

CELEBRATING
125
YEARS



AUGUST 2026

Catholic Charities
Neighborhood Services

BEST LIFE OLDER ADULT CENTER

118-35 Farmers Blvd

St. Albans, NY 11412

929-268-3326

Funded by NYC Aging



CCNS BEST LIFE OAC - ACTIVITIES CALENDER (929) 268-3326

August CALENDER



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 11:00 Trivia & Games /w Corraine 11:00 - 12:00 Line Dancing w/ Shirley 12:00 - 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy	9:00 - 10:00 Leisure Games 10:00-11:15 Jewelry Making 11-15-12:15 Chair Fitness 12:00 - 1:00 Lunch 1:15- 2:15 Sharpening of the Mind	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing 11:15 -12:15 Chair Fitness 12:00- 1:00 Lunch 1:30 - 2:30 Joy of Painting	9:00 - 10:00 Trivia w/Corraine 10:00-11:00 Sewing/ w Dianne 12:00 - 1:00 Lunch 1:00- 2:00 Line Dancing w/Anthony	9:00 - 10:00 Leisure Games 10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie 11:15 - 12:15 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:30 - 2:30 Chair Fitness
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(929) 268-3326

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stewed Pork Chops White Rice	4 Three Beans & Spinach Stew Caesar Salad Bread/Milk/Fruit	5 Caribbean Style BBQ Chicken Green Beans w/ Onions Bread / Milk / Fruit	6 Basic Shepherd's Pie Italian Blend Bread/Milk/Fruit	7 Baked Marinated Fish Whited Beans, Kale, and Mashed Potatoes Bread/Milk/Fruit
10 BBQ Pulled Pork Roasted Potatoes Steamed Green Beans Bread / Milk /Fruit	11 Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas) California Blend Veg. Bread/Milk/ Fruit	12 Oven Fried Chicken Black Beans & Rice Cooked Cabbage w/ Shredded Carrots Bread / Milk /Fruit	13 Roast Beef w/ Mushroom Gravy Mashed Potatoes Salad w/ Chickpeas Bread/Milk/Fruit	14 Fish w/ Fresh Salsa Relish Home Fries Normandy Blend Bread / Milk /Fruit
17 Pork Ribs Mashed Potatoes Steamed Carrots & Green Beans Bread/Milk/ Fruit	18 Zesty Chickpeas Stew Brown Rice California Blend Vegetables Bread/Milk/ Fruit	19 Chicken Fajitas Steamed Corn on the Cob Steamed Broccoli Bread / Milk / Fruit	20 Italian Meatballs w/ Beef and Turkey Penne Salad w/ Chickpeas Bread/Milk/Fruit	21 Baked Fish Marsala w/ Mushrooms Pasta Normandy Blend Bread/Milk/Fruit
24 Citrus Braised Pernil (Pork Shoulder) Homemade Mashed Potatoes Steamed Kale Bread / Milk /Fruit	25 Mama's Pasta Fagioli Baby Spinach Salad w/ Mushrooms & Balsamic Vinaigrette Italian Blend Vegetables Bread/Milk/ Fruit	26 Curry Chicken Brown Rice w/ Kidney Beans California Blend Vegetables Bread / Milk / Fruit	27 Spanish Style Beef Stew Mashed Sweet Potatoes Prince Edward Blend Bread/Milk/ Fruit	28 Spanish Style Baked Fish Baked Red Potato Wedges Cooked Cabbage w/ Shredded Carrots Bread/Milk/ Fruit
31 Pork Loin w/ Oyster Sauce White Rice Steamed Broccoli Bread / Milk /Fruit				

Acceptable Fruit and Vegetable Substitution Guide

Non-Starchy Vegetables

Dark Green Vegetable Equivalents: Can substitute one dark green vegetable for another (fresh, frozen, or canned)		Red and Orange Vegetables Equivalents: Can substitute one non-starchy red or orange vegetable for another (fresh, frozen, or canned)	
• Broccoli	1 cup, cooked or raw	• Pumpkin, calabaza • Sweet potatoes	• Winter squash (acorn, butternut, Hubbard, kabocha)
• Bitter melon leaves • Escarole • Nettles • Taro Leaves • Turnip Greens	1 cup, cooked	• Beets • Carrots • Pimiento	• Red and orange bell peppers • Tomatoes
• Amaranth leaves • Beet greens • Bok choy • Broccoli Rabe (rapini) • Chard • Collard greens • Dandelion greens • Kale • Mustard greens • Spinach • Swiss chard • Watercress	1 cup cooked or 2 cups raw	Other Non-starchy Vegetables Equivalents: Can substitute one other non-starchy vegetable for another (fresh, frozen, or canned)	
Raw Leafy Greens: • Arugula (rocket) • Dark green leafy lettuce • Endive • Escarole • Mixed greens • Mesclun • Romaine	2 cups raw	• Alfalfa sprouts • Avocado (1 cup, raw) • Bean sprouts • Brussels sprouts • Cabbage- red, green, napa, savoy • Cauliflower • Celery • Cucumbers • Daikon	• Fennel • Green or wax beans • Green bell pepper • Lettuce- iceberg (2 cups, raw) • Mushrooms • Radishes • Seaweed • Snow peas

Starchy Vegetables

Starchy Vegetables Equivalents: Can substitute one other starchy vegetable for another (fresh, frozen, or canned)

- | | |
|--|--|
| <ul style="list-style-type: none"> • Breadfruit (1 ½ cups, cooked) • Burdock root • Cassava (½ cup, cooked) • Corn, yellow or white • Green bananas • Green peas • Hominy • Jicama | <ul style="list-style-type: none"> • Lotus root • Parsnips • Plantains (½ cup, cooked) • Potatoes, • White • Salsify • Taro (dashen or yautia) • Water chestnuts • Yams • Yuca |
|--|--|

- | | |
|---|--|
| <ul style="list-style-type: none"> • Apple • Applesauce • Apricot • Asian Pears • Banana • Berries • Blackberries, currants, • Raspberries, strawberries) • Citrus fruits (grapefruit, kumquats, oranges, mandarin • oranges, mandarín • Plums • Pomegranate • Rhubarb • Soursop • Starfruit • Dried fruits (raisins, prunes, apricots, etc.) | <ul style="list-style-type: none"> • Lychee • Mango • Melons • (cantaloupe, casaba, • honeydew, watermelon) • Mixed Fruit • Nectarine • Papaya • Passion fruit • Peach • Pear • Persimmon • Pineapple |
|---|--|

Beans, Peas, and Lentils Equivalents: Can substitute one bean, pea, or lentil for another (fresh, frozen, or canned)

- | | |
|---|--|
| <ul style="list-style-type: none"> • Beans: black, brown, fava, garbanzo (chickpeas), kidney, lima, mung, navy, pigeon, pink, pinto, soy, white • Peas: black-eyed, split • Lentils: red, brown, green | <ul style="list-style-type: none"> • 1 cup (whole or mashed), cooked, or canned |
|---|--|

Requirements:

- If an approved menu item is unavailable, follow this guide and select an equivalent substitution. All substitutions must be recorded.
 - A variety of fruits and vegetables should be served over the course of the week.
 - Canned and frozen vegetables must contain ≤ 220 mg of sodium/serving, canned and frozen beans must contain ≤ 290 mg of sodium/serving, and canned fruit must be packed in 100% fruit juice or water with no added sugar. Do not purchase fruit canned in syrup.
- Recommendations:**
- Serve fresh or frozen fruits and vegetables instead of canned when possible.

DASH EATING PLAN

Maria's Veggie Wrap

With Fresh Salsa

HEALTHY EATING, PROVEN RESULTS

This tasty wrap—chock-full of yummy beans and vegetables—is a great source of fiber. Try it with Rainbow Fruit Salad and low-fat Greek yogurt.

Delicious heart healthy recipes are as good for your heart as they are for your taste buds! The Heart Healthy Eating webpage (healthyeating.nhlbi.nih.gov) features this recipe and more than 100 others created for the National Heart, Lung, and Blood Institute (NHLBI). Along with heart healthy recipes from cuisines around the world, there is plenty of information about food shopping, cooking, and eating healthfully for the entire family.

DASH EATING PLAN

The DASH Eating Plan is a heart healthy approach that has been scientifically proven to lower blood pressure and have other health benefits. To learn more, go to www.nhlbi.nih.gov/DASH.



National Heart, Lung,
and Blood Institute

Maria's Veggie Wrap With Fresh Salsa

Number of servings from each DASH Food Group in the suggested meal featuring this recipe

1
Grains

1 1/4
Vegetables

1
Fruits

1 1/4
Dairy

0
Meats, Fish, and Poultry

1
Nuts, Seeds, and Legumes

1/4
Fats and Oils

1
Sweets and Added Sugars

INGREDIENTS

FOR SALSA:

6 tomatoes, preferably Roma (or 3 large tomatoes), diced
1/2 medium onion, finely chopped
1 clove garlic, finely minced
2 serrano or jalapeño peppers, finely chopped
3 tbsp fresh cilantro, chopped
Juice of 1 lime
1/8 tsp oregano, finely crushed
1/8 tsp salt
1/8 tsp ground black pepper
1/2 avocado (black skin), peeled and diced

FOR WRAPS:

1 medium red bell pepper, seeded and sliced
1 medium yellow pepper, seeded and sliced
1 onion, sliced
1 tsp canola oil
1/2 avocado, peeled and diced
Juice from 1 lime
1/2 cup chopped fresh cilantro
1 tsp chili powder (optional)
1 cup fat-free sour cream
1 can (15 1/2 oz) low-sodium black beans, drained and rinsed
4 (8-inch) whole wheat tortillas
8 tbsp Fresh Salsa

DIRECTIONS

- 1 For salsa, combine all of the ingredients in a glass or stainless steel bowl. Serve immediately, or refrigerate and serve within 4 or 5 hours.
- 2 In a nonstick pan, sauté the peppers and onion in the canola oil for 5 minutes over medium heat. Add beans, and stir well. Reduce heat to low and simmer for about 5 minutes, then set aside.
- 3 In a small bowl, combine the avocado, lime juice, cilantro, and chili powder. Reserve half of the mixture for topping.
- 4 Add sour cream to beans, and mix well.
- 5 Warm tortillas in the microwave or in a pan on the stovetop.
- 6 Fill a warmed tortilla with 1/4 bean mixture and 1/4 avocado mixture. Drizzle 2 tbsp of salsa over the bean and avocado mixture. Fold ends of the tortilla over, and roll up to make wraps.
- 7 Top the veggie wraps with remaining avocado mixture. Follow this process for the three other wraps.

MAKES 4 SERVINGS

Each serving provides 367 calories, 6g total fat, 1g saturated fat, 5mg cholesterol, 318mg sodium, 16g protein, 66g carbohydrates, 976mg potassium, 14g total fiber



Prep time
15 minutes

Cook time
15 minutes

Yields
4 servings

Serving Size
1 wrap
1/2 cup salsa

TIP Try pairing the veggie wrap with Rainbow Fruit Salad and low-fat Greek yogurt.

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NIH

National Heart, Lung, and Blood Institute

Name: _____ Date: _____

ADVENTURE
AMUSEMENT PARK
AUGUST
BACK TO SCHOOL
BACKYARD
BICYCLE
CAMPFIRE
CAMPING
CORN ON THE COB
FARMERS MARKET
FIREFLY
FLOWERS
FRUIT
FUN
GRILLING
HOT
HUMID
LAKE
PLAYGROUND
POPSICLE
RELAXATION
ROAD TRIP
SAILBOAT
STATE FAIR
SUMMER
SUNFLOWER
SUNNY



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

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



Department for
the Aging

2026



Healthy Aging Fair SAVE THE DATE!

Thursday, September 17

9:00am - 12:00pm

Asphalt Green

555 East 90th Street
New York, NY 10128



Sponsors:

Salonpas



Aetna Better Health[®] of New York

Rethink Food

Call Aging Connect:
212-AGING-NYC (212-244-6469)

Best Life Older Adult Center

929-268-3326

118-35 Farmer Blvd

Saint Albans, NY

11412

Monday—Friday

8:00am—4:00pm

Lunch Starts: 12:00— 1:00pm

Ron Carson, Director of Field Operation

Carmen Rojas, Program Manager

Corraine Lashley, Administrative Assistant

Ron Fitzpatrick, Case Manager

John Moy, Kitchen Aide

Roderick Delph, Maintenance Worker