



June 2026

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES


BEST LIFE OLDER ADULT CENTER

118-35 Farmers Blvd

St. Albans, NY 11412

929-268-3326

Funded by NYC Aging




Join us for coffee or tea

Mon-Fri 8am-2:30pm

Lunch: 12:00 pm -1:00 pm



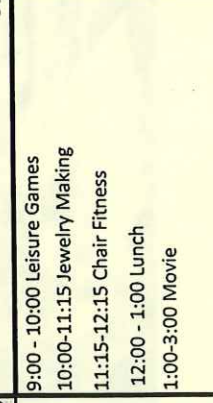
The recommended voluntary contribution is \$2.00.

Guest and staff under 60 years of age \$4.00



Your voluntary and confidential contributions are greatly appreciated and go towards all the activities you enjoy with us.

No one shall be denied a meal for the inability to contribute.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
9:00 - 11:00 Trivia & Games /w Corraine 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy 2:30- 3:30 Zumba	9:00 -10:00 Leisure Games 10:00-11:15 Jewelry Making 11-15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:00- 2:00 Black History Documentary 2:15- 3:15 Sharpening of the Mind	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting w/ Kyle 2:15- 3:15 Sharpening of the Mind	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing/ w Dianne 10:00- 11:00 Zumba /Shell 12:00 - 1:00 Lunch 1:00- 2:00 Line Dancing w/Anthony 1:30 - 2:30 Chair Fitness	9:00 -10:00 Leisure Games 10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie 11:15 - 12:15 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:30 - 2:30 Chair Fitness
8	9	10	11	12
9:00 - 11:00 Trivia & Games /w Corraine 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy 2:30- 3:30 Zumba	9:00 -10:00 Leisure Games 10:00-11:15 Jewelry Making 11-15-12:15 Chair Fitness 12:00 - 1:00 Lunch 2:15- 3:15 Sharpening of the Mind	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting w/ Kyle	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing/ w Dianne 10:00- 11:00 Zumba /Shell 12:00 - 1:00 Lunch 1:00- 2:00 Line Dancing w/Anthony 2:30- 3:30 Chair Fitness	10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie 11:15 - 12:15 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:00-2:30 General Meeting 2:30- 3:30 Chair Fitness
15	16	17	18	19
9:00 - 11:00 Trivia & Games /w Corraine 10:00-11:00 Sewing/w Dianne 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy 2:30- 3:30 Zumba	9:00 - 10:00 Leisure Games 10:00-11:15 Jewelry Making 11:15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:00-2:00 FDNY CPR 2:15- 3:15 Sharpening of the Mind	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:30 - 2:30 Joy of Painting w/ Kyle	9:00 - 10:00 Leisure Games 10:00 - 11:00 Sewing / w Dianne & Wiloma 10:00- 11:00 Zumba/ Shell 12:00 - 1:00 Lunch 1:00 - 2:00 Line Dancing w/Anthony 2:00-3:00 Nuturionist / Angela	9:00 - 10:00 Poetry Reading w/Corraine 10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie/Sewing 11:15 - 12:15 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:00 - 3:00 Fashion Show by the Best Life Seniors / Sewing Class
22	23	24	25	26
9:00 - 10:00 Trivial w/Corraine 10:00-11:00 Sewing/ w Dianne 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00- 2:00 FDNY Fire Safety 2:30-3:30 Zumba	9:00 - 10:00 Leisure Games 10:00-11:15 Jewelry Making 11:15-12:15 Chair Fitness 12:00 - 1:00 Lunch 2:15- 3:15 Sharpening Your Mind	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness w/John 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting w/ Kyle	9:00 - 10:00 Leisure Games 10:00 - 11:00 Sewing / w Dianne 10:00- 11:00 Zumba/ Shell 12:00 - 1:00 Lunch 1:00 - 2:00 Line Dancing w/Anthony	9:00 - 10:00 Leisure Games 10:00 -11:00 Sewing/w Dianne 10:00 -12:00 Crochet w/Celestie 11:15 - 12:15 Line Dancing w/Shirley 12:00 - 1:00 Lunch 1:30 - 2:30 Chair Fitness w/John
29	30			
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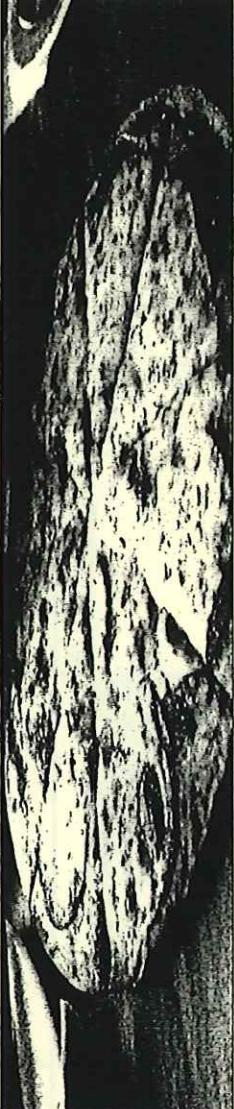
BEST LIFE OLDER ADULT CENTER

Lunch Begins 12:00 - 1:00PM

Funded by the NYC Aging

MENU June

(929) 268-3326

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Sweet and Sour Pork with Pineapple Red Potato Wedges Steamed Slice Carrot Bread/Milk/Fruit	Mama's Pasta Fagioli Baby Spinach Salad w/ Mushrooms Italian Blend Vegetables Bread/Milk/Fruit	Curried Chicken Legs White Rice Cooked Cabbage w/ Shredded Carrots Bread/Milk/Fruit	Spanish Style Beef Stew Mashed Sweet Potatoes Blend Vegetables Bread/Milk/Fruit	Jerk Fish Black Beans and Rice Steamed Kale Bread/Milk/Fruit
8	9	10	11	12
Pork Roast w/ Mango Chutney Brown Rice Cabbage w/ Carrots Bread/Milk/Fruit	Chickpeas Rasta Pasta Garden Salad Italian Blend Vegetables Bread/Milk/Fruit	Baked Chicken Thighs Mashed Sweet Potatoes California Blend Vegetables Bread / Milk / Fruit	Beef Salisbury Steak Garlic Mashed Potatoes California Blend Vegetables Bread/Milk/Fruit	Baked Fish w/ Garlic sauce Yellow Rice Steamed Green Beans Bread/Milk/Fruit
15	16	17	18	19
Pork Spare Ribs Garlic Mashed Potatoes Steamed Collard Greens Bread / Milk / Fruit	Chili-Spiced Pinto Beans Ragout Brown Rice Caesar Salad Bread/Milk/ Fruit	Baked Asian Style Honey Chicken White Rice Steamed Broccoli Bread / Milk / Fruit	Beef Stew Garlic Mashed Potatoes Steamed Carrots Bread/Milk/Fruit	Lemon Shrimp in Garlic Sauce Baked Sweet Potato Green Beans w/ Onions Bread / Milk / Fruit
22	23	24	25	26
Spanish Style Roast Pork White Rice Blended Vegetables Bread/Milk/ Fruit	Three Bean and Spinach Stew Brown Rice Caesar Salad Bread/Milk/ Fruit	BBQ Chicken Legs Quarters Baked Macaroni & Cheese Steamed Cabbage Bread / Milk / Fruit	Basic Shepherd's Pie Italian Blend Vegetables Bread/Milk/Fruit	Baked Fish w/ Mushrooms and Peppers Cous Cous Cauliflower, Carrot&Parsley Bread/Milk/Fruit
29	30			
Sweet & Sour Pork w/ Pineapple Red Potato Wedges Steamed Carrots Bread / Milk / Fruit	Zesty Chickpea Stew Brown Rice Garden Salad Bread/Milk/ Fruit			

CCNS/Best Life OAS

**The recommended voluntary meal
contribution is**

\$2.00

Guest and staff under 60 years of age

\$4.00

**Your voluntary and confidential contributions
are greatly appreciated and go towards all the
activities you enjoy with us.**

**No one will be denied a meal due to their
inability to contribute**

Funded by NYC Department for The Aging

RATED : PG-13



RED TAILS



WATCH & LEARN SERIES IN COLLABORATION WITH
THE NEW YORK METRO BLACK PILOTS ASSOCIATION

SCAN ME



CLOSED PRIVATE EVENT FOR SENIORS AND THEIR GUEST

📍 CCNS - Best Life Senior Center
118-35 Farmers Blvd.
Saint Albans, NY 11412

📅 June 4, 2026 | 1:00PM - 4:00PM

📞 718.244.3834

✉️ JFKRedevelopment@panynj.gov

TO REGISTER, USE LINK BELOW OR SCAN QR CODE
[HTTPS://TINYURL.COM/2026JFKRWATCHLEARN](https://tinyurl.com/2026JFKRWATCHLEARN)

FREE PRIZES, POPCORN, SNACKS & MORE.



Best Life Older Adult Center

presents

Sewers and Crocheters

JUNETEENTH

Fashion Show

Friday, June 19, 2026

1 PM

Best Life Older Adult Center
118-35 Farmers Blvd
St. Albans, NY 11412



BEST LIFE SENIOR CENTER

BUS TRIP

TO TIMBER POINT COUNTRY CLUB AND BOURNE MANSION



**JUNE 25,
2026**

**PRICE \$160.00
DUE BY 6/1/26
NO REFUNDS**

**BUS LEAVING
@8:30 SHARP**

**SEE DENISE OR KATHY OR ANY ADVISORY
BOARD MEMBER**

What Is Juneteenth?



Origin

- ◆ Union General Gordon Granger announced abolition of slavery in Texas.



Traditions

- ◆ Community gatherings, music, food, historical reenactments, education.
- ◆ Reflects on history, culture, and ongoing struggle for equality.



Significance

- ◆ Commemorates end of slavery in the United States
- ◆ Celebrates African American freedom and achievement.



Recognition

- ◆ Officially recognized in most U.S. states as a state holiday.

Energize and Harmonize: Dance Movement Classes

With Shell M. Benjamin



Rediscover Your Body, Mind, and Spirit!

Are you ready to enhance your well-being and embrace the joy of movement?

What to Expect:

Our classes are designed specifically for seniors, combining the best elements of:

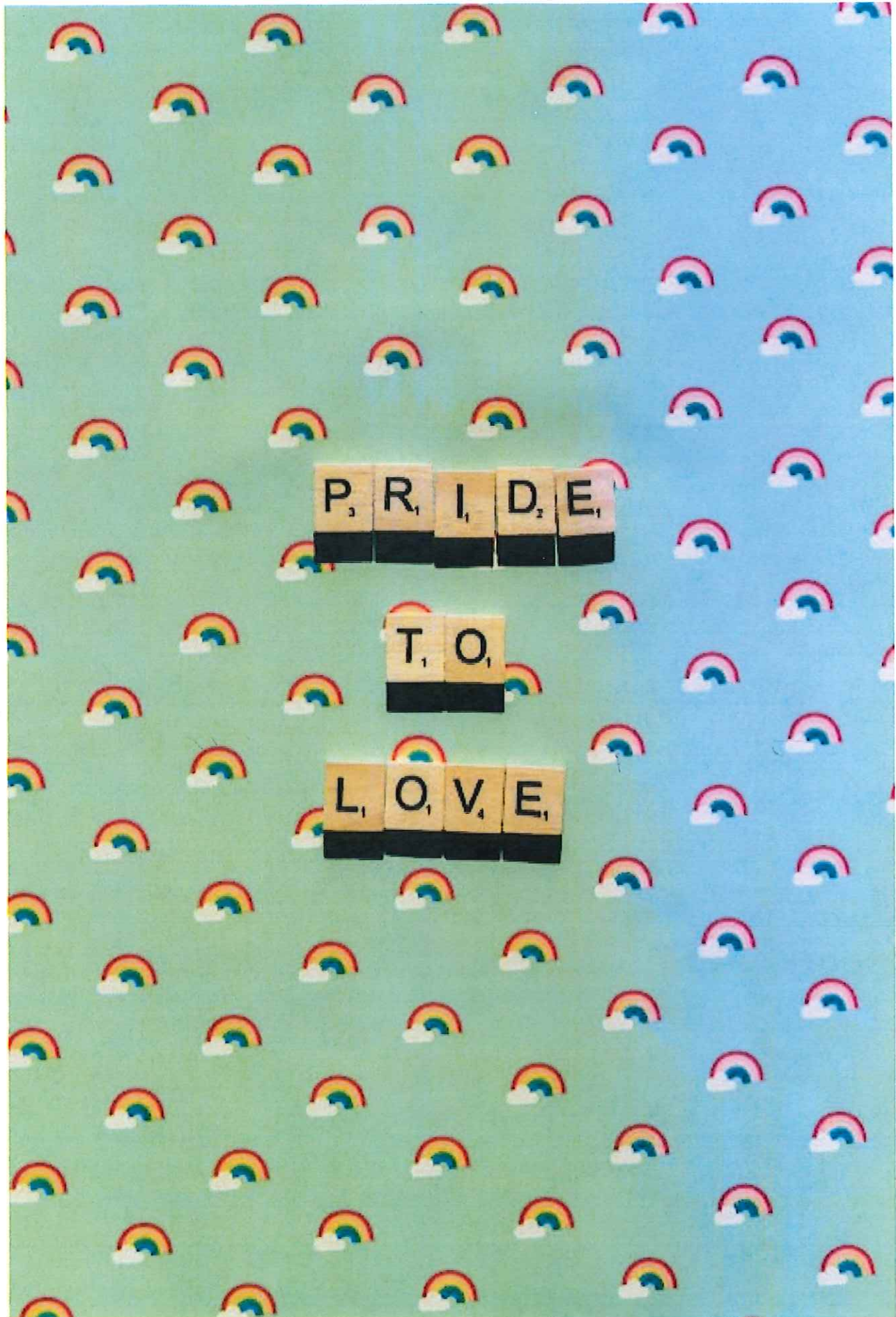
- **Yoga Breathing Techniques:** Experience the calming effects of movement and breath, reducing stress and anxiety.
- **Pilates Core Strengthening:** Build strength and stability in your core, enhancing overall posture and balance.
- **Tai Chi:** Improve your balance and stability through graceful, flowing movements to support daily activities.
- **Flexibility & Strength:** Use exercise equipment to massage tissue fascia, promoting flexibility and muscle strength.

Class Details:

- **When:**
 - **Mondays:** 2:30 PM - 3:30 PM
 - **Thursdays:** 10:00 AM - 11:00 AM
- **Where:** CCNS/Best Life Senior Center **118-35 Farmers Blvd. Saint Albans, NY 11412**

Join Us!

No prior dance experience is necessary—just bring your enthusiasm and a willingness to explore! Classes are suitable for all fitness levels, and modifications will be provided to ensure everyone can participate comfortably.



P, R, I, D, E,

T, O,

L, O, V, E,

Caregiver Support

Are you caring for a loved one with Alzheimer's disease, dementia, or another serious illness? Whether you are caring for someone day-to-day, or helping a loved one from a distance, you may feel isolated or overwhelmed. Sunnyside Community Services can help.

Our program offers free services and resources to caregivers, regardless of their income or citizenship status, including:

- Personalized care planning and individual counseling
- Virtual and in-person support groups
- Temporary respite care options
- Workshops focused on wellness and building caregiving skills
- Benefits enrollment for programs, such as Medicaid

Contact Us

877-577-9337

info@scsny.org

On social @scs4ny



Sunnyside Community Services' mission is to enrich lives and strengthen communities through services and engagement for individuals at all ages, beginning with those most in need.



43-31 39th Street, Sunnyside, NY 11104
52-41 Center Blvd, Long Island City, NY 11101

Apoyo para cuidadores

¿Está ayudando a un ser querido con la enfermedad de Alzheimer, u otra forma de demencia, discapacidad, o enfermedad grave? ¿Se siente aislado o abrumado? Sin importar si vive cerca o si está asistiendo a distancia a la persona que está cuidando, Sunnyside Community Services (SCS) le puede ayudar.

El programa para el apoyo de cuidadores (Caregiver Support) de SCS ofrece servicios a los cuidadores, independientemente de sus ingresos o estatus migratorio. Todos los servicios son gratuitos, incluyendo:

- Planificación personalizada de la atención y asesoramiento individual
- Grupos de apoyo presenciales o virtuales
- Opciones de cuidado temporario (respiro)
- Talleres sobre bienestar y desarrollo de habilidades de cuidado
- Asesoría para inscribirse a programas como Medicaid y más

Contactenos

877-577-9337

info@scsny.org

Síguenos @scs4ny



La misión de Sunnyside Community Services es enriquecer vidas y fortalecer comunidades a través de servicios y participación para personas de todas las edades.



43-31 39th Street, Sunnyside, NY 1104
52-41 Center Blvd, Long Island City, NY 11101



Need Immigration Legal Help?

NYC's Free Legal Hotline is confidential, and in your language.

800-354-0365

Spanish
Español

¿Necesita ayuda legal de inmigración?

La línea de asistencia legal de la Ciudad de Nueva York es gratuita, confidencial y está disponible en su idioma.

Arabic
العربية

هل تحتاج إلى مساعدة قانونية في الهجرة؟

الخط الساخن للمساعدة القانونية في مدينة نيويورك مجاني، وسري، وبلغتك.

Bangla
বাংলা

অভিবাসন-সংক্রান্ত আইনি সহায়তা দরকার?

নিউ ইয়র্ক সিটির বিনামূল্যের হটলাইনটি গোপনীয়তা রক্ষা করে এবং আপনার নিজ ভাষায় সেবা প্রদান করে।

Haitian Creole

Èske ou bezwen èd legal pou imigrasyon?

Kreyòl Ayisyen

Liy Dirèk Legal Gratis Vil Nouyòk la konfidansyèl epi li disponib nan lang ou.

Chinese (Simplified)
简化字

需要移民法律帮助?

纽约市免费法律热线是保密的并用您的语言提供。

French Français

Besoin d'aide juridique à l'immigration ?

La ligne d'assistance juridique gratuite de New York est confidentielle et disponible dans votre langue.

Chinese (Traditional)
正體字

需要移民法律援助?

紐約市免費法律熱線是保密的並用您的語言提供。

Korean
한국어

이민 법률 도움이 필요하세요?

뉴욕시의 무료 법률 핫라인은 비밀이 보장되며, 여러분의 언어로 제공됩니다.

Polish
Polski

Potrzebujesz pomocy prawnej w sprawach imigracyjnych?

Bezpłatna Infolinia Pomocy Prawnej Miasta Nowego Jorku jest poufna i w Twoim języku.

Learn more on our website or scan our QR
www.nyc.gov/knowyourrights



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.



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

Serving Homebound Older Adults in Southwest Queens



Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

Who is eligible to receive services?

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.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



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

We care! You are not alone!

*Program funded by the New York City
Department for the Aging*



STAFF

Best Life Older Adult Center

118-35 Farmer Blvd

Saint Albans, NY

11412

929-268-3326

Ron Carson, Director of Field Operation

Carmen Rojas, Program Manager

Corraine Lashley, Administrative Assistant

Ron Fitzpatrick, Case Manager

John Moy, Kitchen Aide

Roderick Delph, Maintenance

Open Monday – Friday

8:00 am – 4:00 pm

Lunch 12:00 am – 1:00 pm