

September / Septiembre 2026

HIGHLIGHTS

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

Happy
Fall
Y'all!



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 September!



September is National Senior Center Month—a time to recognize the importance of senior centers and the difference they make in our lives. We are grateful for our wonderful members, whose smiles, energy, and friendship make our center a vibrant and welcoming place for all.



We will celebrate Grandparents Day on September 11th and kick off Hispanic Heritage Month (September 15 – October 15), honoring the rich cultures and traditions that strengthen our community.



As we welcome the beauty of fall, let's stay active, safe, and mindful of fall prevention—together we can prevent falls and maintain our independence.



Thank you for being part of our Woodhaven–Richmond Hill family. Your participation, kindness, and enthusiasm inspire us every day. Let's continue to learn, grow, and enjoy this season of change and new beginnings together!

We wish everyone a healthy, happy, and beautiful September! ♥

With appreciation,

The Staff of the Woodhaven–Richmond Hill
Older Adult Center

¡Hola a todos! ¡Feliz septiembre!



Septiembre es el Mes Nacional de los Centros para Adultos Mayores, un momento para reconocer la importancia de los centros y la diferencia que hacen en nuestras vidas. Agradecemos a nuestros maravillosos miembros, cuyas sonrisas, energía y amistad hacen de nuestro centro un lugar vibrante y acogedor para todos.



Celebraremos el Día de los Abuelos el 11 de septiembre y daremos inicio al Mes de la Herencia Hispana (15 de septiembre – 15 de octubre), honrando las ricas culturas y tradiciones que fortalecen nuestra comunidad.



Al dar la bienvenida a la belleza del otoño, mantengámonos activos, seguros y atentos a la prevención de caídas—juntos podemos prevenir caídas y mantener nuestra independencia.



Gracias por ser parte de nuestra familia del Centro para Adultos Mayores Woodhaven–Richmond Hill. Su participación, amabilidad y entusiasmo nos inspiran cada día. ¡Sigamos aprendiendo, creciendo y disfrutando esta temporada de cambio y nuevos comienzos juntos!

¡Les deseamos un septiembre lleno de salud, felicidad y momentos especiales!

Con cariño,

El Personal del Centro para Adultos Mayores
Woodhaven–Richmond Hill

FUNDED BY NYC AGING



CCNS Woodhaven-Richmond Hill Older Adult Center

SEPTEMBER 2026

FUNDED BY NYC AGING

NYC
AGING
Senior Services



**All Activities are Subject to Change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Happy September!</i>	1 9-10am Origami (Vol.) 10-11am Chair Ex. (Tommy M.) 11-12am Technology (Vol.) 1-2pm Yoga (Patricia L.) 2-3pm Chess (Vol.) 3-4pm Book Club (Vol.)	2 9-10am Wii Bowling (Nick T.) 10-11am Healthy Snacks (Vol.) 11-12am Arts & Crafts (Vol.) 1-2pm Belly Dance (Elaine G.) 2-3pm Crafts & Garden (Vol.) 3-4pm Brainteasers (Vol.)	3 9-10am Healthy Snacks (Vol.) 10-11am ESL (Karina M.) 11-12am Knitting & Crochet (V.) 1-2pm Zumba (Elaine G.) 2-3pm Karaoke (Loreta M.) 3-4pm Domino (Vol.)	4 9-10am Technology (Vol.) 10-12am Movie & Dis. (Nick T.) 1-2pm YouTube Chair Ex. (Staff) 2-3pm Painting (Maria G.) 3-4pm Card Game (Vol.)
7 LABOR DAY CENTER CLOSED	8 9-10am Origami (Vol.) 10-11am Chair Ex. (Tommy M.) 11-12am Technology (Vol.) 1-2pm Yoga (Patricia L.) 2-3pm Mahjong (Vol.) 3-4pm Pencil Drawing (Vol.)	9 9-10am Wii Bowling (Nick T.) 10-11am Healthy Snacks (Vol.) 11-12am Arts & Crafts (Vol.) 1-2pm Belly Dance (Elaine G.) 2-3pm Crafts & Garden (Vol.) 3-4pm Uno Card Game (Vol.)	10 9-10am Healthy Snacks (Vol.) 10-11am ESL (Karina M.) 11-12am Knitting & Crochet (V.) 1-2pm Zumba (Elaine G.) 2-3pm Karaoke (Loreta M.) 3-4pm Movie & Dis. (Nick T.)	11 9-10am Technology (Vol.) 10-12am Movie & Dis. (Nick T.) 1-2pm YouTube Chair Ex. (Staff) 2-3pm Painting (Maria G.) 3-4pm Card Game (Vol.)
14 9-10am Origami (Vol.) 10-11am Jewelry (Vol.) 11-12am Technology (Vol.) 1-2pm YouTube Chair Ex. (Staff) 2-3pm Classical Music (Staff) 3-4pm Scrabble (Vol.)	15 9-10am Origami (Vol.) 10-11am Chair Ex. (Tommy M.) 11-12am Technology (Vol.) 1-2pm Yoga (Patricia L.) 2-3pm Chess (Vol.) 3-4pm Book Club (Vol.)	16 9-10am Wii Bowling (Nick T.) 10-11am Healthy Snacks (Vol.) 11-12am Arts & Crafts (Vol.) 1-2pm Belly Dance (Elaine G.) 2-3pm Crafts & Garden (Vol.) 3-4pm Brainteasers (Vol.)	17 9-10am Healthy Snacks (Vol.) 10-11am ESL (Karina M.) 11-12am Knitting & Crochet (V.) 1-2pm Zumba (Elaine G.) 2-3pm Karaoke (Loreta M.) 3-4pm Domino (Vol.)	18 9-10am Technology (Vol.) 10-12am Movie & Dis. (Nick T.) 1-2pm YouTube Chair Ex. (Staff) 2-3pm Painting (Maria G.) 3-4pm Card Game (Vol.)
21 9-10am Origami (Vol.) 10-11am Jewelry (Vol.) 11-12am Technology (Vol.) 1-2pm YouTube Chair Ex. (Staff) 2-3pm Classical Music (Staff) 3-4pm Coloring (Vol.)	22 FIRST DAY OF FALL! 9-10am Origami (Vol.) 10-11am Chair Ex. (Tommy M.) 11-12am Technology (Vol.) 1-2pm Yoga (Patricia L.) 2-3pm Mahjong (Vol.) 3-4pm Pencil Drawing (Vol.)	23 9-10am Wii Bowling (Nick T.) 10-11am Healthy Snacks (Vol.) 11-12am Arts & Crafts (Vol.) 1-2pm Belly Dance (Elaine G.) 2-3pm Crafts & Garden (Vol.) 3-4pm Uno Card Game (Vol.)	24 9-10am Healthy Snacks (Vol.) 10-11am ESL (Karina M.) 11-12am Knitting & Crochet (V.) 1-2pm Zumba (Elaine G.) 2-3pm Karaoke (Loreta M.) 3-4pm Movie & Dis. (Nick T.)	25 9-10am Technology (Vol.) 10-12am Movie & Dis. (Nick T.) 1-3pm Monthly Birthday Party (Vol.) 3-4pm Card Game (Vol.)
28 9-10am Origami (Vol.) 10-11am Jewelry (Vol.) 11-12am Technology (Vol.) 1-2pm YouTube Chair Ex. (Staff) 2-3pm Classical Music (Staff) 3-4pm Scrabble (Vol.)	29 9-10am Origami (Vol.) 10-11am Chair Ex. (Tommy M.) 11-12am Technology (Vol.) 1-2pm Yoga (Patricia L.) 2-3pm Chess (Vol.) 3-4pm Book Club (Vol.)	30 9-10am Wii Bowling (Nick T.) 10-11am Healthy Snacks (Vol.) 11-12am Arts & Crafts (Vol.) 1-3pm Belly Dance (Elaine G.) 2-3pm Crafts & Garden (Vol.) 3-4pm Brainteasers (Vol.)	<i>Join Us for Fun, Friendship & Healthy Living!</i> <i>Thank you for being part of our center family!</i> <i>¡Gracias por ser parte de nuestra familia del centro!</i>	



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200

Schedule Subject to Change Without Notice

FUNDED BY

NYC
AGING
Senior Services



Stronger Together
Healthier Tomorrow



CCNS Woodhaven-Richmond Hill Older Adult Center

SEPTEMBER 2026 LUNCH MENU

Menu is subject to change.

International Cuisine Days Are Back!

FUNDED BY
NYC
AGING
Senior Services

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Puerto Rico 🇵🇷 • Beef Picadillo • Yellow Rice & Red Beans • Steamed Carrots • Papaya	2 • Oven-Fried Chicken Wings • Baked Macaroni & Cheese • Cornbread • Arugula Salad with Roasted Beets, Carrots & Chickpeas	3 • Pork Spare Ribs • Springtime Fried Brown Rice • Sautéed Bok Choy with Garlic • Mango & Tangerine	4 • Sweet Orange Salmon • Brown Rice & Red Beans • Spinach, Apple & Red Onion Salad • Orange
7 — ★ ★ ★ — CENTER CLOSED LABOR DAY — ★ ★ ★ —	8 France 🇫🇷 • Chicken Francaise • Roasted Potatoes • Green Beans • Apple	9 • Beef Stew • Arugula with Balsamic Vinaigrette • Garlic Mashed Potatoes • Grapes	10 • Baked Breaded Pork Chops • Spanish Brown Rice & Beans • Tex-Mex Barley, Corn & Black Bean Salad • Italian Cut Green Beans • Watermelon	11 • Broccoli & Potato Soup • Tuna Salad with Eggs • Cabbage & Beet Salad • Banana
14 • Arroz con Gandules • Tropical Bean Stew • Garden Salad • Plums	15 Poland 🇵🇱 • Beef Goulash • Egg Noodles • Braised Cabbage • Watermelon	16 • Chicken Soup with Vegetables • Light Egg Salad with Lettuce • Classic Garlic Bread • Apple	17 • Chicken Salad • Whole Wheat Pita • Tossed Salad with Black Beans & Dressing • Banana	18 • Baked Salmon with Lemon, Tarragon & Thyme • Mashed Potatoes • Steamed Broccoli • Orange
21 • All-American Loaded Baked Potato • Beet Hummus • Garden Salad with Cannellini Beans • Blueberries	22 India 🇮🇳 • Chicken Curry • White Rice • Steamed Cauliflower & Peas • Orange	23 • Beef Hamburger • Garden Salad • Peppers & Onions • Sweet & Smoky Baked Mixed Beans • Fruit Salad	24 • Smothered Pork Chops • White Rice • Beet, Arugula & Feta Salad • Cantaloupe	25 • Tuna Salad • Bowtie Pasta Salad • Bean Salad with French Dressing • Garden Salad • Grapes
28 • Beet & Black Bean Salad • California Veggie Burger • Baked Fries • Baked Onions • Lettuce & Tomato • Tangerines	29 Germany 🇩🇪 • Sausages • Mashed Potatoes • Sauerkraut • Orange	30 • Beef Meatloaf • Garden Salad • Garlic Mashed Potatoes • Kiwis	 <i>Eat Healthy • Stay Active • Stay Hydrated</i> Enjoy a variety of nutritious meals that support healthy aging and overall well-being. <i>Thank you to our kitchen staff for preparing delicious and nutritious meals every day!</i> CCNS Woodhaven-Richmond Hill Older Adult Center 89-02 91st Street • Woodhaven, NY 11421 Funded by NYC Aging  DRINK WATER DAILY!	

♥ GOOD FOOD. 🍂 GOOD FRIENDS. 🍂 GREAT TIMES. ♥ WE'RE STRONGER TOGETHER!

Welcome to September!

A new month filled with opportunities to connect, learn, stay active, and enjoy the beginning of fall with friends!

SEPTEMBER 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, activities, and reminders!



COMING IN OCTOBER

Here's a sneak peek!

- ★ Hispanic Heritage Month Celebration
- ★ October Birthday Celebration
- ★ Fall Health & Wellness Activities
- ★ Special Guest Programs
- ★ Arts, Crafts & Creativity
- ★ Educational Workshops
- ★ Seasonal Activities & Special Events

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!

"September reminds us that every season brings new opportunities. Stay active, stay connected, enjoy the changing season, and make time for 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!



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200



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

NYC
AGING
Senior Services

FUNDED BY NYC AGING

125+
YEARS OF CHANGING LIVES



September

A Month to Celebrate Senior Centers & Healthy Aging



Celebrating Connection • Wellness • Independence • Lifelong Learning

A LITTLE HISTORY

Senior centers have been strengthening communities for generations.



1940s

Some of America's earliest senior centers began providing places for older adults to gather, participate, and connect.



1970

The National Council on Aging established the National Institute of Senior Centers (NISC) to support the growing senior center network.



1973

Senior centers received formal recognition through the Older Americans Act.



1985

President Ronald Reagan signed the first presidential proclamation recognizing Senior Center Week.



TODAY

More than 10,000 senior centers nationwide provide opportunities for connection, health and wellness, creativity, education, nutrition, benefits assistance, and community involvement.



2026 NATIONAL SENIOR CENTER MONTH

"Happier Birthdays Happen Here"

This year's national theme celebrates how senior centers help make every year of life richer through connection, purpose, support, resilience, and community.



SEPTEMBER IS ALSO HEALTHY AGING MONTH!

Healthy Aging Month encourages us to focus on the positive side of growing older and the choices we can make to support our physical, mental, social, and overall well-being.

The 2026
Healthy Aging
Month theme is:

*"Curiosity Has
No Age Limit"*



WHAT CAN YOU DO THIS SEPTEMBER?



KEEP MOVING

Join an exercise, dance, walking, stretching, or wellness activity.



TAKE CARE OF YOUR HEALTH

Keep up with regular medical, dental, hearing, and vision appointments.



NOURISH YOUR BODY

Enjoy balanced meals, drink water, and make healthy choices.



SUPPORT YOUR WELL-BEING

Make time for laughter, relaxation, friendships, and activities you enjoy.



KEEP LEARNING

Try a class, workshop, technology lesson, craft, game, or new hobby.



GET INVOLVED

Volunteer, share your talents, attend meetings, and give us your ideas.



STAY CONNECTED

Talk with friends, welcome someone new, and participate in center activities.



TRY SOMETHING NEW!

Healthy aging isn't about slowing down—it's about continuing to learn, connect, participate, and enjoy life.

*Every day
is a chance
to live well!*



YOUR SENIOR CENTER IS YOUR COMMUNITY



Come for
the programs.



Stay for
the friendships.



Discover
something new.



Keep moving.
Keep learning.
Keep connecting.

CCNS Woodhaven-Richmond Hill Older Adult Center

89-02 91st Street, Woodhaven, NY 11421 • (718) 847-9200

Monday to Friday 8:30 AM – 4:30 PM

Funded by

NYC AGING



MAHALO, SUMMER

WITH GRATITUDE WE SAY GOODBYE • WITH JOY WE WELCOME FALL

 Amira Elaine
SCHOOL OF DANCE

**THURSDAY,
SEP 10, 2026**

 **1:00 PM**



INDEPENDENCE IN MOTION

With Amira Elaine



 **COSTA RICA**

 **EL SALVADOR**

 **GUATEMALA**

 **HONDURAS**

 **NICARAGUA**

 **MEXICO**

 **CHILE**

 **BRAZIL**

**THURSDAY,
SEP 24, 2026**

 **1:00 PM**

125+
YEARS OF CHANGING LIVES





**CCNS WOODHAVEN
RICHMOND HILL OAC**



89-02 91st St,
Woodhaven, NY 11421



(718) 847-9200

*Join us for two joyful
celebrations of culture,
dance and community!*



125+
YEARS OF CHANGING LIVES



CCNS WOODHAVEN-
RICHMOND HILL
OLDER ADULT CENTER

September BIRTHDAYS

CUMPLEAÑOS EN SEPTIEMBRE

TOGETHER WE ❤️ SHARE & THRIVE.

- | | |
|----------------|------------|
| 1. Hickman | Ruth |
| 2. Yin | Xiao juan |
| 3. CRAUSAZ | SUSANA |
| 4. Satizabal | Luz Marina |
| 5. Aucapina | Rosario |
| 6. Gutierrez | Erendira |
| 7. Rodriguez | Laura |
| 8. Cordova | Cesar |
| 9. Sanchez | Angel |
| 10. WEBER | NAOMI |
| 11. Ordonez | Jaime |
| 12. Michta | Halina |
| 13. Chan | Ting Ting |
| 14. Acevedo | Olga |
| 15. Rodriguez | Jesus |
| 16. Marrasquin | Mercedes |
| 17. Santamaria | Miller |
| 18. Dela Torre | Reina |
| 19. Eng Lee | Valerie |
| 20. Vishnu | Narain |
| 21. Davidson | Jeffery |

Happy Birthday to all
our September celebrants!

¡Feliz cumpleaños a todos
nuestros celebrantes de septiembre!



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



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



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200



BETTER
TOGETHER

FUNDED BY

NYC AGING
Senior Services

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

ENGLISH ESPAÑOL HINDI PUNJABI BENGALI URDU



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

THREE COUNTRIES INDEPENDENCE DAY ★ Celebration 2026 ★

CELEBRATING  **BOLIVIA** ★  **ECUADOR** ★  **URUGUAY**



Honoring our heritage, celebrating our culture, building our community!

THANK YOU TO ALL MEMBERS FOR SHARING YOUR PRIDE, TRADITIONS,
AND THE RICH CULTURES THAT MAKE OUR CENTER SO SPECIAL!

125+
YEARS OF CHANGING LIVES



INDIA

INDEPENDENCE DAY CELEBRATION 2026

Celebrating Culture • Heritage • Unity • Community

CCNS WOODHAVEN – RICHMOND HILL OLDER ADULT CENTER



A Beautiful Celebration of India

Our Woodhaven–Richmond Hill OAC community came together for a wonderful
India Independence Day Celebration!

Members celebrated the **culture**, **heritage**, **traditions**, and spirit of India while enjoying a special day filled with **colorful attire**, **friendship**, **smiles**, and community togetherness.



♥ Celebrating the Cultures That Make Our Community Special ♥

CCNS WOODHAVEN – RICHMOND HILL OLDER ADULT CENTER

Catholic Charities Brooklyn & Queens

125+ Years of Changing Lives

Funded by **NYC** Aging



SEPTEMBER WELLNESS & HEALTHY AGING

Healthy
Aging
Month!



WORD SCRAMBLE

Unscramble each word and celebrate a healthy, active September!

1. LLWENESS _____
2. VTIAEC _____
3. EALHTYH _____
4. IKWALNG _____
5. TAHYDRTE _____
6. NIOITTRUN _____
7. NCEBALAA _____
8. NODCEITCON _____

9. SSEFITN _____
10. HAGULTER _____
11. DMIENSSNLUF _____
12. PHSSEAINP _____
13. YOMMUNITC _____
14. ERFSDIN _____
15. RTEGSONR _____

BONUS WORD

Unscramble the September message:

YATS TAEVIC • YATS NCTEDCONE • YATS YHTLAEH

Answer: STAY ACTIVE • STAY CONNECTED • STAY HEALTHY

Small Steps Every Day Make a Big Difference!



MOVE YOUR BODY

Stay active with movement you enjoy—every step counts!



KEEP YOUR MIND ACTIVE

Challenge your brain—learn, read, play games and keep curious!



STAY CONNECTED

Friends and community bring joy and support—you're not alone!



EAT & HYDRATE WELL

Choose healthy foods and drink water throughout the day!



TAKE CARE OF YOURSELF

Rest, relax and do things that bring you happiness!

Be Kind
to You!



Healthy aging happens every day—
and your Older Adult Center is here to support you!



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200



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

FUNDED BY

NYC AGING
Senior Services

Fun for Your Mind! • Stay Sharp! • Have Fun!

SEPTEMBER

Word Search

Find and circle the words hidden in the puzzle.
Words may be across, down, or diagonal.

Happy
Fall
Y'all!

WORD LIST

- September
- Fall
- Leaves
- Harvest
- Pumpkins
- Apples
- Sunflower
- Crisp
- Breeze
- Back to School
- Grandparents
- Nature
- Hike
- Friendship
- Wellness
- Community
- Library
- Games
- Changes
- Season
- Thankful

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

Did You Know?

September is a time of change and new beginnings. It's a great month to set goals, stay active, and enjoy the beautiful season of fall!

Be Kind

Be Active

Be Well

Be You

Stay Positive! ♥

Every day is a new opportunity to grow, learn, and enjoy the little things.



CCNS Woodhaven-Richmond Hill
Older Adult Center



89-02 91st Street
Woodhaven, NY 11421



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

NYC
AGING
Senior Services

FUNDED BY NYC AGING

SEPTEMBER

Highlights Maze

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

START



FINISH



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



SEPTEMBER HIGHLIGHTS

SEP
7

LABOR DAY

Center Closed
Thank you to all workers
and their contributions.



SEP
11

PATRIOT DAY

We remember the lives
lost and honor the heroes
of September 11, 2001.



SEP
13

GRANDPARENTS DAY

Honoring the love, wisdom,
and special role grandparents
play in our lives.



SEP
21

FALL PREVENTION AWARENESS DAY

Take steps to stay active,
strong, and safe.



SEP
22

ALL MONTH LONG HEALTHY AGING MONTH

Let's focus on healthy habits,
well-being, and living life
to the fullest!

SEP
22

FIRST DAY OF FALL

Welcome the new season
with gratitude, fresh air,
and new beginnings.



SEP
30

NATIONAL DAY FOR TRUTH AND RECONCILIATION

A day to remember,
reflect, and honor the
strength of communities.



Let's celebrate, be kind,
and support one another
throughout the month!



89-02 91st Street
Woodhaven, NY 11421
(718) 847-9200

FUNDED BY

NYC AGING
Senior Services



STAYING SAFE

*Your
Safety
Matters!*

This September

SIMPLE TIPS FOR A SAFE & HEALTHY FALL



PREVENT FALLS

- Wear supportive, non-slip shoes.
- Take your time when walking or getting up.
- Use handrails when available.
- Let staff know about spills, loose rugs, or other hazards.



RAINY DAY SAFETY

- Watch for wet or slippery floors.
- Use extra caution on sidewalks and steps.
- Carry an umbrella or raincoat when rain is expected.
- Allow extra time when traveling in bad weather.



THUNDERSTORM SAFETY

- Stay indoors during thunderstorms when possible.
- Stay away from windows during severe weather.
- Avoid outdoor activities when thunder or lightning is present.
- Follow emergency instructions from Center staff.



STAY HYDRATED

- Continue drinking water throughout the day, even as temperatures become cooler.
- Bring a refillable water bottle when possible.



TAKE CARE OF YOUR HEALTH

- Take medications as directed.
- Keep important medical and emergency information accessible.
- Speak with your healthcare provider about personal health concerns.



AT OUR CENTER

Safety is everyone's responsibility.

Please follow staff directions, keep walkways clear, clean up after yourself, and report safety or maintenance concerns to staff.



CCNS Woodhaven-Richmond Hill Older Adult Center

89-02 91st Street, Woodhaven, NY 11421

718-847-9200

Monday - Friday | 8:30 AM - 4:30 PM

*Thank you for doing your part
to keep our center safe and welcoming!*

TOGETHER, WE CARE. TOGETHER, WE STAY SAFE.

*We're
Stronger
Together!*

FUNDED BY
**NYC
AGING**
Senior Services

BE SAFE. ♥ BE KIND. ♥ BE WELL.

HEALTHY Snacks

Smart Choices for a Healthy Fall!

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 or cool weather.

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

Small
Choices
Big
Benefits



Proud to Celebrate **INDIAN CULTURE**

HONORING OUR HERITAGE • CELEBRATING OUR UNITY

*Together We Celebrate
Together We Thrive*

125+
YEARS OF CHANGING LIVES



CCNS WOODHAVEN-RICHMOND HILL OLDER ADULT CENTER

FUNDED BY
NYC AGING
Senior Services

125+
YEARS OF CHANGING LIVES



CCNS WOODHAVEN-
RICHMOND HILL
OLDER ADULT CENTER

CASE MANAGEMENT & BENEFITS ASSISTANCE

We're Here to Help You!

Our Case Management services are **confidential, respectful** and **FREE** for all eligible older adults.



KARINA MUÑOZ
CASE MANAGER

*Compassionate. Knowledgeable.
Here for You.* ♥



HOW WE CAN HELP YOU



SNAP (FOOD STAMPS)
Application assistance and recertification.



MEDICAID
Enrollment assistance and Medicaid Savings Programs.



MEDICARE
Information and assistance with Medicare questions.



SCRIE & HOUSING BENEFITS
Help with rent, utilities and housing programs.



APPLICATIONS & PAPERWORK
We help you fill out and prepare important forms.



REFERRALS & FOLLOW-UPS
Connecting you to resources and following up on your needs.



ADVOCACY & APPOINTMENTS
We advocate for you and help schedule appointments.



IMMIGRANT ASSISTANCE
Assistance with eligible benefits and community resources.



All information shared is kept **PRIVATE** and **CONFIDENTIAL**.

KARINA IS AVAILABLE TO ASSIST YOU:



WEDNESDAY - THURSDAY
9:00 AM - 11:30 AM
&
1:00 PM - 3:00 PM



FRIDAY
BY APPOINTMENT OR
EMERGENCIES ONLY
1:00 PM - 3:00 PM



Please call the center or sign up at the front desk to speak with Karina.



89-02 91st Street
Woodhaven, NY 11421



(718) 847-9200

We're here for you! ♥

FUNDED BY

NYC AGING
Senior Services



Stronger Together.
Better Together.



RESPECT ♥ DIGNITY ♥ COMPASSION ♥ COMMUNICATION ♥ COMMUNITY



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*



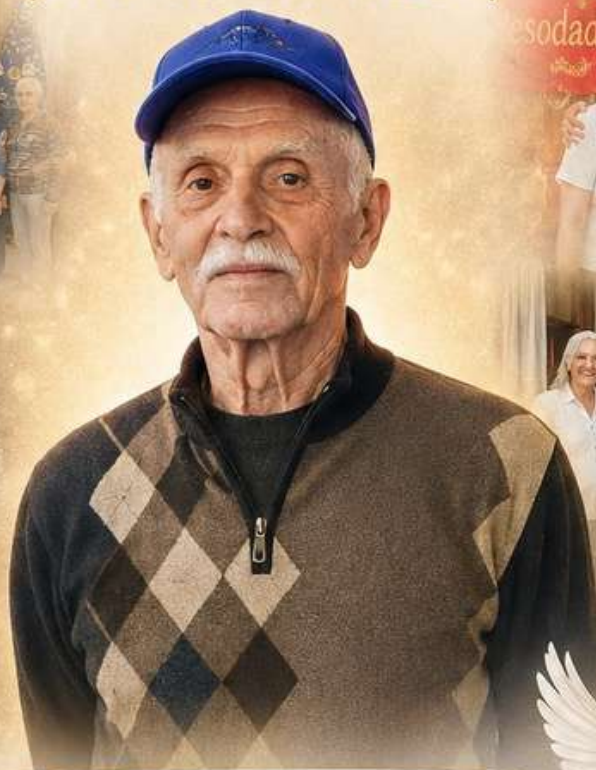
CCNS
WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER

PAYS TRIBUTE TO

Angel Cartagena

7/05/1946 – 8/28/2026

♡ 80 YEARS OLD ♡



**A LIFE OF KINDNESS,
DEDICATION & JOY**

With deep gratitude, we honor Angel
for his kindness, dedication, and the joy
he brought to our center.

His presence will be deeply missed,
but his memory will forever remain in our hearts.

125+
YEARS OF CHANGING LIVES



CCNS
WOODHAVEN-RICHMOND HILL
OLDER ADULT CENTER
89-02 91 Street, Woodhaven, NY 11421
(718) 847-9200

Funded by

NYC
Aging

OUR MEMBERS

Our Community

TOGETHER WE CONNECT, SHARE & THRIVE.



Stronger Together. Brighter Every Day.



**CCNS WOODHAVEN-
RICHMOND HILL**
OLDER ADULT CENTER
CATHOLIC CHARITIES BROOKLYN & QUEENS

**BETTER
TOGETHER**



Funded by NYC Aging

