



Senior Voices

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
ST. CHARLES JUBILEE OLDER ADULT CENTER

55 Pierrepont Street,
Brooklyn, NY, 11201
Phone (718) 855-0326



Message from the Center:

🌻 Welcome to July! 🌻

Summer is in full swing, bringing bright sunshine, longer days, and countless opportunities to enjoy healthy, active living. July is the perfect time to spend time outdoors, connect with friends and family, and participate in activities that support both physical and emotional well-being. This month, we recognize several important health and wellness observances, including **UV Safety Awareness Month**, **National Park and Recreation Month**, and **National Minority Mental Health Awareness Month**. July also provides an opportunity to celebrate **Independence Day**, encouraging community, gratitude, and time spent with loved ones. We encourage everyone to enjoy the summer safely by staying hydrated, protecting your skin from the sun, remaining physically active, and participating in the many social, educational, and wellness programs offered at our center. Whether you're taking a morning walk, joining an exercise class, enjoying a healthy picnic, or simply spending time with friends, every healthy choice contributes to a happier and more active lifestyle. Thank you for being a valued member of our community. We look forward to another month filled with wellness, friendship, learning, and joyful summer experiences.

💙 Wishing everyone a safe, healthy, active, and wonderful July! us 🌻 🌻

July is a Month of Summer Wellness, Sun Safety & Healthy Living

July is recognized for several important health awareness topics, including **UV Safety Awareness Month**, **National Park and Recreation Month**, and **National Minority Mental Health Awareness Month**. These observances remind us to protect our health, enjoy the benefits of being active outdoors, and support emotional well-being throughout the summer.

With summer in full swing, July is the perfect time to embrace healthy habits while enjoying longer days and warm weather. Whether you're taking a morning walk, participating in community activities, or spending time with family and friends, staying active and socially connected contributes to a healthier, happier life.

Let's use this month to:

-  **Practice sun safety** by wearing sunscreen, sunglasses, and protective clothing
-  **Stay physically active** with walking, stretching, swimming, or outdoor fitness activities
-  **Stay hydrated** by drinking plenty of water throughout the day
-  **Enjoy parks and nature** to support both physical and mental well-being
-  **Promote emotional wellness** through social connection, relaxation, and lifelong learning
-  **Celebrate community** by participating in center programs, events, and volunteer opportunities

Remember: Staying active, protecting yourself from the summer heat, maintaining strong social connections, and making healthy daily choices are key to living a longer, healthier, and more fulfilling life at every age.   



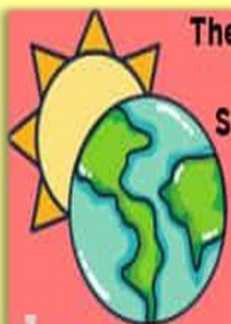
**Live Long
Live Well
Live Happy**



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 which promotes justice and embraces human development.



The start of Summer
is marked by
Summer Solstice
each year.

Summer
Olympics happen
every four years



Meteorological
Start Date

June 1st

Meteorological
End Date

August 31st

The largest Ice cream
scoop weighed 3010
pounds



There are 300
different
varieties of
watermelon



On 1st day of
Summer In Alaska
they play a baseball
game that starts at
10:30pm and they
do not use artificial
light



The Eiffel
Tower
grows
taller in the
Summer

The largest
bonfire ever
was the height
of a 15 story
building



More
thunderstorms
happen during
the Summer
months than at
any other time
of year.



Astronomical
Start Date

June 20th

Astronomical
End Date

September 22nd

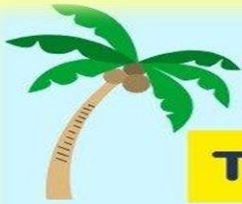
June July August

facts about SUMMER

America's
Independence
Day happens
every July 4th



MADEWITHHAPPY.COM



SUMMER

Tips, Facts, and Fun

Explore essential tips, fascinating facts, and exciting activities to make the most of the season.

#1

Summer is characterized by longer daylight hours, with the sun rising earlier and setting later than any other season.

Summer Solstice marks the longest day of the year, occurring around June 21st in the Northern Hemisphere.

#2

#3

Average summer temperatures vary globally, with regions experiencing highs ranging from 70°F to 100°F+ (21°C to 38°C).

The "dog days of summer" stem from the ancient belief that summer's hot, sultry days align with the rising of Sirius, the Dog Star.

#4

#5

Summer is a crucial season for agriculture, with farmers harvesting crops such as corn, wheat, fruits, and vegetables to supply markets worldwide.

Certain regions showcase unique summer phenomena like the midnight sun in the Arctic, where the sun shines 24/7 during summer.

#6

#7

During summer, many animals migrate or breed, capitalizing on warmer weather and ample food.

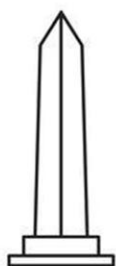
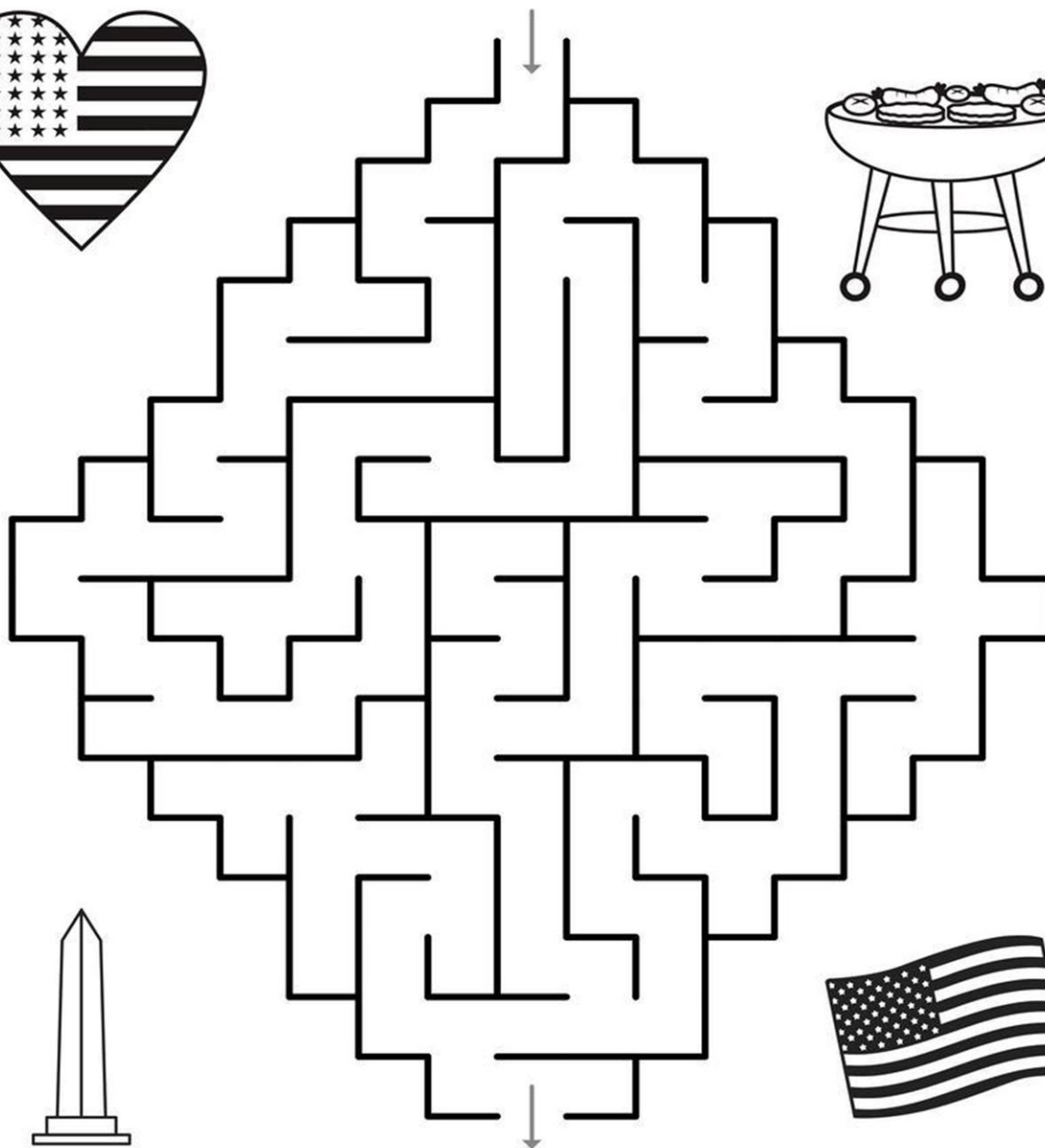




July 4th Labyrinth



Can you solve the maze?



Beeloo

© 2023 Beeloo, Inc.





Name: _____ Date: _____

Flower Word Search

Can you find the words hidden in the puzzle?



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

Marigold

Cosmos

Anemone

Ranunculus

Rose

Daisy

Lily

Gerbera

Zinnia

Peony

Iris

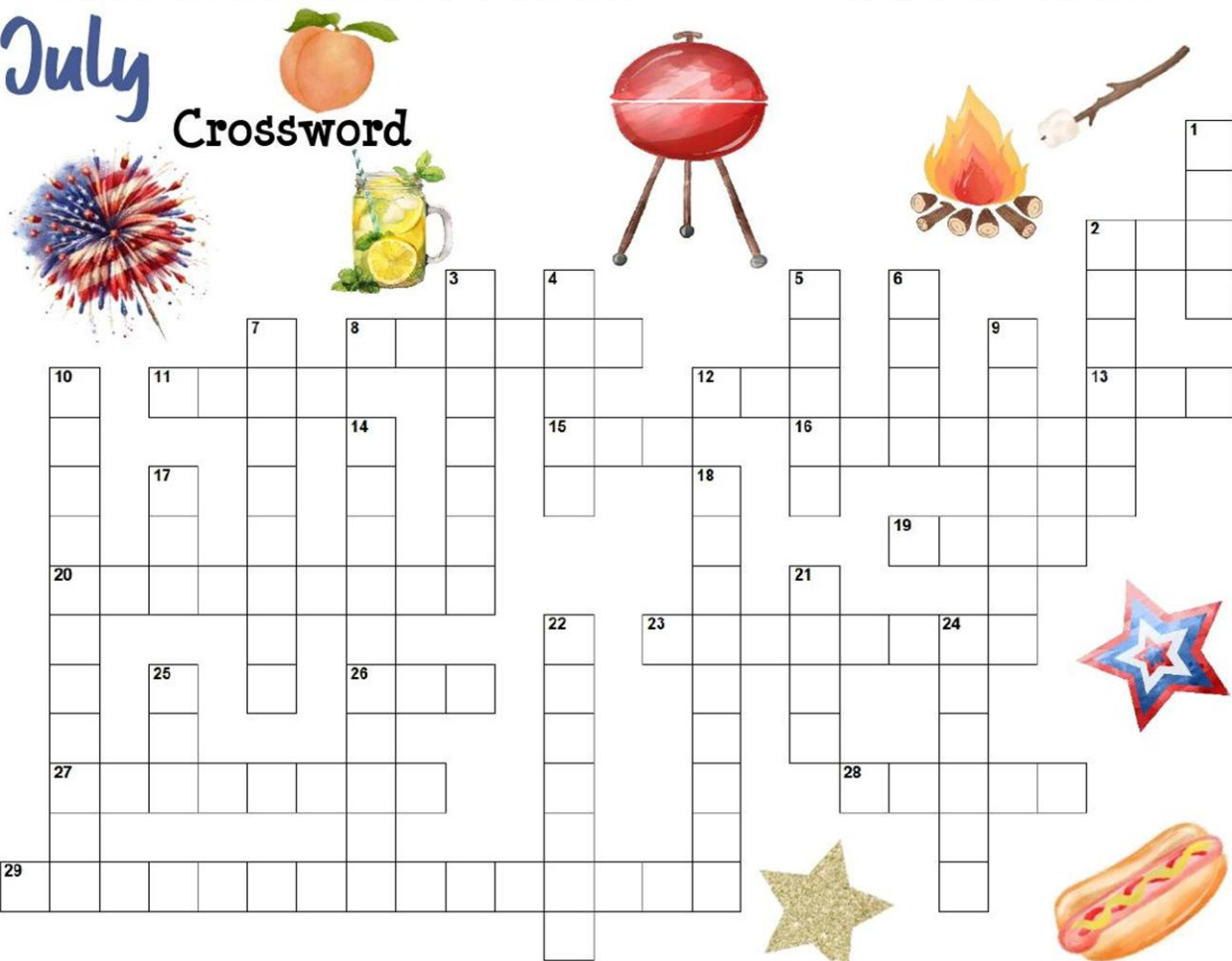
Sunflower

Name: _____

Date: _____

July

Crossword



Across

2. Big ball of fire in the sky
8. Delicious frozen summer treat
11. Patriotic symbol
12. Hot drink
13. Used to catch fish
15. Boat ride tool
16. Outdoor nighttime activity with a sleeping bag
19. July birthstone
20. Outdoor game with birdie
23. Refreshing summer drink
26. Hot dog holder
27. Cold treat on a hot day
28. Outdoor cooking equipment
29. Patriotic holiday

Down

1. Camping home
2. Backyard play structure
3. Seasonal outdoor movie event
4. Summer fruit
5. Sweet summer fruit
6. Sound of fireworks
7. Place for roasting marshmallows
9. Popular outdoor game with a flying disc
10. Fireworks display
14. Four-wheeled fun
17. American flag color
18. July's birth flower
21. Swimming place
22. Summer insect known for its chirping
24. Activity involving jumping into water
25. Traditional summer dessert with crust and fruit filling

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INDEPENDENCE



DAY FUN FACTS

The Declaration of Independence started with a letter to Britain's King George to explain why the Continental Congress voted to declare America's independence.



Americans take their 4th of July celebrations seriously. On this day, about 150 million hot dogs will be eaten and served!

It wasn't until almost 100 years after the Declaration of Independence that, finally in 1870, "July 4th" was then made into an official holiday by Congress.



SOURCE: www.macsadventure.com/walking-holidays/18-interesting-facts-about-american-independence-day

INDEPENDENCE DAY: THE 4TH OF JULY

WHAT IS IT?

The 4th of July is Independence Day in the United States, commemorating the adoption of the Declaration of Independence on July 4, 1776, when the 13 American colonies broke free from British rule.



A BRIEF HISTORY

- 1775–1783: The American Revolutionary War
- July 2, 1776: Congress voted for independence
- July 4, 1776: Declaration of Independence, mainly written by Thomas Jefferson, was officially adopted
- John Adams thought July 2 would be celebrated but July 4 stuck!



US SYMBOLS OF THE DAY

- Stars & Stripes – the American flag
- Bald Eagle – national bird and symbol of freedom
- Liberty Bell – historic icon of independence

HOW AMERICANS CELEBRATE

- Fireworks
- Parades
- Barbecues & Picnics
- Concerts & Festivals
- Red, White & Blue Decor



FUN FACTS

- The first celebration was in 1777 in Philadelphia
- Americans spend over \$1 billion on fireworks each year
- 3 U.S. Presidents died on July 4: Jefferson, Adams (1826), Monroe (1831)
- The U.S. is now 249 years old in 2025!

DID YOU KNOW?

Only two men signed the Declaration on July 4: John Hancock and Charles Thomson. Most others signed in August.



JULY

Fun Facts & Celebrations



Birthstone: Ruby



Rubies symbolize passion, protection and prosperity.



Famous People Born ★

- 2 Selena Gomez
- 7 Ringo Starr
- 10 Nikola Tesla
- 11 Yul Brynner
- 14 Jane Lynch
- 20 Ernest Hemingway
- 24 Amelia Earhart
- 28 Sandra Bullock
- 30 Arnold Schwarzenegger



Birth Flower: Larkspur

Larkspur stands for positivity, open heart and strong bonds.



Independence Day

July 4th is Independence Day in the United States, celebrating the adoption of the Declaration of Independence in 1776.

July is National:

- ★ Park & Recreation Month
- ★ Ice Cream Month
- ★ UV Safety Month
- ★ Picnic Month
- ★ Blueberry Month
- ★ National Culinary Arts Month



On July 6, 1964,

The Beatles made their first appearance on The Ed Sullivan Show—watched by more than **73 million** people!

In July 1969, astronauts Neil Armstrong and Buzz Aldrin became the first men to walk on the Moon.



Astrological Signs

Cancer

June 21 – July 22

Cancers are known for their emotional intuition, loyalty, nurturing spirit, and strong imagination.



Leo

July 23 – August 22

Leos are confident, generous, warm-hearted, creative, and natural leaders.



Drive-In Theater



The first drive-in theater opened on **July 6, 1933**, in Camden, New Jersey.

Summer Wellness Tips



Stay hydrated every day.



Wear sunscreen and a hat.



Eat plenty of fruits & vegetables.



Stay active and enjoy the outdoors.



Spend time with family and friends.



Good food. Good mood. Good days ahead! ♥



Healthy July Recipes for Seniors

Fresh • Nutritious • Easy • Delicious



1 Caprese Quinoa Salad

Light, refreshing and full of flavor!



INGREDIENTS

- 1 cup cooked quinoa
- 1 cup cherry tomatoes, halved
- ½ cup mini mozzarella balls
- ¼ cup fresh basil, chopped
- 2 tbsp olive oil
- 1 tbsp balsamic vinegar
- Salt and black pepper to taste



♥ **BENEFITS:** High in protein and fiber. Supports heart health and keeps you full and energized.

2 Zesty Lemon Chicken with Veggies

A bright and healthy main dish.



INGREDIENTS

1. 2 boneless, skinless chicken breasts.
- 2 tbsp olive oil
2. Juice of 1 lemon
- 1 tsp garlic powder
- 1 tsp dried oregano
3. 1 zucchini, sliced
- 1 red bell pepper, sliced
- Salt and pepper to taste



♥ **BENEFITS:** Lean protein and colorful vegetables support muscle strength and overall wellness.

3 Berry Chia Pudding

A perfect make-ahead breakfast or snack!



INGREDIENTS

1. In a bowl, whisk together milk, chia seeds, vanilla and honey.
2. Let sit for 5 minutes, then stir again.
3. Cover and refrigerate for at least 4 hours or overnight.
4. Top with berries before serving.

♥ **BENEFITS:** High in fiber, omega-3s and antioxidants. Great for digestion and heart health.

4 Cool Cucumber Avocado Soup

Creamy, cool and hydrating!

INGREDIENTS

- 1 cucumber, peeled and chopped
- 1 ripe avocado
- ½ cup plain Greek yogurt
- 1 tbsp olive oil
- 1 tbsp lemon juice
- 1 clove garlic
- Salt and pepper to taste
- Fresh dill or mint (optional)



INSTRUCTIONS

1. Place all ingredients in a blender.
2. Blend until smooth and creamy.
3. Chill for at least 1 hour before serving.
4. Garnish with dill or mint if desired.

♥ **BENEFITS:** Hydrating, rich in healthy fats, and supports digestion and heart health.

JULY WELLNESS TIPS



STAY HYDRATED

Drink 6-8 glasses of water daily, especially in hot weather.



EAT SEASONAL

Enjoy summer fruits and vegetables for vitamins and hydration.



STAY ACTIVE

Take walks, stretch, or join center activities to keep your body strong.



STAY CONNECTED

Spend time with family, friends and community. It's good for mind and heart.



BE SUN SAFE

Wear sunscreen, a hat and stay in the shade during peak sun hours (10AM-4PM).



Good food. Good mood. Good days ahead!



Since 1984

National

• ICE CREAM •

MONTH

EVERY JULY

In 1984, President Ronald Reagan designated July as National Ice Cream Month.

1927: This popular song is born.



"I scream, YOU scream,

We all scream for ice cream!"

How many Americans eat ice cream?

90%



5

Most Popular Flavors

1. Vanilla
2. Chocolate
3. Cookies 'n cream
4. Strawberry
5. Mint chocolate chip



Ice Cream Throughout History

Ice cream was enjoyed by Nero, Alexander the Great, Marco Polo, Catherine de Medici & Thomas Jefferson.

9 ft

Largest ice cream cone

--Italy 2011

71

Most scoops on 1 cone

--Italy 2012

3000 lbs

Largest scoop of ice cream

--Cedarburg, WI 2014

19

Most cones prepped in 1 min

--Baskin Robbins 2007

World Records



Sources: Guinness World Records, International Dairy Foods Association, National Ice Cream Retailers Association

SeniorAdvisor.com

💧 SUMMER WELLNESS & HYDRATION

Why It Matters

Hot summer temperatures increase the risk of dehydration, heat exhaustion, and heat stroke, especially among older adults. Staying hydrated and taking precautions during hot weather are essential for maintaining good health.

Healthy Summer Tips

- Drink water throughout the day, even if you are not thirsty
- Limit time outdoors during the hottest hours (10 AM–4 PM)
- Wear lightweight, light-colored clothing and a hat
- Eat water-rich fruits and vegetables such as watermelon, berries, and cucumbers



💧 **Program Highlight:** Summer Hydration & Wellness Education

🧠 BRAIN HEALTH & COGNITIVE WELLNESS

Why It Matters

Keeping your brain active supports memory, concentration, and overall cognitive function. Mental stimulation and social engagement contribute to healthy aging.



Ways to Support Brain Health

- Read books, newspapers, or magazines
- Complete puzzles, crosswords, and word searches
- Learn a new hobby or skill
- Stay socially connected with family and friends

🌱 **Program Highlight:** Brain Games & Memory Enhancement Workshop

🌞 UV SAFETY & SKIN HEALTH AWARENESS

Benefits of Sun Safety

Sunlight provides vitamin D, but excessive ultraviolet (UV) exposure can increase the risk of skin damage and skin cancer.

Sun Safety Tips

- Apply sunscreen (SPF 30 or higher) before going outdoors
- Wear sunglasses and protective clothing
- Seek shade during peak sunlight hours
- Check your skin regularly for new or changing spots



☀️ **Wellness Program: Sun Safety & Healthy Summer Living**



🌿 **ACTIVE LIVING IN JULY**

Supporting Healthy Aging

Regular physical activity improves cardiovascular health, muscle strength, flexibility, balance, and emotional well-being.

Daily Recommendations

- Take morning or evening walks when temperatures are cooler
- Participate in chair exercise or stretching classes

- Practice balance and flexibility exercises
- Stay consistent with movement and hydration

🎵 **Group Activity: Summer Fitness & Social Dance Session**

🌸 **INTERACTIVE PROGRAMMING & ENGAGEMENT**

Weekly Programming

- Mindful Monday – guided relaxation and breathing exercises
- Wellness Wednesday – fitness and healthy aging activities
- Social Friday – games, music, and community engagement

🎨 **Creative & Social Engagement**

- Summer arts and crafts
- Gardening and nature appreciation
- Music, reminiscence, and sing-along sessions

🌱 **Cognitive Wellness**

- Crossword puzzles and word searches
- Trivia and educational discussions
- Memory games and problem-solving activities



🌸 **FINAL MESSAGE**

Summer is the perfect time to enjoy the outdoors, connect with others, and focus on healthy living. By staying hydrated, protecting yourself from the sun, keeping your mind active, and participating in community activities, you can support your overall health and well-being throughout the season.

💛 **Stay cool. Stay active. Stay connected. Stay well.**





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*



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

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
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



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*



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

St. Teresa

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

BVM St. Mary-Winfield

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

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael

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

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427
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

Ocean Bay

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.

125+
YEARS OF CHANGING LIVES



Geriatric Mental Health Initiative **Program**

*Providing awareness, screenings and referrals
for seniors 55 and older in the area of
depression, anxiety, alcohol and substance
abuse.*

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

**Office Location: 191 Joralemon Street 13FL Brooklyn
NY 11201**

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



ST. CHARLES JUBILEE STAFF

Anthony **Administrative assistant**

Dora **Case Manager**

Maureen **Kitchen Aide**

Charles **Maintenance Worker**

55 Pierrepont Street,

Brooklyn, NY, 11201

Phone 718-855-0326

Work Hours:

MON-FRI

9AM- 5PM



**WISHING EVERYONE WILL HAVE A HAPPY, HEALTHY AND
PROSPEROUS JUNE!**



July 2026

Funded by NYC Dept of Aging