

CCNS PARK HAVEN

OLDER ADULT CENTER

We Are Merging Two Centers!
¡Nos Unimos en un Solo Centro!



**WOODHAVEN-
RICHMOND HILL
OLDER ADULT CENTER**



**OZONE PARK
OLDER ADULT CENTER**



FIRST DAY
PRIMER DÍA

MONDAY
LUNES

OCTOBER 5, 2026
5 DE OCTUBRE DE 2026
¡LOS ESPERAMOS!



86-22 85th Street
Woodhaven, NY 11421



(718) 847-9200
(718) 847-2100



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

WELCOME TO OUR NEW CENTER!

The Woodhaven–Richmond Hill and Ozone Park
Older Adult Centers have merged into one center:

PARK HAVEN.

We are excited to welcome all our members
to a new, bigger space where we can continue
to offer great programs, services, and activities
together!



- ✓ Same great community
- ✓ New location
- ✓ More opportunities
- ✓ We look forward to seeing you!



¡BIENVENIDOS A NUESTRO NUEVO CENTRO!

Los Centros para Adultos Mayores de
Woodhaven–Richmond Hill y Ozone Park
se han unido en un solo centro:

PARK HAVEN.

¡Estamos muy contentos de darles la bienvenida
a un nuevo y más grande espacio donde
podremos seguir ofreciendo excelentes
programas, servicios y actividades juntos!



- ✓ La misma gran comunidad
- ✓ Nueva ubicación
- ✓ Más oportunidades
- ✓ ¡Los esperamos!



PARK HAVEN OLDER ADULT CENTER OCTOBER 2026

All activities are subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 5 9:00 Blood Pressure Screening 10:00 Chair Yoga (Pat) 11:00 Healthy Snack (Staff-Led) 1:00 Adult Coloring (Staff-Led) 2:00 Domino Games (Staff-Led) 3:00 Classical Music (Staff-Led)	 6 9:00 Knitting & Crochet (Madge) 10:00 Chair Exercise (Tommy M) 11:00 Healthy Snacks (Staff-Led) 1:00 Domino Games 9 Staff-Led) 2:00 Adult Coloring (Staff-Led) 3:00 Pencil Drawing (Staff-Led)	 7 9:00 Adult Coloring (Staff-Led) 10:00 Aero fitness (Elaine) 11:00 Musical Appreciation(Staff-Led) 1:00 Chess Games (Staff-Led) 2:00 Movies / Discussion (Staff-Led) 3:00 Ping Pong (Staff-Led)	 1	 2
12 9:00 Blood Pressure Screening 10:00 Chair Yoga (Pat) 11:00 Healthy Snack (Staff-Led) 1:00 Adult Coloring(Staff-Led) 2:00 Domino Games (Staff-Led) 3:00 Classical Music (Staff-Led)	13 9:00 Knitting & Crochet (Madge) 10:00 Chair Exercise (TommyM) 11:00 Healthy Snacks (Staff-Led) 1:00 Domino Games(Staff-Led) 2:00 Adult Coloring(Staff-Led) 3:00 Pencil Drawing (Staff-Led)	14 9:00 Adult Coloring (Staff-Led) 10:00 Aero fitness (Elaine) 11:00 Musical Appreciation(Staff-Led) 1:00 Chess Games (Staff-Led) 2:00 Movies / Discussion (Staff-Led) 3:00 Ping Pong (Staff-Led)	15 9:00 Knitting & Crochet (Madge) 10:00 Line Dancing (Harrison) 11:00 Leisure Games (Madge) 1:00 Gentle Yoga (Maggie) 2:00 Brain Teasers (Staff-Led) 3:00 Karaoke (Staff-Led)	16 9:00 Current Events (Staff-Led) 10:00 Arts & Crafts (Staff-Led) 11:00 Blood Pressure Screening 1:00 Music Appreciation (Staff-Led) 2:00 Mahjong (Staff-Led) 3:00 Movies/Discussion (Staff-Led)
19 9:00 Blood Pressure Screening 10:00 Chair Yoga (Pat) 11:00 Healthy Snack (Staff-Led) 1:00 Adult Coloring(Staff-Led) 2:00 Dominoes & Scrabble (Staff-Led) 3:00 Classical Music (Staff-Led)	20 9:00 Knitting & Crochet (Madge) 10:00 Chair Exercise (Tommy M) 11:00 Healthy Snacks (Staff-Led) 1:00 Domino Games(Staff-Led) 2:00 Adult Coloring(Staff-Led) 3:00 Pencil Drawing (Staff-Led)	21 9:00 Adult Coloring (Staff-Led) 10:00 Aero fitness (Elaine) 11:00 Musical Appreciation(Staff-Led) 1:00 Chess Games(Staff-Led) 2:00 Movies / Discussion (Staff-Led) 3:00 Ping Pong (Staff-Led)	22 9:00 Knitting & Crochet (Madge) 10:00 Line Dancing (Harrison) 11:00 Leisure Games (Madge) 1:00 Gentle Yoga (Maggie) 2:00 Brain Teasers (Staff-Led) 3:00 Karaoke (Staff-Led)	23 9:00 Current Events (Staff-Led) 10:00 Arts & Crafts (Staff-Led) 11:00 Blood Pressure Screening 1:00 Music Appreciation (Staff-Led) 2:00 Writing & Journaling (Staff-Led) 3:00 Movies/Discussion(Staff-Led)
26 9:00 Blood Pressure Screening 10:00 Chair Yoga (Pat) 11:00 Healthy Snack(Staff-Led) 1:00 Adult Coloring(Staff-Led) 2:00 Domino Games (Staff-Led) 3:00 Classical Music (Staff-Led)	27 9:00 Knitting & Crochet (Madge) 10:00 Chair Exercise (Tommy M) 11:00 Healthy Snacks (Staff-Led) 1:00 Domino Games(Staff-Led) 2:00 Adult Coloring(Staff-Led) 3:00 Pencil Drawing (Staff-Led)	28 9:00 Adult Coloring (Staff-Led) 10:00 Aero fitness (Elaine) 11:00 Musical Appreciation(Staff-Led) 1:00 Chess Games (Staff-Led) 2:00 Movies / Discussion (Staff-Led) 3:00 Ping Pong (Staff-Led)	29 9:00 Knitting & Crochet (Madge) 10:00 Line Dancing (Harrison) 11:00 Leisure Games (Madge) 1:00 Gentle Yoga (Maggie) 2:00 Brain Teasers (Staff-Led) 3:00 Karaoke (Staff-Led)	30 9:00 Current events (Staff-Led) 10:00 Arts & Crafts (Staff-Led) 11:00 Blood Pressure Screening 1:00 Monthly Birthday Party 3:00 Movies/Discussion (Staff-Led) BIRTHDAY! 1-3PM 

86-22 85th Street, Woodhaven, NY 11421

(718) 847-9200 • (718) 847-2100
FUNDED BY NYC AGING

Center hours: 8:30 AM - 4:30 PM



FUNDED BY NYC AGING

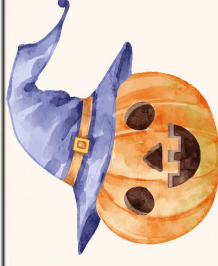


PARK HAVEN OLDER ADULT CENTER OCTOBER 2026



LUNCH MENU

Nourishing Meals • Warm Hearts • Stronger Together



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
October 5 - A Nice Vegetable Soup - Brown Rice and Black Beans - Beet Salad - Nectarine	October 6: Norway - Kjettaker (Norwegian Meatballs) - Brunsaus (Cream Gravy) - Kokke Poteter (Boiled Potatoes) - Gulrotter (Baby Carrots and Parsley) - Tangerines	<i>Good Food. Good Company, Great Days!</i>	October 1 - Chicken Shawarma - Plain Pita - Roasted Potatoes - Romaine, Kale, Pepper, Black Olive, and Feta Salad - Pear	October 2 - Parmesan Baked Fish - Basic Pasta Salad - Baby Spinach Salad with Black Beans and Lemon Vinaigrette - Orange
October 12 - Tasty Whole Wheat Lo Mein with Edamame - Whole Wheat Bread - Baby Spinach Salad with Black Beans and Lemon Vinaigrette - Pear	October 13: Scotland - Scottish Fish Supper (Baked White Fish) - Chips (Thick-Cut Roasted Potatoes) - Mushy Peas (Mashed Green Peas) - Fresh Berries	October 7 - Beef Soup - BBQ Pork Chops - Whole Wheat Pita - Kale Salad with Beets and Apple - Potato Salad - Apple	October 8 - Brown Stew Chicken - Caribbean Rice and Red Beans - Whole Wheat Bread - Caribbean Style Roasted Cabbage with Carrots - Honeydew	October 9 - Oven Fried Fish - Whole Wheat Bread - Home Fries with Peppers and Onions - Spinach, Apple and Red Onion Salad - Grapefruit
October 19 - Black Bean Soup - Brown Rice with Kidney Beans - Beet, Arugula and Feta Salad - Peach	October 20: Kenya - Kuku Choma (Kenyan BBQ Chicken) - Ugali (The Ultimate Healthy Cornbread) - Sukuma Wiki (Steamed Collard Greens) - Kachumburi (Fresh Tomato and Onion Salad) - Apple	October 14 - Oven Fried Chicken Wings - Baked Macaroni and Cheese - Cornbread - Arugula Salad with Roasted Beets Carrots and Chickpeas - Orange	October 15 - Pork Spare Ribs - Springtime Fried Brown Rice - Sauteed Bok Choy with Garlic - Mango	October 16 - Sweet Orange Salmon - Brown Rice and Red Beans - Spinach, Apple and Red Onion Salad - Orange
October 26 - Arroz con Gandules (Brown Rice with Pigeon Peas) - Tropical Black Bean Stew - Whole Wheat Bread - Garden Salad - Plums	October 27: Thailand - Neua Pad Prik (Thai Beef and Peppers) - Bamsee (Egg Noodles) - Yum Phak (Asian Greens Salad) - Watermelon	October 21 - Beef Stew - Whole Wheat Bread - Arugula with Balsamic Vinaigrette - Garlic Mashed Potatoes - Grapes	October 22 - Baked Breaded Pork - Spanish Brown Rice and Beans - Tex-Mex Barley, Corn, and Black Bean Salad - Watermelon	October 23 - Broccoli and Potato Soup - Tuna Salad with Eggs - Whole Wheat Hamburger Bun - Cabbage and Beet Salad - Banana
		October 28 - Chicken Soup with Vegetables - Light Egg Salad with Lettuce - Classic Garlic Bread - Sweet Beet Salad - Apple	October 29 - Chicken Salad - Whole Wheat Pita - Tossed Salad with Black Beans and Dressing - Banana	October 30 - Baked Salmon with Lemon, Tarragon and Thyme - Whole Wheat Bread - Mashed Potatoes - Steamed Broccoli - Orange



LUNCH SERVED
12:00 PM - 1:00 PM

*1% low-fat milk served with every lunch.
Menu is subject to change based on availability.*

Funded by
NYC Aging



Fitness & Wellness Classes

Stay Active • Stay Healthy • Have Fun!

MONDAY

Chair Yoga
with Pat

10:00 AM



Improve Flexibility
Reduce Stress
Feel Great!

TUESDAY

Chair Exercise
with Tommy

10:00 AM



Build Strength
Improve Balance
Stay Active!

WEDNESDAY

Aero Fitness
with Elaine

10:00 AM



Fun Cardio
Boost Energy
Healthy Heart!

THURSDAY

Line Dancing
with Harrison

10:00 AM



Good Music
Great Exercise
Make New Friends!

THURSDAY

Gentle Yoga
with Maggie

1:00 PM



Relax Your Mind
Improve Flexibility
Feel Refreshed!

All classes are for Older Adults. Everyone is welcome!

OCTOBER AT PARK HAVEN OLDER ADULT CENTER

*A new home, familiar friends,
and a season of new beginnings!*



MEMBER REMINDERS



Please sign in
when you arrive.



Register for activities
and trips. Space may
be limited.



Keep your contact
information up to date.



Let staff know how
we can support you.



Welcome to Park Haven!

First day:
Monday,
October 5, 2026

*Woodhaven and Ozone Park
come together in one
new home!*



86-22 85th Street
Woodhaven, NY 11421



OCTOBER HIGHLIGHTS



Chair yoga & exercise



Zumba & line dancing



Arts, crafts & origami



Knitting & crochet



Bingo, pool & Wii bowling



Nutrition & healthy snacks



Housing resources



Monthly Birthday Celebration

Friday, October 30
1:00–3:00 PM

See the calendar for details.



DID YOU KNOW?



Recreation & social activities



Health & wellness programs



Cultural & educational activities



Case assistance & benefits



Nutritious meals



Transportation information

*Stay active,
stay connected,
and enjoy
the little things.*



(718) 847-9200 • (718) 847-2100



Monday–Friday • 8:30 AM–4:30 PM

PARK HAVEN OLDER ADULT CENTER

OCTOBER 2026

Fall Into Community

Connect • Learn • Participate



YOU BELONG HERE

NYC older adult center membership is free for New Yorkers ages 60 and older.

Enjoy meals, classes, fitness programs, activities and social services.



MEDICARE: MARK YOUR CALENDAR

Open Enrollment

October 15–December 7

Review your health and prescription drug coverage.

Changes made during this period take effect January 1, 2027.



FREE, CONFIDENTIAL HELP

NYC Aging's HIICAP offers Medicare information and counseling.

Ask about coverage options and programs that may help with costs.

Call 212-244-6469
Ask for HIICAP.



TRY SOMETHING NEW THIS FALL

Join an activity.

Explore a new hobby.

Reconnect with a friend.

Ask staff about community resources.

NEED HELP FINDING SERVICES? Aging Connect: 212-244-6469

Information about local programs and support for older New Yorkers.

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(718) 847-9200 • (718) 847-2100
Monday–Friday • 8:30 AM–4:30 PM

Funded by NYC Aging
FUNDING BY NYC AGING

Sources: nyc.gov/aging
medicare.gov/health-drug-plans/open-enrollment

LUNCH CONTRIBUTION

CONTRIBUCIÓN PARA EL ALMUERZO



OLDER ADULTS
ADULTOS MAYORES

\$1.25

**SUGGESTED
VOLUNTARY CONTRIBUTION**
CONTRIBUCIÓN VOLUNTARIA
SUGERIDA



GUESTS
INVITADOS

\$4.91

**PER MEAL
POR ALMUERZO**

WHY IS YOUR CONTRIBUTION IMPORTANT?

¿POR QUÉ ES IMPORTANTE SU CONTRIBUCIÓN?

Your **\$1.25** contribution is voluntary, but every contribution helps support the programs and services provided at our Older Adult Center.

Contributions collected through the lunch program help fund the many activities and services that make our center a welcoming, active, and engaging place for our members.

Su contribución de **\$1.25** es voluntaria, pero cada contribución ayuda a apoyar los programas y servicios que ofrecemos en nuestro centro para adultos mayores.

Las contribuciones recibidas a través del programa de almuerzo ayudan a financiar las muchas actividades y servicios que hacen de nuestro centro un lugar acogedor, activo y agradable para nuestros miembros.



**EVERY
CONTRIBUTION
MAKES A
DIFFERENCE!**

¡CADA CONTRIBUCIÓN CUENTA!

YOUR CONTRIBUTION HELPS SUPPORT:

SU CONTRIBUCIÓN AYUDA A APOYAR:



ARTS & CRAFTS
ARTE Y MANUALIDADES



EXERCISE CLASSES
CLASES DE EJERCICIO



**MUSIC &
ENTERTAINMENT**
MÚSICA Y ENTRETENIMIENTO



SOCIAL ACTIVITIES
ACTIVIDADES SOCIALES



**EDUCATIONAL
PROGRAMS**
PROGRAMAS EDUCATIVOS



TECHNOLOGY SUPPORT
APOYO CON TECNOLOGÍA



**HEALTH & WELLNESS
PROGRAMS**
PROGRAMAS DE SALUD
Y BIENESTAR



AND MANY MORE!
¡Y MUCHO MÁS!



HELPS COVER FOOD COSTS
AYUDA A CUBRIR LOS COSTOS
DE LOS ALIMENTOS



Contributions are voluntary. No older adult will be denied a meal because they are unable or choose not to contribute.

Las contribuciones son voluntarias. A ningún adulto mayor se le negará una comida por no poder o decidir no contribuir.

Thank you for supporting our center!
¡Gracias por apoyar a nuestro centro!

Park Haven Older Adult Center

Happy October Birthdays!

To all our members celebrating
a birthday this month:

Wishing you health, happiness, and wonderful
moments with the people you love!

¡Feliz cumpleaños
a quienes cumplen en octubre!

A todos nuestros miembros que cumplen
años este mes:

¡Les deseamos salud, felicidad y momentos
maravillosos junto a sus seres queridos!

With love,
your Park Haven family

Con cariño,
su familia de Park Haven

FUNDED BY NYC AGING



SNACK IDEAS

Small choices can add up!

TRY THESE PAIRS



Apple slices + peanut butter



Carrot sticks + hummus



Plain yogurt + berries



Whole-grain crackers + cheese

SMART SNACK TIPS



Choose fruits, vegetables, and whole grains more often.



Look for options with less added sugar and sodium.



Drink water instead of sugary drinks.

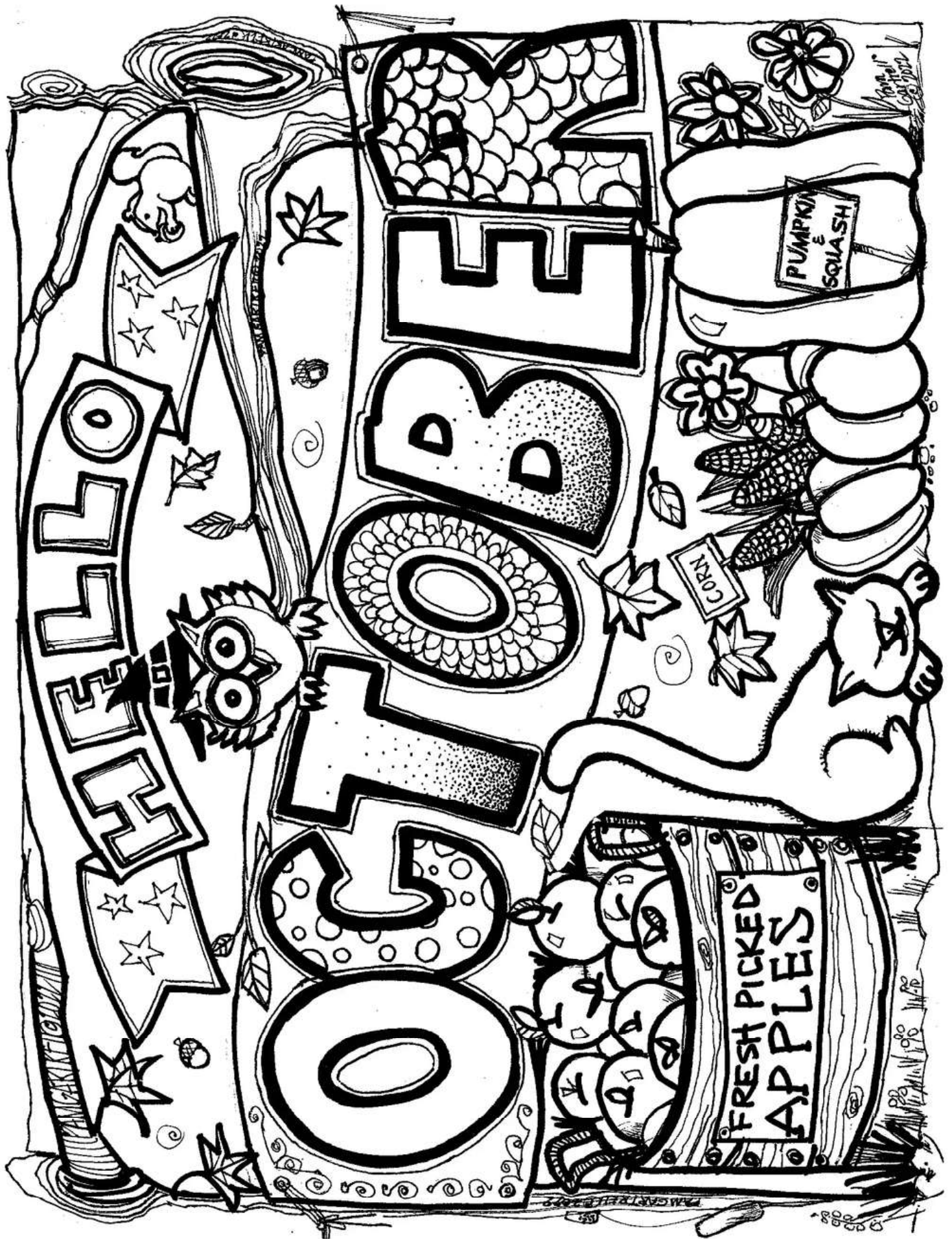


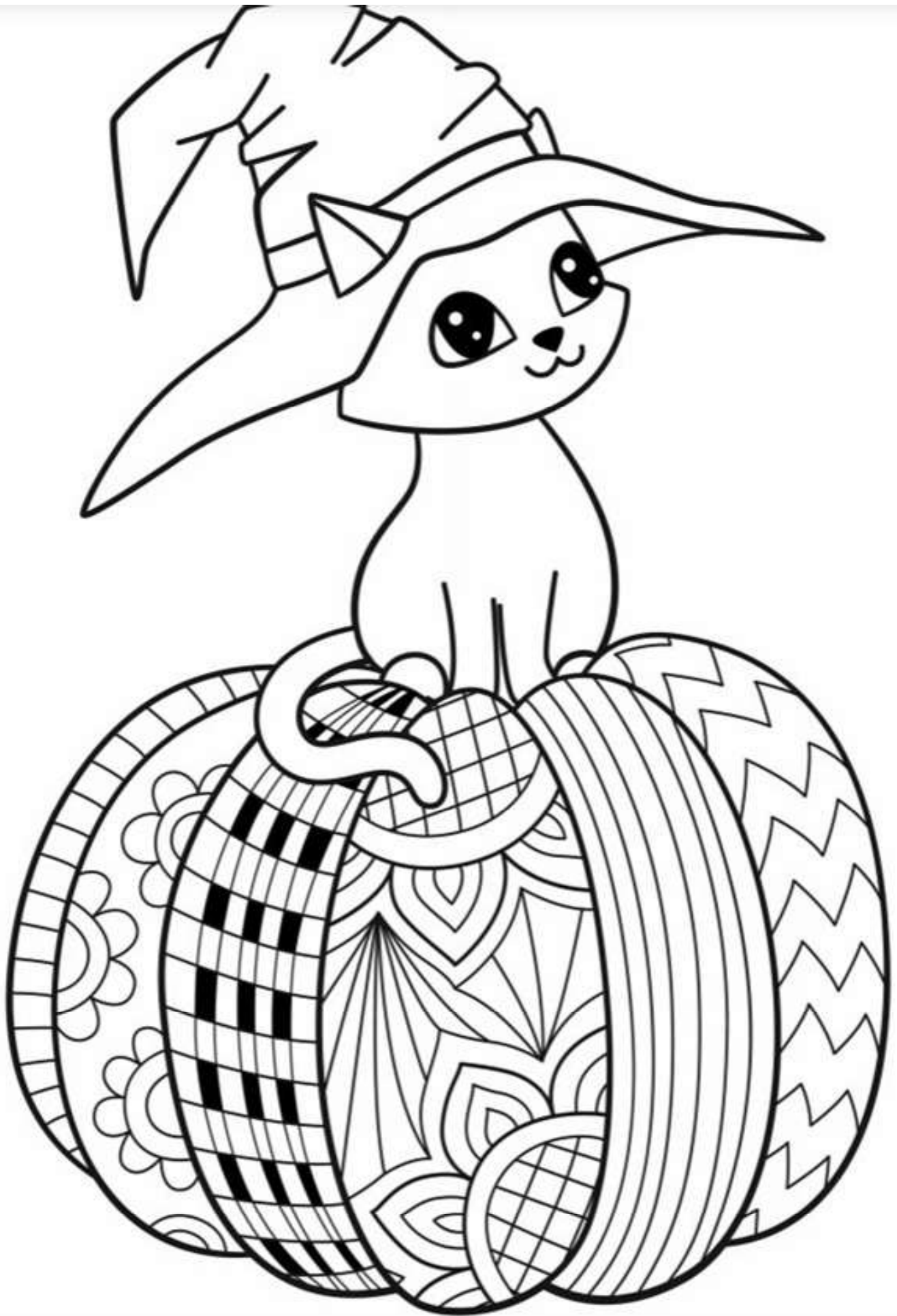
Choose a snack that fits your appetite and needs.



WWW.MAKENSTITCH.COM

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SOPA DE LETRAS

Halloween en español

PARK HAVEN OLDER ADULT CENTER



Encuentra las 12 palabras en horizontal, vertical o diagonal.

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

¿PUEDES ENCONTRARLAS TODAS?

- | | | |
|-------------|-------------|------------|
| • Esqueleto | • Disfraces | • Calabaza |
| • Monstruo | • Princesa | • Fantasma |
| • Vampiro | • Dulces | • Diablo |
| • Tumba | • Momia | • Bruja |

Date: _____

Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!



I T G M T N K G F A L L F O L I A G E V

NMAKSTJMKZZFOOTBALLS

DEXUGQRGRNEEWOLLAHME

I C X C T A U T U M N R I A K S I R B D

G I Q R P U Y A F M N R B N Y K A V Y I

E P W A H C M L S S P Q B A K K N K S R

NSKNRJFNEHBUDWINOEMY

O J Q B K Z T V A O R S O N R O L S T A

U H H E D D A S N L U X G S P P B W L H

S M L R N E P F E B E P P S P R H E R F

P Z V R L K I R M V K Q F A C E Q A B K

EWRIQR LUMSRTULKDY TQK

OBKEEMLDKSTAPIJKEBG

P A P S J O G M J N X U H U N C L R Z Y

L K C N C O C V C R P B N T M O M S K R

E I F O U B X Q L O M C K T F P X L P T

S N G R Z Z W O R C E R A C S Y K X K T

DGDHTYMKRAGJMRTEQIWR

A S B C O K T O B E R F E S T P H C N J

Y M V D V C O R N M A Z E T F X T C H S



LEAVES



OKTOBERFEST

RAKING

SCARECROW



SPICE

SPOOKY

SQUASH

SWEATERS



OCTOBER WORD SEARCH



Autumn activities and observances

PARKHAVENOLDERADULT CENTER

Find all 15 words. Look across, down, and diagonally.

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

WORDS TO FIND

- Halloween
- Black Cat Day
- Magic Day
- Vodka Day
- Black Poetry Day
- Candy Corn Day
- Taco Day
- Diversity Day
- Pasta Day
- Menopause Day
- Teachers Day
- Samhain
- Cat Day
- Mental Health Day
- Nut Day

PARK HAVEN OLDER ADULT CENTER

OCTOBER 2026

CASE MANAGEMENT & BENEFITS ASSISTANCE

We're Here to Help You!

Free, respectful and confidential
assistance for eligible older adults. ❤️



KARINA MUÑOZ
CASE MANAGER



OUR SERVICES INCLUDE:



SNAP

Applications and
recertification



MEDICAID & MEDICARE

Information and
application help



HOUSING & UTILITIES

Explore available
assistance



FORMS & PAPERWORK

Help completing
important forms



REFERRALS

Connections to
community
resources



FOLLOW-UP SUPPORT

Help with next steps



NEED ASSISTANCE?

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



Park Haven opens
**Thursday,
October 1, 2026.**



86-22 85th Street
Woodhaven, NY 11421



(718) 847-9200 • (718) 847-2100



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

FUNDED BY

NYC AGING

Easy Ways to... Make a Shopping List



1. Record your meals and snacks below. Try to include all five food groups in each meal, and at least two of the five food groups in every snack.

Day/M meal	Menu	Fruits	Veggies	Grains	Protein	Low-Fat Dairy
Monday, dinner	Zucchini Pasta Salmon Plums	Plums	Zucchini Onions Garlic Tomatoes	Whole wheat pasta	Salmon	1% milk

2. Look in your cabinets and refrigerator for ingredients. Make a shopping list of what you need to buy.

Example:

1. Plums	1. _____	5. _____
2. Zucchini	2. _____	6. _____
3. Garlic	3. _____	7. _____
4. Tomatoes	4. _____	8. _____
5. Salmon		
6. 1% Milk		

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 [syfruitveggies.org](https://www.syfruitveggies.org).

FUNDED BY NYC AGING

NYC
Health

Just Say **Yes** to Fruits and Vegetables

18

This material was funded by United States Department of Agriculture's (USDA) Supplemental Nutrition Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-9009 or go to myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or

Maneras sencillas de... hacer una lista de compras



1. A continuación, anote sus comidas y refrigerios. Trate de incluir los cinco grupos alimenticios en cada comida y, al menos, dos de los cinco grupos alimenticios en cada refrigerio.

Día/ Comida	Menú	Frutas	Verduras	Granos	Proteína	Lácteos con bajo contenido de grasa
Cena del lunes	Calabacín Pasta Salmón Ciruelas	Ciruelas	Calabacín Cebolla Ajo Tomates	Pasta de trigo integral	Salmón	Leche con 1 % de grasa

2. Busque ingredientes en sus gabinetes y en el refrigerador. Haga una lista de lo que necesita comprar.

Ejemplo:

1. Ciruelas
2. Calabacín
3. Ajo
4. Tomates
5. Salmón
6. Leche con 1 % de grasa

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

Para obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook visite el sitio web [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para más información sobre los Stellar Farmers Markets, visite [nyc.gov](https://www.nyc.gov) y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

NYC
Health

Just Say Yes to Fruits and Vegetables

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) financió este material. El SNAP conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-9009 o visite [nybenefits.ny.gov](https://www.nybenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opiniones políticas o discapacidad. Para presentar una denuncia de discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250 o llame al 202-720-5964 (llamada de voz y TDD).

PARK HAVEN OLDER ADULT CENTER

OCTOBER 2026

CASE MANAGEMENT & BENEFITS ASSISTANCE

We're Here to Help You!

Free, respectful and confidential assistance for eligible older adults. ❤️



KARINA MUÑOZ
CASE MANAGER



OUR SERVICES INCLUDE:



SNAP

Applications and recertification



MEDICAID & MEDICARE

Information and application help



HOUSING & UTILITIES

Explore available assistance



FORMS & PAPERWORK

Help completing important forms



REFERRALS

Connections to community resources



FOLLOW-UP SUPPORT

Help with next steps



NEED ASSISTANCE?

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



Park Haven opens
**Thursday,
October 1, 2026.**



86-22 85th Street
Woodhaven, NY 11421



(718) 847-9200 • (718) 847-2100



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

FUNDED BY **NYC AGING**

PARK HAVEN OLDER ADULT CENTER

*A Place for Community,
Connection & Care* 

Welcome to our new home!



86-22 85th Street
Woodhaven, NY 11421



(718) 847-9200 • (718) 847-2100



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



MEET THE PARK HAVEN TEAM



Annie Liu — Director of Operations



Nicholas Theodorou — Program Manager



Karina Muñoz — Case Manager



Loreta Mendoza — Administrative Assistant



Alice Cedo — Resource Assistant



Maria Garnica — Transportation Coordinator



Michael Gordon — Maintenance



Segundo San Andres — Kitchen Aide



John Tsang — Driver



Arthur McMillan — Driver



MEET YOUR ADVISORY COMMITTEE



Roopmatie Koomah
President



Manjula Budhraj
Vice President



Susan Tommaso
Secretary



JoAnn Bartos
Treasurer



Luis Heywood
Advisory Member



Patricia Carman
Advisory Member

Our members share ideas and feedback to help make Park Haven welcoming for everyone.



New location opening Thursday, October 1, 2026

FUNDED BY NYC AGING

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**NYC
AGING**

125+
YEARS OF CHANGING LIVES



**PARK HAVEN
OLDER ADULT CENTER**

TRANSPORTATION

Have questions about transportation?



**Please speak with
MS. GARNICA**

**¿Tiene preguntas sobre el transporte?
Por favor, hable con la Sra. Garnica.**

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(718) 847-9200 • (718) 847-2100

CCNS PARK HAVEN OLDER ADULT CENTER

THANK YOU!

*Together, we make Park Haven
a place to belong.*



**Thank you to our members, staff, volunteers,
and community partners for your support,
kindness, and enthusiasm.**



**As we begin this new chapter, we look forward to
learning, laughing, staying active, and making
memories together.**



We're so glad you're part of our community!

125+
YEARS OF CHANGING LIVES



FUNDED BY

NYC Aging

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*



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 1949

Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

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