

August 2026



Our Voices



CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



**Bayside OAC Cooling Center Regular,
After Hours, Holiday+ Sunday Attendance:**

July 1, 2026—Regular: 105 Afterhours: 5
July 2, 2026— Regular: 139 Afterhours: 20
July 3, 2026— Regular: 133 Afterhours: 38
July 4, 2026— Holiday (Saturday): 53
July 5, 2026—Weekend (Sunday): 40

Did you know Bayside Older Adult Center served a total of 34,805 congregate meals to members in the past twelve months (fiscal year). Highest annual total in eight years.

AUGUST



125+
YEARS OF CHANGING LIVES



August 2026



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



Rethink Food

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

Bayside Older Adult Center Menu for August, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan Homemade Tomato Sauce (½ cup) Pasta (1½ cup) Whole Wheat Bread Steamed Broccoli (1 svg) Apple 1% Low Fat Milk	4 Colombian Red Bean Stew (pre-prepared) Brown Rice (1½ c up) Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Orange; 1% Low Fat Milk	5 Baked Pork Mushroom Gravy Rice and Beans Whole Wheat Bread Steamed Carrots (1 svg) Banana 1% Low Fat Milk	6 Italian Meatballs w/ Chicken Homemade Tomato Sauce (1½ cup); Pasta (1½ cup) Whole Wheat Bread Steamed Green Beans (1 svg) Apple sauce (1 svg) 1% Low Fat Milk	7 Baked White Fish with Garlic Crumb Crust Whole Wheat Bread Garlic Mashed Potatoes (1½ svg) Sauteed Spinach (1 svg) Pear; 1% Low Fat Milk
10 Jerk Chicken Brown Rice (1½ cup) Whole Wheat Bread Steamed Cauliflower (1 svg) Apple 1% Low Fat Milk	11 Vegetarian Three Bean Chili (pre-prepared) White Rice (1½ cup) Whole Wheat Bread Steamed Green Beans (1 svg) Banana 1% Low Fat Milk	12 Basic Shepherd's Pie Whole Wheat Bread Vegetable Mix (non-starchy) (1 svg) Orange 1% Low Fat Milk	13 Egg Salad (3 oz) Italian Chickpea Pasta Salad Whole Wheat Bread Cole Slaw Apple sauce (1 svg) 1% Low Fat Milk	14 Baked Salmon with Cilantro Citrus Sauce Whole Wheat Bread Roasted Potatoes Tossed Salad with Dressing (1 svg) Pear 1% Low Fat Milk
17 Chicken Fajitas Whole Wheat Bread Yellow Rice Sauteed Spinach (1 svg) Apple 1% Low Fat Milk	18 Arroz con Gandules (Mexican Style Brown Rice w/ Pigeon Peas, 1 cup) Whole Wheat Bread Steamed Carrots (1 svg) Orange 1% Low Fat Milk	19 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Brown Rice with Kidney Beans Whole Wheat Bread Vegetable Mix (non-starchy) (1svg) Banana; 1% Low Fat Milk	20 Cheese Lasagna Rollups (pre-prepared) Whole Wheat Bread Steamed Carrots (1svg) Applesauce (1 svg) 1% Low Fat Milk	21 Fish with Tomatoes and Herbs Whole Wheat Bread Roasted Potatoes (1 svg) Steamed Green Beans (1svg) Pear 1% Low Fat Milk
24 Classic Chicken Cacciatore Pasta (1½ cup) Whole Wheat Bread Steamed GREEN Beans (1 svg) Apple 1% Low Fat Milk	25 Zesty Chickpea Stew Brown Rice (1½ cup) Whole Wheat Bread Vegetable Mix (non-starchy) (1 cup) Orange 1% Low Fat Milk	26 Beef Meatloaf Whole Wheat Bread Garlic Mashed Potatoes (1½ svg) Steamed Carrots (1 svg) Banana 1% Low Fat Milk	27 Tuna Salad Whole Wheat Bread Cucumber and Chickpea Salad (1 svg) Potato Salad Applesauce (1 svg) 1% Low Fat Milk	28 Lemon Garlic Baked Fish White Rice (1½ cup) Whole Wheat Bread Tossed Salad with Dressing (1 svg) Pear 1% Low Fat Milk
31 Arroz con Polo Chicken Breast and Rice, Brown Rice with Kidney				

The recommended contribution for lunch per persons 60 years of age or older is \$2.00

August 2026

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	• Winter squash (acorn, butternut, hubbard, kabocha)
• Bitter melon leaves		• Sweet potatoes	
• Escarole		• Beets	• Red and orange bell peppers
• Nettle		• Carrots	• Tomatoes
• Taro Leaves		• Pimento	
• Turnip Greens	1 cup, cooked	Other Non-starchy Vegetables Equivalents: Can substitute one other non-starchy vegetable for another (fresh, frozen, or canned)	
• Amaranth leaves		• Artichoke	• Leeks
• Beet greens		• Asparagus	• Luffa
• Bok choy		• Bamboo shoots	• Okra
• Broccoli Rabe (rapini)		• Bitter melon	• Purslane
• Chard		• Cactus pads	• Rutabaga
• Collard greens		• (nopales)	• Sorrel
• Dandelion greens		• Celeriac	• Spaghetti squash
• Kale		• Chayote	• Summer squash
• Mustard greens		• Eggplant	• or zucchini
• Spinach		• Hearts of palm	• Tomatillos
• Swiss chard		• Jute	• Turnips
• Watercress		• Kohlrabi	
• Raw Leafy Greens:		• Alfalfa sprouts	• Fennel
• Arugula (rocket)		• Avocado (1 cup, raw)	• Green or wax beans
• Dark green leafy lettuce		• Bean sprouts	• Green bell pepper
• Endive		• Brussels sprouts	• Lettuce-iceberg (2 cups, raw)
• Escarole		• Cabbage- red, green, napa, savoy	• (unless otherwise noted)
• Mixed greens		• Cauliflower	• Mushrooms
• Mesclun		• Celery	• Radishes
• Romaine		• Cucumbers	• Seaweed
		• Daikon	• Snow peas

Starchy Vegetables

Starchy Vegetables Equivalents: Can substitute one other starchy vegetable for another (fresh, frozen, or canned)	
• Breadfruit (1 ½ cups, cooked)	• Lotus root
• Burdock root	• Parsnips
• Cassava (¾ cup, cooked)	• Plantains (¾ cup, cooked)
• Corn, yellow or white	• Potatoes, white
• Green bananas	• Salsify
• Green peas	• Taro (dasheen or yautia)
• Hominy	• Water chestnuts
• Jicama	• Yams
	• Yuca
Beans, Peas, and Lentils Equivalents: Can substitute one bean, pea, or lentil for another (fresh, frozen, or canned)	
• Beans: black, brown, fava, garbanzo (chickpeas), kidney, lima, mung, navy, pigeon, pink, pinot, soy, white	1 cup (whole or mashed), cooked, or canned
• Peas: black-eyed, split	
• Lentils: red, brown, green	

Fruit

Fruit Equivalents: Can substitute one fruit for another (fresh, frozen, or canned)	
• Apple	• Lychee
• Applesauce	• Mango
• Apricot	• Melons
• Asian Pears	• (cantaloupe, casaba, honeydew, watermelon)
• Banana	• Mixed Fruit
• Berries (Blackberries, currants, raspberries, strawberries)	• Nectarine
• Citrus fruits (grapefruit, kumquats, oranges, mandarin)	• Papaya
• Passion fruit	• Peach
• Pear	• Pear
• Persimmon	• Pineapple
• Plum	• Pomegranate
• Rhubarb	• Sapote
• Soursop	• Starfruit
• Dried fruits (raisins, prunes, apricots, etc.)	

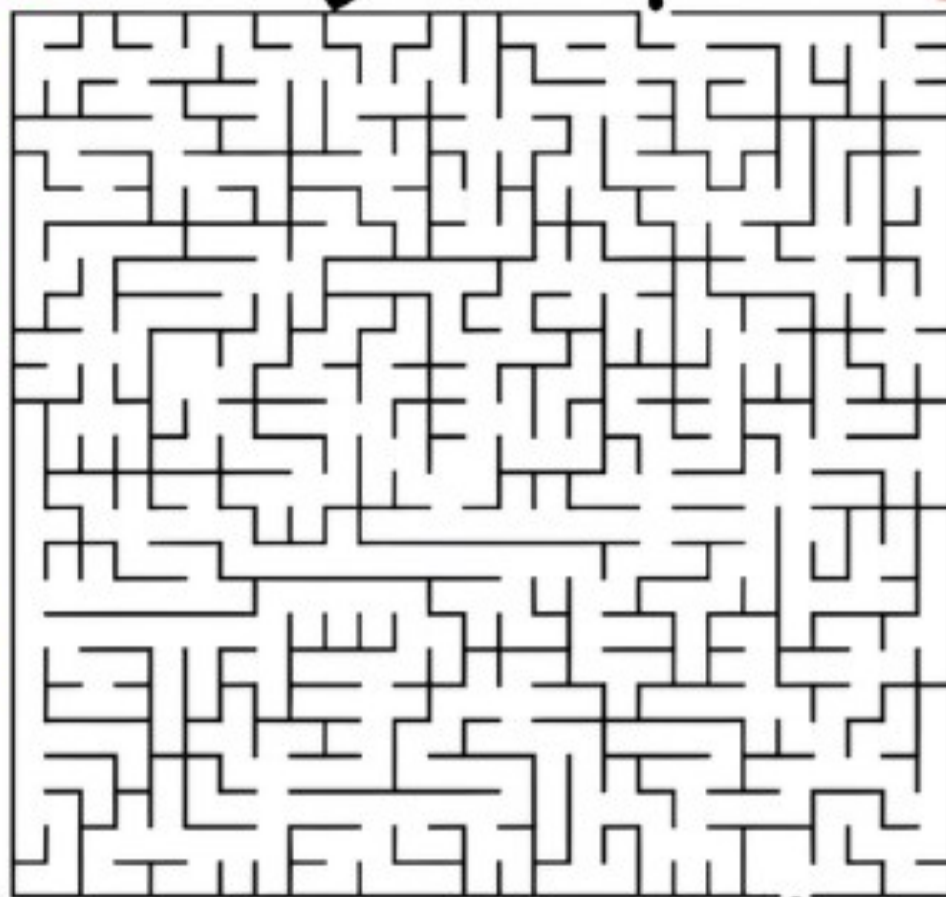
Requirements:

- 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.

US Open Tennis Tournament Maze





LOW- CARB EASY TIRAMISU

This recipe offers a healthier twist on the classic dessert by replacing traditional ladyfingers with a coffee-soaked almond crumble, creating a deliciously satisfying base. The creamy topping combines plain nonfat Greek yogurt with a touch of mascarpone cheese, delivering a luscious texture while keeping it light, and is naturally sweetened with erythritol. Packed with protein from Greek yogurt and healthy fats from almond flour, this dessert is suitable for those following a low-carb or gluten-free diet, but may not be ideal for individuals with nut allergies or those avoiding dairy.



PREP TIME
15 MIN



COOK TIME
3 MIN



SERVINGS
6

Ingredients

- 1/2 cup almond flour
- 1/4 cup plus 1 1/2 tbsp erythritol or other sugar substitute (divided use)
- 1 tsp ground cinnamon
- 1/4 tsp salt
- 1 tbsp espresso or strong coffee
- 2 cup Plain Nonfat Greek yogurt
- 3 tbsp mascarpone cheese
- 1 tbsp dark rum
- 2 tsp (from 1 orange) orange zest
- 1 tsp vanilla extract
- 1 tsp cocoa powder

Instructions

Make

1. In a medium skillet over medium heat, toast the almond flour for 3 minutes or until golden, stirring often to avoid burning.
2. In a small bowl, mix the toasted almond flour, 1 1/2 tbsp of the erythritol, cinnamon and salt. Add the espresso and stir. Divide between 6 serving glasses (about 1 heaping tablespoon each).
3. In a medium bowl, mix the yogurt with the mascarpone, remaining 1/4 cup erythritol, rum, orange zest and vanilla.
4. Spoon about 1/3 cup on top of the coffee-almond base in each of the serving glasses. Dust each tiramisu lightly with cocoa powder just before serving.

Per serving

- 140 calories
- 14g carbohydrates
- 8g total fat
- 1g fiber
- 10g protein

By Vivien Zhong





Eulalia Choi - Case Manager



Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.



EAP vs. EEAP Quick Reference for Queens Seniors (2026)

EAP (Energy Affordability Program)	EEAP (Enhanced Energy Affordability Program)
- Purpose: Monthly discounts on electric and/or gas bills for low-income households.	- Purpose: Monthly utility bill discounts for households not eligible for EAP but whose income falls below applicable median-income limits.
- Who may qualify: Households receiving HEAP, SSI, SNAP, Medicaid, TANF, Public Housing Assistance, Veterans Disability Pension, Lifeline, and certain other qualifying programs.	- Who may qualify: Households below State Median Income or, for Con Edison customers in NYC and Nassau County, below applicable Area Median Income.
- Income limit (NYC): Qualification is generally based on participation in eligible public benefits rather than a specific income figure.	- Income limit (NYC) for household of: 1 person ≤ \$113,400; 2 persons ≤ \$129,600; 3 persons ≤ \$145,800; 4 persons ≤ \$162,000.
- How to apply: Often enrolled automatically through qualifying benefit programs. If <u>not receiving</u> the discount, contact your utility company or <u>submit an application</u> .	- How to apply: Apply online through the EEAP portal and provide household income documentation, https://dps.nys.ny.gov/energy-affordability-program
- Application Timing & Renewal: No fixed annual application deadline. Enrollment is generally available year-round. Customers receiving HEAP may continue receiving EAP benefits if they remain eligible for HEAP each year. Some utilities indicate EAP enrollment continues for 18 months following approval.	- Application Timing & Renewal: No fixed annual application deadline. If approved, EEAP enrollment lasts 18 months , after which the customer must reapply and submit updated income documentation.

*HEAP is separate from EAP and EEAP. HEAP has an annual application season, while EAP and EEAP are utility bill discount programs. Missing the HEAP deadline does **not** necessarily prevent someone from applying for EEAP.

* If you are not receiving HEAP, SNAP, Medicaid, or SSI, but your household income is below the EEAP income limits, you may still qualify for monthly utility bill discounts through EEAP and should consider applying.



Resources!

Enhanced Energy Affordability Program NY EEAP

EEAP: a 2-year pilot program that offers discounts to reduce energy costs for low- and moderate-income households. Eligible households receive a fixed discount on their energy bills.

Main purpose	Monthly utility bill discount (electric/gas)
Who it's for	Low- to moderate-income households (even without benefits)
Eligibility type	Based on income only
Income limit (NYC example)	Up to ~100% Area Median Income (AMI) • 1 person: up to \$113,400/year • 4 people: up to \$162,000/year
Maximum discount	Up to about \$135/month (highest tier)
Minimum discount	As low as \$1/month (higher income tiers)
How long it lasts	<u>Typically 18 months</u> , then recertify
Application	Must apply with income documents: https://dps.ny.gov/energy-affordability-program

How EEAP Works (Simple Explanation)

- You apply with **proof of income (last 30 days)**
- Utility (Con Edison, National Grid, etc.) places you in a **discount tier**
- You get a **fixed monthly credit on your bill**
- Discount depends on:
 - Income level (lower income = bigger discount)
 - Household size
 - Type of heating (gas vs electric)

 Goal: keep energy costs at **~6% or less of income**

Income Level	Monthly Discount (approx.)
Lowest income (under ~60% AMI)	Up to \$100–\$135/month
Middle income tiers	~\$20–\$80/month
Near max income	~\$1–\$20/month

 Exact amount depends on utility + heating type

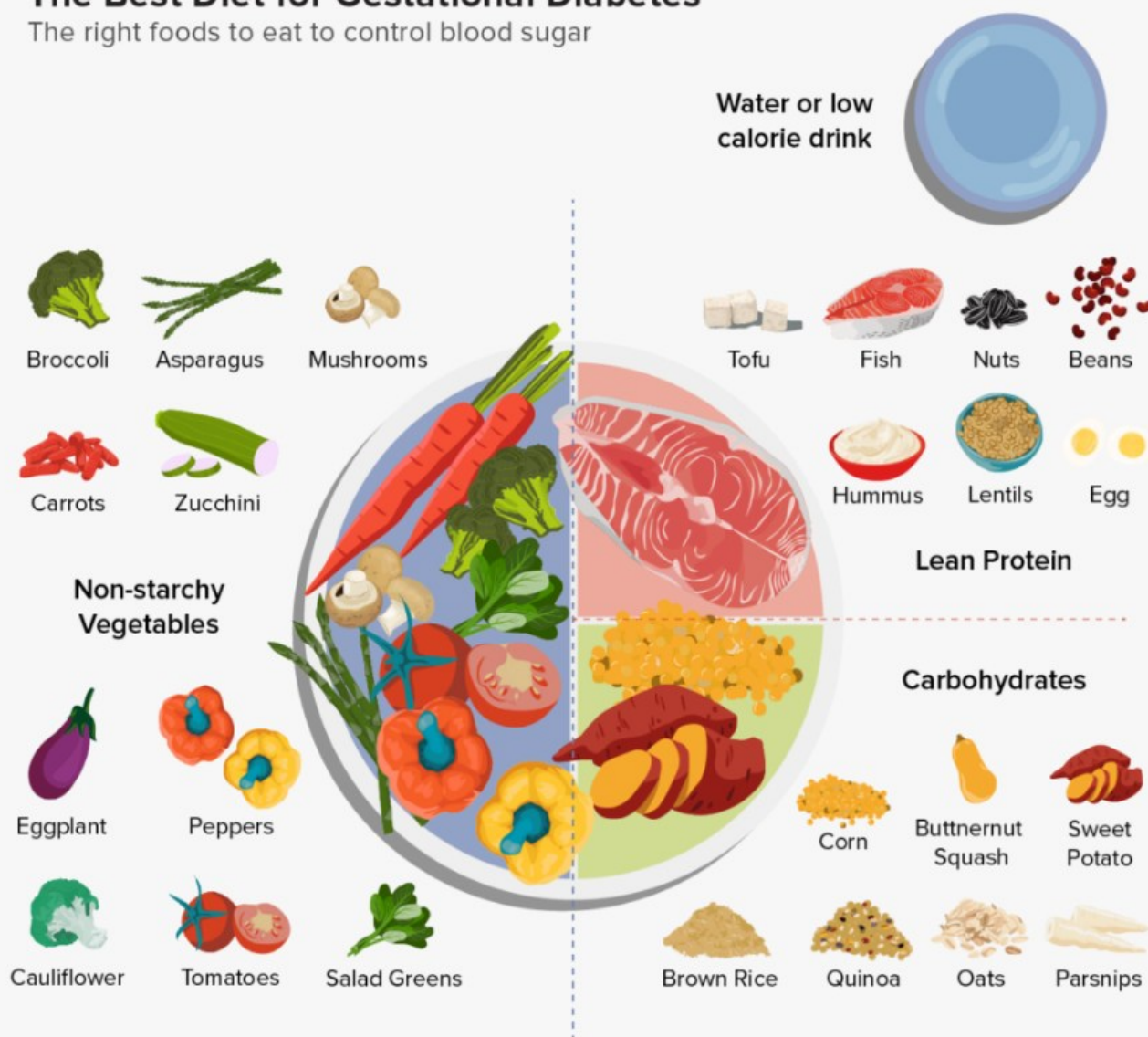
Bayside Older Adult Center Activities for August, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Painting Group (Leo) 9am-3pm Belly Dance (Amira) 10am-11am Zumba (Amira) 11am-12pm Bingo (Pat) 12:30-1:30pm Line Dance (Cecil & Lydia) 1:30pm	4 Painting Group (Leo) 9am-3pm Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	5 Painting Group (Leo) 9am Low Impact Aerobics (Ira) 9:30-10:30am Latin Dance (Yukari) 1:00pm	6 Painting Group (Leo) 9am Wing Chun (David) 9:30am <u>11:00am – 12:00pm</u> Nutrition Education Nutritionist Xiao Fang Tan Karaoke (David) 12:30pm Line Dance (Harrison) 1:00pm	7 Painting Group (Leo) 9am Ballroom/ Latin (Jennifer) 9:00-10:00am Origami Class (Rose) 12:00pm Live DJ and Social Dancing (1:00-3:00pm)
10 Painting Group (Leo) 9am-3pm Belly Dance (Amira) 10am-11am Zumba (Amira) 11am-12pm Bingo (Pat) 12:30-1:30pm Line Dance (Cecil & Lydia) 1:30pm	11 Painting Group (Leo) 9am Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	12 Painting Group (Leo) 9am Low Impact Aerobics (Ira) 9:30-10:30am Latin Dance (Yukari) 1:00pm	13 Painting Group (Leo) 9am Wing Chun (David) 9:30am Karaoke (David) 12:30pm Line Dance (Harrison) 1:00pm	14 Painting Group (Leo) 9am Ballroom/ Latin (Jennifer) 9:00-10:00am Origami Class (Rose) 12:00pm Live DJ and Social Dancing (1:00-3:00pm)
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31 Painting Group (Leo) 9am-3pm Belly Dance (Amira) 10am-11am Zumba (Amira) 11am-12pm				

Resources!

The Best Diet for Gestational Diabetes

The right foods to eat to control blood sugar



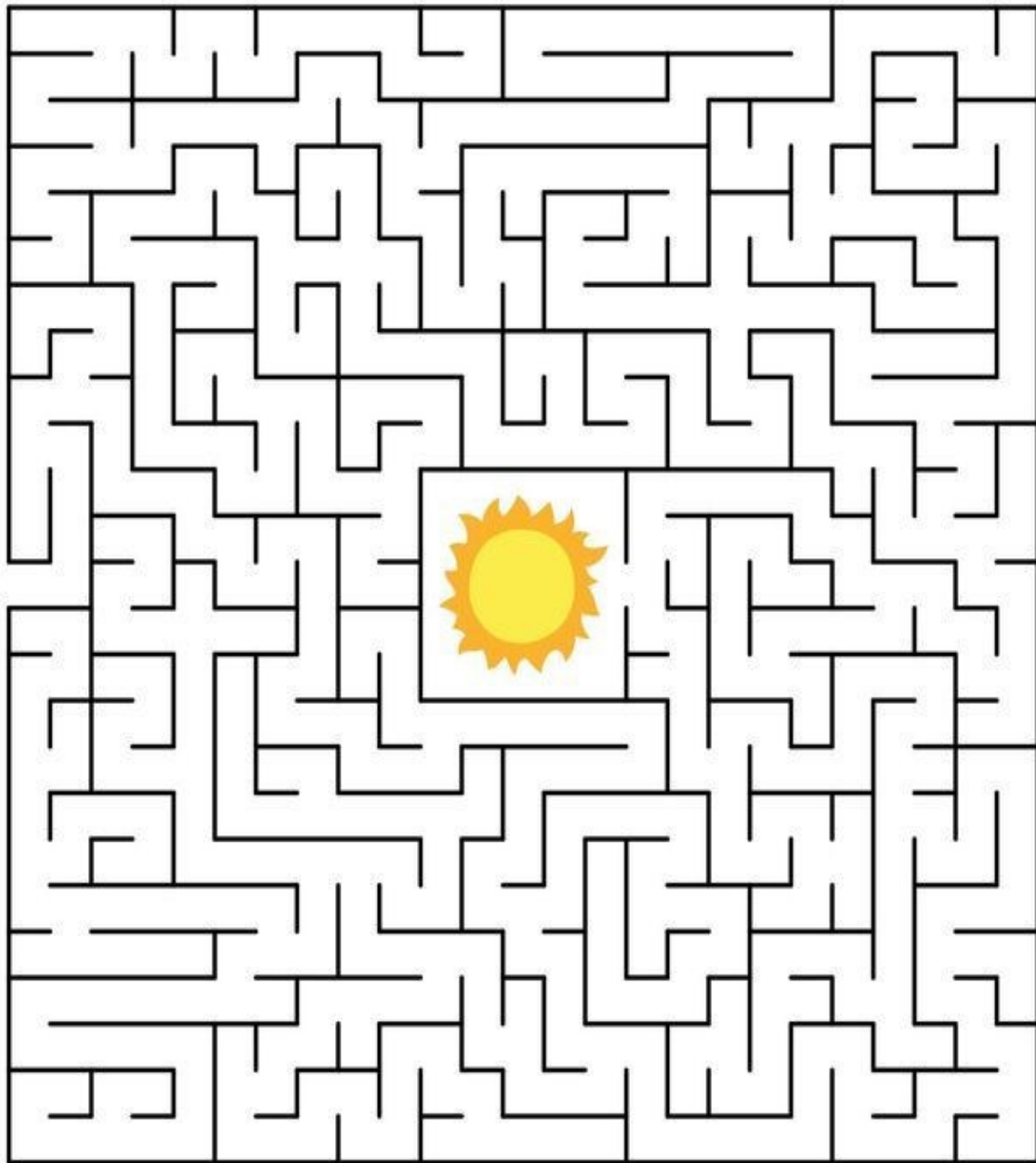
MEDICALNEWS TODAY

Summer Maze

Find your way through the maze to reach the sun in the center.

Happy Summer!

START HERE





Kind Reminder to Bayside OAC Members

Please remember to make sure your information with the center's office—such as address, phone number(s), emergency contacts, doctor contacts, medications, etc.—are all up to date.

Please notify Case Manager Eulalia Choi or other office staff of any changes so we can update your records. This is important so we can reach you or your contacts in case of urgent matters or emergencies and ultimately ensure your safety.

If you need any assistance—such as service referrals, help managing or filling out important paperwork, or applying for benefit programs and housing—please do not hesitate to reach out to the Case Manager.

Thank You





BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa F.....President
Christina L... Vice President
Pat W Treasurer
Leo P Secretary

ADVISORY COUNCIL

Members:

Carmela P
Carl D
Fraternidad S
Jane C



BAYSIDE OLDER ADULT CENTER STAFF

Pang Program Manager
Kathy L Office Manager
Eulalia CCase Manager
Yolanda D Custodian
Annmarie P Transportation Coordinator
Elizabeth M..... Recreational Coordinator

Henry C
Shawn W
Laura M
Yung P T
Michael M

Transportation
Transportation
Kitchen Aide
Kitchen Aide
Kitchen Aide

Catholic Charities Mission Statement

Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces human development.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

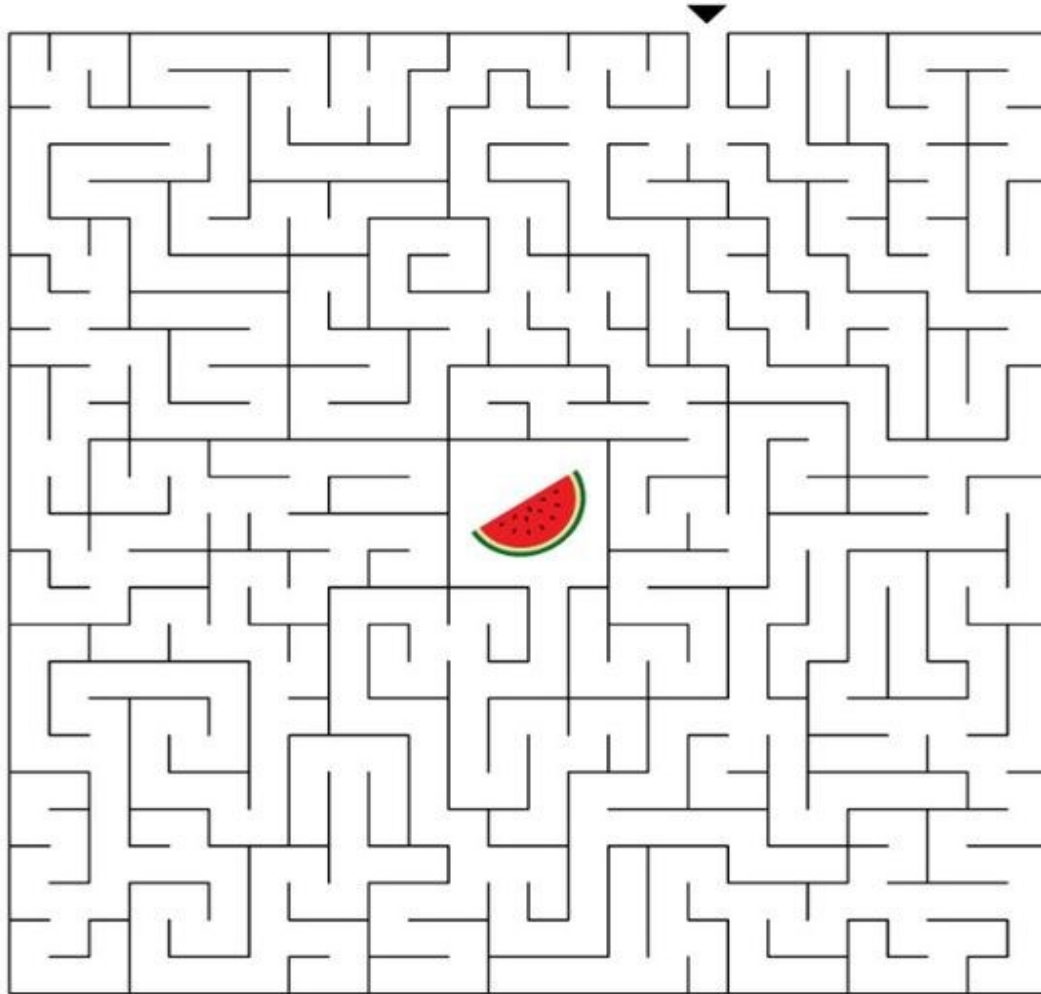
Summer Maze

SUMMER

MAZE



DIRECTIONS: FIND YOUR WAY THROUGH THE MAZE TO REACH THE WATERMELON!



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MEDITERRANEAN ZUCCHINI

Mediterranean Zucchini is a flavorful, kidney-friendly dish featuring zucchini brushed with olive oil and seasoned with lemon zest, dried herbs, and a touch of Parmesan cheese. Low in carbs and high in antioxidants, this dish supports heart health and is ideal for those managing kidney concerns, diabetes, or following a vegetarian diet. While not suitable for individuals with severe dairy restrictions or allergies, it's a versatile, budget-friendly option for most healthy eaters.



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
4

Ingredients

- 2 (5–6 oz each) zucchini (cut in half lengthwise)
- 2 tsp olive oil
- 1/2 tsp lemon zest
- 1/2 tsp dried basil
- 1/2 tsp dried oregano
- 1/8 tsp crushed red pepper flakes
- 1/8 tsp salt
- 4 tsp grated Parmesan cheese

Instructions

Prep

1. Preheat the oven to 400°F.

Make

1. Place the zucchini with the cut side up on a baking sheet. Drizzle the oil over each half.
2. In a small bowl, stir together the lemon zest, basil, oregano, red pepper flakes, and salt. Sprinkle over the zucchini.
3. Bake for 20 minutes, or until the zucchini is just tender. Remove from the oven. Immediately sprinkle each with 1 tsp Parmesan. Let stand for 5 minutes before serving.

Per serving

- 40 calories
- 3g carbohydrates
- 3g total fat
- 1g fiber
- 1g protein



Legionnaires' Disease

Legionnaires' is a type of pneumonia. It is caused by bacteria, and **cannot be spread from one person to another.**

It is easily treated with antibiotics, and most people get better with early treatment.

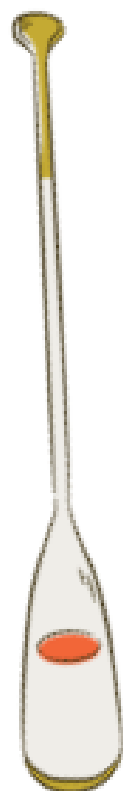
People get sick by breathing in water vapor with the bacteria (for example, mist from contaminated cooling towers). Window air conditioners are NOT a risk.

You're at higher risk if you are aged 50 or older (especially if you smoke), have chronic lung disease, have a weakened immune system or take medicines that weaken your immune system.

Don't wait! Get help right away if you feel sick.

- If you have fever, chills, muscle aches or cough, get medical attention right away.
- This is especially important if you have a medical condition that affects your breathing or if you are a smoker.
- Tell your health care provider you are concerned about Legionnaires' disease. Your provider may need to do tests to find out if you are sick with Legionnaires' disease or a different infection.

Hong Kong Dragon Boat Festival Word Search



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



celebration
friends
quyuan
lunar
river
row

tradition
compete
family
watch
drum
win

necklace
paddles
zongzi
teams
flag

festival
chinese
dragon
water
race

dumpling
duanwu
fifth
month
boat



50 YEARS NYC
Department for
the Aging



WELCOME



New Members (July, 2026)



1.	Ancil Kneece Jr.
2.	Feng Zhen Xie
3.	Jian Sheng Zhong
4.	Tung Lien Tu
5.	Howard Wong
6.	Jose R. Sanchez
7.	Celeste A. Endrano
8.	Huy Tran
9.	Ting An Yie
10.	Dip Y Wong





HWACHAE RECIPE:

This dessert is the ultimate refreshing, fizzy fruit punch perfect for the hot summer. Hwachae is a fun alternative for people to enjoy their fruits, and is easy to share amongst friends and family!

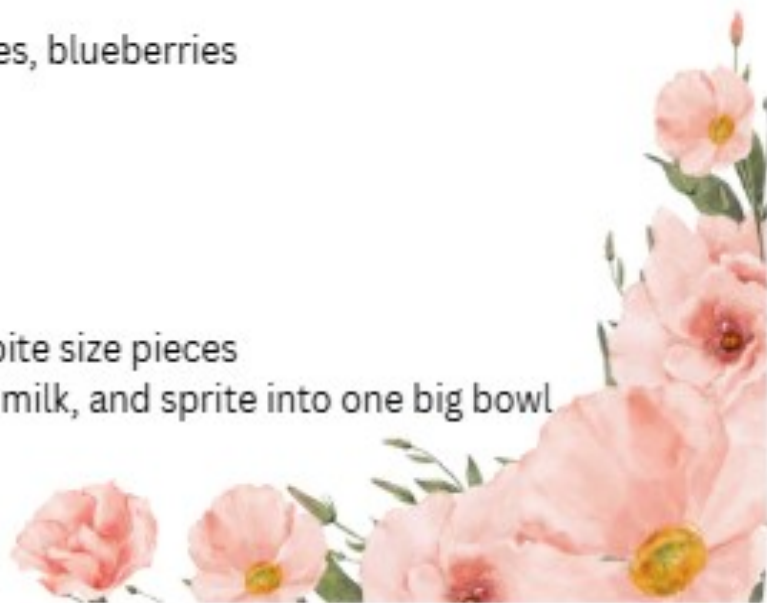
Ingredients:

Makes 4 servings

- 4 cups choice fruits
 - ex. watermelon, strawberries, blueberries
- 1 cup strawberry milk
- 1 cup sprite

Instructions:

1. Cut your choice of fruits into bite size pieces
2. Put all of the fruit, strawberry milk, and sprite into one big bowl
3. Stir and enjoy!





Happy Recap



JULY 2026

