

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 Summer everyone! As we start this new month, we look forward to days at the beach, long walks, and spending time with friends and family. 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

大家夏天快乐！随着我们开始这个新的一月，我们期待在沙滩的日子、长长的散步，以及与朋友和家人共度时光。感谢各位会员的积极参与和每日光临。正是因为有了你们的投入，我们的社区才会变得更加充满活力。我们衷心感谢大家一直以来的支持和反馈。对于本月已经规划的各项活动，我们倍感兴奋，并诚意邀请大家踊跃参加，同时也欢迎您邀请亲朋好友一同加入！

诚挚地，

CCNS 仙鹿居长者中心全体员工

FUNDED BY NYC AGING

June 2026 CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 Italian Meatballs with Chicken (4pc) Whole Wheat Pasta Primavera Roasted Broccoli	2 Mama's Pasta Fagioli (8oz) Italian Blend Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Narrows & Bayside Tofu in Garlic Soy Sesame Sauce (3oz) White Rice (1/2 cup) Baby Spinach Salad	3 Baked Pork Mushroom Gravy (3pc) Yellow Rice Sauteed String Beans*	4 Spanish Style Beef Stew (8oz) Diced Sweet Potatoes Prince Edward Blend Vegetables Brooks Beef Empanada (1pc) Same Sides	5 Tuna Salad (3oz) Basic Pasta Salad Garden Salad (1/2 svg)
8 Egg Salad (3oz) Coleslaw (pre-prepared) Simple Potato Salad	9 Chickpeas (1/2 cup) Rasta Pasta (8oz) Garden Salad Italian Blend Vegetables	10 BBQ Pulled Pork (3oz) Yellow Rice Steamed Carrots	11 Beef Salisbury Steak Mushroom Gravy (1pc) California Blend Vegetables Garlic Mashed Potatoes	12 Orange Roughy with Lemon Garlic Butter Sauce (1pc) White Rice (1/2 cup) Sauteed Green Beans with Onions *
15 Jerk Chicken (1pc) Diced Butternut Squash Homemade Mashed Potatoes	16 Chili-Spiced Pinto Bean Ragout (8oz) Brown Rice (1/2 cup) Caesar Salad	17 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	18 Beef Stew (8oz) Garlic Mashed Potatoes Steamed Carrots	19 Tuna Salad (3oz) Basic Pasta Salad Garden Salad (1/2 svg)
22 Chicken Salad (3oz) Cole Slaw Simple Potato Salad	23 Three Bean and Spinach Stew (8oz) Brown Rice with Black Beans Caesar Salad	24 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (8oz) Yellow Rice Sauteed Green Beans with Onions	25 Shephard's Pie (1 pc) Spinach	26 Baked Salmon with Cilantro Citrus Sauce (1pc) Garden Salad Roasted Potatoes
29 Baked Chicken BBQ Sauce (1pc) Mashed Potato Broccoli	30 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) (8oz) String Beans & Carrots	1 Annes Lemon Garlic Sauce Baked Pork (3pc) White Rice (1/2 cup) Italian Blend Vegetables	2 Salisbury Steak (6oz) Homemade Mashed Potatoes Garden Salad *	3 Salmon Oreganata (1pc) Brown Rice Green Beans with Onions

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
1 BRAIN TEASER - 10 AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	2 MAHJONG 8AM - 4PM JAZZERCISE 10AM - 11AM BRAIN TEASER 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	3 JAZZERCISE 9:30AM - 10:30AM BRAIN TEASER 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM TAI CHI 1PM - 2PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM	4 MAHJONG 8AM - 4PM JAZZERCISE 10AM - 11AM BRAIN TEASER 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	5 BRAIN TEASER 8AM - 10AM JAZZERCISE 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM TAI CHI 1PM - 2PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM
8 BRAIN TEASER - 10 AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	9 MAHJONG 8AM - 4PM JAZZERCISE 10AM - 11AM BRAIN TEASER 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	10 BRAIN TEASER 8AM - 10:30 ART CLASS 10:30 AM - 12PM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	11 MAHJONG 8AM - 4PM JAZZERCISE 10AM - 11AM BRAIN TEASER 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	12 BRAIN TEASER 8AM - 10AM JAZZERCISE 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM TAI CHI 1PM - 2PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM
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29 BRAIN TEASER 8AM - 10AM JAZZERCISE 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM TAI CHI 1PM - 2PM FAN DANCE 2PM - 3PM PING PONG 3PM - 4PM	30 MAHJONG 8AM - 4PM JAZZERCISE 10AM - 11AM BRAIN TEASER 10AM - 11AM TAI CHI 11 AM - 12 PM LUNCH 12PM SINGING ENSEMBLE 1PM - 2:30 PM TAI CHI 2:30 - 3:30 PING PONG 3PM - 4PM	<p align="center">FUNDED BY NYC DEPARTMENT FOR THE AGING</p> <p align="center">ALL ITEMS ARE SUBJECT TO CHANGE</p> <p align="center">JUNE 2026</p>		

SINGING ENSEMBLE CLASSES

MONDAYS & THURSDAYS FROM

1:30 TO 2:30 PM

THE LAST DAY FOR THE CLASS WILL BE ON JUNE 22ND



ART CLASSES

WEDNESDAY JUNE 10TH

WEDNESDAY JUNE 24TH



JUNE

*June
national days
word search
printable
from Always
the Holidays*

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

COCONUT DAY
JUNETEENTH
LGBT PRIDE DAY
GO FISHING DAY
VCR DAY
COLOR TV DAY
MARTINI DAY

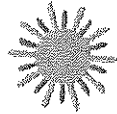
SELFIE DAY
EYEWEAR DAY
YOYO DAY
REPEAT DAY
UFO DAY
BLOOD DONOR DAY
GIN DAY

FOOD TRUCK DAY
FATHERS DAY
EGG DAY
WIDOWS DAY
CHEESE DAY
OLIVE DAY
SAFE DAY

Name: _____

Date: _____

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.



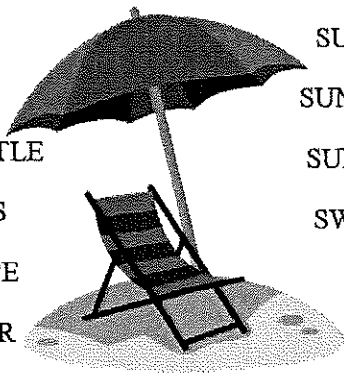
June

Word Search



- BARBECUE
- BEACH
- BUTTERFLY
- FATHER'S DAY
- FIREFLY
- FLIP-FLOPS
- GERANIUM
- HAT
- HONEYSUCKLE
- ICE CREAM
- IRIS
- JUNE
- LEMONADE
- LIGHTNING
- LILY
- PEONY
- PICNIC
- ROSE
- SANDCASTLE
- SHORTS
- SOLSTICE
- SUMMER

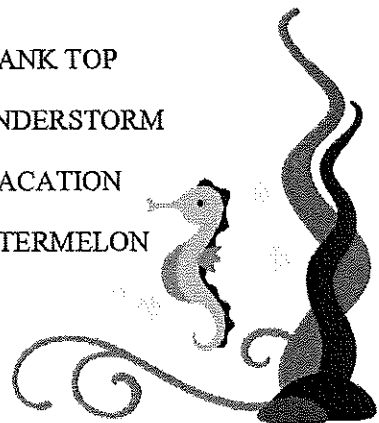
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A	L	E	F	N	Y	F	T	S	U	R	T	K	O	N	M	K	F	C
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N	N	W	B	B	P	R	P	Y	Q	Y	N	O	E	P	P	P	R	R



- SUNDRRESS
- SUNGLASSES
- SUNSCREEN
- SWIMMING



- TANK TOP
- THUNDERSTORM
- VACATION
- WATERMELON



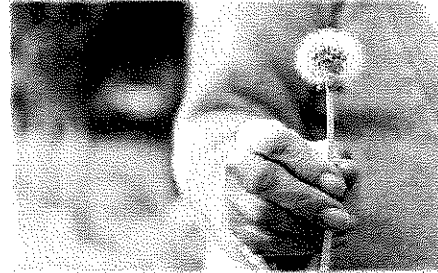


🌻 JUNE HEALTH & WELLNESS NEWSLETTER 🌻

Wellness • Prevention • Cognitive Health • Healthy Aging

🌻 **Dear Members,**

As we welcome the month of June and the beginning of the summer season, we are reminded of the importance of maintaining overall physical, cognitive, and emotional wellness. Warmer weather and increased daylight provide excellent opportunities to improve physical activity, social engagement, cardiovascular health, and emotional well-being.



This month, we recognize several important health observances, including Men's Health Month, Alzheimer's & Brain Awareness Month, and National Safety Month. These observances emphasize the importance of preventive healthcare, chronic disease management, cognitive wellness, and injury prevention among older adults.

♥ **MEN'S HEALTH MONTH**

Clinical Importance

Men's Health Month promotes awareness regarding preventable medical conditions and encourages routine screenings, early intervention, and healthy lifestyle modifications.

Preventive Health Recommendations

- Schedule annual physical examinations and preventive screenings
- Monitor blood pressure, blood glucose, and cholesterol levels regularly
- Maintain healthy body weight and nutritional intake
- Engage in routine physical activity to support cardiovascular and musculoskeletal health
- Follow prescribed medication regimens consistently

Common Chronic Conditions in Older Adults

- Hypertension (high blood pressure)
- Type 2 Diabetes Mellitus
- Hyperlipidemia (high cholesterol)
- Coronary Artery Disease
- Congestive Heart Failure
- Osteoarthritis and joint degeneration

Potential Symptoms That Should Not Be Ignored

- Chest discomfort or shortness of breath
- Dizziness or episodes of syncope (fainting)
- Persistent fatigue or weakness



- Lower extremity edema (swelling)
- Sudden changes in vision or speech

🕒 Wellness Program: Preventive Health Education & Blood Pressure Monitoring

🗓️ ALZHEIMER'S & BRAIN AWARENESS MONTH

Understanding Cognitive Health

Cognitive health refers to the ability to think, remember, learn, and maintain executive functioning. Aging adults may experience mild cognitive changes; however, significant memory impairment should be evaluated by a healthcare provider.

Possible Early Signs of Cognitive Decline

- Short-term memory impairment
- Difficulty following conversations or instructions
- Increased confusion or disorientation
- Changes in mood, behavior, or personality
- Difficulty performing familiar daily tasks



Brain Health & Neurocognitive Support Strategies

- Participate in cognitive stimulation activities
- Maintain regular social interaction
- Follow heart-healthy nutrition and hydration practices
- Prioritize adequate sleep and stress management
- Engage in routine physical exercise to improve cerebral circulation



Research indicates that physical activity, cognitive stimulation, and social engagement may help reduce the risk of cognitive decline and improve quality of life.

🌸 Program Highlight: Cognitive Wellness & Memory Support Activities

🗓️ NATIONAL SAFETY MONTH

Summer Health & Injury Prevention

Older adults may be at increased risk for dehydration, falls, and heat-related illness during the summer months. Preventive safety practices are essential for maintaining health and independence.

● **SUMMER SAFETY**



Be Active Without Falling

BEFORE YOU GO TO THE BEACH OR POOL:

Prevent a fall with these tips:

- Wear supportive shoes or sandals with tread – Avoid flip-flops or slick soles that slide on wet surfaces or loose sand.
- Pack a walking aid if you use one – Canes or walkers with wide, rubber tips can provide extra stability.
- Bring a friend or family member – Having someone by your side can offer support and peace of mind.
- Stay hydrated – Dehydration can lead to dizziness and unsteadiness.
- Apply sunscreen while seated – Avoid balancing on one foot while applying.



MORE TIPS:

www.aquacarephysicaltherapy.com/health_articles/be-prepared-not-to-fall

Fall Prevention Recommendations

- Wear supportive and non-slip footwear
- Utilize assistive devices when necessary
- Maintain adequate lighting in the home
- Avoid clutter and fall hazards
- Participate in balance and strengthening exercises

👤 Safety Program: Fall Prevention & Summer Safety Education Workshop

🌿 **ACTIVE LIVING & HEALTHY AGING**

Benefits of Routine Physical Activity

Regular physical activity can improve:

- Cardiovascular endurance
- Joint mobility and flexibility
- Muscular strength and balance
- Bone density and fall prevention
- Stress reduction and emotional wellness

Recommended Activities for Older Adults

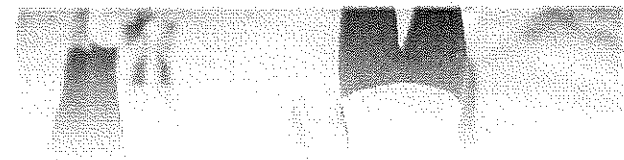
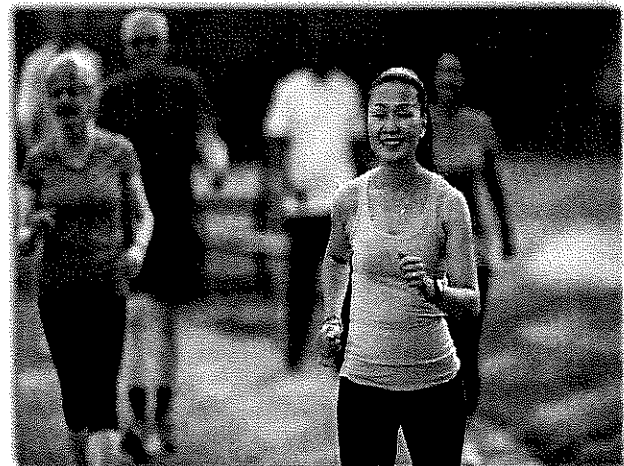
- Walking programs
- Chair-based exercise classes
- Stretching and flexibility routines
- Low-impact aerobics and movement sessions
- Social dance and recreational fitness activities

Heat-Related Illness Prevention

- Increase fluid intake throughout the day
- Avoid prolonged exposure to high temperatures
- Wear lightweight and breathable clothing
- Monitor for signs of dehydration or heat exhaustion

Signs of Heat Exhaustion May Include:

- Excessive sweating
- Dizziness or headache
- Muscle cramps
- Nausea or weakness
- Rapid pulse



Hydration Reminder

Older adults may experience reduced thirst sensation, increasing the risk of dehydration. Adequate fluid intake is important for circulation, temperature regulation, and kidney function.

👉 Wellness Activity: Summer Fitness & Functional Movement Class

🌟 INTERACTIVE PROGRAMMING & ENGAGEMENT

Weekly Programming:

- Mindful Monday – guided breathing and stress-reduction techniques
- Wellness Wednesday – therapeutic movement and strengthening activities
- Social Friday – recreational engagement and peer socialization



🧠 Therapeutic & Social Engagement:

- Summer arts and crafts
- Gardening and sensory stimulation activities
- Music therapy and reminiscence programs

🧩 Cognitive Wellness Activities:

- Crossword puzzles and word-search exercises
- Trivia and memory stimulation games
- Attention and concentration-building activities

📣 FINAL MESSAGE

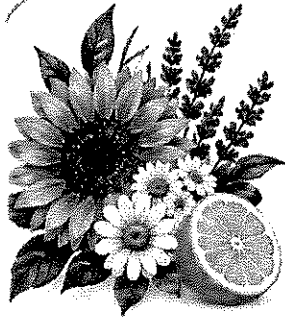
As we begin the summer season, we encourage all members to prioritize preventive healthcare, physical activity, cognitive wellness, hydration, and meaningful social connection. Small daily

wellness practices can support functional independence, emotional health, and improved quality of life.

💖 Stay healthy. Stay active. Stay connected.



**MINDFULNESS AND
EMOTIONAL WELLBEING**



Healthy June Recipes for Seniors



Fresh • Flavorful • Good for You



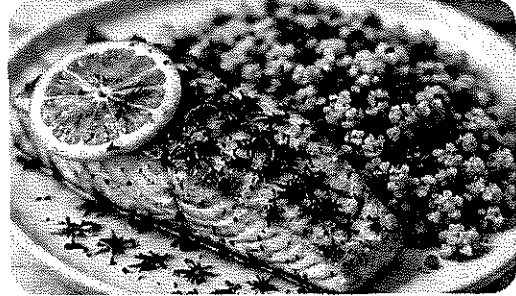
1 Grilled Lemon Salmon with Herb Quinoa



- Salmon fillets
- Lemon juice, olive oil
- Garlic, dill, parsley
- Quinoa

Directions: Brush salmon with lemon juice, olive oil, garlic and herbs. Grill over medium heat for 4-5 minutes per side. Serve with cooked quinoa.

♥ High in omega-3s, protein and heart-healthy nutrients



2 Summer Vegetable & Chickpea Stir-Fry



- Chickpeas
- Zucchini, bell pepper, carrots
- Olive oil, garlic, ginger
- Low-sodium soy sauce

Directions: Sauté garlic and ginger in olive oil. Add vegetables and chickpeas. Stir-fry until tender. Add soy sauce and cook for 2 more minutes.

♥ Full of fiber, vitamins and plant-based protein



3 Berry & Yogurt Parfait



- Greek yogurt
- Blueberries, strawberries
- Granola (low sugar)
- Chia seeds (optional)

Directions: Layer yogurt with berries and granola in a cup or bowl. Sprinkle with chia seeds if desired.

♥ Great source of calcium, antioxidants and probiotics



4 Cucumber & Avocado Salad



- Cucumber
- Avocado
- Cherry tomatoes
- Olive oil, lemon juice, herbs
- Salt, pepper

Directions: Combine all ingredients in a bowl. Drizzle with olive oil and lemon juice. Toss gently and enjoy!

♥ Hydrating, heart-healthy and packed with nutrients



→ JUNE WELLNESS TIPS FOR SENIORS ←



Stay hydrated each day



Enjoy morning sunshine



Eat seasonal fruits & vegetables



Take short walks outdoors



Spend time with family & friends



Practice gratitude daily



Good food. Good mood. Good days ahead! ♥



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

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

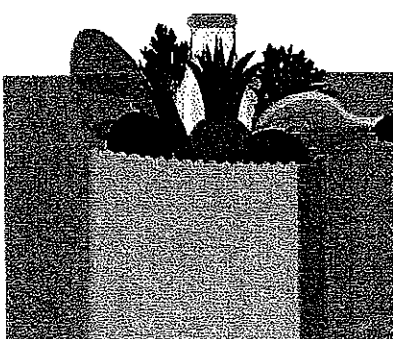
St. Michael

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.ny.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 218-722-6000 or visit www.ccbq.org.