



June/Junio 2026

HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES
WOODHAVEN-RICHMOND HILL OLDER
ADULT CENTER

89-02 91st Street, Woodhaven, NY 11421

Phone # (718)-847-9200 OPEN

MONDAY THROUGH FRIDAY 8:30AM TO 4:30PM

A Message From Staff/Un Mensaje de Personal

Hi everyone,

Hello everyone! Happy June 2026!

As summer begins, we look forward to warmer days, sunshine, and spending meaningful moments together at the center. June is also a special time to celebrate Father's Day and recognize all the fathers, grandfathers, and father figures who inspire us with their strength, kindness, and wisdom.

This month, we are excited to continue offering fun activities, wellness programs, creative classes, and opportunities to connect with friends in our community. Thank you for being part of our center and making it such a welcoming and joyful place every day.

We wish everyone a safe, healthy, and happy summer season!

With love,

The Staff of Woodhaven-Richmond Hill Older Adult Center

Hola a todos,

¡Hola a todos! ¡Feliz junio 2026!

Con la llegada del verano, esperamos disfrutar días más cálidos, mucho sol y momentos especiales juntos en el centro. Junio también es un tiempo especial para celebrar el Día de los Padres y reconocer a todos los padres, abuelos y figuras paternas que nos inspiran con su fortaleza, amabilidad y sabiduría.

Este mes continuaremos ofreciendo actividades divertidas, programas de bienestar, clases creativas y oportunidades para compartir con amigos en nuestra comunidad. Gracias por ser parte de nuestro centro y hacerlo un lugar lleno de alegría y bienvenida cada día.

¡Les deseamos a todos un verano seguro, saludable y feliz!

Gracias por ser parte de nuestra comunidad. ¡Esperamos compartir otro excelente mes junto a ustedes!

Con cariño,

El personal del Centro para Adultos Mayores Woodhaven-Richmond Hill

¡Hello
JUNE

Happy
FATHER'S
DAY!

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JUNE BIRTHDAYS / CUMPLEAÑOS EN JUNIO




Manuel Castillo
Patrick O'Leary
Maria Rivera
Virginia Veloz Ortiz
Jose D. Grisales
Victor Tommaso
Barbara Boyd
Anonymous
Paul Fung
Mery Lopez
Luz Cruz
Mary Joseph
Sonia Orengo
Satish Bajaj
Carmen Narvaez Calle

Happy Birthday to all our
June celebrants!

¡Feliz cumpleaños a todos nuestros
celebrantes de junio!

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*** All Activities are Subject to Change**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Classical Music (Staff) 3-4pm- Coloring (Volunteer)</p>	<p>2</p> <p>9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Chess (Volunteer) 3-4pm- Book Club (Volunteer)</p>	<p>3</p> <p>9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 3-4pm- Brainteasers (Volunteer)</p>	<p>4</p> <p>9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loreta) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- ESL (Karina) 3-4pm- Domino (Volunteer)</p>	<p>5</p> <p>9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm - YouTube Chair Yoga (Maria) 2-3pm- Nat Geo Movie (Nick) 3-4pm- Painting (Volunteer)</p>
<p>8</p> <p>9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-3 pm- 5u Casa Painting (Shanay) 3-4pm- Scrabble (Volunteer)</p>	<p>9</p> <p>9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Mahjong (Volunteer) 3-4pm- Pencil Drawing (Volunteer)</p>	<p>10</p> <p>9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 3-4pm- Uno Card Game (Vol.)</p>	<p>11</p> <p>9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loreta) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-4pm- Movie & Discussion (Nick)</p>	<p>12</p> <p>9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm – YouTube Chair Yoga (Maria) 2-3pm- Nat Geo Movie (Nick) 3-4pm- Painting (Volunteer)</p>
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<p>22</p> <p>9-10am- Origami (Volunteer) 10-11am- Father's Breakfast Day 11-12am- Technology (Volunteer) 1-3pm- 5u Casa Painting (Shanay) 3-4pm- Classical Music (Staff)</p>	<p>23</p> <p>9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Mahjong (Volunteer) 3-4pm- Pencil Drawing (Volunteer)</p>	<p>24</p> <p>9-10am- Origami (Volunteer) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 3-4pm- Uno Card Game (Vol.)</p>	<p>25</p> <p>9-10am- Origami (Volunteer) 10-11am- Karaoke (Loreta) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- ESL (Karina) 3-4pm- Domino (Volunteer)</p>	<p>26</p> <p>9-10am- Origami (Volunteer) 10-11am- Painting (Volunteer) 11-12am- Rummy Card Game (Vol) 1-3pm – Monthly Birthday Party (Nick)</p>
<p>29</p> <p>9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-3pm- 5u Casa Painting (Shanay) 3-4pm- Classical Music (Staff)</p>	<p>30</p> <p>9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Mahjong (Volunteer) 3-4pm- Pencil Drawing (Volunteer)</p>			

Todas las actividades están sujetas a cambios

1

9:00–10:00 a.m. – Origami (Voluntario)

10:00–11:00 a.m. – Joyería (Voluntario)

11:00 a.m.–12:00 p.m. – Tecnología (Voluntario)

1:00–2:00 p.m. – Yoga en Silla por YouTube (Maria)

2:00–3:00 p.m. – Música Clásica (Personal)

3:00–4:00 p.m. – Colorear (Voluntario)

2

9:00–10:00 a.m. – Origami (Voluntario)

10:00–11:00 a.m. – Ejercicio en Silla (Tommy M.)

11:00 a.m.–12:00 p.m. – Tecnología (Voluntario)

1:00–2:00 p.m. – Yoga (Pat L.)

2:00–3:00 p.m. – Ajedrez (Voluntario)

3:00–4:00 p.m. – Club de Lectura (Voluntario)

3

9:00–10:00 a.m. – Bolos Wii (Nick)

10:00–11:00 a.m. – Bocadillos Saludables (Vol.)

11:00 a.m.–12:00 p.m. – Artes y Manualidades (Vol.)

1:00–2:00 p.m. – Danza del Vientre (Elaine G.)

2:00–3:00 p.m. – Manualidades y Jardinería (Vol.)

3:00–4:00 p.m. – Acertijos Mentales (Voluntario)

4

9:00–10:00 a.m. – Bocadillos Saludables (Vol.)

10:00–11:00 a.m. – Karaoke (Loreta)

11:00 a.m.–12:00 p.m. – Tejido y Crochet (Vol.)

1:00–2:00 p.m. – Zumba (Elaine G.)

2:00–3:00 p.m. – ESL / Inglés (Karina)

3:00–4:00 p.m. – Dominó (Voluntario)

5

9:00–10:00 a.m. – Tecnología (Voluntario)

10:00 a.m.–12:00 p.m. – Película y Conversación (Personal)

1:00–2:00 p.m. – Yoga en Silla por YouTube (Maria)

2:00–3:00 p.m. – Película de National Geographic (Nick)

3:00–4:00 p.m. – Pintura (Voluntario)

10:00–11:00 a.m. – Control de Presión Arterial (David)

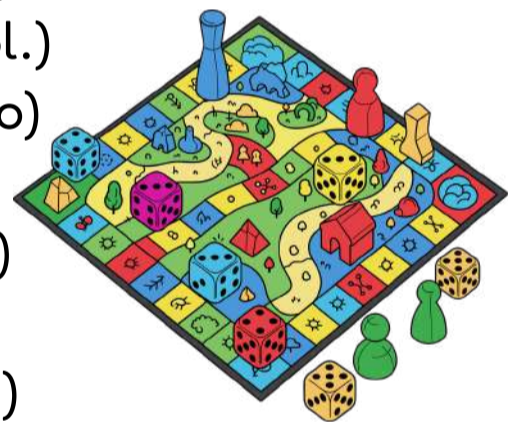
11:00 a.m.–12:00 p.m. – Educación Nutricional (David)

1:00–2:00 p.m. – Yoga en Silla por YouTube (Maria)

2:00–3:00 p.m. – Película de National Geographic y Conversación (Voluntario)

3:00–4:00 p.m. – Pintura (Voluntario)

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8

9:00–10:00 a.m. – Origami (Voluntario)

10:00–11:00 a.m. – Joyería (Voluntario)

11:00 a.m.–12:00 p.m. – Tecnología (Voluntario)

1:00–3:00 p.m. – Pintura Su Casa (Shanay)

3:00–4:00 p.m. – Scrabble (Voluntario)

9

9:00–10:00 a.m. – Origami (Voluntario)

10:00–11:00 a.m. – Ejercicio en Silla (Tommy M.)

11:00 a.m.–12:00 p.m. – Tecnología (Voluntario)

1:00–2:00 p.m. – Yoga (Pat L.)

2:00–3:00 p.m. – Mahjong (Voluntario)

3:00–4:00 p.m. – Dibujo a Lápiz (Voluntario)

3:00 p.m. – Rompecabezas de Palabras



10

9:00–10:00 a.m. – Bolos Wii (Nick)

10:00–11:00 a.m. – Bocadillos Saludables (Vol.)

11:00 a.m.–12:00 p.m. – Artes y Manualidades (Vol.)

1:00–2:00 p.m. – Danza del Vientre (Elaine G.)

2:00–3:00 p.m. – Manualidades y Jardinería (Vol.)

3:00–4:00 p.m. – Juego de Cartas UNO (Vol.)

11

9:00–10:00 a.m. – Bocadillos Saludables (Vol.)

10:00–11:00 a.m. – Karaoke (Loreta)

11:00 a.m.–12:00 p.m. – Tejido y Crochet (Vol.)

1:00–2:00 p.m. – Zumba (Elaine G.)

2:00–4:00 p.m. – Película y Conversación (Nick)

12

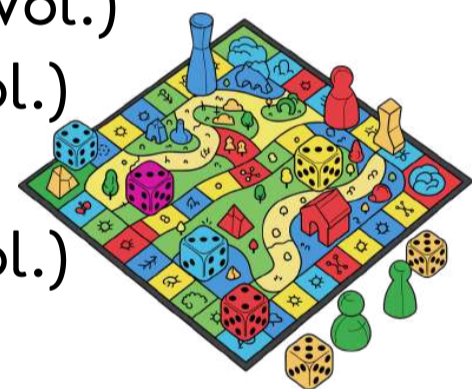
9:00–10:00 a.m. – Tecnología (Voluntario)

10:00 a.m.–12:00 p.m. – Película y Conversación
(Personal)

1:00–2:00 p.m. – Yoga en Silla por YouTube (Maria)

2:00–3:00 p.m. – Película de National Geographic
(Nick)

3:00–4:00 p.m. – Pintura (Voluntario)



16

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- 1:00–2:00 p.m. – Yoga (Pat L.)
- 2:00–3:00 p.m. – Ajedrez (Voluntario)
- 3:00–4:00 p.m. – Club de Lectura (Voluntario)



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- 11:00 a.m.–12:00 p.m. – Artes y Manualidades (Vol.)
- 1:00–2:00 p.m. – Danza del Vientre (Elaine G.)
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- 2:00–3:00 p.m. – ESL / Inglés (Karina)
- 3:00–4:00 p.m. – Dominó (Voluntario)

19

- 9:00–10:00 a.m. – Tecnología (Voluntario)
- 10:00–11:00 a.m. – Pintura (Voluntario)
- 11:00 a.m.–12:00 p.m. – Juego de Cartas Rummy (Vol.)
- 1:00–2:00 p.m. – Yoga en Silla por YouTube (Maria)
- 2:00–3:00 p.m. – Película de National Geographic (Nick)
- 3:00–4:00 p.m. – Sopa de Letras (Voluntario)

22

- 9:00–10:00 a.m. – Origami (Voluntario)
- 10:00–11:00 a.m. – Joyería (Voluntario)
- 11:00 a.m.–12:00 p.m. – Tecnología (Voluntario)
- 1:00–3:00 p.m. – Pintura Su Casa (Shanay)
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- 2:00–3:00 p.m. – Mahjong (Voluntario)
- 3:00–4:00 p.m. – Dibujo a Lápiz (Voluntario)



24

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- 3:00–4:00 p.m. – Juego de Cartas UNO (Vol.)

25

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26

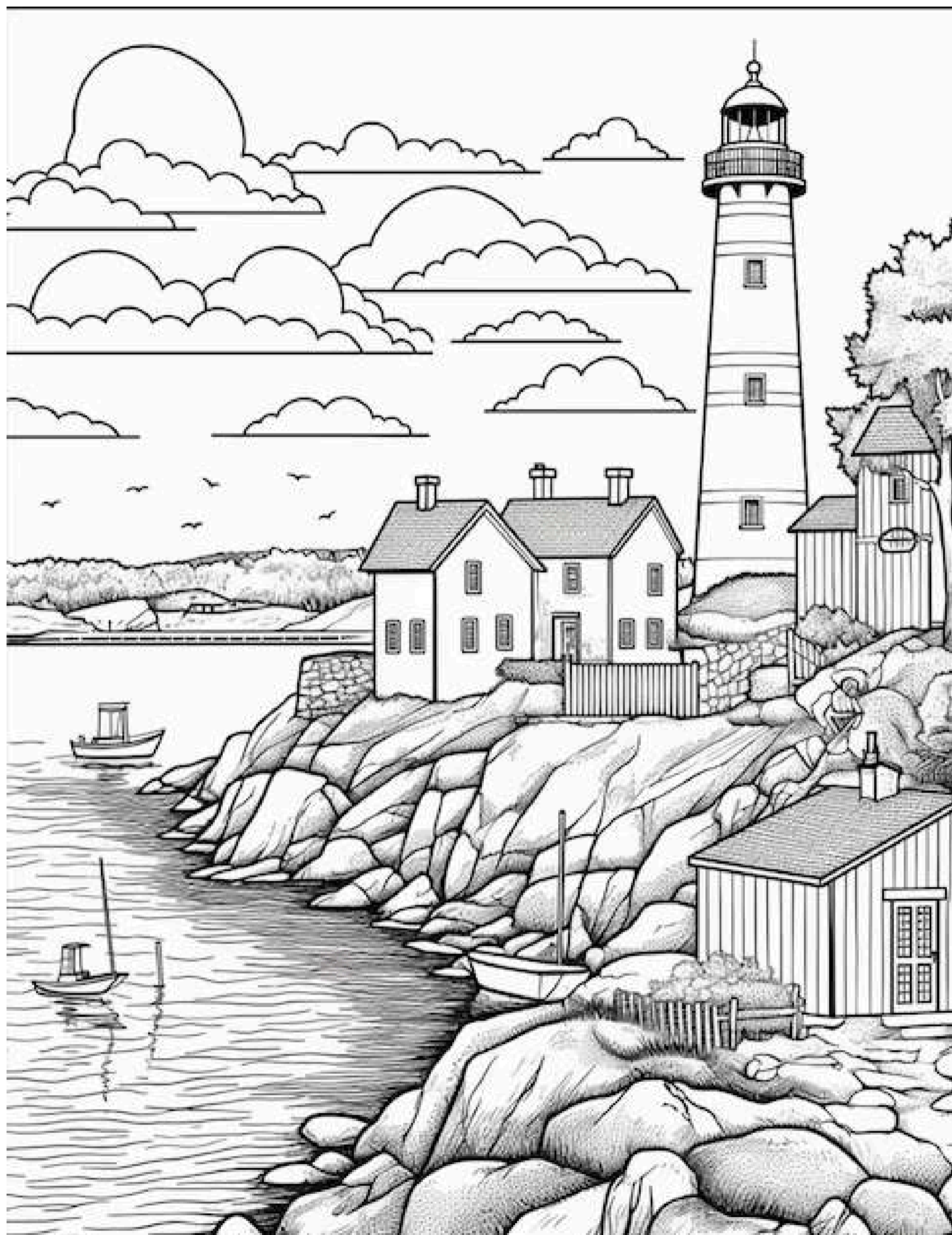
- 9:00–10:00 a.m. – Tecnología (Voluntario)
- 10:00–11:00 a.m. – Pintura (Voluntario)
- 11:00 a.m.–12:00 p.m. – Juego de Cartas Rummy (Vol.)
- 1:00–3:00 p.m. – Fiesta Mensual de Cumpleaños (Nick)

Woodhaven-Richmond Hill DAC

(Menu is subject to change.)

MENU June 2026

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Asian Peanut Whole Wheat Noodles Whole Wheat Bread Asian Style Cucumber Salad Vegetable Soup Blueberries</p>	<p>2 BBQ Chicken Classic Macaroni Salad Whole Wheat Bread Mixed Green Salad with Dressing Canned Pineapple</p>	<p>3 Beef Stew Whole Wheat Bread Arugula Salad with Balsamic Vinaigrette Baby Carrots and Parsley Garlic Mashed Potatoes Canned Pineapple</p>	<p>4 Italian Roasted Pork Tenderloin Coconut Rice and Pigeon Peas Spiced Mixed Vegetables Vegetable Mix Applesauce</p>	<p>5 Tuna Salad Bowtie Pasta Salad Whole Wheat Bread Garden Salad Grapes</p>
<p>8 California Veggie Burger Homemade Minestrone Soup Whole Wheat Hamburger Bun Baked Fries Garden Salad Lettuce and Tomato Tangerines</p>	<p>9 Baked Asian Style Honey Chicken Perfect White Rice Whole Wheat Bread Sautéed Spinach Fruit Cocktail</p>	<p>10 Beef and Peppers Egg Noodles Whole Wheat Bread Steamed Broccoli and Cauliflower Kiwis</p>	<p>11 Ginger Sherry Pork Chops Whole Wheat Bread Smashed Red Potatoes Vegetable Mix Pear</p>	<p>12 Parmesan Baked Fish Basic Pasta Salad Garden Salad Orange</p>
<p>15 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) Apple and Beet Salad Coleslaw Green Bean and Pepper Salad Pear</p>	<p>16 Deluxe Cheeseburger with Sautéed Green Peppers and Onions Whole Wheat Hamburger Bun French Fries Garden Salad Grapes</p>	<p>17 Chicken Soup with Vegetables Classic Macaroni Salad Whole Wheat Pita Tossed Salad with Dressing Apple</p>	<p>18 Smothered Pork Chops Whole Wheat Bread Baked Sweet Potato Broccoli and Red Peppers Orange</p>	<p>19  We will be CLOSED June 19th in observance of Juneteenth</p>
<p>22 Tasty Whole Wheat Lo Mein with Edamame Whole Wheat Bread Garden Salad Garlic Snap Peas Mixed Vegetables Pear</p>	<p>23 Baked Chicken Quarters Whole Wheat Brea Potato Salad Sautéed String Beans Peach</p>	<p>24 Beef Meatloaf with Mushroom Gravy Whole Wheat Bread Garden Salad Italian Cut Green Beans Parmesan Rosemary Mashed Potatoes Fruit Cocktail</p>	<p>25 BBQ Pork Chops Baked Macaroni and Cheese Cornbread Whole Wheat Bread Vegetarian Braised Southern Style Greens Apple</p>	<p>20  Breaded Fish Fillet Cheesy Grits Spinach, Apple, and Red Onion Salad Orange</p>
<p>29 Chipotle Bean and Veggie Chili Brown Rice with Mushrooms Baby Spinach Salad with Lemon Vinaigrette Plums</p>	<p>30 Garlic Chicken Whole Wheat Pita Kale and Watercress Salad Mashed Potatoes Watermelon</p>			



Name: _____ Date: _____



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

BASEBALL
BASKETBALL
BEACH
CAMPFIRE
COOKOUT
FATHER
FIREFLIES
FISHING



FLAG DAY
GARDEN
GRADUATION
HAMMOCK
HOT
LAKE
LEMONADE
PATIENT



PLAYFUL
POOL
SOLSTICE
SUMMER
SUNGLASSES
TENT
VACATION
WEDDINGS



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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.



June



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																			

SUNDRESS		TANK TOP	
SUNGLASSES		THUNDERSTORM	
SUNSCREEN		VACATION	
SWIMMING		WATERMELON	

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Father's Day Word Search

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

Father
Family
Hero
Gift
Strong
Golf
Wisdom

Dad
Barbecue
Fishing
Tie
Support
Memories
Celebration

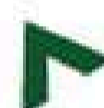
Love
Tools
Sports
Appreciation
Caring
Outdoors
Thanks

Created by Sarah Carter | @mathequalslove | mathequalslove.net | **M + A + T + H =** *Love*

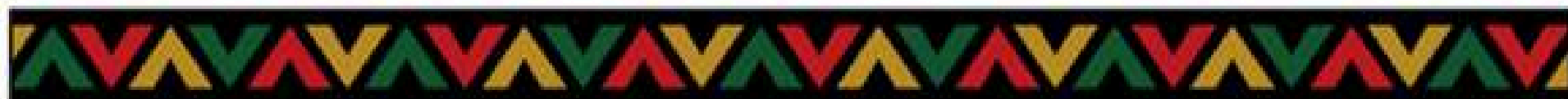


JUNETEENTH WORD SEARCH

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



1. EMANCIPATION
2. FREEDOM
3. CELEBRATION
4. LIBERATION
5. EQUALITY
6. INDEPENDENCE
7. HERITAGE
8. REMEMBRANCE
9. CIVIL RIGHTS
10. ABOLITION
11. AFRICAN AMERICAN
12. JUNETEENTH
13. SLAVERY
14. PROGRESS
15. TEXAS
16. GALVESTON
17. UNION
18. HISTORY



HAPPY Father's DAY!



♥ Honoring All Fathers and Father Figures ♥



This month, we take time to celebrate and honor all fathers, grandfathers, great-grandfathers, and father figures who have shared their love, wisdom, strength, and guidance throughout the years.



Thank you for the many ways you have helped shape families and communities with kindness, dedication, and care. Your stories, experiences, and support continue to inspire those around you every day.



We wish you a joyful Father's Day filled with love, laughter, and special moments with family and friends.



— We Appreciate You! —

CELEBRATING

Juneteenth

FREEDOM • RESILIENCE • HOPE



★ Remembering the Past. Celebrating Progress. Embracing the Future. ★



Juneteenth commemorates June 19, 1865, the day when enslaved people in Texas were finally informed of their freedom—more than two years after the Emancipation Proclamation. **It is a celebration of freedom, resilience, and the enduring strength of our community.**



Today, Juneteenth is a time to honor our history, celebrate our culture, and recognize the countless contributions of African Americans that have helped shape our nation and continue to inspire the future.



Let us continue to uplift one another, promote equality, and build a community where everyone is respected, valued, and has the opportunity to thrive.

Happy Juneteenth!

TOGETHER, WE HONOR THE PAST AND BUILD A BRIGHTER FUTURE.

HOLIDAYS & OBSERVANCES IN

June 2026

• Celebrate. Honor. Connect. •

JUNE
14
SUNDAY

FLAG DAY

Celebrates the adoption of the U.S. flag in 1777.



JUNE
19
FRIDAY

JUNETEENTH

Federal holiday commemorating the end of slavery in the United States. Observed with celebrations, educational events, music, and community gatherings.



JUNE
21
SUNDAY

FATHER'S DAY

Honors fathers, grandfathers, and father figures.



JUNE
20
SATURDAY

FIRST DAY OF SUMMER (SUMMER SOLSTICE)

The official start of summer in the Northern Hemisphere.



ALSO OBSERVED IN JUNE



PRIDE MONTH

Celebrating love, inclusion, and diversity.



NATIONAL FRESH FRUIT & VEGETABLES MONTH

Eat well, live well!



MEN'S HEALTH MONTH

Focus on health, strength, and well-being.



HYDRATION AWARENESS MONTH

Stay hydrated, stay healthy!



Wishing everyone a safe, healthy, and happy June!



Healthy Snacks, Stronger You!



The right snacks can give you energy, support your health, and help you feel your best every day.

Smart snacking can help you:



Boost energy
and focus



Support your
immune system



Improve heart
health



Maintain a
healthy weight



Keep you full
and satisfied

Try these healthy snack ideas:



Apple slices
with peanut
butter



Yogurt with
fresh berries



A handful of
nuts



Veggies with
hummus



Whole grain
crackers with
cheese

SMART SNACK TIPS

- Choose whole foods most of the time.
- Watch portion sizes.
- Limit added sugar, salt, and saturated fat.
- Stay hydrated—drink water!
- Plan ahead and keep healthy options on hand.



*Small choices
make a big
difference.*

*Nourish your body.
Support your health.
Enjoy life!*

Good snacks. Good health. Great days ahead!

For more tips and recipes, ask our staff or check out the next issue!

Happy Mother's Day!

Celebrating Love, Culture & Community

Our center was filled with joy, music, and community spirit as we celebrated Mother's Day with a special cultural dance presentation! Members dressed in their finest attire, posed for photos, and took part in fun dance activities that brought smiles and laughter to everyone in attendance.

A special highlight of the event was the vibrant cultural performance that showcased traditional music, colorful costumes, and the rich heritage of the Romani (Gypsy) culture. Members had the opportunity to learn about the traditions, enjoy live demonstrations, and even join in the dancing.

Thank you to everyone who joined us for this wonderful day of celebration, culture, and togetherness!



Honoring Mothers Embracing Heritage Strengthening Community

Thank you for making our center a place of love, respect, and unity.

Gypsy Cultural Celebration with Elaine

Celebración Cultural Gitana con Elaine



Celebrating
GYPSY CULTURE

MUSIC • DANCE • HERITAGE • COMMUNITY

Our center was filled with joy, music, and community spirit as members enjoyed a wonderful Gypsy Culture Presentation. The vibrant performance showcased traditional music, colorful costumes, and the rich heritage of the Romani (Gypsy) culture.

Members had the opportunity to learn about the traditions, enjoy live demonstrations, and even join in the dancing. It was a memorable afternoon of cultural appreciation and togetherness!

Thank you to everyone who joined us for this special celebration!



Celebrating June at Woodhaven- Richmond Hill OAC with Elaine

A vibrant poster for a disco celebration. A woman in a shimmering gold jumpsuit dances in the center. The background is a disco floor with a large disco ball and colorful lights. A neon sign on the left reads "Philippine Independence Day Disco Celebration". In the top right, there is a logo for "Aesodance" featuring a winged figure. Logos for "125+ CATHOLIC CHARITIES Brooklyn & Queens" and "Funded by NYC Aging" are in the bottom right.

**Philippine Independence Day
Disco Celebration**

Aesodance

**125+ CATHOLIC CHARITIES
Brooklyn & Queens**
Funded by NYC Aging

**June 11th, 2026
01:00 pm**

**CCNS WOODHAVEN-RINCHMOND HILL OAC
89-02 91ST ST. QUEENS, NY 11421
718 847 9200**

A poster for a Broadway-themed event. A group of women in black and gold Broadway-style costumes are dancing on a stage. The background features a large sign that reads "Fathers day on BROADWAY". Logos for "Amira Elaine SCHOOL OF DANCE", "125+ CATHOLIC CHARITIES Brooklyn & Queens", and "Funded by NYC Aging" are present. The event details are at the bottom.

**Amira Elaine
SCHOOL OF DANCE**

**Fathers day
on
BROADWAY**

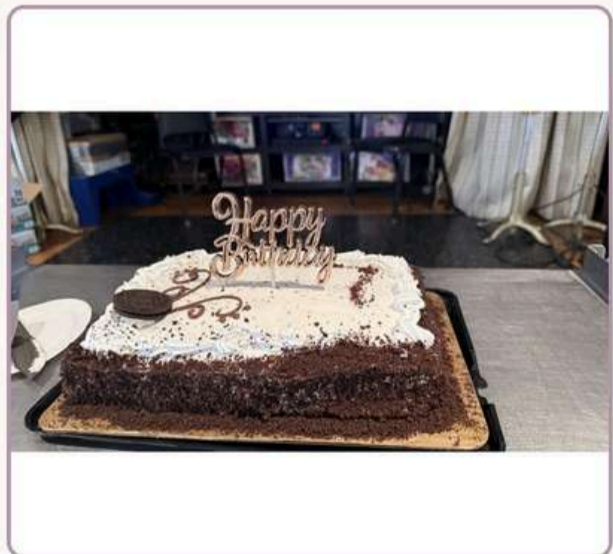
**125+ CATHOLIC CHARITIES
Brooklyn & Queens**
Funded by NYC Aging

**CCNS WOODHAVEN-RINCHMOND HILL OAC
89-02 91ST ST. QUEENS, NY 11421
718 847 9200**

**June 18th, 2026
01:00 pm**

MAY BIRTHDAY PARTY


Celebrating friendship, laughter, and our May birthday members!



WOODHAVEN- RICHMOND HILL OLDER ADULT CENTER

*A Place of Community,
Connection & Care*



 89-02 91st Street
Woodhaven, NY 11421

 (718) 847-9200

 Open Monday-Friday
8:30 AM – 4:30 PM

SENIOR CENTER STAFF

Director of Operations	Annie Liu
Program Manager	Nickolas Theorodou
Case Manager	Karina Muñoz
Administrative Assistant	Loreta Mendoza
Transportation Coordinator	Maria Garnica
Maintenance	Vacant
Driver	John Tsang

ADVISORY COMMITTEE

President	Roopmatie Koomah
Vice President	Manjila Budraja
Secretary	Susan Tommaso
Treasurer	JoAnn Bartos
Advisory	Patricia Carman
Advisory	Luis Heywood
Fire Guard	Jocelyne Celifie



IN-PERSON ACTIVITIES & CONGREGATE MEALS ARE BACK!

We offer a variety of programs and services to keep you active, healthy, and connected!

- ✓ Daily congregate meals
- ✓ Health & wellness programs
- ✓ Exercise classes
- ✓ Arts & crafts
- ✓ Educational workshops
- ✓ Cultural events
- ✓ Social activities and special celebrations



Adults age 60 and older are welcome to join.



WHEELCHAIR ACCESSIBLE



NUTRITIOUS MEALS



EXERCISE & WELLNESS



FUN ACTIVITIES & PROGRAMS



FRIENDSHIP & COMMUNITY

CATHOLIC CHARITIES 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 that promotes justice and embraces human development.

CARIDADES CATÓLICAS BROOKLYN Y QUEENS | NUESTRA MISIÓN

Caridades Católicas de la Diócesis de Brooklyn y Queens traduce el Evangelio de Jesucristo en acción al afirmar la dignidad y el valor de cada persona, especialmente de los miembros más vulnerables de nuestra todas las personas de buena voluntad para abogar por un orden social que promueva la justicia y abrace el desarrollo humano.



LANGUAGES SPOKEN

ENGLISH



ESPAÑOL



Se habla español.

CHINESE



提供中文服务。



OUR MISSION

Catholic Charities Brooklyn & Queens

Catholic Charities Brooklyn & Queens strengthens the Gospel mission of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society.

We develop effective responses to human needs and join with all people of goodwill in advocating for a social order that promotes justice and embraces human development.



NUESTRA MISIÓN

Caridades Católicas Brooklyn y Queens

Caridades Católicas de Brooklyn y Queens traduce el Evangelio en acción, afirmando la dignidad y el valor de cada persona, especialmente de los miembros más vulnerables de nuestra comunidad.

Respondemos a las necesidades humanas y promovemos una sociedad basada en la justicia y el desarrollo humano.

FUNDED BY
NYC AGING



Thank You!

Thank you to everyone who makes our center a place of love, respect, and unity!

FUNDED BY NYC AGING



FUNDED BY NYC AGING



IMMIGRATION SCAM ALERT!



Protect Yourself • Protect Your Documents •
Protect Your Money

SCAMMERS MAY FALSELY CLAIM TO WORK FOR:

Catholic Charities

Immigration Services

Attorneys or Legal Representatives

Government Agencies



SCAMMERS MAY:

Use fake identification badges

- Request large cash payments
- Promise faster immigration services
- Claim to guarantee asylum, visas, or green cards
- Use WhatsApp, social media, or text messages
- Pretend to be lawyers or accredited representatives



PROTECT YOURSELF!

- Do **NOT** give money without verification.
- Do **NOT** share original immigration documents.
- Ask for official identification and credentials.
- Verify attorneys and representatives independently.
- Be cautious of pressure, threats, or urgent payment requests.



OFFICIAL CATHOLIC CHARITIES ORGANIZATIONS HAVE PUBLICLY WARNED ABOUT IMMIGRATION-RELATED SCAMS INVOLVING UNAUTHORIZED INDIVIDUALS FALSELY USING THEIR NAME AND SERVICES.



If you believe you may have been contacted by a scammer:



Speak with center staff immediately.



See your **Case Manager** for assistance.



Reach out to trusted legal providers.



Report suspicious activity.

ADVISORY COMMITTEE

The Advisory Committee at Woodhaven–Richmond Hill Older Adult Center plays an important role in supporting the center’s mission and ensuring that members’ needs are heard and addressed. The committee helps provide guidance on programs, services, policies, and community engagement. Through member feedback, planning, and collaboration with staff, the Advisory Committee helps strengthen the quality of services, encourage participation, and create a welcoming environment for all older adults.

They are an essential part of helping our center grow, improve, and continue serving the community with care, respect, and dedication.



Roopmatie Koomah
President



Manjila Budhraj
Vice President



Susan Tommaso
Secretary



JoAnn Bartos
Treasurer



Luis Heywood
Advisory



Patricia Carman
Advisory

*CCNS WOODHAVEN-
RICHMOND HILL OAC*



Jocelyne Celiefe
Fire Guard

*ADVISORY BOARD
OFFICERS*

CASE ASSISTANCE SERVICES

CCNS Ozone Park Older Adult Center

Need help with benefits, housing, SNAP, health insurance, or other services?

Our Case Manager, Karina Munoz, is here to assist you.

CCNS Ozone Park Older Adult Center


Monday – Tuesday / Lunes – Martes

9:00 AM – 11:30 AM
1:00 PM – 3:00 PM

CCNS Woodhaven-Richmond Hill Older Center

Wednesday – Thursday 9:00 AM 11:30 AM
1:00 PM – 3:00 PM

 How to Schedule _____

 Call a Center or Sign Up at the Front Desk

Case Manager Karina Munoz
will contact you to schedule an appointment.

 Walk-Ins _____

Walk-ins may be accommodated
when available or in urgent situations.

CCNS Ozone Park, Older Adult Center

103-12 101st Avenue, Ozone Park, NY 11416 •

718-847-2100

SERVICIOS DE ASISTENCIA CASOS

CCNS Woodhaven-Richmond Hill Older Adult Center

¿Necesita ayuda con beneficios, vivienda, SNAP, seguro médico u otros servicios?

Nuestra Trabajadora de Casos, Karina Munoz, está disponible para ayudarle.

CCNS Woodhaven-Richmond Hill Older Adult Center

Miércoles – Jueves / Lunes – Martes

9:00 AM – 11:30 AM
1:00 PM – 3:00 PM

8902 91st Street | Viernes solo con cita previa o
en emergencias

Viernes solo con cita previa o en emergencias
1:00 PM – 3:00 PM

 Cómo Programar una Cita _____

 Llame a un Centro o Anótese en la Recepción

La Trabajadora de Casos Karina Munoz
se comunicará con usted para programar su cita aita.

 Visitas Sin Cita _____

Las visitas sin cita pueden atenderse
si hay disponibilidad o en situaciones urgentes.

CCNS Woodhaven-Richmond Hill Older Adult Center

89-02 91st Street, Woodhaven, NY 11421 •

718-847-9200

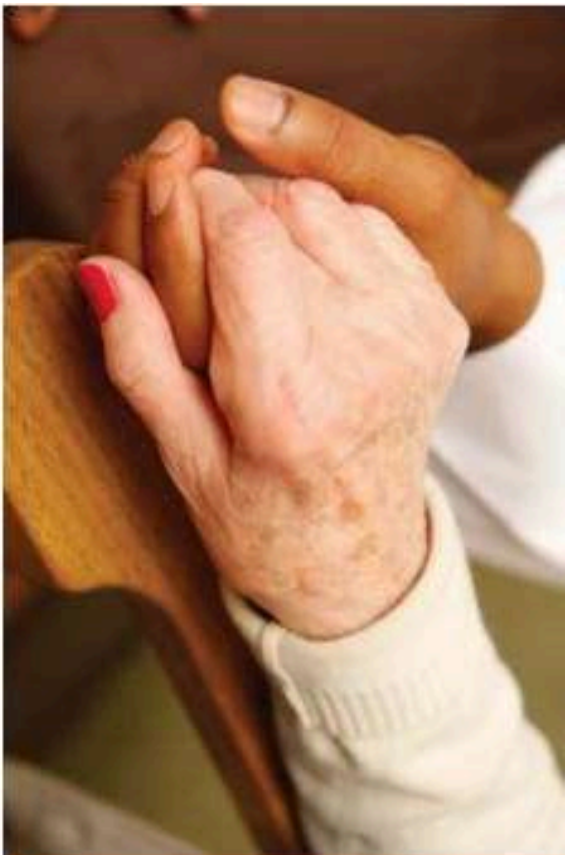


Karina Munoz
Case Manager

Karina Munoz



Catholic Charities
NEIGHBORHOOD SERVICES



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



Southwest Queens Senior Services

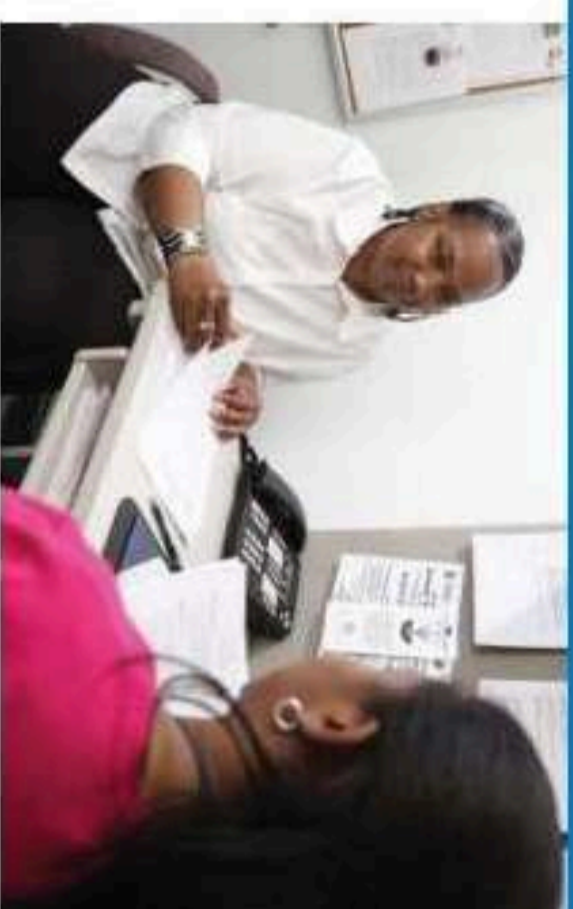
183-16 Jamaica Avenue
Hollis, NY 11423
T: 718-217-0126 • F: 718-217-0495

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



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*



