



August / Agosto 2026

HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200



Open Monday – Friday
8:30 AM – 4:30 PM

Like us on
facebook



⇒ A Message From Staff / Un Mensaje del Personal ⇒

Hello Everyone! Happy August!

As summer continues, we are excited to welcome another month filled with friendship, learning, wellness, and celebration. August is a wonderful opportunity to enjoy engaging activities, stay active, and celebrate the many cultures that make our center such a welcoming place.

This month we proudly celebrated our South American Heritage Celebration, where members represented Colombia, Venezuela, Peru, and Argentina through music, cultural traditions, colorful attire, and community pride. It was a beautiful reminder that our differences bring us together and strengthen our friendships.

Throughout August, we continue offering wellness programs, exercise classes, technology assistance, arts and crafts, educational workshops, games, and social events designed to promote healthy aging and lifelong learning.

Thank you for being an important part of our Woodhaven-Richmond Hill family. Your participation, kindness, and enthusiasm help make our center a place where everyone feels welcomed and valued.

We wish everyone a safe, healthy, and enjoyable August!

With appreciation,

**The Staff of the Woodhaven-Richmond Hill
Older Adult Center**



¡Hola a todos! ¡Feliz agosto!

Mientras continúa el verano, nos alegra darles la bienvenida a otro mes lleno de amistad, aprendizaje, bienestar y celebración. Agosto es una excelente oportunidad para disfrutar de actividades, mantenerse activo y celebrar las muchas culturas que enriquecen nuestra comunidad.

Este mes celebramos con orgullo nuestra Celebración de la Herencia Sudamericana, donde los miembros representaron a Colombia, Venezuela, Perú y Argentina mediante música, tradiciones culturales y vestimenta típica.

Seguiremos ofreciendo programas de bienestar, ejercicios, clases de tecnología, manualidades, talleres educativos y muchas actividades sociales para promover un envejecimiento saludable y una vida activa.

Gracias por formar parte de nuestra familia del Centro para Adultos Mayores Woodhaven-Richmond Hill.

¡Les deseamos un agosto lleno de salud, felicidad y amistad!

Con cariño,

**El Personal del Centro para Adultos Mayores
Woodhaven-Richmond Hill**

🌿 ♥ FUNDED BY NYC AGING ♥ 🌿





CCNS Woodhaven–Richmond Hill Older Adult Center

August 2026

**All Activities are Subject to Change*

FUNDED BY NYC AGING

NYC
AGING
Senior Services

Monday	Tuesday	Wednesday	Thursday	Friday
3 9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Classical Music (Staff) 3-4pm- Coloring (Volunteer) 	4 9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Chess (Volunteer) 3-4pm- Book Club (Volunteer) 	5 9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 3-4pm- Brainteasers (Volunteer) 	6 9-10am- Healthy Snacks (Vol) 10-11am- ESL (Karina) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- Karaoke (Loreta) 3-4pm- Domino (Volunteer) 	7 9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Nat Geo Movie (Nick) 3-4pm- Painting (Volunteer) 
10 9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-3 pm- Painting (Shanary) 3-4pm- Scrabble (Volunteer) 	11 9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Mahjong (Volunteer) 3-4pm- Pencil Drawing (Volunteer) 	12 9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 	13 9-10am- Healthy Snacks (Vol) 10-11am- ESL (Karina) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- Karaoke (Loreta) 3-4pm- Movie (Nick) 	14 9-10am- Technology (Volunteer) 10-12am- Movie & Discussion (Staff) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Nat Geo Movie (Nick) 3-4pm- Painting (Volunteer) 
17 9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-3pm- Coloring 	18 9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Vol) 1-2pm- Yoga (Pat L.) 2-3pm- Chess (Volunteer) 3-4pm- Book Club (Volunteer) 	19 9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 3-4pm- Brainteasers 	20 9-10am- Healthy Snacks (Vol) 10-11am- ESL (Karina) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- Karaoke (Loreta) 3-4pm- Domino (Volunteer) 	21 9-10am- Technology (Volunteer) 10-11am- Painting (Volunteer) 11-12am- Rummy Card Game (Vol) 1-2pm- YouTube Chair Yoga (Maria) 2-3pm- Nat Geo Movie (Nick) 3-4pm- Word Search (Volunteer) 
24 9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-3pm- Painting (Shanary) 3-4pm- Classical Music (Staff) 	25 9-10am- Origami (Volunteer) 10-11am- Chair Exercise (Tommy M.) 11-12am- Technology (Volunteer) 1-2pm- Yoga (Pat L.) 2-3pm- Mahjong (Volunteer) 3-4pm- Pencil Drawing (Volunteer) 	26 9-10am- Wii Bowling (Nick) 10-11am- Healthy Snacks (Vol.) 11-12am- Arts & Crafts (Vol) 1-2pm- Belly Dance (Elaine G.) 2-3pm- Crafts & Garden (Vol) 	27 9-10am- Healthy Snacks (Vol) 10-11am- ESL (Karina) 11-12am- Knitting & Crochet (Vol.) 1-2pm- Zumba (Elaine G.) 2-3pm- Karaoke (Loreta) 3-4pm- Movie (Nick) 	28 9-10am- Technology (Volunteer) 10-11am- Painting (Volunteer) 11-12am- Rummy Card Game (Vol.) 1-3pm – Monthly Birthday Party (Nick) 
31 9-10am- Origami (Volunteer) 10-11am- Jewelry (Volunteer) 11-12am- Technology (Volunteer) 1-2pm- YouTube Chair Ex 2-3pm- Classical Music (Staff) 3-4pm- Coloring (Staff) 	 Join Us for Fun, Friendship & Healthy Living! <i>Thank you for being part of our center family!</i> <i>¡Gracias por ser parte de nuestra familia del centro!</i> 			



CCNS Woodhaven-Richmond Hill Older Adult Center

AUGUST 2026 LUNCH MENU

Menu is subject to change.

FUNDED BY
NYC
AGING
Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) Wheat Bread Garden Salad Plums	4 Beef and Peppers Egg Noodles Baby Spinach Salad Watermelon	5 Chicken Soup w/veggies Egg Salad Garlic Bread Sweet Beet Salad Apple	6 Chicken Salad Whole Wheat Pita Black Bean Salad Banana	7 Baked Salmon Whole Wheat Bread Mashed Potatoes Steamed Broccoli Orange
10 Baked Potato Beet Humus Whole Wheat Bread Garden Salad Blueberries	11 Baked Chicken Quarters Classic Macaroni Salad Coleslaw Orange	12 Beef Hamburger Whole Wheat Dinner Roll Garden Salad Peppers and Onions Baked Mixed Beans Fruit Salad	13 Pork Chops Perfect White Rice Beet Arugula w/Feta Salad Cantaloupe	14 Tuna Salad Bowtie Pasta Salad Whole Wheat Bread Bean Salad Garden Salad Grapes
17 Beet and Black Bean Salad Veggie Burger Baked Fries Baked Onions Lettuce and Tomato Tangerines	18 Baked Asian Style Honey Chicken Lo Mein Noodles Whole Wheat Bread Cucumber Salad Orange	19 Beef Meatloaf Whole Wheat Bread Garden Salad Garlic Mashed Potatoes Kiwi	20 Chicken Shawarma Plain Pita Roasted Potatoes Romaine, Kale, Pepper, Black Olive, and Feta Salad Pear	21 Parmesan Baked Fish Basic Pasta Salad Baby Spinach Salad with Black Beans and Lemon Vinaigrette Orange
24 Vegetable Soup Brown Rice and Black Beans Beet Salad Nectarine	25 Chicken Kyiv Ukrainian Potatoes Green peas Tomato and Cucumber Salad with Sour Cream Dressing Tangerines	26 Beef Soup BBQ Pork Chops Whole Wheat Pita Kale Salad Potato Salad Apple	27 Brown Stew Chicken Caribbean Rice w/Beans Whole Wheat Bread Cabbage With Carrots Honeydew	28 Oven Fried Fish Whole Wheat Bread Home fries w/Peppers & Onions Spinach Apple & Red Onion Salad Grapefruit

31
 Lo Mein with Edamame
 Whole Wheat Bread
 Spinach Salad
 Mixed Vegetables
 Pear



Eat Healthy • Stay Active • Stay Hydrated



Enjoy a variety of nutritious meals that support
healthy aging and overall well-being.

Thank you to our kitchen staff for preparing
delicious and nutritious meals every day!



Good Food. Good Friends. Good Times. • We're Stronger Together

Once a month we offer a special meal for all our members.

Welcome to August!

A new month filled with opportunities to connect, learn, stay active, and enjoy time with friends!



AUGUST AT WOODHAVEN-RICHMOND HILL



Connect



Participate



Stay Active



Have Fun



MEMBER REMINDERS



Please sign in daily when you arrive at the center.



Register for activities and trips when required. Space is limited.



Keep your contact information up to date with the front desk.



Let our staff know how we can support you. We are here to help!

Thank you!



STAY CONNECTED

Don't miss out!



Check the activity calendar in this newsletter and the bulletin board at the center for updates and any schedule changes.

Like us on Facebook for the latest news, photos and reminders!



COMING IN SEPTEMBER

Here's a sneak peek!



- ★ September Birthday Celebration
- ★ Grandparents Day Activities
- ★ Fall Prevention Workshop
- ★ Special Guest Programs
- ★ Fitness & Wellness Activities
- ★ Arts, Crafts & Creativity

Stay tuned for more details in next month's newsletter!



DID YOU KNOW?

Your center offers so much!



Recreation & Socialization – Games, classes, events and time to connect with friends.



Health & Wellness – Exercise, health education, screenings and wellness programs.



Cultural & Educational Activities – Arts, music, talks, presentations and more.



Case Assistance & Benefits – Information and help with benefits and community resources.



Nutritious Meals – Healthy meals served Monday through Friday.



Transportation Information – Assistance with transportation options and resources.

All are welcome! Come by and see what's happening!



THINK POSITIVE, STAY POSITIVE!

"Every day is a new beginning. Take time for yourself stay active, and enjoy the little things."



THANK YOU FOR BEING PART OF OUR CENTER FAMILY!

Your participation, kindness and support make our center a wonderful place for everyone.

Together, we make a difference!



CCNS Woodhaven-Richmond Hill
Older Adult Center



89-02 91st Street
Woodhaven, NY 11421



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8:30 AM – 4:30 PM

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AUGUST BIRTHDAYS

CUMPLEAÑOS EN AGOSTO

- | | | |
|-----|----------------|-------------|
| 1. | Marmolejo | Mercedes |
| 2. | Gavers | Patricia |
| 3. | Finch | Diane |
| 4. | Velasquez | Maria Elena |
| 5. | Mena | Rosa |
| 6. | Reyes | Henry |
| 7. | Chavez | Bonifacio |
| 8. | Guevara | Raul |
| 9. | Rodriguez | Josefa |
| 10. | Avecillas | Jose |
| 11. | Hsu | Amy |
| 12. | Luk | Guan-Wen |
| 13. | Jimenez Alicea | Luis |
| 14. | MARRERO | HILDA |

Happy Birthday to all
our August celebrants!

¡Feliz cumpleaños a todos
nuestros celebrantes de agosto!

♥ Thank you for being such an important part
of our center family! ♥

¡Gracias por ser una parte tan importante
de nuestra familia del centro!



WOODHAVEN- RICHMOND HILL OLDER ADULT CENTER

*A Place of Community,
Connection & Care* 



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200



Open Monday-Friday
8:30 AM – 4:30 PM



SENIOR CENTER STAFF

Director of Operations	Annie Liu
Program Manager	Nicholas Theodorou
Case Manager	Karina Muñoz
Administrative Assistant	Loreta Mendoza
Transportation Coordinator	Maria Garnica
Maintenance	Vacant
Driver	John Tsang
Driver	Arthur McMillan



IN-PERSON ACTIVITIES & CONGREGATE MEALS ARE BACK!

We offer a variety of programs and services to keep you active, healthy, and connected!

- ✓ Daily congregate meals
- ✓ Educational workshops
- ✓ Health & wellness programs
- ✓ Cultural events
- ✓ Exercise classes
- ✓ Social activities and special celebrations
- ✓ Arts & crafts



WHEELCHAIR ACCESSIBLE



LANGUAGES SPOKEN



Se habla español.



ADVISORY COMMITTEE

Meet Your Advisory Committee

The Advisory Committee is made up of dedicated members who volunteer their time to support the Woodhaven-Richmond Hill Older Adult Center. Working alongside staff, the committee shares ideas, provides feedback, promotes member engagement, and helps ensure our center remains welcoming, inclusive, and responsive to the needs of all members.



Roopmatie Koomah
President



Manjula Budhbra
Vice President



Susan Tommaso
Secretary



JoAnn Bartos
Treasurer



Luis Heywood
Advisory Member



Patricia Carman
Advisory Member



Jocelyne Celiefe
Fire Guard

The Advisory Committee Helps To:

- ✓ Represent members' interests
- ✓ Provide feedback on programs and activities
- ✓ Encourage participation
- ✓ Support special events and initiatives
- ✓ Promote a welcoming, respectful, and inclusive environment
- ✓ Serve as a liaison between members and staff



OUR MISSION

The Woodhaven-Richmond Hill Older Adult Center is committed to enhancing the quality of life for older adults by promoting independence, dignity, health, and social engagement. We provide opportunities for lifelong learning, wellness, recreation, and meaningful connections in a safe and welcoming community where every member is valued and respected.

125+
YEARS OF
CHANGING LIVES



FUNDED BY
NYC
Aging

CCNS WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER

4 COUNTRIES INDEPENDENCE DAY *Celebration!*

★ UNITY IN CULTURE, PRIDE IN HERITAGE ★



VENEZUELA
JULY 5



COLOMBIA
JULY 20



PERU
JULY 28



ARGENTINA
JULY 9



JOIN US FOR:

- ★ LIVE MUSIC & DANCING
- ★ TRADITIONAL FOODS
- ★ CULTURAL DISPLAYS
- ★ RAFFLES & PRIZES
- ★ FUN & FRIENDSHIP!



LET'S CELEBRATE
THE RICH CULTURES,
HISTORIES AND TRADITIONS
THAT MAKE OUR COMMUNITY
Stronger Together!



ONE COMMUNITY

*Many Cultures
Stronger Together!*



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Senior Services

*Thank you to all our members
who share the beauty of your
culture and traditions! ♥*



Hello August!

Find the Words and Enjoy the Fun!



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

AUGUST
SUMMER
SUNSHINE
BEACH
VACATION

FAMILY
FRIENDSHIP
HAPPINESS
HEALTH
ACTIVE

EXERCISE
PICNIC
TRAVEL
MEMORIES
LAUGHTER

WATERMELON
SUNGLASSES
ICE CREAM
RELAX
FUN

GAMES
JOY
OUTDOORS
WELLNESS
SUMMERTIME

Stay happy, healthy and enjoy the month of August!

AUGUST

Highlights Maze



Help our friends find their way through the maze
and discover the important highlights and
observances in August!

START



FINISH



Every day in August
is a chance to learn,
grow, and make
a difference!



AUGUST HIGHLIGHTS



AUGUST 7

National Purple
Heart Day

Honors wounded or fallen
U.S. service members.



AUGUST 9

International Day
of the World's
Indigenous Peoples

Promotes Indigenous
culture and rights.



AUGUST 19

World
Humanitarian Day

Recognizes aid workers
who risk their lives
in crises.



AUGUST 21

National Senior
Citizens Day

Honors older adults
and age inclusion.



AUGUST 26

Women's
Equality Day

Marks the 1920 adoption
of the 19th Amendment.



AUGUST 31

International
Overdose Awareness
Day

Promotes support, prevention,
and access to resources.



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(718) 847-9200

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CCNS WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

AUGUST

Highlights

Important dates, awareness, and celebrations
happening this month! ♥

AUGUST
7



NATIONAL PURPLE HEART DAY

Honors the brave men and women
who were wounded or lost their lives
while serving our country.

*Thank You
for Your Service!* ♥

AUGUST
9



INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

Celebrates Indigenous cultures, traditions,
history, and contributions around the world.



AUGUST
19



WORLD HUMANITARIAN DAY

Recognizes humanitarian workers
who risk their lives to provide aid,
hope, and assistance in times of crisis.

*Thank You
HEROES!* ♥

AUGUST
21



NATIONAL SENIOR CITIZENS DAY

A special day to honor older adults,
their wisdom, accomplishments,
and lifelong contributions.

*Celebrating
You!* ♥

AUGUST
26



WOMEN'S EQUALITY DAY

Commemorates the adoption of the
19th Amendment, granting women
the right to vote in the United States.



AUGUST
31



INTERNATIONAL OVERDOSE AWARENESS DAY

Raises awareness about substance use
disorders, remembers those lost, and
encourages support and access to
treatment resources.

*Support
Hope
Heal* ♥



MONTHLY THEMES

- **Black Business Month** – Support and uplift Black-owned businesses and entrepreneurs in our community.
- **National Wellness Month** – Focus on self-care, stress management, and healthy lifestyle habits.
- **National Immunization Awareness Month** – Vaccines protect people of all ages. Stay up to date and stay healthy!

Let's make
this August
meaningful
and memorable!



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Woodhaven, NY 11421
(718) 847-9200

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Senior Services



HEALTHY Snacks

Smart Choices for Healthy Aging

Enjoy nutritious snacks that help keep your body energized and hydrated throughout the day!

Eat Well
Feel Great
Live Well

FRESH VEGETABLES



- Baby carrots
- Cucumber slices
- Bell pepper strips
- Cherry tomatoes
- Celery with hummus

FRESH FRUIT



- Watermelon
- Apples
- Grapes
- Oranges
- Berries
- Peaches

PROTEIN-PACKED SNACKS



- Unsalted mixed nuts
- Hard-boiled eggs
- Low-fat cheese
- Greek yogurt
- Peanut butter on whole-grain crackers

WHOLE GRAINS



- Whole-grain crackers
- Plain popcorn (lightly seasoned)
- Oatmeal
- Whole-wheat toast

HEALTHY DAIRY



- Low-fat yogurt
- Cottage cheese
- String cheese
- Low-fat milk

STAY HYDRATED



Choose water most often. You can also enjoy:

- Lemon or cucumber-infused water
- Unsweetened iced tea
- Sparkling water
- Low-sodium vegetable juice

SNACK SMART TIPS

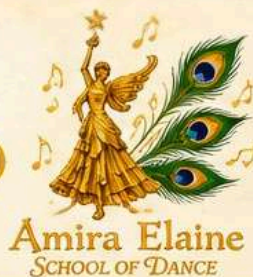
- ✓ Choose fresh foods whenever possible.
- ✓ Limit foods high in added sugar, salt, and saturated fat.
- ✓ Pair fruit with protein for longer-lasting energy.
- ✓ Keep healthy snacks within easy reach.
- ✓ Drink water throughout the day, especially during hot weather.

Healthy eating
is one of the
best ways to
stay strong,
active, and
independent!

Small
Choices
Big
Benefits

DANCE EXERCISE SERIES

with Elaine (Amira Elaine)



Celebrating India's Independence Day

Grand Bollywood Celebration

Aesodance

Aug. 13th, 2026
01:00 pm

CCNS OZONE PARK OAC
103-02 101ST AVE. QUEENS, NY 11416
718 847 2100

Dance with Amira Elaine!

125+ CATHOLIC CHARITIES Brooklyn & Queens Funded by NYC Aging

South America United!

Ecuador Bolivia Uruguay

INDEPENDENCE ACROSS South America

Ecuador • Bolivia • Uruguay

Let's Dance with Amira Elaine!

Aug. 05th, 2026
10:00 am

CCNS OZONE PARK OAC
103-02 101ST AVE. QUEENS, NY 11416
718 847 2100

Amira Elaine
SCHOOL OF DANCE

125+ CATHOLIC CHARITIES Brooklyn & Queens Funded by NYC Aging

Jamaica & Trinidad and Tobago

Island Rhythms of Independence

Aesodance

Aug. 26th, 2026
10:00 am

CCNS OZONE PARK OAC
103-02 101ST AVE. QUEENS, NY 11416
718 847 2100

Dance with Amira Elaine!

125+ CATHOLIC CHARITIES Brooklyn & Queens Funded by NYC Aging



LOW IMPACT
DANCE FITNESS



FOR OLDER ADULTS
OF ALL LEVELS



STAY ACTIVE
STAY HEALTHY



CELEBRATE CULTURES
AROUND THE WORLD!

Let's Dance with Amira Elaine!



CASE ASSISTANCE SERVICES

CCNS Ozone Park Older Adult Center

Need help with benefits, housing, SNAP, health insurance, or other services?

Our Case Manager, **Karina Munoz**, is here to assist you.

SERVICIOS DE ASISTENCIA CASOS

CCNS Woodhaven-Richmond Hill Older Adult Center

¿Necesita ayuda con beneficios, vivienda, SNAP, seguro médico u otros servicios?

Nuestra Trabajadora de Casos, **Karina Munoz**, está disponible para ayudarle.

CCNS Ozone Park Older Adult Center

Monday – Tuesday / Lunes – Martes

9:00 AM – 11:30 AM

1:00 PM – 3:00 PM

CCNS Woodhaven-Richmond Hill Older Adult Center

Wednesday – Thursday 9:00 AM 11:30 AM
1:00 PM – 3:00 PM

How to Schedule



Call a Center or Sign Up at the Front Desk

Case Manager **Karina Munoz**
will contact you to schedule an appointment.



Walk-Ins

Walk-ins may be accommodated
when available or in urgent situations.

CCNS Ozone Park, Older Adult Center
103-12 101st Avenue, Ozone Park, NY 11416 •
718-847-2100



Karina Munoz
Case Manager
Karina Munoz

 **CCNS**
Catholic Charities
NEIGHBORHOOD SERVICES

CCNS Woodhaven-Richmond Hill Older Adult Center

Miércoles – Jueves / Lunes – Martes

9:00 AM – 11:30 AM

1:00 PM – 3:00 PM

8902 91st Street | Viernes solo con cita previa o
en emergencias

Viernes solo con cita previa o en emergencias
1:00 PM – 3:00 PM

Cómo Programar una Cita



Llame a un Centro o Anótese en la Recepción

La Trabajadora de Casos **Karina Munoz**
se comunicará con usted para programar su cita aita.



Visitas Sin Cita

Las visitas sin cita pueden atenderse
si hay disponibilidad o en situaciones urgentes.

CCNS Woodhaven-Richmond Hill Older Adult Center
89-02 91st Street, Woodhaven, NY 11421 •
718-847-9200



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**

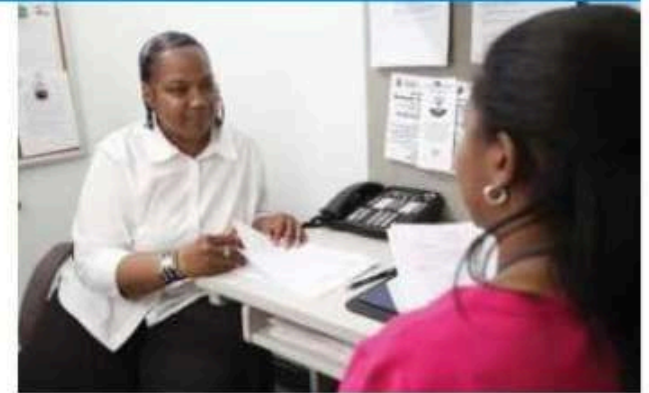
T: 718-217-0126 • F: 718-217-0495

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



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*



OUR MEMBERS

Our Community

TOGETHER WE CONNECT, SHARE & THRIVE.



♥ Stronger Together. Brighter Every Day. ♥



**CCNS WOODHAVEN-
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**BETTER
TOGETHER**

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