



August 2026

Golden Voices

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

CCNS Pete McGuinness Older Adult Center
715 Leonard Street Brooklyn, NY 11222

Monday - Friday 8am - 4pm
(718) 383-1940



DANCE CLASSES EVERY THURSDAY 10:30 AM

Wed 8/5 11:30 am St. Nicks - Securing Repairs

Wed 8/26 11:00 am - 12:30pm DOT - Street Wise

TUE 8/25 12:30 pm HAWAIIAN BIRTHDAY PARTY

NYC Department for
the Aging

125+
YEARS OF CHANGING LIVES



If You Need Help, Call Us 718-383-1940

PETE MCGUINNESS OLDER ADULT CENTER

715 Leonard Street
Brooklyn, NY 11222

Phone: (718) 383-1940 Fax: (718) 383-1960
Open Monday—Friday 8am—4pm

Website <https://www.ccbq.org/older-adult-centers/pete-mcguinness-older-adult-center/>

CENTER STAFF

Ron Carson.....Director of Field Operation

Agata Skowronska.....Program Manager

Sara Jablonska.....Case Manager

Magdalena Engel.Administrative Assistant

Wojciech Jarosz.....Maintenance

Marzena Kumor.....Kitchen Aid

Carlos Collazo.....Driver



Catholic Charities 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 persons in 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 .

Osoby wspierające działalność Ośrodka

ADVISORY COMMITTEE

Paul Beissel.....President

Stella Zielinska.....Vice President

Zbigniew ZdunekTreasurer

Danuta Wardowski.....Secretary

Members :

Krystyna Zagulski

Alicja Barska

Didimo Orejuela



DOŁĄCZ DO NAS!



Honor members:

Elsie and Albert Baumgardt

Teresa Zabiski, Phyllis Nusspickel

If you would like to become a member of our Center, please come in and register with our Offices.

We welcome older adults ages 60 and up. The Center is wheelchair accessible. We speak English, Polish, Spanish and Italian.

Jeżeli chciałbyś zostać członkiem naszego Centrum zarejestruj się w naszym biurze. Zapraszamy osoby 60 lat i starsze. Centrum ma udogodnienia dla wózków inwalidzkich.

MÓWIMY PO ANGIELSKU, POLSKU
WŁOSKU I HISZPAŃSKU



Every minute ... Every day
Catholic Charities Brooklyn and Queens
is there for you.

Catholic Charities Neighborhood Services, Inc. Funded by the New York City Department for the Aging. 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 .



IT'S A LUAU PARTY

TUESDAY AUGUST 25TH
12:30 PM - 3:30 PM

**DOMOWY
OBIAD,
GRY,
NIESPODZIANKI
I LOTERIA**

**LUNCH, GAMES,
SURPRISES AND
RAFFLES**

Na powitanie caraibski koktail!

Welcome caribbean cocktail!



ROZKLAD ZAJEC



MONDAY/ PONIEDZIAŁEK

TECHNOLOGY/ *KLUB TECHNOLOGICZNY*
WALKING CLUB
BILLIARD CLUB

11:30 am — 12:15 pm
11:00 am—12:00 pm
1:30 pm — 2:30 pm

TUESDAY/ WTOREK

PHOTO CLUB/ *KLUB FOTOGRAFIKA*
YOGA/GENTLE MOVEMENT/BREATHING
CWICZENIA ODDECHOWE I YOGA

10:00 am — 10:45 am
11:00 am — 12:00 pm

WEDNESDAY/ŚRODA

FITNESS/ *CWICZENIA FITNESS*
TECHNOLOGY/ *KLUB TECHNOLOGICZNY*
MOVIE CLUB/ *KLUB FILMOWY*

09:45 am — 10:45 am
11:00 am — 12:00 pm
2:00 pm — 3:00 pm

THURSDAY/CZWARTEK

DANCE CLASS
BOOK CLUB

10:30 am — 11:30 am
1:30 pm—2:30 pm

FRIDAY/PIĄTEK

DRAWING/PAINTING CLUB/ *KLUB MALARSKI I RYSOWNICZY*
FITNESS/ *CWICZENIA FITNESS*
PRESS REVIEW
GARDEN CLUB/ *KLUB OGRODNIKA*

9:45 am — 11:45 am
10:00 am — 11:00 am
11:30 am—12:30 pm
1:45 pm — 2:30 pm

Wednesday 8/5/2026 SPECIAL EVENT - Securing Repair—St. Nicks Alliance 11:30 am - 12:30 am

Wednesday 8/12//2026 SPECIAL LUNCH - Emerg. Preparedness 12:30 pm

Wednesday 8/19/2026 SPECIAL EVENT - Seniors Scam and How to Spot Them 11:30 pm

Wednesday 8/26/2026 SPECIAL EVENT - DOT Street Wise -11:00 am– 12:00 pm

Tuesday 8/25/2026 - Hawaiian Birthday Party - 12:30 pm – 3:30 pm –donation \$2.50 - DJ

LUNCH(OBIAD W OSRODKU) MONDAY - FRIDAY 12:30pm - donation \$1.50

CCNS Pete McGuinness Activity Schedule

Telephone 718-383-1940

August 2026

MON TO FRI 8AM-4PM

Monday	Tuesday	Wednesday	Thursday	Friday
3 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 Blood Pressure Monitoring 1:30-2:30 Billiard	4 10:00 -10:45 Photo Club 11:00–12:00 Yoga	5 9:45-10:45 Fitness 11:30-12:30 Press Review <i>11:30-12:30 Lecture</i> 12:00– 12:45 Blood Pressure Monitoring 2:00-3:00 Movie Club	6 <i>10:30-11:30 Dance Class</i> <i>11:30– 12:15 Alert & Alive</i> <i>1:15-3:30 BINGO</i> 1:30-2:30 Book Club	7 9:45-10:45 Fitness 11:30-12:30 Press Review 12:00– 12:45 Blood Pressure Monitoring 1:45-2:30 Garden Club
10 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 Blood Pressure Monitoring 1:30-2:30 Billiard	11 10:00-10:45 Photo Club 11:00–12:00 Yoga	12 9:45-10:45 Fitness 11:00 –12:00 Technology Club <i>11:30-12:30 Lecture</i> 12:00– 12:45 Blood Pressure Monitoring 2:00-3:00 Movie Club	13 <i>10:30-11:30 Dance Class</i> 1:30-2:30 Book Club <i>1:15-3:30 BINGO</i>	14 9:45 - 11:45 Painting 9:45-10:45 Fitness 11:30-12:30 Press Review 12:00– 12:45 Blood Pressure Monitoring 1:45-2:30 Garden Club
17 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 Blood Pressure Monitoring 1:30-2:30 Billiard	18 10:00 -10:45 Photo Club 11:00–12:00 Yoga	19 9:45-10:45 Fitness 11:00 –12:00 Technology Club <i>11:30-12:30 Lecture</i> 12:00– 12:45 Blood Pressure Monitoring 2:00-3:00 Movie Club	20 <i>10:30-11:30 Dance Class</i> <i>11:30– 12:15 Alert & Alive</i> 1:30-2:30 Book Club <i>1:15-3:30 BINGO</i>	21 9:45-10:45 Fitness 11:30-12:30 Press Review 12:00– 12:45 Blood Pressure Monitoring 1:45-2:30 Garden Club
24 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 Blood Pressure Monitoring 1:30-2:30 Billiard	25 10:00 -10:45 Photo Club 11:00–12:00 Yoga <i>12:30-3:30 BIRTHDAY PARTY</i>	26 9:45-10:45 Fitness 11:00 –12:00 Technology Club <i>11:30-12:30 Lecture</i> 12:00– 12:45 Blood Pressure Monitoring 2:00-3:00 Movie Club	27 <i>10:30-11:30 Dance Class</i> 1:30-2:30 Book Club <i>1:15-3:30 BINGO</i>	28 9:45 - 11:45 Painting 9:45--10:45 Fitness 11:30-12:30 Press Review 12:00– 12:45 Blood Pressure Monitoring 1:45-2:30 Garden Club
31 11:00-12:00 Walking Club 11:30 –12:15 Technology Club 12:00– 12:45 Blood Pressure Monitoring 1:30-2:30 Billiard				SCHEDULED ACTIVITIES SUBJECT TO CHANGE DUE TO UNFORESEEN



CCNS PETE MCGUINNESS OAC
715 LEONARD STREET, BROOKLYN, NY 11222

AUGUST 2026

MONDAY	Tuesday	Wednesday	Thursday	Friday
3 Vegetable Soup Pork Spare Ribs Yellow Rice Mixed Salad Banana	4 Split Pea Soup Stuffed Cabbage w/Pork Baked Potato Green Salad Strawberries	5 Broccoli Soup Veggie Burger Mixed Green Salad Apple	6 Cabbage Soup Apricot Glazed Pork Chops Kasha Cucumber Salad Orange	7 White Bean Soup Baked Fish Brown Rice Cooked Cabbage Salad Blueberries
10 Chicken Barley Soup Pork Loin w/Mushroom White Rice Garden Salad Banana	11 Noodle Soup Baked Breaded Chicken Whole Wheat Pasta w/Pesto Green Salad Watermelon	12 Ukrainian Borscht Vegetable Lasagna Mixed Green Salad Blueberries	13 Cauliflower Soup Ginger Garlick Beef Stew Brown Rice Green Salad Peach	14 Garden Bounty Soup Pierogi Mixed Salad Applesauce
17 Lentil Soup BBQ Chicken Legs Yellow Rice Spinach, Apple & Red Onion Salad Applesauce	18 Lemon-Thyme Soup Bigos (Hunter Stew) Baked Potato Iceberg Salad Kiwi	19 Mushroom Soup Lazanki Garden Salad Peach	20 Pickle Soup Tuna Salad Potato Salad Green Salad Applesauce	21 Split Pea Soup Eggplant Parmesan Arugula Salad Blueberries
24 Garden Bounty Soup Chili Con Carne Yellow Rice Garden Salad Banana	25 Cabbage Soup Italian Style Pork Loin Mashed Potatoes Green Salad Apple	26 Lentil Soup Vegetable Stuffed Peppers Garden Salad Strawberries	27 Chicken Barley Soup Baked Breaded Chicken Cutlet Whole Wheat Pasta w/Pesto Watermelon	28 Broccoli Soup Baked Fish Brown Rice Cooked Cabbage Salad Orange
31 White Borscht Chicken Stir Fry White Rice Mixed Green Salad Apple			WHOLE WHEAT BREAD AND LOW FAT MILK (1%) SERVED DAILY	MENU SUBJECT TO CHANGE WITHOUT NOTICE

sierpień

CCNS PETE MCGUINNESS OAC
715 LEONARD STREET, BROOKLYN, NY 11222**SIERPIEŃ 2026**

PONIEDZIAŁEK	WTOREK	ŚRODA	CZWARTEK	PIĄTEK
3 Zupa Jarzynowa Zeberka Żółty Ryż Mieszana Sałatka Banan	4 Grochówka Gołąbki z Wieprzowiną Pieczony Ziemniak Zielona Sałatka Truskawki	5 Zupa Brokułowa Burger Warzywny Mieszana Zielona Sałatka Jabłko	6 Kapuśniak Schab w Morelach Kasza Sałatka z Ogórka Pomarańcza	7 Zupa z Białej Fasoli Pieczona Ryba Brązowy Ryż Gotowana Kapusta Jagody
10 Krupnik Schab w Grzybach Biały Ryż Ogrodowa Sałatka Banan	11 Zupa Makaronowa Pieczony Kurczak w Panierce Pasta z Sosem Pesto Zielona Sałatka Arbuz	12 Barszcz Ukraiński Warzywna Lasagna Mieszana Zielona Sałatka Jagody	13 Zupa Kalafiorowa Gulasz Wołowy Brązowy Ryż Zielona Sałatka Brzoskwinia	14 Zupa Jarzynowa Pierogi Mieszana Sałatka Mus Jabłkowy
17 Zupa z Soczewicy BBQ Nóżki Kurczaka Żółty Ryż Sałatka ze Szpinakiem, Jabłkiem i Czerwoną Cebulą Mus Jabłkowy	18 Zupa Tymiankowa Bigos Pieczony Zimniak Lodowa Sałatka Kiwi	19 Zupa Grzybowa Łazanki Ogrodowa Sałatka Brzoskwinia	20 Zupa Ogórkowa Sałatka z Tuńczyka Sałatka Ziemniaczana Zielona Sałatka Mus Jabłkowy	21 Grochówka Bakłażan Parmesan Sałatka z Rukolą Jagody
24 Zupa Jarzynowa Chili Żółty Ryż Ogrodowa Sałatka Banan	25 Kapuśniak Schab po Włosku Tłuczone Ziemniaki Zielona Sałatka Jabłko	26 Zupa z Soczewicy Papryka Faszerowana Warzywami Ogrodowa Sałatka Truskawki	27 Krupnik Panierowany Kotlet Drobiowy Pasta z Sosem Pesto Arbuz	28 Zupa Brokułowa Pieczona Ryba Brązowy Ryż Gotowana Kapusta Pomarańcza
31 Biały Barszcz Kurczak Stir Fry z Warzywami Biały Ryż Mieszana Zielona Sałatka Jabłko			MENU MOŻE ULEC ZMIANIE BEZ POWIADOMIENA	CHLEB PEŁNOZIARNISTY I MLEKO 1% PODAWANE CODZIENNIE



THE 2026 BIG WALK-A-THON

KICKS OFF ON

National Walking Day, Wednesday, April 1st!

Take the Step Pledge to walk at least 1x a week with your walking club. Every step counts! At the end of the **WALK-A-THON** the one club in each borough that has the most steps will win the award for that borough.

Your club may even qualify for the **WILD CARD!**

**WINNERS WILL BE ANNOUNCED AT
THE 2026 NYC AGING HEALTH FAIR ON SEPTEMBER 17TH!**

TAKE THE PLEDGE TODAY!

Ask Agata for details



CLUB'S LEADERS

Movie Club—Paul Beissel

Every Wednesday 2pm-3pm



Garden Club—Zbigniew Dudek, Zbigniew Zdunek

Every Friday 1:45pm-
2:30pm



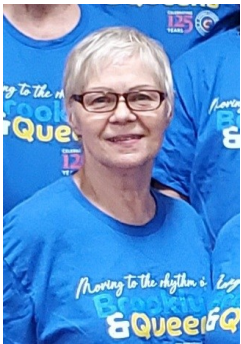
Press Club—Krystyna Lisiewska

Every Friday 11:30 am-12:30 pm



Photo Club—Agata Skowronska

Every Monday 10am-12pm



Walking Club—Alicja Barska

Every Monday 11am-12 pm

Book Club—Stella Zielinska

Every Thursday 11:30pm-



Billiard Club—Eugene Bobrowski

Every Monday 1:30pm-2:30pm



COME AND ENJOY!

CCNS Pete McGuinness OAC Celebrates America's 250th

The Pete McGuinness Older Adult Center hosted a wonderful celebration honoring America's 250th birthday. The event brought together seniors, staff, and guests for a day filled with joy, music, friendship, and community spirit.

The center was beautifully decorated with a patriotic theme, creating a festive atmosphere for everyone to enjoy. Guests celebrated together with music, dancing, and entertainment provided by a DJ. The celebration included delicious refreshments and a special cake from **Cafe Riviera**, adding a sweet touch to this memorable occasion.

One of the highlights of the event was the **themed T-shirt lottery**, which brought extra excitement and fun to the celebration. Participants had the opportunity to win special shirts connected to the patriotic theme of the event.

The celebration was a true reflection of the strong community spirit at the Pete McGuinness Older Adult Center. Seniors enjoyed spending time together, sharing laughter, dancing, and creating wonderful memories.

It was a fantastic day filled with happiness, entertainment, and friendship as everyone came together to celebrate America's 250th birthday in style.

Pete McGuinness Older Adult Center zorganizował wspaniałe obchody z okazji 250. rocznicy urodzin Ameryki. W wydarzeniu wzięli udział seniorzy, pracownicy oraz goście, którzy spędzili dzień pełen radości, muzyki, przyjaźni i ducha wspólnoty.

Centrum zostało pięknie udekorowane w patriotycznym stylu, tworząc świąteczną i przyjazną atmosferę dla wszystkich uczestników. Goście wspólnie świętowali przy muzyce, tańcach oraz rozrywkę zapewnioną przez DJ-a. Uroczystość obejmowała również pyszny poczęstunek oraz specjalny tort od Cafe Riviera, który dodał słodkiego akcentu do tego wyjątkowego wydarzenia.

Jedną z atrakcji uroczystości była loteria z tematycznymi koszulkami, która przyniosła uczestnikom dodatkową dawkę emocji i zabawy. Uczestnicy mieli możliwość wygrania specjalnych koszulek nawiązujących do patriotycznego charakteru wydarzenia.

Obchody były prawdziwym odzwierciedleniem silnego ducha wspólnoty w Pete McGuinness Older Adult Center. Seniorzy mogli wspólnie spędzić czas, dzielić się uśmiechem, tańczyć i tworzyć piękne wspomnienia.

Był to wyjątkowy dzień pełen szczęścia, rozrywki i przyjaźni, podczas którego wszyscy razem świętowali 250. urodziny Ameryki w naprawdę szczególny sposób.



BINGO

We invite all seniors to join us for **Bingo** every **Thursday at 1:15 PM!** It's a wonderful opportunity to enjoy a fun afternoon, spend time with friends, meet new people, and have a great time together. No experience is necessary, just bring your good spirit and enthusiasm for fun. We look forward to seeing you every Thursday!

Zapraszamy wszystkich seniorów na wspólną grę w Bingo, która odbywa się w każdy czwartek o godz. 1:15 PM. To doskonała okazja, aby miło spędzić czas, spotkać się z przyjaciółmi, poznać nowych uczestników i dobrze się bawić. Nie jest wymagane żadne doświadczenie – wystarczy dobry humor i chęć wspólnej zabawy. Mamy nadzieję, że dołączycie do nas w każdy czwartek!



CCNS Pete McGuinness OAC offers transportation to local stores and doctor appointments around Greenpoint for a suggested contribution of \$1.00 each way.



**Call
718-383-1940
to schedule a ride**



Our trips comeback!

Thursday 8/6/2026 8:30 am - 10:30 am Trip to Trader Joe's

Thursday 8/13/2026 8:30 am - 10:30 am Trip to Michaels/Dollar Tree

Thursday 8/20/2026 8:30 am - 10:30 am Trip to Trader Joe's

Thursday 8/27/2026 8:30 am - 10:30 am Trip to Michaels/Dollar Tree

THE SCHEDULE MAY CHANGE . ONLY 3 PEOPLE PER RIDE.

SUGESTION DONATIO \$1.00 each ride

TO CONFIRM AND MAKE RESERVATION CALL 718-418-9210 ASK FOR AGATA



Benson Ridge Senior Services
is funded through a grant from
the New York City Department
for the Aging.

The program is sponsored by
Catholic Charities Neighborhood
Services Diocese of Brooklyn
and Queens.

Accredited by
the Council on Accreditation for
Children and Family Services



Are you or a loved one confined to
the house due to failing health?

Do you worry about how long you
will be able to live independently?

**Catholic Charities
Benson Ridge Senior Services
can help.**

One of 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.

718-680-3530

We care! You are not alone!

Program funded by the
New York City Department for the Aging



**CATHOLIC
CHARITIES
Brooklyn &
Queens**
ESTABLISHED 1899

Benson Ridge Senior Services

**6823 Fifth Avenue
Brooklyn, NY 11220**

**718-680-3530 (Tel)
718-680-3654 (Fax)**



**Serving Homebound Older Adults
in Bay Ridge and Bensonhurst**

RHYTHM AND TIMING- DANCE CLASS



**We warmly invite seniors to join our dance classes
at CCNS Pete McGuinness OAC!**

**It's a wonderful way to stay active, lift your mood, and enjoy
time in a friendly, welcoming atmosphere.**

Classes are held:

- **Thursdays at 10:30 am**

**No experience is needed—just bring your energy and a smile.
Come meet new friends and enjoy the joy of dancing together!**

**Zapraszamy seniorów na zajęcia taneczne w CCNS Pete McGuinness
OAC!**

**To doskonała okazja, aby zadbać o zdrowie, poprawić nastrój i spędzić
czas w milej atmosferze.**

Zajęcia odbywają się:

- **w czwartki o 10:30 am**

NEW!!!



**Nie trzeba mieć doświadczenia – wystarczy chęć do ruchu i uśmiech.
Przyjdź, poznaj nowych ludzi i ciesz się tańcem razem z nami!**

NUTRITIONIST CORNER



Easy Ways to... Cut the Salt

At the Store	At Home												
- Choose foods with less than 5 percent Daily Value of sodium (salt) per serving. <table border="1"> <tr> <td>Saturated Fat 2.5g</td><td>13%</td></tr> <tr> <td>Trans Fat 0g</td><td></td></tr> <tr> <td>Cholesterol 0mg</td><td>0%</td></tr> <tr> <td>Sodium 120mg</td><td>5%</td></tr> <tr> <td>Total Carbohydrate 7g</td><td>2%</td></tr> <tr> <td>Dietary Fiber 3g</td><td>6%</td></tr> </table> - Buy whole foods as often as possible. - Fill your cart with fruits and vegetables. - If buying packaged foods, choose those labeled: ✓ "Low-sodium" ✓ "Sodium free" ✓ "No salt added" - Instead of processed or cured meats, choose: ✓ Lean cuts of meat and poultry ✓ Fish ✓ Beans and legumes - Instead of quick-cooking rice mixes and noodles, choose: ✓ Brown rice ✓ Whole wheat noodles and pasta ✓ Whole cornmeal - Instead of salty snack foods, choose: ✓ Fresh vegetables with a bean dip ✓ Whole grain crackers ✓ Plain, lightly salted popcorn	Saturated Fat 2.5g	13%	Trans Fat 0g		Cholesterol 0mg	0%	Sodium 120mg	5%	Total Carbohydrate 7g	2%	Dietary Fiber 3g	6%	- Make homemade soups and broths. - Rinse canned beans and vegetables with water to reduce the amount of sodium.  - Create salt-free spice blends using your favorite spices. - Add vinegar, lemon or orange zest and/or juice to foods.  - Flavor foods with fresh and dried herbs, spices and low sodium soy sauce. - Avoid adding salt to the water when cooking beans, rice, pasta and vegetables.  - Slowly cut back on the amount of salt you add to food, until you are using little to no salt.
Saturated Fat 2.5g	13%												
Trans Fat 0g													
Cholesterol 0mg	0%												
Sodium 120mg	5%												
Total Carbohydrate 7g	2%												
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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 and search for "farmers markets."

For healthy recipes, visit jyfrulivegglies.org.

NYC
Health

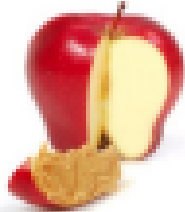
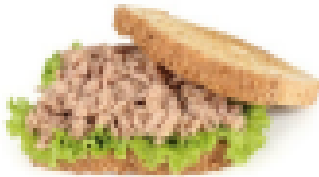
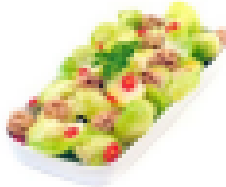
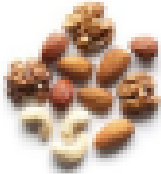
Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Nutrition Program (SNAP), formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-544-3849 or go to myfoodstamp.gov. USDA is an equal opportunity provider and employee. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 316-N, White House Building, 1416 Independence Avenue, SW, Washington, D.C. 20250 or call 800-795-5274 (voice and TDD).



Easy Ways to... Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 Make a three bean salad.	 Spread nut butter on apple or banana slices.	 Choose fish twice a week.
 Add beans to sautéed greens and eat with brown rice.	 Add nuts to vegetables and salads.	 Eat lean meat and poultry in the right portions – about the size of your palm.
 Make a bean dip to enjoy with vegetables.	 Snack on a handful of unsalted nuts or seeds.	 Bring a hard boiled egg with you for an easy snack.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit myfruitsandveggies.org.

NYC
Health

Just Say Yes
to fruits and vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Nutrition Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-346-3463 or go to myfruitsandveggies.org. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 3026-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 800-795-3246 (voice and TDD).



TECHNOLOGY CLUB

IPHONE technology class
every Monday from 11:30 am to 12:15 pm

Klasa technologii IPHONE
w każdy poniedziałek od 11:30 am do 12:15 pm



SAMSUNG technology class
every Wednesday from 11:00 am to 12:00 pm

Klasa technologii SAMSUNG
w każdą środę od 11:00 am do 12:00 pm

August Gardening Tip: Growing Herbs in Containers

Fresh herbs are one of the easiest and most rewarding plants to grow. Even if you don't have a large garden, you can enjoy homegrown herbs on a sunny porch, patio, or windowsill.

Easy Herbs to Start With

- Basil
- Parsley
- Chives
- Mint (best grown in its own pot)
- Thyme

How to Grow Them

1. Choose a pot with drainage holes.
2. Fill it with quality potting soil.
3. Place the pot where it will receive 6–8 hours of sunlight each day.
4. Water when the top inch of soil feels dry. Avoid overwatering.
5. Harvest regularly by trimming a few stems at a time. This encourages healthy new growth.



Helpful Tip: Morning is the best time to harvest herbs because their flavor and fragrance are strongest before the heat of the day.

Growing herbs is a simple way to add fresh flavor to meals while enjoying the many benefits of gardening. Even a small container can provide a season's worth of delicious herbs.

Sierpniowa porada ogrodnicza – Zioła w doniczkach

Świeże zioła to jedne z najłatwiejszych roślin do uprawy. Nie trzeba mieć dużego ogrodu – wystarczy balkon, taras lub słoneczny parapet.

Jakie zioła warto posadzić?

- Bazylia
- Pietruszka
- Szcypiorek
- Tymianek
- Mięta (najlepiej w osobnej doniczce, ponieważ szybko się rozrasta)

Jak dbać o zioła?

1. Wybierz doniczkę z otworami odpływowymi.
2. Napełnij ją dobrej jakości ziemią do roślin.
3. Ustaw doniczkę w miejscu, gdzie będzie miała co najmniej 6 godzin słońca dziennie.
4. Podlewaj, gdy wierzchnia warstwa ziemi przeschnie. Unikaj przelania.
5. Regularnie przycinaj zioła – dzięki temu będą wypuszczać nowe, zdrowe pędy.

Ciekawostka

Najlepszą porą na zbiór ziół jest poranek. Wtedy zawierają najwięcej olejków eterycznych, które odpowiadają za ich intensywny smak i aromat.

Uprawa ziół to nie tylko sposób na świeże dodatki do potraw, ale także przyjemna forma relaksu. Kilka doniczek może sprawić wiele satysfakcji i zachęcić do spędzania czasu na świeżym powietrzu.

LAUGH

FA



Żona zgłasza zaginięcie
męża:

- Już trzeci dzień nie ma go w domu!
- Mąż posiada jakieś znaki szczególne?
- Jeszcze nie, dopiero jak wróci...



- Oskarżona
mieszkała z mężem
40 lat, a potem go
zabiła.
- Dlaczego?
- Wysoki Sądzie,
jakoś tak
odkładałam,
odkładałam...



Mąż wyciąga żonę na
dwór i mówi:

- Zobacz kochanie jaki
piękny dzień.
- I co z tego?
- Mówiłaś przecież, że
któregoś pięknego dnia
mnie zostawisz!



Wife: I could have been born as the
newspaper, so that you will hold me
with so much excitement everyday

Husband: Please be aware, that I don't
read the same newspaper everyday



"Rumor has it that one of you will
be sneaking out of work to take the
boat out to do some fishing."



"Don't worry, Mary, the first 30 years
of practicing law are the hardest."

CCNS PETE MCGUINNESS OLDER ADULT CENTER

*Happy birthday :)
to all our friends from
Pete McGuinness
that were born in
AUGUST
Pete McGuinness Team*



EXERCISE YOUR BRAIN / CWICZ SWOJ UMYSŁ

Summer

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

AUGUST

BEACH

BICYCLES

BOATING

BONFIRE

FISHING

GARDENING

GOLF

GRILL

HEAT

ICE CREAM

JULY

JUNE

POOL

SOLSTICE

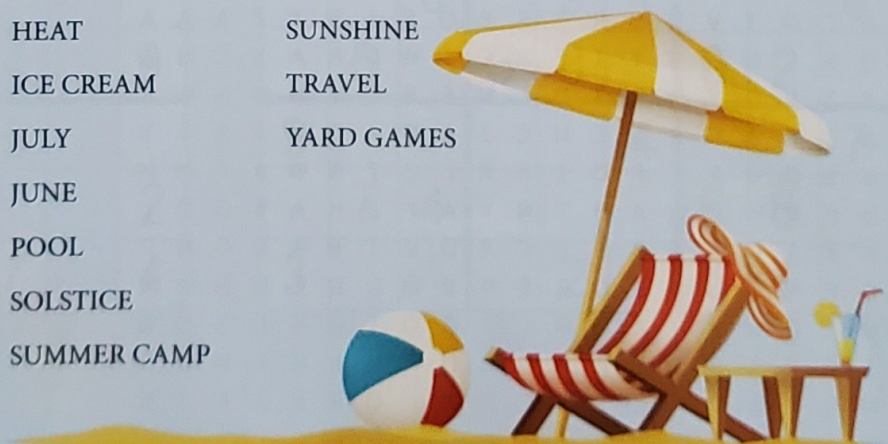
SUMMER CAMP

SUNBURN

SUNSHINE

TRAVEL

YARD GAMES



Ice Cream

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

AFFOGATO

BRAIN FREEZE

CHOCOLATE

COLD

CONE

CUP

FROYO*

LICK

MELTING

MINT CHIP

MOOSE TRACKS*

SCOOPS

SOFT SERVE

SPOON

SPRINKLES

STRAWBERRY

SUMMER

SWEET

TOPPINGS

VANILLA



NEW WORKSHOPS AND EXERCISES

Sign up for the new workshops in our Center!

Zapisz się na nowe zajęcia w naszym Centrum!



Hamstring stretch



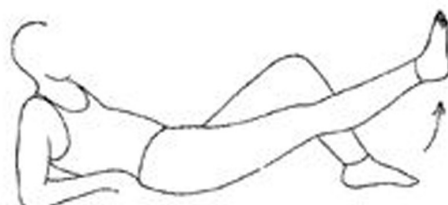
Patellar mobility



Quadriceps stretch



Quadriceps isometrics



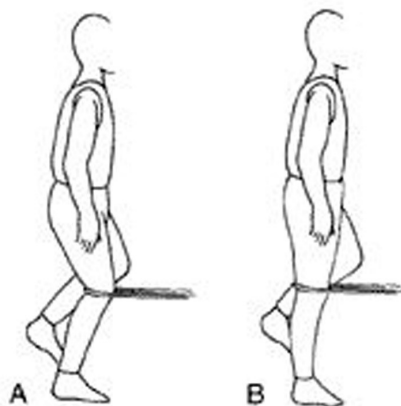
Straight leg raise



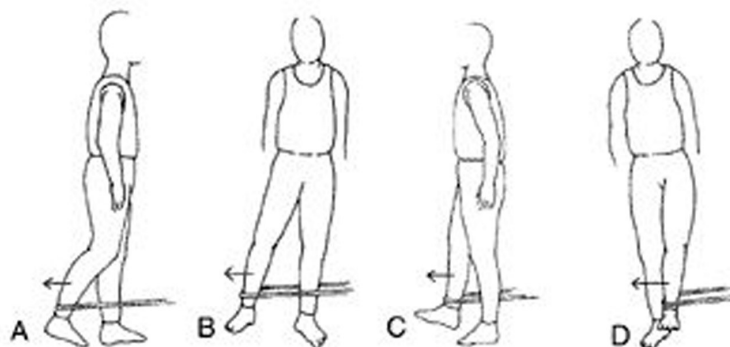
Step-up



Wall squat with ball



Resisted knee extension



Knee stabilization