

CCNS Peter J. DellaMonica Older Adult Center

Pioneers of Queens

July 2026 Newsletter

Funded by NYC Aging

A Message from the Program Manager


Dear Members,

July brings sunshine, celebration, wellness, and community spirit to our center. This month we celebrate Independence Day, recognize Minority Mental Health Awareness Month, and continue programs that encourage movement, creativity, learning, and social connection.

Members can look forward to:

- 🇺🇸 4th of July Celebration
- 🎂 July Birthday Celebration
- 🕺 Line Dancing, Tai Chi, Zumba & Move & Groove
- 🎨 Arts & Crafts and Painting Classes
- 📱 Smart Device Basics
- 🌐 Around the World Virtual Tours
- ♣️ Afternoon Social Club and Leisure Games

Thank you for being part of our center family and helping make our community such a warm and supportive place.

 Summer is a wonderful time to stay active, creative, connected, and healthy together.



Members enjoying wellness, creativity, friendship, and summer fun together at the center!

July 2026 Highlights



4th of July Celebration



Minority Mental Health Awareness Month



July Birthday Celebration



Line Dancing & Zumba



Arts & Crafts & Painting Classes



Smart Device Basics



Around the World Virtual Tours



Leisure Games & Social Activities

Celebrating Community, Wellness, Friendship & Summer Fun Together!

125+
YEARS OF CHANGING LIVES



23-11 31st Road • Astoria, NY 11106 • 718-626-1500

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CCNS PETER J. DELLA MONICA OLDER ADULT CENTER

July 2026

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SMALL GROUP TRIPS



**TRANSPORTATION
PROVIDED**



**LIMITED TO
7 PARTICIPANTS
PER TRIP**



**ADVANCE
REGISTRATION
REQUIRED**

TUESDAY, JULY 7



**ROOSEVELT ISLAND
FERRY ADVENTURE**

Scenic ferry ride from Astoria, waterfront views, island exploration and lunch on your own.



THURSDAY, JULY 9



MOVIE DAY

Enjoy a fun afternoon at the movies with friends and fellow members.



TUESDAY, JULY 14



**QUEENS
BOTANICAL GARDEN**

Explore beautiful gardens, seasonal flowers, peaceful walking paths and relaxation.



THURSDAY, JULY 16



**QUEENS MUSEUM
& UNISPHERE**

Discover art, history and the famous Panorama of New York City.



TUESDAY, JULY 21



**GANTRY PLAZA
WATERFRONT DAY**

Take in stunning Manhattan skyline views, enjoy a relaxing waterfront experience and photos.



THURSDAY, JULY 23



**NOGUCHI MUSEUM &
SOCRATES SCULPTURE PARK**

Experience art, culture and outdoor sculpture exhibits in beautiful waterfront settings.



TUESDAY, JULY 28



**TANGRAM MALL
& FOOD HALL**

Enjoy shopping, dining and socializing in a modern, air-conditioned environment.



THURSDAY, JULY 30



**ASTORIA PARK
SUMMER DAY**

Relax with friends while enjoying waterfront views, fresh air and one of Queens' most beautiful parks.



IMPORTANT INFORMATION

- ✔ Only 7 seats available per trip
- ✔ Transportation provided by CCNS Older Adult Services
- ✔ Participants are responsible for purchasing their own lunch, snacks and personal items
- ✔ Comfortable walking shoes are recommended
- ✔ Trips may involve moderate walking
- ✔ Trips and schedules are subject to change based on weather, transportation and site availability

SIGN UP TODAY!

Space is Limited!

For more information or to register, please see center staff.



CCNS PETER J. DELLA MONICA
OLDER ADULT CENTER



23-11 31st Road
Astoria, NY 11106



718-626-1500

Explore • Connect • Discover • Enjoy

CCNS Peter J. DellaMonica
Older Adult Center

Pioneers of Queens

MINORITY MENTAL HEALTH AWARENESS MONTH

JULY 2026

*Stronger Together. Healthier Together.
Community. Culture. Connection.*

Minority communities often face unique challenges that can affect mental well-being. Let's break the stigma, build understanding, and promote wellness for all!

Mental health is just as important as physical health.

We all deserve to feel seen, heard, and supported.



You Are Not Alone

We are here for you. Reach out and connect with our caring team and programs.



It's OK to Talk

Talking about feelings is a sign of strength, not weakness.



Support Each Other

Together, we can create a community of acceptance, respect, and support.



Take Care of Your Mind

Practice self-care, stay active, and do what brings you peace and joy.



Stronger Together

Our culture, stories and traditions are sources of strength and healing.

JOIN US FOR SPECIAL PROGRAMS!

- ♥ Celebrating Minority Mental Health Month (DJ Valentine) Monday, July 20 at 1:00 PM
- ♥ Nutrition Lecture (Ahmed) Wednesday, July 15 at 11:00 AM
- ♥ Aging Well Together (MJ) Fridays in July at 1:00 PM
- ♥ Mind & Body Wellness Classes Tai Chi, Zumba, Move & Groove and more!
- ♥ Afternoon Social Club Tuesdays in July at 1:00 PM

You Matter. Your Mental Health Matters.

- ♥ Talk to someone you trust.
- ♥ Ask for help when you need it.
- ♥ Take time for yourself.
- ♥ You are worthy of peace and happiness.

*A healthy mind. A strong community.
A better tomorrow.*



Let's continue building a welcoming and supportive center where everyone can thrive!

Thank you for being part of our center family.

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**NYC
AGING**

23-11 31st Road
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718-626-1500

WE CARE. WE SUPPORT. WE EMPOWER.

July 2026 LUNCH MENU

Happy
4th
of
July!

Celebrate
Community
Celebrate
YOU!

GOOD FOOD. GOOD FRIENDS. GREAT DAY!

Nutritious, balanced meals that support healthy aging
and celebrate our diverse community!



WHAT'S ON THE MENU?

A variety of delicious and culturally inspired meals prepared with heart-healthy ingredients.



HEART HEALTHY CHOICES

Baked, roasted, braised, and stewed meals with less added fat and no trans fat.



DIABETES & CHRONIC CONDITION FRIENDLY

Balanced meals with smart portions, whole grains, fruits, vegetables, legumes, and quality proteins.



PLANT-BASED OPTIONS WEEKLY

Enjoy meatless meals each week including lentil soup, chickpea stew, vegetable lasagna, black bean soup, and more!



FISH FRIDAYS

We serve fish every Friday—baked and full of flavor for a heart-healthy boost.



SOUPS & STEWS

Nutritious, comforting, and hydrating options that warm the soul.



FRUIT & VEGGIES DAILY

A colorful variety of fresh fruits and non-starchy vegetables included every day.



CULTURALLY DIVERSE FLAVORS

Meals inspired by the Caribbean, Latin, Mediterranean, Asian inspired, and classic American favorites and more!



Our goal is to provide meals that are nutritious, flavorful, culturally inclusive, and supportive of your health and well-being.

MENU HIGHLIGHTS



NUTRITIOUS & BALANCED

Includes lean proteins, whole grains, beans, vegetables, fruits, and low-fat dairy.



CULTURALLY DIVERSE

Enjoy a variety of flavors from Caribbean, Latin, Mediterranean, Asian inspired, and classic American favorites.



SENIOR FRIENDLY

Meals are designed with softer textures and familiar flavors to support enjoyment and healthy eating.



SEASONAL & REFRESHING

Hydration-supportive fruits like watermelon, cantaloupe, honeydew, peaches, and more!



GOOD FOR YOU

Supports heart health, blood sugar management, digestion, and overall wellness.



MADE WITH CARE

Prepared by our team who cares about your health, safety, and satisfaction.



MORE PLANT POWER
More beans, lentils, vegetables and whole grains for better health.



STAY HYDRATED
Soups, fruits and vegetables help keep you hydrated.



GOOD FOR YOUR HEART
Heart-smart recipes with less sodium and added fat.



NOURISH YOUR BODY & MIND
Balanced meals give you energy, strength and peace of mind.



FOOD BRINGS US TOGETHER
Good food, good friends, great days at the Center!

125+



★ ★ *Good Food. Good Friends. Great Day!* ★ ★

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Astoria, NY 11106

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for the Aging (NYC Aging)

NYC
Aging

Julio 2026

MENÚ DEL ALMUERZO

¡Feliz
4 de
Julio!

¡Celebremos
nuestra comunidad,
celebremos
A TI!

¡BUENA COMIDA. BUENOS AMIGOS. ¡GRAN DÍA!

Comidas nutritivas y balanceadas que apoyan el envejecimiento saludable y celebran nuestra comunidad diversa.



¿QUÉ HAY EN EL MENÚ?

Una variedad de comidas deliciosas e inspiradas en diferentes culturas, preparadas con ingredientes saludables para el corazón.



OPCIONES SALUDABLES PARA EL CORAZÓN

Comidas al horno, asadas, guisadas y al vapor con menos grasa añadida y sin grasas trans.



AMIGABLES PARA LA DIABETES Y ENFERMEDADES CRÓNICAS

Comidas balanceadas con porciones inteligentes, granos enteros, frutas, vegetales, legumbres y proteínas de calidad.



OPCIONES A BASE DE PLANTAS SEMANALES

Disfrute comidas sin carne cada semana, como sopa de lentejas, guiso de garbanzos, lasaña de vegetales y sopa de frijoles negros, ¡y más!



PESCADO TODOS LOS VIERNES

Servimos pescado cada viernes—al horno y lleno de sabor para un impulso saludable para el corazón.



SOPAS Y GUIOS

Opciones nutritivas, reconfortantes e hidratantes que alimentan el cuerpo y el alma.



FRUTAS Y VEGETALES DIARIOS

Una colorida variedad de frutas frescas y vegetales sin almidón incluidos todos los días.



SABORES CULTURALMENTE DIVERSOS

Comidas inspiradas en el Caribe, Latinoamérica, el Mediterráneo, asiático y los clásicos estadounidenses, ¡y más!



Nuestro objetivo es ofrecer comidas nutritivas, llenas de sabor, culturalmente inclusivas y que apoyen su salud y bienestar.

★ DESTACADOS DEL MENÚ ★



NUTRITIVAS Y BALANCEADAS

Incluyen proteínas magras, granos enteros, frijoles, vegetales, frutas y lácteos bajos en grasa.



CULTURALMENTE DIVERSAS

Disfrute una variedad de sabores del Caribe, Latinoamérica, Mediterráneo, asiático y los clásicos estadounidenses.



AMIGABLES PARA PERSONAS MAYORES

Comidas preparadas con texturas más suaves y sabores familiares para promover el disfrute y una alimentación saludable.



DE TEMPORADA Y REFRESCANTES

Frutas que ayudan a mantener la hidratación como sandía, melón, miel, duraznos y ¡más!



BUENO PARA USTED

Apoya la salud del corazón, el control del azúcar en la sangre, la digestión y el bienestar en general.



HECHAS CON CARIÑO

Preparadas con esmero por nuestro equipo, que se preocupa por su salud, seguridad y satisfacción.



MÁS PODER VEGETAL

Más frijoles, lentejas, vegetales y granos enteros para una mejor salud.



MANTÉNGASE HIDRATADO

Sopas, frutas y vegetales le ayudan a mantenerse hidratado.



BUENO PARA SU CORAZÓN

Recetas saludables para el corazón con menos sodio y menos grasa añadida.



NUTRA SU CUERPO Y SU MENTE

Comidas balanceadas dan energía, fortalecen y traen paz mental.



LA COMIDA NOS UNE

Buena comida, buenos amigos, grandes días aquí en el Centro.



Good Food. Good Health. Good Living.

NOURISHING GRAINS



Variety, Flavor & Wellness for Every Day! 

At our Center, we serve a variety of grains that are tasty, comforting and good for your health.

ORZO



What is it?

A small pasta shaped like rice.

Why we serve it:

Soft and easy to enjoy. Pairs well with fish, chicken and vegetables.

 Comforting & easy to digest

POLENTA




What is it?

Made from ground cornmeal.

Why we serve it:

Creamy, comforting and heart friendly. Great with fish, stews and sauces.

 Warm, satisfying & good for your heart

KASHA




What is it?

Toasted buckwheat groats (a whole grain).

Why we serve it:

High in fiber and nutrients. Adds a hearty, nutty flavor to our meals.

 High in fiber & good for digestion

COUSCOUS



What is it?

Tiny pasta-like grains made from wheat.

Why we serve it:


Light, flavorful and varies our menu. Great with vegetables and fish.

 Light, tasty & versatile



Our menu is designed with you in mind!

Nutritious • Balanced • Culturally Diverse • Senior-Friendly

Thank you for being part of our community! 



Buena Comida. Buena Salud. Buena Vida.

GRANOS QUE NUTREN



Variedad, Sabor y Bienestar ¡Todos los Días! 

En nuestro Centro, servimos una variedad de granos que son sabrosos, reconfortantes y buenos para su salud.

ORZO




¿Qué es?

Una pasta pequeña con forma de arroz.

¿Por qué lo servimos?

Suave y fácil de comer. Combina bien con pescado, pollo y vegetales.

 Reconfortante y fácil de digerir

POLENTA




¿Qué es?

Hecha de harina de maíz.

¿Por qué lo servimos?

Cremosa, reconfortante y buena para el corazón. Excelente con pescado, guisos y salsas.

 Caliente, satisfactoria y buena para su corazón

KASHA




¿Qué es?

Trigo sarraceno tostado (un grano integral).

¿Por qué lo servimos?

Alto en fibra y nutrientes. Aporta un sabor abundante y ligeramente a nuez a nuestras comidas.

 Alto en fibra y bueno para la digestión

COUSCOUS



¿Qué es?

Granos pequeños de pasta hechos de trigo.


¿Por qué lo servimos?


Ligero, sabroso y aporta variedad a nuestro menú. Excelente con vegetales y pescado.

 Ligero, sabroso y versátil



¡Nuestro menú está diseñado pensando en usted!

Nutritivo • Balanceado • Diverso Culturalmente • Amigable para Personas Mayores 

¡Gracias por ser parte de nuestra comunidad! 





Stay Safe During Hot Weather!

125+ YEARS OF SERVICE



Hot weather can be dangerous, especially for older adults.

Stay Cool • Stay Hydrated • Stay Safe




VISIT OUR COOLING CENTER

During extreme heat, our center is a safe, air-conditioned place where older adults can stay comfortable.

 **CCNS Peter J. Dellamonica Older Adult Center**
23-11 31st Road
Astoria, NY 11106








 **718-626-1500**

 **Open Monday – Friday**
8:00 AM – 4:00 PM








HEAT SAFETY TIPS

-  ✓ Drink plenty of water throughout the day.
-  ✓ Wear lightweight, light-colored clothing.
-  ✓ Stay in air-conditioned places when possible.
-  ✓ Avoid going outside during peak heat (12 PM – 4 PM).
-  ✓ Use fans, cool showers, or damp cloths to stay cool.



CONSEJOS PARA EL CALOR


-  ✓ Tome agua con frecuencia durante el día.
-  ✓ Use ropa ligera y de colores claros.
-  ✓ Permanezca en lugares con aire acondicionado.
-  ✓ Evite salir durante el calor intenso (12 PM – 4 PM).
-  ✓ Use ventiladores, duchas frías o paños húmedos para mantenerse fresco.



WARNING SIGNS OF HEAT ILLNESS

- Dizziness or weakness
- Headache
- Nausea or vomiting
- Fast heartbeat
- Confusion or fainting



 **Call 911 if someone faints or has a medical emergency.**



CUIDÉMONOS ENTRE TODOS

Revise cómo están sus amigos y familiares, especialmente quienes viven solos.



Juntos podemos mantener a nuestra comunidad segura durante el calor del verano. ❤️



Cooling centers may offer extended evening or weekend hours during extreme heat.

Call 311 to find other cooling centers near you.

 **311**

CCNS Peter J. DellaMonica
Older Adult Center

Pioneers of Queens

Happy 4th of JULY!

INDEPENDENCE
DAY

Celebrate Freedom, Community &
Friendship Together!

★ JOIN US! ★ ★
4th of July
Celebration

Monday, July 6, 2026

1:00 PM

Music by: DJ Woody

★ ★ ★ ★ ★
Wear red, white & blue
as we celebrate our
freedom and our community!



FUN ★ FOOD ★ MUSIC ★ GAMES ★ PRIZES & MORE!



Patriotic
Decorations



Delicious
Refreshments



Great Music
& Dancing



Fun Activities
& Games



Prizes
& Surprises!

Let's honor the past, celebrate the present,
and build a brighter future together.

We are proud to be a strong, united community!



23-11 31st Road
Astoria, NY 11106

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NYC Aging

CCNS PETER J. DELLAMONICA
OLDER ADULT CENTER

SELF-DEFENSE

Awareness

WORKSHOP

Stay Safe, Stay Confident!



EMPOWER
YOURSELF.
PROTECT
YOURSELF.



DATE:
Thursday, July 2, 2026



TIME:
11:00 AM – 12:00 PM



LOCATION:
Dining Room






Join us for an engaging and interactive self-defense awareness workshop designed specifically for older adults. Learn practical safety strategies, situational awareness, and simple techniques that can help you feel more confident while at home and in the community.

This educational demonstration emphasizes prevention, awareness, and personal safety—not physical strength.

TOPICS INCLUDE

-  Personal safety and awareness
-  Recognizing common scams and distractions
-  Walking safely in the community
-  Protecting yourself on public transportation
-  Home safety and door security
-  What to do if someone approaches you unexpectedly
-  Basic escape and self-protection demonstrations
-  When and how to call 911
-  Building confidence through prevention

DEMONSTRATION INCLUDES

-  Easy-to-learn defensive movements
-  Balance and stability techniques
-  Safe ways to create distance from an attacker
-  Voice commands and de-escalation strategies
-  Question-and-answer session



All ability levels are welcome.
No prior experience is necessary.
Comfortable clothing is recommended.



YOUR SAFETY. YOUR CONFIDENCE. YOUR COMMUNITY.

Together, we can all stay safe! ♥



 23-11 31st Road
Astoria, NY 11106
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125+
YEARS OF
CHANGING LIVES



Funded by
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CCNS Peter J. DellaMonica
Older Adult Center

Pioneers of Queens

Happy Birthday!

Birthdays

CELEBRATION!

HONORING YOU • CELEBRATING LIFE!

Join us as we celebrate all members
with birthdays in

JULY!



DATE: Monday,
July 27,



TIME: 1:00 PM – 3:00 PM



LOCATION: CCNS Peter J. DellaMonica
Older Adult Center
23-11 31st Road, Astoria, NY 11106

917-426-3774



Let's Celebrate Together!

- ♥ Music & Entertainment (DJ Valentine!)
- ♥ Delicious Cake & Refreshments
- ♥ Fun Games & Prizes
- ♥ Great Friends & Good Times

Your smile, your spirit, and your friendship
make our center a wonderful place to be!

♥ We are so glad you are part of our family! ♥

📞 718-626-1500

PARTY!

♥
*Together
We Thrive!*

125+



125+ YEARS OF CHANGING LIVES

Della Monica
 OLDER ADULT CENTER

JUNETEENTH

Freedom Day

CELEBRATE ★ REMEMBER ★ HONOR

JUNE 19, 1865

Honoring the Past,
 Celebrating the Present,
 Inspiring the Future!



Our members came together to celebrate Juneteenth with education, culture, music, and community! Through drumming, dance, discussion, and shared stories, we honored the history of freedom, resilience, and the strength of unity.

Thank You to Everyone Who Made This Day So Special!

- 📖 EDUCATION & HISTORY
- 🗑️ CULTURAL PERFORMANCES
- 👥 MEMBER ENGAGEMENT
- ❤️ SOCIAL CONNECTION
- ★ CELEBRATING FREEDOM

WE ARE
Stronger TOGETHER



One People.
 One History.
 One Future.

LOVE. ♥ RESPECT. ♥ UNITY. ♥ FREEDOM.

★ ★ Happy Juneteenth! ★ ★

NYC AGING





FATHER'S DAY

We Honor You!

♥ DRESS-UP & DANCE CELEBRATION ♥

Our amazing members stepped out in style and showcased their talents in a lively cane dance performance filled with joy, music, and pride. Together, we celebrated fathers and father figures and the important role they play in our lives and our community.



Active. Confident. Connected. ♥ That's Our Community!



PROMOTING
HEALTH &
MOVEMENT



BUILDING
FRIENDSHIPS &
CONNECTIONS



ENCOURAGING
CONFIDENCE &
SELF-EXPRESSION



CELEBRATING
FATHERS &
FATHER FIGURES



CREATIVITY, FUN
& LIFELONG
LEARNING

♥ Thank you to all our members for making this day so special! ♥

Philippine Day CELEBRATION!

Proud Heritage. Strong Community. Bright Future.

We celebrated the rich culture, traditions, and spirit of the Philippines with music, dance, laughter, and delicious food. Thank you to all our members who joined and made this a memorable day! ❤️



★ HAPPY PHILIPPINE DAY! ★



CELEBRATING OUR HERITAGE



HONORING OUR CULTURE



BUILDING COMMUNITY



SHARING JOY AND TRADITIONS



ENJOYING FOOD, MUSIC & DANCE



❤️ *Mabuhay ang Pilipinas!* ★ *Long live the Philippines!* ❤️

TOGETHER, WE AGE UNBOUND!

Funded by

NYC AGING

Painting & Watercolor



Creativity · Expression · Connection

Every Masterpiece Starts with a Stroke!



Our members explored their artistic side through painting and watercolor, sharing ideas, learning new techniques, and creating beautiful artwork together.



CELEBRATING CREATIVITY!



Thank you to all our talented members for sharing your art and inspiring each other!



BOOSTS CREATIVITY



BUILDS CONNECTIONS



SUPPORTS MENTAL WELL-BEING



PROMOTES SELF-EXPRESSION



ENCOURAGES LIFELONG LEARNING

Together, We Age UNBOUND!

Funded by

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CCNS PETER J. DELLAMONICA
OLDER ADULT CENTER

Community FLEA MARKET & Treasure Sale

Thank You for Making It a Success!

Members enjoyed a wonderful afternoon of shopping, socializing, and discovering unique treasures during our Community Flea Market. Thank you to all the members and volunteers who participated and helped create a fun and welcoming event!

A Day of
Friendship
& Fun!

Featuring:

-  JEWELRY & ACCESSORIES
-  HOUSEHOLD ITEMS
-  BOOKS & DÉCOR
-  HANDMADE CRAFTS
-  COMMUNITY CONNECTIONS



Great Finds!



Thank You!

To our members and volunteers for helping make this event a success. Together, we continue to create opportunities for friendship, engagement, and community at Peter J. DellaMonica OAC.



125+
YEARS OF CHANGING LIVES



CCNS Peter J. DellaMonica
Older Adult Center
23-11 31st Road, Astoria, NY 11106
(718) 626-1500

NYC
AGING



PARTICIPATION IS VOLUNTARY. PURCHASES AND CONTRIBUTIONS ARE OPTIONAL. ACTIVITIES AND EVENTS ARE SUBJECT TO CHANGE WITHOUT NOTICE.







DellaMonica Members Attend VETERANS RESOURCE FAIR

CONNECTING WITH RESOURCES. BUILDING COMMUNITY.

Honoring Those Who Served.



Members of the CCNS Peter J. DellaMonica Older Adult Center recently attended a **Veterans Resource Fair**.

-  Members connected with a variety of organizations offering valuable services and supports for veterans, older adults, caregivers, and families.
-  Participants learned about programs related to healthcare, veteran benefits, housing assistance, caregiver support, wellness services, and much more.
-  The fair provided opportunities to ask questions, gather resources, and build meaningful connections.
-  We thank the event organizers and participating agencies for a successful and informative community event.

Funded by **NYC AGING**

125+ YEARS OF CHANGING LIVES



Thank You

TO ALL WHO SERVED!

★ ★ WE APPRECIATE YOU! ★ ★

Together, we continue to **SUPPORT, EMPOWER, and STRENGTHEN** our community.

Connecting Members to Resources, Opportunities, and Community Support



BEAR



MOUNTAIN

ADVENTURE

A DAY OF FRIENDSHIP • NATURE • WELLNESS • COMMUNITY



JUNE 2026

What a wonderful day at Bear Mountain State Park!

Our members enjoyed a memorable summer adventure filled with:



Scenic nature walks



Beautiful forest trails



Friendship and laughter



Group photos and memories



Fresh mountain air and breathtaking views



Connecting with members from fellow CCNS Older Adult Centers



♥ Thank you to everyone who joined us and helped make this trip such a success! ♥

TALENT IS TIMELESS

Local

COMPETITION



CELEBRATING TALENT. INSPIRING COMMUNITY.

Thank you to all of our amazing participants for sharing your talent, creativity, and passion! Your performances made this event truly unforgettable.

★ OUR WINNERS ★

1 1ST PLACE



ZOYA'S CLASSICAL VOCAL PERFORMANCE

2 2ND PLACE



SALSA GROUP

3 3RD PLACE



BACHATA GROUP

★ SPECIAL RECOGNITION AWARDS ★

♥ AUDIENCE FAVORITE
DELLAMONICA CHORUS GROUP



★ BEST STAGE PRESENCE
MERENGUE GROUP



🎭 MOST CREATIVE ACT
ASTORIA COMEDIANS



★ Congratulations to All Participants and Winners! ★

125th ANNIVERSARY
CATHOLIC CHARITIES
Brooklyn & Queens
CCNS Peter J. DellaMonica
Older Adult Center

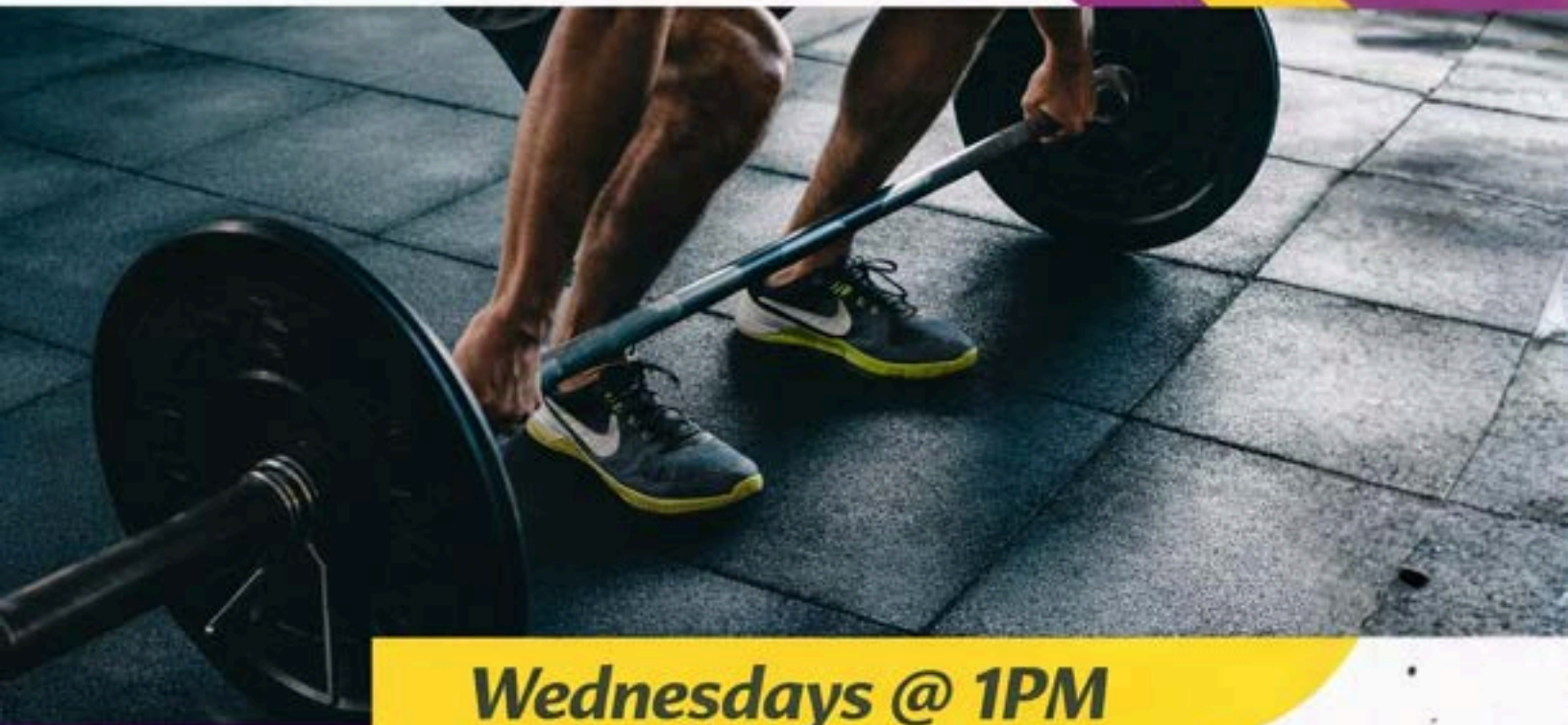


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Talent is Timeless

CCNS

PETER J. DELLA MONICA
OLDER ADULT CENTER



Wednesdays @ 1PM

STRENGTH TRAINING


Join us for fun exercise!

 www.seniorplanet.zoom.us

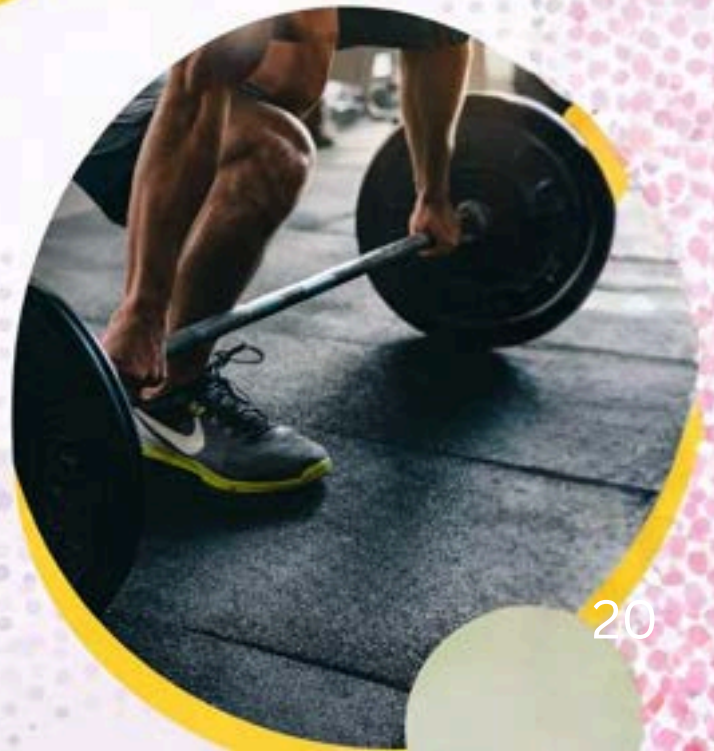
Zoom Meeting ID:
831 2781 3758

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NYC Aging

 CATHOLIC CHARITIES
BROOKLYN & QUEENS

125+
YEARS OF CHANGING LIVES



VIRTUAL & HYBRID EXERCISE

MONTHLY Schedule



MONDAY – FRIDAY

Morning Stretch
10:00 AM



TUESDAY & THURSDAY

Chair Yoga
12:00 PM



MONDAY & WEDNESDAY

Easy-to-Follow Tai Chi
2:00 PM



TUESDAY & THURSDAY

Afternoon Stretch
4:00 PM



Join Online: Senior Planet Zoom
Meeting ID: 170 361 931
(Or ask the front desk for assistance)

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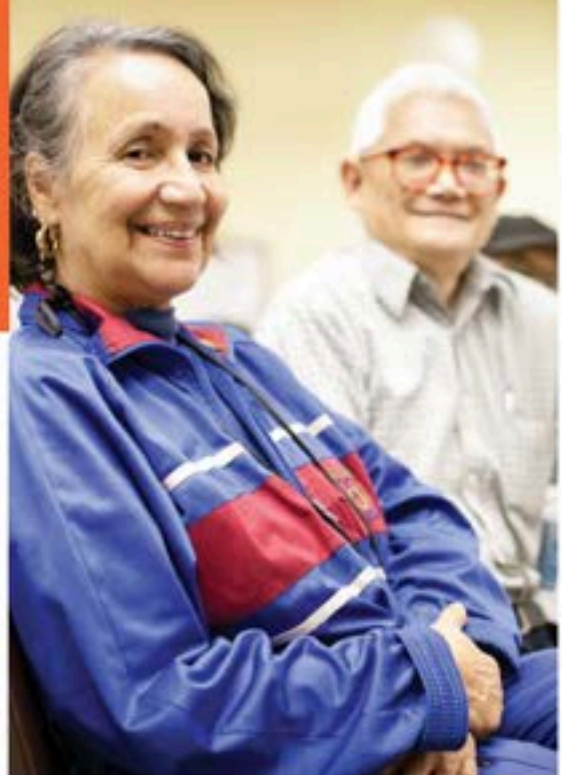
125+
YEARS OF CHANGING LIVES





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

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.

- 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



NEED HELP?

Catholic Charities Call Center 718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

¿Necesitas ayuda?

Catholic Charities

Centro de Atención

718-722-6001



Lunes - Viernes, 9AM - 6PM

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

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

Ubicaciones y Horarios

Our Lady of Angels

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

Our Lady of Miracles

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

Our Lady of Solace

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

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1er y 3er Jueves del mes, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Cada dos Miércoles, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Cada dos Viernes, 9 AM - 11 AM

St. Michael/St. Malachy

A partir del 26 de septiembre de 2025
286 Warwick Street, Brooklyn 11207
Todos los viernes de 9:30 AM - 11:30 AM

St. Rose of Lima

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

St. Teresa

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

BVM St. Mary-Winfield

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

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

St. Raphael

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

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3er Sábado de cada mes, 10 AM - 12 PM

Church of the Incarnation

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

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2do y 4to Martes del mes, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1er y 3er Miércoles de cada mes, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1er y 3er Jueves de cada mes, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355
Martes y Miércoles, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368
(Estacionamiento de la iglesia)
A partir del 9 de mayo de 2024: 1er jueves de cada mes,
2 PM - 5 PM

Para obtener la lista completa de ubicaciones afiliadas, visite: www.ccbq.org/service/food-pantry-network



Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para mayor información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite 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

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

BVM St. Mary-Winfield

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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

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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.

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★★

23-11 31st Road, Astoria, NY 11106 ☎ 718-626-1500

WHAT IS SNAP?

SNAP (Supplemental Nutrition Assistance Program) helps older adults and families purchase healthy groceries.

Over 4 million older Americans use SNAP to purchase healthy food every month.

HOW TO APPLY

Make an appointment today

Call Jennifer at

☎ 718-626-1500 ext. 7375

IMPORTANT: NEW NY SNAP RULES

- Starting March 1, 2026, some SNAP recipients may need to do at **least 80 hours/month** of work, volunteering, or training to keep benefits beyond 3 months in a 3-year period.
- Applies to able-bodied adults ages **18-64** without dependents.
- Seniors, those with disabilities, pregnant individuals, and caregivers of children under age 14 are typically exempt.

IMPORTANT: NEW NY SNAP RULES

88% of SNAP participants say healthy foods are too expensive.

Get help paying for your groceries



AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.



BENEFITS

The amount you receive may depend on two things.

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- Number of people that live in your household

61% of SNAP households act as caretakers for loved ones.



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23-11 31st Road | Astoria, NY 11106 ☎ 718-626-1500

MEDICARE Understanding Your Coverage

What Is Medicare?

Medicare is a federal health insurance program for:

- ✓ Adults age 65 and older
- ✓ People with permanent disabilities
- ✓ Individuals with End-Stage Renal Disease (ESRD)
- ✓ Individuals with ALS (no waiting period)

2026 Medicare Updates

- ✓ **\$2,000** yearly drug spending cap
- ✓ No more “donut hole”
- ✓ **\$35** insulin limit
- ✓ Many vaccines **\$0** copay



– The Four Parts of Medicare



Part A – Hospital Insurance

- Inpatient hospital care
- Skilled nursing facility care
- Hospice care
- Some home health services

(Most people do not pay a Part A premium.)



Part B – Medical Insurance

- Doctor visits
- Outpatient services
- Durable medical equipment
- Some home health care
- Limited prescription drugs



Part C – Medicare Advantage

- Combines Part A & B
- Usually includes drug coverage
- May include extra benefits (dental, vision, etc.)



Part D – Prescription Drug Coverage

- Covers most prescription medications
- **\$2,000** annual out-of-pocket cap
- **\$35** insulin monthly cap
- No more coverage gap



NEED HELP?

Make an appointment with **Jennifer**

☎ **718-626-1500** ext. 7375

We can help you:

- Review your Medicare plan
- Compare Advantage vs. Original Medicare
- Understand drug costs



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MEDICAID

How to Get Free or
Low-Cost Health Coverage



What Is Medicaid?

Medicaid is a joint federal and state program that provides:

- ✓ Free or low-cost health coverage
- ✓ Care at a doctor's office, hospital, clinic & more
- ✓ Long-term care services

Who Can Qualify for Medicaid?

- ✓ People of **all ages** who meet income/resource limits.
- ✓ Low-income seniors (age 65+)
- ✓ People with disabilities or blindness.
- ✓ Children
- ✓ Pregnant individuals



What Does Medicaid Cover?



Doctor visits



Hospital services



Dental care



Emergency care



Home and long-term care



Vision and hearing care

NEED HELP?

Make an appointment with **Jennifer** ☎ 718-626-1500 ext. 7375

- ✓ Check if you're eligible
- ✓ Apply for Medicaid
- ✓ Renew your Medicaid coverage

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#RENTFREEZENYC

Senior Citizen Rent Increase Exemption (SCRIE)



SENIORS AND PEOPLE WITH DISABILITIES, KEEP YOUR RENT FROM INCREASING, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$60,000 or less;
- Live in a rent regulated apartment;
- Spend more than 1/3 of income on rent.

ENROLL IN THE NYC RENT FREEZE PROGRAM



IMPORTANT NYC RENT FREEZE (SCRIE/DRIE) UPDATES:

- ✓ New higher income limits now used—applicants earning up to approx. **\$60,000+** may qualify.
- ✓ Renewals are easier—fewer documents, mail/online options available.
- ✓ Disability Rent Increase Exemption (DRIE) clarified for SSDI/SSI recipients.
- ✓ Multilingual forms available (Spanish/Chinese/Russian/Bengali).
- ✓ NYC HPD offers free help completing applications.

Questions?

Contact Jennifer at
718-626-1500 ext. 7375

¿Preguntas?

Comuníquese con la trabajadora social:
Jennifer al 718-626-1500 x7375

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER
23-11 31st Road, Astoria, NY 11106
Monday - Friday, 8:00 am - 4:00 pm
718-626-1500

FREEZING
YOUR
RENT



FREEZE
YOUR RENT

CCNS Peter J. DellaMonica
Older Adult Center

Pioneers of Queens

JULY

Refreshing Drinks & Summer Snack Ideas

Healthy • Cooling • Senior-Friendly • Easy to Prepare

STAY COOL,
HYDRATED &
ENERGIZED
ALL SUMMER
LONG!

REFRESHING SUMMER DRINKS



1. CITRUS MINT WATER

- Lemon slices
 - Orange slices
 - Fresh mint leaves
 - Cold water & ice
- Tip: Helps keep the body hydrated during hot summer days.*



2. WATERMELON COOLER

- Fresh watermelon chunks
 - Ice
 - Splash of lime juice
- Optional: Blend for a refreshing slush drink.*



3. BERRY YOGURT SMOOTHIE

- Strawberries or blueberries
 - Low-fat yogurt
 - Banana
 - Ice
- Healthy Benefit: Great source of calcium and protein.*



4. TROPICAL PINEAPPLE PUNCH

- Pineapple juice
 - Orange juice
 - Sparkling water
 - Ice
- Optional: Add fresh fruit slices for presentation.*



5. CUCUMBER BERRY INFUSED WATER

- Cucumber slices
 - Blueberries
 - Mint leaves
 - Water & ice
- Refreshing and low sugar option.*



6. PEACH ICED TEA

- Brewed tea
 - Peach slices
 - Honey (optional)
 - Ice
- Perfect for summer social gatherings.*

LIGHT SUMMER SNACKS



1. VEGGIE CUPS & DIP

- Cucumbers
- Carrots
- Celery
- Ranch or hummus dip



2. FRESH FRUIT CUPS

- Watermelon
 - Grapes
 - Pineapple
 - Strawberries
 - Blueberries
- Easy, colorful, and cooling.*



3. CHEESE & WHOLE WHEAT CRACKERS

- Low-fat cheese cubes
 - Whole wheat crackers
- Simple protein snack for older adults.*



4. FROZEN BANANA BITES

- Banana slices
- Yogurt drizzle
- Freeze before serving



5. MINI SUMMER SALAD CUPS

- Lettuce
- Tomato
- Cucumbers
- Light vinaigrette



6. LIGHT POPCORN SNACK BAGS

- Low-salt popcorn
- Easy for movie or social days.*

SUMMER WELLNESS REMINDER

- Stay hydrated
- Avoid too much sugar during extreme heat
- Eat light and fresh foods
- Keep water nearby throughout the day
- Visit cooling centers during heat advisories

GREAT FOR:

- ★ Afternoon Social Club
- ★ Wellness Wednesdays
- ★ Summer Parties
- ★ Garden Events
- ★ Birthday Celebrations
- ★ Cooling Center Days
- ★ Minority Mental Health Awareness Programs



Celebrate Good Health, Good Friends, and a Wonderful Summer Together!



Funded by NYC Aging

¡MANTÉNGASE
FRESCO, HIDRATADO Y
CON ENERGÍA TODO
EL VERANO!

JULIO

Bebidas Refrescantes y Ideas de Refrigerios de Verano

Saludables • Refrescantes • Amigables para Personas Mayores • Fáciles de Preparar

BEBIDAS REFRESCANTES DE VERANO



1. AGUA CÍTRICA CON MENTA

- Rodajas de limón
- Rodajas de naranja
- Hojas de menta fresca
- Agua fría y hielo

Consejo: Ayuda a mantener el cuerpo hidratado durante los días calurosos.



2. REFRESCO DE SANDÍA

- Trozos de sandía fresca
- Hielo
- Un chorrito de jugo de limón

Opcional: Licuar para obtener una bebida granizada y refrescante.



3. BATIDO DE YOGURT CON BAYAS

- Fresas o arándanos
- Yogur bajo en grasa
- Plátano
- Hielo

Beneficio saludable: Excelente fuente de calcio y proteína.



4. PONCHE TROPICAL DE PIÑA

- Jugo de piña
- Jugo de naranja
- Agua con gas
- Hielo

Opcional: Agregue rodajas de fruta fresca para decorar.



5. AGUA INFUSIONADA DE PEPINO Y ARÁNDANOS

- Rodajas de pepino
- Arándanos
- Hojas de menta
- Agua y hielo

Refrescante y baja en azúcar.



6. TÉ HELADO DE DURAZNO

- Té preparado
- Rodajas de durazno
- Miel (opcional)
- Hielo

Perfecto para reuniones sociales de verano.

REFRIGERIOS LIGEROS DE VERANO



1. VASITOS DE VERDURAS CON DIP

- Pepinos
- Zanahorias
- Apio
- Aderezo ranch o hummus



2. TAZAS DE FRUTAS FRESCAS

- Sandía
- Uvas
- Piña
- Fresas
- Arándanos

Fáciles, coloridas y refrescantes.



3. QUESO Y GALLETAS INTEGRALES

- Cubos de queso bajo en grasa
- Galletas integrales

Refrigerio sencillo con proteína para personas mayores.



4. BOCADITOS DE PLÁTANO CONGELADO

- Rodajas de plátano
- Chorrito de yogur
- Congelar antes de servir



5. VASITOS DE ENSALADA DE VERANO

- Lechuga
- Tomate
- Pepinos
- Aderezo ligero (vinagreta)



6. BOLSITAS DE PALOMITAS LIGERAS

- Palomitas de maíz con bajo contenido de sal

Ideales para días de cine o actividades sociales.



RECORDATORIOS
DE BIENESTAR
PARA EL VERANO



Manténgase hidratado



Evite demasiado azúcar durante el calor extremo



Consuma alimentos ligeros y frescos



Tenga agua cerca durante todo el día



Visite centros de enfriamiento durante alertas de calor

IDEAL PARA:

- ★ Club Social de la Tarde
- ★ Miércoles de Bienestar
- ★ Fiestas de Verano
- ★ Eventos del Jardín
- ★ Celebraciones de Cumpleaños
- ★ Días de Centros de Enfriamiento
- ★ Programas del Mes de la Concientización sobre la Salud Mental de las Minorías



¡Celebremos Buena Salud, Buenos Amigos
y un Verano Maravilloso Juntos!

23-11 31st Road
Astoria, NY 11106

718-626-1500

125+
YEARS OF CHANGING LIVES












Financiado por
NYC
Aging

Easy Ways to...

Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 <p data-bbox="73 764 509 804">Make a three bean salad.</p>	 <p data-bbox="548 764 1010 846">Spread nut butter on apple or banana slices.</p>	 <p data-bbox="1049 764 1497 804">Choose fish twice a week.</p>
 <p data-bbox="102 1129 480 1253">Add beans to sautéed greens and eat with brown rice.</p>	 <p data-bbox="581 1125 977 1207">Add nuts to vegetables and salads.</p>	 <p data-bbox="1040 1104 1507 1274">Eat lean meat and poultry in the right portions – about the size of your palm.</p>
 <p data-bbox="74 1570 509 1652">Make a bean dip to enjoy with vegetables.</p>	 <p data-bbox="561 1556 997 1638">Snack on a handful of unsalted nuts or seeds.</p>	 <p data-bbox="1073 1556 1474 1680">Bring a hard boiled egg with you for an easy snack.</p>

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.



Just Say Yes to fruits and vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3000 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

Maneras sencillas de... consumir una variedad de proteínas

Consuma una variedad de proteínas como parte de una dieta saludable.
Consuma proteínas vegetales con más frecuencia.

Frijoles y lentejas	Frutos secos y semillas	Proteína animal magra
 <p>Prepare una ensalada con tres tipos de frijoles.</p>	 <p>Unte mantequilla de maní en trozos de manzana o plátano.</p>	 <p>Consuma pescado dos veces por semana.</p>
 <p>Agregue frijoles a las verduras de hoja salteadas y cómalos con arroz integral.</p>	 <p>Agregue nueces a las verduras y a las ensaladas.</p>	 <p>Consuma carne de res y aves de corral magras en las porciones correctas, aproximadamente del tamaño de la palma de la mano.</p>
 <p>Prepare una salsa de frijoles para disfrutarla con las verduras.</p>	 <p>Consuma un puñado de frutos secos o semillas sin sal como refrigerio.</p>	 <p>Lleve un huevo duro para consumir como refrigerio.</p>

Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web facebook.com/eatinghealthynyc.

Para más información sobre los Stellar Farmers Markets, visite nyc.gov y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.



Just Say Yes to Fruits and Vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (PSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite myBenefits.ny.gov. El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opinión política o discapacidad. Para presentar una denuncia de discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (línea de voz y TDD).

CCNS Peter J. DellaMonica
Older Adult Center

—★ *Pioneers of Queens* ★—

4th of JULY

★ WORD SEARCH ★

— Find the patriotic words hidden below! —

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

WORDS TO FIND:

- ★ FREEDOM
- ★ FLAG
- ★ STARS
- ★ STRIPES
- ★ FIREWORKS
- ★ LIBERTY
- ★ AMERICA
- ★ PARADE
- ★ JULY
- ★ RED
- ★ WHITE
- ★ BLUE
- ★ EAGLE
- ★ UNITY
- ★ CELEBRATE



*Let's celebrate our freedom,
our country, and our community!*

★ *Happy 4th of July!* ★



Wishing you a safe, happy,
and healthy Independence Day!



23-11 31st Road
Astoria, NY 11106
718-626-1500

Funded by
NYC
Aging



MINORITY MENTAL HEALTH AWARENESS MONTH



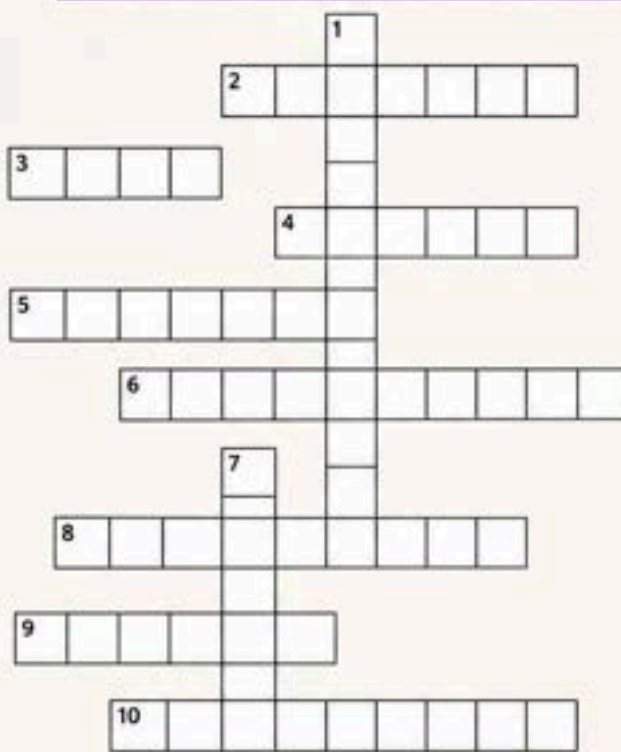
♥ Break the stigma. Support wellness. Build community. ♥

CROSSWORD PUZZLE

"Mental health is just as important as physical health."



TOGETHER, WE CAN CREATE A HEALTHIER, STRONGER COMMUNITY.



ACROSS

2. Talking to someone you trust can help your _____.
4. A feeling of calm and emotional balance.
6. Taking care of your mind and body is called _____.
8. Friends, family, and community can provide _____.
9. Mental health awareness helps reduce _____.

DOWN

1. Deep breathing and meditation can help you _____.
3. You are not _____.
5. Speaking about feelings is okay and shows _____.
7. July recognizes Minority Mental Health Awareness _____.
10. Taking care of your emotional health is very _____.

WELLNESS REMINDER



You matter.



Your mental health matters.



It's okay to ask for help.



Strong communities support one another.



Take time for yourself every day.



GET HELP. GIVE HOPE.

If you or someone you know is struggling, please reach out. Help is available and you are not alone.

Programs • Support • Education • Community • Wellness

♥ We Care. We Support. We Empower. ♥

125+ YEARS OF CHANGING LIVES



23-11 31st Road
Astoria, NY 11106



718-626-1500



SCAN ME!

Let's continue building a caring and supportive community! ♥

**START
HERE!**

Small choices today lead to better health tomorrow.

NUTRITION MAZE

Make healthy choices every day!

Find your way through the maze by making the best nutrition choices for a strong body and mind.

**GOOD NUTRITION
HELPS YOU:**

-  Have more energy
-  Stay strong
-  Fight illness
-  Enjoy life!



✗ Sugary drinks add extra sugar and calories.



✓ Drink water throughout the day.



CHOOSE FRUITS

Fruits give you vitamins, fiber, and natural goodness.



✗ Too much candy is high in sugar and low in nutrition.



✓ Enjoy fruit every day!



✗ Fried foods can be high in unhealthy fats.



✓ Choose healthy proteins like fish, chicken, beans, soy, or eggs.



WHOLE GRAINS

Whole grains help keep your heart healthy and give you lasting energy.



EAT YOUR VEGGIES

Vegetables are full of nutrients and help protect your body.



✓ Great choice! Color your plate with vegetables.



✗ Not enough vegetables can cause you to miss important nutrients.



✗ Being inactive can make you feel tired and weak.



✓ Stay active! Move your body every day.



FINISH!

You made healthy choices for a healthier you!








DID YOU KNOW?

Good nutrition can improve your mood, help you sleep better, and keep your mind sharp!



TIPS FOR DAILY HEALTH

-  Eat balanced meals with fruits, vegetables, whole grains, and lean proteins.
-  Drink plenty of water.
-  Limit salt, sugar, and saturated fats.
-  Stay active and keep moving.
-  Get regular check-ups and take your medications as prescribed.



125+
YEARS OF CHANGING LIVES



CCNS Peter J. DellaMonica Older Adult Center
23-11 31st Road, Astoria, NY 11106 • 718-626-1500

Funded in part by
the NYC Department
for the Aging



JULY 2026



718-626-1500
Monday-Friday
8am-4pm

Our case worker is on-site twice a week center for your case management needs by appointment only. Stop in or call me office at 718-626-1500 to make an appointment.

CCNS Peter J. DellaMonica *Older Adult Center*

23-11 31st Road, Astoria, NY 11106

★ Older Adult Center Staff ★

Michael S. — Program Manager
Jennifer D. — Case Manager
Miriam C. — Administrative Assistant
Mahmoud — Recreation Coordinator
Val Y. — Cook
Vaslyn S. — Assistance Cook
Cecillie C. — Kitchen Aide
Rami P. — Custodian
Consuelo G. — Transportation

★ Advisory Committee ★

Seelia B. — President
Michael J. — Vice President
Maria R. — Treasurer
Norma A. — Secretary
Vilma L. — Councilmember

Catholic Charities Brooklyn and Queens, offers the dignity of a wide array of services especially for the senior citizens.

We provide insurance, advocacy and resources to meet those in need so they can experience the richness of life and develop their talents to enrich the members of their community.

125TH
ANNIVERSARY
1889-2026

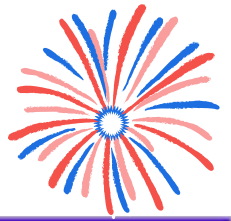


Janice L. D'Oro
Design & Illustration

JULY 2026 ACTIVITY CALENDAR

CCNS Peter J. DellaMonica Older Adult Center

23-11 31st Road • Astoria, NY 11106 • 718-626-1500



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Emotional Wellness	Social Wellness	Lifelong Learning	Physical Wellness	Creative Expression
 6 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics (Ahmed) 12:00 Lunch 1:00 4th of July Celebration (DJ Valentine)	 7 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Chair Stretch & Relaxation (AE) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	8 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Around the World Virtual Tours (MA) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	9 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Self-Defense Demo 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	10 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Ahmed) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
13 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics (Ahmed) 12-1 Lunch 1:00 Goodbye Spring Celebration (DJ Woody)	14 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Chair Stretch & Relaxation (AE) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	15 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Omnicare Presentation (Leyda Mendez) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	16 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 General Membership Meeting 12-1 Lunch 1:00 Leisure Games (MJ) 1:00-2:30 Enhanced Coloring (Donna)	17 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Ahmed) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
20 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics (Ahmed) 12-1 Lunch 1:00 Celebrating Minority Mental Health Month (DJ Valentine)	21 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Chair Stretch & Relaxation (AE) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	22 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Around the World Virtual Tours 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	23 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Public Transportation Presentation (Camiele Burns) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	24 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Ahmed) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
27 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics (Ahmed) 12-1 Lunch 1:00 July Birthday Party (DJ Woody)	 28 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Chair Stretch & Relaxation (AE) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	29 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Around the World Virtual Tours 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	30 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Virtual Pilates (YouTube) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	31 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Ahmed) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)

CCNS Peter J. DellaMonica Older Adult Center

July 2026

LUNCH MENU

Good Food. Good Friends. Great Day!

Happy
4th
of
July!



Celebrate
Community
Celebrate
YOU!

NUTRITIOUS MEALS ★ **GREAT COMPANY** ★ **STRONGER TOGETHER**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 	30 	1 Caribbean Stuffed Eggplant Garlicky Tomato Soup with White Beans Brown Rice Caribbean Slaw Peach Apple Juice	2 Beef and Lentil Stew Kasha Mixed Green Salad with Dressing Apple	3 Baked Fish with Garlic Parmesan Crust Roasted Zucchini Smashed Red Potatoes Watermelon
6 Oven Fried Chicken Wings Capri Blend Vegetables Garlic Mashed Potatoes Orange	7 Southwest Turkey Meatloaf White Rice Steamed Green Beans Pear	8 Vegetable Cutlet Black Bean Soup Cabbage Carrot Slaw French Fries Apple Orange Juice	9 Sofrito Steak with Peppers and Onions Ultimate Stewed Black Beans Vegetable Mix Yuca with Garlic and Lemon Banana	10 Fillet of Sole Florentine Polenta Steamed Carrots and Green Beans Frozen Mixed Berries
13 Caribbean Style BBQ Chicken Rice with Corn Steamed Green Beans Apple	14 Pork Spare Ribs Creamed Spinach Mashed Sweet Potatoes Pear	15 Eggplant Parmesan Homemade Lentil Soup Steamed Carrots Kiwi Unsweetened Grape Juice	16 Black Beans and Rice Spanish Style Beef Stew Sautéed Asparagus Banana	17 Baked Salmon with Lemon, Tarragon and Thyme Quinoa Cucumber and Tomato Salad with Balsamic Vinaigrette Cantaloupe
20 Teriyaki Chicken Thighs Roasted Red Potatoes with Parsley Steamed Zucchini Honeydew	21 Turkey Bean Chili Rice Pilaf Italian Blend Vegetables Peach	22 Spring Vegetable Lasagna White Bean Soup Steamed Broccoli Apple Orange Juice	23 Braised Beef Capri Blend Vegetables Homemade Mashed Potatoes Banana	24 Lemon Garlic Baked Fish Orzo Baby Carrots and Parsley Pear
27 Chicken Fricassee Brown Rice Steamed Green Beans Orange	28 Pernil (Roasted Pork Shoulder) Steamed Sliced Carrots Yellow Plantains Apple	29 Crispy Garden Cutlet Cuban Style Split Pea Soup Italian Blend Vegetables French Fries Pear Orange Juice	30 Chili con Carne Egg Noodles Steamed Zucchini Banana	31 Baked Sundried Tomato Fish Polenta Tomato and Cucumber Salad with Dressing Nectarine



Menu items are subject to change without prior notice based on availability and center operations. Meals include whole wheat bread and 1% low-fat milk.



Lunch Served
12:00 PM – 1:00 PM

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