



Senior Voices

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
ST. CHARLES JUBILEE OLDER ADULT CENTER

55 Pierrepont Street,
Brooklyn, NY, 11201
Phone (718) 855-0326



Message from the Center:

🌸 Welcome to June! 🌸

Summer is just around the corner, bringing longer days, warm sunshine, and new opportunities to stay active and connected. June is a wonderful time to enjoy the outdoors, participate in community activities, and continue focusing on both physical and emotional well-being.

June is recognized for several important health and wellness observances, including **Men's Health Month**, **Alzheimer's & Brain Awareness Month**, and **National Safety Month**. These reminders encourage us to prioritize healthy habits, brain health, safety, and social connection throughout the season.

We encourage everyone to make the most of the beautiful weather, whether it's taking a walk outside, joining activities at the center, spending time with loved ones, or trying something new.

Thank you for continuing to be an important part of our community. We look forward to another month filled with wellness, friendship, engagement, and positivity.

💛 **Wishing everyone a happy, healthy, and enjoyable June!**

🌻 June is a Month of Wellness, Safety & Healthy Living

June is recognized for several important health awareness topics, including **Men's Health Month**, **Alzheimer's & Brain Awareness Month**, and **National Safety Month**. This is a meaningful time to focus on overall wellness, brain health, safety, and maintaining healthy daily habits.

As summer begins and the days become longer and brighter, it's the perfect opportunity to enjoy outdoor activities, stay socially connected, and continue building routines that support both physical and emotional well-being. Small daily choices can positively impact energy, mobility, mood, and overall quality of life.

Let's use this month to:

- 🌻 Practice healthy and active living
- 🧠 Support brain health and cognitive wellness
- 🚶 Stay physically active with safe outdoor activities
- 🤝 Strengthen social connections and community engagement
- 💧 Stay hydrated and prioritize summer safety

Remember: Healthy habits, social connection, and staying active are important parts of living a happier and healthier life at every age.



**Live Long
Live Well
Live Happy**



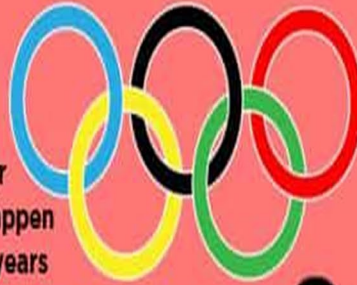
Mission Statement



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.



The start of Summer is marked by Summer Solstice each year.



Summer Olympics happen every four years



Meteorological Start Date
JUNE 1ST
The largest ice cream scoop weighed 3010 pounds

Meteorological End Date
AUGUST 31ST



There are 300 different varieties of watermelon



America's Independence Day happens every July 4th

FACTS ABOUT

SUMMER



On 1st day of Summer in Alaska they play a baseball game that starts at 10:30pm and they do not use artificial light



More thunderstorms happen during the Summer months than at any other time of year.

June July August

Astronomical Start Date

June 20th

Astronomical End Date

September 22nd



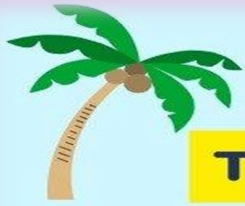
The largest bonfire ever was the height of a 15 story building



The Eiffel Tower grows taller in the Summer



MADEWITHHAPPY.COM



SUMMER

Tips, Facts, and Fun



Explore essential tips, fascinating facts, and exciting activities to make the most of the season.

#1

Summer is characterized by longer daylight hours, with the sun rising earlier and setting later than any other season.

Summer Solstice marks the longest day of the year, occurring around June 21st in the Northern Hemisphere.

#2

#3

Average summer temperatures vary globally, with regions experiencing highs ranging from 70°F to 100°F+ (21°C to 38°C).

The "dog days of summer" stem from the ancient belief that summer's hot, sultry days align with the rising of Sirius, the Dog Star.

#4

#5

Summer is a crucial season for agriculture, with farmers harvesting crops such as corn, wheat, fruits, and vegetables to supply markets worldwide.

Certain regions showcase unique summer phenomena like the midnight sun in the Arctic, where the sun shines 24/7 during summer.

#6

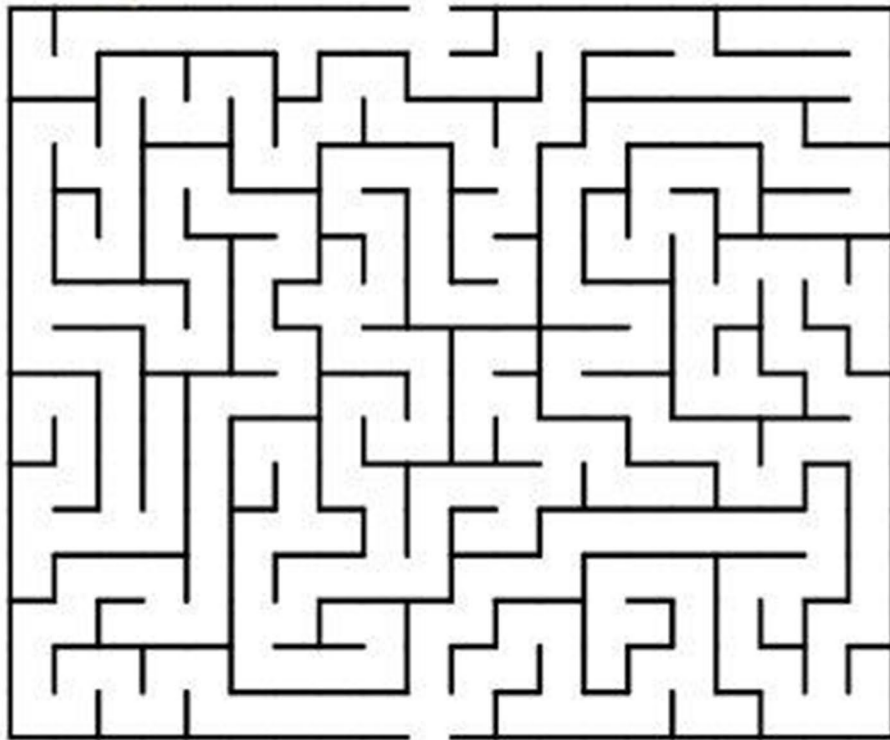
#7

During summer, many animals migrate or breed, capitalizing on warmer weather and ample food.



BEACH DAY MAZE

Find the correct path from the start to the finish by navigating through the maze.



LetsDoPuzzles.com - for personal use only

HELLO SUMMER!





DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

ALEXANDRITE

GARDEN

LEMONADE

SOLSTICE

BARBECUE

GEMINI

LONGEST DAY

STRAWBERRY

D-DAY

GRADUATION

OUTDOORS

SUMMER

DIPLOMA

HONEYSUCKLE

PEARL

THIRTY DAYS

FATHER'S DAY

JUNE

PICNIC

VACATION

FLAG DAY

JUNETEENTH

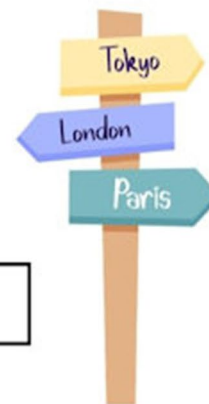
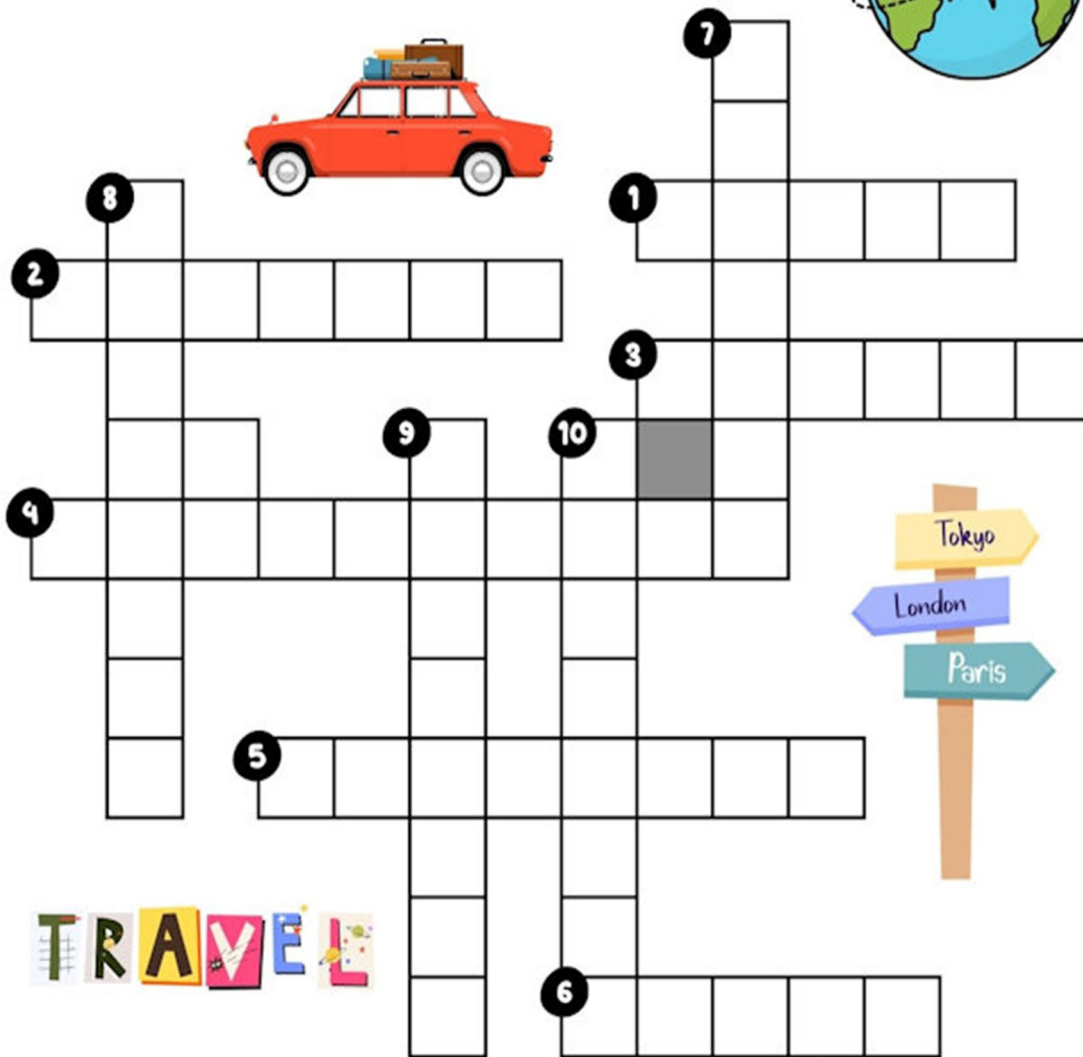
ROSE

WEDDING

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TRAVEL FUN

COMPLETE THE CROSSWORD WITH WORDS RELATED TO TRAVEL.



ACROSS

1. PERSON WHO SHOWS TOURISTS AROUND
2. DAY SET ASIDE TO CELEBRATE, RELAX, OR TRAVEL
3. PROVES PAID PERMISSION TO ENTER
4. WHERE CUSTOMERS DINE
5. POPULAR TRAVEL BAG
- T. TO COACH OR TEACH



DOWN

7. SOMEONE VISITING FOR PLEASURE
8. SOMETHING PURCHASED TO REMEMBER A PLACE
9. CARRIES PERSONAL POSSESSIONS
10. CERTIFIES IDENTITY





Gettysburg Flag® Works

P R E S E N T S

MORE THAN YOU NEEDED TO KNOW

All About Flag Day

FACTS



The Flag of the United States was adopted on June 14th 1777.

In 1916, the president established June 14th as Flag Day BUT it is not an official Federal Holiday & American Flags are not lowered.



Flag Day is also the same day as the birthday of the United States Army.

HISTORY



The earliest reference to Flag Day was by George Morris in 1861.

The first formal observance of the day was believed to be held in Wisconsin in 1895 by a grade school teacher.



Flag Day was first made a legal holiday in the state of Pennsylvania in 1937.

TRADITIONS



US citizens are encouraged to fly their flag for the duration of "Flag Week": 6/11-6/17.

The largest Flag Day parade is held in Troy, NY - right up the road from GFW!




The National Flag Day Foundation holds Flag Day ceremonies including a parade & other activities.

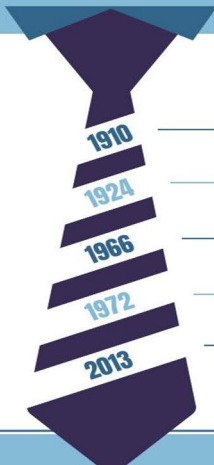
Info Sourced From: wikipedia.org

Sign up for our half-staff alerts & newsletter: www.gettysburgflag.com
Follow us for other news, fun facts and special offers





ABOUT THE SuperDad



History of Father's Day

Father's Day was introduced by Sonora Smart Dodd. She wanted her widowed father who took care of his 6 children during the civil war.

President Calvin Coolidge supported the idea of a national Father's Day.


President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day.

President Richard Nixon signed the law which finally made it permanent.


The dates of the celebration of Father's Day are not the same everywhere. The customs and traditions also differ from one country to another.


The day when the dads get a little lucky and enjoy Father's Day goodies!


These are the top 5 gifts we buy for our dads:





Which Gift?


Special Outings


Clothing



Gift Cards


Electronics


Home & Garden


\$91

is what the average person spends on a perfect present for dad




#4

Fourth largest card-selling holiday in the US with 110 million cards sold annually




94%

say "small gestures are more important than buying expensive gifts"



91%

say "having a wonderful father's day isn't as important as making sure our wives have a wonderful mother's day"



Think about what you get your father this Father's Day!
There are many ways to make dad happy.

JUNE

Birthstone: Pearl

Pearls are one of the traditional birthstones for June, symbolizing purity and innocence.



Famous People Born

- 1 Marilyn Monroe
- 3 Josephine Baker
- 9 Johnny Depp
- 12 Anne Frank
- 14 Harriet Beecher Stowe
- 18 Paul McCartney
- 25 George Orwell

Birth Flower: Rose

The rose is one of the birth flowers for June, representing love, passion, and beauty.



Flag Day
Observed on June 14 in the United States, it commemorates the adoption of the flag of the United States on June 14, 1777.

DRIVE IN THEATER

The first drive-in theater opened on June 6, 1933, in Camden, New Jersey.



On June 1, 1967, The Beatles released their groundbreaking album "Sgt. Pepper's Lonely Hearts Club Band."

In June 1982, the first permanent artificial heart transplant was performed on Barney Clark.



The first successful transatlantic balloon flight was completed by the Double Eagle II on June 11, 1978.

Astrological Signs

Gemini

May 21 - Jun 20

Geminis are recognized for their adaptability, communication skills, and curiosity.



Cancer

Jun 21 - July 22

Cancerians are recognized for their sensitivity, intuition, and loyalty.





Healthy June Recipes for Seniors



Fresh • Flavorful • Good for You

1 Grilled Lemon Salmon with Herb Quinoa



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

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

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



2 Summer Vegetable & Chickpea Stir-Fry



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

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

♥ Full of fiber, vitamins and plant-based protein



3 Berry & Yogurt Parfait



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

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

♥ Great source of calcium, antioxidants and probiotics



4 Cucumber & Avocado Salad



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

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

♥ Hydrating, heart-healthy and packed with nutrients



JUNE WELLNESS TIPS FOR SENIORS



Stay hydrated each day



Enjoy morning sunshine



Eat seasonal fruits & vegetables



Take short walks outdoors



Spend time with family & friends



Practice gratitude daily



Good food. Good mood. Good days ahead! ♥





FACTS ABOUT JUNETEENTH



June 19, 1865 — announcement of the freedom of African-American slaves in Galveston, Texas, in subsequence to Gen. Robert Lee's surrender

"Juneteenth" received its name by combining June and 19.

It is also referred to as "Freedom Day," "Jubilee Day" or "Juneteenth Independence Day."

In 1872, Juneteenth celebrations reached new heights, thanks to the creation of the Emancipation Park.

Decades after, several former slaves traveled back to Galveston to celebrate their independence through entertainment and recreational activities.

On January 1, 1980, Juneteenth became an official state holiday in Texas.



JUNETEENTH

JUNETEENTH IS THE OLDEST NATIONALLY CELEBRATED COMMEMORATION OF THE ENDING OF SLAVERY IN THE UNITED STATES. DATING BACK TO 1865, IT WAS ON JUNE 19TH THAT THE UNION SOLDIERS LANDED AT GALVESTON, TEXAS WITH NEWS THAT THE WAR HAD ENDED AND THAT THE ENSLAVED WERE NOW FREE.

EMANCIPATION PROCLAMATION

JAN 1, 1863

PERIOD OF TIME IT TOOK FOR UNION SOLDIERS TO DELIVER THE MESSAGE: 2.5 YEARS

JUN 19, 1865

ANNOUNCEMENT OF END OF CIVIL WAR AND THAT SLAVES WERE NOW FREE

CELEBRATE!

ROSEDS, FISHING, BARBECUING AND BASEBALL ARE JUST A FEW OF THE TYPICAL JUNETEENTH ACTIVITIES YOU MAY WITNESS TODAY.

JUNETEENTH PARTICIPANTS COULD SHARE IN THE SPIRIT AND ADMIRAL THAT THEIR ANCESTORS - THE NEWLY EMANCIPATED AFRICAN AMERICANS, WOULD HAVE EXPERIENCED DURING THEIR CEREMONIES. THE BARBECUE PIT IS OFTEN ESTABLISHED AS THE CENTER OF ATTENTION AT JUNETEENTH CELEBRATIONS.

CERTAIN FOODS BECAME POPULAR AND SUBSEQUENTLY SYNONYMOUS WITH JUNETEENTH CELEBRATIONS SUCH AS STRAWBERRY SODA-POP.

ACCORDING TO SOME HISTORIANS, IT ALL GOES BACK TO WEST AFRICA. THERE, RED DRINKS OFTEN MARK A SPECIAL OCCASION. OTHER SOURCES RELATE RED FOOD AND DRINKS TO THE SPILLED BLOOD OF SLAVES, OR TO HOW RED SODA WAS PROHIBITED TO BE DRUNK BY SLAVES.

JUNETEENTH ALMOST ALWAYS FOCUSED ON EDUCATION AND SELF IMPROVEMENT. OFTEN GUEST SPEAKERS ARE BROUGHT IN AND THE ELDERS ARE CALLED UPON TO RECOUNT THE EVENTS OF THE PAST.

PRAYER SERVICES WERE ALSO A MAJOR PART OF THESE CELEBRATIONS.

THE FLAG

THE JUNETEENTH FLAG IS A SYMBOL THAT GIVES ALL AMERICANS THE OPPORTUNITY TO RECOGNIZE AMERICAN FREEDOM & AFRICAN AMERICAN HISTORY. IT REPRESENTS A STAR OF TEXAS BURSTING WITH NEW FREEDOM THROUGHOUT THE LAND, OVER A NEW HORIZON. IT IS CREATED WITH AMERICAN RED, WHITE, AND BLUE COLORS AND REPRESENTS A NEW FREEDOM, A NEW PEOPLE, AND A NEW STAR.



🌻 JUNE HEALTH & WELLNESS NEWSLETTER 🌻

Wellness • Prevention • Cognitive Health • Healthy Aging

🌻 **Dear Members,**

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



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

📖 **MEN'S HEALTH MONTH**

Clinical Importance

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

Preventive Health Recommendations

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

Common Chronic Conditions in Older Adults

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

Potential Symptoms That Should Not Be Ignored

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



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

 Wellness Program: Preventive Health Education & Blood Pressure Monitoring

ALZHEIMER'S & BRAIN AWARENESS MONTH

Understanding Cognitive Health

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

Possible Early Signs of Cognitive Decline

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

Brain Health & Neurocognitive Support Strategies

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

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

 Program Highlight: Cognitive Wellness & Memory Support Activities

NATIONAL SAFETY MONTH

Summer Health & Injury Prevention

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



POWERED BY
AQUACARE FITNESS FORUM
 PHYSICAL THERAPY

SUMMER SAFETY

Be Active Without Falling

BEFORE YOU GO TO THE BEACH OR POOL:
Prevent a fall with these tips:

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



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

Heat-Related Illness Prevention

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

Signs of Heat Exhaustion May Include:

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

Fall Prevention Recommendations

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

 Safety Program: Fall Prevention & Summer Safety Education Workshop

ACTIVE LIVING & HEALTHY AGING

Benefits of Routine Physical Activity

Regular physical activity can improve:

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

Recommended Activities for Older Adults

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



Hydration Reminder

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

🧘 Wellness Activity: Summer Fitness & Functional Movement Class

🌸 INTERACTIVE PROGRAMMING & ENGAGEMENT

Weekly Programming:

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



🧠 Therapeutic & Social Engagement:

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

🌱 Cognitive Wellness Activities:

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

🌸 FINAL MESSAGE

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

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

💛 Stay healthy. Stay active. Stay connected.





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

*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



Who is eligible to receive services?

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.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



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

We care! You are not alone!

*Program funded by the New York City
Department for the Aging*



125+
YEARS OF CHANGING LIVES



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY Locations and Hours

Our Lady of Angels

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

Our Lady of Miracles

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

Our Lady of Solace

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

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1st and 3rd Thursday of the month, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Michael/St. Malachy

Beginning September 26, 2025
286 Warwick Street, Brooklyn 11207
Every Friday, 9:30 AM - 11:30 AM

St. Rose of Lima

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

St. Teresa

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

BVM St. Mary-Winfield

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

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael

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

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

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

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2nd and 4th Tuesday of the month, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1st and 3rd Thursday of every month, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355
Tuesdays and Wednesdays, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)
Beginning May 9, 2024: 2nd Thursday of the month,
2 PM - 5 PM

For the full list of affiliate locations, visit:
www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.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.

125+
YEARS OF CHANGING LIVES



Geriatric Mental Health Initiative **Program**

*Providing awareness, screenings and referrals
for seniors 55 and older in the area of
depression, anxiety, alcohol and substance
abuse.*

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

**Office Location: 191 Joralemon Street 13FL Brooklyn
NY 11201**

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



ST. CHARLES JUBILEE STAFF

Victoria Program Manager

55 Pierrepont Street,

Anthony Administrative assistant

Brooklyn, NY, 11201

Dora Case Manager

Phone 718-855-0326

Maureen Kitchen Aide

Work Hours:

Charles Maintenance Worker

MON-FRI

9AM- 5PM

125+
YEARS OF CHANGING LIVES



**WISHING EVERYONE WILL HAVE A HAPPY, HEALTHY AND
PROSPEROUS JUNE!**



June 2026

Funded by NYC Dept of Aging

