

CCNS Peter J. Dellamonica Older Adult Center
— Pioneers of Queens —

June 2026 Newsletter

Funded by NYC Aging

A Message from the Program Manager

Dear Members.


June brings a season of sunshine, celebration, and community at our center. This month we look forward to honoring **Juneteenth**, celebrating **Father's Day**, and recognizing **Alzheimer's & Brain Awareness Month**.

We will also enjoy exciting programs including a **Pride Dance Celebration**, educational lectures, birthday celebrations, and wonderful community trips.


Thank you for being part of our community and helping make the center such a welcoming place.





*Community Choir Performance at the Center
Celebrating music, friendship, and creativity
through the joy of singing together.*


 *Summer is a time to connect, learn, and enjoy each day together.*


June 2026 Highlights


 **Rainbow Rhythms –
Pride Dance Celebration**


 **Juneteenth
Celebration**


 **Father's Day
Celebration**

 **Alzheimer's & Brain
Awareness Month**

 **Nutrition
Education Lecture.**

 **Elder Abuse
Awareness Lecture**

 **June Birthday
Celebration**

 **Wonderful June Community Trips**
Parks • Museums • Harbor Cruise & More!



125+
years of service



125+
YEARS OF CHANGING LIVES



Alzheimer's & Brain Awareness Month



JUNE 2026



Join us for an educational and supportive discussion about brain health, memory, and Alzheimer's awareness.

LEARN ABOUT:

- ✓ Early signs and symptoms of Alzheimer's disease and memory loss
- ✓ Tips for maintaining brain health and cognitive wellness
- ✓ Healthy lifestyle habits that support memory and mental sharpness
- ✓ Resources available for individuals and caregivers



CCNS Peter J. Dellamonica Older Adult Center • 23-11 31st Road
Astoria, NY 11106

718-626-1500

WHY AWARENESS MATTERS

Alzheimer's disease affects millions of families across the country. Education and awareness help our community recognize symptoms early, reduce stigma, and support those living with memory loss.

♥ *Together we can support brain health, increase awareness, and strengthen our community.*

23-11 31st Road • Astoria, NY 11106

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Stay Safe During **Hot Weather!**

125+ YEARS OF CHANGING LIVES



Hot weather can be dangerous, especially for older adults.

Stay Cool • Stay Hydrated • Stay Safe



VISIT OUR COOLING CENTER

During extreme heat, our center is a safe, air-conditioned place where older adults can stay comfortable.



CCNS Peter J. Dellamonica Older Adult Center
23-11 31st Road
Astoria, NY 11106



718-626-1500



Open Monday – Friday
8:00 AM – 4:00 PM



HEAT SAFETY TIPS



✓ Drink plenty of water throughout the day.



✓ Wear lightweight, light-colored clothing.



✓ Stay in air-conditioned places when possible.



✓ Avoid going outside during peak heat (12 PM – 4 PM).



✓ Use fans, cool showers, or damp cloths to stay cool.



CONSEJOS PARA EL CALOR



✓ Tome agua con frecuencia durante el día.



✓ Use ropa ligera y de colores claros.



✓ Permanezca en lugares con aire acondicionado.



✓ Evite salir durante el calor intenso (12 PM – 4 PM).



✓ Use ventiladores, duchas frías o paños húmedos para mantenerse fresco.



WARNING SIGNS OF HEAT ILLNESS

- Dizziness or weakness
- Headache
- Nausea or vomiting
- Fast heartbeat
- Confusion or fainting



Call 911 if someone faints or has a medical emergency.



CUIDÉMONOS ENTRE TODOS

Revise cómo están sus amigos y familiares, especialmente quienes viven solos.



Juntos podemos mantener a nuestra comunidad segura durante el calor del verano. ❤️



Cooling centers may offer extended evening or weekend hours during extreme heat.

Call **311** to find other cooling centers near you.



WEDNESDAY IS

Healthy Meatless Meal Day!



Join Us Every Wednesday for a
Delicious Meatless Lunch!

- ✓ Fresh Veggies
- ✓ Beans & Grains
- ✓ Crisp Salads
- ✓ Tasty Fruit



12:00 PM – 1:00 PM

Come Enjoy a Healthy Meal!

- ✓ Good for Your Heart
- ✓ Gives You Energy
- ✓ Adds Variety to Your Week
- ✓ Something Different!

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Funded by **NYC Aging**

Catholic Charities
Brooklyn & Queens



125⁺



Rainbow Rhythms

A Pride Dance Celebration

Music & Dancing with
FEATURING
DJ WOODY



Join us for a joyful afternoon celebrating Pride, **community**, and **diversity** through music, dancing, and connection. Come enjoy great music with **DJ Woody** and celebrate a welcoming space where everyone is respected and valued.

125⁺



Funded by
NYC AGING



Monday, June 8 • 1:00 PM

CCNS Peter J. DellaMonica Older Adult Center

23-11 31st Road • Astoria, NY 11106



718-626-1500

* Free Event • All Older Adults Welcome



JUNETEENTH CELEBRATION

Celebrating Freedom, Resilience & Culture



 **Friday, June 19, 2026**

 **10:00 AM – 2:00 PM**

 **CCNS Peter J. DellaMonica Older Adult Center**

23-11 31st Road • Astoria, NY 11106

 718-626-1500

PROGRAM SCHEDULE



10:30 AM | Pan-African Wreaths & Jewelry Workshop



10:00 AM | Freedom Beats Zumba



11:00 AM | Creating Digital Juneteenth Cards



12:00 PM | *Lunch Served* ♦ Oven-Fried Fish



1:00 PM | Drumming with Afro Beats Dance



Juneteenth Historical Spotlight

Juneteenth marks **June 19, 1865**, when Union troops arrived in Galveston, Texas announcing the end of slavery—more than two years after the Emancipation Proclamation.

Today it is celebrated as a day of freedom, culture, and reflection.

Funded by **NYC Aging**

EVERYONE IS
welcome here

125+
Years of Combined Life



125+
YEARS OF CHANGING LIVES



Father's Day Celebration

Celebrate the Fathers & Father Figures
in Our Community!

Join us for an afternoon of music, dancing, and celebration as we honor the fathers and father figures who bring strength, wisdom, and love to our community.

➔ Music & Dancing with DJ Valentin

“Bailar es una terapia
Dancing is therapy!”



Date

Monday, June 22, 2026



Time

1:00 PM



Location

CCNS Peter J. DellaMonica
Older Adult Center
23-11 31st Road
Astoria, NY 11106



718-626-1500



Enjoy

- ✓ Great music and dancing
- ✓ A fun social afternoon
- ✓ Celebrating the amazing fathers in our community.

All older adults are welcome!





CCNS Peter J. Dellamonica
Older Adult Center
718-626-1500


June Birthday Celebration

Monday, June 29, 2026 • 1:00 PM

Let's honor our wonderful members born in the month of June with an afternoon of joy and appreciation.

 Music & Dancing

 Birthday Cake

 DJ Woody

 Fun & Fellowship

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Astoria, NY 11106
718-626-1500

Funded by NYC Aging

125+
YEARS OF CHANGING LIVES



DJ Woody



23-11 31st Road • Astoria, NY 11106 • 718-626-1500

১২৫+ বছর জীবন পরিবর্তনকারী
ব্রুকলিন ও কুইন্সের ক্যাথলিক চ্যারিটি
২৩-১১ ৩১শ রোড
অস্টোরিয়া, নিউ ইয়র্ক ১১১০৬
৭১৮-৬২৬-১৫০০

LiveOn NY

ADVOCACY DAY — AT CITY HALL —

Older adults from across New York City came together to advocate for the services, support, and dignity that older New Yorkers deserve.

*Our Voices. Our Future.
Our Community.*



PROUD REPRESENTATION FROM OUR 5 OLDER ADULT CENTERS



**Peter J. DellaMonica
Older Adult Center**
Astoria



**Hillcrest
Older Adult Center**
Jamaica



**Woodhaven/Ozone Park
Older Adult Center**
Queens



**Catherine Sheridan
Older Adult Center**
Jackson Heights



**Bayside
Older Adult Center**
Bayside



WE ADVOCATE FOR:



AGING SERVICES
FUNDING



FOOD SECURITY
& NUTRITION



EQUITY &
JUSTICE



DIGNITY &
RESPECT



STRONGER
COMMUNITIES

“ Alone we can do so little;
together we can do
so much. ”

— Helen Keller



**TOGETHER, WE RAISE OUR VOICES
FOR A STRONGER, FAIRER FUTURE
FOR ALL OLDER NEW YORKERS.**

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NYC AGING

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Healthy Aging
STRONGER TOGETHER

NYC AGING

Health & Wellness Event

AT FOLEY SQUARE, MANHATTAN

NYC
Department for
the Aging

Celebrating Wellness. Community. Healthy Aging.



WELLNESS

Promoting physical, emotional and mental well-being.



COMMUNITY

Building connections and friendships that last.



ACTIVE AGING

Staying active, engaged and living life to the fullest!



Thank You NYC AGING for supporting our older adults and making healthy living possible for all!

CCNS OLDER ADULT SERVICES
Funded by NYC Aging
Foley Square Park


Dignity • Community • Care

Recreation, Socialization & Outdoor Activities

CCNS Peter J. DellaMonica Older Adult Center

Connecting People. Enriching Lives. Building Community.

Trips & Outdoor Activities



Build Friendships

Connect and share with others



Enjoy the Outdoors

Relax, recharge, and enjoy nature



Express Creativity

Enjoy arts, crafts, and creative activities



Feel Good

Meaningful activities that support well-being

Stronger Together. Better Every Day.



CCNS
Peter J. DellaMonica
Older Adult Center

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Photos used with participant permission.
Funded by NYC Aging | Operated by
Catholic Charities Neighborhood Service

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NYC
Aging 11



Arts, Creativity & Community

CREATE. CONNECT. THRIVE TOGETHER.

CCN Peter J. DellaMonica Older Adult Center



Where creativity brings us together!



Build Friendships

Connect and share with others



Express Creativity

Enjoy jewelry making and creative activities



Enjoy the Outdoors

Relax and recharge in our beautiful patio



Feel Good

Creativity and community support well-being



CCN Peter J. DellaMonica Older Adult Center

- Creative Activities
- Social Connection
- Active Lifestyles

FUNDED BY NYC Aging



718-626-1500



23-11 31st Road Astoria, NY 11106



www.CCBQ.org

Building community. Enriching lives.



We can't wait to see you!

Art & Gardening

CREATING BEAUTY TOGETHER 



PHOTOGRAPH BY

Art Brightens Our Garden & Our Day!



Creativity grows. Community blooms.

Today we combined art and gardening to brighten our outdoor space and inspire creativity! Together we painted, created, and connected.

Thank you to everyone who participated!



TODAY'S HIGHLIGHTS



STAINED GLASS ART

Students created beautiful stained glass designs to decorate our plant beds.



OBSERVE & LEARN

Some observed the painting process and explored techniques and colors.



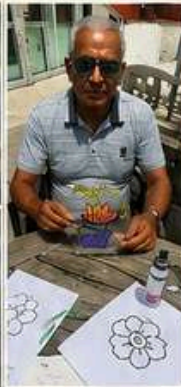
PAINTING FUN

A few completed the warm-up activity and painted their own masterpieces.



GARDEN BEAUTIFICATION

One student painted a beautiful rose on the plant bed—bringing color and joy to our garden!



BENEFITS OF ART & GARDENING

- ♥ Encourages creativity & self-expression
- ♥ Promotes relaxation & reduces stress
- ♥ Builds confidence & fine motor skills
- ♥ Strengthens community & friendships
- ♥ Adds beauty & pride to our shared space

Many Hands.
Many Hearts.
Beautiful Things Grow.



EVERYONE IS AN ARTIST.
EVERYONE BELONGS. 

We look forward to growing more art, more flowers, and more memories together!



THANK YOU FOR BEING PART OF OUR CREATIVE COMMUNITY!
SEE YOU AT OUR NEXT ART & GARDENING SESSION!



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Older Adult Center**

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Creativity
blooms
when we
paint
together.



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♥ OLDER AMERICANS MONTH 2026 ♥ CHAMPION YOUR HEALTH ♥

— Celebrating Wellness, Movement & Community —





STAYING ACTIVE ♥ STAYING CONNECTED ♥ STAYING HEALTHY

Our members came together to celebrate Older Americans Month through movement, social engagement, wellness activities, and community fellowship.

The 2026 Older Americans Month theme, **“Champion Your Health,”** encourages older adults to take an active role in supporting their physical, emotional, and social well-being while remaining engaged in their communities.

Highlights of the Celebration

-  **DANCING & MOVEMENT ACTIVITIES**
-  **HEALTHY AGING PROMOTION**
-  **SOCIAL CONNECTION & FRIENDSHIP**
-  **COMMUNITY ENGAGEMENT**
-  **FUN, LAUGHTER & FELLOWSHIP**

“Healthy Aging Starts with Staying Active, Connected, and Engaged.”



**CCNS Peter J. DellaMonica
Older Adult Center**

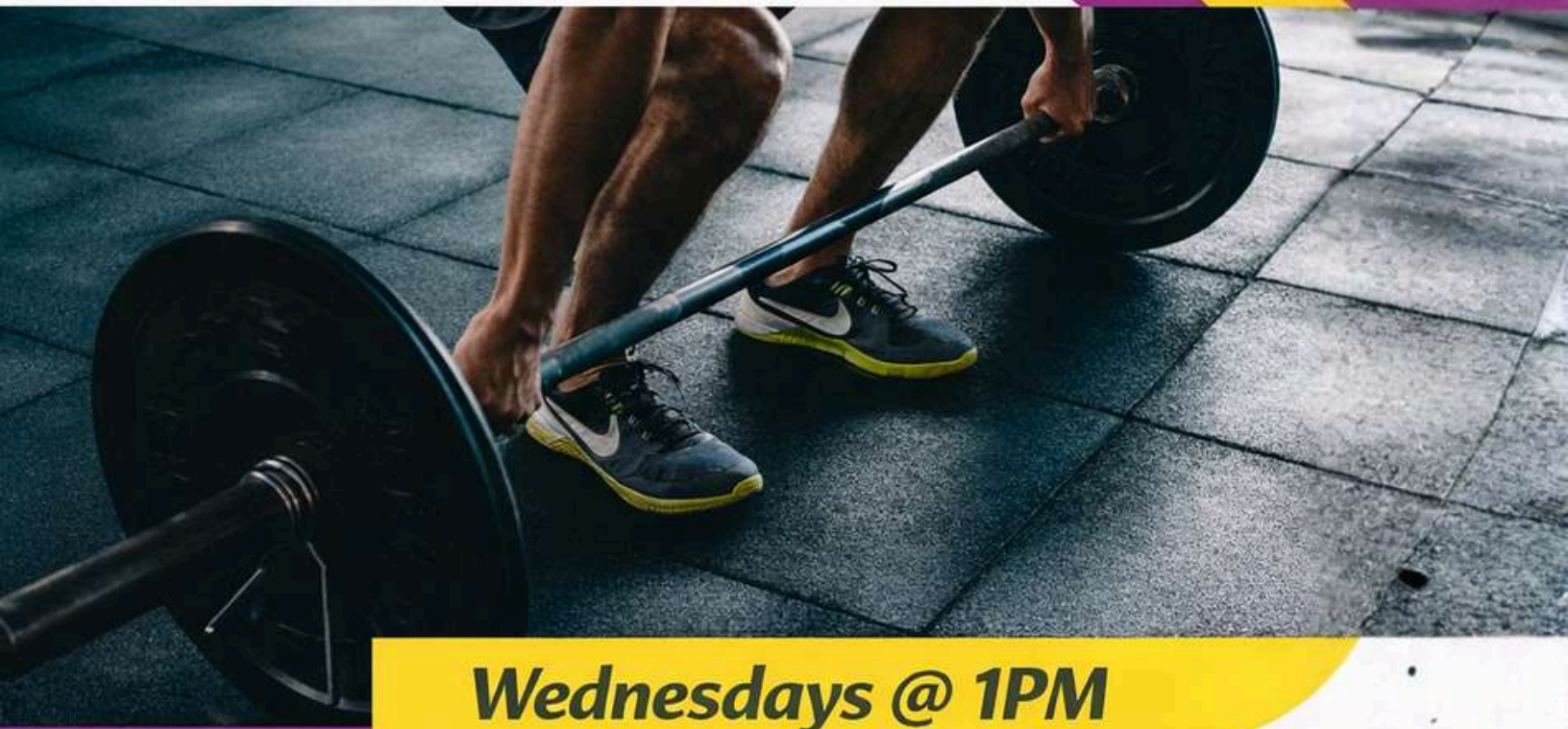
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718-626-1500



CCNS

PETER J. DELLA MONICA
OLDER ADULT CENTER



Wednesdays @ 1PM

STRENGTH TRAINING

Join us for fun exercise!

 www.seniorplanet.zoom.us

Zoom Meeting ID:
831 2781 3758

Funded by NYC Aging

NYC Aging



CATHOLIC CHARITIES
BROOKLYN & QUEENS

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VIRTUAL & HYBRID EXERCISE

MONTHLY Schedule



MONDAY – FRIDAY

Morning Stretch
10:00 AM



TUESDAY & THURSDAY

Chair Yoga
12:00 PM



MONDAY & WEDNESDAY

Easy-to-Follow Tai Chi
2:00 PM



TUESDAY & THURSDAY

Afternoon Stretch
4:00 PM



Join Online: Senior Planet Zoom
Meeting ID: 170 361 931
(Or ask the front desk for assistance)

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23-11 31st Road, Astoria, NY 11106 • 718-626-1500

Funded by **NYCAging**

125+
YEARS OF CHANGING LIVES





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

125+ YEARS OF CHANGING LIVES



Serving Homebound Older Adults in Southwest Queens



CATHOLIC CHARITIES Brooklyn & Queens ESTABLISHED 1899

Southwest Queens Senior Services

183-16 Jamaica Avenue Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495



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.

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens



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



NEED HELP?

Catholic Charities Call Center

718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services
Catholic Charities Brooklyn and Queens
www.ccbq.org

125th  **¿Necesitas ayuda?**
Catholic Charities
Centro de Atención
718-722-6001



Lunes - Viernes, 9AM - 6PM

- Servicios de salud de comportamiento
- Coordinación de la atención
- Enseñanza preescolar y programa *Head Start*
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias
- Información sobre viviendas
- Servicios migratorios
- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- Información y referencias a otros servicios

Un centro de atención personal de *Catholic Charities* también se puede encontrar en su área.

Salud Integral & Servicios de Bienestar
Catholic Charities Brooklyn and Queens
www.ccbq.org

125+
YEARS OF CHANGING LIVES



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY

Ubicaciones y Horarios

Our Lady of Angels

330 73rd Street, Brooklyn, NY 11209
Miércoles, 9:30 AM - 12 PM and 1:30 PM - 3 PM

Our Lady of Miracles

757 East 86th Street, Brooklyn, NY 11236
Sábados, 10 AM - 11:30 AM

Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224
Lunes, 9:30 AM - 1:30 PM

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1er y 3er Jueves del mes, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Cada dos Miércoles, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Cada dos Viernes, 9 AM - 11 AM

St. Michael/St. Malachy

A partir del 26 de septiembre de 2025
286 Warwick Street, Brooklyn 11207
Todos los viernes de 9:30 AM - 11:30 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693
Martes, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377
Martes, 4 PM - 6 PM

BVM St. Mary-Winfield

70-31 48th Ave., Woodside, NY 11377
Jueves, 9:30 AM - 12 PM

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

St. Raphael

35-20 Greenpoint Ave., Long Island City, NY 11101
Jueves, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3er Sábado de cada mes, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427
Viernes, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2do y 4to Martes del mes, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1er y 3er Miércoles de cada mes, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1er y 3er Jueves de cada mes, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355
Martes y Miércoles, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368
(Estacionamiento de la iglesia)
A partir del 9 de mayo de 2024: 1er jueves de cada mes,
2 PM - 5 PM

Para obtener la lista completa de ubicaciones afiliadas, visite: www.ccbq.org/service/food-pantry-network



Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para mayor información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.

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

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Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224
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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

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3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427
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St. Benedict the Moor

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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
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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.

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106 ☎ 718-626-1500

WHAT IS SNAP?

SNAP (Supplemental Nutrition Assistance Program)

helps older adults and families purchase healthy groceries.

Over 4 million older Americans use SNAP to purchase healthy food every month.

HOW TO APPLY

Make an appointment today

Call Jennifer at

☎ 718-626-1500 ext. 7375

• IMPORTANT: NEW NY SNAP RULES

- Starting March 1, 2026, some SNAP recipients may need to do at **least 80 hours/month** of work, volunteering, or training to keep benefits beyond 3 months in a 3-year period.
- Applies to able-bodied adults ages **18-64** without dependents.
- Seniors, those with disabilities, pregnant individuals, and caregivers of children under age 14 are typically exempt.

• IMPORTANT: NEW NY SNAP RULES

88% of SNAP participants

say healthy foods are too expensive.

Get help paying for your groceries



AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.



BENEFITS

The amount you receive may depend on two things.

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- Number of people that live in your household

61% of SNAP households act as caretakers for loved ones.



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CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road | Astoria, NY 11106  718-626-1500

MEDICARE Understanding Your Coverage

What Is Medicare?

Medicare is a **federal health insurance** program for:

- ✓ Adults age 65 and older
- ✓ People with permanent disabilities
- ✓ Individuals with End-Stage Renal Disease (ESRD)
- ✓ Individuals with ALS (*no waiting period*)

2026 Medicare Updates

- ✓ **\$2,000 yearly drug spending cap**
- ✓ No more “donut hole”
- ✓ **\$35 insulin limit**
- ✓ **Many vaccines \$0 copay**



– The Four Parts of Medicare



Part A – Hospital Insurance

- Inpatient hospital care
- Skilled nursing facility care
- Hospice care
- Some home health services

(Most people do not pay a Part A premium.)



Part B – Medical Insurance

- Doctor visits
- Outpatient services
- Durable medical equipment
- Some home health care
- Limited prescription drugs



Part C – Medicare Advantage

- Combines Part A & B
- Usually includes drug coverage
- May include extra benefits (dental, vision, etc.)




Part D – Prescription Drug Coverage

- Covers most prescription medications
- **\$2,000** annual out-of-pocket cap
- **\$35** insulin monthly cap
- No more coverage gap



– NEED HELP?

Make an appointment with **Jennifer**

 **718-626-1500 ext. 7375**

We can help you:

- Review your Medicare plan
- Compare Advantage vs. Original Medicare
- Understand drug costs



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MEDICAID

How to Get Free or
Low-Cost Health Coverage



What Is Medicaid?

Medicaid is a **joint federal and state** program that provides:

- ✓ Free or low-cost health coverage
- ✓ Care at a doctor's office, hospital, clinic & more
- ✓ Long-term care services

Who Can Qualify for Medicaid?

- ✓ People of **all ages** who meet income/resource limits.
- ✓ Low-income seniors (age 65+)
- ✓ People with disabilities or blindness.
- ✓ Children
- ✓ Pregnant individuals



What Does Medicaid Cover?



Doctor visits



Hospital services



Dental care



Emergency care



Home and long-term care



Vision and hearing care

NEED HELP?

Make an appointment with **Jennifer** ☎ 718-626-1500 ext. 7375

- ✓ Check if you're eligible
- ✓ Apply for Medicaid
- ✓ Renew your Medicaid coverage

Funded by **NYC Aging**

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★=★

#RENTFREEZENYC

Senior Citizen Rent Increase Exemption (SCRIE)



SENIORS AND PEOPLE WITH DISABILITIES, KEEP YOUR RENT FROM INCREASING, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$60,000 or less;
- Live in a rent regulated apartment;
- Spend more than 1/3 of income on rent.

ENROLL IN THE NYC RENT FREEZE PROGRAM



IMPORTANT NYC RENT FREEZE (SCRIE/DRIE) UPDATES:

- ✓ New higher income limits now used—applicants earning up to approx. **\$60,000+** may qualify.
- ✓ Renewals are easier—fewer documents, mail/online options available.
- ✓ Disability Rent Increase Exemption (DRIE) clarified for SSDI/SSI recipients.
- ✓ Multilingual forms available (Spanish/Chinese/Russian/Bengali).
- ✓ NYC HPD offers free help completing applications.

Questions?

Contact Jennifer at
718-626-1500 ext. 7375

¿Preguntas?

Comuníquese con la trabajadora social:
Jennifer al 718-626-1500 x7375

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106

Monday - Friday, 8:00 am - 4:00 pm

718-626-1500

FREEZING
YOUR
RENT



FREEZE
YOUR RENT

26

June

Healthy Recipe Corner

Fresh Berry Yogurt Parfait



INGREDIENTS

- ✓ 1 cup plain or vanilla Greek yogurt
- ✓ ½ cup fresh strawberries (sliced)
- ✓ ½ cup blueberries
- ✓ 2 tablespoons granola or oats
- ✓ 1 teaspoon honey (optional)

Instructions

1. Place half of the yogurt in a small bowl or glass.
2. Add a layer of strawberries and blueberries.
3. Add the remaining yogurt on top.

Why It's Good for Seniors

- ✓ High in protein for muscle health
- ✓ Rich in antioxidants for brain health
- ✓ Easy to chew and digest.

Cool Summer Drink Cucumber Mint Lemon Refresher



INGREDIENTS

- ✓ 1 cup cold water or sparkling water
- ✓ 3 - 4 cucumber slices
- ✓ 1 lemon slice
- ✓ 2 - 3 fresh mint leaves
- ✓ Ice cubes

Instructions

1. Fill a glass with ice.
2. Add cucumber slices, lemon slice, and mint leaves.
3. Pour cold water or sparkling water over the ingredients.
4. Stir gently and enjoy!

Benefits

- ✓ Helps keep the body hydrated
- ✓ Refreshing and low in sugar
- ✓ Supports digestion and cooling the body

Rincón de Recetas Saludables de Junio

Parfait de Yogur con Frutas Frescas

Un postre ligero, nutritivo y refrescante lleno de proteína, fibra y vitaminas.



INGREDIENTES

- ✓ 1 taza de yogur griego natural o de vainilla
- ✓ ½ taza de fresas frescas (en rodajas)
- ✓ ½ taza de arándanos
- ✓ 2 cucharadas de granola o avena.
- ✓ 1 cucharadita de miel (opcional)

Instrucciones

- ✓ 1. Coloque la mitad del yogur en un vaso o recipiente pequeño.
- ✓ 2. Agregue una capa de fresas y arándanos.
- ✓ 3. Añada el resto del yogur encima.
- ✓ 4. Espolvoree granola o avena.
- ✓ 5. Agregue un poco de miel si lo desea.

Beneficios para Adultos Mayores

- ✓ Alto en proteína para la salud muscular
- ✓ Rico en antioxidantes para la salud del cerebro • Fácil de masticar y digerir

Agua Refrescante de Pepino, Limón y Menta

Una bebida saludable e hidratante perfecta para los días calurosos de verano.



INGREDIENTES

- ✓ 1 taza de agua fría o agua con gas
- ✓ 3-4 rodajas de pepino
- ✓ 1 rodaja de limón
- ✓ 2-3 hojas de menta fresca
- ✓ Hielo

BENEFICIOS

1. Llene un vaso con hielo.
2. Agregue las rodajas de pepino, el limón y la menta.
3. Vierta el agua fría o agua con gas.
4. Mezcle suavemente y disfrute.

Beneficios

- ✓ Ayuda a mantener el cuerpo hidratado
- ✓ Refrescante y baja en azúcar
- ✓ Favorece la digestión y ayuda a refrescar el cuerpo



Easy Ways to Enjoy Fresh Greens



1. Buy

- ❖ Choose greens with crisp, bright leaves with no yellow or brown spots.

2. Store

- ❖ Before storing:
 - **Lettuce and salad greens:** Wrap leaves in a dry paper towel.
 - **Bunched greens with stems (kale, collard greens):** Chop off ends of stems and wrap ends in a damp paper towel.
 - **Herbs:** Wrap entire bunch in a slightly damp paper towel.
- ❖ Keep all greens in the refrigerator, unwashed, in a sealed plastic bag.



3. Wash

- ❖ Place greens in a bowl and cover with water.
- ❖ Shake greens under the water to loosen any dirt. Allow dirt to settle.
- ❖ Gently lift out greens and discard water. Repeat as needed.

4. Prepare

- ❖ Sauté onions and garlic in oil. Add leafy greens and cook until tender.
- ❖ Blend spinach or kale with frozen fruit to make a smoothie or with beans to make a delicious dip.
- ❖ Add chopped leafy greens to soups, stews and pasta sauces. Cook until tender.
- ❖ Add fruits, other vegetables, nuts or beans to raw chopped greens for a hearty salad.



Meet with a Virtual Nutritionist
Website: [Cooking with NYC Aging](http://CookingwithNYCAging.com)
Email: virtuallsmartliving@aginig.nyc.gov
Call: 929-436-2866

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 and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.

NYC
Health

Just Say Yes to Fruits and Vegetables

Maneras sencillas de... disfrutar de las verduras de hoja frescas



1. Compre

- ❖ Elija verduras de hoja crujientes, brillantes y sin manchas de color amarillo o café.

2. Almacene

- ❖ Antes de almacenar:
 - **Lechuga y verduras de hoja para ensaladas:** envuelva las hojas en una toalla de papel seca.
 - **Verduras de hoja en manojo con tallos (col rizada, berza):** corte las puntas de los tallos y envuelva los extremos en una toalla de papel húmeda.
 - **Hierbas:** envuelva todo el manojo en una toalla de papel ligeramente húmeda.
- ❖ Guarde todas las verduras de hoja en el refrigerador, sin lavar, en una bolsa de plástico sellada.



3. Lave

- ❖ Coloque las verduras de hoja en un tazón y cúbralas con agua.
- ❖ Agite las verduras de hoja debajo del agua para aflojar la suciedad y déjela que se asiente.
- ❖ Levante lentamente las verduras de hoja y deseche el agua. Repita según sea necesario.

4. Prepare

- ❖ Saltee las cebollas y el ajo en aceite. Agregue las hojas verdes y cocínelas hasta que estén blandas.
- ❖ Mezcle la espinaca o la col rizada con frutas congeladas para preparar un batido o con frijoles para preparar una deliciosa salsa.
- ❖ Agregue las hojas verdes cortadas a las sopas, guisados y salsas para pasta. Cocínelas hasta que estén blandas.
- ❖ Agregue frutas, otras verduras, frutos secos o frijoles a las verduras de hoja cortadas y crudas para preparar una ensalada saludable.

Meet with a Virtual Nutritionist
Website: [Cooking with NYC Aging](http://CookingwithNYCAging.com)
Email: virtualliving@aginig.nyc.gov
Call: 929-436-2866



Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web facebook.com/eatinghealthynyc.

Para más información sobre los Stellar Farmers Markets, visite nyc.gov y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.

NYC
Health

Just Say Yes to Fruits and Vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite 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 motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opiniones políticas o discapacidad. Para presentar una denuncia de 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 (línea de voz y TDD).

HAPPY Father's Day

WORD SEARCH

Find the words hidden in the puzzle!
Words may go across, down, or **diagonal**.

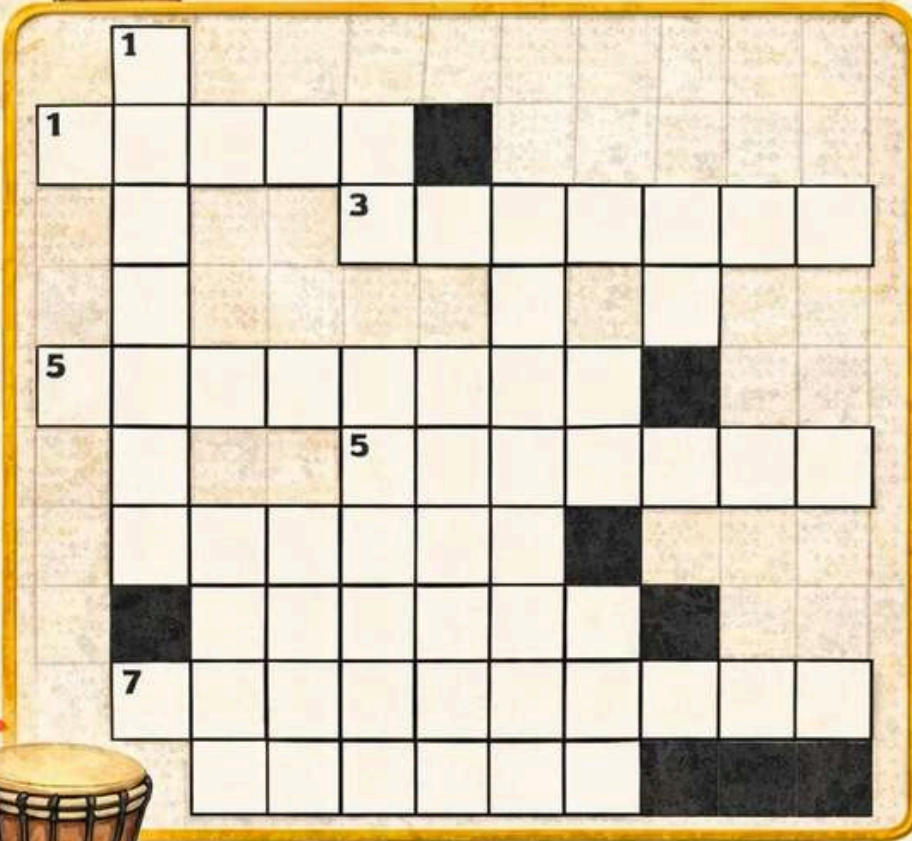
F	A	M	I	L	Y	G	R	I	L	L
D	A	D	T	I	E	S	O	N	S	X
L	O	V	E	C	A	R	D	S	Q	P
H	E	R	O	G	I	F	T	S	W	R
F	A	T	H	E	R	Z	M	K	J	T
C	H	I	L	D	R	E	N	U	Y	B
R	E	S	P	E	C	T	H	G	F	D
S	O	N	V	A	L	U	E	L	P	C
P	R	I	D	E	D	A	D	S	T	M
G	R	I	L	L	F	A	M	I	L	Y

WORDS TO FIND

- ♥ DAD
- ♥ FATHER
- ♥ FAMILY
- ♥ LOVE
- ♥ HERO
- ♥ GRILL
- ♥ GIFT
- ♥ CARDS
- ♥ SON
- ♥ CHILD
- ♥ RESPECT
- ♥ TIE

JUNETEENTH

Crossword Puzzle



DOWN

- 1 Juneteenth is celebrated on the 19th of this month.
- 2 Juneteenth is celebrated with growth and hope on Pan-African flags.
- 4 Juneteenth honors African American history and _____.

DOWN

- 1 Juneteenth is celebrated on the 19th of this month.
- 2 The color often linked with growth and hope on Pan-African flags.
- 4 Juneteenth honors African American history and _____.

ACROSS

- 1 The month Juneteenth is celebrated.
- 3 Juneteenth celebrates _____.
- 5 Juneteenth began in this state.
- 6 A musical instrument often used in celebrations.
- 8 People gather to do this together at events.

DOWN

- 1 Juneteenth is celebrated on the 19th of this month.

ANSWER WORD BANK

JUNE
TEXAS
DRUM
CULTURE
GREEN

FREEDOM
DRUM
DANCE
LUNCH



JUNE 2026



718-626-1500
Monday-Friday
8am-4pm

Our case worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-626-1500 to make an appointment.



**CCNS Peter J. DellaMonica
Older Adult Center**
23-11 31st Road, Astoria, NY 11106

Older Adult Center Staff

- Michael S. — Program Manager
- Jennifer D. — Case Manager
- Miriam C. — Administrative Assistant
- M.Ahmed — Recreation Coordinator
- Val Y. — Cook
- Vadym S. — Assistant Cook
- Cristelle C. — Kitchen Aide
- Ram P. — Custodian
- Consuelo G. — Transportation

Advisory Committee

- Seela B. — President
- Michael J. — Vice President
- Maria R. — Treasurer
- Norma A. — Secretary.
- Vince L. — Counclimember.

Thut!
Edgure

Catholic Charities Brooklyn and Queens affirm the dignity and value of every person especially the most vulnerable.

We provide resources, advocacy and programs to assist those in need so they can experience the fullness of life and develop their potential as connected members of their community.

125+
YEARS OF FINANCIAL LIVES



JUNE 2026 ACTIVITY CALENDAR

CCNS Peter J. DellaMonica Older Adult Center

23-11 31s tRoad • Astoria, NY11106 • 718-626-1500



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Public Transportation Presentation (Camiele Burns) 12-1 Lunch 1:00-2:30pm Special Bingo</p>	<p>2 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Patio Games (MJ) 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-2:30 Watercolor (Helen)</p>	<p>3 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Watercolor (Helen)</p>	<p>4 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Scam and Fraud (MS) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00 Enhance Coloring (Donna)</p>	<p>5 SPRING YARD SALE 10AM-12PM 9:00 Sudoku (Ahmed) 10:00 12:00 Lunch 1:00 Healthy Talk (Michael J.) 1-2:30 Watercolor Painting (Helen)</p>
<p>8 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Jewelry Making (Tiffany) 12:00 Lunch 1:00 Rainbow Rhythm Celebration (DJ Valentine)</p>	<p>9 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Emergency Preparedness Presentation (SSG Hector Tiraldo) 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-2:30 Watercolor (Helen)</p>	<p>10 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Watercolor (Helen)</p>	<p>11 9:00 Word Scramble (Ahmed) 10:00 Nutrition Lecture (Neron Francis, RD) 10:00 Move & Groove (Elaine) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00 Enhance Coloring (Donna)</p>	<p>12 9:00 Sudoku (Ahmed) 10:30 Arts & Craft (Tiffany) 10:00 Zumba (Ability) 11:00 Computer Class (Rianne) 12:00 Lunch 1:00 Healthy Talk (Michael J.) 1-2:30 Watercolor Painting (Helen)</p>
<p>15 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Scam & Fraud Prevention (MS) 12-1 Lunch 1:00 Changing of Season Celebration (DJ Woody)</p>	<p>16 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 NAMI Presentation 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-2:30 Watercolor (Helen)</p>	<p>17 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-3 Beginner Painting (Helen)</p>	<p>18 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 General Membership Meeting 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00 Enhance Coloring (Donna)</p>	<p>19 9:00 Sudoku (Ahmed) 10:30 Pan African Jewelry Class 10:00 Freedom Beats Zumba (Ability) 11:00 Creating Digital Juneteenth Cards (Rianne) 12:00 Lunch 1:00 Drumming w/ Afro Beats Dance</p>
<p>22 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Creative Patio Activities (Tiffany) 12-1 Lunch 1:00 Father's Day Celebration (DJ Valentine)</p>	<p>23 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 Patio games (MJ) 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-3 Watercolor (Helen)</p>	<p>24 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2.30 Watercolor (Helen)</p>	<p>25 9:00 Word Scramble (Ahmed) 10:00-12:00 Talent is Timeless Center Local Competition (Elaine-Ahmed) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00 Enhance Coloring (Donna)</p>	<p>26 9:00 Sudoku (Ahmed) 10:30 Arts & Craft (Tiffany) 11:00 Healthy Eating with Ahmed 10:00 Zumba (Ability) 12:00 Lunch 1:00 Healthy Talk (Michael J.) 1-2:30 Watercolor Painting (Helen)</p>
<p>29 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Elder Abuse Awareness (MS) 12-1 Lunch 1:00 June Birthday Party (DJ Woody)</p>	<p>30 9:00 Word Search (Ahmed) 10:00 Aerofitness (EM) 11:00 NAMI Presentation alternate 12-1 Lunch 1:00 Cultural Dance Fitness (EM) 1-2:30 Watercolor (Helen)</p>			



JUNE 2026 LUNCH MENU

Good food and good company — join us each weekday for lunch!

Lunch Served 12:00 PM – 1:00 PM



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 <ul style="list-style-type: none"> • BBQ Chicken Leg Quarters • Baked Sweet Potato • Four Bean Salad • Banana 	2 <ul style="list-style-type: none"> • Turkey Meatballs with Sofrito • Spaghetti • Roasted Broccoli • Orange 	3 <ul style="list-style-type: none"> • Black Bean Soup • Baby Carrots and Parsley • Vegetable Cutlet • Apple • Apple Juice 	4 <ul style="list-style-type: none"> • Roast Beef • Brown Rice • Steamed Green Beans • Orange 	5 <ul style="list-style-type: none"> • Tuna Salad • Basic Pasta Salad • Russian Tomato Salad • Fresh Pineapple
8 <ul style="list-style-type: none"> • Chicken Parmesan • Spaghetti • Baby Spinach Salad with Lemon Vinaigrette • Tomato Sauce • Apple 	9 <ul style="list-style-type: none"> • Spanish Style Roast Pork • Broccoli and Red Pepper Salad • Homemade Mashed Potatoes • Fruit Cocktail 	10 <ul style="list-style-type: none"> • Meaty Lentil and Mushroom Meatballs • Cous Cous • A Nice Vegetable Soup • Beet Salad • Apple • Orange Juice 	11 <ul style="list-style-type: none"> • Beef Hamburger • Plain Hamburger Bun • French Fries • Lettuce and Tomato • Banana 	12 <ul style="list-style-type: none"> • Baked Fish • Brown Rice • California Blend Vegetables • Cantaloupe
15 <ul style="list-style-type: none"> • Spanish Style Baked Chicken • Brown Rice • Vegetable Mix • Apple 	16 <ul style="list-style-type: none"> • Homemade Traditional Cranberry Sauce • Roasted Turkey Breast • Baked Sweet Potato • Roasted Zucchini • Orange 	17 <ul style="list-style-type: none"> • California Veggie Burger • Cuban Style Split Pea Soup • Plain Hamburger Bun • Carrot Salad • Apple • Orange Pineapple Juice 	18 <ul style="list-style-type: none"> • Beef Brisket with Tomatoes and Onions • Pasta • Tomato Salad with Basil • Banana 	19 <ul style="list-style-type: none"> • Fillet of Fish Whole Wheat Sandwich • Cous Cous • Cole Slaw • Frozen Mixed Berries
22 <ul style="list-style-type: none"> • Baked Breaded Lamb Chops • Smashed Red Potatoes • Steamed Green Beans • Apple 	23 <ul style="list-style-type: none"> • Chinese Style Pork • Chinese Style Spaghetti • Steamed Sliced Carrots • Orange 	24 <ul style="list-style-type: none"> • Zesty Chickpea Stew • Brown Rice • Caribbean Stuffed Eggplant • Apple • Orange Juice 	25 <ul style="list-style-type: none"> • Beef and Peppers • Egg Noodles • Broccoli and Red Peppers • Orange 	26 <ul style="list-style-type: none"> • Baked Fish Amandine • Buckwheat with Mushrooms • Spinach, Apple and Red Onion Salad • Papaya
29 <ul style="list-style-type: none"> • Hawaiian Chicken Legs • Baked Macaroni and Cheese • Steamed Broccoli • Orange 	30 <ul style="list-style-type: none"> • Italian Style Pork Loin • Roasted Red Potatoes with Parsley • Steamed Green Beans • Banana 			



Meal includes whole wheat bread and 1% low-fat milk. Menu subject to change without prior notice.