

AUGUST/AGOSTO 2026 HIGHLIGHTS

HELLO
August!

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES
CCNS Ozone Park Older Adult Center

103-02 101st Avenue, Ozone Park, NY 11416 • Phone: (718) 847-2100

➔ OPEN MONDAY - FRIDAY | 8:00 AM - 4:00 PM ➔

A MESSAGE FROM STAFF



UN MENSAJE DEL PERSONAL

☀️ *Hello August!*

August is here, bringing opportunities to stay active, healthy, and connected!

This month we celebrate National Wellness Month, recognize the contributions of older adults, and continue enjoying fun summer programs, educational workshops, fitness classes, games, arts & crafts, and special celebrations.

Remember to drink plenty of water, stay cool during hot weather, and take time each day to care for your physical and emotional well-being.

Thank you for being an important part of our Ozone Park family. We look forward to spending another wonderful month with you!

With Appreciation, ❤️

The Staff of Ozone Park Older Adult Center

¡Hola Agosto!

¡Bienvenidos a un nuevo mes lleno de bienestar, amistad y diversión!

Durante agosto continuaremos ofreciendo ejercicios, actividades educativas, manualidades, juegos y eventos especiales para mantenernos activos y saludables.

Recuerde mantenerse hidratado, evitar el calor extremo y dedicar tiempo para cuidar su salud física y emocional.

Gracias por formar parte de nuestra familia del Centro para Adultos Mayores de Ozone Park.

Con cariño, ❤️

El Personal del Centro

NATIONAL THEMES



Black Business Month



National Wellness Month



National Immunization Awareness Month

IMPORTANT DATES IN AUGUST



AUGUST 7 Purple Heart Day



AUGUST 9 International Day of the World's Indigenous Peoples



AUGUST 12 International Youth Day



AUGUST 19 World Humanitarian Day



AUGUST 21 Senior Citizens Day



AUGUST 26 Women's Equality Day



AUGUST 31 International Overdose Awareness Day

HEALTHY SUMMER SNACKS

Fuel your body with healthy choices!

- Greek yogurt with berries
- Watermelon
- Apples & peanut butter
- Cottage cheese
- Mixed nuts
- Fresh vegetables with hummus

💧 Drink 6-8 glasses of water daily.



CELEBRATING TOGETHER

- Summer Wellness Activities
- Exercise Classes
- Arts & Crafts
- Bingo
- Ice Cream Social
- Educational Workshops



*Stay Active
Stay Healthy
Stay Connected* ❤️



HAPPY AUGUST BIRTHDAY!

Happy Birthday to all of our August celebrants! Your kindness, friendship, and participation help make our center a warm and welcoming place every day.

May this birthday bring happiness, good health, laughter, and wonderful memories throughout the year.

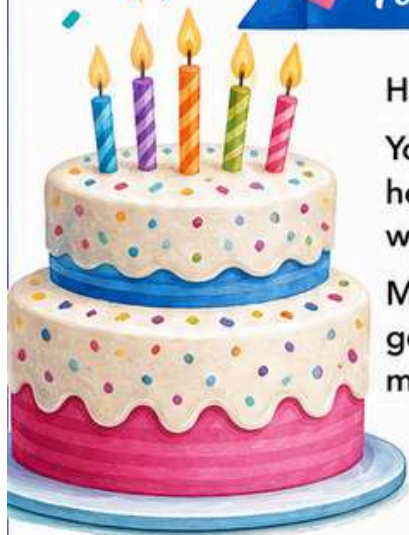
Best wishes from everyone at
Ozone Park Older Adult Center!





HAPPY AUGUST BIRTHDAY!

♥ To All of Our August Celebrants! ♥



Happy Birthday to all of our August celebrants!

Your kindness, friendship, and participation help make our center a warm and welcoming place every day.

May this birthday bring you happiness, good health, laughter, and wonderful memories throughout the year.

*Best wishes from everyone at
Ozone Park Older Adult Center!*



..... ♥

¡FELIZ CUMPLEAÑOS

A TODOS NUESTROS CELEBRANTES DE AGOSTO!



¡Feliz cumpleaños a todos nuestros celebrantes de agosto!

Su amabilidad, amistad y participación ayudan a que nuestro centro sea un lugar cálido y acogedor todos los días.

Que este cumpleaños le traiga felicidad, buena salud, muchas risas y recuerdos maravillosos durante todo el año.

*¡Nuestros mejores deseos de parte de
todo el Personal del Centro!*



CCNS OZONE PARK
OLDER ADULT CENTER

103-02 101st Avenue
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(718) 847-2100

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FUNDED BY NYC AGING

AUGUST 2026

Activity Calendar

ALL ACTIVITIES ARE SUBJECT TO CHANGE



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NYC
AGING
Senior Services

MONDAY

- 3**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Adult Coloring (Staff)
 - 11:00–12:00 Technology (Staff)
 - 1:00–3:00 Dominoes (Volunteer)

- 10**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Adult Coloring (Staff)
 - 11:00–12:00 Technology (Staff)
 - 1:00–3:00 Dominoes (Volunteer)

- 17**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Adult Coloring (Staff)
 - 11:00–12:00 Technology (Staff)
 - 1:00–3:00 Dominoes (Volunteer)

- 24**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Adult Coloring (Staff)
 - 11:00–12:00 Technology (Staff)
 - 1:00–3:00 Dominoes (Volunteer)

- 31**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Adult Coloring (Staff)
 - 11:00–12:00 Technology (Staff)
 - 1:00–3:00 Dominoes (Volunteer)

TUESDAY

- 4**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Chair Yoga (Pat)
 - 11:00–12:00 Pencil Drawing (Staff)
 - 1:00–2:00 Tai Chi (Maggie)
 - 2:00–3:00 Technology (Staff)

- 11**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Chair Yoga (Pat)
 - 11:00–12:00 Pencil Drawing (Staff)
 - 1:00–2:00 Tai Chi (Maggie)
 - 2:00–3:00 Technology (Staff)

- 18**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Chair Yoga (Pat)
 - 11:00–12:00 Pencil Drawing (Staff)
 - 1:00–2:00 Tai Chi (Maggie)
 - 2:00–3:00 Technology (Staff)

- 25**
- 9:00–10:00 Crochet (Madge)
 - 10:00–11:00 Chair Yoga (Pat)
 - 11:00–12:00 Pencil Drawing (Staff)
 - 1:00–2:00 Tai Chi (Maggie)
 - 2:00–3:00 Technology (Staff)

WEDNESDAY

- 5**
- 9:00–10:00 Crochet (Maggie)
 - 10:00–11:00 Zumba (Elaine)
 - 11:00–12:00 Bingo (Madge)
 - 1:00–3:00 Ping Pong (Staff)

- 12**
- 9:00–10:00 Crochet (Maggie)
 - 10:00–11:00 Zumba (Elaine)
 - 11:00–12:00 Bingo (Madge)
 - 1:00–3:00 Ping Pong (Staff)

- 19**
- 9:00–10:00 Crochet (Maggie)
 - 10:00–11:00 Zumba (Elaine)
 - 11:00–12:00 Bingo (Madge)
 - 1:00–3:00 Ping Pong (Staff)

- 26**
- 9:00–10:00 Crochet (Maggie)
 - 10:00–11:00 Zumba (Elaine)
 - 11:00–12:00 Bingo (Madge)
 - 1:00–3:00 Ping Pong (Staff)

THURSDAY

- 6**
- 9:00–10:00 Healthy Snacks Video (Staff)
 - 10:00–11:00 Tai Chi (Harrison)
 - 11:00–12:00 Classical Hour (Staff)
 - 1:00–2:00 Yoga (Maggie)
 - 2:00–3:00 Pencil Drawing (Staff)

- 13**
- 9:00–10:00 Healthy Snacks Video (Staff)
 - 10:00–11:00 Tai Chi (Harrison)
 - 11:00–12:00 Classical Hour (Staff)
 - 1:00–2:00 Yoga (Maggie)
 - 2:00–3:00 Pencil Drawing (Staff)

- 20**
- 9:00–10:00 Healthy Snacks Video (Staff)
 - 10:00–11:00 Tai Chi (Harrison)
 - 11:00–12:00 Classical Hour (Staff)
 - 1:00–2:00 Yoga (Maggie)
 - 2:00–3:00 Pencil Drawing (Staff)

- 27**
- 9:00–10:00 Healthy Snacks Video (Staff)
 - 10:00–11:00 Tai Chi (Harrison)
 - 11:00–12:00 Classical Hour (Staff)
 - 1:00–2:00 Yoga (Maggie)
 - 2:00–3:00 Pencil Drawing (Staff)

FRIDAY

- 7**
- 9:00–10:00 Brain Teasers (Staff)
 - 10:00–11:00 YouTube Chair Yoga (Staff)
 - 11:00–12:00 Nat Geo Movie / Discussion (Staff)
 - 1:00–3:00 Movie / Discussion (Staff)

- 14**
- 9:00–10:00 Brain Teasers (Staff)
 - 10:00–11:00 YouTube Chair Yoga (Staff)
 - 11:00–12:00 Nat Geo Movie / Discussion (Staff)
 - 1:00–3:00 Movie / Discussion (Staff)

- 21**
- 9:00–10:00 Brain Teasers (Staff)
 - 10:00–11:00 YouTube Chair Yoga (Staff)
 - 11:00–12:00 Nat Geo Movie / Discussion (Staff)
 - 1:00–3:00 Movie / Discussion (Staff)

- 28**
- 9:00–10:00 Brain Teasers (Staff)
 - 10:00–11:00 **Blood Pressure Screening** (Pract. Nurse)
 - 11:00–12:00 Nat Geo Movie / Discussion (Staff)
 - 1:00–3:00 **Monthly Birthday Party**

*Stay Active.
Stay Healthy.
Stay Connected!*



Thank you for being part
of our wonderful community.
We look forward to another
great month together!



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OLDER ADULT CENTER



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OPEN MONDAY – FRIDAY
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*Good Friends
Good Food
Good Times*



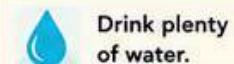
CCNS OZONE PARK OLDER ADULT CENTER AUGUST 2026 LUNCH MENU

Menu is subject to change.



Eat Healthy
Stay Active
Stay Hydrated

TIPS FOR A HEALTHY DAY!



Drink plenty of water.



Eat a variety of fruits, vegetables and whole grains.



Stay active—even a short walk helps!



Take time to relax and care for your mental well-being.



MONDAY

3
Arroz con Gandules
(Mexican Style Brown Rice with Pigeon Peas)
Wheat Bread
Garden Salad
Plums

10
Baked Potato
Beet Hummus
Whole Wheat Bread
Garden Salad
Blueberries

17
Beet and Black Bean Salad
Veggie Burger
Baked Fries
Baked Onions
Lettuce and Tomato
Tangerines

24
Vegetable Soup
Brown Rice and Black Beans
Beet Salad
Nectarine

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

TUESDAY

4
Beef and Peppers
Egg Noodles
Baby Spinach Salad
Watermelon

11
Baked Chicken Quarters
Classic Macaroni Salad
Coleslaw
Orange

18
Baked Asian Style
Honey Chicken
Lo Mein Noodles
Whole Wheat Bread
Cucumber Salad
Orange

25
Chicken Kyiv
Ukrainian Potatoes
Green peas
Tomato and Cucumber Salad with Sour Cream Dressing
Tangerines



WEDNESDAY

5
Chicken Soup w/veggies
Egg Salad
Garlic Bread
Sweet Beet Salad
Apple

12
Beef Hamburger
Whole Wheat Dinner Roll
Garden Salad
Peppers and Onions
Baked Mixed Beans
Fruit Salad

19
Beef Meatloaf
Whole Wheat Bread
Garden Salad
Garlic Mashed Potatoes
Kiwi

26
Beef Soup
BBQ Pork Chops
Whole Wheat Pita
Kale Salad
Potato Salad
Apple



THURSDAY

6
Chicken Salad
Whole Wheat Pita
Black Bean Salad
Banana

13
Pork Chops
Perfect White Rice
Beet
Arugula w/Feta Salad
Cantaloupe

20
Chicken Shawarma
Plain Pita
Roasted Potatoes
Romaine, Kale, Pepper, Black Olive, and Feta Salad
Pear

27
Brown Stew Chicken
Caribbean Rice w/Beans
Whole Wheat Bread
Cabbage With Carrots
Honeydew



FRIDAY

7
Baked Salmon
Whole Wheat Bread
Mashed Potatoes
Steamed Broccoli
Orange

14
Tuna Salad
Bowtie Pasta Salad
Whole Wheat Bread
Bean Salad
Garden Salad
Grapes

21
Parmesan Baked Fish
Basic Pasta Salad
Baby Spinach Salad with Black Beans and Lemon
Vinaigrette
Orange

28
Oven Fried Fish
Whole Wheat Bread
Home fries w/Peppers & Onions
Spinach
Apple & Red Onion Salad
Grapefruit



Thank you to our kitchen staff!

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



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JULY HIGHLIGHTS

at CCNS Ozone Park
Older Adult Center

Memories of a Month Filled with Celebration, Culture & Community!

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NYC
AGING
Senior Services

★ JULY 1, 2026 ★

4TH OF JULY

Independence Day
Celebration!

We celebrated our freedom,
our community and
the red, white & blue!



★ JULY 29, 2026 ★

LATIN AMERICAN DANCE DAY

Celebrating Our Heritage,
Music & Movement!



COLOMBIA



VENEZUELA



PERU



ARGENTINA



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Good Friends ★ Good Food ★ Good Times ★ Stronger Together!





KNOW YOUR BENEFITS & ENTITLEMENTS

You've Earned Them. We're Here to Help!

Resources and support programs can help you
live healthy, independent and secure.



Many benefits
are available,
but you must
apply!

KEY BENEFITS FOR SENIORS



HEALTH CARE

Medicare • Medicaid • Extra Help
Prescription Assistance
Helps pay for medical care,
prescriptions and more.



HOUSING ASSISTANCE

Section 8 • Public Housing • SCRIE/DRIE
Helps with rent, utilities, and keeping
your home affordable.



FOOD SUPPORT

SNAP • Senior Farmers' Market
Nutrition Program • Food Pantries
Nutritious food to help you stay
healthy and save money.



TRANSPORTATION

Access-A-Ride • Reduced Fare MetroCard
MTA Senior Discounts
Helps you get where you need to go
safely and affordably.



FINANCIAL SUPPORT

Social Security • SSI • Pension Benefits
Veterans Benefits
Provides monthly income and
extra financial help.



LEGAL & PROTECTION SERVICES

Legal Aid • Senior Centers • Adult
Protective Services
Helps protect your rights and
connects you to trusted support.



DID YOU KNOW?

Many benefits are based on income,
age, disability, or other factors.
You may qualify even if you think
you don't!



ADDITIONAL BENEFITS YOU MAY QUALIFY FOR

- ✓ **HEAP (Home Energy Assistance Program)**
Help with heating and cooling bills.
- ✓ **Lifeline Program**
Discounts on phone or internet service.
- ✓ **Property Tax Exemptions**
May reduce or eliminate property taxes.
- ✓ **NYC ID**
Free ID for access to services and discounts.
- ✓ **Caregiver Support**
Resources and relief for family caregivers.
- ✓ **Wellness Programs**
Exercise, health screenings and more
at senior centers.



*Every situation is different.
We can help you explore
what you may be eligible for!*

LET US HELP YOU!

Our Case Management staff can:

- ✓ Help you understand your benefits
- ✓ Assist with applications
- ✓ Answer your questions
- ✓ Connect you to community resources



*You don't have to do it alone.
We're here for you!*



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We're Stronger Together!



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Senior Services



AUGUST SAFETY

A little preparation today can make a big difference tomorrow.



Stay Safe, Stay Healthy, Stay Strong!

August is a busy month of sunshine and activity.

Follow these important safety tips to protect yourself and others all month long!

STAY HYDRATED!

Drink water often, even if you don't feel thirsty.



HEAT SAFETY

High temperatures can be dangerous.



Drink plenty of water throughout the day. Avoid sugary and alcoholic drinks.



Wear lightweight, light-colored clothing and a hat when outdoors.



Stay in the shade and avoid strenuous activities during the hottest part of the day (11 AM – 4 PM).



Use fans or air conditioning to keep your home cool.



Check on older adults, neighbors and friends, especially during heat waves.



SUN SAFETY

Protect your skin from harmful rays.



Use sunscreen with SPF 30 or higher. Reapply every 2 hours.



Wear sunglasses that block UVA and UVB rays.



Wear a wide-brim hat to protect your face, ears and neck.



Seek shade when possible, especially between 10 AM and 4 PM.



WATER & OUTDOOR SAFETY



If you're near water, swim in safe areas and follow all posted safety rules.



Wear comfortable, supportive shoes when walking or exercising.



Use insect repellent to protect against mosquito bites.



Be aware of your surroundings and watch your step on uneven surfaces.



FIRE SAFETY



Check smoke alarms monthly and replace batteries as needed.



Never leave candles, stoves or grills unattended.



Keep a fire extinguisher in your home and know how to use it.



PERSONAL SAFETY



Lock doors and windows when leaving home or at night.



Keep emergency contacts and important numbers handy.



Trust your instincts. If something doesn't feel right, get help.



FOOD SAFETY



Keep perishable foods refrigerated.



Wash hands before preparing or eating food.



Cook foods to the proper temperature to prevent illness.



WE ARE STRONGER TOGETHER!

Look out for one another, stay informed and stay safe this August.

Your safety is our priority!



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FUN & GAMES!

¡DIVERSIÓN Y JUEGOS!



KEEP YOUR MIND ACTIVE & HAVE FUN! • ¡MANTÉN TU MENTE ACTIVA Y DIVIÉRTETE!



AUGUST WORD SEARCH

Find and circle the words in the list. Words may be up, down, forward, backward or diagonal.

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

AUGUST
SUNSHINE
VACATION
BEACH
PICNIC

FRIENDS
SUMMER
SWIMMING
ICE CREAM
BARBECUE

FAMILY
RELAX
SUNGLASSES
FLOWERS
ADVENTURE

TRAVEL
PARK
OCEAN
HYDRATE
HEAT

SUMMER MAZE



Help the sun find its way to the beach!



SUMMER FUN COLORING PAGE



Color, relax and enjoy your summer!

BEAT THE HEAT!

Stay safe and cool during hot summer days.



STAY HYDRATED

Drink plenty of water throughout the day.



DRESS LIGHT

Wear light-colored, loose clothing.



AVOID PEAK HEAT

Avoid outdoor activity between 11 AM and 3 PM.



NEVER LEAVE ANYONE IN A PARKED VEHICLE

It can be very dangerous.



FIND COOL PLACES

Visit cooling centers if needed and stay in air-conditioned areas.



Stay Cool, Stay Safe!



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HEALTH & WELLNESS SALUD Y BIENESTAR



AUGUST HEALTH TIPS • CONSEJOS DE SALUD PARA AGOSTO

STAY HYDRATED



Drink plenty of water throughout the day.

Beba mucha agua durante todo el día.

EAT HEALTHY



Choose fruits, vegetables, whole grains and lean proteins.

Elija frutas, verduras, granos integrales y proteínas magras.

STAY ACTIVE



Move your body every day. Try walking, dancing, or stretching.

Muévase todos los días. Pruebe caminar, bailar o estirarse.

PROTECT YOURSELF FROM THE SUN



Wear a hat, use sunscreen and seek shade.

Use sombrero, bloqueador solar y busque sombra.

TAKE CARE OF YOUR MENTAL HEALTH



Stay connected, practice gratitude and take time for yourself.

Manténgase conectado, practique la gratitud y dedique tiempo para usted.

AUGUST OBSERVANCES

August 7 Purple Heart Day



August 9 International Day of the World's Indigenous Peoples



August 12 International Youth Day



August 19 World Humanitarian Day



August 21 Senior Citizens Day



August 26 Women's Equality Day



August 31 International Overdose Awareness Day



Let's celebrate, acknowledge and support these important days together!

¡Celebrémoslos, reconozcámoslos y apoyemos estos días importantes juntos!

HEALTHY SUMMER SNACKS

MERIENDAS SALUDABLES DE VERANO



Greek Yogurt with Berries
Yogur Griego con Bayas



Watermelon
Sandía



Apples & Peanut Butter
Manzanas con Mantequilla de Maní



Cottage Cheese
Requesón



Mixed Nuts
Frutos Secos



Veggies with Hummus
Verduras con Hummus



DRINK 6-8 GLASSES OF WATER DAILY!

¡BEBA 6-8 VASOS DE AGUA AL DÍA!



IMPORTANT PHONE NUMBERS & RESOURCES NÚMEROS DE TELÉFONOS IMPORTANTES Y RECURSOS



EMERGENCY EMERGENCIA



DIAL / MARQUE
911

For emergencies only.
Solo para emergencias.

NYC AGING ENVEJECIMIENTO NYC



(212) 244-6469

Information & Resources
for older adults.

Información y recursos
para adultos mayores.

NYC WELL 24/7



1-888-NYC-WELL
(1-888-692-9355)

Free mental health
support.

Apoyo de salud mental
gratuito.

NYC SENIOR HEALTH INFO LINE



1-888-INFO-NYC
(1-888-463-6962)

Health insurance &
benefits assistance.

Asistencia con seguros
y beneficios de salud.

POISON CONTROL CENTRAL



1-800-222-1222

24/7 help in case of
poisoning.

Ayuda 24/7 en caso de
envenenamiento.



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AUGUST 2026

Highlights



AWARENESS MONTHS & HOLIDAYS

Celebrating, Supporting & Staying Well Together!

MONTHLY AWARENESS THEMES



BLACK BUSINESS MONTH

Celebrate and support Black-owned businesses and entrepreneurs.



NATIONAL WELLNESS MONTH

Focus on healthy habits, stress management, self-care and overall well-being.



NATIONAL IMMUNIZATION AWARENESS MONTH

Encourages people of all ages to stay up to date with recommended vaccinations.



NATIONAL MAKE-A-WILL MONTH

Promotes estate planning and protecting your loved ones.



CHILDREN'S EYE HEALTH AND SAFETY MONTH

Raises awareness about vision health and eye safety.



NATIONAL HAPPINESS HAPPENS MONTH

Encourages kindness, gratitude and positive connections.



IMPORTANT DATES & OBSERVANCES

AUG 1

National Friendship Day Month begins

AUG 7



PURPLE HEART DAY

Honors the courage and sacrifice of our nation's wounded warriors.

AUG 9



INTERNATIONAL DAY OF THE WORLD'S INDIGENOUS PEOPLES

Celebrates the cultures, traditions and contributions of Indigenous peoples.

AUG 12



INTERNATIONAL YOUTH DAY

Recognizes the positive impact of young people in our communities and around the world.

AUG 15



NATIONAL RELAXATION DAY

Take time to slow down, unwind and prioritize self-care.

AUG 19



WORLD HUMANITARIAN DAY

Thanks to all humanitarians who risk their lives to help others in need.

AUG 21



SENIOR CITIZENS DAY

Honoring older adults and their wisdom, contributions and leadership.

AUG 26



WOMEN'S EQUALITY DAY

Commemorates the 1920 adoption of the 19th Amendment.

AUG 30



INTERNATIONAL DAY OF THE VICTIMS OF ENFORCED DISAPPEARANCES

Raises awareness and stands in solidarity with victims and families.

AUG 31



INTERNATIONAL OVERDOSE AWARENESS DAY

Remember, support and reduce the stigma. Together, we can save lives.

SUMMER SAFETY REMINDERS



Drink plenty of water throughout the day.



Wear lightweight, light-colored clothing.



Stay indoors during extreme afternoon heat when possible.



Apply sunscreen and wear a hat outdoors.



Check on older neighbors, family and friends.



Never leave children or pets in parked vehicles.



HEALTHY LIVING FOCUS

This August, make wellness a priority by:

- ✓ Walking or exercising regularly.
- ✓ Eating colorful fruits and vegetables.
- ✓ Staying socially connected.
- ✓ Managing stress through relaxation and hobbies.
- ✓ Scheduling preventive healthcare appointments.
- ✓ Getting recommended vaccinations if needed.



Small steps today lead to a healthier tomorrow!



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Smart Snacking

SHARP CHOICES, STRONGER YOU!

Small
choices
make a
big difference!



DID YOU KNOW?

Choosing the right snacks can help maintain a healthy weight, improve focus, and keep your heart strong!



SMART SNACKS FUEL YOUR BODY, BOOST ENERGY
AND SUPPORT A HEALTHY LIFESTYLE!

BENEFITS OF SMART SNACKING



Keeps energy
levels steady



Helps control
hunger



Supports heart
health



Improves focus
and mood



Supports a
healthy weight

HEALTHY SNACK IDEAS

CHOOSE A VARIETY OF FOODS FROM DIFFERENT FOOD GROUPS!



FRUIT & YOGURT

Yogurt with fresh berries for a sweet and creamy treat!



FRUIT & NUT BUTTER

Apples with peanut butter for fiber, protein and healthy fats.



NUTS & SEEDS

A small handful provides protein, healthy fats and lasting energy.



VEGGIES & HUMMUS

Crunchy veggies with hummus for fiber, vitamins and great flavor.



WHOLE GRAIN & CHEESE

Crackers with cheese offer a balanced mix of carbs and protein.



AIR-POPPED POPCORN

A whole grain snack that is light and satisfying!

TIPS FOR SMART SNACKING

- ✓ Plan ahead and keep healthy snacks on hand.
- ✓ Watch portion sizes—small amounts go a long way.
- ✓ Limit snacks high in sugar, salt and unhealthy fats.
- ✓ Drink water throughout the day. 
- ✓ Listen to your body—snack when you're hungry, not just because you're bored.

Remember: Every small choice adds up to a healthier, happier you!



ENJOY MORE OF THESE



- Fresh fruits
- Vegetables
- Whole grains
- Low-fat dairy
- Nuts & seeds
- Lean proteins



LIMIT THESE



- Sugary snacks
- Processed foods
- Fried or greasy foods
- High-sodium snacks
- Sweetened drinks



MAKE EVERY BITE COUNT! CHOOSE SMART, STAY STRONG, AND ENJOY LIFE. 



CCNS OZONE PARK
OLDER ADULT CENTER

103-02 101st Avenue
Ozone Park, NY 11416



(718) 847-2100



OPEN MONDAY – FRIDAY | 8:00 AM – 4:00 PM



FUNDED BY NYC AGING

125+
YEARS OF CHANGING LIVES



OZONE PARK OLDER ADULT CENTER

A Welcoming Place. A Caring Community.



103-02 101st Ave.
Ozone Park, NY 11416



Phone:
(718) 847-2100



Open Monday–Friday
8:00am – 4:00pm



SENIOR CENTER STAFF



Annie Liu Director of Operations



Nicholas Theodorou Program Manager



Karina Munoz Case Manager



Alice Cedo Administrative Assistant



Maria Garnica Transportation Coordinator



Michael Gordon Maintenance



Segundo San Andres Kitchen Aide



We welcome seniors ages 60 and up.
The Center is wheelchair accessible.

*Damos la bienvenida a personas mayores de 60 años en adelante.
El Centro es accesible para sillas de ruedas.*



ENGLISH, CHINESE, & SPANISH SPOKEN /
SE HABLA INGLÉS, CHINO Y ESPAÑOL.



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 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.



FUNDED BY NYC AGING



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

Miércoles – Jueves / Lunes – Martes

9:00 AM – 11:30 AM

1:00 PM – 3:00 PM

CCNS Woodhaven-Richmond Hill Older Center

Wednesday – Thursday 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

How to Schedule

Call a Center or Sign Up at the Front Desk

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

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.

Walk-Ins

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

Visitas Sin Cita

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



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

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



Karina Munoz
Case Manager
Karina Munoz



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**

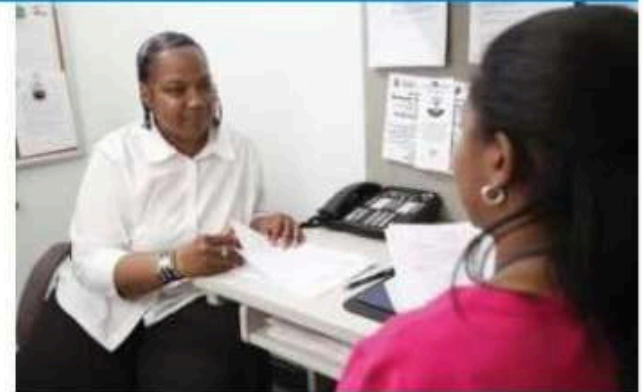
T: 718-217-0126 • F: 718-217-0495

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*

