



★ ★ JULY / JULIO ★ ★ ★

2026



HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200



OPEN MONDAY-FRIDAY
8:30 AM - 4:30 PM

★ *A Message From Staff*

Hello everyone! Happy July!

Summer is here and we are so happy to welcome everyone to another month filled with fun, friendship, and meaningful activities.

As we celebrate Independence Day, we wish everyone a safe and happy holiday with family and loved ones. Our center continues to be a place where older adults can stay active, learn something new, make new friends, and enjoy daily programs including exercise classes, arts and crafts, games, special events, and nutritious meals.

Thank you for being a part of our family. We appreciate you and look forward to spending a wonderful month together!



With appreciation,

The Staff of the
Woodhaven-Richmond Hill
Older Adult Center



★ *Un Mensaje del Personal* ★

¡Hola a todos! ¡Feliz mes de julio!

El verano ya está aquí y nos llena de alegría darles la bienvenida a otro mes lleno de actividades, amistad y momentos significativos.

Mientras celebramos el Día de la Independencia, les deseamos unas fiestas seguras y felices junto a sus familiares y seres queridos. Nuestro centro continúa siendo un lugar donde las personas mayores pueden mantenerse activas, aprender cosas nuevas, hacer nuevas amistades y disfrutar de programas diarios como clases de ejercicio, manualidades, juegos, eventos especiales y comidas nutritivas.

Gracias por ser parte de nuestra familia. ¡Los apreciamos y esperamos compartir un maravilloso mes juntos!

Con cariño,

El personal del Centro para
Adultos Mayores Woodhaven-
Richmond Hill



Wishing everyone a

Safe, Happy

AND JOYFUL 4TH OF JULY!



CELEBRATE FREEDOM.
CELEBRATE COMMUNITY.
CELEBRATE TOGETHER!



HAPPY BIRTHDAY

JULY BIRTHDAYS/ CUMPLEAÑOS EN JULIO

Emilia Calderon

Peter Yuen

Carmen Melendez

Mario Garcia

Rosalba Altamar

Susan Tommaso

Ann Croke (Daisy)

Angelo Cartagena (Angel)

Maria Sanchez

Luis Heywood

Leonicito Campos

Rosalba Marin

Librada Vasquez

Alice Choi

Alice Choi

FUNDED BY NYC AGING

CCNS Woodhaven-Richmond Hill Older Adult Center

July 2026

* All Activities are Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Ex (Staff) 2-3 pm – Classical Music (Staff) 3-4pm- Scrabble (Volunteer)	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)	9-10am- Wii Bowling (Nick) 10-11am-Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Nat Geo Movie (Vol) 3-4pm- Brainteasers (Volunteer)	9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loretta) 11-12am- Bingo (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- ESL (Karina) 3-4pm- Domino (Volunteer)	9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm - YouTube Chair Yoga (Maria) 2-3pm- Crafts and Garden (Vol) 3-4pm- Painting (Volunteer)
6	7	1	2	3
9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Ex (Staff) 2-3pm- Classical Music (Staff) 3-4pm- Coloring (Coloring)	9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Vol) 1-2pm- Yoga (Pat L.) 2-3pm- Chess (Volunteer) 3-4pm- Book Club (Volunteer)	9-10am- Wii Bowling (Nick) 10-11am-Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Nat Geo Movie (Vol) 3-4pm- Uno Card Game (Vol.)	9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loretta) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- ESL (Karina) 3-4pm- Domino (Volunteer)	9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm - YouTube Chair Yoga (Maria) 2-3pm- Crafts and Garden (Vol) 3-4pm- Painting (Volunteer)
13	14	8	9	10
9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Ex (Staff) 2-3pm- Classical Music (Staff) 3-4pm- Coloring (Coloring)	9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Vol) 1-2pm- Yoga (Pat L.) 2-3pm- Chess (Volunteer) 3-4pm- Book Club (Volunteer)	9-10am- Wii Bowling (Nick) 10-11am-Healthy Snacks (Vol.) 11-12pm- Senior & Staff Meeting 1-2pm- Belly Dance (Elaine G.) 2-3pm- Nat Geo Movie (Vol) 3-4pm- Brainteasers (Volunteer)	9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loretta) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- ESL (Karina) 3-4pm- Domino (Volunteer)	9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Crafts and Garden (Vol) 3-4pm- Painting (Volunteer)
20	21	22	23	24
9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Ex (Staff) 2-3pm- Classical Music (Staff) 3-4pm- Scrabble (Volunteer)	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)	9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Nat Geo Movie (Vol) 3-4pm- Uno Card Game (Vol.)	9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loretta) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- ESL (Karina) 3-4pm- Domino (Volunteer)	9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Crafts and Garden (Vol) 3-4pm- Painting (Volunteer)
27	28	29	30	31
9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Ex (Staff)	9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.)	9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Nat Geo Movie (Vol) 3-4pm- Brainteasers (Vol)	9-10am- Healthy Snacks (Vol) 10-11am- Karaoke (Loretta) 11-12am Knitting & Crochet (Vol) 1-2pm- Zumba (Elaine G.) 2-3pm- ESL (Karina) 3-4pm- Domino (Volunteer)	9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-3pm- Monthly Birthday Party 3-4pm- Painting (Volunteer)

Woodhaven-Richmond Hills OAC

• Menu are Subject to Change •

MENU

JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WHOLE WHEAT BREAD AND MILK WILL BE SERVED WITH ALL MEALS. MENU SUBJECT TO CHANGE				
Beet and Black Bean Salad or California Veggie Burger Baked Fries Baked Onions Lutefisk and Tomato Tangerines	Baked Asian Style Chicken Wings Garlic Noodles Smashed Cucumber Salad Dragon Fruit	Smothered Pork Chops Perfect White Rice Beet, Arugula and Feta Salas Cantaloupe	Hamburger Sliders Hot Dogs Bake Beans Hawaiian Rolls Garden Salad Italian Ice	Tuna Salad Bowtie Pasta Salad Beans Salad with French Dressing Garden Salad Grapes
6	7	1	2	3
ABrown Rice and Black Beans Beet Salad Nectarine	Fettuccine Alfredo Garlic Bread Sausage & Pepper Steamed Broccoli	BBQ Meatloaf Whole Wheat Bread Garden Salad Carlid Mashed Potatoes Kiwi's	Chicken Gyros Mediterranean Salad with Olives Roasted Lemon Potatoes	Parmesan Baked Fish Basic Pasta Salad Baby Spinach Salad with Black Beans and Lemon Vinaigrette Orange
13	14	8	9	10
Tasty Whole Wheat Lo Mein with Edamame Baby Spanish Salad With Black Beans and lemon Vinaigrette Mixed Vegetables Pears	Beef Taco Guacamole Dip Mexican Fiesta Salad Mexican Rice	Oven-Fried Chicken Wings Baked Macaroni and Cheese, Cornbread Arugula Salad with Roasted Beets, Carrots and Chickpeas Orange	BBQ Tips Fried Rice Bok Choy Egg Rolls	Oven-Fried Fish Home Fries, Peppers, and Onions Spinach, Apple, and Red Onion Salad Grapefruit
20	21	22	23	17
Black Beans Soup Brown Rice with Kidney Beans Beet, Arugula, and Feta Salad Peach	Shrimp & Grits BBQ chicken Wings Coolards Greens Cornbread Macaroni Salad	Beef Stew Arugula with Balsamic Vinaigrette Garlic Mashed Potatoes Grapes	Prok Chops Spanish Rice Ensalad Rusa	Swrt Orange Salmon Brown Rice and Beans Spinach, Apple and Red Onion Salad Orange
27	28	29	30	24
				Broccoli & Potato Soup Tuna Salad with Eggs Cabbage and Beet Salad Broccoli and Potato Soup Banana
				31

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CCNS Woodhaven-Richmond Hill Older Adult Center



JULIO 2026



Todas las actividades están sujetas a cambios

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES
6 9-10am Origami (Voluntario) 10-11am Joyería (Voluntario) 11-12am Tecnología (Voluntario) 1-2pm Silla de YouTube Ej. (Personal) 2-3pm Música Clásica (Personal) 3-4pm Escritura (Voluntario)	7 9-10am Origami (Voluntario) 10-11am Ejercicio en Silla (Tommy M.) 11-12am Tecnología (Voluntario) 1-2pm Yoga (Pat L.) 2-3pm Mahjong (Voluntario) 3-4pm Dibujo a Lápis (Voluntario)	8 9-10am Bolos Wii (Nick) 10-11am Refrigierios Saludables (Vol.) 11-12am Artes y Manualidades (Vol.) 1-2pm Baile (Elaine G.) 2-3pm Película Nat Geo (Vol.) 3-4pm Juego de Cartas (Vol.)	9 9-10am Refrigierios Saludables (Vol.) 10-11am Karaoke (Loreta) 11-12am Tejido y Crochet (Vol.) 1-2pm Zumba (Elaine G.) 2-3pm ESL (Karina) 3-4pm Dominó (Voluntario)	10 9-10am Tecnología (Voluntario) 10-12am Película y Discusión (Personal) 1-2pm Yoga en YouTube (Maria) 2-3pm Artes y Manualidades (Vol.) 3-4pm Pintura (Voluntario)
13 9-10am Origami (Voluntario) 10-11am Joyería (Voluntario) 11-12am Tecnología (Voluntario) 1-2pm Silla de YouTube Ej. (Personal) 2-3pm Música Clásica (Personal) 3-4pm Colorear (Voluntario)	14 9-10am Origami (Voluntario) 10-11am Ejercicio en Silla (Tommy M.) 11-12am Tecnología (Voluntario) 1-2pm Yoga (Pat L.) 2-3pm Ajezrez (Voluntario) 3-4pm Club de Lectura (Voluntario)	15 9-10am Bolos Wii (Nick) 10-11am Refrigierios Saludables (Vol.) 11-12am Reunión de Personas Mayores y Personal 1-2pm Baile (Elaine G.) 2-3pm Película Nat Geo (Vol.) 3-4pm Acertijos (Voluntario)	16 9-10am Refrigierios Saludables (Vol.) 10-11am Karaoke (Loreta) 11-12am Tejido y Crochet (Vol.) 1-2pm Zumba (Elaine G.) 2-3pm ESL (Karina) 3-4pm Dominó (Voluntario)	17 9-10am Tecnología (Voluntario) 10-12am Película y Discusión (Personal) 1-2pm Yoga en YouTube (Maria) 2-3pm Artes y Manualidades (Vol.) 3-4pm Pintura (Voluntario)
20 9-10am Origami (Voluntario) 10-11am Joyería (Voluntario) 11-12am Tecnología (Voluntario) 1-2pm Silla de YouTube Ej. (Personal) 2-3pm Música Clásica (Personal) 3-4pm Escritura (Voluntario)	21 9-10am Origami (Voluntario) 10-11am Ejercicio en Silla (Tommy M.) 11-12am Tecnología (Voluntario) 1-2pm Yoga (Pat L.) 2-3pm Mahjong (Voluntario) 3-4pm Dibujo a Lápis (Voluntario)	22 9-10am Bolos Wii (Nick) 10-11am Refrigierios Saludables (Vol.) 11-12am Artes y Manualidades (Vol.) 1-2pm Baile (Elaine G.) 2-3pm Película Nat Geo (Vol.) 3-4pm Juego de Cartas (Vol.)	23 9-10am Refrigierios Saludables (Vol.) 10-11am Karaoke (Loreta) 11-12am Tejido y Crochet (Vol.) 1-2pm Zumba (Elaine G.) 2-3pm ESL (Karina) 3-4pm Dominó (Voluntario)	24 9-10am Tecnología (Voluntario) 10-12am Película y Discusión (Personal) 1-2pm Yoga en YouTube (Maria) 2-3pm Artes y Manualidades (Vol.) 3-4pm Pintura (Voluntario)
27 9-10am Origami (Voluntario) 10-11am Joyería (Voluntario) 11-12am Tecnología (Voluntario) 1-2pm Silla de YouTube Ej. (Personal) 2-3pm Música Clásica (Personal) 3-4pm Colorear (Voluntario)	28 9-10am Origami (Voluntario) 10-11am Ejercicio en Silla (Tommy M.) 11-12am Tecnología (Voluntario) 1-2pm Yoga (Pat L.) 2-3pm Ajezrez (Voluntario) 3-4pm Club de Lectura (Voluntario)	29 9-10am Bolos Wii (Nick) 10-11am Refrigierios Saludables (Vol.) 11-12am Artes y Manualidades (Vol.) 1-2pm Baile (Elaine G.) 2-3pm Película Nat Geo (Vol.) 3-4pm Acertijos (Voluntario)	30 9-10am Refrigierios Saludables (Vol.) 10-11am Karaoke (Loreta) 11-12am Tejido y Crochet (Vol.) 1-2pm Zumba (Elaine G.) 2-3pm ESL (Karina) 3-4pm Dominó (Voluntario)	31 9-10am Tecnología (Voluntario) 10-12am Fiesta Mensual 1-2pm Yoga en YouTube (Maria) 2-3pm Artes y Manualidades (Vol.) 3-4pm Pintura (Voluntario)

★ ¡Recuerde! Todas las actividades están sujetas a cambios. Consulte con el personal para más información.



FUNDED BY NYC AGING



CCNS

**Woodhaven-Richmond Hill
Older Adult Center**



Funded by
NYC Aging

MEMBERSHIP = and = STAFF MEETING

= *Your Voice Matters!* =

Let's work together to make
our center even better!



Share your:



IDEAS

Share ideas for new
programs, activities
and events.



SUGGESTIONS

Help us improve
our center and
services.



CONCERNS

Let us know what
matters to you.



FEEDBACK

Your feedback helps
us serve you
better.



DATE:
WEDNESDAY,
JULY 15, 2026



TIME:
11:00 AM – 12:00 PM



WHO:
**ALL MEMBERS
AND STAFF**



TOGETHER, WE CAN MAKE OUR CENTER EVEN BETTER!

Thank you for being a valued member of our community! =

FUNDED BY NYC AGING



CCNS

**Woodhaven–Richmond Hill
Older Adult Center**



Financiado por
NYC Aging

REUNIÓN DE MEMBRESÍA y PERSONAL

¡Tu voz importa!

¡Trabajemos juntos para hacer
nuestro centro aún mejor!



Comparte:



IDEAS

Comparte ideas para
nuevos programas,
actividades y eventos.



SUGERENCIAS

Ayúdanos a mejorar
nuestro centro y
servicios.



INQUIETUDES

Cuéntanos lo que es
importante para ti.



COMENTARIOS

Tus comentarios nos
ayudan a servirte
mejor.



FECHA:

**MIÉRCOLES,
15 DE JULIO DE 2026**



HORA:

11:00 A. M. – 12:00 P. M.



**¿QUIÉN PUEDE PARTICIPAR?
TODOS LOS MIEMBROS
Y PERSONAL**



¡JUNTOS PODEMOS HACER NUESTRO CENTRO AÚN MEJOR!

¡Gracias por ser un miembro valioso de nuestra comunidad!

FUNDED BY NYC AGING



4TH OF JULY

WORD SEARCH

WORD LIST

AMERICA
 BALLOONS
 BBQ
 CELEBRATE
 FIRECRACKER
 FIREWORKS
 FLAGS
 FREEDOM
 FUN
 INDEPENDENCE
 JULY
 LIBERTY
 NATION
 PARADE
 PARTY
 PATRIOTIC
 PICNIC
 RED
 SPARKLERS
 STARS
 STRIPES
 SUMMER
 USA
 WHITE
 YARD

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



4th of JULY

Word Search



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



CONSTITUTION
INDEPENDENCE
DECLARATION
REVOLUTION
PATRIOTISM
SUNSCREEN

CELEBRATE
LEMONADE
FESTIVAL
BACKYARD
COLONIES
ICECREAM

HOLIDAY
PATRIOT
FATHERS
BUNTING
FOUNDER
ANTHEM

ROCKET
SUMMER
MUSIC
DRUM
BB Q
BAND



2





HAPPY BIRTHDAY!

June Birthday Party Fiesta de Cumpleaños de Junio



FUNDED BY NYC AGING



What's Happening at the Center?

Su Casa Arts Program



FUNDED BY NYC AGING

What's Happening at the Center?

Father's Day breakfast



FUNDED BY NYC AGING

What's Happening at the Center?

Current Events



July 2, 2026
@1pm

July 16, 2026
@1pm



July 3, 2026
@1pm



FUNDED BY NYC AGING



Bear Mountain TRIP

MEMORIES • LAUGHTER • ADVENTURE • NATURE



Good friends, beautiful views, and unforgettable memories. ♥

Chair Exercise with Tommy M



Everyday on Tuesday @10am



Monthly Birthday Party **July 31, 2026 @ 1-3pm**



Karaoke

Every Thursday @
10-11am



FUNDED BY NYC AGING

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



Llame a un Centro o Anótese en la Recepción
La Trabajadora de Casos Karina Munoz
se comunicará con usted para programar su cita aita.

WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

89-02 91st Street
Woodhaven, NY 11421

Phone: (718) 847-9200

Open Monday-Friday 8:30am-4:30pm

SENIOR CENTER STAFF

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

ADVISORY COMMITTEE

Roopmatic Koomah President
Manjila Budraja Vice President
Susan Tommaso Secretary
Jo Ann Bartos Treasurer
Patricia Carman Advisory Luis
Heywood Advisory Jocelyne
Celific Fire Guard

**IN PERSON ACTIVITIES AND CONGREGATE MEALS
ARE BACK AT WOODHAVEN-RICHMOND HILL OLDER
ADULT CENTER. FOR MORE INFORMATION PLEASE
CALL 718-847-9200. THANK YOU!**

We welcome seniors ages 60 and up. The Center is
wheelchair accessible.

Demos la bienvenida a personas mayores de 60 años en
adelante. El Centro es accesible para sillas de ruedas.

ENGLISH, CHINESE, & SPANISH SPOKEN/ SE HABLA INGLÉS, CHINO Y ESPAÑOL

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 Mision

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 diversa sociedad. Caridades Católicas desarrolla respuestas efectivas a las necesidades humanas y se une a todas las personas de buena voluntad para abogar por un orden social que promueva la justicia y abrace el desarrollo humano.

FUNDED BY NYC AGING



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*