

SEASIDE NEWS

320 BEACH 94TH STREET, ROCKAWAY BEACH, NY 11693 PHONE: (347) 926-4119

Jurate Jones Program Manager

A message from Jurate



FUNDED BY NYC Aging



Happy Birthday to:

*Kathy Gemma Dolores
Francisco Jackie Wanda David
Danuta Zenon Tina Diane
Irene Felix Richard Priscilla
Carmen Denise Pablo Julia
Edmonia Patricia Anita
Vijay Francis Lolita Louise*



SEASIDE ANNOUNCEMENTS JULY, 2026



The summer season in Rockaway is well underway. Happy Milestone Birthday to America, marking exactly 250 years since the Declaration of Independence was signed on July 4, 1776. What does America 250 mean to you? This July, we will be working on an art project and we ask each of you to think of key words that spring to mind.

In summer, we should also take time to explore The Rockaways. We welcome The Rockaway Ocean Club, once the iconic Restored Riis Bathhouse. There is so much to do in our neighborhood. We are also lucky to have the NYC Ferry for a fun day trip to Manhattan. Come with your friends to enjoy activities at Seaside OAC. It is always good to socialize. Seaside OAC offers numerous benefits, including combating social isolation, promoting physical and mental well-being, health and wellness, fostering a sense of purpose, and providing access to valuable resources and activities, getting help with paperwork in a supportive community. Our goal here at Seaside OAC is to enhance your life in your retirement years. A nutritious breakfast is served from 8:30-10:30am along with beverages. Lunch is served from 12-1pm both catered by Russo's.

Exercise classes: Aerobics, Tai- Chi, Strength Exercise, Chair Yoga and Broadway Zumba.

Games: Cards, Dominoes, Pool, Bingo, Pokeno, Air Hockey.

Activities: Health Presentations, Workshops, Arts and Crafts, Blood pressure monitoring, Guest entertainers, Trips, Trivia, Transportation, Cultural, Holiday and Birthday Celebrations, Popcorn and treats throughout the month!

Case Assistance, Information and Referrals and Community Resources.

Seaside OAC is a free program for individuals aged 60 and older. Suggested meal contributions are greatly appreciated. Joining take less than 30 minutes!!



Seaside will be closed on Friday July 3rd in honor of America's big birthday.

We will have a Patriotic Party for America 250 on Friday July 10th after lunch.

Wear your most stylish red, white and blue ensemble for our fashion show with a prize for the *Best Dressed*!



Our trips are handled by staff and volunteers. William McKenzie, our front desk host will be helping us to plan trips! So, let's all come together to gather fun trip ideas. It is important to keep in mind the following factors: Location, cost, senior discount and we must ensure the trip venue has disability access. Once the trip has been finalized and approved, please make sure you sign the sheet at the front desk. If we have enough people, Sammy's Smokehouse will be possible! Please ensure you are signed up for discounts for Regal Cinemas, NYC Ferry etc. Ask your Case Manager for Help!

Zumba

Melisa from Inside Broadway teaches a fun Zumba dance class will take place every Monday at 10am, and will continue through July. Please wear comfortable shoes and bring a bottle of water. You will be notified of any schedule changes in July.

Caoibhe's word scramble – THEME AMERICA 250! (Answers on page 10)

1. Ncedepneinde 2. Omeredf 3. riebtyl 4. tptrioa 5. Miacare 6. Uiogdnfn Trsfhea
7. Ecramocdy 8. Onttiustinoc 9. Vieolutrnoi 10. Seotlenmi 11. Niteud 12. Luentneimainecinqs

ATTN. Seaside Brainiacs – How many words can you make from Semiquincentennial?



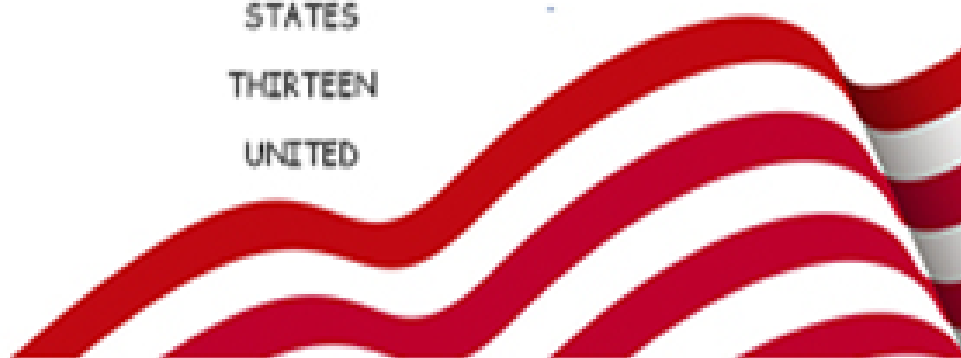
DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

4TH OF JULY

ADAMS
AMERICA
BARBECUE
COLONIES
CONGRESS
DECLARATION
EQUALITY
FIREWORKS
FOURTH
FREEDOM
HOTDOGS
INDEPENDENCE
JEFFERSON
JULY
LIBERTY
NATION
PARADE
REVOLUTION
RIGHTS

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

STATES
THIRTEEN
UNITED





JUNE HIGHLIGHTS AT SEASIDE OAC



↑ A very *Happy Birthday* to all our June Babies!
L-R: Luz, Susan, Kwayme, Anna, John,
Patricia and Julio
Cheers and here's to many more!



↑ Happy Juneteenth. So great to see a big turn out to mark this important holiday.



As always, we were treated to a wonderful concert by Quintet of the Americas! Thank you!!



↑ Thank you to Dorethea and for a fun June Pokeno!



Maria and Cindy showing us how it's done on the dancefloor!
They will be performing The Electric Slide as part of the Seaside Groovers at Talent is Timeless this summer (date TBA)



↑ Thank you to Alena(LMSW) from Ohel for her useful talk on the theme of positive thinking.

CASE MANAGER'S CORNER: Examples of programs you may be entitled to are: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, LIFELINE, ACCESS-A-RIDE, REDUCED FARE METROCARD (OMNY). Be assured we are here to screen you and help you with programs you are entitled to.

****We can also help with REAL ID. U.S. Passport Applications. NYC Ferry. ****

Farmers' Market Coupons will be at our center this July! Your patience is appreciated as we await our consignment of coupons. We will confirm all the details in the coming days. **About the Program:** Now in its 34th year, the NYC Aging's Farmers' Market Nutrition Program (FMNP) is designed to provide low-income older adults with access to locally grown fruits, vegetables, and herbs. Those who are eligible are provided coupons to redeem fresh fruits and vegetables at participating farmers' markets, farm stands, and mobile markets. The program's purpose is to promote improved nutrition through increased consumption of locally grown fresh fruits and vegetables and expand sales at farmers' markets and farm stands. Older adults who meet the following eligibility requirements can apply for coupon booklets:

- Older adults who meet the following eligibility requirements can apply for coupon booklets:
- Are 60 years of age or older
- **\$2,241**/month (for a one-person household); **\$3,261**/month (for a two-person household);
- **\$4,109**/month (for a three-person household).

FMNP coupon booklets are distributed on a first-come, first-served basis.

- Coupons cannot be used after November 30, 2026
- Each participant will receive one coupon booklet with five coupons worth \$5 each. Farmers are not permitted to give change for purchases less than \$5.
- Upon receipt, a coupon booklet may be redeemed at any time at participating farmers markets/stands/mobile markets.
- Fruits, vegetables, edible mushrooms, edible pumpkins, and cut herbs grown locally and sold at participating farmers' markets may only be purchased. Plants, citrus, and tropical fruits are not permitted for purchase with FMNP coupon booklets.
- Fresh cut herbs may be purchased if they will be used for cooking or flavoring.
- Processed food may not be purchased with FMNP checks.



Cool & Creamy Summer Smoothie

This smoothie provides hydration, fiber, antioxidants, and a gentle protein boost. It's easy to digest, great for hot days while supporting immune health.

Ingredients (1–2 servings):

- 1/2 cup frozen mango chunks 1/2 cup fresh or frozen strawberries (or blueberries)
- 1/2 banana (for natural sweetness) 3/4 cup low-fat milk, almond milk, or oat milk
- 1/4 cup plain Greek yogurt (for protein and probiotics) 1–2 teaspoons honey (optional)

Instructions:

1. Place all ingredients into a blender. Blend on high for 30–60 seconds until smooth and creamy.

Taste and adjust sweetness with a touch of honey if desired.

Enjoy!



Americans eat 150,000 each year on the 4th



John Adams is credited with adding fireworks to the 4th of July celebrations.



The # of stars represent the 50 states and the stripes represent the original 13 colonies

4TH OF JULY Fun Facts



Uncle Sam's hat has become a recognizable symbol of American patriotism

Massachusetts was the 1st state to recognize July 4th as an official holiday in 1781.



One World Trade stands 1776 feet tall after the year of Independence

Santa Clara, CA hosts the "All-City Picnic & Parade," where participants dress up as fruits & vegetables



Eating Salmon is a traditional 4th of July food in New England

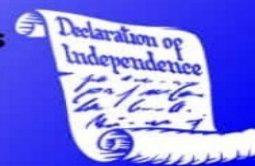
The 4th of July Parade in Bristol, Rhode Island, holds the record for being the oldest.



July 4th, 1776 adopted the Declaration of Independence & marks the birth of American Independence

The 1st celebration took place at the White House, was in 1801

The Liberty Bell was rung to announce important events & to gather people for meetings about freedom



MADEWITHHAPPY



Catholic Charities
Neighborhood Services
Changing Lives...
Building Communities™

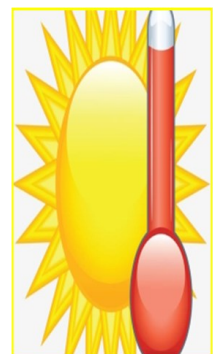
**Catholic Charities
Seaside
Senior Center**

Hours of Operation:
Monday - Friday
8:00 am - 4:00 pm

347-926-4119

Sponsored by Catholic Charities Neighborhood Services, Inc.
Funded by the NYC Department for the Aging

COOLING CENTER: As always, in the event of a heat wave, Seaside OAC will be an official Cooling Center for older adults only and you do not have to be member. Beat the heat at Seaside OAC! We will inform you about our Cooling center days and extended hours as needed. Always remember to drink more water, wear a sun hat and don't forget your sunblock for summer outings. Stay in the shade!



July is Skin Cancer Awareness Month



Skin Cancer Self-Exam: Be on the lookout and tell your doctor about spots that have any of the following features: ABCDE Rule:

A is for Asymmetry: One half of a mole or birthmark does not match the other.

B is for Border: The edges are irregular, ragged, notched, or blurred.

C is for Color: The color is not the same all over and may include shades of brown or black, or sometimes with patches of pink, red, white, or blue.

D is for Diameter: The spot is larger than 6 millimeters across (the size of a pencil eraser), although melanomas can sometimes be smaller than this.

E is for Evolving: The mole is changing in size, shape, or color.

****Wear sunblock, stay in the shade, wear a sun hat, avoid hot sun altogether and schedule a visit with your dermatologist.**

Briege's Summer Skin Glow Tips:

Drink plenty of water, add a slice of zesty orange, lemon or cucumber.

Mash up avocado and spread over wholewheat toast.

Take a good quality Omega-3 vitamin and try to eat more salmon.

Treat yourself to a nice moisturizer & a good quality sun screen such as Eucerin Age Defense (Factor 50 at least).

Wash your face well with plenty of cold water show it some extra love especially on hot balmy days and when you com out of the shower.

Avoid hot sun, wait until the evening to take a stroll on the beach.

Summering in Rockaway

Dip your toes in the Atlantic ocean. Rockaway Beach is free and not too "touristy." We have 170 acres of soft sand, plop a deck chair down and read a good book.

Watch the surfers, Rockaway Beach is NYC'S only legal surfing beach.

Walk our iconic boardwalk with a friend.

Catch some live music or a DJ set at the Boardwalk Concessions Caracas (106th), 97th street or 86th st.

Try Jerk chicken at Dred Surfer Grill 16-27 Seagirt Blvd.; the grassfed burger at Rippers (Boardwalk and 86 Street) and Chillers ice cream at Riis Park Bazaar (Bay 9). Call into Goody's for some oxtail in honor of one of the best chef's in Rockaway. Rest in eternal peace dear Gary and thank you for all the delicious Caribbean food served with love.

Picnic with the grandkids at Bayswater Park

Why not take a ferry into the city for coffee or an ice cream and people watch!

Visit Riis Park (Q22) www.riisbeach.nyc. The Riis Beach Co is a collection of food and retail vendors, bars, live music, events, and good times

Enjoy a fun-filled summer season!

SEASIDE MEMBERS SECTION



We continue to pray for strength and a return to good health for our dear members:

Cookie Dorethea James John
Susan Idilia Kathleen Julia
Frances Lunetta Sylvia

Welcome to our *Spotlight on Seniors* section, embracing all who attend Seaside OAC

Spotlight on Odelvis



Hometown: Panama and now Rockaway Beach.

Occupation before

retirement: Bookkeeper and Customer Liaison at Joanne company

Favorite color: Black

Zodiac sign: Pisces

Favorite movie:

The Passion Of Christ
produced by Mel Gibson.

Advice for the youth of today: Get a good education to secure your future.

Person you most admire: My mother, she went through a very tough time raising seven daughters!

Life mantra: Tomorrow will be another day.

Hobbies and Pastimes: Music, movies, dancing, fashion, shopping, traveling and socializing.

Fun facts about you: I hate to be late and I'm a stickler for detail. I'm also a social butterfly :)

Favorite thing about Seaside OAC: Exercise classes, special events especially the birthday parties, and all the new friends I have made here!

Thank you Odelvis!



The Regional heat of Talent is Timeless is coming up this summer. We will let you know as soon as the organizers have a date, time and venue—we are SO excited to show off Seaside OAC's range of impressive talents.

So what summer songs are you humming? Catch tunes at Seaside all summer long!!

1. *The Star-Spangled Banner*
2. *America the Beautiful*
3. *Summertime* (Ella Fitzgerald)
4. *Summertime* (DJ Jazzy Jeff and the Fresh Prince)
5. *Born in the U.S.A.* (Bruce Springsteen)
6. *Summer Nights* (John Travolta and Olivia Newton John)
7. *The Boys of Summer* (Don Henley)
8. *Cruel Summer* (Bananarama)
9. *It'sie Bitsie Teenie Weenie Yellow Polkadot Bikini* (Brian Hyland)
10. *Walking on Sunshine* (Katrina & the Waves)
11. *Under the Boardwalk* (The Drifters)
12. *Anchors Away* (U.S. Army)
13. *Stars and Stripes Forever* (John Philip Sousa)
14. *American Pie* (Don McLean)
15. *American Girl* (Tom Petty)
16. *God Bless The U.S.A.* (Lee Greenwood)

ROCK ROCK ROCK ROCKAWAY BEACH!

Rockaway Beach Trivia

1. Name the two bridges that lead to Rockaway Beach.

Marine Parkway Bridge and the Crossbay Bridge

2. The Rockaway peninsula became a popular area for seaside hotels starting in the 1830s, with the first resort being founded at Far Rockaway in 1835. Many resorts were situated on Rockaway Beach along the southern side of the peninsula. The peninsula's popularity grew in the 1880s. Does anybody know the famous amusement park that opened in the first decade of the 20th century.

Rockaways' Playland—a beloved, historic beachfront amusement park in Rockaway Beach, Queens (New York City) that operated from 1902 to 1987.

3. When did Rockaway's Playland close?

1987

4. Where does the Rockaway Beach Board walk begin and end?

The boardwalk, a concrete deck, runs from Beach 9th Street to Beach 126th Street in Rockaway Park, at the edge of Belle Harbor.

5. What are the statues at the Beach 94th / 95 Street called?

The classic Doughboy Monument and the Rockaway Women Veterans Monument.

6. Name Rockaway's two police precincts.

100th and 101 street Precincts

7. What Woody Allen movie was filmed in Rockaway?

Radio Days

8. Where does the name Rockaway come from?

It derived from a Native American word Reckouwacky, which means the place of our own people.

9. Rockaway is known as the _____ Riviera
Irish

10. Where is the name of Rockaway's famous whale statue, 'born'?

Whalemenia

11. Which famous shoe designer was born and raised in Rockaway?

Steve Madden

12. Where can we find restored art deco bath house

Jacob Riis Park near Fort Tilden

13. A park in Rockaway was the inspiration for which 1977 Ramones song?

Rockaway Beach

14. What famous composer was born in the Rockaways?

Richard Rogers

ONE PEOPLE

By David Lehman

Of all ages, both sexes, all causes and beliefs,
we who are many declare we are one,
one people united, untied, separate and equal,
who have dissolved the bands that link us
even as they bind us to another people. Wise men
fear unanimous pledges. But did prudence dictate
this declaration? Among the powers of the earth,
by the laws of Nature and of Nature's God, we are one.

By the laws of Nature and of Nature's God, we are men
of our time, who see the divine not everywhere but in
our seas, our coasts, our towns, our people
and our right to the pursuit of happiness. No more
disposed to suffer the evils of tyranny, patient no more,
we mutually pledge our sacred honor
and hold that one spirit moves among us
and makes us one people greater than any sum.

Seaside OAC will be closed on
Friday July 3rd in honor of
Independence Day – Have a safe and Happy
4th; the fireworks are sure to be spectacular
on this milestone year!

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### Word Scramble Answers:

1. Independence 2. Freedom 3. Liberty 4. Patriot
5. America 6. Founding Fathers 7. Democracy
8. Constitution 9. Revolution 10. Milestone
11. United 12. Semiquincentennial



## SEASIDE OAC STAFF ADVISORY BOARD

Samira Alieva—VP of Older Adult Services  
Ron Carson—Director of Field Operations  
Jurate Jones — Program Manager  
Briege McGarrity — Case Manager  
Theresa Murgolo — Administrative Assistant  
Wallace Martin — Full Time Driver  
Andrei Simeonov — Custodian  
Melba Romero — Part Time Kitchen Aide  
William McKenzie — Front Desk

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