

CCNS Peter J. DellaMonica Older Adult Center

Pioneers of Queens

Beat the Heat:
August Adventures!

August 2026 Newsletter

Funded by NYC Aging

Stay Cool,
Stay Active,
Stay Connected!

A Message from the Program Manager

August is here, and we are ready to make the most of these sunny days! This month we celebrate wellness, friendship, our veterans, our seniors, and the incredible women who continue to inspire us all. Join us for engaging activities, important health topics, fun trips, and plenty of opportunities to laugh, learn, and connect.

Thank you for being part of our center family. Together we thrive!



Wellness, Friendship & Fun All Summer Long!

★ August 2026 Highlights ★

Monday, Aug. 3

Friendship & Wellness Celebration



- National Friendship Day (Aug. 2)
- Wellness Activities
- Friendship Bingo
- Giveaways & Raffles

Monday, Aug. 10

Wellness & Heat Safety Awareness



- National Wellness Month
- Heat Safety Tips
- Hydration & Health
- Fun Games & Prizes

Monday, Aug. 17

Honoring Service & Community



- Purple Heart Day (Aug. 7)
- Veteran Recognition
- Community Appreciation
- Patriotic Fun & Trivia

Monday, Aug. 24

Senior Citizens & Women's Equality Day Celebration



- Senior Citizens Day (Aug. 21)
- Women's Equality Day (Aug. 26)
- Recognition & Appreciation
- Certificates, Treats & Raffles

August Educational Topics

- The Importance of Friendship
- Heat Safety Awareness
- Fall Prevention Awareness
- Healthy Aging & Advocacy

Stay Cool. Stay Safe.

Drink plenty of water, wear light clothing, and check on your neighbors.

Upcoming Fun!

Trips, Movies, Line Dancing, Music & More!

RAFFLE!

Celebrating Community, Wellness, Friendship & Summer Fun Together!

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125+
YEARS OF COMPASSION



125+
YEARS OF CHANGING LIVES



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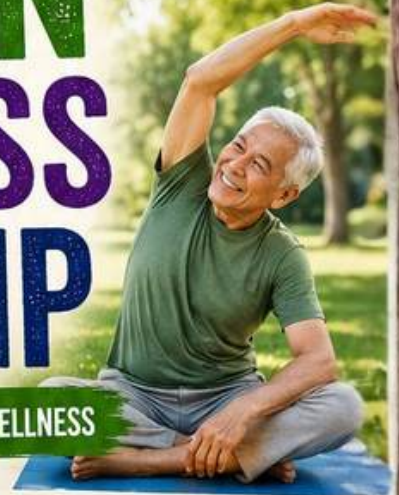
718-626-1500

Invest in
Your Health.
Embrace
Your Best
Life! ♥



NUTRITION & WELLNESS BOOT CAMP

FUEL YOUR BODY • CALM YOUR MIND • MOVE FOR WELLNESS



AUGUST 6, 13 & 27, 2026
THURSDAYS • 11:00 AM

Join us for a 3-part series designed to
help you eat well, feel good and live well!



**OPEN TO ALL
MEMBERS!**

Bring a friend!

EACH SESSION INCLUDES:



HEALTHY FOOD DEMONSTRATIONS & TASTINGS

Try delicious, nutritious recipes and discover
healthy ways to enjoy your favorite foods!



NUTRITION EDUCATION & SMART FOOD CHOICES

Learn how to fuel your body the right way with
balanced meals and smart tips.



MINDFULNESS & RELAXATION ACTIVITIES

Reduce stress, improve focus and support
your overall well-being.



GENTLE YOGA & BODY MOVEMENT

Stretch, strengthen and improve flexibility
with exercises for all levels.



HYDRATION & HEALTHY LIFESTYLE TIPS

Simple daily habits that help you stay
energized, hydrated and healthy!



Good Food. Positive Mind. Strong Body.

A HEALTHIER YOU STARTS HERE!

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Aging



Activities may be held indoors or outdoors,
weather permitting.



EAT WELL ♥ MOVE WELL ♥ LIVE WELL

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE

BEAT THE HEAT August ADVENTURES!

COOL, FUN & INDOOR TRIPS • WEEKLY SALSA CLASSES • GREAT COMPANY!

Together we learn. Together we connect. Together we thrive!

STRONGER TOGETHER
ACROSS QUEENS & BROOKLYN!

Friendship
Wellness
Movement
Fun!



This August, stay cool and connected! Join us for indoor-friendly adventures every Tuesday and enjoy weekly Salsa Classes every Thursday through our partnership with CCNS Pete McGuinness Older Adult Center.

Let's make this a month of friendship, wellness, movement, and fun while staying safe during the summer heat!



TUESDAYS – BEAT THE HEAT ADVENTURES!

Indoor outings. Cool places. Great memories!

**TUE
AUG 4**

ICE CREAM SOCIAL ADVENTURE

Let's beat the heat with delicious treats and good friends!



**TUE
AUG 11**

MOVIE DAY

Regal UA Kaufman Astoria
Sit back, relax and enjoy the show in a cool, comfortable theater!



**TUE
AUG 18**

TANGRAM MALL ADVENTURE

Shop, stroll, dine and enjoy the many shops and food options – all indoors!



**TUE
AUG 25**

COFFEE & DESSERT SOCIAL

A sweet way to end the month!
Join us for coffee, dessert, and wonderful conversation.



ALL TRIPS ARE INDOORS, AIR-CONDITIONED, AND DESIGNED WITH YOUR COMFORT IN MIND.

Space is limited – *Sign up early!*



THURSDAYS – SALSA CLASS

Move, groove and connect!

**THU
AUG 6**

SALSA CLASS

at CCNS Pete McGuinness
Older Adult Center
Brooklyn

Let's dance together!



**THU
AUG 13**

SALSA CLASS

at CCNS Pete McGuinness
Older Adult Center
Brooklyn

Let's dance together!



**THU
AUG 20**

SALSA CLASS

at CCNS Pete McGuinness
Older Adult Center
Brooklyn

Let's dance together!



**THU
AUG 27**

SALSA CLASS

at CCNS Pete McGuinness
Older Adult Center
Brooklyn

Let's dance together!



Salsa classes are a fun way to stay active, meet new friends, and strengthen our collaboration across *Queens & Brooklyn!*

IN COLLABORATION WITH:



CCNS
Peter J. DellaMonica
OAC (Astoria)



CCNS
Hillcrest OAC



CCNS
Ozone Park OAC



CCNS
Woodhaven-
Richmond Hill OAC



CCNS
Pete McGuinness OAC
(Brooklyn)



**STAY COOL.
STAY ACTIVE.
STAY CONNECTED.**
*Space is limited—
sign up today!*



IMPORTANT INFORMATION

Activities and trips are subject to change without notice. Space is limited. Registration may be required.

125+
YEARS OF CHANGING LIVES



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NYC Aging

Thanks to our members, volunteers, and staff who make our programs possible every day!



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Older Adult Center

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HEAT & SAFETY

**BEAT
THE HEAT:**
Smart Tips
for a Safe
Summer!

Stay Cool. Stay Safe. Stay Well.

Look out for yourself and others during
hot and humid days!

Extreme heat can be dangerous, especially for older adults.
A little prevention goes a long way in keeping you healthy,
comfortable, and independent all summer long.



HEAT SAFETY TIPS



STAY HYDRATED

Drink plenty of water throughout the day, even if you don't feel thirsty. Avoid alcohol and limit caffeine.



STAY COOL

Stay in air-conditioned places when possible. Use fans, close blinds during the day, and open windows at night.



DRESS FOR THE HEAT

Wear lightweight, loose-fitting, light-colored clothing and a hat when outdoors.



LIMIT OUTDOOR ACTIVITY

Avoid being outside during the hottest part of the day (10 AM – 4 PM).



CHECK ON OTHERS

Look out for friends, neighbors, and family—especially those who live alone.

KNOW THE SIGNS of Heat Exhaustion & Heat Stroke

HEAT EXHAUSTION

Symptoms may include:

- Heavy sweating
- Weakness or fatigue
- Dizziness or lightheadedness
- Nausea or upset stomach
- Muscle cramps
- Cool, pale, clammy skin

HEAT STROKE

Symptoms may include:

- High body temperature (103°F or higher)
- No sweating
- Confusion or slurred speech
- Rapid pulse
- Headache, dizziness, or loss of consciousness



HEAT STROKE IS A MEDICAL EMERGENCY!

CALL 911 IMMEDIATELY.

Move the person to a cool place and try to cool them down.

KEEP COOL & SAFE



Visit a NYC Cooling Center when needed. Call 311 or visit nyc.gov/beattheheat for location near you.



Take medications as directed. Talk to your doctor about how heat may affect your medications.



Eat light, healthy meals such as fruits, vegetables, and whole grains.



Don't forget your pets! Make sure they have shade and fresh water.



Listen to your body. If you feel unwell, rest, cool down, and seek help.



TOGETHER, WE CAN BEAT THE HEAT!

Stay informed. Stay connected. Stay healthy.



★ Celebrating Community, Wellness,
Friendship & Summer Fun Together! ★

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STAY STEADY, STAY INDEPENDENT!



FALL PREVENTION AWARENESS

Falls are NOT a normal part of aging.
You can take simple steps today
to reduce your risk and
stay safe, healthy, and independent.



DID YOU KNOW?

Falls are the leading cause of injury among older adults, but most falls can be prevented!

TOP TIPS TO PREVENT FALLS



1. WEAR PROPER FOOTWEAR

Wear sturdy, non-slip shoes both inside and outside the home.
Avoid walking in socks or slippers that can cause slips.



2. REMOVE TRIPPING HAZARDS

Keep floors clear of clutter, cords, and loose rugs.
A clear path helps prevent falls.



3. USE HANDRAILS

Use handrails on stairs and grab bars in the bathroom for extra support and stability.



4. KEEP PATHWAYS WELL-LIT

Use nightlights and make sure all areas of your home are well-lit, day and night.



5. STAY ACTIVE

Regular exercise improves balance, strength, and flexibility.
Move your body and build confidence!

PROGRAMS THAT HELP YOU STAY STRONG & STEADY!



TAI CHI

Improves balance, flexibility, and focus.



AEROFITNESS

Low-impact exercise to build strength and endurance.



CHAIR STRETCH & RELAXATION

Gentle movements and relaxation to improve mobility and reduce stress.



MOVE & GROOVE

Fun movement and music to keep you active and energized!

Stay Active. Stay Strong. Stay Independent! 

FALL PREVENTION CHECKLIST

- ☒ Wear non-slip, supportive shoes
- ☒ Keep floors clear and dry
- ☒ Use handrails and grab bars
- ☒ Good lighting in all areas
- ☒ Take medications as prescribed
- ☒ Get regular vision and hearing checks
- ☒ Stay active and eat a healthy diet
- ☒ Ask for help when you need it



We are here for you!

Talk to your Case Manager or Center Staff for more information and resources.



TOGETHER, WE CAN PREVENT FALLS!
A Safer You. A Stronger You. A Better Tomorrow.

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NATIONAL WELLNESS MONTH

Wellness Starts With Small Steps!

Wellness is more than being free from illness—it's about living life to the fullest in body, mind, and spirit.

Let's work together to make healthy choices every day!

Beat the Heat:
August
Adventures!



WELLNESS IS A LIFELONG JOURNEY.

Small positive choices today can lead to a healthier, happier tomorrow!

THE 8 DIMENSIONS OF WELLNESS



PHYSICAL

Move your body, eat healthy, get regular check-ups, and get enough rest.



EMOTIONAL

Manage stress, express feelings, and stay positive.



SOCIAL

Build connections, spend time with others, and strengthen friendships.



INTELLECTUAL

Keep learning, stay curious, and challenge your mind.



SPIRITUAL

Find purpose, practice gratitude, and nurture your inner peace.



OCCUPATIONAL

Stay engaged, volunteer, pursue interests, and find meaning in your day.



ENVIRONMENTAL

Create a safe, clean, and comfortable space you enjoy.



FINANCIAL

Plan wisely, live within your means, and feel secure about the future.

*Strive
for Balance
in All Areas
of Your Life!*

BENEFITS OF WELLNESS

- ✓ More energy
- ✓ Better mood
- ✓ Stronger immune system
- ✓ Improved sleep
- ✓ Better memory
- ✓ Greater independence
- ✓ Enhanced quality of life

DON'T FORGET TO STAY HYDRATED!



- Drink water throughout the day.
- Avoid sugary drinks and limit caffeine.
- Carry a water bottle with you.
- Your body (and mind) will thank you!

WELLNESS IS HAPPENING HERE AT OUR CENTER!

Join us for fun, educational, and healthy activities that support your body, mind, and spirit.



**MOVE & GROOVE
ZUMBA**



**TAI CHI &
CHAIR STRETCH**



**ARTS & CRAFTS
PAINTING CLASSES**



**SOCIAL CLUBS
& GAMES**



**LINE DANCING
& MORE!**

Together,
we can build a
healthier, happier,
stronger community!

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Stay Active. Stay Connected. Stay Well.

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NATIONAL SENIOR CITIZENS DAY

Celebrating You Today & Every Day!

AUGUST

21

2026



HONORING THE WISDOM, STRENGTH & CONTRIBUTIONS
OF OUR OLDER ADULTS



Thank you for being the heart of our center!

* OLDER ADULTS MAKE LIFE BETTER!

- ✓ You inspire us with your stories.
- ✓ You strengthen our community.
- ✓ You share your wisdom.
- ✓ You show resilience every day.
- ✓ You make our center a wonderful place to learn, grow and connect!



“

*Aging is not
lost youth,
but a new stage
of opportunity
and strength.*

”



JOIN US AS WE CELEBRATE!

- ★ Member Recognition
- ★ Certificates of Appreciation
- ★ Music, Fun & Games
- ★ Delicious Treats
- ★ Special Giveaways & Raffles
- ★ Photo Memories



YOU MAKE A DIFFERENCE EVERY DAY!



You volunteer
your time.



You support
your friends.



You give back
to our community.



You bring joy
and laughter.



You keep learning
and growing.



You make this
center a family.

THANK YOU
FOR BEING YOU!



TO ALL OUR AMAZING MEMBERS:

*We celebrate you today,
we appreciate you always,
and we are grateful for you!*



*You are valued.
You are appreciated.
You are loved.*



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WOMEN'S EQUALITY DAY

AUGUST 26, 2026

Honoring the Women Who Inspire, Lead & Change Our World!

WHAT IS WOMEN'S EQUALITY DAY?

Women's Equality Day commemorates August 26, 1920, the day the 19th Amendment to the U.S. Constitution was certified, guaranteeing women the right to vote.

Today, we celebrate the progress made and continue working toward equality for all women.

EQUALITY
FOR WOMEN.
PROGRESS
FOR ALL.

*Here's to strong women.
May we know them.
May we be them.
May we raise them.*

INSPIRING WOMEN THROUGH HISTORY



SUSAN B. ANTHONY
Suffragist & leader in the fight for women's right to vote.



ROSA PARKS
Civil rights activist whose courage helped change a nation.



ELEANOR ROOSEVELT
First Lady, human rights advocate, and champion for social justice.



SONIA SOTOMAYOR
First Latina Supreme Court Justice and a role model for all.



MAE JEMISON
Astronaut, physician, and trailblazer who reached for the stars.

WOMEN MAKING A DIFFERENCE IN QUEENS & NEW YORK



From community leaders and educators to artists, nurses, caregivers, and entrepreneurs—women in Queens have shaped our neighborhoods and continue to build a brighter future.

Thank you to all the women who inspire, support, and uplift our community every day!

WHO INSPIRES YOU?

Share the name of a woman who has inspired you—your mother, grandmother, sister, friend, mentor, or someone you admire!

Let's celebrate the women who make a difference in our lives!

We are stronger together!

WAYS TO CELEBRATE



Learn about women who made history



Support & encourage women in your community



Practice kindness, respect & inclusion every day



Continue the fight for equality for all

Equality is not just a women's issue—it's a human right. Together, we can create a better future for everyone.

CELEBRATE. APPRECIATE. INSPIRE. EMPOWER. TOGETHER WE RISE!



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STOP • THINK • VERIFY

Don't Be a Victim. Protect Yourself.



Scammers target older adults. Stay informed and stay protected!

COMMON SCAMS TO WATCH FOR



MEDICARE SCAMS

Scammers may call, email, or come to your door saying they can "check" or "fix" your Medicare. They may ask for your Medicare number or personal information.

REMEMBER:
Medicare will NEVER call you and ask for your personal or bank information.



SOCIAL SECURITY SCAMS

Scammers pretend to be from Social Security and say there is a problem with your account. They may threaten arrest or cancel your benefits unless you send money or share personal information.

Social Security will NEVER threaten you or demand payment.



GRANDPARENT SCAMS

You get a call or text saying a grandchild is in trouble—injured, arrested, or in an emergency. The caller asks you to send money right away. It's a scam!

Always check with a family member directly before sending money.



ZELLE & PAYMENT APP SCAMS

Scammers may contact you pretending to be from your bank, a friend, or a company and ask you to send money using Zelle, Venmo, Cash App or other payment apps.

Never send money to someone you don't know or trust.



TEXT MESSAGE SCAMS (SMISHING)

You receive a text claiming to be from a company or the government. The message may include a link that steals your personal information or installs a virus.

Do not click on links or reply to suspicious texts. Delete it!

PROTECT YOURSELF!



PAUSE & THINK

Don't rush! Scammers create urgency. Take your time.



DON'T SHARE

Never give out your Social Security number, bank information, passwords, or personal details.



VERIFY

Hang up and call the official number of the company or agency.



PROTECT YOUR MONEY

Never send money, buy gift cards, or use money transfer services for someone you don't know.



TALK TO SOMEONE

Share any suspicious calls, texts, or emails with a family member or a staff member at our center.



When in doubt, *don't* give it out!

Scammers count on silence. We count on community!

IF YOU THINK YOU'VE BEEN SCAMMED:



Hang up the phone.



Tell a family member or friend.



Report it to authorities.



Report to:

- AARP Fraud Watch Network 1-877-908-3360
- FTC.gov/complaint
- NYS Attorney General 1-800-771-7755



REMEMBER:

- Scammers are real.
- Scams can happen to anyone.
- You are not alone.
- We are here to help!



STAY INFORMED. STAY ALERT. STAY SAFE.

Together, we protect our community!



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BE READY BEFORE THE STORM!

★ HURRICANE & EMERGENCY PREPAREDNESS ★

Disasters can happen anytime. Being prepared can help keep you and your loved ones safe.

A LITTLE
PREPARATION TODAY
CAN MAKE A BIG
DIFFERENCE
TOMORROW!

✓ EMERGENCY GO-BAG CHECKLIST

PACK THESE ESSENTIALS:

- | | | | |
|---|---|---|---|
|  | ☐ Water
(At least 3 days' supply) |  | ☐ Extra Clothing
(Seasonal & rain gear) |
|  | ☐ Non-Perishable Food
(Easy to open) |  | ☐ First Aid Kit |
|  | ☐ Medications
(At least 7 days' supply) |  | ☐ Important Documents
(ID, insurance cards, medical info) |
|  | ☐ Flashlight |  | ☐ Cell Phone & Charger |
|  | ☐ Extra Batteries |  | ☐ Cash
(ATMs may not work) |
|  | ☐ Battery-Powered Radio |  | ☐ Personal Care Items
(Hygiene & incontinence supplies) |

BEFORE A STORM

- Stay informed. Monitor weather updates and heed official warnings.
- Sign up for NYC Notify at on.nyc.gov/notifynyc or call 311.
- Review your emergency plan with family and friends.
- Charge your cell phone.
- Secure loose outdoor items.
- Know your evacuation zone.

DURING A STORM

- Stay indoors and away from windows.
- Listen to emergency alerts.
- Do not go outside during high winds or flooding.
- If you lose power, use battery devices and conserve energy.

AFTER A STORM

- Stay away from downed power lines.
- Check on neighbors and friends.
- Use caution around flooded areas.
- Follow instructions from officials.
- Document damage for insurance.



KNOW WHERE TO GO IF AN EVACUATION IS ORDERED

- | | | |
|--|---|--|
|  |  |  |
| Know Your Evacuation Zone
Visit nyc.gov/hurricanes or call 311. | Plan Your Route
Identify safe routes and transportation options in advance. | Know Your Shelter
Find accessible shelters at nyc.gov/accessibility or call 311. |

★ EVACUATE EARLY IF YOU NEED EXTRA TIME OR ASSISTANCE. ★

📞 IMPORTANT CONTACTS

NYC Emergency	911
NYC Information	311
Access-A-Ride	877-337-2017
Con Edison (Power Outage)	800-752-6633
National Grid (Gas)	718-643-4050
Poison Control Center	800-222-1222
CCNS DellaMonica Center	718-626-1500

Keep this list handy and share
with family and friends!

HELPFUL TIPS FOR OLDER ADULTS



Check on Others
Reach out to older neighbors, friends and loved ones.



Stay Cool
Visit Cooling Centers during heat waves. Call 311 for locations.



Keep a List
Keep a list of medications, doctors, allergies and emergency contacts.



Don't Forget Pets
Prepare a pet emergency kit and know pet-friendly shelter options.



We're Here for You
Our staff is here to help. Talk to your Case Manager or Center Staff.



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Prepared Today, Safer Tomorrow.

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BRAIN HEALTH TIPS *Keep Your Mind Active & Engaged!*



A healthy brain helps you think clearly, stay independent, and enjoy life to the fullest!

6 BRAIN HEALTHY HABITS



KEEP LEARNING

Read, take classes, learn new skills, and stay curious.



STAY ACTIVE

Exercise improves blood flow to the brain and boosts mood and memory.



STAY SOCIAL

Connect with family, friends, and your community. Strong connections support your brain.



EAT WELL

Choose brain-healthy foods like fruits, vegetables, whole grains, fish, nuts, and olive oil.



SLEEP WELL

Aim for 7-8 hours of quality sleep so your brain can rest and recharge.



MANAGE STRESS

Practice relaxation techniques like deep breathing, meditation, prayer, or listening to music.

BRAIN BOOST ACTIVITIES *Keep Your Mind Sharp!*



Do Puzzles & Crosswords



Play Cards & Board Games



Read Books & Magazines



Take Virtual Tours & Explore



Listen to Music You Enjoy



Enjoy Arts & Crafts



Learn Something New Every Day



Join Activities & Discussions

FOODS THAT SUPPORT BRAIN HEALTH



BERRIES

Rich in antioxidants that protect brain cells.



FATTY FISH

High in omega-3s that support memory and learning.



NUTS & SEEDS

Provide vitamin E and healthy fats for brain protection.



LEAFY GREENS

Help slow mental decline and support focus.



OLIVE OIL

Supports brain cell health and reduces inflammation.

TIPS FOR A STRONG MEMORY

- ✓ Make a list and check it twice!
- ✓ Use a calendar or planner.
- ✓ Repeat and review information.
- ✓ Take breaks and avoid multitasking.
- ✓ Keep important items in the same place.

Small steps today can lead to a healthier brain tomorrow!



“Your brain is like a muscle. The more you use it, the stronger it gets!”



Take care of your brain today for a brighter tomorrow!
STAY ACTIVE. STAY ENGAGED. STAY WELL.



Join Us for Brain-Boosting Activities at Our Center!



Line Dancing
Zumba



Tai Chi
Chair Stretch & Relaxation



Social Club
& Friends



Arts & Crafts
Painting Classes



Card Games
& Dominoes



Trivia
& Games



Move & Groove

BE ACTIVE. HAVE FUN. STAY CONNECTED. YOUR BRAIN WILL THANK YOU!

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A REPUTATION

Caring for Our Members. Building Community. Enriching Lives.

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Older Adult Center

August 2026 LUNCH MENU

Celebrate
Community
Celebrate
YOU!

Hello
August!

Let's make it
a great month!

GOOD FOOD. GOOD FRIENDS. GREAT DAY!

Nutritious, balanced meals that support healthy aging
and celebrate our diverse community!



WHAT'S ON THE MENU?

A variety of delicious and culturally inspired meals
prepared with heart-healthy ingredients.



HEART HEALTHY CHOICES

Baked, roasted, braised, and stewed meals
with less added fat and no trans fat.



DIABETES & CHRONIC CONDITION FRIENDLY

Balanced meals with smart portions,
whole grains, fruits, vegetables, legumes,
and quality proteins.



PLANT-BASED OPTIONS WEEKLY

Enjoy meatless meals each week including
lentil soup, chickpea stew, vegetable
lasagna, black bean soup, and more!



FISH FRIDAYS

We serve fish every Friday—baked and
full of flavor for a heart-healthy boost.



SOUPS & STEWS

Nutritious, comforting, and hydrating
options that warm the soul.



FRUIT & VEGGIES DAILY

A colorful variety of fresh fruits and
non-starchy vegetables included
every day.



CULTURALLY DIVERSE FLAVORS

Meals inspired by the Caribbean, Latin,
Mediterranean, Asian inspired, and
classic American favorites and more!



Our goal is to provide meals that are nutritious,
flavorful, culturally inclusive, and supportive of
your health and well-being.

★ MENU HIGHLIGHTS ★



NUTRITIOUS & BALANCED

Includes lean proteins, whole
grains, beans, vegetables,
fruits, and low-fat dairy.



CULTURALLY DIVERSE

Enjoy a variety of flavors from
Caribbean, Latin, Mediterranean,
Asian inspired, and classic
American favorites.



SENIOR FRIENDLY

Meals are designed with softer
textures and familiar flavors
to support enjoyment
and healthy eating.



SEASONAL & REFRESHING

Hydration-supportive fruits
like watermelon, berries,
cantaloupe, peaches,
and more!



GOOD FOR YOU

Supports heart health, blood
sugar management, digestion,
and overall wellness.



MADE WITH CARE

Prepared by our team who
cares about your health,
safety, and satisfaction.



MORE PLANT POWER
More beans, lentils,
vegetables and whole
grains for better health.



STAY HYDRATED
Soups, fruits and
vegetables help
keep you hydrated.



GOOD FOR YOUR HEART
Heart-smart recipes
with less sodium
and added fat.



NOURISH YOUR BODY & MIND
Balanced meals give
you energy, strength
and peace of mind.



FOOD BRINGS US TOGETHER
Good food, good
friends, great days
at the Center!

125+

YEARS OF COMPASSION
& SERVICE



Good Food. Good Friends. Great Day!



23-11 31st Road
Astoria, NY 11156



718-626-1500

Funded by NYC Department
for the Aging (NYC Aging)



Agosto 2026

MENÚ DEL ALMUERZO

¡BUENA COMIDA. BUENOS AMIGOS. ¡GRAN DÍA!

¡Comidas nutritivas y balanceadas que apoyan el envejecimiento saludable y celebran nuestra comunidad diversa!

¡Feliz Agosto!

¡Hagamos de este mes un gran mes!

¡Celebra la Comunidad Celebra A TI!



¿QUÉ HAY EN EL MENÚ?

Una variedad de comidas deliciosas e inspiradas en diferentes culturas, preparadas con ingredientes saludables para el corazón.



OPCIONES SALUDABLES PARA EL CORAZÓN

Comidas horneadas, asadas, al vapor y guisadas con poca grasa agregada y sin grasas trans.



AMIGABLE CON LA DIABETES Y ENFERMEDADES CRÓNICAS

Comidas balanceadas con porciones adecuadas, granos integrales, frutas, vegetales, legumbres y proteínas de calidad.



OPCIONES A BASE DE PLANTAS CADA SEMANA

Disfrute comidas sin carne cada semana que incluyen sopa de lentejas, guiso de garbanzos, lasaña de vegetales, sopa de frijoles negros y más.



VIERNES DE PESCADO

Servimos pescado cada viernes—horneado y lleno de sabor para un impulso saludable para el corazón.



SOPAS Y GUIOS

Opciones nutritivas, reconfortantes e hidratantes que calientan el alma.



FRUTAS Y VEGETALES DIARIAMENTE

Una colorida variedad de frutas frescas y vegetales sin almidón incluidos todos los días.



SABORES CULTURALMENTE DIVERSOS

Comidas inspiradas en el Caribe, Latinoamérica, el Mediterráneo, Asia y la cocina tradicional americana ¡y muchas más!



Nuestro objetivo es ofrecer comidas nutritivas, sabrosas, culturalmente inclusivas y que apoyen su salud y bienestar.



MÁS PODER DE PLANTAS

Más frijoles, lentejas, vegetales y granos integrales para una mejor salud.



MANTÉNGASE HIDRATADO

Sopas, frutas y vegetales le ayudan a mantenerse hidratado.



BUENO PARA SU CORAZÓN

Recetas que cuidan su corazón con menos sodio y grasa añadida.



NUTRA SU CUERPO Y SU MENTE

Comidas balanceadas que dan energía, fuerza y paz mental.



LA COMIDA NOS UNE

Buena comida, buenos amigos, grandes días en el Centro.

125+

AÑOS DE COMPASIÓN Y SERVICIO



¡Buena comida. Buenos amigos. ¡Gran día!



23-11 31st Road
Astoria, NY 11006



718-626-1500

Financiado por el Departamento
para el Envejecimiento de NYC
NYC Aging



13



Good Food. Good Health. Good Living.

NOURISHING GRAINS



Variety, Flavor & Wellness for Every Day! 

At our Center, we serve a variety of grains that are tasty, comforting and good for your health.

ORZO



What is it?

A small pasta shaped like rice.

Why we serve it:

Soft and easy to enjoy.
Pairs well with fish, chicken and vegetables.



Comforting & easy to digest

POLENTA



What is it?

Made from ground cornmeal.

Why we serve it:

Creamy, comforting and heart friendly.
Great with fish, stews and sauces.



Warm, satisfying & good for your heart

KASHA



What is it?

Toasted buckwheat groats (a whole grain).

Why we serve it:

High in fiber and nutrients.
Adds a hearty, nutty flavor to our meals.



High in fiber & good for digestion

COUSCOUS



What is it?

Tiny pasta-like grains made from wheat.

Why we serve it:

Light, flavorful and varies our menu.
Great with vegetables and fish.



Light, tasty & versatile



Our menu is designed with you in mind!

Nutritious ♥ Balanced ♥ Culturally Diverse ♥ Senior-Friendly

Thank you for being part of our community! 



Buena Comida. Buena Salud. Buena Vida.

GRANOS QUE NUTREN



Variedad, Sabor y Bienestar ¡Todos los Días! 

En nuestro Centro, servimos una variedad de granos que son sabrosos, reconfortantes y buenos para su salud.

ORZO



¿Qué es?

Una pasta pequeña con forma de arroz.

¿Por qué lo servimos?

Suave y fácil de comer.
Combina bien con pescado, pollo y vegetales.



Reconfortante y fácil de digerir

POLENTA



¿Qué es?

Hecha de harina de maíz.

¿Por qué lo servimos?

Cremosa, reconfortante y buena para el corazón.
Excelente con pescado, guisos y salsas.



Caliente, satisfactoria y buena para su corazón

KASHA



¿Qué es?

Trigo sarraceno tostado (un grano integral).

¿Por qué lo servimos?

Alto en fibra y nutrientes.
Aporta un sabor abundante y ligeramente a nuez a nuestras comidas.



Alto en fibra y bueno para la digestión

COUSCOUS



¿Qué es?

Granos pequeños de pasta hechos de trigo.

¿Por qué lo servimos?

Ligero, sabroso y aporta variedad a nuestro menú.
Excelente con vegetales y pescado.



Ligero, sabroso y versátil



¡Nuestro menú está diseñado pensando en usted!

Nutritivo ♥ Balanceado ♥ Diverso Culturalmente ♥ Amigable para Personas Mayores ♥

¡Gracias por ser parte de nuestra comunidad! 



CCNS Peter J. DellaMonica
Older Adult Center
Pioneers of Queens

Birthday CELEBRATION!

HONORING YOU • CELEBRATING LIFE!

Join us as we celebrate all members
with birthdays in

≡ **AUGUST!** ≡



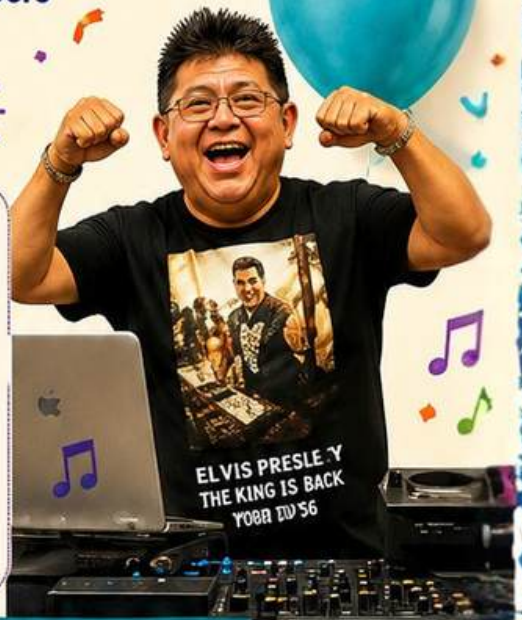
DATE: Monday,
August 31st



TIME: 1:00 PM – 3:00 PM



LOCATION:
CCNS Peter J. DellaMonica
Older Adult Center
23-11 31st Road, Astoria, NY 11106



Let's Celebrate Together!

- ♥ Music & Entertainment (DJ Vinnie!)
- ♥ Delicious Cake & Refreshments
- ♥ Fun Games & Prizes
- ♥ Great Friends & Good Times
- ♥ Lots of Smiles & Birthday Wishes!

Together
We Thrive!

125+
YEARS OF COMPASSION
& SERVICE



♥ We are so glad you are part of our family! ♥

☎ 718-626-1500

125+
YEARS OF
CHANGING LIVES



CCNS Peter J. DellaMonica Older Adult Center

23-11 31st Road • Astoria, NY 11106

718-626-1500

Let's
DANCE,
CELEBRATE
& ENJOY!

FUSION SOCA

DANCE FESTIVAL

End-of-Summer Celebration!



LIVE DJ



SOCA DANCE
INSTRUCTOR



FRIDAY, AUGUST 28, 2026



1:00 PM

Members are encouraged to
dress in colorful,
Caribbean-inspired attire
and come ready to dance
and celebrate!



High-energy
Soca Music



Learn Soca
Dance Moves



Dance &
Fitness Fun



Group
Photos



Best Festive
Outfit
Recognition



Small Tropical Treats
WILL BE SERVED!



Funded by
NYC Aging

NYC
Aging

GREAT MUSIC • GREAT PEOPLE • GREAT VIBES!

SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE



TALENT IS TIMELESS

Local

COMPETITION



CELEBRATING TALENT. INSPIRING COMMUNITY.

CONGRATULATIONS!

We are proud to announce that our
1st, 2nd, and 3rd place winners will be advancing to the

SEMI REGIONAL COMPETITION!

1

1ST PLACE



ZOYA

Singing

2

2ND PLACE



MERENGUE GROUP

Maria, Howard and Kishico

3

3RD PLACE



BACHATA GROUP

Tippy, Victor and Julie



**TUESDAY,
AUGUST 4, 2026**



**SUNNYSIDE
OLDER ADULT CENTER**
43-39 39th Street
Long Island City, NY 11104



**CALL TIME:
12:00 PM**
**PERFORMANCE:
1:00 PM – 4:00 PM**



*Thank you to all participants for sharing your talent
and making our local competition a success!*



125+
YEARS OF CHANGING LIVES



718-626-1500

23-11 31st Road
Astoria, NY 11105

CCNS Peter J. DellaMonica
Older Adult Center

Funded by



**Talent is
Timeless**



SADDLE UP FOR COWBOY DANCE CARDIO



CELEBRATING
INDEPENDENCE
DAY
WITH MUSIC,
FUN & COWBOY
SPIRIT!

MOVE ★ LAUGH ★ STAY STRONG

Come for the workout,
and amazing company!



HAVE FUN!



MAKE FRIENDS!



STAY ACTIVE!



FEEL GREAT!



NEVER TOO LATE
TO DANCE!

DANCE CARDIO BENEFITS:

- ★ Great Music
- ★ Easy to Follow Moves
- ★ New Friends
- ★ Better Health
- ★ More Energy
- ★ Lots of Laughter!



A FUN-FILLED CLASS
THAT GETS YOUR
HEART PUMPING AND
YOUR FEET MOVING!

WEAR YOUR
COWBOY HAT
& SHOW YOUR
PATRIOTIC SPIRIT!



FRIDAYS
AT 10:00 AM



23-11 31st ROAD
ASTORIA, NY 11106



718-626-1500



125+
YEARS OF
CHANGING LIVES



Funded by
NYC
AGING



Arts & Crafts

with

RECREATION COORDINATOR AHMED!

Unleash your creativity and make something beautiful!

Join us for fun-filled Arts & Crafts sessions where imagination comes to life, friendships grow, and every creation is a masterpiece! ♥

BENEFITS OF ARTS & CRAFTS



Encourages creativity and self-expression



Builds social connections and friendships



Improves fine motor skills and coordination



Promotes relaxation and reduces stress



Create
Connect
Inspire!



All
Materials
Provided!



EVERY IDEA IS UNIQUE. EVERY CREATION IS SPECIAL.

You Belong. You Create. You Shine!



**CCNS PETER J. DELLAMONICA
OLDER ADULT CENTER**
23-11 31st Road, Astoria, NY 11106



FUN • CREATIVE • ENGAGING
Come for the crafts,
stay for the community! ♥



718-626-1500
For more information,
please call us!

19

Creativity IN EVERY Stone!

EXPRESS
YOURSELF.
HAVE FUN.
STAY
CREATIVE!

PAINTED ROCK ART WORKSHOP

Our members enjoyed a fun and relaxing Painted Rock Art Workshop! Using their imagination and creativity, they turned simple stones into beautiful works of art.

Great art. Great friends.
Great day! 

Creativity has no age!



Come create, connect, and be inspired.
All are welcome! 

Thank you to all our
members for bringing
such creativity and
joy to our center!



CCNS

Peter J. DellaMonica
Older Adult Center

23-11 31st Road, Astoria, NY 11106

718-626-1500

Watercolor PAINTING CLASS

WITH HELEN



- ✿ Explore your creativity.
- ✿ Relax your mind.
- ✿ Create something beautiful.

Art brings
joy, peace,
and connection!



FUNDED BY **NYC** Aging

CCNS

PETER J. DELLA MONICA
OLDER ADULT CENTER



Wednesdays @ 1PM

STRENGTH TRAINING

Join us for fun exercise!

 www.seniorplanet.zoom.us

Zoom Meeting ID:
831 2781 3758

Funded by NYC Aging

NYC Aging



CATHOLIC CHARITIES
BROOKLYN & QUEENS

125+
YEARS OF CHANGING LIVES



VIRTUAL & HYBRID EXERCISE

MONTHLY Schedule



MONDAY – FRIDAY

Morning Stretch
10:00 AM



TUESDAY & THURSDAY

Chair Yoga
12:00 PM



MONDAY & WEDNESDAY

Easy-to-Follow Tai Chi
2:00 PM



TUESDAY & THURSDAY

Afternoon Stretch
4:00 PM



Join Online: Senior Planet Zoom
Meeting ID: 170 361 931
(Or ask the front desk for assistance)

CCNS Peter J. DellaMonica Older Adult Center
23-11 31st Road, Astoria, NY 11106 • 718-626-1500

Funded by **NYC Aging**

125+
YEARS OF CHANGING LIVES





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

125+
YEARS OF CHANGING LIVES



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

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.

- 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



NEED HELP?

Catholic Charities

Call Center

718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services
Catholic Charities Brooklyn and Queens
www.ccbq.org

 ¿Necesitas ayuda?
Catholic Charities
Centro de Atención
718-722-6001



Lunes - Viernes, 9AM - 6PM

- Servicios de salud de comportamiento
- Coordinación de la atención
- Enseñanza preescolar y programa Head Start
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias
- Información sobre viviendas
- Servicios migratorios
- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- Información y referencias a otros servicios

Un centro de atención personal de *Catholic Charities* también se puede encontrar en su área.

Salud Integral & Servicios de Bienestar
Catholic Charities Brooklyn and Queens
www.ccbq.org



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



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY

Ubicaciones y Horarios

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2609 East 19th Street, Brooklyn, NY 11235

1er y 3er Jueves del mes, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213

Cada dos Miércoles, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204

Cada dos Viernes, 9 AM - 11 AM

St. Michael/St. Malachy

A partir del 26 de septiembre de 2025

286 Warwick Street, Brooklyn 11207

Todos los viernes de 9:30 AM - 11:30 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693

Martes, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377

Martes, 4 PM - 6 PM

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136-76 41st Ave., Flushing, NY 11355

Martes y Miércoles, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368

(Estacionamiento de la iglesia)

A partir del 9 de mayo de 2024: 1er jueves de cada mes,
2 PM - 5 PM

**Para obtener la lista completa de ubicaciones
afiliadas, visite: www.ccbq.org/service/food-pantry-network**



Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para más información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★★

23-11 31st Road, Astoria, NY 11106 ☎ 718-626-1500

WHAT IS SNAP?

SNAP (Supplemental Nutrition Assistance Program) helps older adults and families purchase healthy groceries.

Over 4 million older Americans use SNAP to purchase healthy food every month.

HOW TO APPLY

Make an appointment today

Call Jennifer at

☎ 718-626-1500 ext. 7375

• IMPORTANT: NEW NY SNAP RULES

- Starting March 1, 2026, some SNAP recipients may need to do at **least 80 hours/month** of work, volunteering, or training to keep benefits beyond 3 months in a 3-year period.
- Applies to able-bodied adults ages **18-64** without dependents.
- Seniors, those with disabilities, pregnant individuals, and caregivers of children under age 14 are typically exempt.

★ IMPORTANT: NEW NY SNAP RULES

88% of SNAP participants say healthy foods are too expensive.



Get help paying for your groceries



AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.



BENEFITS

The amount you receive may depend on two things.

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- Number of people that live in your household

61% of SNAP households act as caretakers for loved ones.



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MEDICARE Understanding Your Coverage

What Is Medicare?

Medicare is a **federal health insurance** program for:

- ✓ Adults age 65 and older
- ✓ People with permanent disabilities
- ✓ Individuals with End-Stage Renal Disease (ESRD)
- ✓ Individuals with ALS (*no waiting period*)

2026 Medicare Updates

- ✓ **\$2,000** yearly drug spending cap
- ✓ No more “donut hole”
- ✓ **\$35** insulin limit
- ✓ Many vaccines **\$0** copay



— The Four Parts of Medicare —



Part A – Hospital Insurance

- Inpatient hospital care
- Skilled nursing facility care
- Hospice care
- Some home health services

(Most people do not pay a Part A premium.)



Part B – Medical Insurance

- Doctor visits
- Outpatient services
- Durable medical equipment
- Some home health care
- Limited prescription drugs



Part C – Medicare Advantage

- Combines Part A & B
- Usually includes drug coverage
- May include extra benefits (dental, vision, etc.)



Part D – Prescription Drug Coverage

- Covers most prescription medications
- **\$2,000** annual out-of-pocket cap
- **\$35** insulin monthly cap
- No more coverage gap



— NEED HELP? —

Make an appointment with **Jennifer**

☎ **718-626-1500 ext. 7375**

We can help you:

- Review your Medicare plan
- Compare Advantage vs. Original Medicare
- Understand drug costs



Funded by **NYC Aging**

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road | Astoria, NY 11106 ☎ 718-626-1500



MEDICAID

How to Get Free or
Low-Cost Health Coverage



What Is Medicaid?

Medicaid is a **joint federal and state** program that provides:

- ✓ Free or low-cost health coverage
- ✓ Care at a doctor's office, hospital, clinic & more
- ✓ Long-term care services

Who Can Qualify for Medicaid?

- ✓ People of **all ages** who meet income/resource limits.
- ✓ Low-income seniors (age 65+)
- ✓ People with disabilities or blindness.
- ✓ Children
- ✓ Pregnant individuals



What Does Medicaid Cover?



Doctor visits



Hospital services



Dental care



Emergency
care



Home and
long-term care



Vision and
hearing care

NEED HELP?

Make an appointment with **Jennifer** ☎ 718-626-1500 ext. 7375

- ✓ Check if you're eligible
- ✓ Apply for Medicaid
- ✓ Renew your Medicaid coverage

Funded by **NYC Aging**

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★=★

#RENTFREEZENYC

Senior Citizen Rent Increase Exemption (SCRIE)



SENIORS AND PEOPLE WITH DISABILITIES, **KEEP YOUR RENT FROM INCREASING**, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$60,000 or less;
- Live in a rent regulated apartment;
- Spend more than 1/3 of income on rent.

ENROLL IN THE **NYC RENT FREEZE PROGRAM**



IMPORTANT NYC RENT FREEZE (SCRIE/DRIE) UPDATES:

- ✓ New higher income limits now used—applicants earning up to approx. **\$60,000+** may qualify.
- ✓ Renewals are easier—fewer documents, mail/online options available.
- ✓ Disability Rent Increase Exemption (DRIE) clarified for SSDI/SSI recipients.
- ✓ Multilingual forms available (Spanish/Chinese/Russian/Bengali).
- ✓ NYC HPD offers free help completing applications.

Questions?

Contact Jennifer at
718-626-1500 ext. 7375

¿Preguntas?

Comuníquese con la trabajadora social:
Jennifer al 718-626-1500 x7375

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106

Monday - Friday, 8:00 am - 4:00 pm

718-626-1500

FREEZING
YOUR
RENT



FREEZE
YOUR RENT

CCNS Peter J. DellaMonica
Older Adult Center
Pioneers of Queens

**BEAT
THE
HEAT:**
*August
Adventures
2026*

STAY COOL,
HYDRATED &
ENERGIZED
ALL SUMMER
LONG!

AUGUST

Refreshing Drinks & Summer Snack Ideas

♥ Healthy ♥ Cooling ♥ Refreshing ♥ Easy to Prepare ♥

REFRESHING SUMMER DRINKS



1

STRAWBERRY LEMON REFRESHER

- Fresh strawberries
- Lemon slices
- Water
- Ice



2

PINEAPPLE COCONUT COOLER

- Pineapple juice
- Coconut water
- Ice



3

PEACH MANGO SMOOTHIE

- Frozen peaches
- Mango
- Yogurt
- Ice



4

BLUEBERRY LEMON WATER

- Blueberries
- Lemon slices
- Cold water



5

WATERMELON MINT AGUA FRESCA

- Watermelon
- Mint
- Lime juice
- Ice



6

ICED HIBISCUS TEA

- Hibiscus tea
- Orange slices
- Honey (optional)
- Ice



LIGHT SUMMER SNACKS



1

GREEK YOGURT BERRY CUPS

- Low-fat Greek yogurt
- Strawberries
- Blueberries



2

TROPICAL FRUIT CUPS

- Mango
- Pineapple
- Kiwi
- Grapes



3

CUCUMBER & TOMATO SALAD CUPS

- Cucumber
- Tomato
- Olive oil
- Herbs



4

FROZEN YOGURT BANANA POPS

- Banana halves
- Yogurt coating
- Frozen



5

WHOLE WHEAT PITA & HUMMUS

- Whole wheat pita
- Hummus



6

TRAIL MIX SNACK PACKS

- Unsalted nuts
- Raisins
- Whole grain cereal



BEAT THE HEAT *This August!*

- Stay Hydrated**
Drink water often throughout the day.
- Eat Hydrating Fruits & Vegetables**
Watermelon, berries, cucumbers & more!
- Visit Cooling Centers**
During heat advisories or extreme heat.
- Wear Lightweight Clothing**
Light colors help you stay cooler.
- Limit Outdoor Activities**
During peak heat (11AM – 4PM).
- Check on Friends & Neighbors**
A kind call can make a big difference.



GREAT FOR:

- National Wellness Month
- Heat Safety Awareness
- Senior Citizens Day
- Friendship Celebrations
- August Birthday Celebration
- Summer Socials
- Healthy Aging Programs
- Beat the Heat Events

*Together
We Stay
Cool,
Healthy &
Connected!*



*Celebrate Good Health,
Good Friends, and a
Wonderful Summer Together!*



125+
YEARS OF COMPASSION
& SERVICE



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33

23-11 31st Road
Astoria, NY 11106

718-626-1500

CCNS Peter J. DellaMonica Centro para Adultos Mayores

→ Pioneros de Queens ←

**GANALE
AL CALOR:**

*Aventuras de
Agosto 2026*

AGOSTO 2026

Bebidas Refrescantes y Ideas de Bocadillos de Verano

♥ Saludable ♥ Refrescante ♥ Satisfactorio ♥ Fácil de Preparar

¡MANTÉNGASE
FRESCO, HIDRATADO
Y CON ENERGÍA
TODO EL VERANO
LARGO!

BEBIDAS REFRESCANTES DE VERANO



1

REFRESCO DE FRESA Y LIMÓN

- Fresas frescas
- Rodajas de limón
- Agua
- Hielo



2

ENFRIADOR DE PIÑA Y COCO

- Jugo de piña
- Agua de coco
- Hielo



3

BATIDO DE DURAZNO Y MANGO

- Duraznos congelados
- Mango
- Yogur
- Hielo



4

AGUA DE ARÁNDANOS Y LIMÓN

- Arándanos
- Rodajas de limón
- Agua fría



5

AGUA FRESCA DE SANDÍA Y MENTA

- Sandía
- Menta
- Jugo de limón
- Hielo



6

TÉ DE JAMAICA HELADO

- Té de jamaica
- Rodajas de naranja
- Miel (opcional)
- Hielo



BOCADILLOS LIGEROS DE VERANO



1

VASITOS DE YOGUR GRIEGO CON BERRIES

- Yogur griego bajo en grasa
- Fresas
- Arándanos



2

VASOS DE FRUTAS TROPICALES

- Mango
- Piña
- Kiwi
- Uvas



3

VASITOS DE ENSALADA DE PEPINO Y TOMATE

- Pepino
- Tomate
- Aceite de oliva
- Hierbas



4

PALETAS DE PLÁTANO CON YOGUR CONGELADO

- Mitades de plátano
- Cubiertas de yogur
- Congeladas



5

PITA INTEGRAL Y HUMMUS

- Pan pita integral
- Hummus



6

PAQUETES DE MEZCLA ENERGÉTICA

- Nueces sin sal
- Pasas
- Cereal integral



**GÁNALE AL CALOR
este agosto!**

- Manténgase hidratado
Beba agua con frecuencia durante el día.
- Coma frutas y verduras hidratantes
Sandía, bayas, pepino y más.
- Visite los centros de enfriamiento
Durante advertencias de calor o calor extremo.
- Use ropa ligera
Los colores claros ayudan a mantenerse más fresco.
- Limite las actividades al aire libre
Durante las horas de más calor
(11 a.m. - 4 p.m.).
- Revise a amigos y vecinos
Una llamada amable puede hacer una gran diferencia.



IDEALES PARA:

- Mes Nacional del Bienestar
- Concientización sobre la Seguridad ante el Calor
- Día de las Personas Mayores
- Celebraciones de Amistad
- Celebración de Cumpleaños de Agosto
- Reuniones Sociales de Verano
- Programas de Envejecimiento Saludable
- Eventos al calor

¡Juntos
Nos
Mantenemos
Frescos,
Saludables y
Conectados!



¡Celebremos buena salud,
buenos amigos y un verano
maravilloso juntos!



125+
AÑOS DE COMPASIÓN
Y SERVICIO



Financiado por
NYC
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23-11 31st Road
Astoria, NY 11106

718-626-1500

Easy Ways to... Make a Shopping List



1. Record your meals and snacks below. Try to include all five food groups in each meal, and at least two of the five food groups in every snack.

Day/M meal	Menu	Fruits	Veggies	Grains	Protein	Low-Fat Dairy
Monday, dinner	Zucchini Pasta Salmon Plums	Plums	Zucchini Onions Garlic Tomatoes	Whole wheat pasta	Salmon	1% milk

2. Look in your cabinets and refrigerator for ingredients. Make a shopping list of what you need to buy.

Example:

1. Plums	1. _____	5. _____
2. Zucchini	2. _____	6. _____
3. Garlic	3. _____	7. _____
4. Tomatoes	4. _____	8. _____
5. Salmon		
6. 1% Milk		

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).



Just Say Yes to Fruits and Vegetables

Maneras sencillas de... hacer una lista de compras



1. A continuación, anote sus comidas y refrigerios. Trate de incluir los cinco grupos alimenticios en cada comida y, al menos, dos de los cinco grupos alimenticios en cada refrigerio.

Día/ Comida	Menú	Frutas	Verduras	Granos	Proteína	Lácteos con bajo contenido de grasa
Cena del lunes	Calabacín Pasta Salmón Ciruelas	Ciruelas	Calabacín Cebolla Ajo Tomates	Pasta de trigo integral	Salmón	Leche con 1 % de grasa

2. Busque ingredientes en sus gabinetes y en el refrigerador. Haga una lista de lo que necesita comprar.

Ejemplo:

1. Ciruelas
2. Calabacín
3. Ajo
4. Tomates
5. Salmón
6. Leche con 1 % de grasa

1.

2.

3.

4.

5.

6.

7.

8.

Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web facebook.com/eatinghealthynyc.

Para más información sobre los Stellar Farmers Markets, visite nyc.gov y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.



Just Say Yes to Fruits and Vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite myBenefits.ny.gov. El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por motivos de raza, color de piel, nacionalidad, sexo, edad, religión, orientación sexual o discapacidad. Para presentar una denuncia de discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (llamada de voz y TDD).

CCNS Peter J. DellaMonica Older Adult Center

Pioneers of Queens

AUGUST 2026

Word Search

Beat the Heat: August Adventures!

Stay
Cool,
Stay
Healthy!

Hydrate
Stay Active
Stay
Connected!



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

FIND THESE WORDS!

1. AUGUST
2. WELLNESS
3. FRIENDSHIP
4. HYDRATION
5. SENIORS
6. HEALTH
7. SUMMER
8. SAFETY
9. COOLING
10. EXERCISE
11. WALKING
12. BALANCE
13. MEMORY
14. BRAIN
15. EQUALITY
16. VETERANS
17. PURPLEHEART
18. HURRICANE
19. PREPAREDNESS
20. COMMUNITY

Together
We Thrive!

DID YOU KNOW?

- Drinking water helps keep you cool and energized.
- Regular activity supports strength, balance & mood.
- Strong friendships improve health and happiness.
- Keeping your brain active helps with memory.
- We are stronger when we support each other!

TIPS TO BEAT THE HEAT

- Drink water often—don't wait until you're thirsty.
- Stay in the shade and limit outdoor time during peak heat.
- Wear light-colored, loose clothing and a hat.
- Visit cooling centers if needed.
- Eat fruits and vegetables that help keep you hydrated.
- Check on friends and neighbors, especially older adults.

AUGUST IS SPECIAL!

- National Wellness Month
- Health Center Week (Aug. 10–16)
- Senior Citizens Day (Aug. 21)
- Purple Heart Day (Aug. 7)
- National Hurricane Awareness Month

*Celebrate good health,
great friends, and wonderful
memories this August!*



CCNS Peter J. DellaMonica Older Adult Center

August 2026 Word Scramble

Celebrating Seniors, Friendship & Community

♥ Stay Active ♥ Stay Healthy ♥ Stay Connected ♥ Stay Happy!

Stay
Positive!
Stay Cool!
Stay
Connected!

Aging is
an adventure.
Let's enjoy
every moment!



Good Friends
Make Life Better!

UNSCRAMBLE EACH WORD

1. SHIDWOM _____
2. SFRIEND _____
3. NOCITNNEOC _____
4. INLMISEG _____
5. HETALH _____
6. TNELAUGRH _____
7. MYOCMUNIT _____
8. LNEELWSS _____
9. TRECESRP _____
10. TIVACTIY _____
11. EANRLGIN _____
12. GCAIRN _____
13. THNGRETS _____
14. SORIEN _____
15. NEDSRIHFIP _____

You
Make Our
Community
Stronger!



Thank You
for Being
You!

BONUS CHALLENGE

UNSCRAMBLE THESE AUGUST
CELEBRATION PHRASES!

16. LIPRUPE RHEAT _____
17. ENOMW'S YQLTEIAU _____
18. TIOSANALN
LWNESSEL HNOMT _____
19. TONRIASEL
CITSIZEN YDA _____
20. TAEB HTE TAEH _____

BEAT THE HEAT!

- ✓ Drink water often
- ✓ Stay in cool places
- ✓ Wear lightweight clothing
- ✓ Check on friends & neighbors



AUGUST IS ALL ABOUT...

- Friendship & Connection
- Respect & Kindness
- Health & Wellness
- Learning & Growth
- Gratitude & Joy

Together
We Thrive!



Good Times, Great Friends,
Beautiful Memories!

SENIOR MOMENT OF WISDOM

"The best thing about
getting older is the
wisdom, freedom, and
wonderful people we
share life with."



♥ Celebrate Our Seniors. Strengthen Our Community. Enjoy Every Day! ♥



Stay
Active



Stay
Healthy



Stay
Connected



Stay
Happy

LET'S STAY CONNECTED!

718-626-1500



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38

FALL PREVENTION MAZE

Make safe choices. Find your way to a safer home.

START

You're on your way to a safer home!



**SAFE CHOICES
HELP PREVENT
FALLS**



Keep rooms well lit.



Wear supportive, non-slip footwear.



Remove or secure loose rugs.



Keep cords out of walkways.



Remove clutter from floors and walkways.



Use handrails on stairs.



Clean up spills right away.

GOAL

You made safe choices and reached a safer home!



Small steps make a big difference.

Stay safe. Stay steady. Stay independent.



AUGUST 2026

718-626-1500

Monday-Friday

8am-4pm

Our case worker is available to assist with center fees or case management needs by appointment only. Stop by or call the office at 718-626-1500 to make an appointment.

CCNS Peter J. DellaMonica

★ *Older Adult Center* ★

23-11 31st Road, Astoria, NY 11106

★ Older Adult Center Staff ★

Michelle S.	Program Manager
Jennifer D.	Case Manager
Miriam C.	Administrative Assistant
Mohamed A.	Recreation Coordinator
Val Y.	Cook
Vadym S.	Assistant Cook
Cecille C.	Kitchen Aide
Ram P.	Custodian
Consuelo G.	Transportation

★ Advisory Committee ★

Seelia B.	President
Michael J.	Vice President
Maria E.	Treasurer
Norma A.	Secretary
Vilma L.	Head Councilmember

Catholic Charities Brooklyn and Queens offers the dignity and value of every person regardless of their social or economic circumstances.

We provide innovative, advocacy and problem-to-solution services so that all who can experience the fullness of life and develop their potential as connected members of their communities.

125+

YEARS OF COMPASSION
& SERVICE

Funded by NYC Aging

*Hello
August!*

BEAT THE HEAT!

- ✓ Stay Hydrated
- ✓ Wear Lightweight Clothing
- ✓ Visit Cooling Centers
- ✓ Limit Outdoor Activities During Peak Heat
- ✓ Check on Friends & Neighbors

♥ Stay Cool ★ Stay Safe ★ Stay Connected ♥

Annie L. Doro



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mind & Wellness	Social Connections	Learning & Recreation	Move & Thrive	Creative Wellness
3 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics: Computer Room (Ahmed) 12:00 Lunch 1:00 Frienship & Wellness Celebration (DJ Woody)	4 9:00 Word Search (Ahmed) 10:00 Gentle Stretching (Hope) 11:00 Emergency Preparedness 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen) <i>12:00PM Talent is Timeless</i>	5 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	6 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Nutrition & Wellness Bootcamp (Hope) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	7 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 10:30 Arts & Craft: Moroccan Lamps (Ahmed) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
10 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics: Lunch Room (Ahmed) 12:00 Lunch 1:00 Wellness & Heat Safety Celebration (DJ Woody)	11 <i>Regional at Sunnyside</i> 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle Stretch (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	12 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	13 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Nutrition & Wellness Bootcamp (Hope) 12-1 Lunch 1:00 Leisure Games (MJ) 1:00 Enhanced Coloring (Donna)	14 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 10:30 Arts & Craft: Scrapbook Montage (Ahmed) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
17 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Self Defense Demo (Hope) 12-1 Lunch 1:00 Honoring Service & Community (DJ Valentine)	18 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle Stretch (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	19 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	20 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 General Membership Meeting 12-1 Lunch 1:00 Leisure Games (MJ) 1:00-2:30 Enhanced Coloring (Donna)	21 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 10:30 Arts & Craft: Suncatchers (Ahmed) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
24 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics: Lunch Room (Ahmed) 12-1 Lunch 1:00 Senior Citizens & Women's Equality (DJ Prezzi)	25 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle Stretch (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	26 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	27 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Nutrition & Wellness Bootcamp (Hope) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	28 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 10:30 Arts & Craft: Koinobori (Ahmed) 12:00 Lunch 1:00 Fusion Soca Dance Festival: End-of-Summer Celebration (DJ)
31 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Smart Device Basics: Lunch Room (Ahmed) 12-1 Lunch 1:00 August Birthday Party (DJ Valentine)				

CCNS Peter J. DellaMonica Older Adult Center

Celebrate
Community
Celebrate
YOU!

August 2026

LUNCH MENU

Good Food. Good Friends. Great Day!

Enjoy Summer!
Stay Healthy & Stay Cool!

NUTRITIOUS MEALS

GREAT COMPANY

STRONGER TOGETHER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Baked Asian Style Honey Chicken Chinese Style Spaghetti Steamed Green Beans Apple	4 Turkey with Gravy Cole Slaw Sauteed Sweet Potatoes Banana	5 Homestyle Mac and Cheese Zesty Chickpea Stew Steamed Spinach Orange Grape Juice, Unsweetened	6 Beef and Pepper Pasta Four Bean Salad Fresh Pineapple	7 Parmesan Baked Fish Orzo Steamed Carrots Fruit Salad
10 Hawaiian Chicken Legs Baked Macaroni and Cheese Steamed Broccoli Orange	11 Italian Style Pork Loin Roasted Red Potatoes with Parsley Steamed Green Beans Banana	12 Caribbean Stuffed Eggplant Garlicky Tomato Soup with Smashed White Beans Brown Rice Health Slaw Peach Apple Juice	13 Beef and Lentil Stew Kasha Mixed Green Salad with Dressing Apple	14 Baked Fish with Garlic Parmesan Crust Roasted Zucchini Smashed Red Potatoes Watermelon
17 Oven Fried Chicken Wings Capri Blend Vegetables Garlic Mashed Potatoes Orange	18 Southwest Turkey Meatloaf White Rice Steamed Green Beans Pear	19 Garden Style Cutlet Black Bean Soup Cabbage Carrot Slaw French Fries Apple Orange Juice	20 Sofrito Steak with Peppers and Onions Ultimate Stewed Black Beans Vegetable Mix Yuca with Garlic and Lemon Banana	21 Fillet of Sole Florentine Polenta Steamed Carrots and Green Beans Frozen Mixed Berries
24 Caribbean Style BBQ Chicken Rice with Corn Steamed Green Beans Apple	25 Pork Spare Ribs Creamed Spinach Mashed Sweet Potatoes Pear	26 Layered Eggplant Parmesan Homemade Lentil Soup Steamed Carrots Kiwi Grape Juice, Unsweetened	27 Spanish Style Beef Stew Black Beans and Rice Sauteed Asparagus Banana	28 Baked Salmon with Lemon, Tarragon and Thyme Quinoa Cucumber and Tomato Salad with Balsamic Vinaigrette Cantaloupe
31 Teriyaki Chicken Thighs Roasted Red Potatoes with Parsley Steamed Zucchini Honeydew			 	



Menu items are subject to change without prior notice based on availability and center operations.
Meals include whole wheat bread and 1% low-fat milk.



Lunch Served
12:00 PM – 1:00 PM



23-11 31st Road • Astoria, NY 11106
718-626-1500

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