

CELEBRATING
125
YEARS



Hillcrest Older Adult Center

91-34 182nd Place, 2nd Floor

Jamaica, NY 11423

Tel: (718) 297-7171

The Hillcrest Older Adult Center Presents: Senior Voices



Our mission

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.

Meet our wonderful staff!!

Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Comfort King	Case Manager
Vere Guri	Custodian
Sam Williams	Kitchen Aide

JULY 2024 PRESENTATIONS AND CLASSES - CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 10:00 Today in the News 11:00 Leisure Games 12:00 Lunch 1:00 Zumba w/Ability & B Fitness 2:00 Karaoke w/Clelia	2 10:00 Strength Training W/Gerard 11:00 OAK Street presentation w/DJ and raffles 12:00 Lunch 1:00 -3:00 Terpsichorean Dance w/Terpsichorean Dancers	3 10:00 Yoga w/Ability & B Fitness 11:00 Bingo W/Olivia & Beth 12:00 Lunch 1:00-3:00 4 th of July Celebration W/ Justin	4 INDEPENDENCE DAY CENTER CLOSED	5 STAFF APPRECIATION DAY CENTER CLOSED
8 10:00 Today in the News 11:00 Leisure Games w/Clelia 12:00 Lunch 1:00 Zumba w/Ability & B Fitness 2:00 Karaoke w/Clelia	9 10:00 Strength Training W/Gerard 11:00 Leisure Games 12:00 Lunch 1:00 -3:00 Terpsichorean Dance w/Terpsichorean Dancers	10 10:00 Yoga w/Ability & B Fitness 11:00 Bingo W/Olivia & Beth 12:00 Lunch 1:00-3:00 Dance Club W/ Justin	11 10:00 Strength Training W/Gerard 11:00 Art & Craft 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	12 10:00 Today in the News 11:00 Computer Class W/Comfort 12:00 Lunch 1:00-3:00 Fiesta & Piñata w/Justin
15 10:00 Today in the News 11:00 Leisure Games 12:00 Lunch 1:00 Zumba w/Ability & B Fitness 2:00 Karaoke w/Clelia	16 10:00 Strength Training W/Gerard 11:00 Leisure Games 12:00 Lunch 1:00 -3:00 Terpsichorean Dance w/Terpsichorean Dancers	17 10:00 Yoga w/Ability & B Fitness 11:00 Bingo W/Olivia & Beth 12:00 Lunch 1:00-3:00 All white affair Party w/DJ Woody	18 10:00 Strength Training W/Gerard 11:00 Art & Craft 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	19 10:00 Today in the News 11:00 Computer Class W/Comfort 12:00 Lunch 1:00-3:00 Friday Social W/ DJ Justin
22 10:00 Today in the News 11:00 Aliah Home Care w/DJ 12:00 Lunch 1:00 Zumba w/Ability & B Fitness 2:00 Leisure Games w/Clelia	23 10:00 Strength Training W/Gerard 11:00 Leisure Games 12:00 Lunch 1:00 -3:00 Terpsichorean Dance w/Terpsichorean Dancers	24 10:00 Yoga w/Ability & B Fitness 11:00 Bingo W/Olivia & Beth 12:00 Lunch 1:00-3:00 All Flowers Party w/DJ Woody	25 10:00 Strength Training W/Gerard 11:00 Art & Craft 12:00 Lunch 1:00 Crochet w/Eunice 1:00 -3:00 Terpsichorean Dance W/Dancers	26 10:00 Today in the News 11:00 Computer Class W/Comfort 12:00 Lunch 1:00-3:00 Friday Social w/DJ Justin
29 10:00 Today in the News 11:00 Silver Corps workforce presentation. 12:00 Lunch 1:00 Zumba w/Ability & B Fitness 2:00 Leisure Games w/Clelia	30 10:00 Strength Training W/Gerard 11:00 Leisure Games 12:00 Lunch 1:00 -3:00 Terpsichorean Dance w/Terpsichorean Dancers	31 10:00 Yoga w/Ability & B Fitness 11:00 Bingo W/Olivia & Beth 11:00 General Membership Meeting 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday's Celebration/ DJ Justin	PLEASE NOTE: ACTIVITES SUBJECT TO CHANGE LAST MINUTE	

CCNS Hillcrest Older Adult Center: LUNCH MENU July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 Egg Salad (3oz) Basic Pasta Salad Whole Wheat Bread Garden Salad Apple 1% Low Fat Milk	2 Mediterranean Lentil Stew (pre-prepared) Brown Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables * Banana 1% Low Fat Milk	3 Baked Pork Brown Gravy Roasted Potatoes Whole Wheat Bread Sauteed String Beans * Orange 1% Low Fat Milk	4 INDEPENDENCE DAY CENTER CLOSED	5 STAFF APPRECIATION DAY CENTER CLOSED
8 Classic Chicken Cacciatore Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk	9 Rasta Pasta Italian Blend Vegetables Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk	10 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Baked Sweet Potato Orange 1% Low Fat Milk	11 Beef Salisbury Steak Mushroom Gravy Garlic Mashed Potatoes Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	12 Baked Fish Oreganata White Rice (1/2 cup) Whole Wheat Bread Sauteed Green Beans with Onions * Pear 1% Low Fat Milk
15 Baked Chicken Thighs Brown Gravy Brown Rice (1 cup) California Blend Vegetables * Apple 1% Low Fat Milk	16 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Banana 1% Low Fat Milk	17 Italian Style Pork Loin Tomato Sauce (pre-prepared, 1/2 cup) Garlic Mashed Potatoes Whole Wheat Bread Garden Salad * Orange 1% Low Fat Milk	18 Spanish Style Beef Stew Whole Wheat Bread Yellow Rice Prince Edward Blend Vegetables * Apple 1% Low Fat Milk	19 Annes Lemon Garlic Sauce Baked Salmon Roasted Potatoes Whole Wheat Bread Sauteed Green Beans with Onions * Pear 1% Low Fat Milk
22 Chicken Piccata Whole Wheat Bread California Blend Vegetables * Garlic Mashed Potatoes Apple 1% Low Fat Milk	23 Orange and Soy Glazed Tofu Brown Rice with Black Beans Whole Wheat Bread Prince Edward Blend Vegetables * Banana 1% Low Fat Milk	24 Baked Pork Ginger Sauce Whole Wheat Bread Yellow Rice Oriental Blend Vegetables Orange 1% Low Fat Milk	25 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables * Apple 1% Low Fat Milk	26 Tuna Fish Salad Basic Pasta Salad Whole Wheat Bread Garden Salad Pear 1% Low Fat Milk
29 Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk	30 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables * Banana 1% Low Fat Milk	31 Homemade Mashed Potatoes Whole Wheat Bread Italian Blend Vegetables Orange 1% Low Fat Milk Baked Pork Mushroom Gravy	PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE	



July Birthdays!

Amelia Alvarado, 07/18	Julieta Pechera, 07/25
Ramcowari Bansie, 07/23	Victoria Poliquit, 07/24
Neil Deangkinay, 07/10	Zabeeda Rambharan, 07/31
Carmen Figueroa, 07/01	Ruth Sotero, 07/08
Nita Florentino, 07/30	Elba Spsychalski, 07/18
Maria Gualotuna, 07/15	Nenita Valencia, 07/29
Theresa Konda, 07/01	Sandra Weddburn, 07/10
Lilia Martin Cacayan, 07/10	Sandra Wiesemann, 07/20
Immaculate Mwelu, 07/08	Luis Zapata, 07/06

Join Us on Wednesday,

June 26th

At 1:00PM-3:00PM

For Multicultural Music and Birthday
Celebration

Did You Know?

FUN FACTS ABOUT

JULY

There is a sense of balance about July. That may be because the exact middle of each year occurs on July 2.



The month of July is named after Roman leader Julius Caesar. Before the name change, July was known as Quintilis. Quintilis, the Latin word for five, was the fifth month on the Gregorian calendar. Julius Caesar modified the calendar, adding the months of January and February. The Julian calendar is still in use today.



July is known as a month for firsts, such as the first ever rabies vaccine was administered by Louis Pasteur on July 6, 1885. The first atomic bomb test was detonated in New Mexico on July 16, 1945.



And the first bikini debuted in Paris on July 5, 1946 at the famous Piscine Militar swimming pool.



The month of July holds some very hot records! In the northern hemisphere, July is usually the hottest month of the year. The hottest temperature ever recorded in the United States was in Greenland Ranch, California.

The thermometer soared to 134°F/57°C on July 10, 1913. It was hot enough to fry an egg on a rock in a matter of seconds.



While it may be hot north of the Equator, people living in the southern half of the world see their coldest temperatures in July. In fact, the most severe cold season on record happened in July 1983 near the South Pole.

The temperature at Vostok Station in Antarctica saw an extreme temperature of -129°F/-89.6°C. That's weather only a penguin could love.



Seven presidents have died in the month of July.

They are: John Adams, Thomas Jefferson, James Monroe, Martin Van Buren, Zachary Taylor, Andrew Johnson and Ulysses S. Grant.



Information for facts came from — www.funfactsabout.com/fun-facts-about-july/ and potus.com/presidential-facts/presidents-deaths-by-month



July 2 is also

World UFO Day

... and now you know!

shutterstock.com



Summer Word Search



SUMMER	G A R D E N Y S M B M T O L S
SUNSHINE	N I A R M E L E S E E R W O U
SWIM	U C I N C I P E A S I A M S N
BOAT	L M L I N O I T A C A V R P S
CAMP	P O P S I C L E Q L D E K I H
HIKE	U I P E C A M P I O O L F C I
GARDEN	Y T N S R E T L M D N T R E N
PLAY	P W N S O E P A T G N E D X E
BEACH	A U G R I A D Y B O A Y A T E
JULY	R L J U L Y G R S A S O U P A
AUGUST	K E F G L C E A T H I R G A S
PARK	B A L Y P A E N O C R E U R D
PICNIC	S H O R T S O O H A E H S H R
POPSICLE	U Y P E M N O S A E S S T D E
ICE CREAM	C H E T A M C L Y B G M R E S
SHORTS	X L A O V Z R C O J B R I N S
DRESS	F O S E M A E R C E C I O W L
TRAVEL	B L O S S U M M E R W B M O S
VACATION	
SEASON	

ONESTOPWORDSEARCH



© summer fun designs

31
DAYS IN THE
MONTH



National Hot
Dog Month

Slurpee Day



Water Lily



World
Emoji Day

JULY



Ruby
Birthstone

FUN FACTS



Independence
Day



Summer



National
Picnic
Month



Hottest
Month

National
Ice Cream
Month

Astrology Signs



Cancer



Leo



7th Month
of The Year



MADEWITHHAPPY.COM



FUNDED BY THE NYC DEPARTMENT FOR THE AGING



The start of Summer is marked by Summer Solstice each year.



Summer Olympics happen every four years

Meteorological Start Date
JUNE 1ST
Meteorological End Date
AUGUST 31ST



FACTS ABOUT

SUMMER



The largest ice cream scoop weighed 3010 pounds

June July August

The Eiffel Tower grows taller in the Summer



More thunderstorms happen during the Summer months than at any other time of year.



There are 300 different varieties of watermelon



The longest BBQ lasted over 80 hours

America's Independence Day happens every July 4th



The Frisbie started as a pie plate



Lots of movies are released during the Summer because a cool theatre is a popular destination



On 1st day of Summer in Alaska they play a baseball game that starts at 10:30pm and they do not use artificial light



Monarch Butterflies spend the summer in North America



The largest bonfire ever was the height of a 15 story building



August is the most popular birthday month

Astronomical Start Date

Astronomical End Date

Summer Word Search

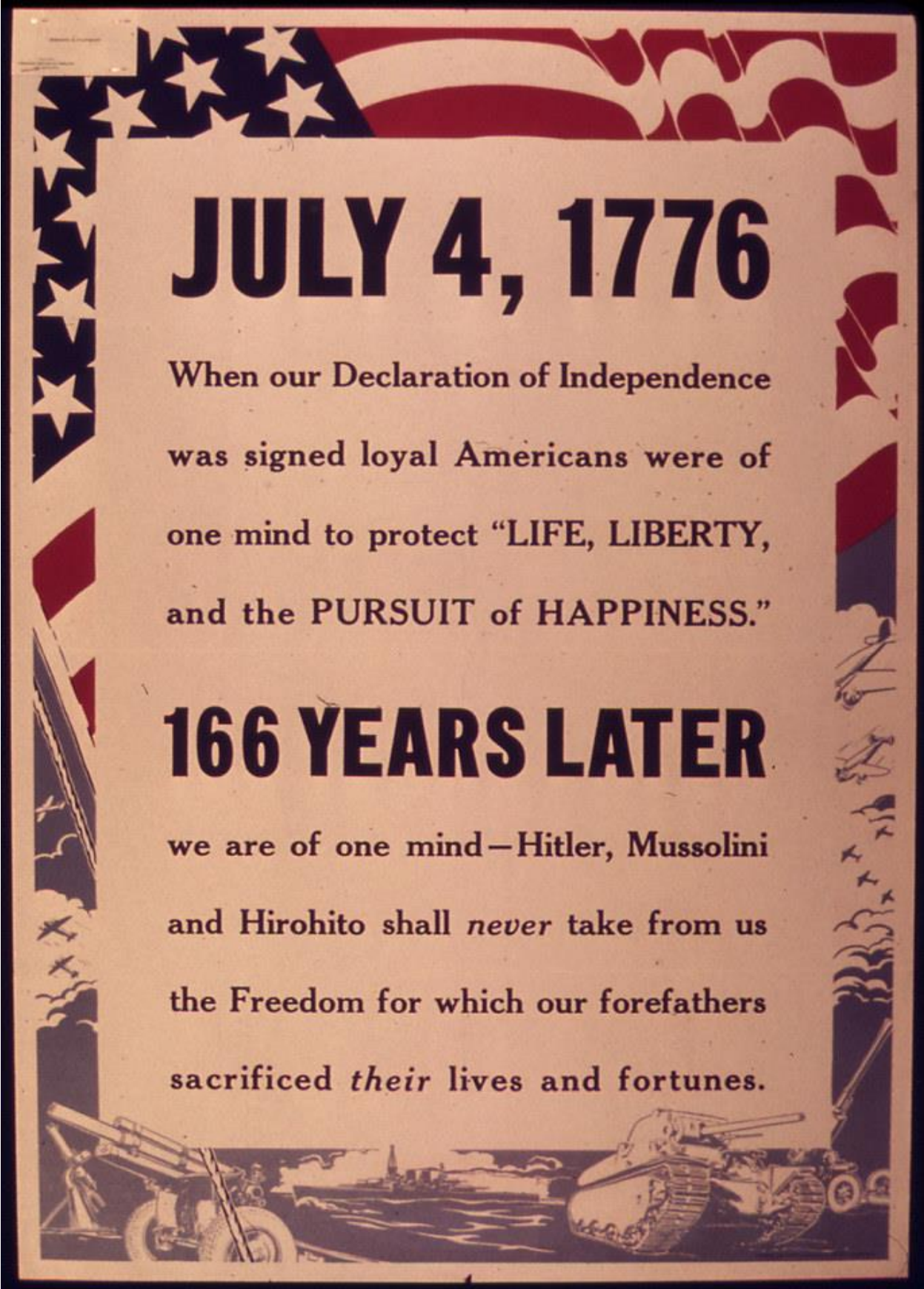
S F L I P F L O P S I S L E P
S U N S C R E E N A N U O S I
A U N G U E S T H D O N V W C
B N E G J O C E A N F S S I N
A P O O L J U R Y S U H O M I
R U G U S A T A E U N I H S C
B M G C R E S A M A S N I U S
E E N U F O N S U M M E R I P
C M A A S T O H E T H I N T R
U V A C A T I O N S R H L A I
E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



- | | | |
|------------|---------|------------|
| AUGUST | ICE POP | SPRINKLER |
| BARBECUE | JULY | SUMMER |
| BEACH | JUNE | SUNGLASSES |
| FAMILY | OCEAN | SUNSCREEN |
| FLIP FLOPS | PICNIC | SUNSHINE |
| FUN | POOL | SWIMSUIT |
| HOT | RELAX | VACATION |
| ICE CREAM | SHORTS | |



CRAYONSANDCRAVINGS.COM



JULY 4, 1776

When our Declaration of Independence
was signed loyal Americans were of
one mind to protect "LIFE, LIBERTY,
and the PURSUIT of HAPPINESS."

166 YEARS LATER

we are of one mind—Hitler, Mussolini
and Hirohito shall *never* take from us
the Freedom for which our forefathers
sacrificed *their* lives and fortunes.

Fourth of July Fun Facts



We celebrate on the Fourth of July in honor of the nation's birthday, July 4, 1776. This date marks when 56 of our founding father's signed the Declaration of Independence.

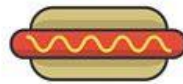


The Fourth of July is also known as Independence Day

Almost **65%** of Americans plan to have a BBQ or picnic on July 4th



150M hot dogs are consumed on the holiday



190M pounds of beef are bought in preparation to celebrate



A total of... **\$6.77 Billion**

is spent on food just for our nation's birthday!

Although the Fourth of July has been celebrated for many years, it was not declared a federal holiday until 1870.

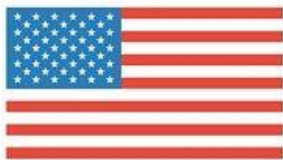


Ever wondered how many Americans watch fireworks on July 4th? About

43%



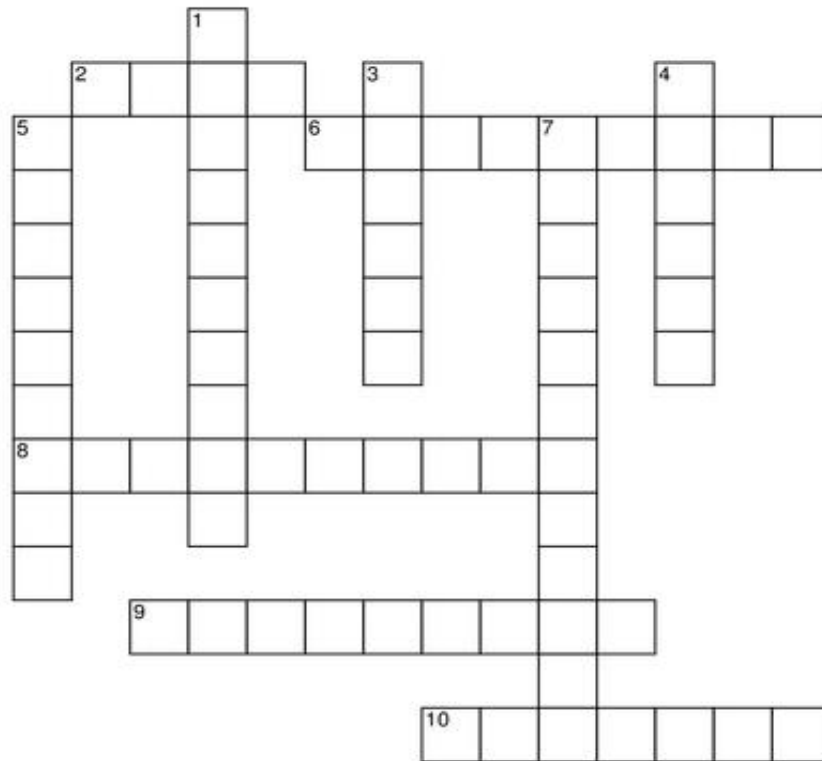
There have been 27 different official U.S. flags throughout history



Advantage Solutions would like to wish you and your family a safe and happy Fourth of July!

Fourth of July

Crossword Puzzle



www.HaveFunTeaching.com

ACROSS

- 2 The 50 stars version of the American _____ was adopted on July 4th, 1960.
- 6 The Fourth of July is considered a very _____ holiday.
- 8 During the American _____, the colonies wanted to separate from Great Britain.
- 9 John Adams and Thomas Jefferson both signed the Declaration of Independence and also became _____ of the United States.
- 10 Independence is a word that also means _____.

DOWN

- 1 George _____ was the first president of the United States of America.
- 3 The Star-Spangled _____ is the national anthem of the United States.
- 4 Independence Day is a holiday celebrated in the United _____.
- 5 It is fun to see the 4th of July parades and watch the _____ in the night sky.
- 7 The Declaration of _____ was adopted on July 4, 1776

WORD BANK: Banner, fireworks, flag, freedom, independence, patriotic, president, revolution, states, washington.





FUNDED BY THE NYC DEPARTMENT FOR THE AGING

4TH OF JULY

WORD SEARCH

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

- | | | | | |
|-------------|-----------|--------------|-----------|--------|
| America | Fireworks | Independence | Red | United |
| Blue | Flag | July | Sparklers | White |
| Britain | Fourth | Liberty | Stars | |
| Celebrate | Freedom | Parade | Stripes | |
| Declaration | Holiday | Picnic | Summer | |



Fourth of July
WORD SCRAMBLE

WFORRIESK

PEIEDDEENCNN

DAREPA

EFOMEDR

FGLA

NPCCII

URMSEM

EIBTLR

ERACMA

NITEUD STTSEA

JUYL

SASTTE

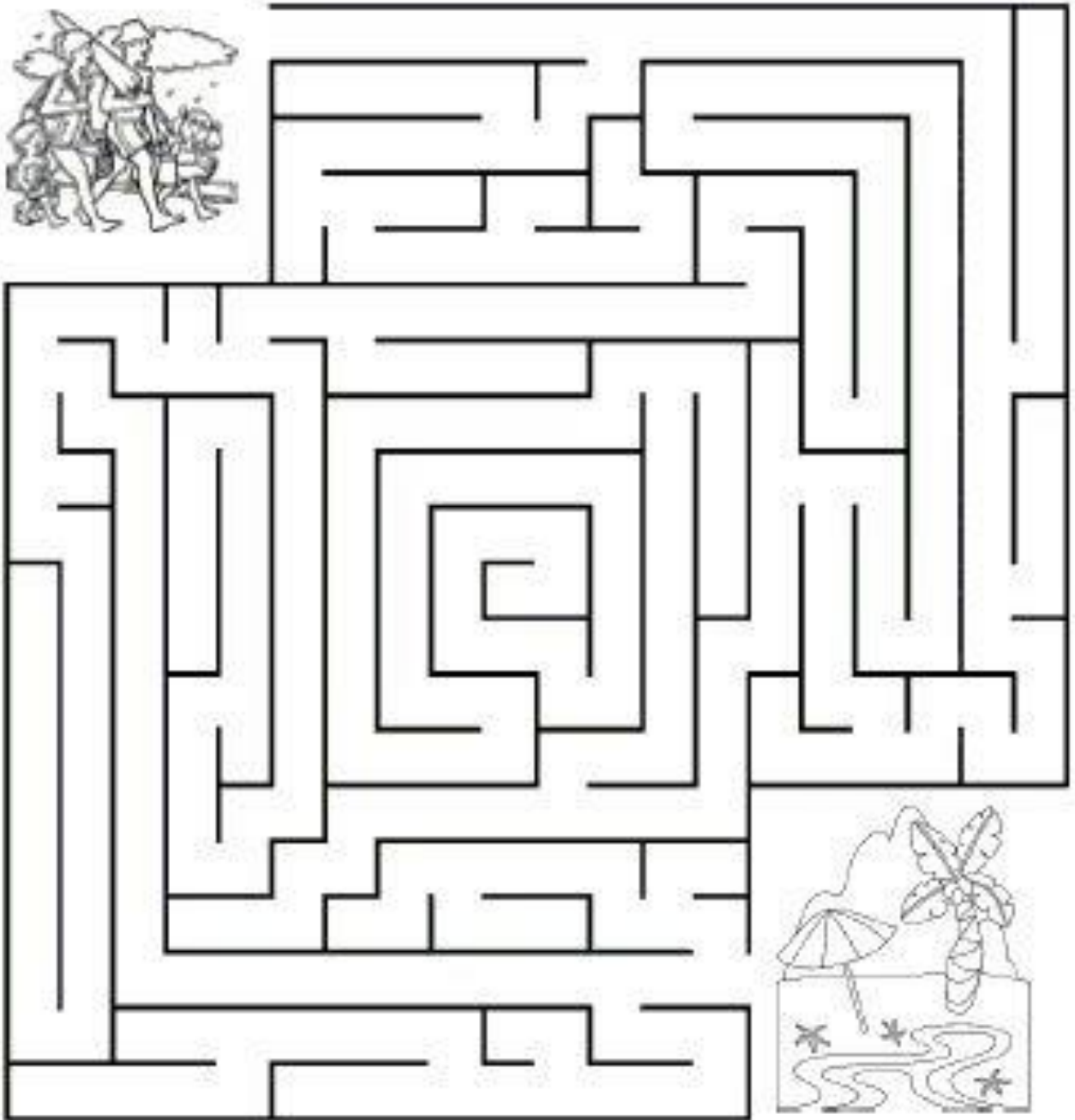
RTILEVOONU

PTTOIARCI

RASTS

SUMMER MAZE

Can you help them find the beach?



• SELF-CARE TIME - SUMMER EDITION •

THE BENEFITS OF FRUIT



PINEAPPLE

Rich in potassium, calcium, vitamin C, beta carotene, thiamin, B6, as well as soluble and insoluble fiber.



WATERMELON

Helps prevent kidney disorders, high blood pressure, the prevention of cancer, diabetes



ORANGE

Boosts immune system function, reduce signs of aging, protect against cancer, and boost cellular repair.



LEMON

Has nourishing elements like vitamin C, vitamin B6, vitamin A, vitamin E, folate, niacin thiamin, and riboflavin.



APPLE

Helps improve digestion, prevention of stomach disorders, gallstones, constipation, liver disorders.



KIWI

An excellent source of vitamin C, vitamin A, folate, vitamin E, and vitamin K. Has antioxidant properties.

In-Season

SUMMER

FRUITS & VEGGIES

Some popular picks are:



APRICOTS



SUMMER SQUASH
& ZUCCHINI



MANGOES



CANTALOUPE



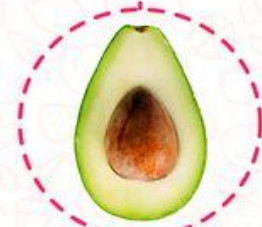
WATERMELON



HONEYDEW



BLACKBERRIES



AVOCADO



CORN



EGGPLANT

Source: USDA.

EASY COLD LUNCH IDEAS

HEALTHY MEATLESS LUNCHES TO BRING TO WORK



Mediterranean
bowl



quinoa salad



mini pitas



chickpea salad



lettuce wraps



hummus wrap



HEAT STROKE VS STROKE

What and Why



Heat stroke is when your body overheats and core body temperature rises to more than

104°F

Stroke is when a blood vessel to the brain bursts or is blocked by a clot. Brain cells die from the lack of blood and oxygen.



Risk Factors

Some people may be at higher risk due to:

- Age
- Certain medications
- Exertion in hot weather
- Lack of air conditioning
- Medical conditions
- Spending time outside in excessive heat
- Sudden exposure to hot weather
- Weight



UP TO 80% OF STROKES MAY TO BE PREVENTED

Factors you may be able to treat and control:

Atrial fibrillation
Cigarette smoking
Diabetes
Heart disease

High blood pressure
High cholesterol
Obesity
Poor Diet

Factors you cannot control:

Age
Race

Family history
Medical history

Signs

Body temperature of 104° F or higher is the main sign. Other signs include:

- Confusion
- Headache
- Hot and dry skin (when not exercising)
- Fast pulse or racing heart
- Flushed or red skin
- Loss of consciousness
- Nausea
- Rapid, shallow breathing
- Vomiting

F. A. S. T.

Face Drooping Arm Weakness Speech Difficulty Time to Call 911

* Other signs of stroke include sudden trouble seeing, dizziness, confusion, severe headache, or weakness on one side of the body.

What to do

While waiting for emergency care, move the person into shade or indoors, remove excess clothing and try to cool them with water, fans, ice packs or cold, wet towels.

CALL 911

or your local emergency services number ASAP

Get to the hospital as quickly as possible by ambulance to improve chance of surviving and having a full recovery.

© Copyright 2020 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved. American Stroke Association is a registered trademark of the AHA. Unauthorized use prohibited. DS16285 6/20

stroke.org

FUNDED BY THE NYC DEPARTMENT FOR THE AGING