

**125+**  
YEARS OF CHANGING LIVES



# Howard Beach OAC Life

## *JUNE 2026 EDITION*

**HOWARD BEACH OLDER ADULT CENTER**

A Program of Catholic Charities Neighborhood Services

### **CENTER INFORMATION**

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**Address:** 155-55 Cross Bay Blvd., Howard Beach, NY 11414

**Phone:** (718) 738-8100

**Hours:** Monday - Friday | 8:30 A.M. - 4:30 P.M.





Howard Beach OAC  
June 2026 Newsletter



**June**  CATHOLIC CHARITIES

# Our 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 which promotes justice and embraces human development.



# MONTHLY THEME: EMBRACE SUMMER

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## **HYDRATION FIRST**

Drink plenty of water throughout the day, even if you do not feel thirsty.

## **SAFE MOVEMENT**

Use our air-conditioned space for gentle stretching and chair exercises.

## **BRAIN HEALTH**

Keep your mind sharp with weekly puzzles and trivia games.

## **COMMUNITY**

Connect with friends to enhance your emotional well-being.

## **A MESSAGE FROM YOUR TEAM**

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"Welcome to June! Following a wonderful May celebrating Older Americans Month, we are excited to step into the summer season with you. Our goal this month is to help you stay active and independent while remaining safe in the summer heat. We look forward to another month of friendship and wellness here at the center."

**Stay Active. Stay Connected. Celebrate You!**

*- The Howard Beach OAC Team*

# CENTER DIRECTORY

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## **Annie**

Director of Operations

## **Wendy**

Case Manager

## **Tracy**

Cook

## **Maria**

Kitchen Aid

## **Oleksandr (Alex)**

Program Manager

## **Kamani**

Admin Assistant

## **Shamel**

Cook Assistant

## **Jeremy**

Maintenance



**Wishing everyone a happy, healthy, and prosperous June!**

# JUNE CELEBRATIONS

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**June 1**

Say Something Nice Day

**June 8**

World Oceans Day

**June 14**

us Flag Day

**June 18**

International Picnic Day

**June 19**

Juneteenth

**June 21**

& Father's Day & First Day of Summer

# JUNE AT HOWARD BEACH OAC: WHAT'S ON?

## Stay Cool, Get Creative, and Keep Moving!



JOIN US TO BUILD OUR COMMUNITY! HELP US PLAN & REALIZE OUR NEXT AMAZING EVENT!

### CLASS SPOTLIGHT: INSIDE BROADWAY

Experience the magic of the theater right here at the center! Every **Wednesday at 10:30 AM**, join our **Inside Broadway** class. Whether you are a lifelong fan of the stage or looking to explore your creative side, this class offers a unique look at the performing arts, music, and storytelling. It's a wonderful way to connect with the arts and your fellow members in a fun, collaborative environment.

### FITNESS & WELLNESS

Kickstart your mornings with energy! From **Heart & Muscles** and **Tai-Chi** to the high-energy **IntenSati** and **Disco Torso**, we have something for every fitness level. Don't miss our nutrition talk, *"Let's Talk and Eat Vegetables"* on June 1st! We will also be offering Vital signs monitoring

and blood pressure screenings.

## ARTS & HOBBIES

Let your creativity shine this month. Join our **Embroidery** circles, learn **Crochet** (beginner and intermediate levels available), or try your hand at **Rock Painting**. If you're feeling musical, we have **Karaoke** and **Guitar Class Showcase**: Be inspired and show your support! Join us for a special one-time performance by members who have completed their recent guitar classes. Come listen to their mastery and celebrate their success.

## BRAIN POWER & TECH

Keep your mind sharp with **Brain Teasers** every Monday morning. Need help with your phone or tablet? Our **Tech Help** sessions are available every Tuesday and Thursday to keep you connected.

## SOCIAL & SPECIAL EVENTS

We love a good celebration! Join us for **Bingo**, **Mahjong**, and our weekly Friday parties featuring **DJ Lou** and **DJ Joel**. Mark your calendars for our monthly **Birthday Party** on June 26th!

## JUNE HIGHLIGHTS

- **Let's Talk and Eat Vegetables / Amalia Catanzaro:** June 1st @ 11:15 AM
- **Elder Abuse Awareness Presentation:** June 2nd @ 11:00 AM
- **A chronic care presentation focused on Hypertension awareness and management on June 10. Wellness gifts for attendees.**
- **Inside Broadway:** Every Wednesday @ 10:30 AM
- **A chronic care presentation focused on Arthritis awareness and management on June 17. Wellness gifts for attendees.**
- **Comedy Show:** June 30th @ 11:00 AM
- **Holiday Note:** We are CLOSED on June 19th in observance of Juneteenth.

**See you at the Center! Check the full calendar for times and room locations.**

# A DAY FOR KINDNESS: SAY SOMETHING NICE DAY (JUNE 1ST)

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This June, let's kick off the month with a burst of positivity and celebrate **Say Something Nice Day** on **June 1st!** It's a wonderful reminder that a simple, sincere compliment can brighten someone's entire day and boost our community spirit.

## Fun Facts About Compliments

- **Brain Boost:** Receiving a sincere compliment activates the same reward centers in your brain as receiving a small cash reward, leading to a quick boost in happiness and positive feelings.
- **The Power of Positivity:** Studies show that giving genuine compliments reduces stress for both the giver and the receiver and strengthens social bonds, which is vital for mental and emotional well-being.
- **Small Habit, Big Impact:** The goal of this day is to encourage everyone to make giving at least one sincere compliment a daily habit.
- **Health Benefits:** Positive social interactions, like receiving a compliment, can help lower blood pressure and boost the immune system.
- **Social Currency:** Compliments are a form of social currency, making people more likely to cooperate and pay the kindness forward.

## How to Participate at the OAC

Here are ways you can spread joy and kindness during your favorite center activities:

- **Brain Teasers & Tech Help:** Give a shout-out to a friend who solves a tricky puzzle or shares their helpful knowledge during Tech Help sessions.
- **Fitness Classes:** Compliment a fellow member in *Heart & Muscles* or *Tai-Chi* on their dedication and commitment to staying active.

- **Arts & Hobbies:** Share a kind word about a finished project in *Embroidery*, *Crochet*, or *Rock Painting*, or show your appreciation for a moving performance at the **Guitar Class Showcase**.
- **For the Team:** Don't forget to share your gratitude with the staff, including a kind word for our cooks, **Tracy** and **Shamel**, or kitchen aid **Maria**, on the day's meal.
- **Games:** Compliment a friend on their strategy in the Pool Room or their luck during the Bingo game.

**Let's fill the Howard Beach OAC with positive energy on June 1st and beyond!**





HOWARD BEACH OLDER ADULT CENTER

PRESENTS:

# LET'S TALK AND EAT VEGETABLES!

A DELICIOUS & INFORMATIVE SESSION FOR A HEALTHIER YOU



**DATE: June 1, 2026**



**TIME: 11:15A-12:00P**



**SPEAKER: AMALIA CATANZARO**



**LOCATION: THE DINING ROOM**



**Discover New Veggie Ideas:** Get quick, easy recipes for tasty, budget-friendly dishes.



**Boost Your Vitality:** Learn which foods natural help you feel energized and alert.



**Connect with Neighbors:** Enjoy great conversation with friends while exploring new flavors together.



**Improve Your Well-Being:** Find out how small changes in your diet can improve your long-term health.

**FUEL YOUR BODY, FEED YOUR MIND, AND DISCOVER THE POWER OF THE VIBRANT VEGGIES!**

# CELEBRATE THE SEA: WORLD OCEANS DAY (JUNE 8TH)

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This June 8th, we celebrate **World Oceans Day**, a time to recognize the vital role the ocean plays in our lives and on our planet.

The Atlantic Ocean is right on our doorstep! Living in Queens, New York, we are fortunate to be close to beautiful stretches of the Atlantic, including **Rockaway Beach**, a popular spot for summer fun, and the waters near **Howard Beach**, connecting us directly to the vast ocean ecosystem.

## Fun Facts About the Ocean

- **Our Blue Planet:** Over 70% of the Earth's surface is covered by the ocean, yet less than 20% of it has been explored.
- **Essential Oxygen:** The ocean produces over half of the world's oxygen, making it essential for all life on Earth.
- **New York's Atlantic Shoreline:** Queens, New York is home to the Atlantic Ocean shoreline, with local gems like **Rockaway Beach**, the largest urban beach in the United States, offering miles of sandy shores and a vital local ecosystem.
- **Deepest Point:** The deepest point in the ocean, the Mariana Trench, is deeper than Mount Everest is tall.



# UNDER THE SEA

n i z u j b v k m f d l c  
f g t s e a h o r s e p y  
c v b a l m q w t r o u t  
r e d o l p h i n a j f b  
a o w k y s u g x q z f m  
b c h m f e l o b s t e r  
x t n g i a k d y p s r q  
j o e u s w h a l e h f n  
d p y b h e c r s m a i g  
t u r t l e n j w u r s o  
e s a c n d f t p i k h x



crab



dolphin



jellyfish



lobster



octopus



pufferfish



seahorse



seaweed



shark



trout



turtle



whale

Midori Friends  
Making Music Building Futures

# Howard Beach Older Adult Center Guitar Recital



Wednesday, June 3rd, 2026

Concert begins at 1:00 PM

Howard Beach Older Adult  
Center - Cafeteria  
155-55 Cross Bay Blvd  
Howard Beach, NY 11414

[midoriandfriends.org](http://midoriandfriends.org) | @midoriandfriends

# OUR NATIONAL SYMBOL: US FLAG DAY (JUNE 14TH)

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June 14th is Flag Day, a time to honor the history of the American flag - our nation's most recognizable symbol of freedom, unity, and perseverance. It's a day for all of us to reflect on the values and history the Stars and Stripes represent.



## Flag Day History & Pride

- **Birth of the Stars and Stripes:** The Continental Congress officially adopted the design of the American flag on June 14, 1777, during the Revolutionary War.
- **A Presidential Proclamation:** While communities celebrated Flag Day for decades, it wasn't until 1916 that President Woodrow Wilson established June 14th as the official national commemoration.
- **Why We Are Proud:** The 50 stars represent the 50 states of the Union, and the 13 stripes represent the original 13 colonies. The colors hold deep meaning: Red symbolizes valor and bravery, White symbolizes purity and innocence, and Blue symbolizes vigilance, perseverance, and justice.
- **The Power of Symbolism:** Displaying the flag is a way to show respect for the service of veterans and active military members, celebrate our democracy, and honor the nation's history.

# HAPPY US FLAG DAY!



# STAY INDEPENDENT & SAFE!

## Fall Prevention Workshop



**WHEN:** Thursday, June 18th | 11:00 AM – 12:00 PM

**WHO:** Special Presentation by Cathy Byrne, RN  
(Experienced Fall Prevention Specialist)

“Gain Confidence, Improve Balance, Prevent Falls!”

**WHERE:** Dining Room at Howard Beach OAC



Strengthen Muscles &  
Improve Balance



Identify Fall Hazards at Home  
Stay Active &



Stay Active & Isxpent  
Q&A with an Expert



Live Better!

# JUNETEENTH (JUNE 19TH)

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On June 19th, we observe Juneteenth, a significant day in American history that commemorates the effective end of slavery in the United States. While our center is CLOSED for this holiday, we encourage everyone to take time for reflection and celebration.

## Fun Facts About Juneteenth

- **The Delay in Freedom:** Although the Emancipation Proclamation was signed in 1863, it wasn't until June 19, 1865 - two and a half years later - that enslaved people in Galveston, Texas, were finally notified of their freedom.
- **Federal Recognition:** In 2021, Juneteenth officially became the 11th federal holiday in the United States, recognized as Juneteenth National Independence Day.
- **The Color Red:** Red is a traditional color for Juneteenth food and drink, symbolizing the resilience and blood shed by ancestors, often enjoyed through red velvet cake or strawberry soda.

## How to Commemorate Juneteenth

As the center is closed, here are ways you can observe the holiday independently:

- **Education:** Read books or watch documentaries about the history of Juneteenth and the ongoing journey toward equality.
- **Support Black-Owned Businesses:** Honor the day by shopping at or ordering from local Black-owned restaurants and shops in Queens.
- **Reflection & Discussion:** Share the history and significance of Juneteenth with family and friends to promote understanding and community connection.

# A HEALTHIER TAKE: RED VELVET CAKE RECIPE

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Red velvet cake is a traditional Juneteenth treat that can be made healthier using natural coloring and better substitutions.

## Ingredients

- **For the Cake:** 1 ½ cups all-purpose flour (or whole wheat pastry flour), 1 tsp baking soda, 1 tsp cocoa powder, ½ tsp salt, ½ cup unsweetened applesauce, 1 cup plain Greek yogurt, 1 ½ cups sugar, 2 large eggs, 1 Tbsp white vinegar, 1 tsp vanilla extract, ½ cup low-fat buttermilk, 2 Tbsp natural red coloring (e.g., beetroot powder).
- **For the Frosting:** 8 oz low-fat cream cheese, ½ cup plain Greek yogurt, 1 tsp vanilla extract, 1 cup powdered sugar.

## Instructions

1. **Prep & Mix:** Preheat the oven to 350°F. Whisk dry ingredients. In a separate bowl, cream wet substitutes (applesauce, yogurt, sugar, eggs, vinegar, vanilla). Alternate adding dry ingredients and buttermilk to the wet mixture. Stir in red coloring.
2. **Bake:** Pour into two 8-inch pans and bake for 25-30 minutes, or until a toothpick comes out clean. Cool completely.
3. **Frost:** Beat cream cheese, yogurt, and vanilla until smooth, then gradually add powdered sugar. Frost the cooled cake layers.



# June Trivia Challenge



Welcome to the June edition of our trivia breakdown! Whether you're a history buff or just love a good "fun fact" to drop at dinner, these questions cover the milestones and icons that define the month of June.

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## Historical Milestones

Test your knowledge on the events that shaped the world during this month.

1. **The Turning Point:** On June 6, 1944, Allied forces launched the largest seaborne invasion in history on the beaches of Normandy. What is this day commonly called?
2. **The Great Charter:** In June 1215, King John of England put his seal on a document that limited the power of the monarchy and became a cornerstone of modern law. What was it?
3. **Space Pioneer:** On June 16, 1963, Valentina Tereshkova became the first woman to

fly in space. Which country did she represent?

4. **A New Holiday:** On June 19, 1865, enslaved people in Galveston, Texas, were finally informed of their freedom—two years after the Emancipation Proclamation. What is this holiday called?
- 

## Famous June Birthdays

Can you identify these legendary figures born in June?

- **June 1, 1926:** This iconic blonde bombshell and actress became a symbol of 1950s Hollywood glamour. Who was she?
- **June 8, 1867:** This man is often considered the greatest American architect of all time, famous for "Fallingwater" and the Guggenheim Museum.
- **June 14, 1946:** This billionaire real estate mogul went on to become the 45th President of the United States.
- **June 25, 1903:** This English novelist wrote the dystopian masterpiece *1984*. (Hint: His real name was Eric Arthur Blair).

**Did you know?** The month of June is named after **Juno**, the Roman goddess of marriage and the well-being of women. This is why June remains one of the most popular months for weddings!

**Note: Answers to this game can be found on the last page of this newsletter.**

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# A CELEBRATION OF DADS AND SUN: FATHER'S DAY & FIRST DAY OF SUMMER (JUNE 21ST)

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## Fun Facts

**Father's Day Origin:** The first celebration of Father's Day took place in Spokane, Washington, in 1910. It was proposed by Sonora Smart Dodd, who wanted to honor her father, a Civil War veteran who raised six children as a single parent.

**National Status:** Unlike Mother's Day, Father's Day was officially recognized as a national holiday in the United States in 1972 under President Richard Nixon.

**The Official Flower:** The official flower for Father's Day is the rose; a red rose is worn to honor a living father, and a white rose honors a deceased father.

**Most Daylight:** The Summer Solstice is the day with the longest period of daylight in the Northern Hemisphere.

**Ancient Alignments:** Ancient sites like Stonehenge were built to align with the sun's movements during the Summer Solstice, marking it as a day of great astronomical and cultural significance.

# POSITIVE THINKING

JOIN US AT HOWARD BEACH OAC

A Special Presentation by  
**ALENA KHAIMCHAYEVA**



MONDAY  
**6/29**



11:15A-12:00P



DINING  
ROOM

## What You Will Learn

- Cultivate a hopeful mindset
- Practical tips for happiness
- Focus on strengths & possibilities
- Reduce stress & worry
- Start your day with positivity!

LOCATION:  
**HOWARD BEACH OLDER  
ADULT CENTER (OAC)**

155-55 Cross Bay Blvd, Howard Beach, NY 11414

**ALL WELCOME!  
NO REGISTRATION NEEDED.**

HOWARD BEACH  
**OAC**

LEARN MORE: (555) 123-4567

# Easy Ways to... Keep Food Safe

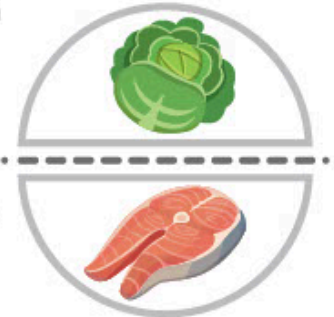
## **CLEAN** your hands and surfaces often.

- Wash your hands with soap and warm water for 20 seconds.
- Wash utensils and cutting boards regularly.
- Rinse produce under running water.



## **SEPARATE** raw meats, poultry and seafood.

- Store them away from ready-to-eat foods in your refrigerator.
- Use separate cutting and preparation surfaces.
- Keep them away from other foods in your shopping cart.



## **COOK** foods to a safe temperature.

- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.

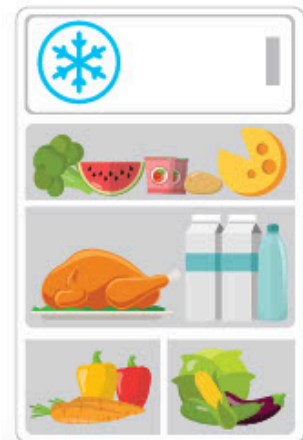


### **Safe Cooking Temperatures:**

- Poultry: **165 degrees Fahrenheit**
- Ground meats: **160 degrees Fahrenheit**
- Whole cuts of beef, pork, veal or lamb: **145 degrees Fahrenheit**

## **CHILL** foods.

- Keep your refrigerator at or below 40 degrees Fahrenheit.
- Refrigerate food within two hours of cooking or removing it from the refrigerator.
- Always thaw food in the refrigerator.



For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for **farmers markets**.

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-6964 (voice and TDD).

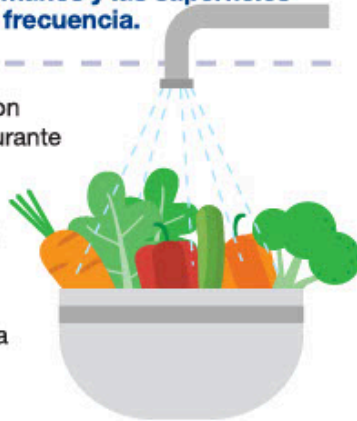
**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

# Formas fáciles para... mantener seguros los alimentos

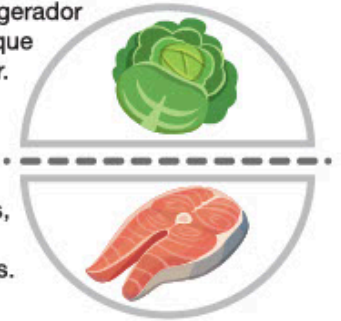
## LIMPIE sus manos y las superficies con frecuencia.

- Lávese las manos con jabón y agua tibia durante 20 segundos.
- Lave los utensilios y las tablas de picar con regularidad.
- Enjuague las frutas y vegetales con agua del grifo.



## SEPARE las carnes, las aves y los mariscos crudos.

- Almacénelos en el refrigerador lejos de los alimentos que están listos para comer.
- Use diferentes superficies de corte y preparación.
- En el carro de compras, manténgalos alejados de los demás alimentos.



## COCINE los alimentos a una temperatura segura.

- Caliente los alimentos para matar las bacterias que pueden enfermarlo.
- Utilice un termómetro para alimentos para controlar las temperaturas internas de los alimentos cuando los cocine.

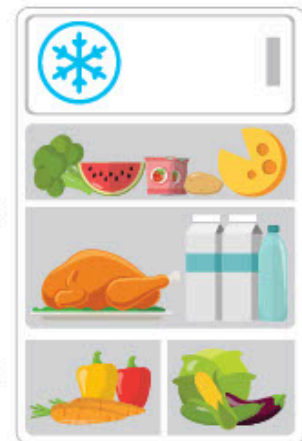


### Temperaturas seguras de cocción:

- Aves: **165 °F**
- Carnes molidas: **160 °F**
- Cortes enteros de res, cerdo, ternera y cordero: **145 °F**

## ENFRÍE los alimentos.

- Mantenga su refrigerador a una temperatura de 40 °F o menos.
- Refrigere los alimentos antes de que transcurran dos horas de haberlos cocinado o de haberlos retirado del refrigerador.
- Descongele siempre los alimentos en el refrigerador.



Puede obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook, en [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para obtener más información acerca de Stellar Farmers Markets, visite [nyc.gov](https://nyc.gov) y busque **farmers markets** (mercados de agricultores).

Para obtener recetas saludables, visite [jsyfruitveggies.org](https://jsyfruitveggies.org).

El Programa de Asistencia Nutricional Suplementaria (Supplemental Assistance Nutrition Program, SNAP) del Departamento de Agricultura de Estados Unidos (United States Department of Agriculture, USDA) financió este material. El SNAP, anteriormente conocido como Programa de Cupones para Alimentos (Food Stamp Program, FSP) en Nueva York, proporciona asistencia nutricional a personas con bajos recursos. Puede ayudarle a comprar alimentos nutritivos para tener una mejor dieta. Para obtener más información, llame al 800-342-3009 o ingrese a [myBenefits.ny.gov](https://myBenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por raza, color, origen nacional, sexo, edad, religión, opiniones políticas o incapacidad. Para presentar una queja sobre discriminación, escriba a: USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (voz y TDD).

Spanish

**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

# JUNE HEALTH & WELLNESS NEWSLETTER

**Hydration • Safety • Prevention • Connection**

Dear Members, June is here! As we embrace the official start of summer, please adjust your routines to stay healthy, active, and connected throughout the warmer season.

## **SUN SAFETY & SKIN PROTECTION**

### **Simple Ways to Stay Covered**

- Wear a hat and sunglasses when outdoors.
- Choose light-colored, loose-fitting clothing.
- Limit outdoor time during peak sun hours (10 AM - 4 PM).
- Apply broad-spectrum sunscreen with an SPF of 30 or higher.

## **HYDRATION AND HEAT AWARENESS**

### **Prevention Focus**

- Sip water consistently throughout the day; don't wait until you feel thirsty.
- Add fruit slices or a splash of juice to water for flavor variety.
- Eat water-rich foods like watermelon, strawberries, and cucumber.
- Recognize signs of overheating (dizziness, heavy sweating, confusion) and seek cool air immediately.

## **MOVEMENT & INJURY PREVENTION**

### **Key Points**

- Stretch before and after any physical activity, even light walks.
- Wear supportive, non-slip footwear for stability.
- Utilize indoor spaces like the OAC for exercise during extreme heat.
- Have a check-in system with a friend or family member if exercising alone.

# COMMUNITY & CONNECTION

## Stay Engaged, Stay Mentally Sharp

Socializing remains vital for emotional well-being.

### Weekly Ideas:

- Summer Reading Club - Share favorite books and stories.
- Game Day Thursday - New board games and card tournaments.
- Phone Tree Check-ins - Schedule a daily call with a friend.

### Creative & Fun Engagement:

- Nature Scavenger Hunt (indoor/outdoor accessible)
- Summer-themed arts & crafts (e.g., shell painting)
- Memory games focused on past summers

## FINAL MESSAGE

Let's make June a month of safe and enjoyable summer preparation, filled with kindness and community spirit. By looking out for one another and following simple steps like staying hydrated and protected from the sun, we can all enjoy the longest days of the year together to the fullest.

# JUNE TRIVIA CHALLENGE ANSWERS

## **Historical Milestones:**

1. D-Day
2. The Magna Carta
3. The Soviet Union
4. Juneteenth

## **Famous June Birthdays:**

1. Marilyn Monroe
2. Frank Lloyd Wright
3. Donald Trump
4. George Orwell (Eric Arthur Blair)