

125+  
YEARS OF CHANGING LIVES



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

JUNETEENTH  
FREEDOM DAY



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



# *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!!**

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

**CCNS HILLCREST OLDER ADULT CENTER PRESENTATIONS AND CLASSES – JUNE 2026 CALENDAR**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>1</b> 10:00 Today in the News 11:00 Zumba w/Ability &amp; Beyond Fitness 12:00 Lunch 1:00-3:00 Summer Party w/DJ Valentin</p>	<p><b>2</b> 10:00 Strength Training w/Gerard McNiff 11:00 Reduce Fare OMNY Presentation w/Jason Greenberg 12:00 Lunch 1:00 Art &amp; Craft w/ Leo Coltrane Ability &amp; Beyond 2:00 Computer Class w/ Leo Coltrane Ability &amp; Beyond 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago</p>	<p><b>3</b> 10:00 Today in the News 11:00 Leisure Games W/Olivia &amp; Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Woody</p>	<p><b>4</b> 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Movie: “Green Book” 1:00 -3:00 Terpsichorean Dance W/Dancers</p>	<p><b>5</b> 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Clelia 11:00 CenterLight PACE Presentation w/Zohan 12:00 Lunch 1:00-3:00 Caribbean Heritage Month w/DJ Woody</p>
<p><b>8</b> 10:00 Today in the News 11:00 Zumba w/ability &amp; Beyond fitness 12:00 Lunch 1:00 - 3:00 National Puerto Rican Day Celebration w/DJ Woody</p>	<p><b>9</b> 10:00 Strength Training w/Gerard McNiff 12:00 Lunch 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago</p>	<p><b>10</b> 9:30 General Membership Meeting 11:00 Leisure Games W/Olivia &amp; Beth 12:00 Lunch 1:00 – 3:00 Equality Pride Celebration w/DJ Woody</p>	<p><b>11</b> 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Movie: “A Man Called Ove” 1:00 -3:00 Terpsichorean Dance W/Dancers</p>	<p><b>12</b> 10:00 Multicultural Line Dance w/Dancers 11:00 Nutrition Presentation w/Angela 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Philippine Independence Day Celebration w/ DJ Valentin</p>
<p><b>15</b> 10:00 Today in the News 11:00 Zumba w/Ability &amp; Beyond Fitness 12:00 Lunch 1:00 Talen Show w/Cynthia</p>	<p><b>16</b> 10:00 Strength Training w/Gerard M 11:00 Inspirational Juneteenth W/Rosie 12:00 Lunch 1:00 Art &amp; Craft w/ Leo Coltrane Ability &amp; Beyond 2:00 Computer Class w/ Leo Coltrane Ability &amp; Beyond 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago</p>	<p><b>17</b> 10:00 Today in the News 11:00 Leisure Games W/Olivia &amp; Beth 12:00 Lunch 1:00 -3:00 Father’s Day Celebration w/DJ Woody</p>	<p><b>18</b> 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 -3:00 Juneteenth Celebration Day w/DJ Luis Salinas</p>	<p><b>19</b> <b>CLOSED</b> <b>JUNETEENTH</b> <b>DAY</b></p>
<p><b>22</b> 10:00 Today in the News 11:00 Zumba w/Ability &amp; Beyond Fitness 12:00 Lunch 1:00 Karaoke W/Clelia</p>	<p><b>23</b> 10:00 Strength Training w/Gerard M 12:00 Lunch 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago</p>	<p><b>24</b> 9:30 General Membership Meeting 11:00 Leisure Games w/Olivia &amp; Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/DJ Luis Salinas</p>	<p><b>25</b> 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Movie: “The Terminal” 1:00 -3:00 Terpsichorean Dance W/Dancers</p>	<p><b>26</b> 10:00 Multicultural Line Dance w/Dancers 11:00 Nutrition Presentation w/ Angela 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday Celebration w/DJ Luis Salinas</p>
<p><b>29</b> 10:00 Today in the News 11:00 Zumba w/Ability &amp; Beyond Fitness 12:00 Lunch 1:00 – 3:00 Open Party w/DJ Luis Salinas</p>	<p><b>30</b> 10:00 Strength Training w/Gerard M 12:00 Lunch 1:00 Art &amp; Craft w/ Leo Coltrane Ability &amp; Beyond 2:00 Computer Class w/ Leo Coltrane Ability &amp; Beyond 1:00-3:00 Line Dance w/ Bon Santiago</p>			<p><b>PLEASE NOTE:</b> <b>ACTIVITIES SUBJECT TO CHANGE LAST MINUTE</b></p>

**CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU JUNE 2026**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>1</b> Sweet and Sour Pork with Pineapple Baked Red Potato Wedges Whole Wheat Bread Steamed Sliced Carrots Banana 1 % Low Fat Milk	<b>2</b> Mama's Pasta Faggioli Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Italian Blend Vegetables Banana 1 % Low Fat Milk	<b>3</b> Curried Chicken Legs Perfect Whit Rice Whole Wheat Bread Cooked Cabbage with Shredded Carrots Orange 1% Low Fat Milk	<b>4</b> Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple 1% Low Fat Milk	<b>5</b> Jerk Fish Black Beans and Rice Whole Wheat Bread Steamed Kale Apple 1% Low Fat Milk
<b>8</b> Pork Roast with Mango Chutney Brown Rice Whole Wheat Bread Cooked Cabbage with Shredded Carrots Canned Pineapple 1% Low Fat Milk	<b>9</b> Chickpeas Rasta Pasta Whole Wheat Bread Garden Salad no dressing Italian Blend Vegetables Banana 1% Low Fat Milk	<b>10</b> Baked Chicken Thighs Mashed Sweet Potatoes Whole Wheat Bread California Blend Vegetables Orange 1% Low Fat Milk	<b>11</b> Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk	<b>12</b> Baked Fish with Garlic Sauce Whole Wheat Bread Yellow Rice Steamed Green Beans Orange 1% Low Fat Milk
<b>15</b> Pork Spare Ribs Garlic Mashed Potatoes Whole Wheat Bread Steamed Collard Greens Apple 1% Low Fat Milk	<b>16</b> Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	<b>17</b> Baked Asian Style Honey Chicken Half White Rice Whole Wheat Bread Steamed Broccoli Banana 1% Low Fat Milk	<b>18</b> Beef Stew Whole wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk	<b>19</b> <b>CLOSED</b> <b>JUNETEENTH DAY</b>
<b>22</b> Spanish Style Roast Pork White Rice Whole Wheat Bread California Blend Vegetables Orange 1% Low Fat Milk	<b>23</b> Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	<b>24</b> BBQ Chicken Leg Quarters Baked Macaroni and Cheese Whole Wheat Bread Steamed Red Cabbage Apple 1 % Low Fat Milk	<b>25</b> Basic Shepherd's Pied Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk	<b>26</b> Baked Fish with Mushrooms, and Peppers, Cous Cous Whole Wheat Bread Banana 1% Low Fat Milk
<b>29</b> Sweet and Sour Pork with Pineapple Baked Red Potato Wedges Whole Wheat Bread Steamed Sliced Carrots Banana 1 % Low Fat Milk	<b>30</b> Zesty Chickpea Stew Brown Rice Whole Wheat Bread Garden Salad no dressing Banana 1% Low Fat Milk			PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE



Erlinda C.  
Elke M.  
Lamberto M.  
Rupert M.  
Norma P.  
Amparo C.  
Erlina M.  
Erlinda P.

Liwayway S.  
Pedro G.  
Lucille S.  
Jovita A.  
Yvonne J.  
Trudy N.  
Adrian P.  
Noreen N.

Join Us on Friday, June 26, 2026, at 1:00 PM -  
3:00 PM, For Multicultural Music and Birthday  
Celebration





# HAPPY FATHER'S DAY

Solve the following puzzle by finding all the hidden words!



HERO  
BRAVE  
BEST  
FAMILY  
GIFTS  
SPECIAL

JOKES  
HAPPY  
RESPECT  
PRESENT  
FRIEND

VALUES  
DADDY  
LOVE  
PARENT  
GRANDPA

CELEBRATE  
PROUD  
STRONG  
NURTURE  
CARING



## 5 FUN FACTS ABOUT THE CARIBBEAN:

1. Languages spoken in the Caribbean include: Spanish, French, English, Dutch, Haititan Creole, and Papiamento (Spanish Creole) which is a mixture of different languages.
2. Traditional fruits and vegetables of the Caribbean include: papaya, yams, guavas, and cassava/yuca.
3. Caribbean cuisine is a fusion of African, Creole, Cajun, American Indian, European, Latin American, Indian, Middle Eastern and Chinese.
4. Haiti was the first Caribbean Country to gain its' independence in 1804.
5. Bomba is a traditional dance of the Puerto Rican people. It is a dance of rebellion, freedom, and political transformation. Bomba is Anti-Systemic and Anti-Racist. Some instruments include: maracas, cua, the primo durm, and the buleador drum.



# FACTS ABOUT PHILIPPINE INDEPENDENCE DAY

## DECLARATION DAY

Emilio Aguinaldo proclaimed independence from Spain on June 12, 1898 in Kawit, Cavite, ending over 300 years of Spanish rule.

## FLAG DEBUT AT ALAPAN

The Philippine flag was first raised after the Battle of Alapan on May 28, 1898, two weeks before the declaration.

## ORIGINAL FLAG STARS

The three stars on the Philippine flag originally represented Luzon, Panay, and Mindanao, not "Visayas" as commonly taught.

## THE NATIONAL ANTHEM

"Lupang Hinirang," composed by Julian Felipe, debuted instrumentally at Aguinaldo's shrine on June 12, 1898. In 1899, Jose Palma added lyrics through his poem Filipinas.

## TWO INDEPENDENCE DAYS

The Philippines gained U.S. recognition on July 4, 1946, but June 12 was officially reinstated in 1962 by Diosdado Macapagal.

## FIRST PHILIPPINE REPUBLIC

After the declaration, the Malolos Congress convened on September 15, 1898, forming the First Philippine Republic under Emilio Aguinaldo's leadership.



MB

# 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.



# SALAD

## MIDWEST BBQ PASTA SALAD MAKES 6-8 SERVINGS

1. Combine all ingredients
2. Season with shredded parmesan cheese, salt & pepper.

[www.BostitchOffice.com](http://www.BostitchOffice.com)

## INGREDIENTS

- 1 lb. Rotini, Cooked & Drained
- 1 Cup Ranch Dressing
- 3/4 Cup BBQ Sauce
- 2 Cup Cooked Chicken, Chopped (1 1/2 filet)
- 1/2 Cup Cooked Bacon, Diced
- 1/2 Cup Bell Pepper, Diced
- 1/2 Cup Scallions, Minced
- 1/2 Cup Red Onions, Julienned
- 1/2 Cup Peeled & Seeded Cucumber, Diced

*Kindness*  
IS A LANGUAGE  
THE DEAF CAN  
HEAR AND THE  
BLIND CAN SEE.

*Mark twain*