

125+
YEARS OF CHANGING LIVES



Hillcrest Older Adult Center
91-34 182nd Place, 2nd Floor
Jamaica, NY 11423
(718) 297-7171

THE HILLCREST OLDER ADULT CENTER
NEWSLETTER FOR THE MONTH OF JULY 2026



FUNDED BY THE NYC DEPARTMENT FOR THE AGING

Our mission

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.

Meet our wonderful staff!!

Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Cynthia Aaron	Case Manager
Vere Guri	Custodian
Sam Williams	Kitchen Aide

CCNS HILLCREST OLDER ADULT CENTER PRESENTATIONS AND CLASSES – JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9:30 General Membership Meeting 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 4 th of July Celebration w/ DJ Woody	2 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Movie: “Remarkably Bright Creatures” 1:00 -3:00 Terpsichorean Dance W/Dancers	3 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Friday Social w/DJ Luis Salinas
6 10:00 Today in the News 11:00 Just Dance w/Clelia 12:00 Lunch 1:00 Legal Presentation w/Cameron	7 10:00 Strength Training w/Gerard McNiff 12:00 Lunch 1:00 Basic Device Skills w/Ahmed 2:00 Art and Craft w/Ahmed 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago	8 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/DJ Woody	9 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 -3:00 Terpsichorean Dance W/Dancers	10 10:00 Multicultural Line Dance w/Dancers 11:00 Elder Abuse Presentation w/JASA 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Friday Social w/ Valentin
13 10:00 Today in the News 11:00 Zumba W/Allie Guilbaud 12:00 Lunch 1:00 Karaoke W/Clelia	14 10:00 Strength Training w/Gerard McNiff 12:00 Lunch 1:00 Internet & Safety W/Ahmed 2:00 Art and Craft w/Ahmed 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago	15 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 -3:00 Hillcrest Prom w/DJ Woody	16 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 -3:00 Terpsichorean Dance W/Dancers	17 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Friday Social w/DJ Luis Salinas
20 10:00 Today in the News 11:00 Zumba W/Allie Guilbaud 12:00 Lunch 1:00 Movie: “Our Souls at Night”	21 10:00 Strength Training w/Gerard McNiff 12:00 Lunch 1:00 Helpful Everyday Apps W/Ahmed 2:00 Art and Craft w/Ahmed 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago	22 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/DJ Luis Salinas	23 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 -3:00 Terpsichorean Dance W/Dancers	24 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Hillcrest Talent Show W/ DJ Valentin
27 10:00 Today in the News 11:00 Zumba W/Allie Guilbaud 12:00 Lunch 1:00 Karaoke w/Clelia	28 10:00 Strength Training w/Gerard McNiff 12:00 Lunch 1:00 Entertainment & Social Connection W/Ahmed 2:00 Art and Craft w/Ahmed 1:00 – 3:00 Terpsichorean Line Dance w/ Bon Santiago	29 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/DJ Luis Salinas	30 10:30 Strength Training w/Gerard M 12:00 Lunch 1:00 Movie: “The Last Laugh” 1:00 -3:00 Terpsichorean Dance W/Dancers	31 10:00 Multicultural Line Dance w/Dancers 11:00 Nutrition Presentation w/ Angela 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday Celebration w/DJ Valentin

CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU JULY 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Curry Chicken Perfect Whit Rice Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	2 Beef Empanada Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetable Apple Apple 1% Low Fat Milk	3 Spanish Style Baked Fish Baked Red potatoes wedges Whole Wheat Bread Cooked Cabbage with Shredded Carrots Orange 1% Low Fat Milk
6 Pork Loin with Oyster Sauce Half white Rice Half Quinoa Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	7 Chickpeas Rasta Pasta Whole Wheat Bread Garden Salad Italian Blend Vegetables Banana 1% Low Fat Milk	8 Baked Chicken Thighs Mashed Sweet Potatoes Whole Wheat Bread Sauteed Green Beans with Onions Apple 1% Low Fat Milk	9 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk	10 Apricot Glazed Fish Pasta Whole Wheat Bread Baby Carrots and Parsley Orange 1% Low Fat Milk
13 Homemade Italian Pork Sausage Patties Sauteed Onions and Peppers Pasta Whole wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	14 Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	15 Chicken with Tomato Sauce Red Beans and Brown Rice Whole Wheat Bread Cauliflower with Carrots and Parsley Apple 1% Low Fat Milk	16 Beef Stew Whole wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk	17 Homemade Coconut Breaded Fish Cous Cous Whole Wheat Bread California Blend Vegetables Orange 1 % Low Fat Milk
20 Stewed Pork Chops White Rice Whole Wheat Bread California Blend Vegetables Applesauce 1% Low Fat Milk	21 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	22 Caribbean Style BBQ Chicken Baked Macaroni and Cheese Whole Wheat Bread Sauteed Green Beans with Onions Pear 1 % Low Fat Milk	23 Basic Shepherd's Pied Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk	24 Baked Marinated Fish White Bean, Kale and Carrot Medley Whole Wheat Bread Steamed Broccoli Orange 1% Low Fat Milk
27 BBQ Puled Pork Roasted Potatoes Whole Wheat Bread Sauteed Green Beans with Onions Banana 1 % Low Fat Milk	28 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas Whole wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	29 Glazed Honey Balsamic chicken White Rice Whole Wheat Bread Baby Carrots and Parley Orange 1 % Low Fat Milk	30 Mushroom Gravy Roast Beef Whole Wheat Bread Homemade Mashed Potatoes Whole Wheat Bread Garden Salad with Chickpea Apple 1 % Low Fat Milk	31 Fish with Fresh Salsa Relish Home Fries Whole Wheat Bread Normandy Blend Fruit Cocktail 1 % Low Fat Milk



July Birthdays

Virginia M.
Elba S.
Lydia B.
Nita F.
Luis Z.
Carmen F.
Victoria P.
Ruth S.
Annette J.
Julieta P.
Mohammed H.

Zabeeda R.
Ramcowari B.
Peggy P.
Bibi H.
Immaculate M.
Dropatie M.
Sandra W.
Neil D.
Josephine J.
Jeanette J.
John Bishop

Join Us on Friday, July 31st, 2026, at 1:00 PM -
3:00 PM, For Multicultural Music and Birthday
Celebration



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4th of July WORD SEARCH

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

AMERICAN	BAND	CONNECTICUT	DELICATE	EDUCATION	HAMBURGER
INALIENABLE	JOHN ADAMS	RESPECTFUL	STREAMERS	REVOLUTION	
TRADITION	VICTORIOUS	APPRECIATION	DINNER		



STAYING SAFE IN THE SUMMER: 7 TIPS FOR SENIORS



KEEP COOL.

Seniors are vulnerable to dangerous illnesses like heat exhaustion and heat stroke brought on by scorching summer heat. Don't stay in the sun for more than 1-2 hours at a time, and run the AC when in the home.



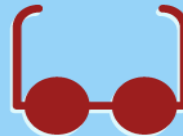
TAKE BREAKS DURING PHYSICAL ACTIVITY.

Everybody loves to have fun in the sun, but seniors must be aware that summer's high temps and humidity wear your body out a lot quicker than in cooler weather.



STAY HYDRATED.

Older adults naturally feel less thirsty than younger people, making it more important to consciously drink more water than usual out in the sun to avoid dehydration.



WEAR SUNGLASSES.

The elderly are more susceptible to vision loss, so wear protective eyewear to protect from dangerous UV rays.



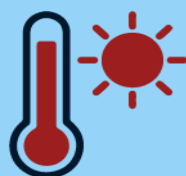
APPLY PLENTY OF BUG SPRAY.

Mosquitos can be carriers of diseases like West Nile Virus that pose a heightened risk to seniors. Coat your skin with bug spray to avoid bites.



MAINTAIN COMMUNICATION.

In case of emergency, make sure you'll be able to dial your loved ones or caregivers easily. Before outdoor activities like gardening, or exercise, let them know where you'll be and for how long.

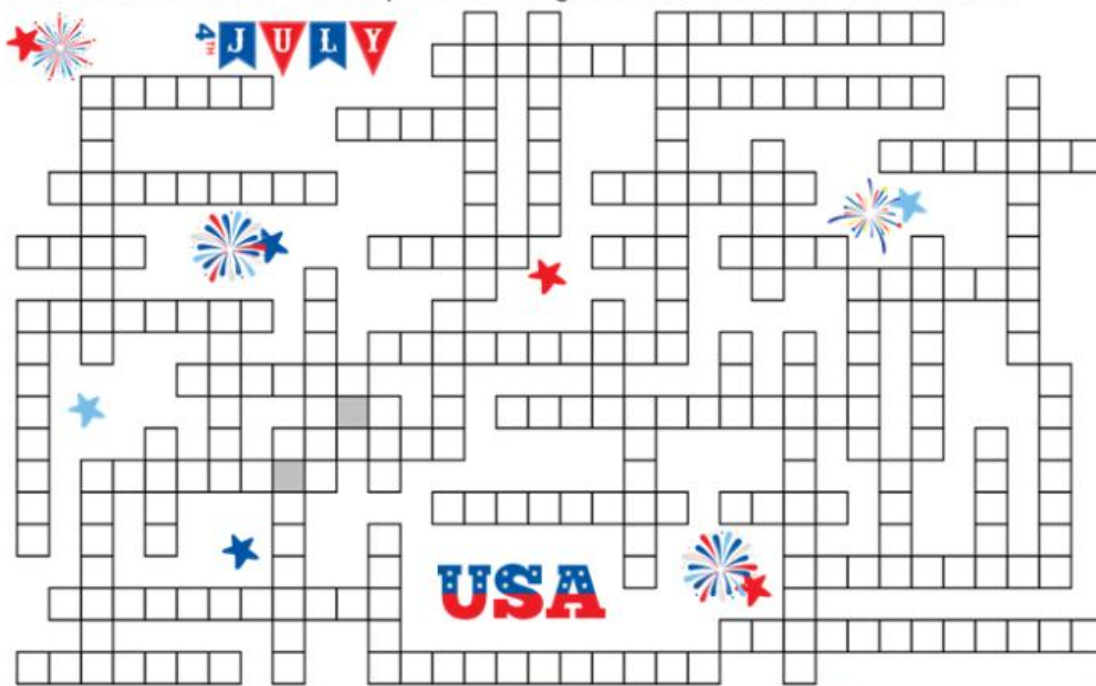


AVOID THE OUTDOORS ENTIRELY ON VERY HOT DAYS.

Review the weather forecast or ask Alexa what the day's high will be. On scorches, it's best to stay indoors entirely to avoid the risk.

4th Of July Word Fill In

Write the words in the correct place on the grid based on the number of letters.



3 letters

red
hot
fun

4 letters

blue
free
home
flag
boom
July

5 letters

stars

white

grill
party
pride
music

6 letters

values
states
picnic
united
crowds
summer
parade
spirit

family

7 letters

stripes
burgers
holiday
cookout
concert
veteran
liberty
America

8 letters

lemonade
barbecue

national

backyard

9 letters

streamers
community
democracy
celebrate
fireworks
sparklers
tradition

10 letters

watermelon

11 letters

anniversary
declaration
decorations
commemorate

12 letters

independence
pyrotechnics

© Puzzle Cheer





SALAD

SESAME CUCUMBER SALAD

MAKES 4-6 SERVINGS

1. Slice cucumbers and green onions and place in serving bowl.
2. Whisk all dressing ingredients and pour over cucumber/green onion mixture.
3. Toss gently to combine.
4. Top with crushed peanuts and sesame seeds.

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INGREDIENTS

- 2 Large English Cucumbers
- 2-3 Green Onions
- 2 Tbsp Sesame Seeds
- 1/4 Cup Chopped Peanuts

DRESSING

- 2 Tbsp Rice Vinegar
- 1 Tbsp Toasted Sesame Oil (or regular)
- 1 Tsp Raw Honey
- 1/2 Tsp Red Pepper Flakes
- Pinch of Sea Salt



Kindness
IS A LANGUAGE
THE DEAF CAN
HEAR AND THE
BLIND CAN SEE.

Mark twain