

JULY/JULIO 2026 HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES
CCNS Ozone Park OAC

103-02 101st Ave, Ozone Park, NY 11416

Phone# (718)-847-2100

➤ OPEN MONDAY THROUGH FRIDAY 8 AM TO 4 PM ➤

A MESSAGE FROM STAFF



UN MENSAJE DE PERSONAL

Hi everyone!

Welcome to July—a month of sunshine, summer fun, and time well spent together! We have a variety of activities, wellness programs, educational workshops, and special events planned to help you stay active, connected, and inspired.

Whether you're joining a class, enjoying time with friends, or trying something new, there's something for everyone to enjoy. Let's make this month a memorable one!

Thank you for being such an important part of our center community. We appreciate you!

With love,

The Staff of Ozone Park Older Adult Center



¡Hola a todos!

¡Bienvenidos a julio, un mes lleno de sol, diversión de verano y momentos especiales juntos! Tenemos una variedad de actividades, programas de bienestar, talleres educativos y eventos especiales para mantenerlos activos, conectados e inspirados.

Ya sea que participen en una clase, disfruten tiempo con amigos o prueben algo nuevo, hay algo para todos.

¡Hagamos de este mes uno inolvidable!

Gracias por ser parte tan importante de nuestra comunidad.

¡Los apreciamos!

Con cariño,

El Personal del Centro para
Adultos Mayores de Ozone Park



♥ FUNDED BY NYC AGING ♥

FUNDED BY NYC AGING

CCNS OZONE PARK

• Activities are Subject to Change •

ACTIVITY JULY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10am Crochet (Madge) 10-11 am- Coloring(Karina) 11-12 pm- Technology Youtube Video 1-3 pm - Scrabble (Nick)	9-10am- Crochet (Madge) 10-11am- Chair Yoga (Pat) 11-12am- Pencil Drawing (Karina) 1-3pm- Tai-chi (Madge) 2-3pm- Painting Class(SueCass)	9-10am-Crochet (Madge) 10-11am Zumba (Elaine) 11-12am- Bingo Game (Vol) 1-3pm-Ping-Pong (Nick)	9-10am-Healthy Snacks Video (Vol) 10-11am- Tai-chi (Harrison) 11-12 am- Classical Hour (Vol) 1-3pm- Yoga (Madge) 2-3pm - Pencil Drawing(Nick)	9-10am- Brain Teasers (Nick) 10-11 am -YouTube Chair Yoga (Maria) 11-12pm- Karaoke (Nick) 1-3pm - Movie Day (Maria)
6	7	1	2	3
9-10 am- Crochet (Madge) 10-11 am- Coloring(Karina) 11-12 pm- Technology Youtube Video 1-3 pm - Scrabble (Nick)	9-10am- Crochet (Madge) 10-11am- Chair Yoga (Pat) 11-12am- Pencil Drawing (Karina) 1-3pm- Tai-chi (Madge) 2-3pm- Painting Class(SueCass)	9-10am-Crochet (Madge) 10-11am Zumba (Elaine) 11-12am- Senior and Staff Meeting 1-3pm-Ping-Pong (Nick)	9-10am-Healthy Snacks Video (Vol) 10-11am- Tai-chi (Harrison) 11-12 am- Classical Hour (Vol) 1-3pm- Yoga (Madge) 2-3pm - Pencil Drawing(Nick)	9-10am- Brain Teasers (Nick) 10-11 am -YouTube Chair Yoga (Maria) 11-12pm- Karaoke (Nick) 1-3pm - Movie Day (Maria)
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20	21	22	23	24
9-10 am- Crochet (Madge) 10-11 am- Fathers' Breakfast Day 11-12 pm- Technology Youtube Video 1-3 pm - Scrabble (Nick)	9-10 am- Crochet (Madge) 10-11am- Chair Yoga (Pat) 11-12am- Pencil Drawing (Karina) 1-3pm- Tai-chi (Madge) 2-3pm- Painting Class(SueCass)	9-10am-Crochet (Madge) 10-11am Zumba (Elaine) 11-12am- Domino Game (Vol) 1-3pm-Ping-Pong (Nick)	9-10am-Healthy Snacks Video (Vol) 10-11am- Tai-chi (Harrison) 11-12 am- Classical Hour (Vol) 1-3pm- Yoga (Madge) 2-3pm - Pencil Drawing(Nick)	9-10 am- Brain Teasers(Nick) 10-11 am -YouTube Chair Yoga (Maria) 11-12 pm- Karaoke (Nick) 1-3pm - Movie Day (Maria)
27	28	29	30	31
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FUNDED BY NYC AGING

CCNS OZONE PARK

• 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

Beef and Black Bean Salad or Cauliflower

Baked Asian Style Chicken

7

Sweetened Pork Chops

1

Hammerburger Sliders

2

Tuna Salad

3

Vegete Burger

Wings

7

BBQ Meatloaf

8

Hot Dogs

9

Parmesan Baked Fish

10

Baked Fries

Garlic Noodles

7

Whole Wheat Bread

8

Bake Beans

9

Baby Pasta Salad

10

1. tomato and Tomatoes

Sweetened Cucumber Salad

7

Garden 3. Salad

8

Mediterreanean Salad with Olives

9

Baby Spinach Salad with Black Beans and Lemon Vinaigrette

10

7. zucchini

Dragon Fruit

7

Kiwis

8

Roasted Lemon Potatoes

9

Orange

10

Brown Rice and Black Beans

13

Fettuccine Alfredo

14

BBQ Pork Chops

15

Sew Chicken

16

Oven-Fried Fish

17

Beet Salad

Garlic Bread

14

Kale Salad with Beets and Apple

15

Cabbage

16

Home Fries, Peppers, and Onions

17

Nectarine

Sausage & Pepper

14

Potato Salad

15

Rice & Beans

16

Spinach, Apple, and Red Onion Salad

17

Nectarine

Steamed Broccoli

14

Apple

15

Rice & Beans

16

Grapefruit

17

Tasty Whole Wheat Lo Mein with 20

20

Beef Taco

21

Oven-Fried Chicken Wings

22

BBQ Tuna

23

Sweet Orange Salmon

26

Edamame

Guacamole Dip

21

Baked Macaroni and Cheese, Cornbread

22

Fried Rice

23

Brown Rice and Beans

26

Baby Spanish Salad With Black

Mexican Fiesta Salad

21

Arugula Salad with Roasted Beets, Carrots

22

BOB Choy

23

Spinach, Apple and Red

26

Beans and Lemon Vinaigrette

Mexican Rice

21

Orange

22

Egg Roast

23

Onion Salad

26

Mixed Vegetable

Mexican Rice

21

Orange

22

Egg Roast

23

Onion Salad

26

Pears

Shrimp & Grits

23

BBQ Chicken Wings

24

Prok Chops

30

Broccoli & Potato Soup

31

Black Bean Soup

BBQ Chicken Wings

23

Arugula with Balsamic Vinaigrette

24

Spanish Rice

30

Tuna Salad with Eggs

31

Brown Rice with Kidney Beans

Cooler Greens

23

Garlic Mashed Potatoes

24

Spanish Rice

30

Cabbage and Beet Salad

31

Beet, Arugula, and Feta Salad

Cornbread

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

Peach

Macaroni Salad

23

Grapes

24

Eusala Rusa

30

Broccoli and Potato Soup

31

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HAPPY Birthday!

Wishing
You a Day
as Special
as You Are!

Celebrate
Your
Special
Day!

You are
Amazing!

Hope all your
wishes come true!

JULY BIRTHDAY CELEBRATION

♥ Happy Birthday to all of our July celebrants! ♥

We are delighted to recognize and celebrate our members who are celebrating birthdays this month. Your friendship, participation, and positive spirit help make our center a warm and welcoming place for everyone.

May your birthday bring you happiness, good health, laughter, and many special moments with family and friends. We wish you a wonderful year ahead filled with joy, blessings, and success.

Thank you for being an important part of the
Ozone Park Older Adult Center family.

With best wishes, ♥
The Staff of Ozone Park Older Adult Center

♥ ¡Feliz cumpleaños a todos nuestros
celebrantes de julio! ♥

Nos complace reconocer y celebrar a nuestros miembros que cumplen años este mes. Su amistad, participación y espíritu positivo ayudan a hacer de nuestro centro un lugar cálido y acogedor para todos.

Que su cumpleaños les traiga felicidad, buena salud, risas y muchos momentos especiales junto a familiares y amigos. Les deseamos un maravilloso año lleno de alegría, bendiciones y éxito.

Gracias por ser una parte importante de la familia del
Centro para Adultos Mayores de Ozone Park.

Con nuestros mejores deseos, ♥
El Personal del Centro para
Adultos Mayores de Ozone Park

Eres
Especial

¡Que se
cumplan todos
tus deseos!

♥ Wishing all our July birthday celebrants a year
filled with happiness, health, and wonderful memories! ♥

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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



© Little Mushroom Studios

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



HOLIDAYS & OBSERVANCES IN *July* 2026

• Celebrate. Honor. Connect. •

**JULY
4
SATURDAY**

INDEPENDENCE DAY

Celebrates the adoption of the Declaration of Independence in 1776 and the birth of the United States of America.



**JULY
5
SUNDAY**

INDEPENDENCE DAY OBSERVED

Many organizations and businesses observe Independence Day on the closest weekday when July 4 falls on a weekend.



**JULY
19
SUNDAY**

NELSON MANDELA INTERNATIONAL DAY

Honors the life, legacy, and contributions of Nelson Mandela to freedom, justice, and equality.



**JULY
24
FRIDAY**

PARENTS' DAY

A day to recognize and appreciate the love, guidance, and sacrifices of parents and caregivers.



**JULY
30
THURSDAY**

INTERNATIONAL DAY OF FRIENDSHIP

Promotes the importance of friendship in building peace, understanding, and strong communities.



ALSO OBSERVED IN JULY



UV SAFETY MONTH

Protect your skin.
Wear sunscreen,
stay safe in the sun!



NATIONAL PICNIC MONTH

Enjoy the outdoors,
good food, and great
company!



NATIONAL ICE CREAM MONTH

Celebrate with your
favorite sweet treat
all month long!



SOCIAL WELLNESS MONTH

Connect, engage,
and build strong
relationships!



♥ *Wishing everyone a safe, healthy,
and happy July!* ♥





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,
8 DE JULIO
DE 2026**



HORA:
**11:00 A. M.
A 12:00 P. M.**



LUGAR:
OZONE PARK
Older Adult Center

*¡Queremos
escucharte!*



*Juntos podemos hacer
la diferencia.*



¡JUNTOS PODEMOS HACER NUESTRO CENTRO AÚN MEJOR!
¡GRACIAS POR SER UN MIEMBRO VALIOSO DE NUESTRA COMUNIDAD!



CCNS

**Woodhaven-Richmond Hill
Older Adult Center**



Funded by
NYC Aging

MEMBERSHIP & 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 8, 2026



TIME:
11:00 AM – 12:00 PM



LOCATION:
OZONE PARK
Older Adult Center

*We want to
hear from you!*

*Together, we can
make our center
even better!*



TOGETHER, WE CAN MAKE OUR CENTER EVEN BETTER!
Thank you for being a valued member of our community!

HELLO
July!

Smart Snacks, Stronger You!

Good nutrition is the key to more energy,
better health, and feeling your best
every day! ♥



SMART SNACKING CAN HELP YOU:



Boost energy
and focus



Support your
immune system



Improve
heart health



Maintain a
healthy weight



Keep you full
and satisfied

➤ *Try these healthy snack ideas!* ➤



Cottage cheese
with pineapple



Avocado toast
on whole grain
bread



Greek yogurt
with berries
and granola



Hard-boiled
eggs with
a sprinkle of
black pepper



Apple slices
with almond
butter



Homemade
trail mix
(nuts, seeds &
dried fruits)



SMART SNACK TIPS

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



DON'T FORGET TO HYDRATE!

Water helps your body function
at its best, supports digestion,
keeps your skin glowing, and
helps you feel great!

*Drink more water,
feel better, live better!*



Make healthy choices. Feel strong. Live well.

➤ *Have a happy, healthy July!* ➤

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Celebrating July at Ozone Park OAC with Elaine



OZONE PARK OLDER ADULT CENTER



103-02 101st Ave,
Ozone Park, NY 11416



Phone: (718) 847-2100



Open Monday-Friday
8am-4pm



SENIOR CENTER STAFF

Annie Liu *Director of Operations*

Nicholas Theodorou *Program Manager*

Karina Munoz *Case Manager*

Alice Cedo *Administrative Assistant*

Maria Garnica *Transportation
Coordinator*

Michael Gordon *Maintenance*

Segundo San Andres *Kitchen Aide*



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

Damos 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.

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IMMIGRATION SCAM ALERT!



**Protect Yourself • Protect Your Documents •
Protect Your Money**

SCAMMERS MAY FALSELY CLAIM TO WORK FOR:



Catholic
Charities



Immigration
Services



Attorneys or
Legal Representatives



Government
Agencies

SCAM



SCAMMERS MAY:



Use fake identification badges



Request large cash payments



Promise faster immigration services



Claim to guarantee asylum,
visas, or green cards



Use WhatsApp, social media,
or text messages



Pretend to be lawyers or
accredited representatives



PROTECT YOURSELF!



Do **NOT** give money without verification.



Do **NOT** share original immigration documents.



Ask for official identification and credentials.



Verify attorneys and representatives
independently.



Be cautious of pressure, threats,
or urgent payment requests.



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



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



Speak with
center staff
immediately.



See your
Case Manager
for assistance.



Reach out to
trusted legal
providers.



Report
suspicious
activity.

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 •

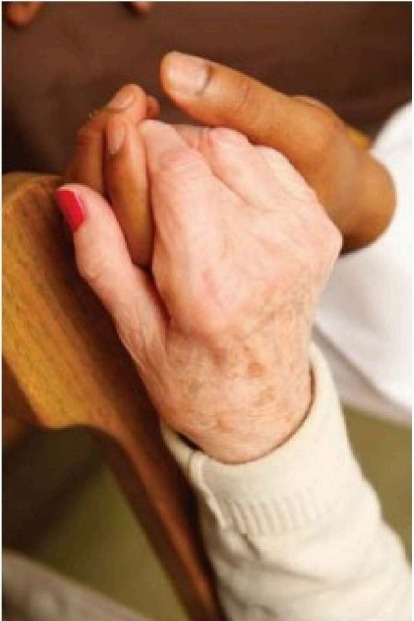
718-847-9200



Karina Munoz
Case Manager

Karina Munoz

 **CCNS**
Catholic Charities
NEIGHBORHOOD SERVICES



Southwest Queens Senior Services

is funded by the New York City Department
for the Aging

Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.



The program is sponsored by
Catholic Charities Neighborhood Services
Affiliate of Catholic Charities
Brooklyn and Queens

Accredited by the Council on Accreditation
for Children and Family Services

Catholic Charities Southwest Queens Senior
Services can help.

Our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

**Call today for a free consultation.
718-217-0126**

Serving Homebound Older
Adults in Southwest Queens



Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

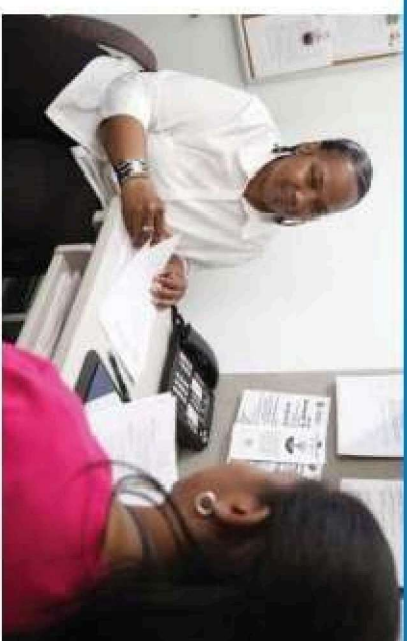
T: 718-217-0126 • F: 718-217-0495

Who is eligible to receive services?

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens



What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support

We care! You are not alone!

*Program funded by the New York City
Department for the Aging*