



Senior Voices

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
ST. CHARLES JUBILEE OLDER ADULT CENTER

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



Message from the Center:

🌻 Welcome to August! 🌻

Summer is at its peak, bringing warm sunshine, vibrant gardens, and wonderful opportunities to stay active, healthy, and connected. August is a great time to enjoy the outdoors, participate in community events, and continue building healthy habits that support both physical and emotional well-being. This month, we recognize several important health and wellness observances, including **National Immunization Awareness Month**, **National Wellness Month**, and **National Eye Exam Month**. These observances encourage us to stay proactive about preventive healthcare, maintain healthy lifestyles, and protect our vision as we age. August also reminds us of the importance of hydration, sun safety, and staying socially engaged throughout the summer season. We encourage everyone to enjoy the beautiful weather while making healthy choices—drink plenty of water, eat fresh seasonal fruits and vegetables, stay physically active, and protect yourself from excessive heat and sun exposure. Whether you're joining a fitness class, participating in arts and crafts, taking a walk with friends, attending educational programs, or simply enjoying time with family, every positive step contributes to better health and overall well-being.

Thank you for being a valued member of our community. We look forward to another month filled with wellness, friendship, learning, and meaningful experiences together.

💙 Wishing everyone a safe, healthy, active, and wonderful August! 🌻🍉🌻



**Live Long
Live Well
Live Happy**



August is a Month of Wellness, Prevention & Healthy Aging

August is recognized for several important health awareness topics, including **National Wellness Month**, **National Immunization Awareness Month**, and **National Eye Exam Month**. These observances encourage us to take a proactive approach to our health by focusing on preventive care, maintaining healthy daily habits, and supporting overall well-being as we age.

As summer begins to wind down, August is an excellent time to continue enjoying outdoor activities while preparing for a healthy transition into the fall season. Staying active, eating nutritious foods, keeping up with preventive healthcare, and remaining socially connected all contribute to better physical, mental, and emotional health.

Let's use this month to:

- 🌻 **Practice heat and sun safety** by staying hydrated, wearing sunscreen, and avoiding prolonged exposure during the hottest hours of the day.
- 🚶 **Maintain regular physical activity** through walking, chair exercises, stretching, gardening, or other enjoyable forms of movement.
- 👁 **Protect your vision** by scheduling routine eye examinations, wearing sunglasses with UV protection, and reporting any changes in vision to your healthcare provider.
- 💉 **Stay up to date on recommended immunizations** by discussing vaccines, such as influenza, COVID-19, RSV, and shingles, with your healthcare provider when appropriate.
- 🥗 **Support overall wellness** by eating seasonal fruits and vegetables, staying well-hydrated, and getting adequate sleep each night.
- 🤝 **Stay socially connected** by participating in center activities, educational programs, volunteer opportunities, and spending time with family and friends.

Remember: Preventive care, healthy lifestyle choices, regular physical activity, and strong social connections are essential components of healthy aging. Small, consistent steps taken each day can help improve quality of life, maintain independence, and support lifelong health and well-being. 🌻 💙

AUGUST

Birthstone: Peridot

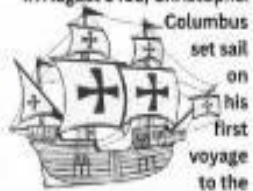
The peridot is the traditional birthstone for August. It symbolizes strength, protection, and is known for its vibrant green color.



Birth Flower: Gladiolus

The gladiolus is one of the birth flowers for August, representing strength, integrity, and remembrance.

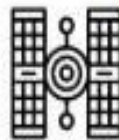
In August 1492, Christopher Columbus set sail on his first voyage to the Americas.



Famous People Born

- 4 Barack Obama
- 6 Alfred, Lord Tennyson
- 15 Napoleon Bonaparte
- 18 Robert Redford
- 19 Coco Chanel
- 20 H.P. Lovecraft
- 29 Michael Jackson

International Youth Day Aug 12th

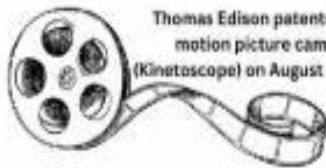


The first photograph of Earth from the moon was taken by the Lunar Orbiter on August 23, 1966.

National Aviation Day Aug 19th



Women's Equality Day
Aug 26th



Thomas Edison patented the motion picture camera (Kinetoscope) on August 31, 1897.



The Berlin Wall was erected on August 13, 1961, dividing East and West Berlin.

Astrological Signs

Leo

July 23 - Aug 22

Leos are recognized for their confidence, generosity, and charisma.



Virgo

Aug 23 - Sept 22

Virgos are recognized for their practicality, attention to detail, and analytical nature.





Mission Statement



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



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

Summer
Olympics happen
every four years



Meteorological
Start Date

June 1st

Meteorological
End Date

August 31st

The largest Ice cream
scoop weighed 3010
pounds



There are 300
different
varieties of
watermelon



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



The Eiffel
Tower
grows
taller in the
Summer

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



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



Astronomical
Start Date

June 20th

Astronomical
End Date

September 22nd

June July August

facts about SUMMER

America's
Independence
Day happens
every July 4th



MADEWITHHAPPY.COM

27 Holidays

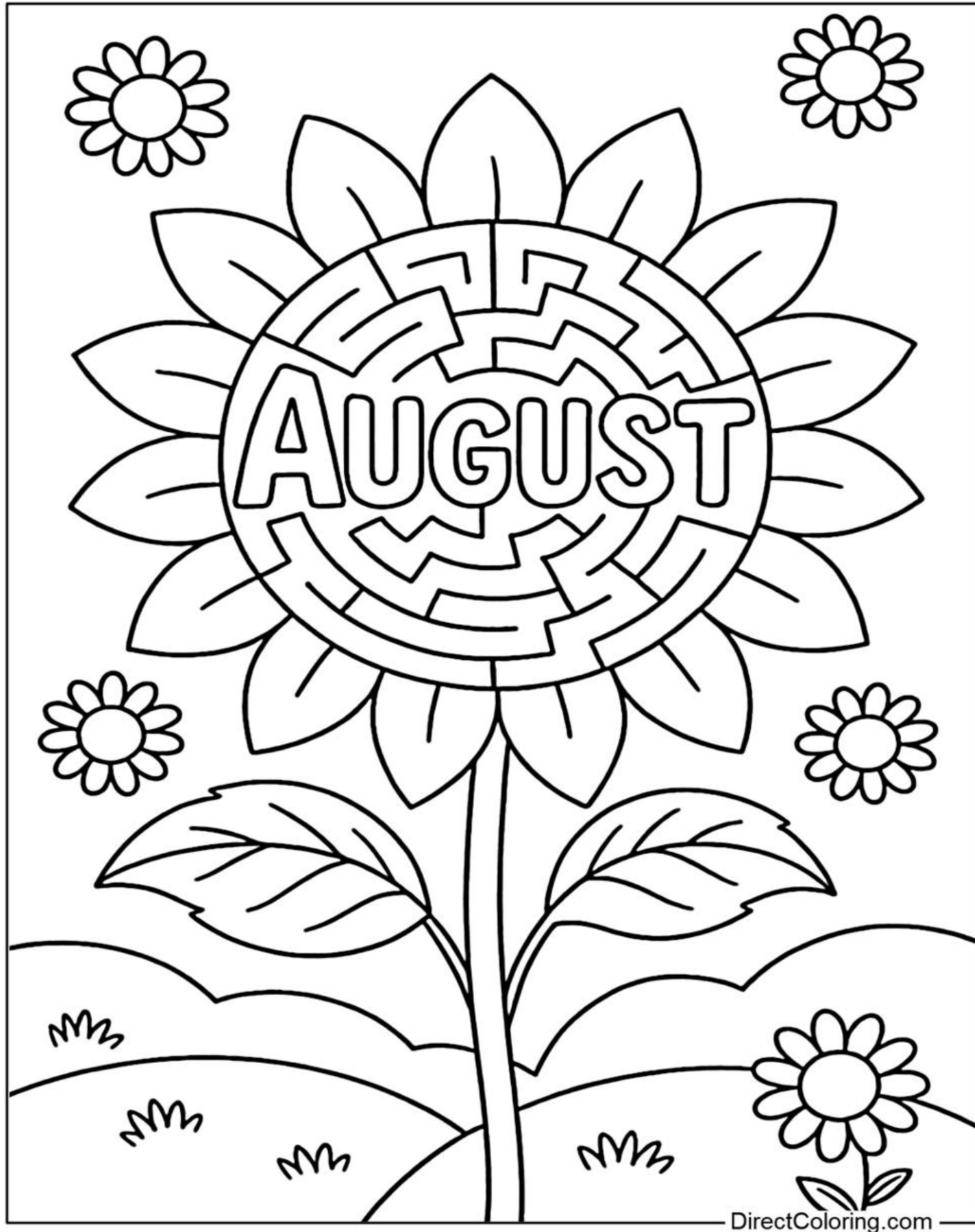
TO CELEBRATE IN AUGUST

FUN HOLIDAYS IN AUGUST

- 1st - National Raspberry Cream Pie Day
- 2nd - National Coloring Book Day
- 3rd - National Watermelon Day
- 4th - National Chocolate Chip Cookie Day
- 5th - National Sandcastle Day
- 6th - National Root Beer Float Day
- 7th - National Lighthouse Day
- 8th - National Dollar Day
- 9th - National Book Lovers Day
- 10th - National S'mores Day
- 11th - Mountain Day
- 12th - World Elephant Day
- 13th - International Lefthanders Day
- 14th - National Creamsicle Day
- 15th - National Relaxation Day
- 16th - National Tell a Joke Day
- 18th - National Fajita Day
- 19th - National Potato Day
- 20th - National Lemonade Day
- 21st - National Senior Citizens Day
- 22nd - National Tooth Fairy Day
- 23rd - Cheap Flight Day
- 24th - National Waffle Day
- 25th - National Banana Split Day
- 26th - National Toilet Paper Day
- 30th - National Beach Day
- 31st - National Trail Mix Day

National Bowling Day - Second Saturday in August





DirectColoring.com



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

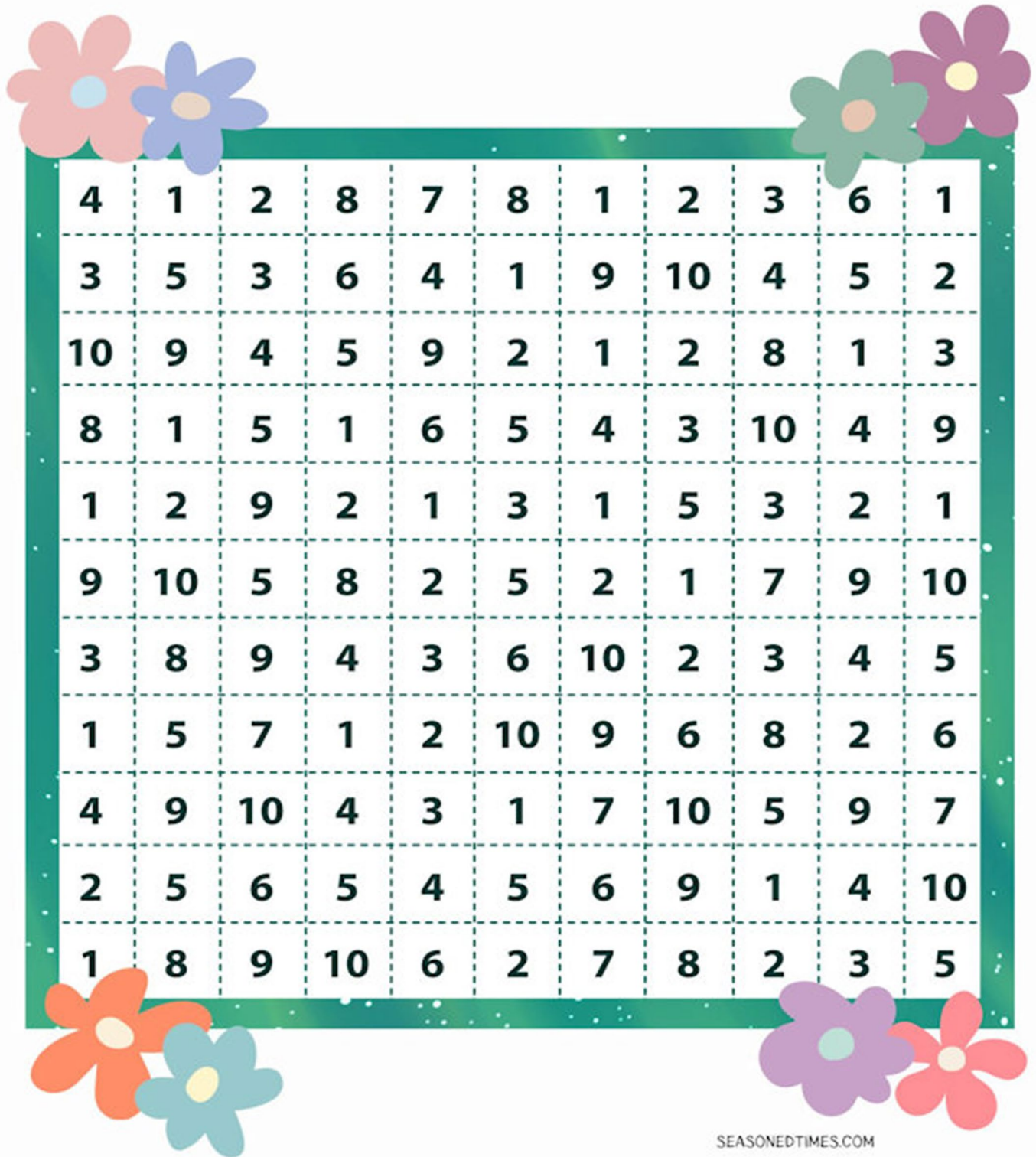


WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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
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E	R	E	Q	D	O	V	R	J	D	U	W	E	S	G	K	U	R	P
V	R	G	J	D	K	I	U	T	I	B	M	T	T	G	N	T	D	W
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

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FOLLOW NUMBERS 1 THROUGH 10



World Senior Citizens Day

♥ — Honouring the wisdom, love, and contributions of older adults — ♥



What is World Senior Citizens Day?

It is observed on August 21 to recognise and appreciate the contributions of senior citizens in society.



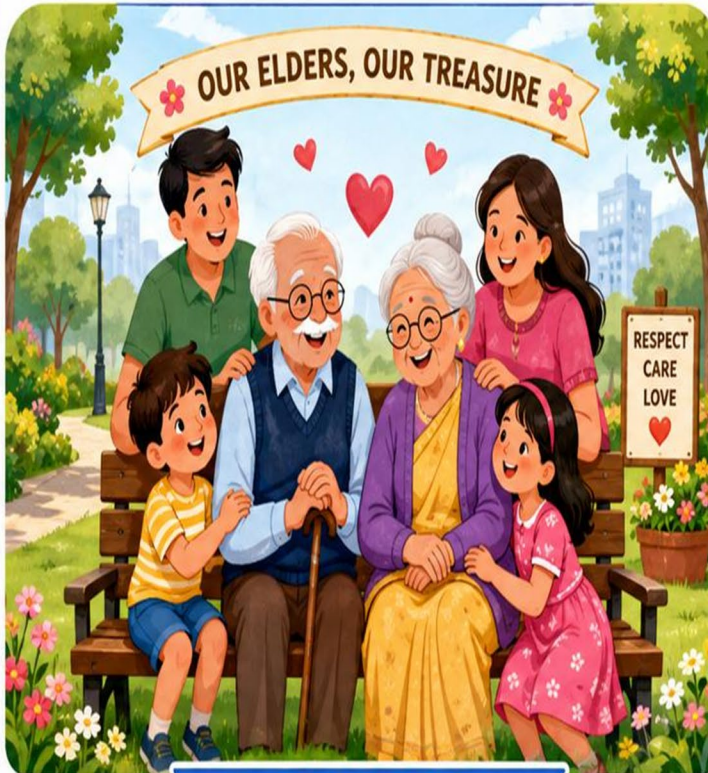
Why It Matters

- Respects the elderly
- Celebrates their life experience
- Promotes care, dignity, and inclusion
- Spreads awareness about elder well-being



Values We Learn

- Kindness
- Gratitude
- Patience
- Respect
- Responsibility



How to Celebrate



- Spend time with grandparents
- Help older people in daily tasks
- Organise school or community events
- Share stories and memories
- Promote healthy ageing

Importance of Senior Citizens



- They guide families and society
- They pass on traditions and knowledge
- They inspire younger generations
- They strengthen communities

Ways to Support Them



- Offer respect and companionship
- Ensure good healthcare and safety
- Encourage active and happy living
- Create age-friendly environments

Quick Highlights



Honours
older adults



Celebrates
wisdom and
experience



Promotes
love and care



Encourages
healthy ageing



Honours
older adults



celebrates
wisdom and
experience



love and care
promotes



encourages
healthy ageing

Quick Highlights



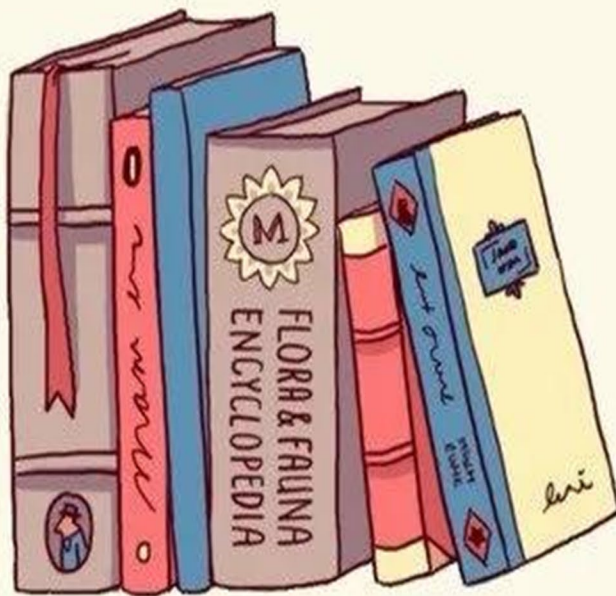
- responsibility
- respect
- patience
- gratitude



- Create age-friendly environments
- Encourage active and happy living
- Ensure good healthcare and safety
- Offer respect and companionship

National Book Lovers' Day

AUGUST 9TH



"I declare after all there is no enjoyment like reading! How much sooner one tires of any thing than of a book! -- When I have a house of my own, I shall be miserable if I have not an excellent library."

JANE AUSTEN



PURPLE HEART MEDAL OVERVIEW

Recognizing U.S. armed forces members
wounded or killed by enemy action.



PURPOSE

Awarded to U.S. armed forces
members wounded or killed
by enemy action.

ELIGIBILITY

Injuries must result from enemy
action and require medical
treatment



PRESENTATION

Given in the name of the
sitting U.S. President



HISTORY

Established in 1782 by George
Washington to honor military
merit



SIGNIFICANCE

Symbolizes battlefield sacrifice
and bravery

The Purple Heart stands as a powerful emblem of courage and sacrifice.



Healthy August Recipes for Seniors

Fresh • Seasonal • Easy • Delicious



Hello August!

1 Peach & Blueberry Spinach Salad

Sweet, colorful, and packed with nutrients!



INGREDIENTS

- 3 cups baby spinach
- 1 ripe peach, sliced
- ½ cup fresh blueberries
- ¼ cup walnuts, chopped
- ¼ cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

DIRECTIONS

1. Combine spinach, peaches, blueberries, walnuts, and feta.
2. Drizzle with olive oil and balsamic vinegar.
3. Toss gently and serve immediately.



♥ **BENEFITS:** Rich in antioxidants, fiber, calcium, and heart-healthy fats.

2 Herb-Roasted Chicken with Summer Vegetables

A satisfying and colorful summer dinner.



INGREDIENTS

- 2 boneless chicken breasts
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 1 tsp Italian herbs
- Garlic powder
- Salt & pepper

DIRECTIONS

1. Toss vegetables with olive oil and seasonings.
2. Season chicken with herbs.
3. Bake everything at 400°F for 30–35 minutes, until chicken reaches 165°F.



♥ **BENEFITS:** Lean protein supports muscle health while colorful vegetables provide vitamins A and C.

3 Peach Yogurt Parfait

A refreshing breakfast or healthy dessert.



INGREDIENTS

- 1 cup Greek yogurt
- 1 ripe peach, diced
- ¼ cup low-sugar granola
- 1 tbsp chopped almonds
- Cinnamon (optional)

DIRECTIONS

1. Layer yogurt, peaches, granola, and almonds.
2. Sprinkle with cinnamon if desired.
3. Serve chilled.

♥ **BENEFITS:** High in calcium, protein, probiotics, and vitamins for bone and digestive health.

4 Fresh Corn & Avocado Salad

Light, refreshing, and perfect for warm days.



INGREDIENTS

- 2 ears cooked corn (kernels removed)
- 1 avocado, diced
- 1 cup cherry tomatoes
- ¼ cup cucumber, diced
- Fresh cilantro or parsley
- Juice of 1 lime
- 1 tbsp olive oil
- Salt & pepper

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Toss with lime juice and olive oil.
3. Chill for 20 minutes before serving.



♥ **BENEFITS:** Rich in healthy fats, fiber, potassium, and hydration-supporting vegetables.

AUGUST WELLNESS TIPS



STAY HYDRATED

Drink 6–8 glasses of water daily, especially during hot weather.



EAT SEASONAL

Enjoy peaches, tomatoes, corn, cucumbers, zucchini, melons, and berries.



STAY ACTIVE

Take morning walks, join exercise classes, or enjoy gentle stretching before the hottest part of the day.



STAY CONNECTED

Spend time with family, friends, and community programs to support emotional well-being.



BEAT THE HEAT

Wear sunscreen, sunglasses, and a wide-brimmed hat, and seek shade during 10 AM–4 PM.



KEEP YOUR MIND ACTIVE

Read, do crossword puzzles, play games, or learn a new hobby to support brain health.

Good food. Good health.
Enjoy every sunny August day! ♥

WATERMELON

National Watermelon Day  is Aug. 3.

WATERMELON RIND IS NUTRITIOUS.

You can eat it pickled or in stir-fries. Some cultures use the rind to make jam and juice.

THE LARGEST WATERMELON

ever was grown by a man in Tennessee in 2013. It weighed more than 350 pounds.

Watermelon is full of nutrients,

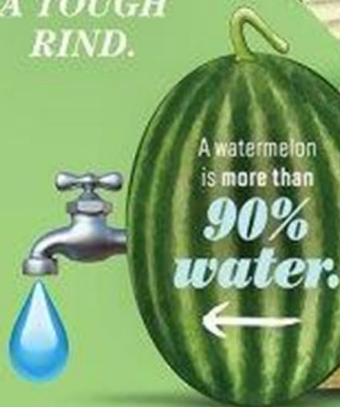
like vitamins A and C and a bit of potassium.

It's also a great low-calorie snack!

Watermelons aren't melons! They're classified as "pepos."

A TYPE OF BERRY WITH A TOUGH RIND.

The fruit is one of the **symbols of summer.**



A watermelon is more than **90% water.**



They originated in northeastern Africa. Watermelon seeds have been found in **4,000-YEAR-OLD EGYPTIAN TOMBS.**



Watermelons **come in different colors,** including red, orange, yellow and white.



SUMMER WELLNESS & HEALTHY AGING

Why It Matters

Healthy aging involves maintaining physical function, cognitive health, emotional well-being, and independence. During August, continued exposure to high temperatures increases the risk of **dehydration, electrolyte imbalance, heat exhaustion, and cardiovascular stress**, particularly among older adults and individuals living with chronic medical conditions.

Adopting healthy lifestyle behaviors helps reduce the risk of chronic disease progression while supporting mobility, immune function, and overall quality of life.



Healthy August Recommendations

- 💧 Consume **6–8 glasses of water daily** (unless otherwise directed by your healthcare provider).
- 🥗 Choose nutrient-dense foods rich in **fiber, antioxidants, vitamins, and minerals**, including seasonal fruits and vegetables.
- 🚶 Engage in **at least 150 minutes of moderate physical activity each week**, as tolerated.
- ☂️ Prevent heat-related illness by wearing lightweight clothing, limiting outdoor activities during peak heat, and resting in shaded or air-conditioned areas.



Wellness Program: Healthy Aging & Summer Wellness Education



PREVENTIVE HEALTH & CHRONIC DISEASE MANAGEMENT

Why It Matters



Preventive healthcare plays an essential role in reducing morbidity and maintaining independence. Routine medical evaluations allow for the early detection and management of conditions such as:

- Hypertension
- Type 2 Diabetes Mellitus
- Hyperlipidemia
- Osteoporosis
- Cardiovascular Disease
- Chronic Kidney Disease

Effective management of these conditions can significantly reduce the risk of heart attack, stroke, kidney failure, and disability.

Prevention Tips

- Schedule annual wellness examinations.
- Monitor blood pressure, blood glucose, and cholesterol levels.
- Take medications exactly as prescribed.
- Follow a heart-healthy, low-sodium diet.
- Remain physically active and maintain a healthy body weight.

 **Program Highlight:** Preventive Health Screening & Chronic Disease Education



COGNITIVE HEALTH & BRAIN WELLNESS

Why It Matters

Normal aging can affect memory and processing speed; however, regular cognitive stimulation may help preserve **executive function, attention, learning, and memory**.

Research suggests that mentally stimulating activities, lifelong learning, and social engagement may reduce the risk of cognitive decline and dementia.



Brain-Healthy Habits

- Read books, newspapers, or educational materials.
- Complete crossword puzzles, Sudoku, and word searches.
- Learn a new hobby or technology skill.

- Participate in group discussions and educational programs.
- Maintain regular social interaction.

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

CARDIOVASCULAR HEALTH & ACTIVE LIVING

Why It Matters

Regular physical activity improves:

- Cardiovascular endurance
- Blood pressure control
- Blood glucose regulation
- Muscle strength
- Bone density
- Balance and coordination



Exercise also reduces the risk of falls, depression, and functional decline.

Daily Recommendations

- Walk during cooler morning or evening hours.
- Participate in chair aerobics or resistance exercises.
- Perform stretching and balance exercises.
- Drink water before, during, and after exercise.
- Stop activity immediately if you experience dizziness, chest pain, or shortness of breath.

🏃 **Wellness Program:** Senior Fitness & Fall Prevention Class

IMMUNE HEALTH & INFECTION PREVENTION

Why It Matters

As we age, the immune system undergoes changes (**immunosenesence**) that increase susceptibility to infections and delay recovery.

Simple preventive measures help reduce the transmission of respiratory and gastrointestinal illnesses.



Ways to Strengthen Immune Health

- Wash hands frequently.
- Stay current with recommended vaccinations.
- Get **7–8 hours of quality sleep** each night.
- Eat foods rich in **Vitamin C, Vitamin D, zinc, and protein.**
- Stay hydrated and physically active.

🌿 **Wellness Program:** Infection Prevention & Healthy Immune System Education

🌸 INTERACTIVE PROGRAMMING & ENGAGEMENT

Weekly Programming

- **Mindful Monday** – Stress management, guided meditation, and breathing exercises.
- **Wellness Wednesday** – Exercise, balance training, and healthy aging education.
- **Friendship Friday** – Socialization, music, games, and community engagement.

🎨 Creative & Social Engagement

- Arts and crafts
- Gardening therapy
- Music appreciation and reminiscence therapy
- Group discussions

🧩 Cognitive Wellness

- Crossword puzzles
- Word searches
- Memory games
- Trivia
- Problem-solving activities



FINAL MESSAGE

Healthy aging is supported through **preventive healthcare, regular physical activity, balanced nutrition, cognitive stimulation, adequate hydration, and meaningful social interaction.** Even small lifestyle changes can improve cardiovascular health, reduce chronic disease risk, preserve cognitive function, and enhance overall quality of life.

We encourage everyone to stay engaged in our wellness programs and continue making healthy choices every day.

♥ Stay healthy. Stay active. Stay connected. Age well.





Southwest Queens Senior Services

is funded by the New York City Department
for the Aging



Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

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

Accredited by the Council on Accreditation
for Children and Family Services

Catholic Charities Southwest Queens Senior
Services can help.

Our friendly and experienced Case Managers
would be happy to pay you a visit to discuss
options for aging comfortably, with dignity,
in your own home.

Call today for a free consultation.
718-217-0126

*Serving Homebound Older
Adults in Southwest Queens*



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

Southwest Queens Senior Services

**183-16 Jamaica Avenue
Hollis, NY 11423**

T: 718-217-0126 • F: 718-217-0495

Who is eligible to receive services?

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

We serve the neighborhoods of:

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens
- Breezy Point
- Belle Harbor
- Neponsit
- Bayswater
- Arverne
- Edgemere
- Rockaway Park
- Rockaway
- Far Rockaway



What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support

We care! You are not alone!

*Program funded by the New York City
Department for the Aging*



125+
YEARS OF CHANGING LIVES



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY Locations and Hours

Our Lady of Angels

330 73rd Street, Brooklyn, NY 11209
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

Our Lady of Miracles

757 East 86th Street, Brooklyn, NY 11236
Saturdays, 10 AM - 11:30 AM

Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224
Mondays, 9:30 AM - 1:30 PM

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1st and 3rd Thursday of the month, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Michael/St. Malachy

Beginning September 26, 2025
286 Warwick Street, Brooklyn 11207
Every Friday, 9:30 AM - 11:30 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693
Tuesdays, 10 AM - 12 PM

St. Teresa

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

BVM St. Mary-Winfield

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

Our Lady of the Angelus

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

St. Raphael

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

St. Patrick

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

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427
Fridays, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2nd and 4th Tuesday of the month, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1st and 3rd Thursday of every month, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355
Tuesdays and Wednesdays, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)
Beginning May 9, 2024: 2nd Thursday of the month,
2 PM - 5 PM

For the full list of affiliate locations, visit:
www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.nyc.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.

125+
YEARS OF CHANGING LIVES



Geriatric Mental Health Initiative **Program**

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

FREE Services Provided

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

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

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

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene



ST. CHARLES JUBILEE STAFF

Anthony **Administrative assistant**

Dora **Case Manager**

Maureen **Kitchen Aide**

Charles **Maintenance Worker**

55 Pierrepont Street,

Brooklyn, NY, 11201

Phone 718-855-0326

Work Hours:

MON-FRI

9AM- 5PM

125⁺
YEARS OF CHANGING LIVES



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



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