

JULY 2026

Sheridan Connections

CCNS Catherine Sheridan Older Adult Center
35-24 83rd Street Jackson Heights, NY 11372
Ph: 718-458-4600 / Fx: 718-458-5665 ♦
FUNDED BY NYC AGING



***Happy 4th of July! May our hearts
always be filled with pride for our
nation and hope for its future
And “may your days be as bright as
the Fourth of July fireworks!”***

***Summer is here, and so is the joy of
July. May this month bring laughter,
peace, and the simple pleasures that
make life beautiful.***

***Thank you for being part of our center
family, and making it a warm and
supportive place***

The Team

UPCOMING EVENTS

EMBRIDORY
CLUB

WALKING CLUB

TAI-CHI
YOGA
ZUMBA

CRAFTING
WITH CLAY

BIRTHDAY
CELEBRATIONS

OPEN MIC
THURSDAYS
MUSIC TRIVIA

**Aging is a journey filled with wisdom, experience and continued growth. Let us
honor celebrate our seniors not just today but every day!**

CCNS CATHERINE SHERIDAN
OLDER ADULT CENTER
35-24 83RD STREET
JACKSON HEIGHTS
NY 11372
718-458-4600
MONDAY - FRIDAY
8:30 TO 4:30



CATHOLIC CHARITIES
Brooklyn &
Queens
ESTABLISHED 1899



IN EVENT OF HEAT EMERGENCY WILL OPEN AS COOLING CENTER

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
 COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP-10:00 SOCIAL DANCING-DJ WOODY 1:00-3:00	ART & CRAFT WITH DORA 10:00-11:00 YOGA WITH MIMI 11:30-12:30 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES-11:00-4:00	EXERCISE W/MARIA VERONICA 11:00-12:00 SOCIAL DANCING D/J VALENTIN-1-3 BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 KARAOKE WITH JANETH 1:00-4:00	CLOSED
13	14	15	16	17
COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP-10:00	YOGA WITH MIMI 11:30-12:30 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES-11:00-4:00	EXERCISE W/MARIA VERONICA 11:00-12:00 SOCIAL DANCING D/J VALENTIN-1-3 BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 EMOTIONAL WELLNESS WITH -ROY CAPPS 11:00-12:00 KARAOKE WITH JANETH 1:00-4:00	LEISURE GAMES 11:00-4:00 BINGO 1:00 TO 3:00
20	21	22	23	24
COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP-10:00 SOCIAL DANCING-DJ WOODY 1:00-3:00	ART & CRAFT WITH DORA 10:00-11:00 YOGA WITH MIMI 11:30-12:30 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES-11:00-4:00	EXERCISE W/MARIA VERONICA 11:00-12:00 SOCIAL DANCING D/J VALENTIN-1-3 BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 KARAOKE WITH JANETH 1:00-4:00	LEISURE GAMES 11:00-4:00 BINGO 1:00 TO 3:00
27	28	29	30	31
COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP-10:00	ART & CRAFT WITH DORA 10:00-11:00 YOGA WITH MIMI 11:30-12:30 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES-11:00-4:00	EXERCISE W/MARIA VERONICA 11:00-12:00 SOCIAL DANCING D/J VALENTIN-1-3 BINGO 1:00 TO 3:00	COUNSELING WITH VICTORIA 8:30-4:30 KARAOKE WITH JANETH 1:00-4:00	LEISURE GAMES 11:00-4:00 BINGO 1:00 TO 3:00

MENU TO CHANGE WITHOUT PRIOR NOTICE

CCNS CATHERINE SHERIDAN OAC JULY LUNCH MENU LUNCH BEGINS 11:30AM -1:00PM

VOLUNTARY DONATION-\$1.25

CCNS CATHERINE SHERIDAN OAC
35-24 83RD STREET, JACKSON HEIGHTS
NY 11372
718-458-4600
MONDAY-FRIDAY
8:30 to 4:30



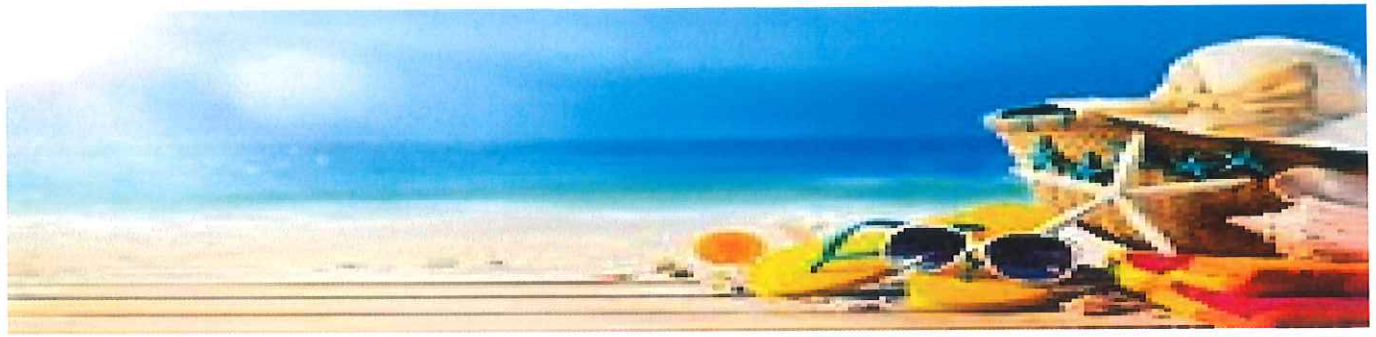
CATHOLIC
CHARITIES
Brooklyn &
Queens
ESTABLISHED 1899



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6	7	8	9	10
EGG SALAD PASTA SALAD SIMPLE POTATO SALAD BREAD/ 1% MILK/ FRUIT	CHICKPEAS STEW BROWN RICE GARDEN SALAD BREAD/ 1% MILK/ FRUIT	BAKED PORK/LEMON & GARLIC SAUCE WHITE RICE ITALIAN BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT	ROAST BEEF/MUSHROOM GRAVY MASHED POTATOES GARDEN SALAD BREAD/ 1% MILK/ FRUIT	CLOSED
13	14	15	16	17
ITALIAN MEATBALLS-CHICKEN PASTA PRIMAVERA ROASTED BROCCOLI BREAD/ 1% MILK/ FRUIT	PASTA FAGIOLA BABY SPINACH SALAD MUSHROOMS BREAD/ 1% MILK/ FRUIT	CHAMBRE DE GRANDULES YELLOW RICE PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT	ITALIAN MEATBALLS-BEEF & TURKEY PENNETOMATO SAUCE CALIFORNIA BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT	CAJUN SHRIMP WHITE RICE CEASAR SALAD LASAGNA ROLLS BREAD/ 1% MILK/ FRUIT
20	21	22	23	24
EGG SALAD COLE SLAW POTATO SALAD BREAD/ 1% MILK/ FRUIT	CHICKPEAS RASTA PASTA GRADEN SPINACH SALAD BREAD/ 1% MILK/ FRUIT	BBQ PULLED PORK YELLOW RICE STEAMED CARROTS BREAD/ 1% MILK/ FRUIT	SPANISH STYLE BEEF STEW SWEET POTATOES PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT	TUNA SALAD BASIC PASTA SALAD GARDEN SALAD BREAD/ 1% MILK/ FRUIT
27	28	29	30	31
JERK CHICKEN DICED BUTTERNUT SQUASH DICED POTATOES BREAD/ 1% MILK/ FRUIT	CHILI-CPICED BEAN RAGOUT BROWN RICE PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT	ITALIAN STYLE PORK LOIN PENNE /TOMATO SAUCE SPINACH SALAD/ MUSHROOMS BREAD/ 1% MILK/ FRUIT	BEEF SALISBURY STEAK MUSHROOM GRAVY PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT	ORANGE ROUGHY/GARLIC BUTTER WHITE RICE SAUTEED GREEN BEANS/ONIONS BREAD/ 1% MILK/ FRUIT

NYC Department for the Aging

NYC Department for the Aging



CCNS CATHERINE SHERIDAN OLDER ADULT CENTER MALL SHOPPING AND RECREATION TRIPS CALENDAR FOR THE MONTH OF JUNE 2026

Call (718) 779-8305 to make a reservation.
Departure Time 9:30 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 B.J.S.3.00 FAR ROCKAWAY \$ 6.00	7 DUMBO Donation \$4.00	8	9	10	11
12	13 MACYS 3.00	14 CITY ISLAND \$7.00	15	16	17	18
19	20 T.J.MAXX Donation \$3.00	21 PICNIC IN SOCRATES PARK \$3.00	22	23	24	25
26	27 COSTCO Donation \$3.00	28 FAR ROCK AWAY \$7.00	29	30	31	

FUNDED BY NYC DEPARTMENT FOR THE AGING

GOOD **VIBES** GOOD PACES
SMALL STEPS,
BIG CHANGES

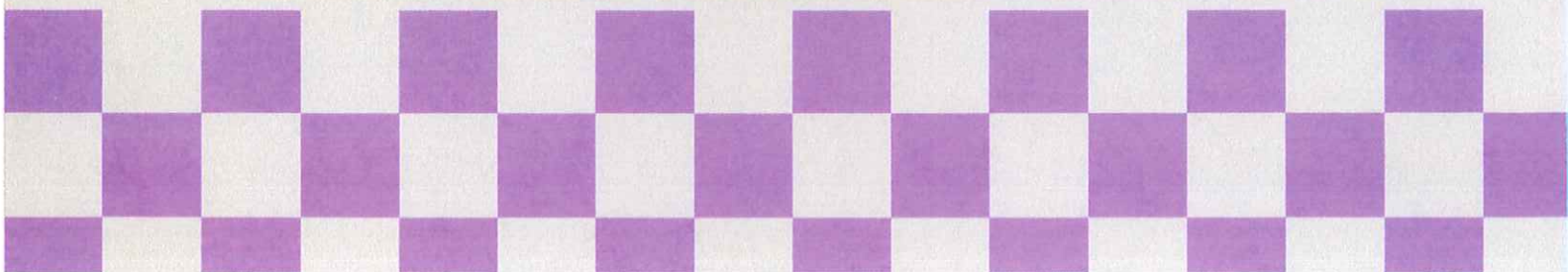
WALKING CLUB

JOIN OUR WALKING N CLUB AND ENJOY EVERY
STEP TOGETHER!

EVERY FRIDAY

10:00AM-11:00AM

WITH JANETH





MUSIC

TRIVIA

TEAM UP FOR FUN
TO NAME THAT
SONG!!



COME FRIENDS
THIS IS YOUR CHANCE TO
SHOW OFF HOW WELL
YOU KNOW YOUR MUSIC
AND HAVE FRIENDLY
COMPETITION & LOTS OF
FUN !



WIN BIG PRIZE!
JULY 30TH, 2026



SUPPORT OUR CENTER

RAFFLE CONTEST

**AMAZING
PRIZES
TO BE WON!**

**\$1.00
A STRIP**



DRAWINGS EVERY WEDNESDAY

ALL PROCEEDS GO TO CENTER PROJECTS

Fourth of July

WORD SEARCH

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

United States

Liberty

States

Parade

Independence

America

Stars

Flag

Revolution

Freedom

Flag

Summer

Fireworks

Picnic

Patriotic

July

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



Lunes - Viernes, 9AM - 6PM

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

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

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.



Need Immigration Legal Help?

NYC's Free Legal Hotline is confidential, and in your language.

800-354-0365

Spanish
Español

¿Necesita ayuda legal
de inmigración?

La línea de asistencia legal de la
Ciudad de Nueva York es
gratuita, confidencial y está
disponible en su idioma.

Arabic
العربية

هل تحتاج إلى مساعدة قانونية في الهجرة؟
الخط الساخن للمساعدة القانونية في
مدينة نيويورك مجاني، وسري، وبلغتك.

Bangla
বাংলা

অভিবাসন-সংক্রান্ত আইনি সহায়তা দরকার?

নিউ ইয়র্ক সিটির বিনামূল্যের হটলাইনটি
গোপনীয়তা রক্ষা করে এবং আপনার নিজ
ভাষায় সেবা প্রদান করে।

**Haitian
Creole**
Kreyòl
Ayisyen

Èske ou bezwen èd legal
pou imigrasyon?

Li y Dirèk Legal Gratis Vil
Nouyòk la konfidansyèl epi li
disponib nan lang ou.

**Chinese
(Simplified)**
简化字

需要移民法律帮助?

纽约市免费法律热线是保密
的并用您的语言提供。

**French
Français**

Besoin d'aide juridique
à l'immigration ?

La ligne d'assistance juridique
gratuite de New York est
confidentielle et disponible dans
votre langue.

**Chinese
(Traditional)**
正體字

需要移民法律援助?

紐約市免費法律熱線是保密
的並用您的語言提供。

Korean
한국어

이민 법률 도움이 필요하세요?

뉴욕시의 무료 법률 핫라인은 비밀이
보장되며, 여러분의 언어로 제공됩니다.

Polish
Polski

Potrzebujesz pomocy prawnej
w sprawach imigracyjnych?

Bezpłatna Infolinia Pomocy
Prawnej Miasta Nowego Jorku jest
poufna i w Twoim języku.

Learn more on our website or scan our QR
www.nyc.gov/knowyourrights

