



THE SILVER NETWORK

23-11 31ST ROAD, ASTORIA NY 11106

PHONE# (718) 626-1500



HOLIDAYS AND HIGHLIGHTS THIS MONTH

AUGUST IS NATIONAL PSORIASIS AWARENESS MONTH!

Psoriasis can appear anywhere on the body, even on the eyelids, ears, lips, skin folds, hands, feet and nails. It occurs because the overactive immune system speeds up skin cell growth. Normal skin cells completely grow and shed in a month. With psoriasis, skin cells do this in only three or four days. Instead of shedding, the skin cells pile up on the surface of the skin. A significant percentage of psoriasis patients may develop psoriatic arthritis.

The symptoms can reflect those of rheumatoid arthritis (swollen, painful, and stiff joints). Psoriasis is not contagious, you can't catch it from another person. Usually, it's triggered by stress, causing symptoms to appear or worsen. Triggers vary from person to person. There are many treatment options available, but there is still no cure for this disease. Treating psoriasis can help improve symptoms as well as lower the risk of developing other health conditions such as psoriatic arthritis, heart disease, obesity, diabetes and depression.

Be Kind To Humankind Week

Be Kind To Humankind Week is an annual worldwide celebration of kindness that is observed from August 25 to August 31. This week is a time for us to reflect on what we can do to make this world a better place. The celebrations were started with the simple motive that we must do all that we can to make the lives of those around us happier. You don't have to do anything elaborate to be kind — all it takes is a kind word or helping a friend with their household chores to observe this week. Set aside a few hours every day to do something nice for others.

HOW TO OBSERVE BE KIND TO HUMANKIND WEEK

- **Lend a hand**

Know someone who's struggling to get their chores done? Get involved and lend a hand to anyone who might need your help. Something as simple as fetching groceries for someone can be a huge help to them.

- **Forgive**

It is difficult to forgive those who have wronged or hurt us. This week, try to forgive someone who wronged you. This helps you to get closure and move forward with your life.



MISSING
YOU



GET WELL
SOON



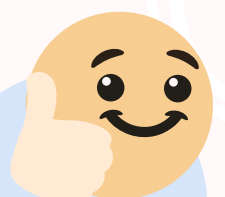
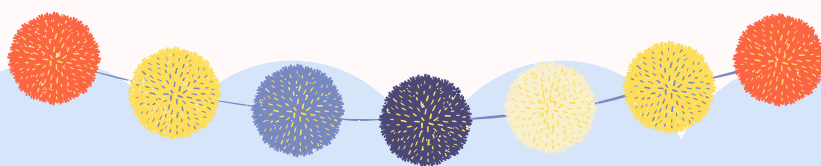
Great!



Dear, Syed our driver & colleague

Wishing you a quick and smooth recovery!
Take all the time you need to rest and
restore, and know that you're in our
thoughts and prayers. May good health
return to you soon. Get well soon!

From Dellamonica



5 FACTS ABOUT KINDNESS THAT WILL BLOW YOUR MIND

K

Kindness may be contagious

Researchers say that kindness might in fact be “contagious” – we are more likely to perform kind acts when we see others being kind.

I

Kindness makes you healthier

Being kind can increase your lifespan.

N

Kindness promotes peer acceptance

Performing random acts of kindness can improve well-being and peer acceptance.

D

Being kind makes you happy

Research shows that being kind gives you an optimistic outlook on life.

N

Kindness fights loneliness

Being kind can keep loneliness and helplessness at bay.

E

WHY BE KIND TO HUMANKIND WEEK IS IMPORTANT

It makes us kinder

Be Kind To Humankind Week inspires us to be kinder and better human beings. This is the perfect celebration to practice kindness and celebrate the trait that makes us humane.

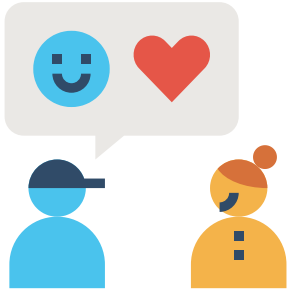
S

It's an opportunity to put others first

It's natural for us to put ourselves and personal interests first, but this is a great time to think of others and be considerate of someone else's needs. This teaches us empathy.

S

ACTS OF KINDNESS



give a
compliment



make someone
smile



donate old stuff



hold the door
for someone



write a thank
you letter



offer to help



pick up trash



help with dinner



invite a new
friend

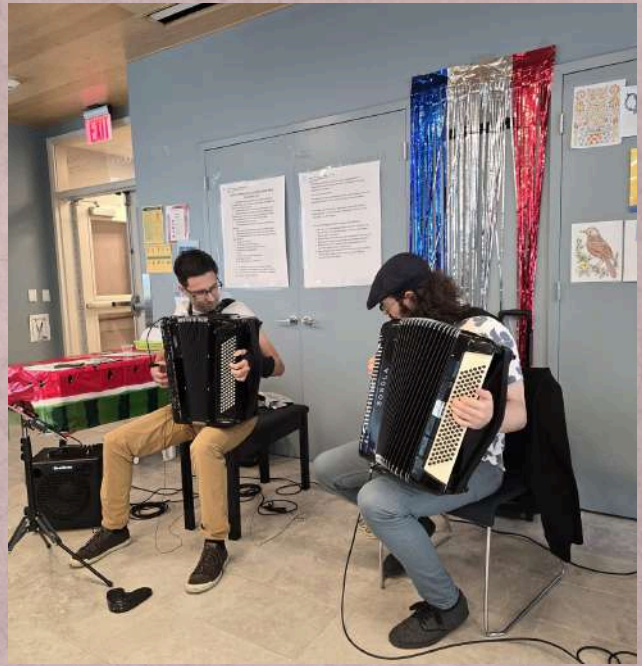
Happy  BIRTHDAY!

Wishing you a beautiful day filled with joy!



Della Monica Members





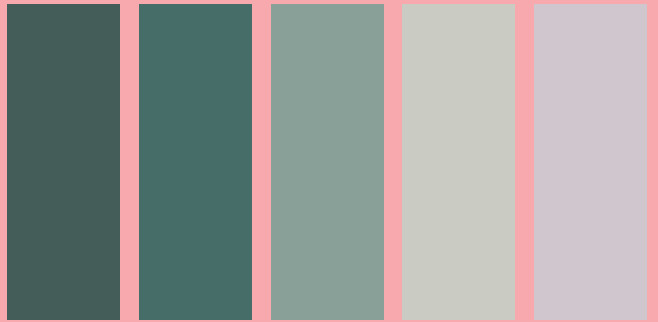
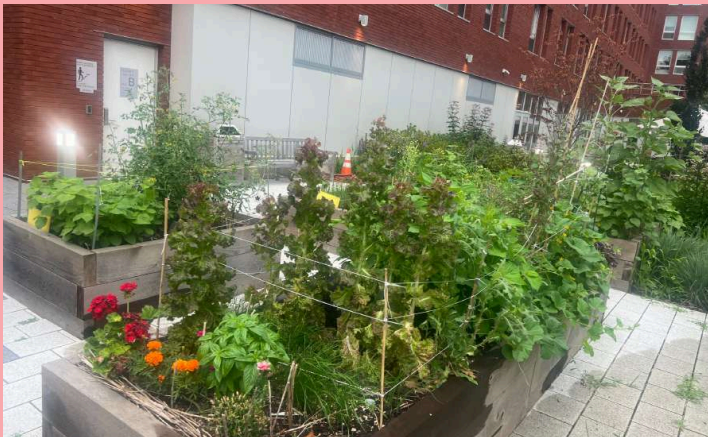
HAPPY DAYS



Gratitude



Della Monica/Bishop Valeno Garden




Tomatoes, Lettuce, Pumpkins etc.

DellaMonica/Bishop Valero Garden Area




EDUCATION & RECREATION ACTIVITIES

Come join, have fun, and improve your social skills

MONDAY 

Gardening: 10AM
Acrylic Painting: 11AM
Scrabble/Monopoly:
3PM

TUESDAY 

Board Games: 10AM
Crotching: 11AM
Watercolor Painting:
2:30PM (Art Room)


WEDNESDAY

Health & Nutrition
Education: 10AM

Calories 250	Fat 24g	Saturates 3.5g	Sugar 0.5	Salt 0.8g
12%	30%	18%	>1%	5%

THURSDAY 

Smartphones: 10AM
Gardening: 11AM

FRIDAY 

Memory Games: 10AM
Leisure Games: 11AM
Painting: 2:30PM
(Art Room)

GAMES 

Leisure Games
Board Games
Outdoor Games

MESSAGE

General Membership Meeting,
Thursday, August 15th at 11AM.



M-F Brain Teasers at 9am





Self Expression Activities



Lunch Room

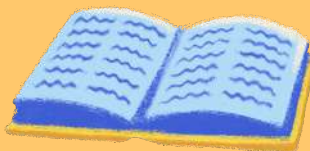
Evening Routine

3:00 PM

Uplifting Short Stories & illustration

WED

JOIN NOW



Mark Twain stories

**HYBRID
IN-CLASS**



Self-directive Program-
Learn at your own pace!



THU Journaling & Creative
Writing



**HYBRID
IN-CLASS**

JOIN NOW



Self-expression is about communicating your individuality.

It can help you to showcase your true self – your story, your thoughts, feelings and emotions.

CELEBRATING
125
YEARS



CATHOLIC
CHARITIES
Brooklyn &
Queens

CCNS PETER J. DELLAMONICA OAC
23-11 31ST ROAD ASTORIA, NY 11106
718-626-1500

SOCIAL-EMOTIONAL WORKSHOP

HYBRID
IN-CLASS

JOIN NOW



LEARN TO RECOGNIZE AND MANAGE
YOUR EMOTIONS, AND TO COPE
SUCCESSFULLY WITH CONFLICT.

WEDNESDAYS AT 11:00AM

LUNCH ROOM

Funded by NYC Aging

CCNS PETER J. DELLAMONICA OAC

Acrylic Painting Class

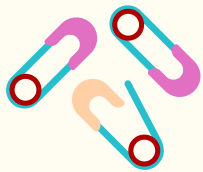
Abstract painting-let your
creativity & imagination flow

AUGUST
MONDAYS
AT
11:00AM
WITH TONY-
ART ROOM

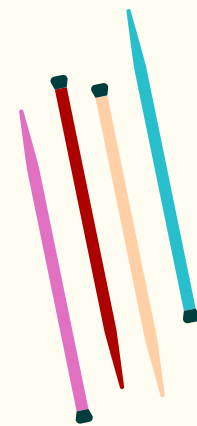
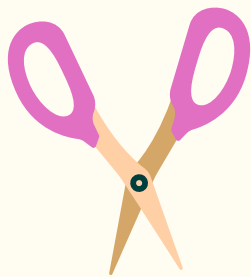


Crochet Workshop

FOR OLDER ADULTS



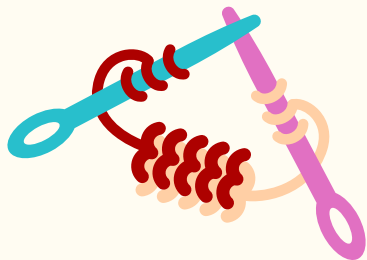
Our workshop is more than just a workshop! It's a chance to learn a timeless skill, nurture your creativity, and connect with a wonderful community of fellow crafters.



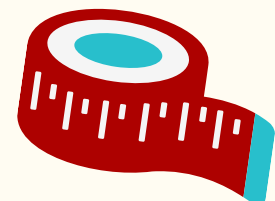
**AUGUST
TUESDAYS
10:00AM**



**Art & Craft
Room**



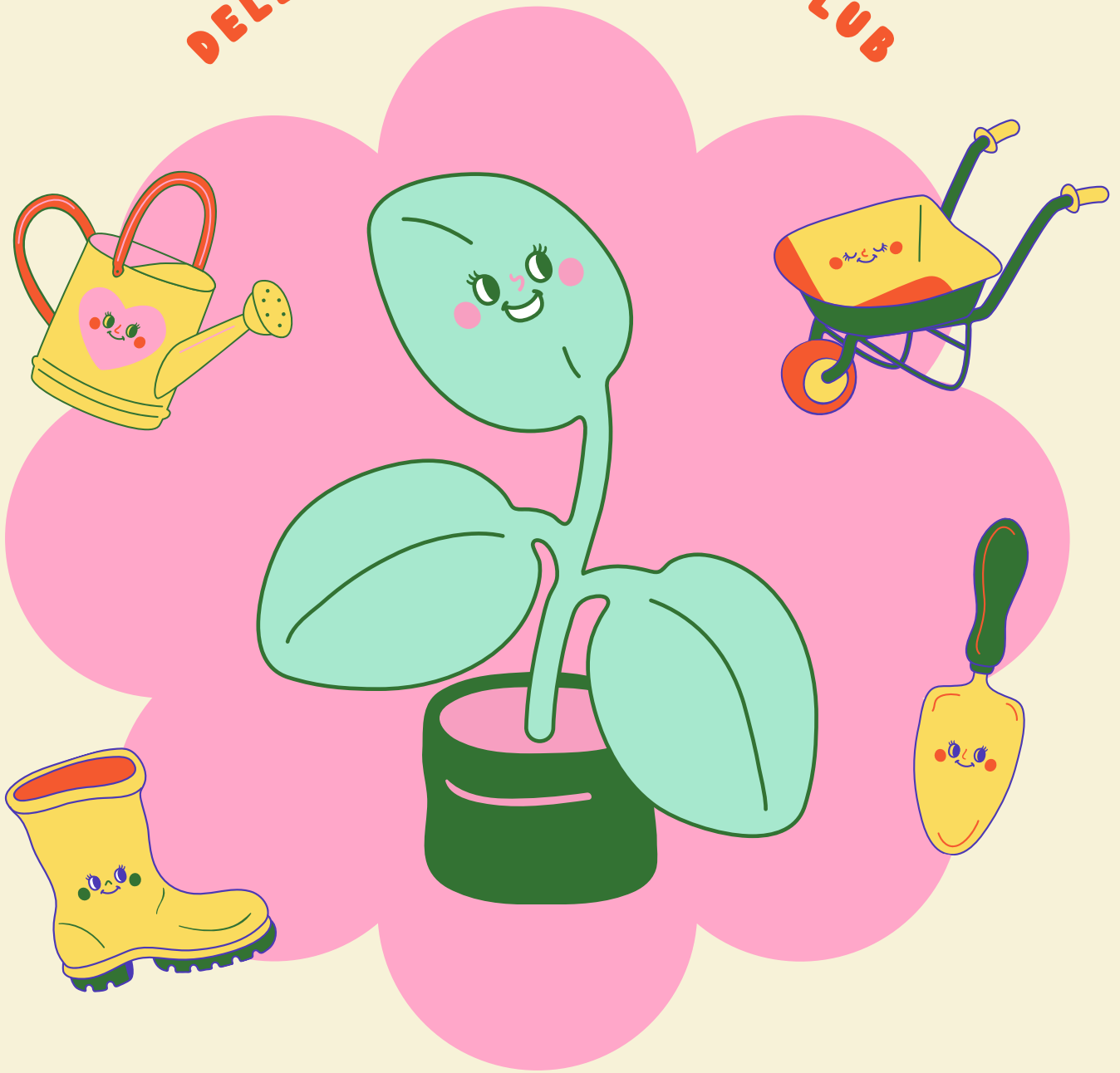
With Vanessa



Registration not required!

GARDENLIFE

DELLAMONICA GARDEN CLUB



**MONDAYS & THURSDAYS! 10:00 AM
@ OUTDOOR PATIO WITH TONY**



PHYSICAL ACTIVITIES



EXERCISE SCHEDULE

AUGUST **2024**

Funded by NYC Aging

MON
10:30

LINE DANCING

Improve your coordination & balance.

GENTLE STRETCHING

Improve your flexibility and learn to prevent injury.

TUE
10:00

WED
10:00

TAI CHI

Improve balance to prevent falls. Learn to feel more relaxed, grounded, & present.

YOGA

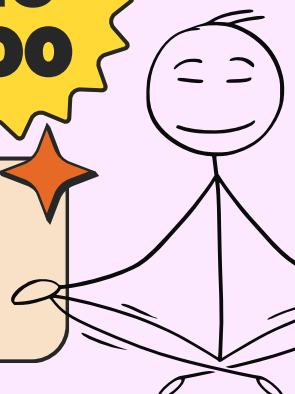
Learn to build strength, awareness, & harmony.
Develop better coping skills & positivity.

THU
11:00

FRI
10:30

ZUMBA

Increase your balance and improve your mood.





DELLAMONICA ONLINE EXERCISE

Tuesdays

Gentle Stretching
11:00AM

Meeting ID: 844 9207 0667

Passcode: 2311

[Click here for direct access](#)

Fridays

Zumba
10:30AM

Meeting ID: 832 1502 4853

Passcode: 2311

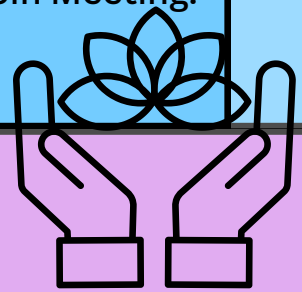
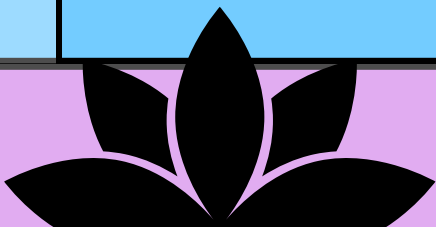
[Click here for direct access](#)

How to join a Zoom meeting from a web browser

1. Open the web browser.
2. Go to join.zoom.us.
3. Enter your meeting ID provided by the host/organizer.
4. Click Join. If this is your first time joining from Web Browser, you will be asked to open the Zoom desktop client to join the meeting.

How to join a Zoom meeting on Smart Phones

1. Open the Zoom mobile app.
2. Join a meeting using one of these methods:
3. Tap Join a Meeting if you want to join without signing in.
4. Sign in to Zoom then tap Join.
5. Enter the meeting ID number and your display name.
6. If you're not signed in, enter a display name.
7. Select if you would like to connect audio and/or video and tap Join Meeting.



Virtual/Hybrid Exercise for This Month



IN AUGUST



2024

**MON-
FRI**

MORNING STRETCH
10:00 AM

↘ <https://seniorplanet.zoom.us/j/170361931>

**TUE
&
THU**

CHAIR YOGA
12:00 PM

↘ <https://seniorplanet.zoom.us/j/170361931>

**MON
&
WED**

EASY TO FOLLOW TAI CHI
2:00 PM

↘ <https://seniorplanet.zoom.us/j/170361931>

**TUE &
THU**

AFTERNOON STRETCH
4:00 PM

↘ <https://seniorplanet.zoom.us/j/170361931>

Senior Planet



Funded by NYC Aging



Senior Planet Virtual/Hybrid Workshops with Zoom

**AUGUST
2024**

MONDAY, AUGUST 5TH [AT] 5:00PM

WACI (Windows, Android, Computers, Internet) Group

➤ JOIN NOW

TUESDAY, AUGUST 6TH [AT] 5:00PM

Creative Creations

➤ JOIN NOW

WEDNESDAY, AUGUST 7TH [AT] 7:00PM

Songwriting Night

➤ JOIN NOW

THURSDAY, AUGUST 8TH [AT] 3:00PM

Fun with Photography Discussion Group

➤ JOIN NOW

THURSDAY, AUGUST 9TH [AT] 3:00PM

Finding Purpose, Wellness, and Community After 60

➤ JOIN NOW

Need help joining a class? Call the free
Senior Planet Hotline at 888-713-3495.

seniorplanet.org/classes/

CELEBRATING
125
YEARS



CATHOLIC
CHARITIES
Brooklyn &
Queens

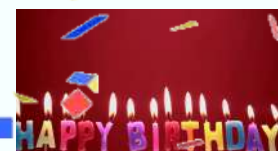
CCNS PETER J. DELLAMONICA OAC
23-11 31st Road Astoria NY 11106
718-626-1500

You Are Invited

Birthday Party



AUGUST




26th at 1:00 PM


*COME JOIN SPECIAL DAY WITH FUN
DJ, MUSIC, PRIZES, MUCH MORE!*



FARMERS' MARKET NUTRITION PROGRAM



Each year, during the summer, NYC Aging distributes thousands of coupon booklets worth \$25, which can be redeemed at participating farmers' markets and farm stands.



FRESH PRODUCE FOR ELIGIBLE OLDER ADULTS

COUPONS WILL BE DISTRIBUTED AT THIS SITE ON:

CCNS Peter J. DellaMonica OAC

Thursday, August 1st 2024 at 10:00AM

THE FARMERS' MARKET NUTRITION PROGRAM IS SPONSORED BY:
THE NYS DEPARTMENT OF AGRICULTURE AND MARKETS
NYS DEPARTMENT OF HEALTH
NYS OFFICE FOR THE AGING
CORNELL COOPERATIVE EXTENSION
USDA FOOD AND NUTRITION SERVICE

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





Make sure you verify the market is open before you go. Call the number listed below or search for their market page online. This List of Authorized Markets is updated regularly and posted online at agriculture.ny.gov/farmersmarkets.

Queens

Farmers Market

Corona Greenmarket * ^

(212) 788-7900

Roosevelt Ave and 103rd St

June 14-November 22

Fri 8am-3pm

Elmhurst Hospital Greenmarket * ^

(212) 788-7900

41st Ave btwn 80th & 81st St

June 11-November 26

Tue 8am-3pm

Jackson Heights Greenmarket * ^

(212) 788-7900

34th Ave & 79th St

Year-round

Sun 8am-3pm

Queens Hospital Farmers' Market *

(718) 883-2576

82-68 164th St Jamaica

July 11-November 21

Thu 8am-5pm

Cunningham Park Farmers' Market *

(914) 923-4837

19600 Union Tpke, Fresh Meadows
(parking lot near 196th Pl)

April 21-December 22

Sun 9am-2pm

Forest Hills Greenmarket * ^

(212) 788-7900

Queens Blvd & 70th Ave

Year-Round

Sun 8am-2pm

Sunnyside Greenmarket *

(212) 788-7900

Skillman Ave & 43rd St

Year-round

Sat 8am-3pm

Brooklyn, Queens and Staten Island Boroughs

Scan the QR code with your smart device to share your experience and feedback.



Queens

Farm Stand

Perez Farm Stand-Jamaica Hospital *

(845) 381-0399

134-20 Jamaica Ave Queens

June 19-November 20

Wed 10am-4pm

Forest Park GrowNYC Farm Stand *

(212) 788-7900

Myrtle Ave and Park Lane South
Richmond Hill

July 6-November 23

Sat 8:30am-2pm

Ridgewood GrowNYC Farm Stand *

(212) 788-7900

Cypress Ave & Myrtle Ave

July 6-November 23

Sat 9am-1:30pm

* SNAP accepted

^ WIC VF Farmer here

farmersmarkets@agriculture.ny.gov (518) 457-7076 x1

Published

6/27/2024



Farmer's Market



**Transportation services has been suspended until
further notice**



**CCNS PETER J. DELLAMONICA
OLDER ADULT CENTER TRANSPORTATION**

**TRIPS
START
AT
10:30AM**



**TRIPS
ENDS
AT
2:30PM**

**DELLAMONICA PROVIDES TRANSPORTATION FOR
A SUGGESTED CONTRIBUTION OF \$1.50 ONE WAY
TO LOCAL STORES & DOCTOR'S APPOINTMENTS.**



**CALL 718-626-1500
ASK FOR SYED TO
SCHEDULE A RIDE**

**IF YOU NEED TO CANCEL, PLEASE CALL AT 9:00AM OF
THE MORNING YOU WERE TO RIDE.**

23-11 31ST ROAD ASTORIA, NY 11106

FUNDED BY NYC AGING

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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

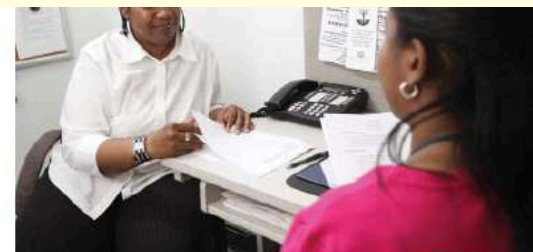
Southwest Queens Senior Services

183-16 Jamaica Avenue
Hollis, NY 11423

T: 718-217-0126 • F: 718-217-0495

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens



What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support



NEED HELP?

Catholic Charities Call Center 718-722-6001



Monday - Friday, 9AM - 6PM

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

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

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

¿Necesitas ayuda?

Catholic Charities

Centro de Atención

718-722-6001



Lunes - Viernes, 9AM - 6PM

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

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

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



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

ESTABLISHED 1899

CELEBRATING
125
YEARS



CATHOLIC
CHARITIES
Brooklyn &
Queens

FOOD PANTRY

Locations and Hours

Our Lady of Angels

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

St. John the Baptist

333 Hart Street, Brooklyn, NY 11206
Tuesdays, 8:30 AM - 12 PM

Our Lady of Miracles

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

Our Lady of Solace

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

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1st and 3rd Thursday of the month, 9:30 AM - 11:30 AM

St. Gregory the Great

244 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Our Lady of Mercy

680 Mother Gaston Blvd., Brooklyn, NY 11212
Mondays and Fridays, 9 AM - 11 AM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Rose of Lima

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

St. Teresa

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

BVM St. Mary-Winfield

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

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael

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

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

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

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2nd and 4th Tuesday of the month, 10 AM - 12 PM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1st and 3rd Thursday of every month, 12 PM - 2 PM


St. Michael

136-76 41st Ave., Flushing, NY 11355
Tuesdays and Wednesdays, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)
Opens October 5, 2023, 1st Thursday of the month,
2 PM - 5 PM

For the full list of affiliate locations, visit: www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.nyc.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.



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FOOD PANTRY

Ubicaciones y Horarios

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St. John the Baptist

333 Hart Street, Brooklyn, NY 11206
Martes, 8:30 AM - 12 PM

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

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Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368
(Estacionamiento de la iglesia)
Abre el 5 de octubre de 2023, 1er jueves de cada mes,
2 PM - 5 PM

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



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

23-11 31st Road, Astoria, New York, 11106

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

(718) 626-1500

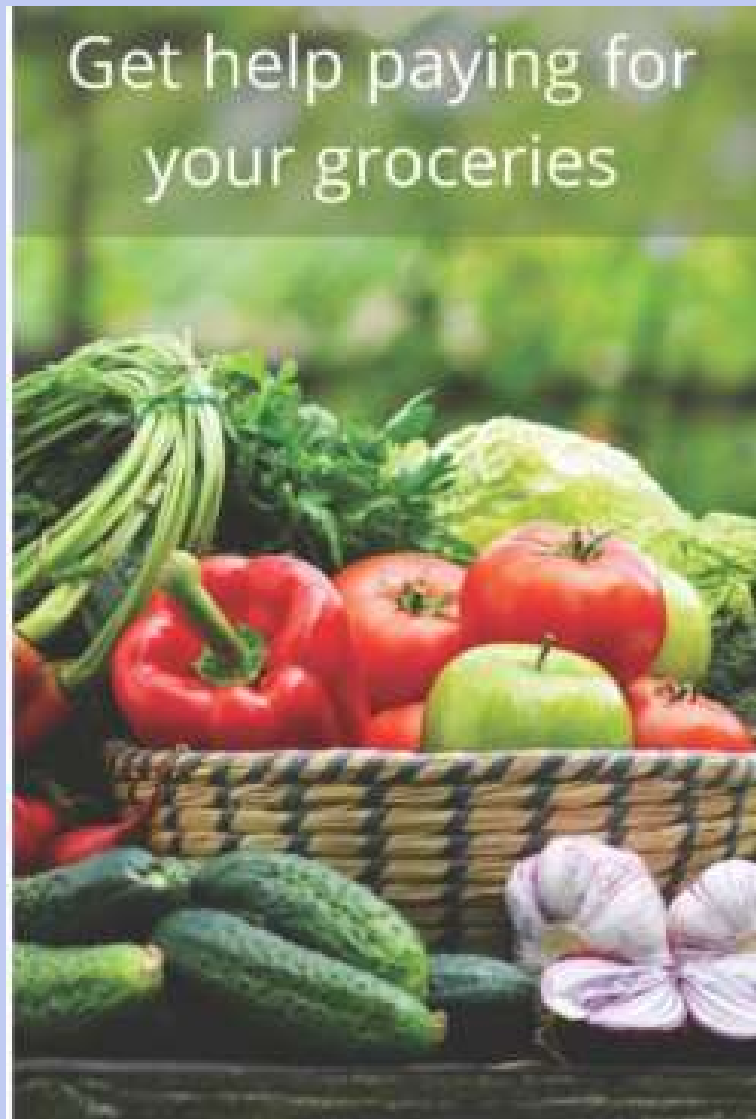
Funded by NYC Aging



WHAT IS SNAP?

The **Supplemental Nutrition Assistance Program (SNAP)** helps low-income individuals and families buy the food they need to stay healthy.

Over 4 million older Americans use SNAP to buy healthy food at their local store or market.



AM I ELIGIBLE?

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



HOW TO APPLY

Make an appointment with Jennifer at 718-626-1500 x7375

The amount you receive may depend on two things:

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



SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING



88% of SNAP participants report facing challenges to a healthy diet



61% reported cost of healthy foods as a barrier





MEDICARE

MEDICARE IS A NATIONWIDE HEALTH INSURANCE PROGRAM RUN BY THE FEDERAL GOVERNMENT. YOU CAN QUALIFY FOR MEDICARE IF YOU ARE AGE 65 OR OLDER AND/OR IF YOU HAVE CERTAIN DISABILITIES OR END-STAGE RENAL DISEASE (ERSD).

MEDICARE HAS FOUR PARTS:

PART A

- HOSPITAL INSURANCE
- INPATIENT CARE IN A HOSPITAL
- **SKILLED NURSING FACILITIES**
- HOSPICE CARE
- SOME HOME HEALTH CARE

PART C

- MEDICARE ADVANTAGE PLANS
- HOSPITAL AND MEDICAL CARE (PART A & B)
- PRESCRIPTION DRUGS (USUALLY)
- OTHER BENEFITS AND SERVICES AT AN EXTRA COST (USUALLY)

PART B

- MEDICAL INSURANCE
- DOCTORS' VISITS AND OTHER SERVICES OUTSIDE OF A HOSPITAL
- HOME HEALTH CARE
- DURABLE MEDICAL EQUIPMENT, LIKE A WHEELCHAIR
- LIMITED PRESCRIPTION DRUGS

PART D

- PRESCRIPTION DRUG COVERAGE
- PRESCRIPTION DRUGS NOT COVERED UNDER PART B



WHO IS ELIGIBLE

- PEOPLE 65 AND OLDER
- PEOPLE WITH PERMANENT DISABILITIES WHO RECEIVE SOCIAL SECURITY DISABILITY INSURANCE (AFTER A TWO-YEAR WAITING PERIOD)
- PEOPLE WITH END-STAGE RENAL DISEASE OR AMYOTROPHIC LATERAL SCLEROSIS (ALS) (NO WAITING PERIOD)



NOTE: MOST PEOPLE DON'T PAY A PREMIUM FOR PART A: HOSPITAL INSURANCE BECAUSE THEY OR A SPOUSE ALREADY PAID FOR IT THROUGH THEIR PAYROLL TAXES WHILE WORKING.

Make an appointment with Jennifer at

718-626-1500 x7375



#RENTFREEZENYC

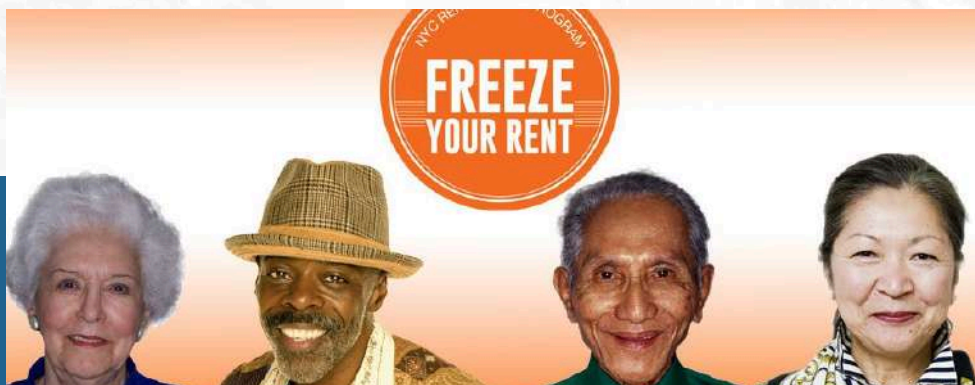
Senior Citizen Rent Increase Exemption (SCRIE)



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

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$50,000 or less;
- Live in a rent regulated apartment; and
- Spend more than 1/3 of income on rent.

ENROLL IN THE NYC RENT FREEZE PROGRAM



Interested?
Contact Jennifer at
718-626-1500 x7375

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

PETER J. DELLAMONICA OLDER ADULT CENTER
23-11 31st Road, Astoria, New York, 11106
Monday - Friday: 8:00 am - 4:00 pm
(718) 626-1500

FREEZING
YOUR
RENT



FREEZE
YOUR RENT

Melons

Key Points

- For the best buy, choose melons that have a good scent and are heavy for their size with no bruises.
- To prepare melons, rinse the rinds and cut them in half or in wedges and remove the seeds.
- To store fresh, leave whole melons at room temperature out of direct sunlight for up to 1 week. Refrigerate cut melons for up to 5 days.
- Melons contain vitamin A, which is good for healthy eyes and skin.



Melon Bowls

Ingredients:

- 1 melon (cantaloupe or honeydew)
- 1 cup low fat yogurt
- 3 cups chopped mixed fruit

Directions:

1. Cut melon in half and remove seeds.
2. Scoop out an inch of melon around the center, widening the 'bowl'. Chop and set aside.
3. In a large bowl, mix the chopped melon, yogurt and chopped mixed fruit.
4. Scoop fruit mixture into melon bowls.
5. Chill for 1 hour.
6. Serve cold and enjoy!
7. Refrigerate leftovers.

Makes 6 servings.

Watermelon Black Bean Salsa

Ingredients:

- 2 cups chopped watermelon, seeds removed
- 1 cup cooked black beans
- 1/2 cup chopped onion
- 1 tablespoon chopped green chilies
- 1 garlic clove, minced
- 2 tablespoons lime juice
- 1 tablespoon vegetable oil
- Salt to taste (optional)

Directions:

1. In a large bowl, mix all ingredients together.
2. Cover and chill in refrigerator.
3. Stir and serve with tortilla chips or with chicken or fish.
4. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Serve melon balls or cubes with cottage cheese.
- Add melon cubes or melon balls to fruit salads.
- Serve melon halves with chicken or seafood salads.
- Remember to rinse all fruits and vegetables before using.

Meet with a Virtual Nutritionist

Website: CookingWithNYCAging.org

Email: virtualliving@aging.nyc.gov

Call: 929-436-2866

This institution is an equal opportunity provider and employer. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-221-5689.

Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label—What does it tell us?

Recipe name: Melon Bowls

Nutrition Facts

Serving Size: 1/6 of recipe (225g)

Servings Per Recipe: 6

Amount/Serving

Calories 110 Calories from Fat 5

% Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 2%

Trans Fat 0g

Cholesterol less than 5mg 1%

Sodium 45mg 2%

Total Carbohydrate 26g 9%

Dietary Fiber 3g 10%

Sugars 21g

Protein 3g

Vitamin A 70% Vitamin C 90%

Calcium 8% Iron 2%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH

Melones y sandías

Puntos Claves

- Para que la compra sea óptima, elija melones y sandías con buen aroma, pesados para su tamaño, sin magulladuras.
- Para preparar melones y sandías, enjuague la cáscara y córtelos por la mitad o en porciones y quíteles las semillas.
- Puede guardar melones y sandías frescos enteros a temperatura ambiente alejados de la luz directa del sol por hasta 1 semana. Refrigere los melones y las sandías cortados por hasta 5 días.
- Los melones y las sandías contienen vitamina A, buena para la salud de los ojos y la piel.



Bols de melón

Ingredientes:

- 1 melón (*cantaloupe* o dulce)
- 1 taza de yogur desnatado
- 3 tazas de fruta mezclada picada

Instrucciones:

1. Corte el melón por la mitad y quítele las semillas.
2. Quite con una cuchara una pulgada de melón alrededor del centro, ampliando el *bol*. Pique y reserve.
3. En un bol grande, mezcle el melón picado, el yogur y las frutas mezcladas picadas.
4. Coloque la mezcla de frutas en los bols de melón con una cuchara.
5. Enfríe durante 1 hora.
6. ¡Sirvalo frío y disfrute!
7. Guarde el resto en el refrigerador.

Rinde 6 porciones.



Salsa de sandía y frijoles negros

Ingredientes:

- 2 tazas de sandía picada sin las semillas
- 1 taza de frijoles negros cocidos
- 1/2 taza de cebolla picada
- 1 cucharada de pimienta verde picado
- 1 diente de ajo picado
- 2 cucharadas de jugo de lima
- 1 cucharada de aceite vegetal
- Sal a gusto (opcional)

Instrucciones:

1. En un bol grande, mezcle todos los ingredientes.
2. Tape y enfríe en el refrigerador.
3. Revuelva y sirva con chips de tortilla o con pollo o pescado.
4. Guarde el resto en el refrigerador.

Rinde 4 porciones.

Consejos rápidos

- Sirva pelotitas o cubos de melón o sandía con requesón.
- Agregue cubos o pelotitas de melón o sandía a las ensaladas de fruta.
- Sirva melones cortados por la mitad con ensaladas de pollo o mariscos.
- Recuerde lavar todas las frutas y verduras antes de consumirlas.

Meet with a Virtual Nutritionist

Website: CookingWithNYCAging.org

Email: virtualliving@aginig.nyc.gov

Call: 929-436-2866










Esta institución es un proveedor y empleador que ofrece oportunidades equitativas. Este material contó con la financiación del Programa de Cupones para Alimentos del Departamento de Agricultura de los Estados Unidos. El Programa de Cupones para Alimentos brinda asistencia nutricional a personas con bajos ingresos. Puede ayudarle a comprar alimentos nutritivos para una dieta mejor. Para saber más, póngase en contacto con el 1-800-221-5689.

¡Visite nuestro sitio Web www.jsyfruitveggies.org para conocer más recetas deliciosas!

Easy Ways to...

Eat a Variety of Proteins

Eat a variety of proteins as part of a healthy diet. Eat plant proteins more often.

Beans and Lentils	Nuts and Seeds	Lean Animal Proteins
 <p data-bbox="73 764 509 804">Make a three bean salad.</p>	 <p data-bbox="550 764 1010 846">Spread nut butter on apple or banana slices.</p>	 <p data-bbox="1050 764 1500 804">Choose fish twice a week.</p>
 <p data-bbox="102 1129 480 1253">Add beans to sautéed greens and eat with brown rice.</p>	 <p data-bbox="581 1125 976 1207">Add nuts to vegetables and salads.</p>	 <p data-bbox="1040 1104 1507 1274">Eat lean meat and poultry in the right portions – about the size of your palm.</p>
 <p data-bbox="76 1570 509 1652">Make a bean dip to enjoy with vegetables.</p>	 <p data-bbox="558 1556 997 1638">Snack on a handful of unsalted nuts or seeds.</p>	 <p data-bbox="1073 1556 1474 1680">Bring a hard boiled egg with you for an easy snack.</p>

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.







NYC
Health

Just Say Yes to fruits and vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental 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 800-342-3009 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 disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

Maneras sencillas de... consumir una variedad de proteínas

Consuma una variedad de proteínas como parte de una dieta saludable.
Consuma proteínas vegetales con más frecuencia.

Frijoles y lentejas	Frutos secos y semillas	Proteína animal magra
 <p>Prepare una ensalada con tres tipos de frijoles.</p>	 <p>Unte mantequilla de maní en trozos de manzana o plátano.</p>	 <p>Consuma pescado dos veces por semana.</p>
 <p>Agregue frijoles a las verduras de hoja salteadas y cómalos con arroz integral.</p>	 <p>Agregue nueces a las verduras y a las ensaladas.</p>	 <p>Consuma carne de res y aves de corral magras en las porciones correctas, aproximadamente del tamaño de la palma de la mano.</p>
 <p>Prepare una salsa de frijoles para disfrutarla con las verduras.</p>	 <p>Consuma un puñado de frutos secos o semillas sin sal como refrigerio.</p>	 <p>Lleve un huevo duro para consumir como refrigerio.</p>

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 (PSP, 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 800-342-3009 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, D.C. 20250 o llame al 202-720-5964 (llamada de voz y TDD).

Senior Citizen Rent Increase Exemption (SCRIE)



NYC

SCRIE provides elderly renters with exemptions from most future rent increases. The NYC Department of Finance administers SCRIE for rent-regulated (rent stabilized and rent controlled) apartments, while the NYC Department of Housing Preservation and Development administers SCRIE for Mitchell-Lama rentals and co-op apartments. Applicants who are under the age of 62 and disabled should contact the NYC Department of Finance and inquire about the Disability Rent Increase Exemption Program (DRIE).

SCRIE covers increases for renewal leases, Maximum Base Rent (MBR), fuel, landlord hardship, and major capital improvements. SCRIE does not cover increases for direct services or new equipment. Rent must be at least 1/3 of net monthly income. For rent-stabilized apartments, tenants must have a valid one or two-year lease.

Age: Head of household must be 62 or older.

Assets: No limit

Income: Yearly limit -- \$50,000 household total (deduct income taxes, payroll taxes, court ordered support payments to estimate eligibility. Use prior tax year, or if retiring, project current year's income.)

For more information, please visit www.nyc.gov/finance where you can complete and print a copy of the SCRIE application.

*For more information, please contact the NYC Department of Finance at **212-639-9675** or **311**.*

Funded by NYC Aging

Name: _____ Date: _____

- ADVENTURE
- AMUSEMENT PARK
- AUGUST
- BACK TO SCHOOL
- BACKYARD
- BICYCLE
- CAMPFIRE
- CAMPING
- CORN ON THE COB
- FARMERS MARKET
- FIREFLY
- FLOWERS
- FRUIT
- FUN
- GRILLING
- HOT
- HUMID
- LAKE
- PLAYGROUND
- POPSICLE
- RELAXATION
- ROAD TRIP
- SAILBOAT
- STATE FAIR
- SUMMER
- SUNFLOWER
- SUNNY

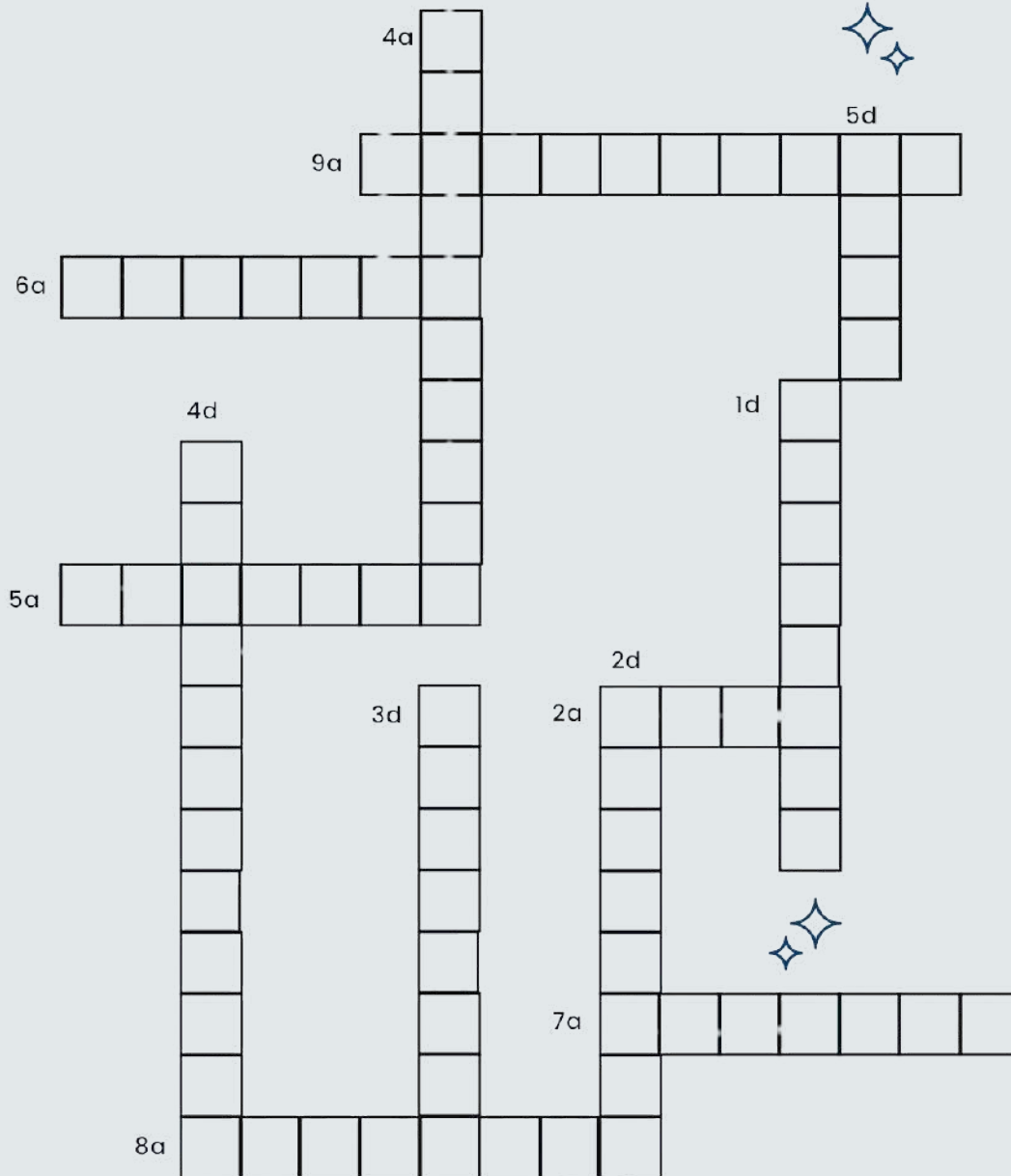


WORD SEARCH DIRECTIONS: Find and circle the vocabulary words in the grid. Look for them in all directions including backwards and diagonally.

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

Kindness Crossword

Answer the questions below by filling in the blanks in the puzzle.



ACROSS

- 2a - a considerate, generous, friendly, helpful, compassionate personality
- 5a-ready to help, pitch in, make it easier for others
- 6a-giving up a portion or part of what you have to someone else
- 7a - the ability to feel or know what someone else might be feeling
- 8a- being ready to give more of something than was expected or necessary
- 9a-to give someone kind words for something they did, their personality, the way they look

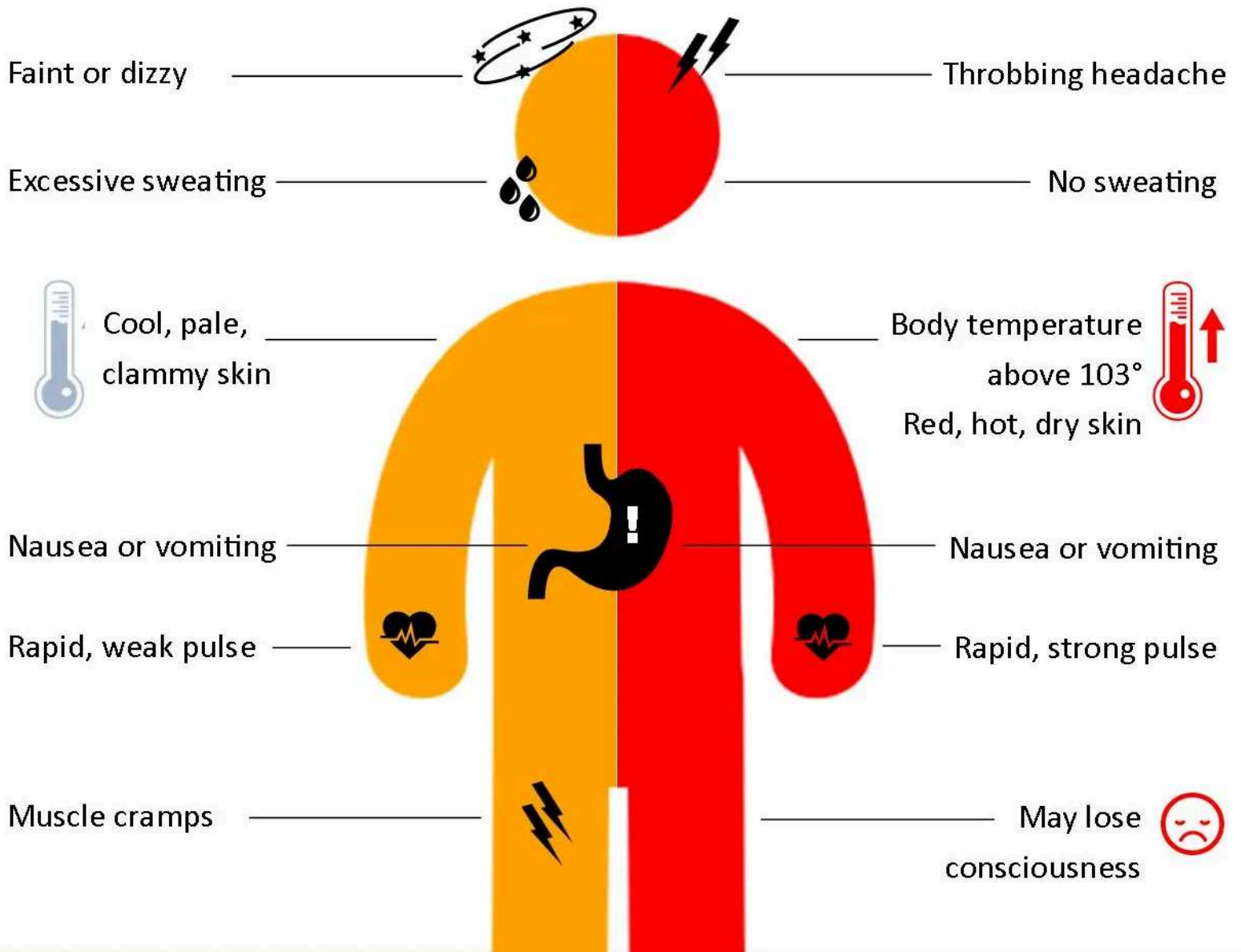
DOWN

- 1d - to act in a "warm" way that is welcoming or inviting, like waving or saying "hi"
- 2d - a considerate, generous, friendly, helpful, compassionate way of acting
- 3d-someone who goes out of their way to include, invite and welcome others to join or sit or play with them
- 4d - donating your time without getting paid to help others, unpaid work
- 5d - pleasant, agreeable, often to get something in return, might seem fake
- 6d-showing consideration towards other people's thoughts, feelings or needs

HEAT EXHAUSTION

OR

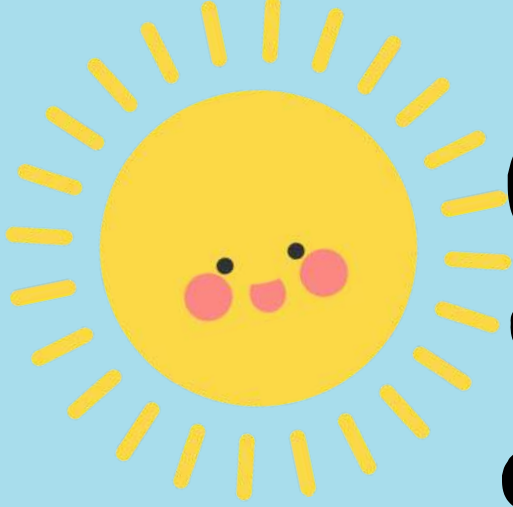
HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives



SUN SAFETY

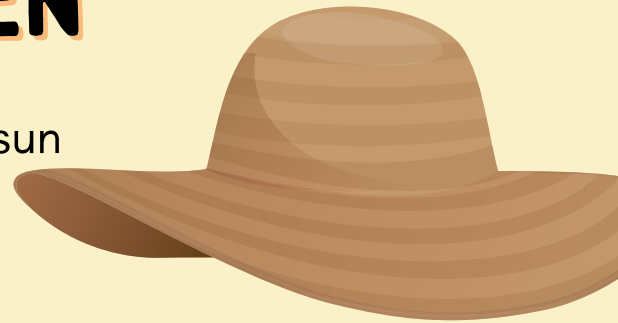
✓ COVER UP

Wear clothing that covers your skin.



✓ APPLY SUNSCREEN

SPF 30 or higher, 20 minutes before sun exposure. Reapply every 2 hours.

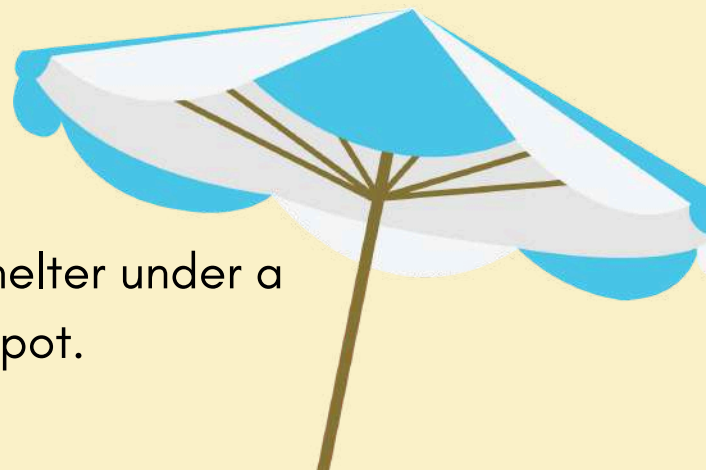


✓ WEAR A HAT & SUNGLASSES

Broad-brimmed hats provide better protection.

✓ SEEK SHADE

Reduce UV radiation by taking shelter under a tree, umbrella or another shady spot.



August 2024

**Happy
Birth
day**

Juanita B.

Maria I.

Kishiko M.

Rosa C.

Helen L.

Ileana V.

Tarntip P.

Digna C.

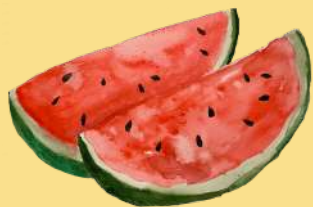
Wanda O.

Edelmira M.

Germania V.



*To all our
Participants*



August

2024

23-11 31st Road
Astoria, NY 11106



718-626-1500
Monday-Friday

8am-4pm

Social Worker

Our case worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-626-1500 to make an appointment.

Nuestro trabajador social está disponible aquí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-626-1500 para hacer una cita.



Older Adult Center Staff

Michael Singh	Program Manager
Jennifer Deror	Case Manager
Miriam Castro	Administrative Assistant
Miriam Summerford	Recreation Coordinator
Val Yaskubov	Cook
Jasmine Federico	Assistant Cook
Cristelia Caraballo	Kitchen Aide
Kevin Jackson	Custodian
Syed Haider	Transportation
	Transportation

Peter J. DellaMonica Advisory Council

President	Rosa Coto
Vice President	Vacant
Treasurer	Bernadine Moses
Secretary	Maria Elena Rodriguez
Head Councilmember	Nancy Dharma

Councilmembers

Jay Marcus	Rudi Amaro
Gloria Gasca	Enilda Rodriguez
Lucia Say	

Director of Field Operations Annie Liu

Catholic Charities Mission Statement

Catholic Charities 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.



**THANK YOU FOR YOUR DONATIONS
TO ALL WHO HAVE DONATED!**



BE PAWSITIVE


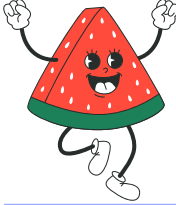

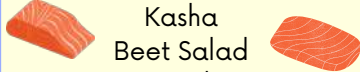


Monday	Tuesday	Wednesday	Thursday	Friday
SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.	<u>Physical Exercise</u> underlined in green	*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.	1	2
<p>Scan with phone to access our Newsletter</p> 	<p>Contact Miriam Summerford for any questions or concerns about activities/events.</p> <p>718-626-1500</p>		<p>9:00 Word Scramble w/Michael S. <u>10:00 Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee</u> <u>10:00 Smartphones Tech w/JD</u> 11:00 Gardening Tips w/Tony 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD</p>	<p>9:00 Sudoku Puzzles w/Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Scam & Fraud Prevention w/JD 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/ Helen D.</u></p>
5	6	7	8	9
<p>9:00 Spot the Difference: Brain Teaser w/Michael S. 9:30 Ballroom Dancing 10:00 Gardening w/Tony <u>10:30 Line Dancing w/Wen T.</u> <u>11:00 Acrylic Painting w/Tony</u> 12:00 Lunch 1:00 August fun Celebration w/DJ Woody. 3:00 Scrabble/Monopoly: Board Game w/MC</p>	<p>9:00 Word Search w/ Michael S. <u>10:00 Board Games w/Miriam</u> <u>10:00 Gentle Stretching. w/Carl S.</u> 11:00 Nutrition Lecture: How Much Should I Eat? w/JD 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting w/Helen D.</u></p>	<p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jennifer</u> <u>11:00 Social-Emotional Activity w/Michael</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain-SD</p>	<p> 9:00 Word Scramble w/Michael S. <u>9:00 Yoga w/Ability.</u> 10:00 Talent is Timeless Regional Competition 12:00 Lunch 1:00-2:30 BINGO</p>	<p>9:00 Sudoku Puzzles w/Michael S. <u>10:30 Zumba w/Ability B.</u> <u>10:00 Drawing w/Jennifer</u> 10:00 Memory Games w/JD 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u></p>
12	13	14	15	16
<p>9:00 Spot the Difference: Brain Teaser w/Michael S. 9:30 Ballroom Dancing <u>10:30 Line Dancing w/Wen T.</u> 10:30 Gardening w/Tony <u>11:00 Acrylic Painting w/Tony</u> 12:00 Lunch 1:00 Kindness & Respect Celebration w/DJ Valentine 3:00 Scrabble/Monopoly: Board Game w/MC</p>	<p>9:00 Word Search w/Michael S. <u>10:00 Gentle Stretching. w/Carl S.</u> 10:00 Board Games w/Miriam 11:00 Crocheting w/Vanessa 12:00 Lunch <u>2:30 Watercolor Painting. w/Helen D.</u></p>	<p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jennifer</u> <u>10:30 Social-Emotional Activity w/Michael</u> <u>11:15 Medication Management w/ GetWellRx</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain-SD</p>	<p> 9:00 Word Scramble w/Michael S. <u>10:00 Yoga w/ Ability B.</u> 11:00 General membership Meeting <u>10:00 Smartphones Tech w/JD</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD</p>	<p>9:00 Sudoku Puzzles w/Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Scam & Fraud Prevention w/JD 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u></p>
19	20	21	22	23
<p>9:00 Spot the Difference: Brain Teaser w/Michael S. 9:30 Ballroom Dancing 10:30 Gardening w/Tony <u>11:00 Acrylic Painting w/Tony</u> <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch 1:00 Summer Celebration w/DJ Radar from VNS Health 3:00 Scrabble/Monopoly: Board Game w/MC</p>	<p>9:00 Word Search w/Michael S. <u>10:00 Board Games w/Miriam</u> <u>10:00 Gentle Stretching. w/Carl S.</u> 11:00 Crocheting w/Vanessa 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting. w/Helen D.</u></p>	<p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jennifer</u> <u>11:00 Gut Health Webinar with Mt. Sinai</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain-SD</p>	<p>9:00 Word Scramble w/ Michael S. <u>10:00 Yoga w/ Ability B.</u> <u>11:00 Guided Meditation w/Nilcee</u> <u>10:00 Smartphones Tech w/JD</u> <u>11:00 Emergency & Disaster safety training w/Citizen Preparedness Corps.</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD</p>	<p>9:00 Sudoku Puzzles w/ Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 MET Art in Box w/JD 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u></p>
26	27	28	29	30
<p> 9:00 Spot the Difference: Brain Teaser w/Michael S. 9:30 Ballroom Dancing 10:00 Prostate (BPH) Webinar w/ St. John's University 10:30 Gardening w/Tony <u>11:00 Acrylic Painting w/Tony</u> <u>10:30 Line Dancing w/Wen T.</u> 12:00 Lunch 1:00 August Birthday Part. w/ DJ Valentin (Gifts & Cake) 3:00 Scrabble/Monopoly: Board Game w/MC</p>	<p>9:00 Word Search w/Michael S. <u>10:00 Board Games w/Miriam</u> <u>10:00 Gentle Stretching. w/Carl S.</u> 11:00 Crocheting w/Vanessa 12:00 Lunch 1:00-2:30 BINGO <u>2:30 Watercolor Painting. w/Helen D.</u></p>	<p>9:00 Word fill in Puzzle w/Michael S. <u>10:00 Tai Chi w/Wen T.</u> <u>10:00 Health & Nutrition Education w/Jennifer</u> <u>11:00 Social-Emotional Activity w/Michael</u> 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Uplifting Short Stories: Mark Twain-SD</p>	<p>9:00 Word Scramble w/ Michael S. <u>10:00 Yoga w/ Ability B.</u> <u>10:00 Smartphones Tech w/JD</u> 11:00 Jewelry Making w/Miriam 12:00 Lunch 1:00-2:30 BINGO 3:00 Self Expression-Journaling & Creative Writing-SD</p>	<p>9:00 Sudoku Puzzles w/ Michael S. <u>10:30 Zumba w/Ability B.</u> 10:00 Advisory Board Meeting 11:00 Leisure Games w/MJ 12:00 Lunch 1:00-2:30 Bingo <u>2:30 Painting for Beginners w/Helen D.</u></p>

SUGGESTED CONTRIBUTION: \$1.50

AUGUST 2024/ AUGUSTO 2024

Funded by NYC Aging

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>Located at: 23-11 31st Road, Astoria NY 11106</p> <p>Phone: 718-626-1500</p>   			<p>Beef Hamburger French Fries Garden Salad Pear Grape Juice, unsweetened</p>	<p>Baked Fish Oreganata Brown Rice Green Bean Salad Apple Orange Pineapple Juice</p>
5	6	7	8	9
<p>Chicken Adobo Brown Rice Normandy Blend Apple Grape Juice, unsweetened</p>	<p>Turkey Chili con Carne White Rice Italian Blend Vegetables Banana Apple Juice</p>	<p>California Veggie Burger French Fries Green Bean Salad Watermelon Orange Juice</p>	<p>Spanish Steak Spanish Brown Rice and Beans Brussels Sprouts Grape Juice, unsweetened</p>	<p>Baked Salmon Kasha Beet Salad Honeydew Orange Pineapple Juice</p> 
12	13	14	15	16
<p>Hawaiian Chicken Legs Rice and Beans Garden Salad Banana Apple Juice</p>	<p>BBQ Pork Chops Baked Macaroni and Cheese Orange Grape Juice, unsweetened</p>	<p>Zesty Chickpea Stew Brown Rice Roasted Broccoli Apple Orange Juice</p>	<p>Sofrito Steak with Peppers and Onions Roasted Potatoes Sauteed Spinach Pear Orange Pineapple Juice</p>	<p>Baked Fish Pasta Italian Blend Vegetables Plum Apple Juice</p>
19	20	21	22	23
<p>BBQ Chicken Leg Quarters Brown Rice Steamed Collard Greens Orange Apple Juice</p>	<p>Turkey Meatloaf Sauteed Spinach Smashed Mixed Potatoes and Cauliflower Apple Grape Juice, unsweetened</p>	<p>Black Bean Soup Kasha Beet Salad Banana Orange Juice</p>	<p>Chili con Carne White Rice Brussels Sprouts Honeydew Orange Pineapple Juice</p>	<p>Fish with Creole Sauce Cous Cous Baby Spinach Salad with Lemon Vinaigrette Orange Orange Juice</p>
26	27	28	29	30
<p>Chicken Stir Fry with Vegetables Baked Brown Rice Pilaf Asian Cucumber Salad Banana Orange Juice</p>	<p>Pernil (Roasted Pork Shoulder) Broccoli with Toasted Garlic Roasted Potatoes Orange Grape Juice, unsweetened</p>	<p>Homemade Lentil Soup Rice and Beans Italian Blend Vegetables Apple Orange Juice</p>	<p>Baked Ziti with Beef Meatballs California Blend Vegetables Peach Grape Juice, Unsweetened</p>	<p>Baked Fish Amandine Couscous with Peas and Lemon Garden Salad Orange Orange Pineapple Juice</p>



Lunch includes Low-fat 1% Milk and a slice of Whole Wheat Bread.

