

June 2026



Our Voices



CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



Did you know Bayside
Older Adult Center served
189 meals on our
Mother's Day celebration



The quality of a father
can be seen in the
goals, dreams and
aspirations he sets
not only for himself,
but for his family.

|
Reed Markham

“A good father is
one of the most unsung,
unpraised, unnoticed,
and yet one of the
most valuable assets
in our society.”

—BILLY GRAHAM

"Dads are most ordinary
men turned by love into
heroes, adventurers,
story-tellers, and singers
of song."

PAM BROWN

He adopted a role called
Being a Father so that
his child would have
something mythical and
infinitely important:
a Protector.

TOM WOLFE

A father carries
pictures where his money
used to be.

|
Steve Martin

There will always be
a few people who have the
courage to love what is
untamed inside us. One of
those men is my father.

|
Alison Lohman

Bayside Older Adult Center Menu for June, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Italian Meatball with Chicken Whole Wheat Bread Whole Wheat Pasta Primavera Roasted Broccoli Apple 1% Low Fat Milk</p>	<p>2 Tofu in Garlic Soy Sesame Sauce White Rice (1/2 cup) Whole Wheat Bread Baby Spinach Salad w/ Balsamic Banana 1% Low Fat Milk</p>	<p>3 Baked Pork Mushroom Gravy Whole Wheat Bread Yellow Rice Sautéed String Beans Orange 1% Low Fat Milk</p>	<p>4 Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>5 Tuna Salad Basic Pasta Salad Whole Wheat Bread Garden Salad Pear 1% Low Fat Milk</p>
<p>8 Classic Chicken Cacciatore Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>9 Chickpeas (1/2 cup) Rasta Pasta Whole Wheat Bread Garden Salad Italian Blend Vegetables Banana 1% Low Fat Milk</p>	<p>10 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Steamed Carrots Orange 1% Low Fat Milk</p>	<p>11 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>12 Baked Fish with Lemon Garlic Butter Sauce White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>15 Jerk Chicken Whole Wheat Bread California Blend Vegetables Homemade Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>16 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk</p>	<p>17 Italian Style Pork Loin Tomato Sauce (pre- prepared ½ cup); Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Orange; 1% Low Fat Milk</p>	<p>18 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk</p>	<p>19 Annes Lemon Garlic Sauce Baked Salmon Whole Wheat Bread Baked Sweet Potato Sautéed Green Beans with Onions Pear; 1% Low Fat Milk</p>
<p>22 Chicken Salads Potato Salad Whole Wheat Bread Cole Slaw Apple 1% Low Fat Milk</p>	<p>23 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk</p>	<p>24 Chumbre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Sautéed Green Beans w/ Onions Orange, 1% Low Fat Milk</p>	<p>25 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk</p>	<p>26 Tuna Salad Whole Wheat Bread Basic Pasta Salad Pear 1% Low Fat Milk</p>
29	30			

Resources!

HEAT STROKE

SYMPTOMS



NO SWEATING



DRY, HOT
RED SKIN



PINPOINT
PUPILS



DIZINESS AND
HEADACHE



VOMITING



UNCONSCIOUSNESS

PREVENTION



DRINK ENOUGH
LIQUIDS



NO ALCOHOL
OR CAFFIENE



COOL SHOWERS



WEAR LIGHT
CLOTHING



DO NOT STAY IN
A CLOSED CAR



WEAR
SUNSCREEN

HEARING MATTERS

WHAT YOU NEED TO KNOW ABOUT HEARING LOSS AND DEMENTIA

Join us on **Thursday, June 11th at 10:00 a.m.**

Virtual Link: <https://us02web.zoom.us/j/83604694417>
or call 1-929-205-6099 and enter code: 83604694417#

Topics covered:

- Current research about hearing loss and dementia
- Diagnosing hearing loss and working with an audiologist
- Available solutions and services to help individuals and families living with dementia and hearing loss



Speakers:

Michele Distefano, AuD, Director of Audiology Services and Dementia Certified Audiologist

Carolyn Stern, Director, Outreach at CHC

Any questions, please contact Carolyn Stern at 917-305-7812 or cgstern@chchearing.org



NUTRITION IN A GLASS

CREAMY STRAWBERRY SMOOTHIE

1 8OZ VANILLA YOGURT
1C STRAWBERRIES
1C ICE CUBES



MANGO LASSI

1C YOGHURT – PLAIN OR VANILLA
1/2C COLD WATER
1 RIPE MANGO, CUT IN PIECES
2 ICE CUBES



FRUIT AND VEGETABLE SMOOTHIES

BROCCOLI SMOOTHIES

1 CARROT
4 BROCCOLI FLORETES
2 HANDFULS SPINACH
1 APPLE
1C ORANGE JUICE CONCENTRATE



TOMATO SMOOTHIE

2C CHOPPED TOMATO
1.2C TOMATO JUICE
1/4C APPLE JUICE
1 CARROT
1 CELERY STALK
2C ICE



GREEN JULIUS

1C ORANGE JUICE
1 MANGO DICED
2C SPINACH OR PARSLEY
2C ICE



TIPS

FREEZE YOUR FRUIT AND YOU WONT NEED ICE CUBES.

BLEND INGREDIANTS UNTIL SMOOTH AND CREAMY.



COLD FOOD TEMPERATURE

Eggs	Refrigerator	Freezer
Fresh, in shell	4-5 weeks	Don't freeze
Hardcooked	1 week	Don't freeze
Egg substitutes, openend	3 days	Don't freeze
Unopened	10 days	1 year

Dairy Products	Refrigerator	Freezer
Milk	1 week	3 months
Cottage cheese	1 week	Doesn't freeze well
Yogurt	1-2 weeks	1-2 months
Commercial mayonnaise	2 months	Don't freeze

Vegetables	Refrigerator	Freezer
Beans, green or waxed	3-4 days	8 months
Carrots	2 weeks	10-12 months
Celery	1-2 weeks	10-12 months
Lettuce, leaf	3-7 days	Don't freeze
Lettuce, iceberg	1-2 weeks	Don't freeze
Spinach	1-2 days	10-12 months
Squash, summer	4-5 days	10-12 months
Squash, winter	2 weeks	10-12 months
Tomatoes	2-3 days	2 months

Deli Foods	Refrigerator	Freezer
Entrees, cold or hot	3-4 days	2-3 months
Store-prepared or homemade salads	3-5 days	Don't freeze

Hot dogs & Lunch Meats	Refrigerator	Freezer
Hotdogs, opened package	1 week	-
Unopened package	2 weeks	1-2 months in freezer wrap
Lunch meat, opened	3-5 days	1-2 months
Lunch meat, unopened	2 weeks	1-2 months

TV Dinners/Frozen Casseroles	Refrigerator	Freezer
Keep frozen until ready to serve	-	3-4 months



Eulalia Choi - Case Manager

125+ YEARS OF CHANGING LIVES



Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.



Headaches and Migraines

JUNE 15, 2026 10:00 am - 11:00 am

Migraines and headaches are common conditions that can significantly impact daily life. Learn more about causes, triggers, and management options.

CLICK HERE TO JOIN THE MEETING

<https://us02web.zoom.us/j/88668491389?pwd=G5tYrS8NtdaNBEIPgXzND1qhLfenAa.1>

MEETING ID: 886 6849 1389
PASSWORD: 220484
CALL IN NUMBER: +1 929 436 2866



Hosted by Students and Faculty from St. John's University College of Pharmacy and Health Sciences



Bayside Older Adult Center Activities for June, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Painting Group (9am-3pm) Queens Theatre (9:30-11:00am) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm</p>	<p>2 Painting Group (9am-3pm) 9:00-10:15am Computer Class Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:pm3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm</p>	<p>3 Painting Group (9am-3pm) Queens Theatre (9:30-11:00am) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm</p>	<p>4 Painting Group (9am-3pm) 9:00-10:15am Computer Class Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (1:00-3:00pm) Harrison Tzeng</p>	<p>5 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>8 Painting Group (9am-3pm) Queens Theatre (9:30-11:00am) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm</p>	<p>9 Painting Group (9am-3pm) 9:00-10:15am Computer Class Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:pm3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm</p>	<p>10 Painting Group (9am-3pm) Queens Theatre (9:30-11:00am) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm</p>	<p>11 Painting Group (9am-3pm) 9:00-10:15am Computer class Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (1:00-3:00pm) Harrison Tzeng</p>	<p>12 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>15 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm</p>	<p>16 Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm</p>	<p>17 Painting Group (9am-3pm) 9:30-11:00am (Queens Theatre) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm</p>	<p>18 Painting Group (9am-3pm) 9:00-10:15am Computer class Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) (1:00-3:00pm)</p>	<p>19 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>22 Painting Group (9am-3pm) Belly Dance (Amira) 10am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Yoga Class (Sharon) 1:30-2:30pm</p>	<p>23 Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm</p>	<p>24 Painting Group (9am-3pm) 9:30-11:00am (Queens Theatre) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm</p>	<p>25 Painting Group (9am-3pm) 9:00-10:15am Computer class Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) (1:00-3:00pm)</p>	<p>26 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)</p>

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.



Word Search

BARBECUE	P	S	T	L	R	S	A	N	D	C	A	S	T	L	E	B	K	L	T
BEACH	O	E	H	F	P	L	K	R	S	U	M	M	E	R	F	B	L	V	L
BUTTERFLY	T	S	U	I	F	D	T	N	P	W	P	R	K	I	R	I	S	T	Z
FATHER'S DAY	K	S	N	R	B	U	T	T	E	R	F	L	Y	K	L	E	E	N	N
FIREFLY	N	A	D	E	K	R	P	Q	J	E	N	J	D	Y	S	P	L	Y	T
FLIP-FLOPS	A	L	E	F	N	Y	F	T	S	U	R	T	K	O	N	M	K	F	C
GERANIUM	T	G	R	L	H	M	E	A	A	W	N	C	R	C	A	Q	C	M	R
HAT	G	N	S	Y	M	R	U	H	T	H	I	E	S	E	X	W	U	S	S
HONEYSUCKLE	N	U	T	P	Y	L	C	C	R	H	K	M	R	N	L	J	S	U	O
ICE CREAM	I	S	O	M	C	D	E	Q	K	V	E	C	M	T	U	F	Y	N	L
IRIS	N	L	R	Y	V	P	B	D	A	T	E	R	L	I	L	S	E	D	S
JUNE	T	E	M	M	G	T	R	C	G	C	Y	J	S	I	N	L	N	R	T
LEMONADE	H	M	T	S	Y	M	A	L	I	T	G	T	P	D	T	G	O	E	I
LIGHTNING	G	O	C	R	H	T	B	T	K	Q	W	F	R	R	A	W	H	S	C
LILY	I	N	M	I	I	O	Y	V	H	Y	L	M	L	N	B	Y	K	S	E
PEONY	L	A	Q	O	N	C	R	C	L	O	M	U	I	N	A	R	E	G	T
PICNIC	W	D	N	Q	B	C	A	T	P	N	O	L	E	M	R	E	T	A	W
ROSE	Y	E	T	M	L	E	I	S	S	V	G	J	K	K	M	B	R	D	Q
SANDCASTLE	N	N	W	B	B	P	R	P	Y	Q	Y	N	O	E	P	P	P	R	R
SHORTS																			
SOLSTICE																			
SUMMER																			





MAN UP!

TACKLING GENERAL HEALTH, PROSTATE CANCER, E.D., FOR MEN & THE WOMEN IN THEIR LIVES

Tuesday, June 25, 2024 at 11:00 a.m.

Join us to learn about:

- Preventative health for men over 60
- Erectile dysfunction management
- Current prostate cancer diagnosis and management guidelines

Leon Tellis, M.D.

**Director of the Men's Health Program
and Assistant Professor of Urology**

Mount Sinai Hospital and the Icahn School of Medicine at Mount Sinai

Please Click on the Link Below to Join the ZOOM Meeting:

<https://us02web.zoom.us/j/85412341929?pwd=TE44YWRpWllrbkFycXhCTlg5Y1ppdz09>

Enter Meeting ID: 854 1234 1929

Call: 1-929-436-2866

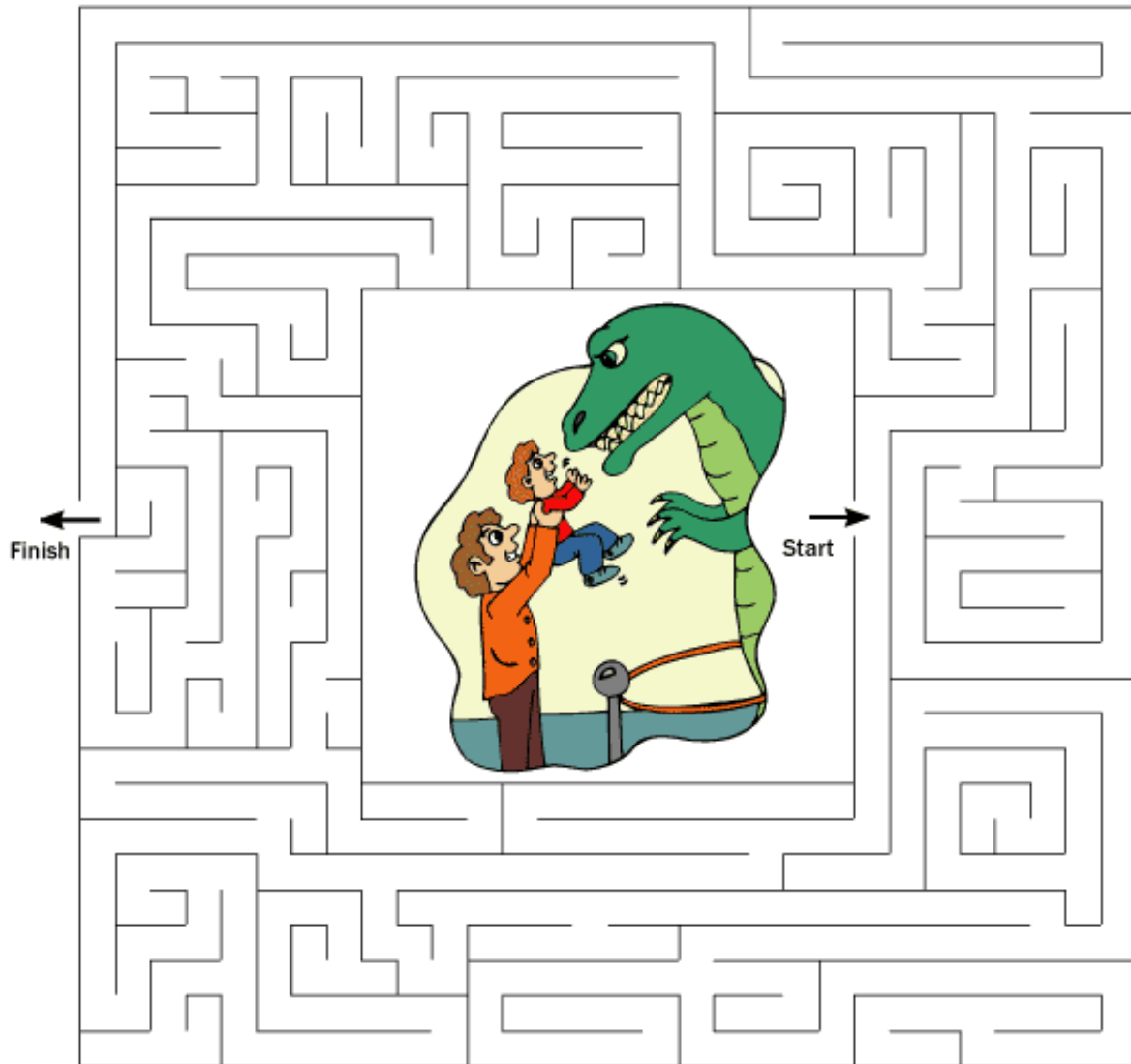
Enter Code: 778886



Resources!



JUNE





Make a Wish (*Birthday Song*)

Pz a

Opening Verse

Close your eyes and just dream of that blue sky
Is like many tries and winning that great prize
Today is your day. Enjoy even if the sky is gray
Don't worry about your bills being paid cause is your day

Pre Chorus

Make a wish and think of all you can do
Just remembered this song from Pang F. Chu (me to you)
Today's your Birthday. I am so glad we can share
Even with gray in our hair. No fanfare. Always will care.

Chorus 2X

After all these years, a birthday will always bring some tears.
Happy or Sad but glad you are here.
Today is your day. Now go make that Wish.
Happy Birthday to you and Many More.

Outro

Happy Birthday to you and many more.

FRIDAY SMOOTHIE - BERRIES



Berries are recognized as some of the most powerful superfoods in the plant kingdom.

They're rich in **disease-fighting antioxidants**, they're **heart-healthy**, and they're considered to be vital foods in anti-aging, **memory boosting** medicine. On top of that, they're delicious.

Here is a smoothie that will soothe your soul as well as nourishing your body and is crammed with anti-oxidant properties.

Enjoy!

Antioxidant Berry Banana Smoothie

Ingredients

- 1 cup unsweetened coconut water
 - 1 1/2 cups fresh berries, such as strawberries, raspberries, blackberries, or blueberries
 - 1 ripe banana (preferably frozen), cut into chunks
 - 1 tablespoon protein powder, optional
 - 4 ice cubes
1. Add all ingredients to a blender and blend on high speed until smooth.
 2. Serve immediately.



- **Dairy variation:** This recipe is dairy-free, but you can add yogurt or skim milk without detracting from the smoothie's antioxidant properties. If you follow a dairy-free diet you can also use nut milk.

IS IT DONE YET?

the internal doneness temperature of baked goods



150°F

Cheesecakes
remove from oven at 150 to avoid cracking; temperature should rise to 160 as it cools



160°F

Quiche
Meringue pie
Bread pudding
Baked custard
Clafouti
Molten chocolate cakes



165°F

Stuffing
Casseroles
Cream pies
meat- /cheese-filled breads
Emanadas
Pot pies



175°F

Custard pies
Fruit pies
Flan
Crepe Brulee



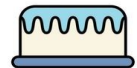
200°F

Yeast breads
Soft rolls 190F
Crust bread 210F



205°F

Most cakes
Pound cake 210F
Cupcakes
Quick breads
Scones
Biscuits
Pecan pie



FOOD	MINIMUM INTERNAL COOKING TEMPERATURE
Rare roast beef and beef steak	130 degrees Fahrenheit
Precooked commercially prepared potentially hazardous foods and potentially hazardous foods not on this list. (Including fish)	140 degrees Fahrenheit
Shell eggs and egg containing foods	145 degrees Fahrenheit
Pork	150 degrees Fahrenheit
Ground Meat	158 degrees Fahrenheit
Poultry, poultry stuffing, stuffed meats and stuffing containing meat	165 degrees Fahrenheit
COOLING REQUIREMENTS	
For all of the above foods	120 to 70 degrees Fahrenheit within 2 hours and 70 to 45 degrees Fahrenheit in 4 additional hours
REHEATING REQUIREMENTS	
For all of the above foods	165 degrees Fahrenheit

June 2026

125+
YEARS OF CHANGING LIVES



Resources!

50 YEARS
NYC
Department for
the Aging

NYC
Department for
the Aging



HEADACHES AND MIGRAINES 101

6/27/2024 10:00 AM - 11:00 AM

LEARN HOW TO MANAGE HEADACHE AND MIGRAINE SYMPTOMS



CLICK TO JOIN THE MEETING

[HTTPS://US02WEB.ZOOM.US/J/84527028458](https://us02web.zoom.us/j/84527028458) PWD=AWLXTGNBM1L6DVPVT1ZNQK1MM1ZDDZ09

MEETING ID: 845 2702 8458

PASSCODE: 152161

OR CALL IN [+1 646-893-7101](tel:+16468937101)



BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa F.....President
Christina L... Vice President
Pat W Treasurer
Leo P Secretary

ADVISORY COUNCIL



Members:

Carmela P
Carl D
Fraternidad S
Jane C



BAYSIDE OLDER ADULT CENTER STAFF

Pang	Program Manager	Henry C	Transportation
Kathy L	Office Manager	Shawn W	Transportation
Eulalia C	Case Manager	Laura M	Kitchen Aide
Yolanda D	Custodian	Yung P T	Kitchen Aide
Anmarie P	Transportation Coordinator	Michael M	Kitchen Aide
Elizabeth M.....	Recreational Coordinator		

Catholic Charities Mission Statement

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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

SUMMER

WORD SEARCH



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

AUGUST
BEACH
CAMP
FIREWORKS
HOT

JULY
JUNE
PICNIC
POOL
RELAX

SWIM
SWIMSUIT
TRAVEL
VACATION
WATERMELON



June 2026



Happy Recap! 50 YEARS NYC Department for the Aging

MAY 2026

