

The Pacemakers



National Senior Health & Fitness Day is a public/private good health partnership organized by the Mature Market Resource Center® (MMRC), a 33-year-old national clearinghouse for professionals who work with older adults. National Senior Health & Fitness Day is the nation's largest annual older adult health and wellness event.

MAY



As America celebrates Memorial Day, we pay tribute to those who have given their lives in our nation's wars.



What is Memorial Day?

Memorial Day is an American Holiday. This holiday honors the men and women who have died while serving in the U.S. Military. It is always observed on the last Monday in the Month of May.



Facts about Memorial Day

- ★ It became a Federal Holiday in 1971.
- ★ It was originally known as Decoration Day because people decorate the graves of the fallen soldiers.
- ★ It used to be observed on May 30th.
- ★ The U.S. President or Vice President give a speech on this day.
- ★ Poppies are the flowers used as a symbol around the world to remember those who died in military service.



WORD SEARCH

S C F T P R E B K A L G E R K R U R	BASKET
M V M A L Y S L H A A B K M A Y A F	BIRDS
E O Y A M E D O C N I C R I F S Y I	BLOSSOM
M U T N O V R S A F B G N E Y T K S	BUMBLEBEE
O D P H N R I S D L R B S R S J G H	BUTTERFLIES
R G L R E N B O E O O R U U E W M O	CINCO DE MAYO
I W F I C R P M S W K B N P K F L W	FIESTA
A O R G H A S L S E S B S L I H O E	FLOWERS
L J E K U I J D F R Z T H F S R A R	GRASS
D H A S B N M I A S P R I N G A R S	GROW
A E S D L A E P O Y C V N I D F R A	MAY
Y U T O S R S E I L F R E T T U B T	MEMORIAL DAY
G R A S S N Y K S L R O S G X E M S	MOTHERS DAY
D G C I U L S E E B E L B M U B R E	RAIN
W G O A D I O W E T G E C K I C Z I	RAINBOWS
C S S O Y N S T A R W A R S D A Y F	SHOWERS
	SPRING
	STAR WARS DAY
	SUNSHINE
	TACOS



Eulalia Choi - Case Manager



Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.



14 FACTS ABOUT

Mother's Day

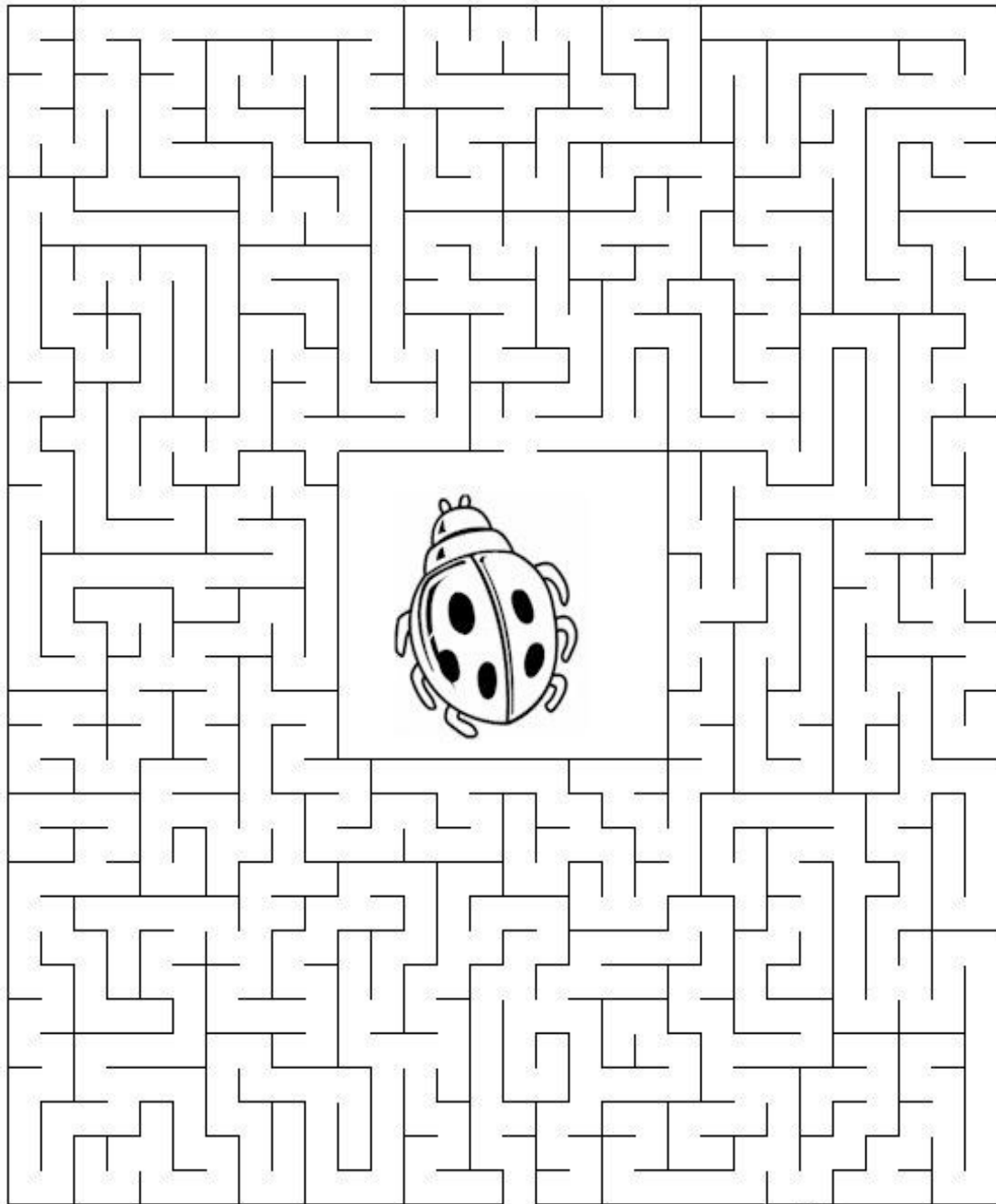
1. One of the earliest Mother's Day celebrations was in Ancient Greece
2. The history of American Mother's Day starts with peacemaker Ann Jarvis.
3. Mother's Day is celebrated all over the world.
4. Mother's Day isn't always on the same date each year.
5. The moniker 'Mom' comes from babies.
6. More 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.



lady bug maze



Help the lady bug find her way out!





BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa F.....President
Christina L... Vice President
Pat W Treasurer
Leo P Secretary

ADVISORY COUNCIL

Members:

Carmela P
Carl D
Fraternidad S
Jane C



Happy
Mother's Day
2026
to the one who
made everything
possible.



BAYSIDE OLDER ADULT CENTER STAFF



Pang	Program Manager	Henry C	Transportation
Kathy L	Office Manager	Shawn W	Transportation
Eulalia C	Case Manager	Laura M	Kitchen Aide
Yolanda D	Custodian	Yung P T	Kitchen Aide
Anmarie P	Transportation Coordinator	Michael M	Kitchen Aide
Elizabeth M.....	Recreational Coordinator		



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 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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

Happy Recap!

APRIL 2026

