

Embrace
Wellness, Enrich
Connections,
Celebrate Life!

CCNS Peter J. DellaMonica Older Adult Center

Pioneers of Queens

September 2026 Newsletter

Stay Cool,
Stay Active,
Stay Connected!

Funded by NYC Aging

A MESSAGE FROM THE PROGRAM MANAGER

September is a month of awareness, celebration, and community. From honoring healthy aging and safety preparedness to celebrating our rich cultures and the people who inspire us—there is so much to look forward to at our center!

*Thank you for being part
of our center family.
Together we thrive!*



*Healthy Aging, Strong Community,
Bright Futures!*

IN THIS ISSUE

- ✓ September Highlights & Awareness
- ✓ Programs & Classes
- ✓ Computer & Digital Literacy Bootcamp
- ✓ Arts & Crafts Bootcamp
- ✓ Trips & Special Events
- ✓ Nutrition & Wellness
- ✓ Important Reminders & More!

COMPUTER & DIGITAL LITERACY BOOTCAMP



*Mondays at 11:00 AM
8-Week Bootcamp
Sept. 14 – Oct. 26*

All levels welcome!

Learn at your own pace.

- Using Computers & Tablets
- Internet & Email Basics
- Staying Safe Online
- Social Media & Apps
- Online Services & More!

**REGISTRATION
NOT REQUIRED**

SEPTEMBER 2026 HIGHLIGHTS



National Senior Center Month



Healthy Aging Month



National Preparedness Month



National Food Safety
Education Month



World Alzheimer's Month



National Hispanic Heritage Month
(Sept. 15 – Oct. 15)



Labor Day
Monday, Sept. 7



Patriot Day
Friday, Sept. 11



National Grandparents Day
Sunday, Sept. 13



Falls Prevention Awareness Day
Tuesday, Sept. 22



First Day of Fall
Wednesday, Sept. 23



World Heart Day
Tuesday, Sept. 29

ARTS & CRAFTS BOOTCAMP



*Fridays at 11:00 AM
8-Week Bootcamp
Sept. 11 – Oct. 30*

Unleash your creativity
and enjoy the benefits!

- Reduces Stress
- Boosts Mood & Confidence
- Improves Focus & Memory
- Encourages Self-Expression
- Builds Social Connections

**REGISTRATION
NOT REQUIRED**



Stay Active

Move your body,
boost your mood,
live your best life!



Eat Well

Nourish your body
with healthy
choices!



Stay Connected

Friendship and
laughter keep our
hearts strong!



Stay Safe

Be prepared,
stay informed,
take care!



Celebrating Community, Wellness, Friendship & Fall Fun Together!

23-11 31st Road • Astoria, NY 11106 • 718-626-1500



COMPUTER & DIGITAL LITERACY BOOTCAMP



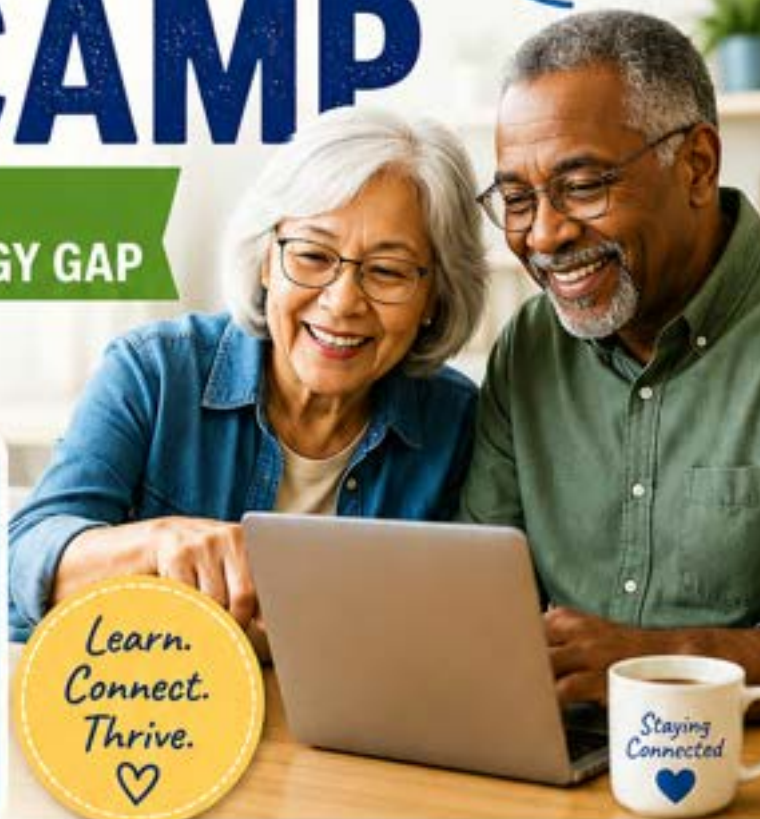
STAYING CONNECTED & BRIDGING THE TECHNOLOGY GAP

An 8-week hands-on program designed for older adults.



SEPTEMBER & OCTOBER
MONDAYS
AT 11:00 AM

8 WEEKS OF LEARNING!



ALL LEVELS ARE WELCOME!

Beginners, intermediate, and experienced learners are encouraged to participate.



NO REGISTRATION REQUIRED

Join us for one class or attend the full 8-week bootcamp series!

Learn at your own pace in a welcoming and supportive environment. ♥

WHAT YOU'LL LEARN



Computer Basics & Keyboard Skills



Using the Internet & Searching Online



Email Basics & Managing Your Inbox



Online Safety, Scams & Password Security



Using Google and Helpful Online Tools



Creating and Saving Documents



Video Calls & Staying Connected Online



Practice, Review & Individual Support

125+



CCNS PETER J. DELLAMONICA OLDER ADULT CENTER



23-11 31st Road
Astoria, NY 11106



718-626-1500



*Technology opens doors.
We're here to help
you walk through
them—together.* ♥

ARTS & CRAFTS BOOTCAMP

Create.
Connect.
Express
Yourself!

A CREATIVE 8-WEEK JOURNEY
FOR OLDER ADULTS

Discover the joy of creating in a welcoming
and supportive environment!



SEPTEMBER &
OCTOBER
FRIDAYS
AT 11:00 AM

8-WEEK BOOTCAMP



ALL LEVELS ARE WELCOME!

No experience necessary.
Learn at your own pace.



NO REGISTRATION REQUIRED

Join us for one class or attend
the full 8-week bootcamp series!

CREATIVE PROJECTS & ACTIVITIES



Painting • Collage • Paper Crafts



Seasonal Decorations • Upcycled Art



Mindful Art • Decorative Crafts



Group Projects & More!

BENEFITS OF ARTS & CRAFTS



Encourages Creativity & Self-Expression



Supports Relaxation & Stress Reduction



Helps Maintain Fine Motor Skills
& Hand-Eye Coordination



Promotes Focus & Mental Stimulation



Builds Confidence & a Sense of
Accomplishment



Encourages Social Connection
& New Friendships



125+



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OLDER ADULT CENTER



23-11 31st Road
Astoria, NY 11106



718-626-1500



*Creativity
enhances well-being.
We're here to help
you create, connect &
thrive together.*



CREATE • CONNECT • INSPIRE

Funded by NYC Aging

125+
YEARS OF CHANGING LIVES



NATIONAL PREPAREDNESS MONTH KICKOFF!



SEPTEMBER 3RD
11:00 AM

Make your own

EMERGENCY KIT

with Ahmed



BE PREPARED



MAKE A PLAN



STAY INFORMED



BE INVOLVED



WHAT TO INCLUDE:

- ✓ WATER
- ✓ NON-PERISHABLE FOOD
- ✓ FIRST AID SUPPLIES
- ✓ FLASHLIGHT
- ✓ BATTERIES
- ✓ WHISTLE
- ✓ IMPORTANT DOCUMENTS
- ✓ AND MORE!



TOGETHER, WE CAN BUILD
A MORE PREPARED COMMUNITY!

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

📍 23-11 31st Road Astoria, NY 11106 📞 718-626-1500

Funded by **NYC** Aging

Thank You VOLUNTEERS!

YOU MAKE A DIFFERENCE EVERY DAY!

Volunteer APPRECIATION CELEBRATION



FRIDAY, SEPTEMBER 25, 2026
10:00 AM – 12:00 PM

Join us as we celebrate
our amazing volunteers!

Enjoy light refreshments,
great company, recognition,
and **special giveaways!**

HONORING OUR INCREDIBLE VOLUNTEERS

Amparo ♥ Elizabeth ♥ Enilda ♥ Jennifer ♥ Jimmy ♥ Lucy

Maria ♥ Maria Elena ♥ Michael J. ♥ Seelia ♥ Tippy

Thank you for your time, your talents,
and your dedication to our center!



Volunteer
Recognition



Photo
Station



Light
Refreshments



Special
Giveaways



YOU GIVE YOUR TIME. YOU SHARE YOUR HEART.

We are so grateful!



SPECIAL
GIVEAWAYS
for Our
Volunteers!



Thank
You!

125+
YEARS OF CHANGING LIVES



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Older Adult Center
23-11 31st Road
Astoria, NY 11106
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♥ TO OUR VOLUNTEERS: YOU ARE TRULY APPRECIATED! ♥

Funded by NYC Aging

Celebrating
NATIONAL
SENIOR CENTER
MONTH
&
HEALTHY
AGING MONTH!



PURPLE POWER Dance Party!

Wear Purple for Healthy Aging!



THURSDAY, SEPTEMBER 10, 2026

10:00 AM – 11:00 AM



HEALTHY SNACK & HYDRATION BAR

OPEN 10:00 AM – 11:00 AM

Enjoy a variety of healthy
snacks and refreshing drinks
throughout the event!



Healthy choices to fuel your
body and keep you moving!

♥ MAIN FOCUS: DANCE & MOVEMENT WITH ELAINE!

Join Elaine for 1 hour of fun, uplifting
dance and movement that keeps you
active, energized, and smiling!

- ✓ Easy-to-follow dance routines
- ✓ Low-impact & chair-friendly options
- ✓ Great music, good vibes, and lots of fun!
- ✓ Move your body. Lift your spirit.
- ✓ Celebrate healthy aging together!



GIVEAWAYS & RAFFLES!

Win great prizes that support
healthy living and active aging!



WEAR PURPLE!

Show your support for
healthy aging and our
amazing community!



MOVE. ENERGIZE. HYDRATE. CELEBRATE HEALTHY AGING TOGETHER!

125+

YEARS OF CHANGING LIVES



23-11 31st Road
Astoria, NY 11106



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Aging

CELEBRATE THE LOVE THAT LASTS FOREVER!

Grandparents Day

Intergenerational Crafting

CREATING MEMORIES ACROSS GENERATIONS

Celebrate Grandparents Day by bringing generations together through creativity! Join us for a fun intergenerational crafting session where older adults, grandchildren, families, and community members create keepsakes, share stories, and build lasting memories.

CREATE.
SHARE.
CELEBRATE.
TOGETHER!

FRIDAY
SEPTEMBER

11

11:00 AM

ALL AGES WELCOME

Grandparents, grandchildren, families & community members!

ALL MATERIALS PROVIDED!

Just bring your creativity and your smiles!

MAKE CONNECTIONS

THAT LAST A LIFETIME!

A meaningful time of crafting and sharing together.

We can't wait to create with you!

125+



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OLDER ADULT CENTER

23-11 31st Road
Astoria, NY 11106
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SEPTEMBER SAFETY & WELLNESS

Changing Seasons. Healthy Habits. Safer Days.

September can bring warm afternoons, cooler mornings, and changing weather. A few simple steps can help you stay healthy, comfortable, and prepared.



BE READY FOR CHANGING WEATHER



Dress in light layers.



Keep drinking water—even on cooler days.



Check the weather before leaving home.



Avoid long outdoor activity during unusually hot afternoons.

PREVENT FALLS



Wear supportive, non-slip shoes.



Watch for wet leaves and uneven sidewalks.



Use handrails and mobility aids when needed.



Keep pathways and rooms well lit.

STAY HEALTHY & PREPARED



Keep medications and emergency contacts organized.



Build or refresh your emergency supply kit.



Stay active and eat balanced meals.



Check on friends, neighbors, and family.



FEELING DIZZY, WEAK, CONFUSED, OR UNWELL?
Sit down safely, ask for help, and call **911** for a medical emergency.



**TOGETHER, WE CAN ENJOY
A SAFE & HEALTHY SEPTEMBER!**



CELEBRATING ALL YEAR LONG!

LET'S CELEBRATE!

Important Months That Support Our Older Adults

These national observances highlight the health, safety, well-being and contributions of older adults.



National Senior Center Month

Celebrates senior centers and the vital role they play in strengthening our communities.



Healthy Aging Month

Promotes the choices and habits that support a healthy body, mind and spirit.



National Preparedness Month

Encourages everyone to plan ahead and be ready for emergencies and disasters.



National Food Safety Education Month

Shares important tips and practices to keep food safe and support good health.



World Alzheimer's Month

Raises awareness, reduces stigma, and supports those living with Alzheimer's and other dementias.



National Hispanic Heritage Month (Sept. 15 – Oct. 15)

Honors the histories, cultures and contributions of Hispanic and Latino communities.



Together, we thrive!

Let's take time each month to learn, celebrate and support the well-being of older adults in our community.



We appreciate our seniors!



Thank you for enriching our community every day. You inspire us!



YOUR CENTER. YOUR COMMUNITY. YOUR PLACE.

Connecting. Supporting. Empowering.



CELEBRATING TOGETHER!

SEPTEMBER DAYS TO HONOR

Let's recognize, appreciate and celebrate!



Labor Day
Monday, Sept. 7

We honor the social and economic achievements of workers and the contributions they make to our communities every day.



Patriot Day
Friday, Sept. 11

We remember the lives lost on 9/11 and honor the strength and resilience of our nation.



National Grandparents Day
Sunday, Sept. 13

We celebrate the love, wisdom and guidance of grandparents and the special role they play in our families.



Falls Prevention Awareness Day
Tuesday, Sept. 22

A reminder to stay active, reduce fall risks and keep our older adults safe, healthy and independent.



First Day of Fall
Wednesday, Sept. 23

Welcome the beauty of the season of change, cooler days and new beginnings!



World Heart Day
Tuesday, Sept. 29

Take care of your heart—eat well, stay active, manage stress and prioritize heart health every day.

Every day is an opportunity to care, connect
AND MAKE A DIFFERENCE!



♥ Thank you for being part of our center family!

YOUR CENTER. YOUR COMMUNITY. YOUR PLACE.

Stronger Together.



TWO CELEBRATIONS • ONE JOYFUL SEPTEMBER

Dance, Culture & Community with Amira Elaine

MAHALO, SUMMER

WITH GRATITUDE WE SAY GOODBYE • WITH JOY WE WELCOME FALL



FRIDAY, SEPTEMBER 11, 2026
10:00 AM

INDEPENDENCE CIN MOTION

Celebrating Latin American Heritage Through Dance



FRIDAY, SEPTEMBER 25, 2026
10:00 AM

CCNS Peter J. DellaMonica Older Adult Center
23-11 31st Road • Astoria, NY 11106 • 718-626-1500
Funded by NYC Aging



125+
YEARS OF CHANGING LIVES



Indian ART



WITH AHMED

CREATE • LEARN • CONNECT

Join Ahmed for a fun and creative Indian Art Workshop! Explore the beauty of Indian culture while creating traditional clay art pieces.

CELEBRATING
CULTURE
THROUGH
CREATIVITY!

BENEFITS OF INDIAN ART



Encourages creativity and self-expression



Improves fine motor skills and focus



Promotes relaxation and well-being



Learn about the beauty and meaning behind Indian traditions



Beautiful Creations by Our Members!



WHEN
Fridays

10:30 AM – 12:00 PM



LOCATION

CCNS Peter J. DellaMonica
Older Adult Center
Art Room



FOR MORE INFO

718-626-1500



CCNS
OLDER ADULT
SERVICES

CCNS Peter J. DellaMonica Older Adult Center
23-11 31st Road, Astoria, NY 11106

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Aging

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Talent is Timeless ★ 2026 ★

Semi-Regional Talent Show
at Sunnyside Community Center

CELEBRATING TALENT. BUILDING COMMUNITY.



FRIDAY
JUNE 5, 2026
10:00 AM – 2:00 PM



SUNNYSIDE COMMUNITY CENTER
43-31 39th Street
Sunnyside, NY 11104

Congratulations to all of our amazing performers!

Thank you for your hard work, dedication,
and for making DellaMonica proud.



**THANK YOU TO OUR PERFORMERS, STAFF, VOLUNTEERS,
FAMILIES, AND SUPPORTERS!**

13

13

125+
YEARS OF CHANGING LIVES



NUTRITION & WELLNESS BOOTCAMP



Healthy Choices • Healthy Bodies • Healthy Lives



Learning today for a healthier tomorrow!



Our members enjoyed an informative and interactive Nutrition & Wellness Bootcamp featuring a live smoothie demonstration by FitWellHydro!



Healthy Smoothie Demonstration



Nutrition Education



Interactive Discussion



Healthier Choices for Stronger Lives



CCNS PETER J. DELLAMONICA
OLDER ADULT CENTER



718-626-1500



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Astoria, NY 11106

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Aging



Astoria FERRY ADVENTURE!

A day of fun, friendship & exploration!

Our members enjoyed a beautiful day
on the NYC Ferry – sightseeing,
great conversations, delicious lunch,
and breathtaking waterfront views!



THE ASTORIA NYC FERRY

- ✓ Scenic 25-minute ride
- ✓ Stunning views of the Manhattan skyline
- ✓ Easy access to Lower Manhattan
- ✓ A relaxing and enjoyable way to explore!

Thank You!

to everyone who joined us
and helped make this trip
such a wonderful experience.

*We look forward to
many more adventures!*



CATHOLIC
CHARITIES
Brooklyn & Queens

23-11 31st Road, Astoria, NY 11106

718-626-1500

www.ccbq.org

Funded by

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Aging

125+
YEARS OF CHANGING LIVES



OUR GARDEN

Is Flourishing!

AUGUST 2026 GARDEN UPDATE



Our garden is thriving this summer!

Throughout August, our raised garden beds have continued to flourish with beautiful flowers, fresh herbs, leafy vegetables, tomatoes, sunflowers, and more.



From watering and caring for the plants to watching vegetables grow and enjoying our first harvests, the garden continues to provide a wonderful opportunity to connect with nature and see the rewards of ongoing care.



Fresh Vegetables



Herbs



Flowers



Harvesting



Garden Care

HEALTHY GARDEN. STRONG COMMUNITY.



Tomatoes
Ripe & Growing! ♥



Strong &
Healthy! ♥



Greens for
Healthy Meals! ♥



Herbs
Aromatic & Fresh! ♥



Beautiful
Blooms! ♥



Watering
with Care! ♥



Thanks to our neighbors, volunteers, and supporters, our garden continues to grow—feeding bodies and strengthening community.

Together, We Grow! ♥



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23-11 31st Road
Astoria, NY 11106
☎ 718-626-1500

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NYC
Aging

ARTS & CRAFTS

Create • Express • Inspire

EVERY
FRIDAY
11:00 AM

Unleash your creativity, make new friends,
and take pride in what you create!



125+

YEARS OF CHANGING LIVES



Everyone
is welcome! ♥

No experience needed—
just bring your imagination!

CCNS Peter J. DellaMonica
23-11 31st Road
Astoria, NY 11106

(718) 626-1500



Funded by

NYC Aging

Empowering older New Yorkers
to live with independence and dignity.

You
Make Our
Center
Special!

CCNS Peter J. DellaMonica
Older Adult Center
Pioneers of Queens

Happy
Birthday!

Birthday CELEBRATION!

HONORING YOU • CELEBRATING LIFE!

Join us as we celebrate all members
with birthdays in

SEPTEMBER!



DATE:

~~Sunday~~
MONDAY
~~September 20, 2026~~



TIME:

1:00 PM – 3:00 PM



LOCATION:

CCNS Peter J. DellaMonica
Older Adult Center
23-11 31st Road, Astoria, NY 11106



Let's Celebrate Together!

- ♥ Music & Entertainment (DJ Vinnie!)
- ♥ Delicious Cake & Refreshments
- ♥ Fun Games & Prizes
- ♥ Great Friends & Good Times
- ♥ Lots of Smiles & Birthday Wishes!

Together
We Thrive!

125+
YEARS OF CHANGING LIVES



♥ We are so glad you are part of our family! ♥



718-626-1500

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Aging

18

CCNS

PETER J. DELLA MONICA
OLDER ADULT CENTER



Wednesdays @ 1PM

STRENGTH TRAINING

Join us for fun exercise!

 www.seniorplanet.zoom.us

Zoom Meeting ID:
831 2781 3758

Funded by NYC Aging

NYC Aging



CATHOLIC CHARITIES
BROOKLYN & QUEENS

125+
YEARS OF CHANGING LIVES



VIRTUAL & HYBRID EXERCISE

MONTHLY Schedule



MONDAY – FRIDAY

Morning Stretch
10:00 AM



TUESDAY & THURSDAY

Chair Yoga
12:00 PM



MONDAY & WEDNESDAY

Easy-to-Follow Tai Chi
2:00 PM



TUESDAY & THURSDAY

Afternoon Stretch
4:00 PM



Join Online: Senior Planet Zoom
Meeting ID: 170 361 931
(Or ask the front desk for assistance)

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23-11 31st Road, Astoria, NY 11106 • 718-626-1500

Funded by **NYC Aging**

125+
YEARS OF CHANGING LIVES





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

125+
YEARS OF CHANGING LIVES



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



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.

- 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



NEED HELP?

Catholic Charities

Call Center

718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services
Catholic Charities Brooklyn and Queens
www.ccbq.org

 ¿Necesitas ayuda?
Catholic Charities
Centro de Atención
718-722-6001



Lunes - Viernes, 9AM - 6PM

- Servicios de salud de comportamiento
- Coordinación de la atención
- Enseñanza preescolar y programa Head Start
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias
- Información sobre viviendas
- Servicios migratorios
- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- Información y referencias a otros servicios

Un centro de atención personal de *Catholic Charities* también se puede encontrar en su área.

Salud Integral & Servicios de Bienestar
Catholic Charities Brooklyn and Queens
www.ccbq.org



Our Lady of Angels

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

Our Lady of Miracles

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

Our Lady of Solace

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

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1er y 3er Jueves del mes, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Cada dos Miércoles, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Cada dos Viernes, 9 AM - 11 AM

St. Michael/St. Malachy

A partir del 26 de septiembre de 2025
286 Warwick Street, Brooklyn 11207
Todos los viernes de 9:30 AM - 11:30 AM

St. Rose of Lima

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

St. Teresa

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

BVM St. Mary-Winfield

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

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1er y 3er Sábado de cada mes, 10 AM - 11:30 AM

St. Raphael

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

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3er Sábado de cada mes, 10 AM - 12 PM

Church of the Incarnation

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

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2do y 4to Martes del mes, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1er y 3er Miércoles de cada mes, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1er y 3er Jueves de cada mes, 12 PM - 2 PM

St. Michael

136-76 41st Ave., Flushing, NY 11355
Martes y Miércoles, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368
(Estacionamiento de la iglesia)
A partir del 9 de mayo de 2024: 1er jueves de cada mes,
2 PM - 5 PM

**Para obtener la lista completa de ubicaciones
afiliadas, visite: www.ccbq.org/service/food-pantry-network**



Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para mayor información y/o para presentar una solicitud, visite access.nyc.gov. Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite www.ccbq.org.

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.

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★★

23-11 31st Road, Astoria, NY 11106 ☎ 718-626-1500

WHAT IS SNAP?

SNAP (Supplemental Nutrition Assistance Program) helps older adults and families purchase healthy groceries.

Over 4 million older Americans use SNAP to purchase healthy food every month.

HOW TO APPLY

Make an appointment today

Call Jennifer at

☎ 718-626-1500 ext. 7375

• IMPORTANT: NEW NY SNAP RULES

- Starting March 1, 2026, some SNAP recipients may need to do at **least 80 hours/month** of work, volunteering, or training to keep benefits beyond 3 months in a 3-year period.
- Applies to able-bodied adults ages **18-64** without dependents.
- Seniors, those with disabilities, pregnant individuals, and caregivers of children under age 14 are typically exempt.

• IMPORTANT: NEW NY SNAP RULES

88% of SNAP participants say healthy foods are too expensive.

Get help paying for your groceries



AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.



BENEFITS

The amount you receive may depend on two things.

- Household income from all sources, such as money you get from a job, Social Security, SSI, or interest.
- Number of people that live in your household

61% of SNAP households act as caretakers for loved ones.



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MEDICARE Understanding Your Coverage

What Is Medicare?

Medicare is a federal health insurance program for:

- ✓ Adults age 65 and older
- ✓ People with permanent disabilities
- ✓ Individuals with End-Stage Renal Disease (ESRD)
- ✓ Individuals with ALS (no waiting period)

2026 Medicare Updates

- ✓ \$2,000 yearly drug spending cap
- ✓ No more “donut hole”
- ✓ \$35 insulin limit
- ✓ Many vaccines \$0 copay



—The Four Parts of Medicare—



Part A – Hospital Insurance

- Inpatient hospital care
- Skilled nursing facility care
- Hospice care
- Some home health services

(Most people do not pay a Part A premium.)



Part B – Medical Insurance

- Doctor visits
- Outpatient services
- Durable medical equipment
- Some home health care
- Limited prescription drugs



Part C – Medicare Advantage

- Combines Part A & B
- Usually includes drug coverage
- May include extra benefits (dental, vision, etc.)



Part D – Prescription Drug Coverage

- Covers most prescription medications
- \$2,000 annual out-of-pocket cap
- \$35 insulin monthly cap
- No more coverage gap



—NEED HELP?—

Make an appointment with **Jennifer**

☎ 718-626-1500 ext. 7375

We can help you:

- Review your Medicare plan
- Compare Advantage vs. Original Medicare
- Understand drug costs



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MEDICAID

How to Get Free or
Low-Cost Health Coverage



What Is Medicaid?

Medicaid is a **joint federal and state** program that provides:

- ✓ Free or low-cost health coverage
- ✓ Care at a doctor's office, hospital, clinic & more
- ✓ Long-term care services

Who Can Qualify for Medicaid?

- ✓ People of **all ages** who meet income/resource limits.
- ✓ Low-income seniors (age 65+)
- ✓ People with disabilities or blindness.
- ✓ Children
- ✓ Pregnant individuals



What Does Medicaid Cover?



Doctor visits



Hospital services



Dental care



Emergency care



Home and long-term care



Vision and hearing care

NEED HELP?

Make an appointment with **Jennifer** ☎ 718-626-1500 ext. 7375

- ✓ Check if you're eligible
- ✓ Apply for Medicaid
- ✓ Renew your Medicaid coverage

Funded by **NYC Aging**

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER ★=★

#RENTFREEZENYC

Senior Citizen Rent Increase Exemption (SCRIE)



SENIORS AND PEOPLE WITH DISABILITIES, **KEEP YOUR RENT FROM INCREASING**, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$60,000 or less;
- Live in a rent regulated apartment;
- Spend more than 1/3 of income on rent.

ENROLL IN THE **NYC RENT FREEZE PROGRAM**



IMPORTANT NYC RENT FREEZE (SCRIE/DRIE) UPDATES:

- ✓ New higher income limits now used—applicants earning up to approx. **\$60,000+** may qualify.
- ✓ Renewals are easier—fewer documents, mail/online options available.
- ✓ Disability Rent Increase Exemption (DRIE) clarified for SSDI/SSI recipients.
- ✓ Multilingual forms available (Spanish/Chinese/Russian/Bengali).
- ✓ NYC HPD offers free help completing applications.

Questions?

Contact Jennifer at
718-626-1500 ext. 7375

¿Preguntas?

Comuníquese con la trabajadora social:
Jennifer al 718-626-1500 x7375

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, NY 11106

Monday - Friday, 8:00 am - 4:00 pm

718-626-1500

FREEZING
YOUR
RENT



FREEZE
YOUR RENT

September

Refreshing Drinks & Healthy Snacks

FOR OLDER ADULTS

Hydrating.
Nutritious.
Delicious!

Simple choices
that support
health and
wellness every
day!

Stay hydrated, nourished, and energized
as we welcome the beauty of early fall! ❤️

REFRESHING DRINKS



APPLE & CINNAMON INFUSED WATER

Lightly sweet, warm & cozy flavor.



CUCUMBER MINT WATER

Cool, crisp & refreshing hydration.



PEAR & GINGER WATER

Soothing & gentle with a hint of spice.



LEMON HERBAL ICED TEA

Unsweetened & thirst quenching.



CRANBERRY LIME SPARKLING WATER

Fizzy, fruity & low in sugar.



ORANGE & ROSEMARY INFUSED WATER

Citrusy & fragrant delight.



CHILLED UNSWEETENED APPLE CIDER

Fall favorite! Enjoy in small portions.



WARM CINNAMON HERBAL TEA

Perfect for cooler September mornings.

HEALTHY SNACKS



APPLE SLICES WITH PEANUT BUTTER

Fiber & protein for lasting energy.



CHEESE CUBES & WHOLE-GRAIN CRACKERS

Calcium, protein & a satisfying crunch.



GREEK YOGURT WITH BERRIES

Creamy, delicious & rich in protein.



PUMPKIN HUMMUS WITH VEGGIES

Nutritious, flavorful & full of color.



HOMEMADE TRAIL MIX

Unsalted nuts, raisins & dried cranberries.



MINI OATMEAL BANANA MUFFINS

Wholesome, lower in sugar & tasty.



FRESH PEAR SLICES

Sweet, juicy & full of fiber.



COTTAGE CHEESE WITH PINEAPPLE

Protein packed & refreshing.



HARD-BOILED EGGS

Easy, protein rich & satisfying.



AIR-POPPED POPCORN

Lightly seasoned & a whole grain snack.

SEPTEMBER SEASONAL PAIRINGS

DRINK	PAIR IT WITH
Apple Cinnamon Water	Apple slices & peanut butter
Cranberry Lime Spritzer	Cheese & whole grain crackers
Pear Ginger Water	Trail mix
Herbal Iced Tea	Pumpkin hummus & veggies
Warm Herbal Tea	Mini oatmeal muffin
Cucumber Mint Water	Greek yogurt & berries

SEPTEMBER REFRESHMENT THEME IDEAS



Small choices,
big difference! ❤️

♥️ ENJOY IN MODERATION
Choose low-sugar, low-sodium
options to support heart health,
energy and overall well-being.

♥️ DRINK WELL.
SNACK SMART.
FEEL YOUR BEST!
Happy & Healthy September! ❤️

Septiembre

Bebidas Refrescantes y Bocadillos Saludables

Hidratación.
Nutrición.
Delicioso.



Opciones simples
que apoyan la
salud y el bienestar
todos los días.



Manténgase hidratado, nutrido y con energía
mientras damos la bienvenida a la belleza del inicio del otoño. ♥

BEBIDAS REFRESCANTES



AGUA INFUSIONADA
DE MANZANA
Y CANELA

Ligera, dulce y con
un sabor cálido
y acogedor.

AGUA DE PEPINO
Y MENTA

Fresca, crujiente y
muy refrescante
para una buena
hidratación.

AGUA DE PERA
Y JENGIBRE

Suave y calmante
con un toque
de especias.

TÉ HELADO
DE HIERBAS
CON LIMÓN

Sin endulzar y
perfecto para
calmar la sed.

AGUA CON GAS
DE ARÁNDANO
Y LIMÓN

Burbujeante,
afrutada y baja
en azúcar.

AGUA CON NARANJA
Y ROMERO

Cítrica, aromática
y deliciosa.

SIDRA DE
MANZANA FRÍA
SIN ENDULZAR

La favorita del
otoño. Disfrute en
porciones pequeñas.

TÉ DE HIERBAS
CON CANELA
CALIENTE

Ideal para las
mañanas frescas
de septiembre.

BOCADILLOS SALUDABLES



RODAJAS DE
MANZANA CON
MANTEQUILLA
DE CACAHUATE

Fibra y proteína
para energía que
dura más.

CUBOS DE QUESO
Y GALLITAS
INTEGRALES

Calcio, proteína
y un crujido
satisfactorio.

YOGUR GRIEGO
CON FRUTAS
DEL BOSQUE

Cremoso, delicioso
y rico en proteína.

HUMMUS DE
CALABAZA CON
VEGETALES

Nutritivo,
lleno de sabor
y de color.

MEZCLA CASERA
DE FRUTOS SECOS
Y FRUTAS
DESHIDRATADAS

Nueces sin sal,
pasas y arándanos
dehidratados.

MINI MUFFINS
DE AVENA Y
PLÁTANO

Saludables,
bajos en azúcar
y muy sabrosos.

RODAJAS
DE PERA
FRESCA

Dulces, jugosas
y con mucha fibra.

QUESO COTTAGE
CON PIÑA

Proteína y frescura
en cada bocado.

HUEVOS
DUROS

Fáciles de
preparar, ricos en
proteína y saciantes.

PALOMITAS
DE MAÍZ
SIN ACEITE

Livianas, sazonadas
y un bocadillo
integral.

COMBINACIONES DE TEMPORADA

BEBIDA

DISFRÚTELA CON



Agua de manzana
y canela

Rodajas de manzana con
mantequilla de cacahuete



Agua con gas de
arándano y limón

Cubos de queso con
galletas integrales



Agua de pera
y jengibre

Mezcla de frutos secos



Té helado de hierbas
con limón

Hummus de calabaza
con vegetales



Té de hierbas
caliente

Mini muffin de avena
y plátano



Agua de pepino y menta

Yogur griego con
frutas del bosque

IDEAS DE TEMAS PARA SEPTIEMBRE



ESTACIÓN DE
HIDRATACIÓN
DE COSECHA



SOCIAL DE
SABORES DE OTOÑO



DÍA DE
CELEBRACIÓN
DE LA MANZANA



HORA FELIZ
SALUDABLE



CAFÉ DE SIP
Y BOCADILLOS
DE OTOÑO



MIÉRCOLES DE
HIDRATACIÓN Y
BIENESTAR

Pequeñas elecciones,
¡grandes diferencias!



DISFRUTE CON MODERACIÓN
Elija opciones bajas en azúcar
y sodio para apoyar la salud del
corazón, la energía y el bienestar
en general.



BEBE BIEN.
COME INTELIGENTE.
¡SIÉNTETE MEJOR!

¡Feliz y saludable septiembre! ♥



Easy Ways to... Use the Nutrition Facts Label

1. Start with serving size.

Check the number of servings per container and the size of each serving. The Nutrition Facts are based on one serving.

2. Aim to meet your daily calorie goal.

Visit choosemyplate.gov/MyPlatePlan to calculate your personal calorie needs.

3. Limit:

- Saturated fat
- Trans fat
- Cholesterol
- Sodium
- Added sugars

4. Eat enough:

- Fiber
- Vitamin D
- Calcium
- Iron
- Potassium

5. Pay attention to the % (Percent) Daily Value (DV):

- 5 percent or less is LOW
- 20 percent or more is HIGH

Nutrition Facts

8 servings per container
Serving size 2/3 cup (55g)

Amount Per Serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	6%
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit nyc.gov and search for [farmers markets](#).

For healthy recipes, visit jsyfruitveggies.org.

Maneras sencillas de... leer las etiquetas de información nutricional

1. Comience con el tamaño de la porción.

Verifique la cantidad de porciones por envase y el tamaño de cada porción. La información nutricional está basada en una porción.

2. Intente alcanzar su objetivo de calorías diarias.

Visite choosemyplate.gov/MyPlatePlan para calcular sus necesidades calóricas particulares.

3. Limite:

- Las grasas saturadas
- Las grasas *trans*
- El colesterol
- El sodio
- Los azúcares añadidos

4. Consuma suficiente:

- Fibra
- Vitamina D
- Calcio
- Hierro
- Potasio

5. Preste atención al % (porcentaje) del valor diario (VD):

- 5 % o menos es BAJO
- 20 % o más es ALTO

Información nutricional

8 porciones por envase

Tamaño de la porción 2/3 taza (55g)

Cantidad por porción

Calorías 230

	% del valor diario*
Grasas totales 8g	10 %
Grasas saturadas 1g	5 %
Grasas <i>trans</i> 0g	
Colesterol 0mg	0 %
Sodio 160mg	7 %
Total de carbohidratos 37g	13 %
Fibra alimentaria 4g	14 %
Azúcares totales 12g	
Incluye 10g de azúcares añadidos	20 %
Proteínas 3g	6 %
Vitamina D 2mcg	10 %
Calcio 260mg	20 %
Hierro 8mg	45 %
Potasio 235mg	6 %

*El % del valor diario (VD) indica cuánto de un nutriente en una porción de alimento contribuye a una alimentación diaria. Se usa un valor de 2000 calorías diarias como recomendación general de nutrición.

Para obtener consejos de alimentación saludable, siga a Eat Healthy, Be Active NYC en Facebook, en [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para más información sobre los Stellar Farmers Markets, visite nyc.gov y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.

Este material fue financiado por el Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés).

3.10
Spanish (US)

NYC
Health

Just Say Yes to Fruit & Vegetables



THE COTTAGE BENEATH THE MOON

A Story About Friendship and New Beginnings

Every evening, when the moon rose above the forest, a warm golden light appeared in the windows of a little stone cottage.

The cottage belonged to Eleanor, a retired librarian who had lived there for many years. Her home was surrounded by roses, lavender, and hydrangeas. A clear stream flowed through the garden, and its gentle sound filled the air.

Eleanor loved her peaceful home, but lately it had begun to feel too quiet.

One cool autumn evening, she sat beside the fireplace with a cup of tea. As she looked at the empty chairs across from her, she remembered the lively conversations that once filled the room.

"I have a beautiful home," she said softly, "but a home feels warmer when it is shared."

The next morning, Eleanor walked into the nearby village. At the community center, she noticed several people sitting quietly after lunch. Some were reading, while others were looking out the window.

Eleanor had an idea. She invited everyone to visit her cottage the following Friday evening. She promised tea, music, stories, and a warm fire.

"A home feels warmer when it is shared."

When Friday arrived, Eleanor worried that no one would come. She arranged the chairs, placed flowers on the table, and prepared a large pot of tea.

Then she heard a knock.

At the door stood Samuel, carrying an old record player. Behind him was Maria with a plate of homemade cookies. Soon, more guests arrived. Some brought photographs, favorite books, and stories from their younger years.

The cottage quickly filled with conversation and laughter. Samuel played songs everyone remembered. Maria taught the group a simple card game. Eleanor read a funny story from one of her favorite books.

Before long, people who had arrived as strangers were talking like old friends.

As the evening ended, everyone walked into the moonlit garden. Fireflies sparkled among the flowers, and the stream shimmered beneath the moon.

"This place is magical," Maria said.

Eleanor smiled. "The cottage is lovely, but the real magic came through the front door tonight."

From that evening forward, the group gathered at the cottage every Friday. They shared meals, celebrated birthdays, listened to music, and helped one another through difficult times.

Eleanor's home was never too quiet again. Whenever the moon rose above the forest, the cottage windows glowed warmly—a reminder that friendship can bring new light into our lives at any age.

LET'S TALK ABOUT THE STORY

- 1 Why did Eleanor invite people to her cottage?
- 2 What did the guests bring to the gathering?
- 3 Which activity would you have enjoyed most?
- 4 Have you ever found friendship in an unexpected place?
- 5 What makes a place feel warm and welcoming to you?

LABOR DAY

Word Search

Honoring the Work and Contributions
of All Workers!

Happy
**LABOR
DAY!**

★ WORD LIST ★

1. WORKER
2. LABOR
3. UNION
4. PARADE
5. PICNIC
6. SERVICE
7. TEAMWORK
8. COMMUNITY
9. HOLIDAY
10. AMERICA
11. DIGNITY
12. SKILLS
13. CAREER
14. DEDICATION
15. RESPECT
16. SAFETY
17. COMMITMENT
18. ACHIEVER
19. SUPPORT
20. CELEBRATE
21. JOBS
22. FUTURE
23. CONTRIBUTE
24. PROUDNESS
25. THANK YOU

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



Let's take time to thank the
hardworking people who build,
serve, and strengthen our
communities every day.

Enjoy Your Day!



TOGETHER
WE BUILD
A BETTER
TOMORROW!



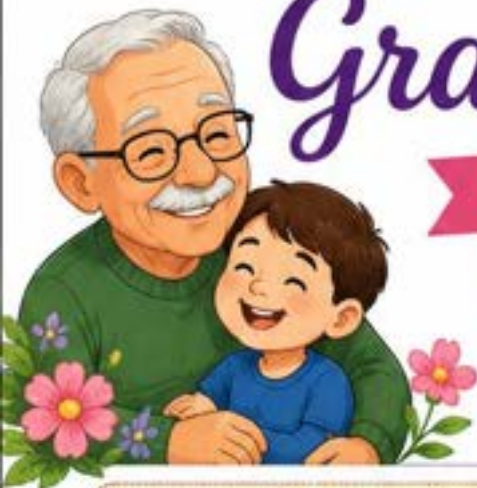
THANK YOU FOR ALL THAT YOU DO!



NATIONAL Grandparents Day

Sunday, September 13, 2026

*Celebrating the Love, Wisdom
and Legacy of Grandparents!*



Unscramble the letters to reveal words that remind us of the special bond we share with our grandparents.



- | | |
|----------------------|-----------------------|
| 1. DPNARGTAERN _____ | 11. LEAGCY _____ |
| 2. AFMILY _____ | 12. TOGETHER _____ |
| 3. EVOL _____ | 13. ELCEBRATE _____ |
| 4. WISDOM _____ | 14. ENGERAITONS _____ |
| 5. REMOEMIES _____ | 15. JYO _____ |
| 6. TRADTIOIN _____ | 16. CHERISHED _____ |
| 7. LAHGTUER _____ | 17. GUIDANCE _____ |
| 8. KINDINESS _____ | 18. PATIENCE _____ |
| 9. STOIRES _____ | 19. SUPPROT _____ |
| 10. HUGS _____ | 20. BELESSING _____ |



*Grandparents
make the world...
a little softer,
a little kinder,
and a lot more loving.*



**Thank you,
GRANDPARENTS,
for everything
you do!**



ANSWER KEY:

1. GRANDPARENT 2. FAMILY 3. LOVE 4. WISDOM 5. MEMORIES 6. TRADITION 7. LAUGHTER 8. KINDNESS 9. STORIES 10. HUGS
11. LEGACY 12. TOGETHER 13. CELEBRATE 14. GENERATIONS 15. JOY 16. CHERISHED 17. GUIDANCE 18. PATIENCE 19. SUPPORT 20. BLESSING

NATIONAL FOOD SAFETY EDUCATION MONTH

SEPTEMBER 2026

Food Safety is for Life!



Follow the path through each food safety step to help the shopper reach a safe kitchen!

START



REMEMBER!

- **Clean:** Wash hands, utensils and surfaces often.
- **Separate:** Keep raw meat away from other foods.
- **Cook:** Cook foods to the right temperature.
- **Chill:** Refrigerate food quickly.

HELP THE SHOPPER
Get Groceries Safely
from the Store to
the Refrigerator!



FOOD SAFETY CHECKPOINTS

1 WASH HANDS



Wash hands with soap and water for at least 20 seconds.

2 SEPARATE RAW MEAT



Keep raw meat, poultry, seafood and their juices away from other foods.

3 KEEP FOOD COLD



Keep cold foods at 40°F or below. Use insulated bags or a cooler when shopping.

4 REFRIGERATE PROMPTLY



Put groceries away within 2 hours. (1 hour if it's 90°F or warmer.)

5 SAFE KITCHEN



Clean surfaces often and cook foods to the right temperature.

Smart choices in the kitchen help keep you and your loved ones safe and healthy.

Thank you for making food safety a priority!



125+
YEARS OF CHANGING LIVES



CCNS PETER J. DELLAMONICA OAC AROUND THE WORLD!



Let's see how many countries are represented at DellaMonica!

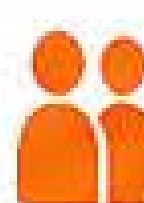
★ Many Countries • One DellaMonica Community ★

HOW TO PARTICIPATE:



1. FIND

Find the country where **YOU** were born.



2. SHARE

Find a country your family is from.



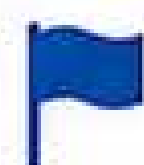
3. PLACE

Place a sticker or pin on your country.



4. WRITE

Write your name next to your country.



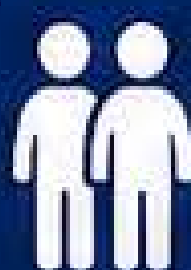
5. ADD

Add your country's flag (draw or sticker).



6. SHARE MORE

Share a favorite food, tradition, music or celebration from your country!



EVERY COUNTRY,
EVERY STORY,
MAKES OUR COMMUNITY
STRONGER!



MY COUNTRY(IES):



MY NAME:



MY FLAG:



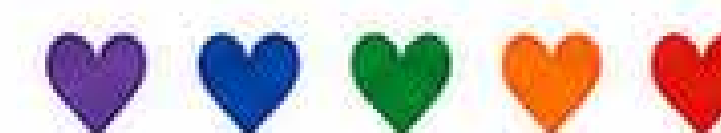
I LOVE ABOUT MY CULTURE:



A FOOD / TRADITION /
MUSIC / CELEBRATION
I WANT TO SHARE:



Thank you for sharing your heritage and helping make DellaMonica a world of community!



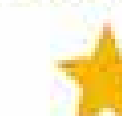
ALL COUNTRIES WELCOME



ALL CULTURES CELEBRATED



ALL STORIES MATTER



CCNS PETER J. DELLAMONICA OAC
23-11 31st Road, Astoria, NY 11106



718-626-1500

Funded by NYC Aging

NYC
Aging

SEPTEMBER 2026



718-626-1500

Monday-Friday
8am-4pm

Our case worker is available to assist with center fees or case management needs by appointment only. Stop by or call the office at 718-626-1500 to make an appointment.

CCNS Peter J. DellaMonica ★ Older Adult Center ★ 23-11 31st Road, Astoria, NY 11106

★ Older Adult Center Staff ★

Michael S.	Program Manager
Jennifer D.	Case Manager
Miriam C.	Administrative Assistant
M. Ahmed	Recreation Coordinator
Val Y.	Cook
Vadym S.	Assistant Cook
Cecille C.	Kitchen Aide
Ram P.	Custodian
Consuelo G.	Transportation

★ Advisory Committee ★

Seelia B.	President
Michael J.	Vice President
Maria E.	Treasurer
Norma A.	Secretary
Vilma L.	Head Councilmember

Catholic Charities Brooklyn and Queens offers the dignity and value of every person regardless of their social or economic circumstances.

We provide innovative, advocacy and problem-to-solution services so that all who can experience the fullness of life and develop their potential as connected members of their communities.



Hello September!

STAY WELL THIS FALL!

- ✓ Stay Hydrated
- ✓ Eat Fresh Fruits & Vegetables
- ✓ Wear Layers
- ✓ Get Your Flu Shot
- ✓ Stay Active
- ✓ Check on Friends & Neighbors



Funded by **NYC** Aging

Annie L. DOFO

★ Stay Cool ★ Stay Safe ★ Stay Connected ♥

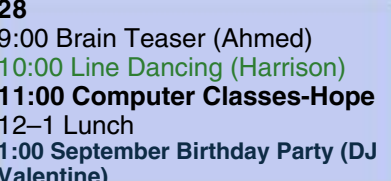
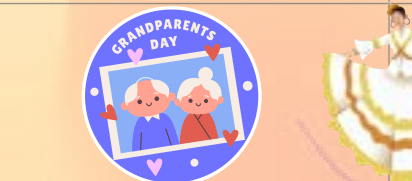


SEPTEMBER 2026 ACTIVITY CALENDAR

CCNS Peter J. DellaMonica Older Adult Center

23-11 31st Road • Astoria, NY 11106 • 718-626-1500



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 1 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	7 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	2 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	3 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	4 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Hope) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
 14 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Computer Classes-Hope 12-1 Lunch 1:00 National Hispanic Heritage Month Celebration (DJ Woody)	8 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	9 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	10 9:00 Word Scramble (Ahmed) 10:00-11:00 Wear Purple for Healthy Aging! Purple Power Dance & Movement Celebration (Elaine) 12-1 Lunch 1:00 Leisure Games (MJ) 1:00-2:30 Enhanced Coloring (Donna)	11 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
21 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Computer Classes-Hope 12-1 Lunch 1:00 National Senior Center & Healthy Aging Month (DJ Prezzy)	15 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	16 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Elder Abuse workshop (MET Council) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	17 11:00 DFTA Healthy Aging Event 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 12-1 Lunch 1:00 Leisure Games (MJ) 1:00-2:30 Enhanced Coloring (Donna)	18 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Natasha (Zumba) 11:00 Arts & Craft (Hope) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
28 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Computer Classes-Hope 12-1 Lunch 1:00 September Birthday Party (DJ Valentine)	22 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	23 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Caregiver Support Presentation (Sunnyside) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	24 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	25 9:00 Sudoku (Ahmed) 11:00 Arts & Craft (Hope) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
				

Celebrate
Community
Celebrate
YOU!

CCNS Peter J. DellaMonica Older Adult Center

September 2026 LUNCH MENU

Hello
September!

Stay Healthy
& Stay Cool!



♥ Good Food. Good Friends. Great Day! ♥

NUTRITIOUS MEALS ★ GREAT COMPANY ★ STRONGER TOGETHER

MONDAY



TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1
Turkey Bean Chili
Rice Pilaf
Italian Blend Vegetables
Peach

2
Harvest Garden Vegetable Lasagna
Tuscan White Bean Soup
Steamed Broccoli
Apple
Orange Juice

3
Braised Beef
Capri Blend Vegetables
Mashed Potatoes
Banana

4
Lemon Garlic Baked Fish
Orzo
Baby Carrots and Parsley
Pear

8
Pernil (Roasted Pork Shoulder)
Steamed Sliced Carrots
Yellow Plantains
Apple
Orange Juice

9
Cuban Style Split Pea Soup
Vegan Breaded Chicken Style Cutlet
French Fries
Pear

10
Chili con Carne
Egg Noodles
Steamed Zucchini
Banana
Orange Juice

11
Baked Sundried Tomato Fish
Polenta
Tomato and Cucumber Salad
with Dressing
Nectarine

14
Baked Asian Style Honey Chicken
Chinese Style Spaghetti
Steamed Green Beans
Apple

15
Turkey with Gravy
Cole Slaw
Sautéed Sweet Potatoes
Banana

16
Creamy Whole Grain Mac & Cheese
Mediterranean Chickpea Stew
Steamed Spinach
Orange Juice

17
Beef & Pepper Pasta
Four Bean Salad
Fresh Pineapple

18
Parmesan Baked Fish
Orzo
Steamed Carrots
Fruit Salad

21
Hawaiian Chicken Legs
Baked Macaroni and Cheese
Steamed Broccoli
Orange

22
Italian Style Pork Loin
Roasted Red Potatoes with Parsley
Steamed Green Beans
Banana

23
Island-Style Stuffed Eggplant
Rustic Garlic Tomato Soup
with White Beans
Brown Rice
Apple Juice

24
Beef and Lentil Stew
Kasha
Mixed Green Salad with Dressing
Apple

25
Baked Fish with Garlic Parmesan Crust
Roasted Zucchini
Watermelon

28
Oven Fried Chicken Wings
Capri Blend Vegetables
Garlic Mashed Potatoes
Orange

29
Southwest Turkey Meatloaf
White Rice
Steamed Green Beans
Pear

30
Hearty Black Bean Soup
Savory Garden Vegetable Cutlet
Cabbage Carrot Slaw
French Fries
Apple
Orange Juice

Good Food!
Good Friends!
Great Day!



MENU DISCLAIMER:

Menu items are subject to change without prior notice based on product availability, deliveries, and center operations.



LUNCH SERVED
12:00 PM – 1:00 PM



23-11 31st Road
Astoria, NY 11106
718-626-1500

125+
YEARS OF CHANGING LIVES



NYC AGING

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the Aging