125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens

PARK HAVEN OAC

OLDER ADULT CENTER

86-22 85th Street, Woodhaven, NY 11421
(718) 847-9200 | (718) 847-2100

OPEN MONDAY THROUGH FRIDAY
8:30 AM TO 4:30 PM

Welcome to Park Haven

Gratitude
Community
Friendship
Wellness
Fun

Highlights
November 2026

A Message from Staff

Embracing the Season of Gratitude

November invites us to slow down, reflect, and appreciate all the meaningful moments that fill our lives. It's a time to give thanks for our friendships, our health, and the sense of community that brings us together each day. As the days grow cooler, our hearts grow warmer through shared laughter, conversation, and care. Join us for a month full of engaging activities, holiday preparations, and celebrations that remind us how wonderful it is to be part of something special.

With Love,
The Staff, Park Haven Older Adult Center

Un Mensaje de Personal

Abrazando la Temporada de Gratitud

Noviembre nos invita a hacer una pausa, reflexionar y apreciar todos los momentos significativos que llenan nuestras vidas. Es un tiempo para dar gracias por nuestras amistades, nuestra salud y por el sentido de comunidad que nos une cada día. A medida que los días se vuelven más frescos, nuestros corazones se llenan de calidez gracias a las risas compartidas, las conversaciones y el cuidado mutuo. Únete a nosotros durante este mes lleno de actividades, preparativos festivos y celebraciones que nos recuerdan lo maravilloso que es ser parte de algo especial.

Con cariño,
El personal, Centro para adultos mayores Park Haven



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PARK HAVEN OAC

Grateful for You

Agradecidos por ustedes

Welcome to our Park Haven family!

To our older adults: you belong here. Thank you to our members, staff and volunteers for filling our center with friendship, kindness and care.

¡Bienvenidos a nuestra familia de Park Haven!

A nuestros adultos mayores: aquí son parte de nuestra familia. Gracias a nuestros miembros, personal y voluntarios por llenar nuestro centro de amistad, amabilidad y cariño.

Happy Thanksgiving!

¡Feliz Día de Acción de Gracias!



125+

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PARK HAVEN OLDER ADULT CENTER

NOVEMBER 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **9AM** Blood Pressure Screening **10AM** Chair Yoga Video **11 AM** Knitting & Crochet (Madge, Mona, Suelly) **1PM** Adult Coloring (Staff-Led) **2PM** Dominos (Staff-Led) **3 PM** Classical Music (Staff-Led)	**3** **9AM** Chinese Dancing (Loria) **10 AM** Chair Exercise (Tommy M) **11 AM** ESL / Basic Spanish (Mona) **1PM** Dominos Games (Staff-Led) **2PM** Adult Coloring (Staff-Led) **3 PM** Pencil Drawing (Staff-Led)	**4** **9AM** Adult Coloring (Staff-Led) **10 AM** Aero Fitness (Elaine) **11 AM** Chinese Dancing (Loria) **1PM** Chess Games (Staff-Led) **2PM** Movies / Discussion (Staff-Led) **3 PM** Ping Pong (Staff-Led)	**5** **9 AM** Knitting & Crochet (Madge, Mona, Suelly) **10 AM** Line Dancing (Harrison) **11 AM** Bingo (Madge and Joann) **1 PM** Gentle Yoga (Maggie) **2 PM** Karaoke (Staff-Led) **3 PM** Brain Teasers (Staff-Led)	**6** **9AM** Current Events (Staff-Led) **10AM** Blood Pressure Screening **11AM** Arts & Crafts (Mona) **1PM** Music Appreciation (Staff-Led) **2PM** Mahjong (Staff-Led) **3 PM** Movies / Discussion (Staff-Led)
9 **9AM** Blood Pressure Screening **10AM** Chair Yoga Video **11 AM** Knitting & Crochet (Madge, Mona, Suelly) **1PM** Adult Coloring (Staff-Led) **2PM** Dominos (Staff-Led) **3 PM** Classical Music (Staff-Led)	**10** **9AM** Chinese Dancing (Loria) **10 AM** Chair Exercise (Tommy M) **11AM** ESL / Basic Spanish (Mona) **1PM** Dominos Games (Staff-Led) **2PM** Adult Coloring (Staff-Led) **3 PM** Pencil Drawing (Staff-Led)	**11** **9AM** Adult Coloring (Staff-Led) **10AM** Aero Fitness (Elaine) **11AM** Monthly Membership Meeting (Staff & Members) **1PM** Chess Games (Staff-Led) **2PM** Movies / Discussion (Staff-Led) **3 PM** Ping Pong (Staff-Led)	**12** **9 AM** Knitting & Crochet (Madge, Mona, Suelly) **10AM** Line Dancing (Harrison) **11AM** Uno Games (Staff-Led) **1PM** Gentle Yoga (Maggie) **2PM** Karaoke (Staff-Led) **3 PM** Brain Teasers (Staff-Led)	**13** **9AM** Current Events (Staff-Led) **10AM** Blood Pressure Screening **11 AM** Arts & Crafts (Mona) **1PM** Music Appreciation (Staff-Led) **2PM** Mahjong (Staff-Led) **3 PM** Movies / Discussion (Staff-Led)
16 **9AM** Blood Pressure Screening **10AM** Chair Yoga (Pat) **11 AM** Knitting & Crochet (Madge, Mona, Suelly) **1PM** Adult Coloring (Staff-Led) **2PM** Dominos (Staff-Led) **3 PM** Classical Music (Staff-Led)	**17** **9AM** Chinese Dancing (Loria) **10 AM** Chair Exercise (Tommy M) **11 AM** ESL / Basic Spanish (Mona) **1PM** Dominos Games (Staff-Led) **2PM** Adult Coloring (Staff-Led) **3PM** Pencil Drawing (Staff-Led)	**18** **9AM** Adult Coloring (Staff-Led) **10AM** Aero Fitness (Elaine) **11AM** Chinese Dancing (Loria) **1PM** Chess Games (Staff-Led) **2PM** Movies / Discussion (Staff-Led) **3 PM** Ping Pong (Staff-Led)	**19** **9 AM** Knitting & Crochet (Madge, Mona, Suelly) **10AM** Line Dancing (Harrison) **11AM** Bingo (Madge and Joann) **1PM** Gentle Yoga (Maggie) **2PM** Karaoke (Staff-Led) **3PM** Brain Teasers (Staff-Led)	**20** **9AM** Current Events (Staff-Led) **10AM** Arts & Crafts (Mona) **11AM** Blood Pressure Screening **1PM** Monthly Birthday and Thanksgiving Party **2PM** Writing / Journaling (Staff-Led) **3 PM** Movies / Discussion (Staff-Led)
23 **9AM** Blood Pressure Screening **10AM** Chair Yoga (Pat) **11 AM** Knitting & Crochet (Madge, Mona, Suelly) **1PM** Adult Coloring (Staff-Led) **2PM** Dominos (Staff-Led) **3 PM** Classical Music (Staff-Led)	**24** **9AM** Chinese Dancing (Loria) **10 AM** Chair Exercise (Tommy M) **11 AM** ESL / Basic Spanish (Mona) **1PM** Dominos Games (Staff-Led) **2PM** Adult Coloring (Staff-Led) **3PM** Pencil Drawing (Staff-Led)	**25** **9AM** Adult Coloring (Staff-Led) **10 AM** Aero Fitness (Elaine) **11 AM** Chinese Dancing (Loria) **1PM** Chess Games (Staff-Led) **2PM** Movies / Discussion (Staff-Led) **3 PM** Ping Pong (Staff-Led)	**26** **CENTER CLOSED** **Happy Thanksgiving**	**27** **CENTER CLOSED** **Happy Thanksgiving**
30 **9AM** Blood Pressure Screening **10AM** Chair Yoga (Pat) **11 AM** Knitting&Crochet(Madge, Mona, Suelly) **1PM** Adult Coloring (Staff-Led) **2PM** Dominos (Staff-Led) **3PM** Classical Music (Staff-Led)			All activities are subject to change.	

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PARK HAVEN OAC

NOVEMBER2026 • LUNCHMENU

Menu is subject to change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOV 2 • AllAmerican Loaded Baked Potato • Beet Hummus (½ cup) • Whole Wheat Bread • Garden Salad with Cannellini Beans (no dressing) • Blueberries • 1% Low Fat Milk	**NOV 3** ARGENTINA • Milanesa de Pollo (Argentine Breaded Chicken) • Puré de Papas (Creamy Mashed Potatoes) • Ensalada Criolla (Criolla Salad) • Orange • 1% Low Fat Milk	**NOV 4** • BeefHamburger • Whole Wheat Dinner Roll • Garden Salad (no dressing) • Peppers and Onions • Sweet and Smokey Baked Mixed Beans • Fruit Salad • 1% Low Fat Milk	**NOV 5** • Smothered Pork Chops • Perfect White Rice • Beet, Arugula, and Feta Salad • Cantaloupe • 1% Low Fat Milk	**NOV 6** • Tuna Salad • Bowtie Pasta Salad • Whole Wheat Bread • Bean Salad with French Dressing • Garden Salad (no dressing) • Grapes • 1% Low Fat Milk
NOV 9 • Beet and Black Bean Salad • California Veggie Burger • Baked Fries • Baked Onions • Lettuce and Tomato • Tangerines (2) • 1% Low Fat Milk	**NOV 10** UAE • Chicken Machboos (Emirati Spiced Chicken) • Spiced Machboos Rice with Vermicelli • Khubz (Arabic Flatbread) • Salatit Zabadi (Arabic Cucumber Salad) • Orange • 1% Low Fat Milk	**NOV 11** **Pizza Day**	**NOV 12** • Chicken Shawarma • Plain Pita • Roasted Potatoes • Romaine, Kale, Pepper, Black Olive, and Feta Salad (no dressing) • Pear • 1% Low Fat Milk	**NOV 13** • Parmesan Baked Fish • Basic Pasta Salad • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Orange • 1% Low Fat Milk
NOV 16 • ANice Vegetable Soup • Brown Rice and Black Beans • Beet Salad • Nectarine • 1% Low Fat Milk	**NOV 17** AZERBAIJAN • Toyuq Lülə Kabab (Chicken Lula Kebab) • Lobyalı Plov (Rice with Red Beans) • Sumac Onions & Cabbage (Traditional Kebab Garnish) • Pita Bread (Lavash-style) • Tangerines (2) • 1% Low Fat Milk	**NOV 18** • Beef Soup • BBQ Pork Chops • Whole Wheat Pita • Kale Salad with Beets and Apple • Potato Salad • Apple • 1% Low Fat Milk	**NOV 19** THANKSGIVING SPECIAL • Turkey • Stuffing • Cranberry • Candy Yams (marshmallows) • Green Beans • Pumpkin Pie • 1% Low Fat Milk	**NOV 20** • Oven Fried Fish • Whole Wheat Bread • Home Fries with Peppers and Onions • Spinach, Apple and Red Onion Salad • Grapefruit • 1% Low Fat Milk
NOV 23 • Tasty Whole Wheat Lo Mein with Edamame • Whole Wheat Bread • Baby Spinach Salad with Black Beans and Lemon Vinaigrette • Mixed Vegetables • Pear • 1% Low Fat Milk	**NOV 24** CZECHIA • VepřoKnedlo Zelo (Traditional Czech Roast Pork) • Houskové Knedlíky (Czech Bread Dumplings) • Dušené Zelí (Braised Sweet and Sour Cabbage) • Pear • 1% Low Fat Milk	**NOV 25** • Oven Fried Chicken Wings • Baked Macaroni & Cheese • Cornbread • Arugula Salad with Roasted Beets, Carrots & Chickpeas • 1% Low Fat Milk	**NOV 26** **THANKSGIVING DAY** **CENTER CLOSED**	**NOV 27** **THANKSGIVING HOLIDAY** **CENTER CLOSED**
NOV 30 • Black Bean Soup • Brown Rice with Kidney Beans • Beet, Arugula, & Feta Salad • Peach • 1% Low Fat Milk				

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125+ YEARS OF CHANGING LIVES | CATHOLIC CHARITIES Brooklyn & Queens

PARK HAVEN OAC

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!

FUNDED BY NYC AGING

NOVEMBER AT PARK HAVEN
OLDER ADULT CENTER

Grateful Hearts, Brighter Days
A Stronger Community Together!

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.

NOVEMBER MESSAGE

A season of gratitude, kindness, and community.

We are thankful for every member of our Park Haven family!

NOVEMBER HIGHLIGHTS

- Chair yoga & exercise
- Zumba & line dancing
- Arts, crafts & seasonal crafts
- Knitting & crochet
- Bingo, pool & Wii bowling
- Nutrition & healthy snacks
- Trips & special events

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

FUNDED BY NYC AGING

LUNCH CONTRIBUTION

CONTRIBUCIÓN PARA EL ALMUERZO



Good Food Stronger Community



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.

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!



EVERY CONTRIBUTION MAKES A DIFFERENCE!

¡CADA CONTRIBUCIÓN CUENTA!



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!

FUNDED BY NYC AGING

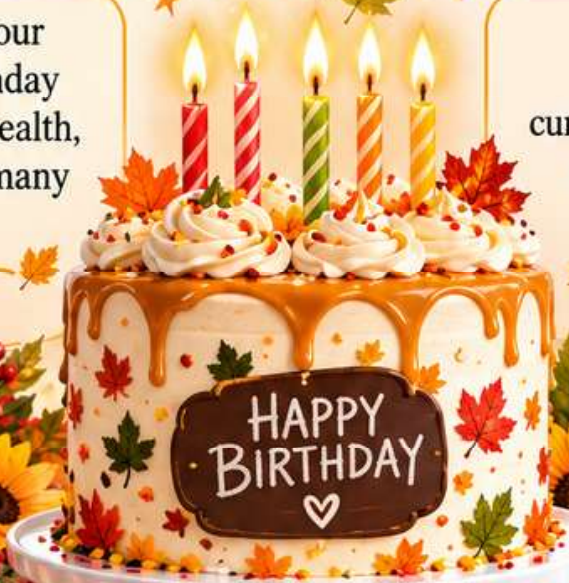
PARK HAVEN
OLDER ADULT CENTER

Happy Birthday
to Our Members
Born in
NOVEMBER!

¡Feliz Cumpleaños
a Nuestros Miembros
Nacidos en
NOVIEMBRE!

Wishing all of our November birthday members good health, happiness, and many blessings!

¡Deseamos a todos nuestros miembros cumpleañeros de noviembre mucha salud, felicidad y muchas bendiciones!



Thank you for being a special part of our Park Haven family!

¡Gracias por ser una parte especial de nuestra familia de Park Haven!

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PARK HAVEN
OLDER ADULT CENTER

Healthy Snack Ideas for NOVEMBER

Ideas de Bocadillos Saludables para NOVIEMBRE

1



Banana & Whole-Wheat Toast
Plátano con pan integral

2



Cottage Cheese & Pineapple
Requesón con piña

3



Boiled Egg & Cucumber
Huevo hervido con pepino

4



Oatmeal & Cinnamon Apples
Avena con manzana y canela

5



Avocado & Whole-Grain Crackers
Aguacate con galletas integrales

6



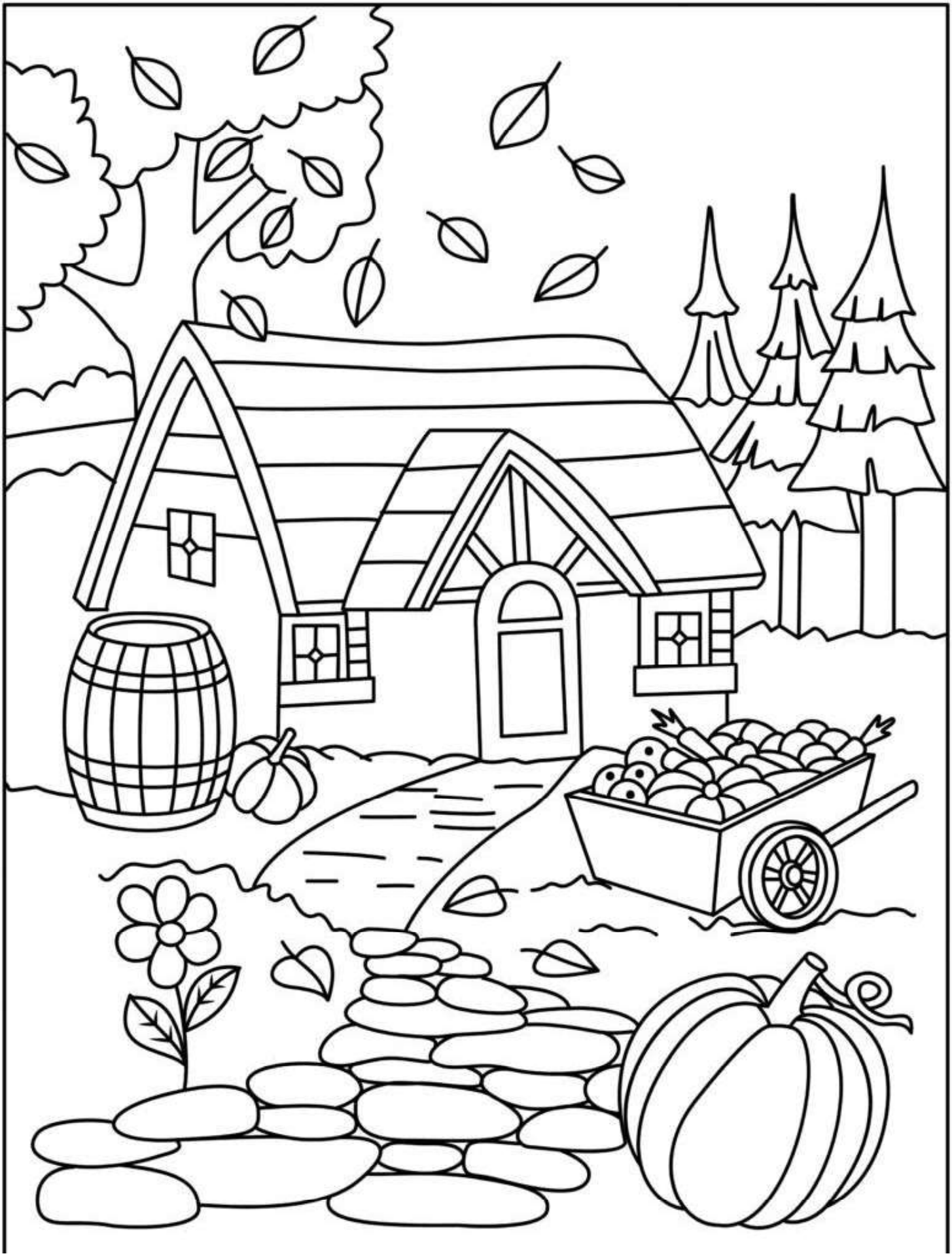
Yogurt & Fresh Fruit
Yogur natural con fruta fresca

SMART SNACK TIPS

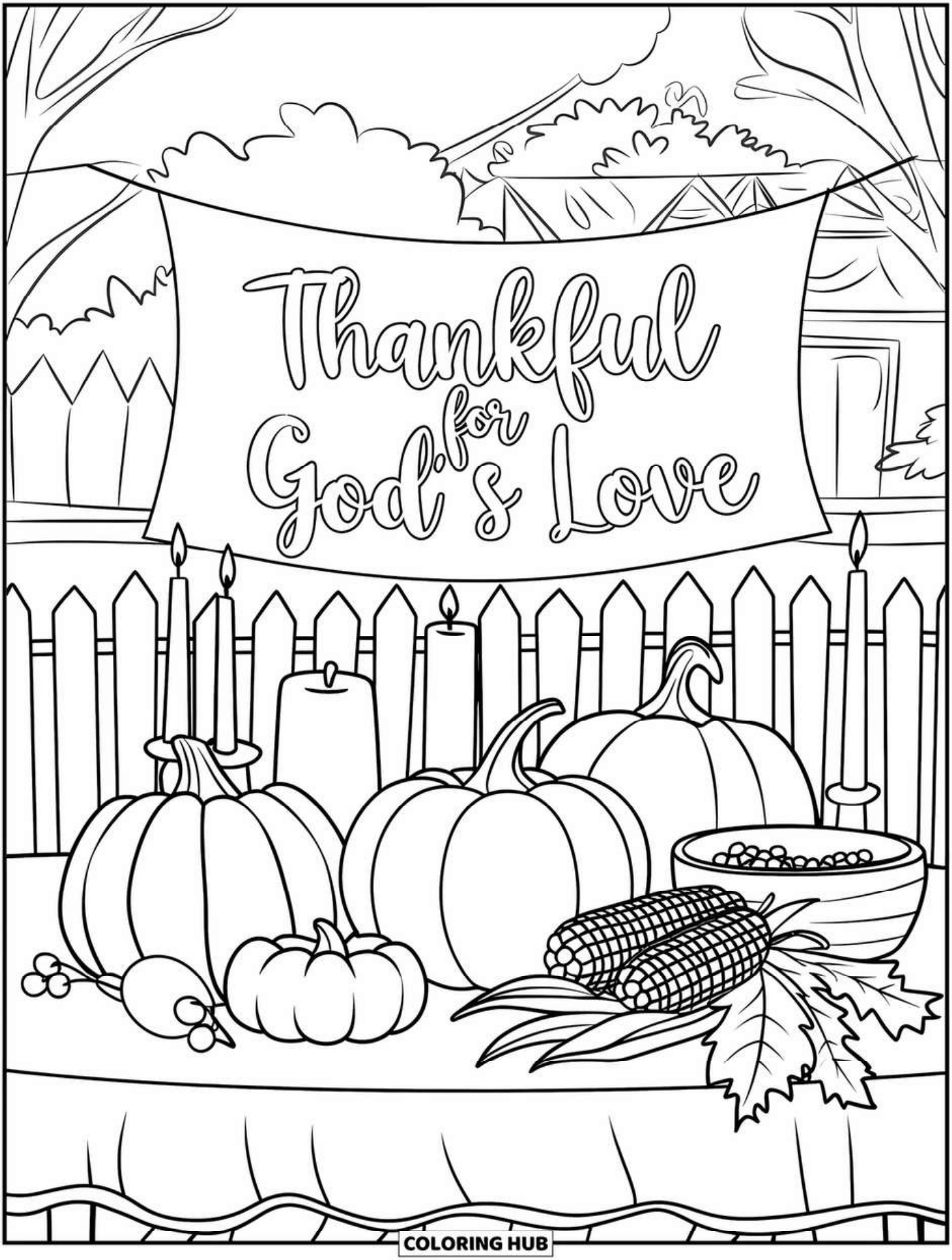
- Choose fruits, vegetables, and whole grains more often.
  Elige frutas, verduras y granos integrales con más frecuencia.
- Look for options with less added sugar and sodium.
  Busca opciones con menos azúcar añadida y sodio.
- Drink water instead of sugary drinks.
  Bebe agua en lugar de bebidas azucaradas.
- Choose a snack that fits your appetite and needs.
  Elige un bocadillo que se adapte a tu apetito y necesidades.

Healthy Choices for a Happier You!

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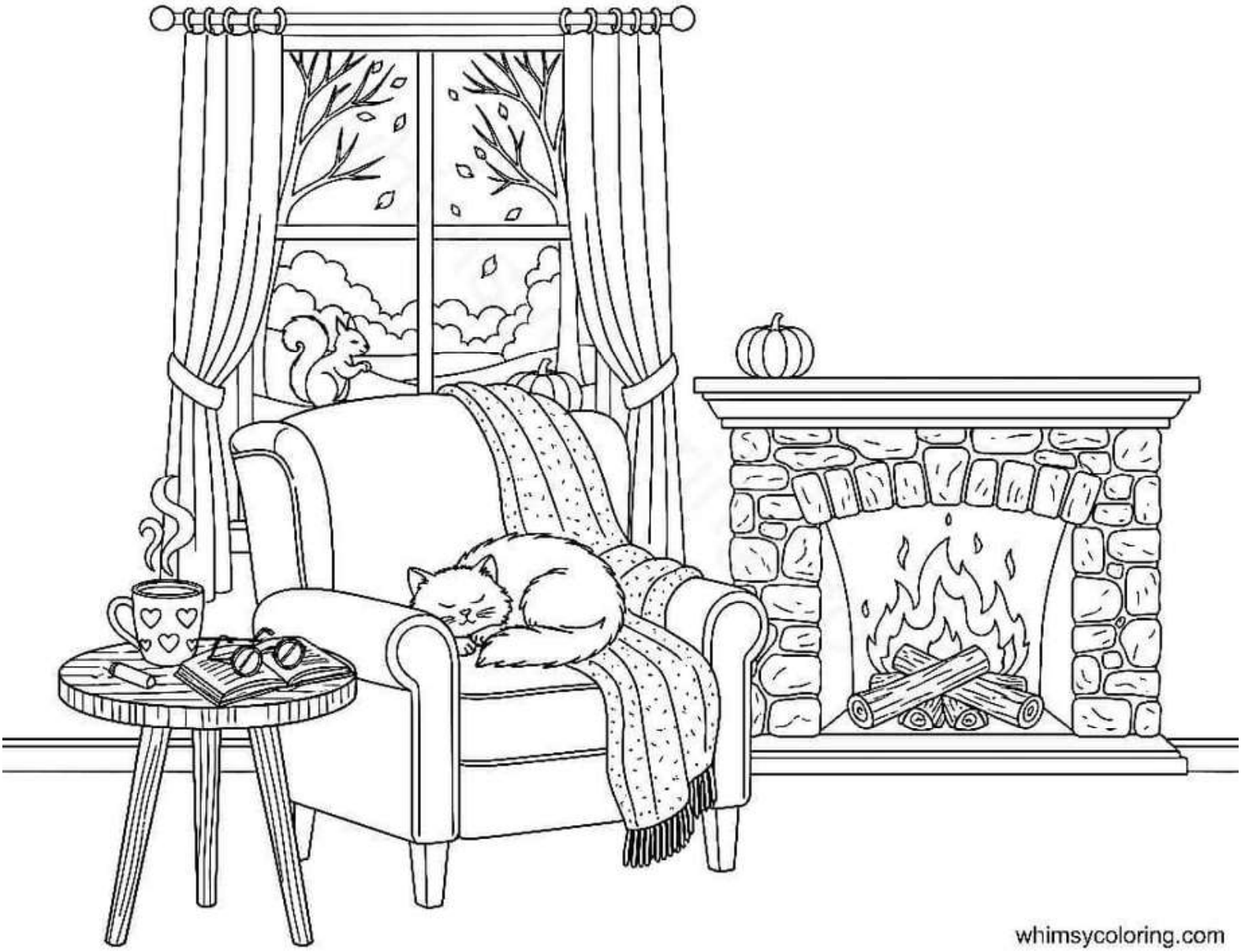


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COZY NOVEMBER



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Name:_____ Date:_____

NOVEMBER

Word Search

Find the words listed. Words may appear forward, backward, up, down or diagonal. Words may overlap and cross each other. When you have found a word, be sure to circle it and cross it off the list.

R N Q S E O T A T O P D E H S A M M C H
F C O S W E A T E R S W B P C H D R N E
Z O S I Y A D N O M R E B Y C Y A S C N
R R J C T S T U F F I N G K A N M A R M
S N F Y A C K N N N L M R D B I L G N B
C U R L L R E Z T R X F I E R P T N M F
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AUTUMN
BLACK FRIDAY
CHRYSANTHEMUMS
CINNAMON
CORNUCOPIA
CRANBERRY
CYBER MONDAY
DAYLIGHT SAVING
ELECTION
FAMILY
FIREPLACE
FOOTBALL
FRIENDSGIVING
GRATITUDE
HARVEST
HOT CIDER
NATIVE AMERICANS
PECAN PIE
PILGRIMS
POTATOES
PUMPKIN PIE
SCARVES
SCORPIO
STUFFING
SWEATERS
SWEET POTATOES
THANKSGIVING
TOPAZ
TURKEY
VETERANS DAY



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Printable Sudoku Puzzles – Easy #6

5			6		7			
	4		3		9	8		
3	7							1
4							3	
6	3		1	2	5		9	4
	1							8
8							7	6
		7	2		6		1	
			5		3			9

		4				6		1
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		8	4			9		

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Nombre: ..... Fecha: .....

Rodea las palabras de la lista cuando las encuentres. Dirección de las palabras → ↓ ↗ ↘



Recetas de Acción de Gracias

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

WORDS TO FIND

COMPOTA DE MANZANA
COMPOTA DE PERAS
ENSALADA
ENSALADA DE MANZANA
GALLETAS DE AVENA
GALLETAS DE CALABAZA
MAÍZ
PAN DE CALABAZA
PAN DE MAÍZ
PAN DE NUEZ
PANECILLOS
PANECILLOS DE CALABAZA
PASTEL DE CALABAZA
PASTEL DE MANZANA
PASTEL DE NUEZ
PAVO AHUMADO
PAVO AL HORNO
PAVO ASADO
PAVO RELLENO
PURÉ DE PAPAS
PURÉ DE ZANAHORIA
ROLLITOS DE CANELA
SALSA DE ARÁNDANOS
SALSA DE SETAS
SOPA DE CALABAZA
VERDURAS ASADAS





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PARK HAVEN
OLDER ADULT CENTER

OCTOBER 2026

CASE 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

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125 CATHOLIC CHARITIES Brooklyn & Queens

PARK HAVEN
CENTRO PARA ADULTOS MAYORES

OCTUBRE 2026

ASISTENCIA DE CASOS

¡Estamos aquí para ayudarle!

Asistencia gratuita, respetuosa y confidencial para adultos mayores que reúnen los requisitos.



KARINA MUÑOZ
ENCARGADA DE ASISTENCIA DE CASOS

NUESTROS SERVICIOS INCLUYEN:

SNAP
(Asistencia Alimentaria)
Solicitudes y recertificaciones.

MEDICAID Y MEDICARE
Información y ayuda con las solicitudes.

VIVIENDA Y SERVICIOS PÚBLICOS
Explore las opciones de asistencia disponibles.

FORMULARIOS Y DOCUMENTOS
Ayuda para completar formularios importantes.

REFERIDOS
Conexión con recursos comunitarios.

SEGUIMIENTO DE CASOS
Ayuda con los próximos pasos.

¿NECESITA ASISTENCIA?

Por favor, llame al centro o inscríbase en la recepción para reunirse con Karina.

Park Haven abre:
Jueves,
1 de octubre de 2026.

86-22 85th Street
Woodhaven, NY 11421

(718) 847-9200 • (718) 847-2100

Lunes a viernes
8:30 a. m. – 4:30 p. m.

FINANCIADO POR NYC Aging

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 Budhraja
Vice President



Susan Tommaso
Secretary



JoAnn Bartos
Treasurer



Luis Heywood
Advisory Member



Patricia Carman
Advisory Member

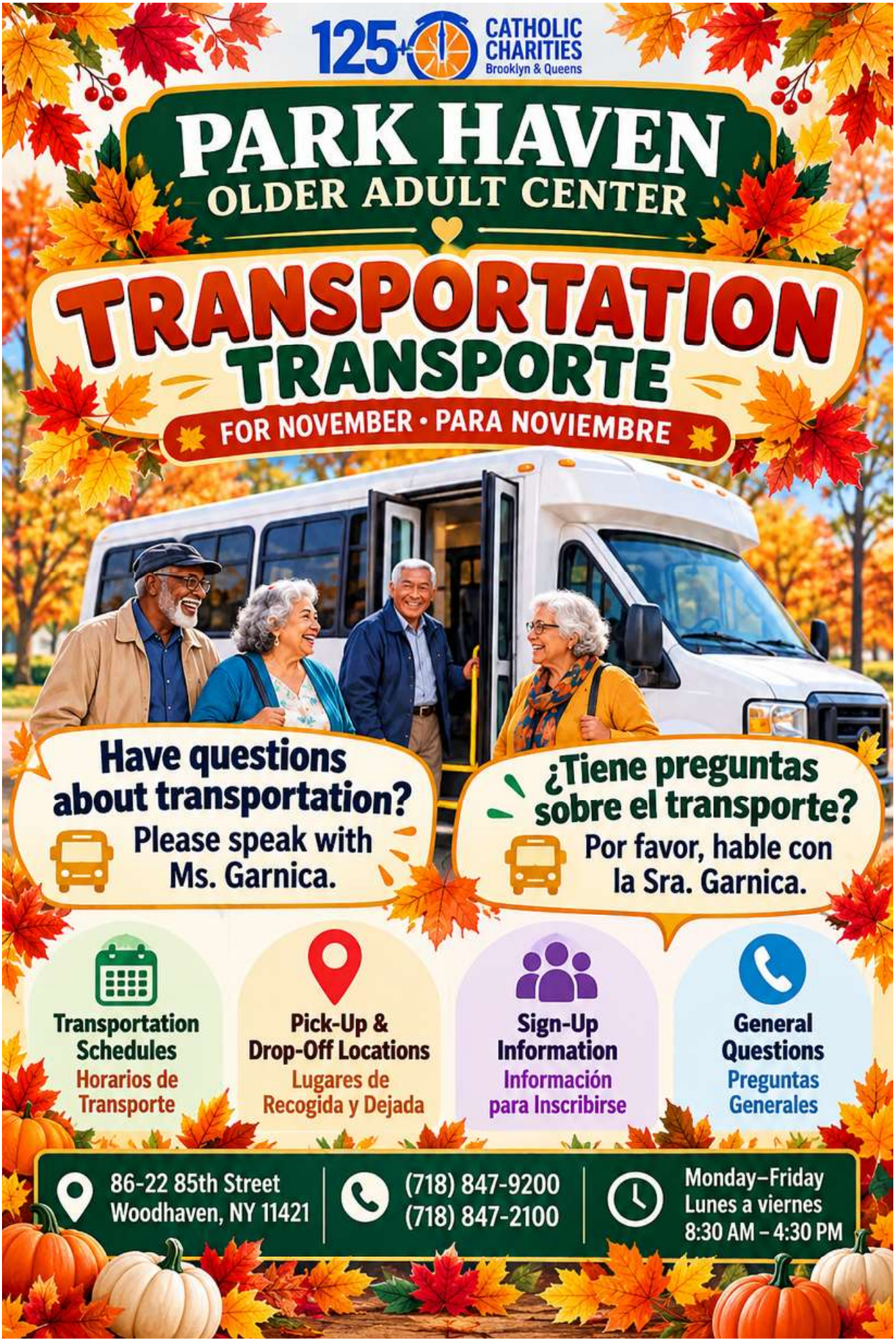
Our members share ideas and feedback to help make Park Haven welcoming for everyone.

New location opening Thursday, October 1, 2026

FUNDED BY NYC AGING

FUNDED BY NYC AGING

125+ YEARS OF CHANGING LIVES



FUNDED BY NYC AGING

PARK HAVEN OAC

CHAIR YOGA

with Pat

Yoga en silla con Pat



TUESDAYS AT 10 AM

MARTES A LAS 10 AM

Take a moment to breathe, stretch and unwind.

Un momento para respirar, estirarse y relajarse.

Please check the center calendar for schedule changes.

November

125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens EST. 1899

Park Haven OAC

Chair Exercise with Tommy

TUESDAYS
10:00 AM







Stay Active
Stay Healthy
Feel Your Best!

Join Tommy for a fun and gentle chair exercise class. Improve your strength, flexibility, balance and overall well-being. All fitness levels are welcome!

¡Manténgase Activo
Manténgase Saludable
¡Siéntase Mejor!

Acompañe a Tommy en una clase divertida y suave de ejercicios en silla. Mejore su fuerza, flexibilidad, equilibrio y bienestar general. ¡Todos los niveles de condición física son bienvenidos!

FUNDED BY NYC AGING

PARK HAVEN OAC

COMING THIS NOVEMBER

AERO FITNESS WITH ELAINE



PUERTO RICO HERITAGE

NOVEMBER 18, 2026 • 10:00 AM



THANKSGIVING 60s

NOVEMBER 25, 2026 • 10:00 AM

FUNDED BY NYC AGING

November Aero Fitness with Elaine

125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens

Park Haven OAC

WEDNESDAYS 10:00 AM

OCTOBER MEMORIES

Movement, friendship and Halloween fun





















Stay Active. Stay Healthy. Feel Energized!

Wednesdays at 10 AM - Aero Fitness with Elaine

Park Haven OAC

FUNDED BY NYC AGING

PARK HAVEN OAC

LINE DANCING
with Harrison

THURSDAYS AT 10 AM

OCTOBER 2026 MEMORIES









Every step brings us together!

Thank you to everyone who joined us on the dance floor.

FUNDED BY NYC AGING

PARK HAVEN OAC

GENTLE YOGA

with Maggie

Yoga suave con Maggie



THURSDAYS AT 1 PM

JUEVES A LA 1 PM

Take a moment to breathe, stretch and unwind.

Un momento para respirar, estirarse y relajarse.

Please check the center calendar for schedule changes.

FUNDED BY NYC AGING

PARK HAVEN OAC | FIRST ANNUAL

HALLOWEEN PARTY

NOVEMBER 2026 NEWSLETTER - OCTOBER MEMORIES

125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens





















Costumes, dancing and memories to treasure!

Thank you to our members, staff and volunteers for celebrating together.

FUNDED BY NYC AGING

PARK HAVEN OAC | FIRST ANNUAL

HALLOWEEN PARTY

NOVEMBER 2026 NEWSLETTER - OCTOBER MEMORIES

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Costumes, dancing and memories to treasure!

Thank you to our members, staff and volunteers for celebrating together.

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

FUNDED BY NYC AGING

FUNDED BY NYC 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



CATHOLIC CHARITIES
Brooklyn & Queens

Serving Homebound Older Adults in Southwest Queens

FUNDED BY NYC AGING

Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423
T: 718-217-0126 • F: 718-217-0495