

July 2026



ur Voices



CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



Did you know Bayside
Older Adult Center served a
total of 31,597 congregate
meals to older adults in the
past eleven months.





4th of July

TRIVIA GAME

- When was the Declaration of Independence adopted?
A. July 2, 1776 B. July 4, 1776 C. July 6, 1776
- Who was the principal author of the Declaration of Independence?
A. George Washington B. Thomas Jefferson C. John Adams
- Which country did the U.S. gain independence from?
A. France B. Spain C. Great Britain
- What city was the Declaration of Independence signed in?
A. Boston B. Philadelphia C. New York City
- What year did the U.S. celebrate its first official Independence Day?
A. 1777 B. 1783 C. 1791
- How many colonies declared independence from Britain in 1776?
A. 13 B. 10 C. 15
- What do the stripes on the American flag represent?
A. States B. Presidents C. Original colonies
- Which president was born on the 4th of July?
A. Calvin Coolidge B. George Washington C. James Madison
- What patriotic song is often sung on the 4th of July?
A. America the Beautiful B. Jingle Bells C. My Country, 'Tis of Thee
- Which U.S. document begins with "We the People"?
A. Bill of Rights B. Constitution C. Declaration of Independence
- What is traditionally cooked at 4th of July barbecues?
A. Turkey B. Hot dogs C. Tacos
- Which monument is famously lit up with fireworks on July 4th?
A. Statue of Liberty B. Golden Gate Bridge C. Mount Rushmore
- How many stars are on the current U.S. flag?
A. 50 B. 48 C. 52
- What is another name for Independence Day?
A. Liberty Day B. Freedom Fest C. Fourth of July
- Which Founding Father did not sign the Declaration of Independence?
A. Alexander Hamilton B. Benjamin Franklin C. John Hancock
- Which two presidents died on July 4, 1826?
A. Jefferson and Madison B. Jefferson and Adams C. Adams and Monroe
- What is the name of the national anthem of the United States?
A. God Bless America B. Star-Spangled Banner C. This Land Is Your Land



Bayside Older Adult Center Menu for July, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Basic Shepherd's Pie Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Orange 1% Low Fat Milk	2 Egg Salad (3 oz) Italian Chickpea Whole Wheat Bread Mashed Sweet Potatoes Apple 1% Low Fat Milk	3 Center Closed (Independence Day)
6 Chicken Fajitas Whole Wheat Bread Yellow Rice Sautéed Spinach (1 svg) Apple 1% Low Fat Milk	7 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread Steamed Carrots (1 svg) Orange 1% Low Fat Milk	8 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Brown Rice Brown Rice with Kidney Beans Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Banana; 1% Low Fat Milk	9 Cheese Lasagna Rollups (pre-prepared) Whole Wheat Bread Steamed Carrots (1 svg) Applesauce (1 svg) 1% Low Fat Milk	10 Fish with Tomatoes and Herbs Whole Wheat Bread Roasted Potatoes Steamed Green Beans (1 svg) Pear 1% Low Fat Milk
13 Classic Chicken Cacciatore Pasta (1/2 cup) Whole Wheat Bread Steamed Green Beans (1 svg) Apple 1% Low Fat Milk	14 Zesty Chickpea Stew Brown Rice (1/2 cup) Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Orange 1% Low Fat Milk	15 Beef Meatloaf Whole Wheat Bread Garlic Mashed Potatoes (1/2 svg) Steamed Carrots (1 svg) Banana; 1% Low Fat Milk	16 Tuna Salad Whole Wheat Bread Cucumber and Chickpea Salad (1 svg) Potato Salad Applesauce (1 svg) 1% Low Fat Milk	17 Lemon Garlic Baked Fish White Rice (1/2 cup) Whole Wheat Bread Tossed Salad with Dressing (1 svg) Pear 1% Low Fat Milk
20 Arroz con Pollo Chicken Breast and Rice Brown Rice with Kidney Beans Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Apple; 1% Low Fat Milk	21 Classic Black Bean Stew (pre-prepared) Whole Wheat Bread Yellow Rice Steamed Carrots (1 svg) Orange 1% Low Fat Milk	22 BBQ Pulled Pork Whole Wheat Bread Sautéed Spinach (1/2 svg) Sautéed Sweet Potatoes (1 svg) Banana, 1% Low Fat Milk	23 Eggplant Parmesan with Ricotta Tomato Sauce (pre-prepared ½ cup); Whole Wheat Bread Steamed Green Beans (1 svg) Applesauce (1 svg) 1% Low Fat Milk	24 Baked Fish Whole Wheat Bread Caesar Salad (1 svg) Homemade Mashed Potatoes Pear 1% Low Fat Milk
27 Baked Chicken Thighs BBQ Sauce Whole Wheat Bread Sautéed Sweet Potatoes (1/2 svg) Steamed Broccoli (1/2 svg) Apple 1% Low Fat Milk	28 Mediterranean Black Bean Stew; White Rice (1/2 cup) Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Orange; 1% Low Fat Milk	29 Meat Sauce Paste (1 cup) Whole Wheat Bread Steamed Green Beans (1 svg) Banana 1% Low Fat Milk	30 Turkey Bean Chili Brown Rice (1/2 cup) Whole Wheat Bread Steamed Carrots (1/2 svg) Applesauce (1 svg) 1% Low Fat Milk	31 Chickpea of the Sea Tuna Salad Whole Wheat Bread Potato Salad; Tossed Salad with Dressing (1 svg) Pear; 1% Low Fat Milk

The recommended contribution for lunch per
persons 60 years of age or older is \$2.00



Join Our Gardening Club!



-Bayside Older Adult Center-



Do you enjoy plants, flowers, or growing your own vegetables?
Come, be part of our Gardening Club and connect with fellow members
who share your love for nature!



What We'll Do:

- Plant and care for flowers and vegetables
- Share gardening tips and experiences
- Enjoy time outdoors and work together on beautiful garden projects



Who Can Join?

All senior center members are welcome—no gardening experience
needed!



Starting Soon!

Details about meeting days and times will be shared with interested
members.



Sign Up Today!

If you are interested in joining, please sign up at the front desk or speak
with staff.

Let's grow something beautiful together!





Eulalia Choi - Case Manager



Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.

July 2026



Enhanced Energy Affordability Program NY EEAP

EEAP: a 2-year pilot program that offers discounts to reduce energy costs for low- and moderate-income households. Eligible households receive a fixed discount on their energy bills.

Main purpose	Monthly utility bill discount (electric/gas)
Who it's for	Low- to moderate-income households (even without benefits)
Eligibility type	Based on income only
Income limit (NYC example)	Up to ~100% Area Median Income (AMI) • 1 person: up to \$113,400/year • 4 people: up to \$162,000/year
Maximum discount	Up to about \$135/month (highest tier)
Minimum discount	As low as \$1/month (higher income tiers)
How long it lasts	<u>Typically</u> 18 months , then recertify
Application	Must apply with income documents : https://dps.ny.gov/energy-affordability-program



How EEAP Works (Simple Explanation)

- You apply with **proof of income (last 30 days)**
- Utility (Con Edison, National Grid, etc.) places you in a **discount tier**
- You get a **fixed monthly credit on your bill**
- Discount depends on:
 - Income level (lower income = bigger discount)
 - Household size
 - Type of heating (gas vs electric)

 Goal: keep energy costs at **~6% or less of income**

Income Level	Monthly Discount (approx.)
Lowest income (under ~60% AMI)	Up to \$100–\$135/month
Middle income tiers	~\$20–\$80/month
Near max income	~\$1–\$20/month

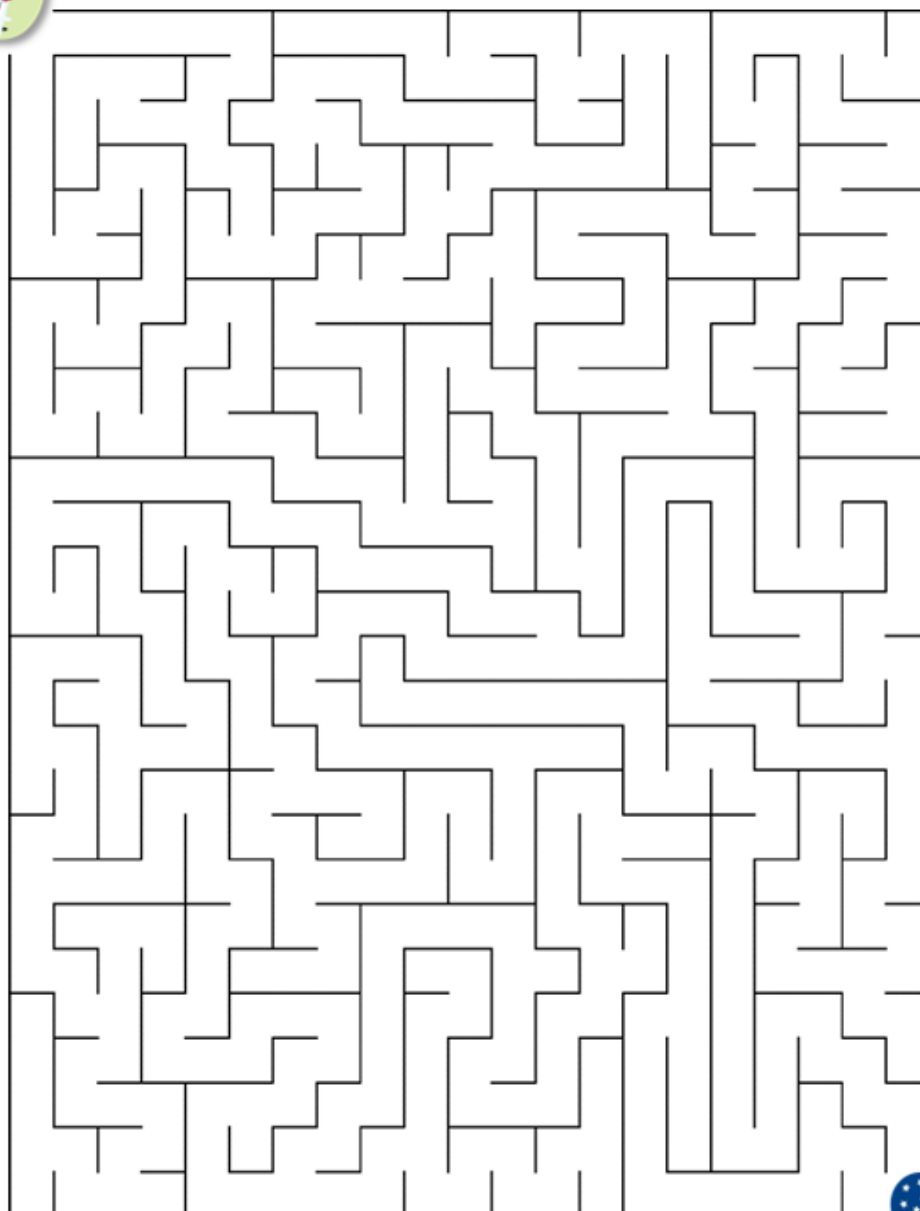
 Exact amount depends on utility + heating type

Name: _____ Date: _____



July 4th Parade

Watch the Fourth of July parade with your friends.



Resources!

PREVENTING FALLS



Use Nonslip Mats

to help improve traction in bathtubs or showers.



Remove Clutter

from walking areas that you could trip over like electrical cords.



Install Handrails

along indoor and outdoor staircases where you need extra support.



Keep The Lights On

Make sure to have adequate lighting inside and outside of your house.



Keep Items In Reach

so you don't have to rely on a step stool or ladder.



Balance & Exercise

Look to build balance, flexibility, and strength with an exercise program.



Check Vision & Hearing

Your eyes and ears are key to keeping you on your feet.



Wear Shoes

even when in the house to improve traction.



Bayside Older Adult Center Activities for July, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm	2 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) 1:00-3:00pm	3 Center Closed "Independence Day"
6 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm	7 Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	8 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm	9 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) 1:00-3:00pm	10 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)
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20 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Yoga Class (Sharon) 1:30-2:30pm	21 Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	22 Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) 1:00pm	23 Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) 1:00-3:00pm	24 Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)
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Recipe: Watermelon fruit pizza



This refreshing fruit dessert pizza recipe swaps classic cookie crust with a healthier watermelon “crust.” Topped with yogurt sauce, your favorite berries, and mint, this fresh dessert can easily be doubled for a party or halved for every day.

Ingredients

Makes 8 servings

- ½ cup low-fat plain yogurt
- 1 teaspoon honey
- ¼ teaspoon vanilla extract
- 2 large round slices watermelon (about 1 inch thick), cut from the center of the melon
- ⅔ cup sliced strawberries
- ½ cup halved blackberries
- 2 tablespoons torn fresh mint leaves

Preparation

Active time 10 minutes | Total time 10 minutes

1. Combine yogurt, honey and vanilla in a small bowl.
2. Spread 1/4 cup yogurt mixture over each slice of watermelon. Cut each slice into 8 wedges. Top with strawberries, blackberries, and mint.

July 2026

125+
YEARS OF CHANGING LIVES



50 YEARS
NYC
Department for
the Aging



CHRONIC DISEASE AWARENESS MONTH

METABOLIC SYNDROME

JULY 15, 2026 10:00 AM - 11:00 AM

METABOLIC SYNDROME IS A CLUSTER OF CONDITIONS THAT INCREASE THE RISK OF HEART DISEASE, STROKE, AND DIABETES. LEARN MORE ABOUT RISK FACTORS, PREVENTION, AND MANAGEMENT STRATEGIES.

CLICK HERE TO JOIN THE MEETING

<https://us02web.zoom.us/j/85016217815?pwd=f3MOZjdRwD5G9vs7CsDLWxKahpQ0pu.1>

MEETING ID: 850 1621 7815

PASSWORD: 112186

CALL IN NUMBER: +1-929-436-2866

**HOSTED BY STUDENTS AND FACULTY FROM
ST. JOHN'S UNIVERSITY
COLLEGE OF PHARMACY AND HEALTH SCIENCES**





BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa F.....President
Christina L... Vice President
Pat W Treasurer
Leo P Secretary

ADVISORY COUNCIL



Members:

Carmela P
Carl D
Fraternidad S
Jane C



BAYSIDE OLDER ADULT CENTER STAFF



Pang Program Manager
Kathy L Office Manager
Eulalia C Case Manager
Yolanda D Custodian
Annmarie P Transportation Coordinator
Elizabeth M..... Recreational Coordinator

Henry C
Shawn W
Laura M
Yung P T
Michael M

Transportation
Transportation
Kitchen Aide
Kitchen Aide
Kitchen Aide



Catholic Charities Mission Statement

Catholic Charities 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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

Fourth of July

Word Search Puzzle



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



ADAMS	FLAG	LIBERTY
AMERICA	FOURTH	MUSIC
BARBECUE	FREEDOM	PARADE
CELEBRATION	HOLIDAY	PATRIOTIC
COLONIES	HOT DOGS	PICNIC
CONGRESS	INDEPENDENCE	REVOLUTION
FAMILY	JEFFERSON	STATES
FIREWORKS	JULY	SUMMER

Preventing Falls at Home

SENIOR FALL PREVENTION CHECKLIST

Did you know that one in four older Americans falls every year? Many falls happen at home, where we spend much of our time and tend to move around without thinking about our safety. The good news is, falls can be prevented – especially if you know where to look.

Follow these easy steps to help safeguard your home to reduce your risk of falling.



FLOORS

- ☐ Use non-skid rugs.
- ☐ Tape or roll up extension cords or wires.
- ☐ Keep floors clear of things that can trip you, like shoes, papers or books.

STAIRS & STEPS

- ☐ Fix loose or uneven steps.
- ☐ Install light switches at top & bottom of stairs.
- ☐ Check handrails and lights, on both sides.
- ☐ Ensure handrails are sturdy.
- ☐ Keep objects off stairs.
- ☐ Attach nonslip rubber treads to steps.

BATHROOM

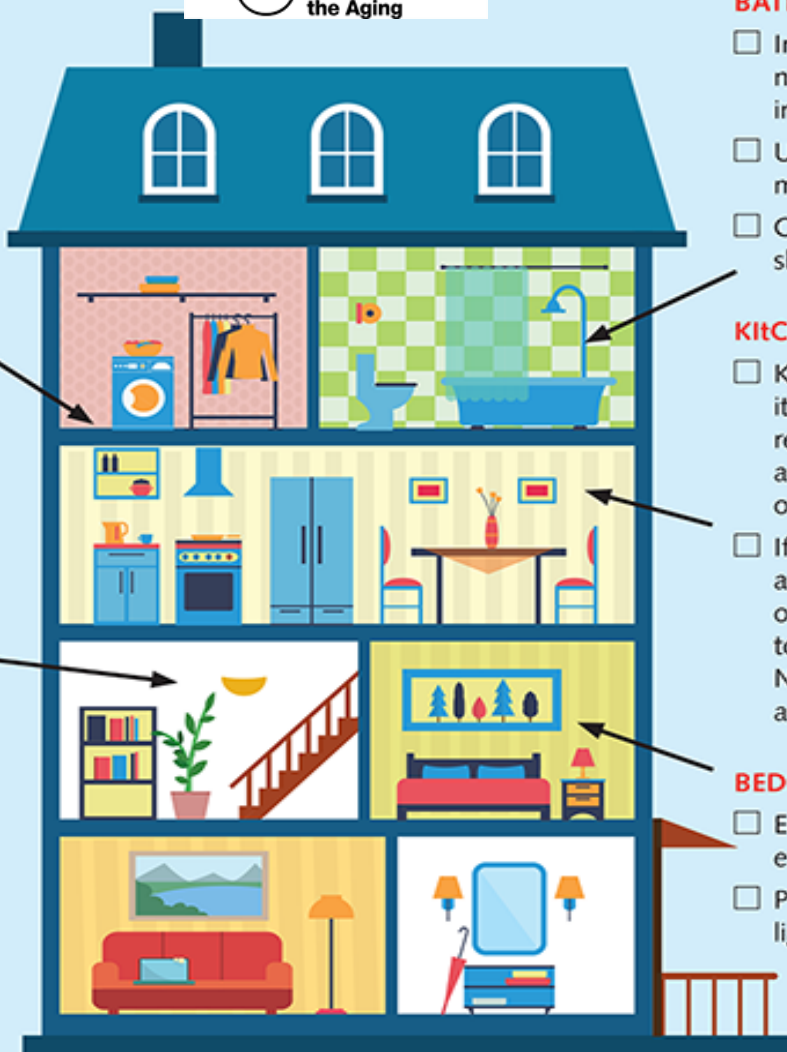
- ☐ Install grab bars next to toilets and inside showers.
- ☐ Use non-slip mats.
- ☐ Consider a shower chair.

KITCHEN

- ☐ Keep often-used items in easy-to-reach places such as lower shelves or counter top.
- ☐ If you must use a step stool, use one with a bar to hold on to. Never use a chair as a step stool.

BEDROOM

- ☐ Ensure lamps are easy to reach.
- ☐ Plug in night lights.





加入我们的园艺俱乐部！



-Bayside Older Adult Center-



您喜欢植物、花卉，或者种植自己的蔬菜吗？

欢迎加入我们的园艺俱乐部，与其他热爱大自然的成员一起交流！



活动内容：

- 种植和照顾花卉与蔬菜
- 分享园艺技巧和经验
- 享受户外时光，一起打造美丽的花园项目



参加对象：

欢迎所有中心成员参加 -- 无需任何经验！



即将开始！

具体活动时间和日期将另行通知有兴趣的成员。

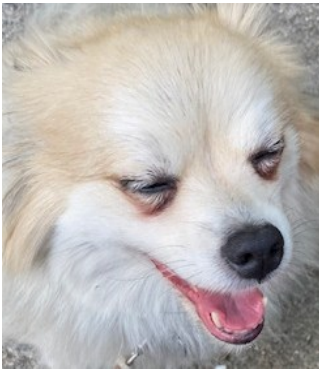


立即报名！

如果您有兴趣参加，请到前台登记或联系工作人员。

让我们一起种出美丽的花园！





Do you have air conditioning at your residence?

Yes -87%

No -5%

Are you over 70 years old and have no air conditioning?

Yes -3%

No -94%



Where do you go to avoid the heat?

Cooling Centers like libraries/older adult centers 22%

Shopping Malls 18%

Activities like movies or the beach 2%

Stay at home 56%

Do you go outside if there's a heat advisory?

Yes -6%

No -94%



Age	Gender	Description	Proportion
18	M	...	...
19	F	...	...
20	M	...	...
21	F	...	...
22	M	...	...
23	F	...	...
24	M	...	...
25	F	...	...
26	M	...	...
27	F	...	...
28	M	...	...
29	F	...	...
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31	F	...	...
32	M	...	...
33	F	...	...
34	M	...	...
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92	M	...	...
93	F	...	...
94	M	...	...
95	F	...	...
96	M	...	...
97	F	...	...
98	M	...	...
99	F	...	...
100	M	...	...



Do you drink 48-64oz of liquid per day?

Yes -71%

No - 27%





¡Únase a Nuestro Club de Jardinería!



- Centro para Adultos Mayores de Bayside -



¿Le gustan las plantas, las flores o cultivar sus propios vegetales?
¡Venga y forme parte de nuestro Club de Jardinería y conéctese con
otros miembros que comparten su amor por la naturaleza!



Lo que haremos:

- Plantar y cuidar flores y vegetales
- Compartir consejos y experiencias de jardinería
- Disfrutar del tiempo al aire libre
- Trabajar juntos en hermosos proyectos de jardín



¿Quién puede participar?

Todos los miembros del centro son bienvenidos—¡no se necesita
experiencia!



¡Próximamente!

Los detalles sobre los días y horarios de las reuniones se compartirán
con los interesados.



¡Inscríbase hoy!

Si está interesado(a) en unirse, por favor inscríbase en la recepción o
hable con el personal.

¡Hagamos crecer algo hermoso juntos!



Name: _____ Date: _____



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

4TH OF JULY

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

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

STATES
THIRTEEN
UNITED



WELCOME



1.	Corinna Chen
2.	Marie Mazzella
3.	Noreen Hossin
4.	Gerassimos Bageorgos
5.	John J. Scott
6.	Maria L. Scott
7.	Yanci Su
8.	Chi K. Tang
9.	Josephine W. Tang
10.	Christine Reiglehoff
11.	Linda D. Lebwohl
12.	Jose R. Sanchez
13.	Leona M. Chan
14.	Noven Law
15.	Abosede Thomas
16.	Teresita G. Bernarte
17.	Luther Jr. Williams

125+
YEARS OF CHANGING LIVES



Resources!



NYC
Department for
the Aging

2026



Healthy Aging Fair
SAVE THE DATE!



Thursday, September 17
9:00am - 12:00pm
Asphalt Green
555 East 90th Street
New York, NY 10128



Sponsors:

Salonpas



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July 2026



Happy Recap



JUNE 2026

