

SEPTEMBER/SEPTIEMBRE 2026 HIGHLIGHTS

Hello
September!

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 September!

September is a time of new beginnings, fresh ideas, and exciting opportunities. As we welcome the changing season, let's continue to stay active, healthy, and connected.

This month we celebrate Grandparents Day, honor National Hispanic Heritage Month, and recognize Suicide Prevention Month. We also look forward to educational workshops, fun activities, fitness classes, arts & crafts, and special celebrations.

Let's make September a month filled with friendship, laughter, and memories together!

With Appreciation,

The Staff of Ozone Park Older Adult Center

¡Hola Septiembre!

Septiembre es un tiempo de nuevos comienzos, nuevas ideas y oportunidades emocionantes. Al dar la bienvenida a la nueva estación, sigamos activos, saludables y conectados.

Este mes celebramos el Día de los Abuelos, honramos el Mes de la Herencia Hispana y reconocemos el Mes de la Prevención del Suicidio. También esperamos con alegría talleres educativos, actividades divertidas, clases de ejercicios, artes y manualidades, y celebraciones especiales.

¡Hagamos de septiembre un mes lleno de amistad, risas y memorias juntos!

Con cariño,

El Personal del Centro

NATIONAL THEMES



National Hispanic Heritage Month



Suicide Prevention Month



Grandparents Day
September 13th

Healthy Aging Month

IMPORTANT DATES IN SEPTEMBER

	SEPT 7	Labor Day (Center Closed)
	SEPT 11	Grandparents Day
	SEPT 15 – OCT 15	Hispanic Heritage Month
	SEPT 21	International Day of Peace
	SEPT 23	First Day of Autumn
	SEPT 26	National Family Health & Fitness Day
	SEPT 30	National Day for Truth & Reconciliation

HEALTHY FALL SNACKS

Fuel your body with healthy choices!

- Apples with peanut butter
- Yogurt with berries
- Nuts & seeds
- Whole grain crackers with hummus
- Carrot sticks with dip
- Drink 6–8 glasses of water daily.



CELEBRATING TOGETHER

- Exercise Classes
- Arts & Crafts
- Bingo
- Social Activities
- Educational Workshops

*Stay Active
Stay Healthy
Stay Connected!*



HAPPY SEPTEMBER BIRTHDAY!

Happy Birthday to all of our September 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!



NEW SEASON
NEW BEGINNINGS
NEW MEMORIES

SEPTEMBER

125+
YEARS OF CHANGING LIVES



© 2023 CATHOLIC CHARITIES OF BROOKLYN & QUEENS

Every day is a
new opportunity
to grow, connect,
and shine!

IS
a Month to
**GROW, CONNECT
& THRIVE TOGETHER!**



MOVE

Try a fitness
class and keep
your body strong!



CONNECT

Meet someone
new and build
lasting
friendships!



CREATE

Make something
beautiful and
express yourself!



LEARN

Discover something
new and keep
your mind
engaged!



LAUGH

Enjoy games,
good times,
and lots of
laughter!



CELEBRATE

Share your culture
and celebrate
our beautiful
diversity!



GIVE BACK

Help someone
and make a
difference in our
community!



EXPLORE

Try a new activity
and discover
new interests!



BELONG

Be part of our
welcoming and
supportive
community!



BE WELL

Take care of
yourself and focus
on your health
and happiness!

AT CCNS
OZONE PARK OAC,
THERE IS
SOMETHING
FOR EVERYONE,
EVERY DAY!

What will **YOU** do this September? ♥

♥ Attend a class ♥ Make a new friend ♥ Join a special event ♥ Learn something new ♥ Get moving ♥ Invite a friend

Thank you for
bringing your
energy, experiences,
kindness, and smiles
to Ozone Park OAC.

**TOGETHER, WE STAY ACTIVE.
TOGETHER, WE STAY CONNECTED.
TOGETHER, WE AGE WELL.**

Our center is
stronger because
of YOU!



**CCNS OZONE PARK
OLDER ADULT CENTER**

*Where Community & Care
Come Together*



103-12 101st Ave
Jamaica, NY 11416



(718) 847-2100



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



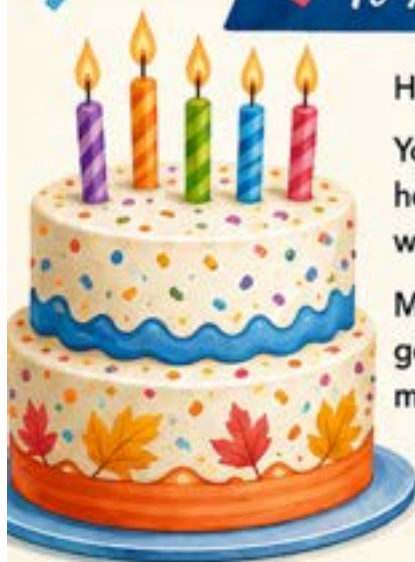
**Stronger Together
Healthier Tomorrow**

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HAPPY SEPTEMBER BIRTHDAY!

♥ To All of Our September Celebrants! ♥



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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 SEPTIEMBRE!

¡Feliz cumpleaños a todos nuestros celebrantes de septiembre!

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!*



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SEPTEMBER 2026

Activity Calendar

*All Activities are Subject to Change



14
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)

21
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)

28
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)

1
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)

8
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)

15
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29
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1:00-2:00 Tai Chi (Maggie)
2:00-3:00 Technology (Staff)

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

9
9:00-10:00 Crochet (Madge)
10:00-11:00 Zumba (Elaine)
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30
9:00-10:00 Crochet (Madge)
10:00-11:00 Zumba (Elaine)
11:00-12:00 Bingo (Madge)
1:00-3:00 Ping Pong (Staff)

4
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)

10
9:00-10:00 Healthy Snacks Video (Staff)
10:00-11:00 Tai Chi (Harrison)
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2:00-3:00 Pencil Drawing (Staff)

5
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)

11
9:00-10:00 Brain Teasers (Staff)
10:00-11:00 YouTube Chair Yoga (Staff)
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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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 **Stronger Together**
Healthier Tomorrow



**ARTS &
CREATIVITY**



**WELLNESS &
FITNESS**



**EDUCATION &
TECHNOLOGY**



**GAMES &
SOCIAL FUN**



**HEALTH &
WELLNESS**



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 Schedule Subject to Change Without Notice 

SEPTEMBER 2026

Lunch Menu

Menu is subject to change.



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

SEPTEMBER IS...



Healthy Aging Month



Fruits & Veggies - More Matters Month



National Cholesterol Education Month



ARTS & CREATIVITY



WELLNESS & FITNESS



EDUCATION & TECHNOLOGY



GAMES & SOCIAL FUN



HEALTH & WELLNESS



Stronger Together Healthier Tomorrow



125+
YEARS OF CHANGING LIVES



CCNS OZONE PARK
OLDER ADULT CENTER

CELEBRATING
4
COUNTRIES'
INDEPENDENCE
JULY 2026

United in Culture, Stronger Together!

Our Members • Our Community • Our Pride



COLOMBIA

PERU

VENEZUELA

ARGENTINA



We proudly celebrate the rich heritage, traditions,
and independence of four beautiful countries.
Our members bring culture, joy, and unity that
make our center a vibrant community!



DIVERSITY
Brings
us together



RESPECT
For every
culture



UNITY
Builds our
strength.



PRIDE
In who
we are



One Community. Many Cultures. Endless Connections.



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A welcoming place for
older adults to connect,
participate, and thrive
every day!

Funded by
NYC AGING

CELEBRATING *Indian* CULTURE

AT
CCNS OZONE PARK
OLDER ADULT CENTER

Honoring Our Heritage.
Embracing Our Community.



RICH
TRADITIONS



VIBRANT
CULTURE



STRONG
COMMUNITY



SHARED
JOY



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125+
YEARS OF CHANGING LIVES



FUNDED BY NYC AGING

SEPTEMBER IS NATIONAL SENIOR CENTER MONTH & *Healthy Aging* — MONTH —

*Celebrate. Connect. Stay Active.
Age Well!*

Older adult centers bring people together, support independence, and help us live *healthier, happier* and more *meaningful* lives every day!



125+
YEARS OF CHANGING LIVES



Throughout September, we celebrate the vital role older adult centers play in helping older adults stay *active, connected, informed, healthy* and *engaged*.



Healthy aging is about caring for your physical, emotional and social well-being at every stage of life.

AT CCNS OZONE PARK OLDER ADULT CENTER, YOU CAN ENJOY:



STAY ACTIVE

Fun fitness classes and movement for your body and mind.



NUTRITIOUS MEALS

Delicious, well-balanced meals that support good health.



SOCIAL CONNECTIONS

Make new friends and enjoy activities that build community.



LEARN & GROW

Educational programs, workshops and opportunities to keep learning.



HEALTH & WELLNESS

Resources, screenings and support for a healthier you.



FUN & CREATIVITY

Arts, music, games and special events to spark joy!



COMMUNITY SUPPORT

Information, assistance and a caring team who are here for you.



SEPTEMBER CHALLENGE! *Try something new this month!*



Join a class



Meet someone new



Get moving



Participate in an activity



Learn something that supports your health and independence

Small steps today. Stronger, healthier tomorrow.

CCNS OZONE PARK OLDER ADULT CENTER

📍 103-12 101st Avenue
Jamaica, NY 11416

☎ 718-847-2100



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

*Everyone is welcome!
We look forward to
seeing you!*



Our center is a safe, welcoming place where you belong.

You Matter Here!

FUNDED BY NYC Aging



CCNS
OZONE PARK
OLDER ADULT CENTER

SEPTEMBER 2026

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NYC
AGING
Senior Services



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.



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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SEPTEMBER SAFETY

*Safe
Today
A Stronger
Tomorrow!*

STAY SAFE • STAY HEALTHY • STAY STRONG

September is a great time to enjoy the last days of summer, prepare for the season ahead, and follow a few simple safety tips to keep you healthy, independent and connected.

*Good
Things
Happen
When We
Stay Safe!*



HEAT SAFETY

Hot days can still be dangerous.



Use water, wear light clothing and avoid the hottest part of the day (11 AM – 4 PM).



Wear a hat and sunglasses when outdoors.



Check for cool places and see an air conditioner or fan.



Be alert for heat exhaustion and heat stroke. It can happen quickly!



SUN SAFETY

Protect your skin all year long!



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, especially between 10 AM and 4 PM.



WATER & OUTDOOR SAFETY

Enjoy outdoor activities safely!



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

Be prepared. Stay safe!



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.



Keep exits clear, and know your emergency escape plan.



PERSONAL SAFETY & WELLNESS

Your well-being matters!



Lock doors and windows when you're home or away.



Keep emergency contacts and important numbers handy.



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



Look out for yourself and each other. Let's look out for our Ozone Park community!



FOOD SAFETY

Keep food fresh and safe!



Keep perishable foods refrigerated.



Wash your hands before preparing or eating food.



Cook foods to the proper temperature to prevent illness.



Check for freshness and discard food that looks or smells unusual.

HEALTHY HABITS • SAFE CHOICES • A STRONGER COMMUNITY

Stay Aware • Stay Safe • Enjoy September!



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**103-12 101st Ave
Ozone Park, NY 11416**



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**GOOD FOOD.
GOOD FRIENDS.**



**A SAFE SPACE
FOR A HEALTHIER, HAPPIER YOU.**

**FUNDED BY
NYC AGING**
Senior Services

Together We Thrive!



SEPTEMBER WORD SEARCH

Find and circle the words in the list.

Words may be up, down, forward, backward or diagonal.

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

- | | | | | |
|-------------|-------------|--------------|-----------|-----------|
| • SEPTEMBER | • FAMILY | • SUNSHINE | • CHANGE | • HYDRATE |
| • AUTUMN | • SCHOOL | • PICNIC | • WEATHER | • LEARN |
| • LEAF | • RELAX | • FLOWERS | • PARK | • FUN |
| • FRIENDS | • ADVENTURE | • SUNGLASSES | • OCEAN | • GAMES |

SEPTEMBER MAZE



Help the apple find its way
to the pumpkin patch!



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FALL FUN COLORING PAGE



Color, relax and enjoy the season!



SEPTEMBER 2026

Highlights

AWARENESS MONTHS & HOLIDAYS

Celebrating, Supporting & Staying Well Together!

MONTHLY AWARENESS THEMES



NATIONAL SENIOR CENTER MONTH

Celebrates centers that help older adults connect, learn and thrive.



HEALTHY AGING MONTH

Promotes healthy habits, independence and well-being at every age.



SUICIDE PREVENTION MONTH

Raises awareness, encourages hope and connects people with support.



NATIONAL PREPAREDNESS MONTH

Encourages everyone to prepare for emergencies and stay safe.



HISPANIC HERITAGE MONTH

September 15–October 15.
Honors Hispanic cultures, histories and contributions.



FALLS PREVENTION AWARENESS MONTH

Promotes practical steps that help older adults stay safe and independent.



IMPORTANT DATES & OBSERVANCES

- SEP 7** ★ **LABOR DAY**
Honors the American workforce.
- SEP 8** 📖 **INTERNATIONAL LITERACY DAY**
Promotes literacy for all as a foundation for lifelong learning.
- SEP 10** 🟢 **WORLD SUICIDE PREVENTION DAY**
Raises awareness and promotes hope and support.
- SEP 15** 🕊 **INTERNATIONAL DAY OF DEMOCRACY**
Promotes the importance of democracy and active participation.
- SEP 21** ☮ **INTERNATIONAL DAY OF PEACE**
A day to strengthen the ideals of peace among all nations and peoples.
- SEP 22** 🍁 **FIRST DAY OF AUTUMN**
Welcome the season of change and new beginnings.
- SEP 27** ❤ **WORLD TOURISM DAY**
Highlights the value of travel, culture and community.
- SEP 28** 🧠 **WORLD RABIES DAY**
Raises awareness and promotes prevention of rabies.
- SEP 29** ❤ **WORLD HEART DAY**
Encourages heart-healthy choices for a longer, healthier life.



Let's celebrate, acknowledge and support these important days together!
¡Celebremos, reconozcamos y apoyemos estos días importantes juntos!



SEPTEMBER 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 September, 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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SEPTEMBER
2026

Smart Snacking

SHARP CHOICES, STRONGER YOU!

Small choices make a big difference!



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



DID YOU KNOW?

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

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



103-12 101st Ave
Ozone Park, NY 11416



(718) 847-2100



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

125+
YEARS OF CHANGING LIVES



OZONE PARK OLDER ADULT CENTER

A Welcoming Place. A Caring Community.



103-12 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

We are here to help you every step of the way!



Need help with benefits, applications, or important documents?

Our Case Manager is here to guide you, answer your questions, and connect you to the resources you need.



**AVAILABLE
MONDAYS – TUESDAYS**

**8:00 AM – 11:30 AM
1:00 PM – 2:00 PM**

WE CAN HELP YOU WITH:



BENEFITS & ENTITLEMENTS

- SNAP
- Medicaid
- Medicare
- SCRIE
- And more



APPLICATIONS & FORMS

- Assistance completing applications, renewals and forms.



DOCUMENTS

- Help reviewing, organizing, and submitting required documents.



REFERRALS & RESOURCES

- Connections to community programs and services.



FOLLOW-UP & ADVOCACY

- Assistance following up with agencies and service providers.



INFORMATION & SUPPORT

- Answers to questions and guidance on next steps.



Call (718) 847-2100
to make an appointment.



**CCNS Ozone Park
Older Adult Center**
103-12 101st Avenue,
Ozone Park, NY 11416



(718) 847-2100



**Open Monday–Friday
8:00 AM – 4:00 PM**

Karina Munoz

CASE MANAGER



SEPTEMBER DANCE CELEBRATIONS

CCNS OZONE PARK OLDER ADULT CENTER

MAHALO, SUMMER

With gratitude we say goodbye • with joy we welcome fall



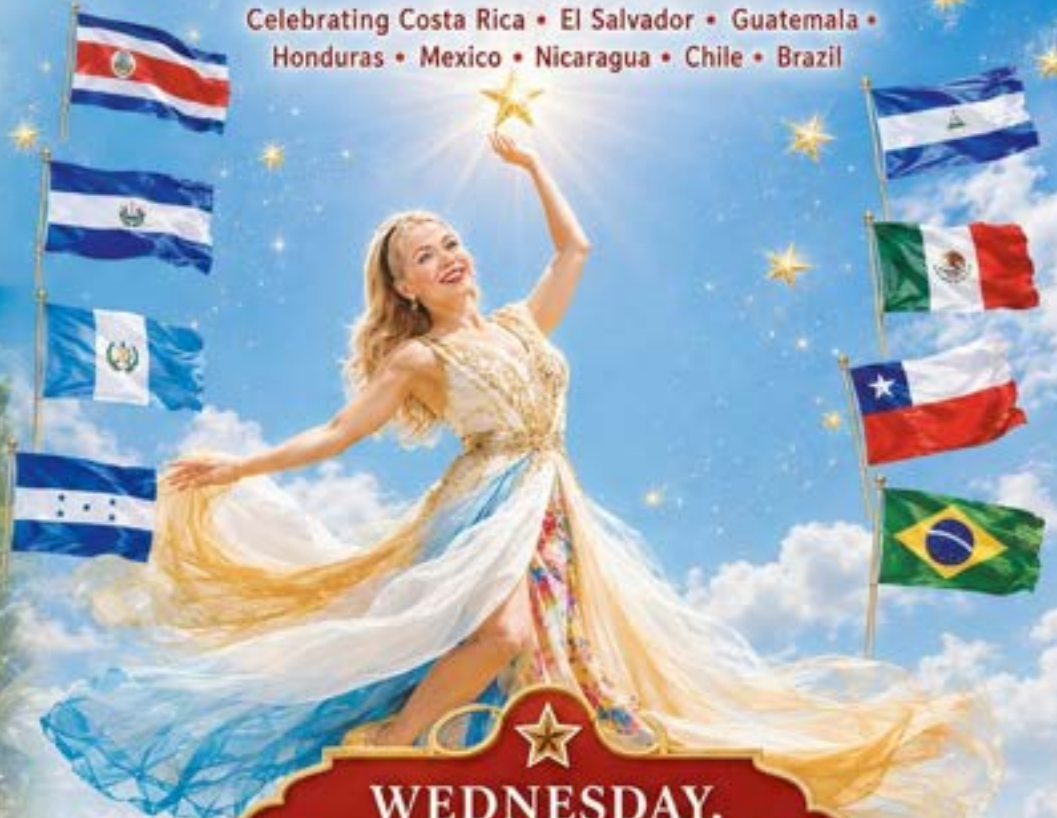
INDEPENDENCE IN MOTION

With Amira Elaine

Celebrating Costa Rica • El Salvador • Guatemala •
Honduras • Mexico • Nicaragua • Chile • Brazil



WEDNESDAY,
SEPTEMBER 9, 2026
10:00 AM



WEDNESDAY,
SEPTEMBER 23, 2026
10:00 AM

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

*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*



TOGETHER, We Make OZONE PARK SPECIAL!

125+
YEARS OF CHANGING LIVES



Celebrating Our Members • Our Friendships • Our Community

HELLO, SEPTEMBER!

As we welcome a new season, we celebrate what truly makes **CCNS Ozone Park Older Adult Center special — YOU!**

Every day, our members bring friendship, laughter, culture, kindness, and energy into our center. Whether you join us for a nutritious meal, exercise class, game, celebration, educational program, or simply to spend time with friends, **you are an important part of our community.**



THIS SEPTEMBER, WE ENCOURAGE YOU TO:



STAY ACTIVE

Join a class, exercise, dance, or keep moving at your own pace.



STAY CONNECTED

Meet someone new, reconnect with a friend, and look out for one another.



TRY SOMETHING NEW

Explore a new activity, program, game, or special event.



SHARE KINDNESS

A smile, friendly word, or helping hand can make someone's entire day.



AGE WELL

Take care of your body, mind, and spirit — and enjoy every season of life!



YOU MAKE OUR CENTER A COMMUNITY.
Thank you for being part of our Ozone Park family!

TOGETHER WE CELEBRATE. TOGETHER WE CONNECT. TOGETHER WE GROW.

SEE YOU IN OCTOBER!



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
Senior Services