

CELEBRATING
125
YEARS



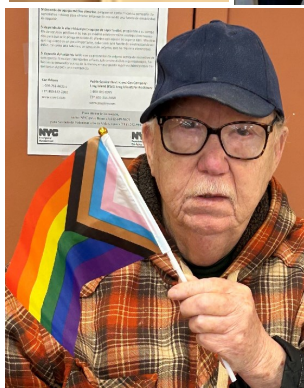
Our Voices



CATHOLIC CHARITIES
BAYSIDE OLDER ADULT
CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



Bayside Older Adult Center Menu for July 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Egg salad (3 oz) Basic Pasta Salad Whole Wheat Bread Garden Salad Apple 1% Low Fat Milk</p>	<p>2 Mediterranean Lentil Stew (pre-prepared) Cous Cous Whole Wheat Bread Italian Blend Vegetables Banana 1% Low Fat Milk</p>	<p>3 Baked Pork Brown Gravy Brown Beans and Rice Whole Wheat Bread Steamed Carrots Orange 1% Low Fat Milk</p>	<p>4 Center Closed</p>	<p>5 Center Closed</p>
<p>8 Classic Chicken Cacciatore Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk</p>	<p>9 Rasta Pasta Whole Wheat Bread Garden Salad Prince Edward Blend Vegetables Banana 1% Low Fat Milk</p>	<p>10 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Baked Sweet Potato Orange 1% Low Fat Milk</p>	<p>11 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>12 Baked Fish Oreganata White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>15 Baked Chicken Thighs Brown Gravy Brown Rice (1 cup) California Blend Vegetables Apple 1% Low Fat Milk</p>	<p>16 Chili-Spiced Pinto Bean Ragout Whole Wheat Bread Garden Salad Potato Salad Banana 1% Low Fat Milk</p>	<p>17 Italian Style Pork Loin Tomato Sauce (pre-prepared) (1/2 cup) Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange 1% Low Fat Milk</p>	<p>18 Spanish Style Beef Stew Garlic Mashed Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>19 Annes Lemon Garlic Sauce Baked Salmon Cous Cous Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>22 Chicken Piccata Whole Wheat Bread Garlic Mashed Potatoes Italian Blend Vegetables Apple 1% Low fat Milk</p>	<p>23 Orange and Soy Glazed Tofu Brown Rice and Black Beans Whole Wheat Bread Prince Edwards Blend Vegetables Banana 1% Low Fat Milk</p>	<p>24 Baked Pork Ginger Sauce Whole Wheat Bread Yellow Rice Oriental Blend Vegetables Orange 1% Low Fat Milk</p>	<p>25 Basic Shepherd's Pie Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk</p>	<p>26 Tuna Fish Salad Whole Wheat Bread Basic Pasta Salad Garden Salad Pear 1% Low fat Milk</p>
<p>29 Baked Chicken Thighs BBQ Sauce Whole Wheat Bread Baked Sweet Potato Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>30 Arroz con Glandules' (Mexican Style Brown Rice with Pigeon peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk</p>	<p>31 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange 1% Low Fat Milk</p>		

Congratulations

Congratulations to all the Bayside Older Adults on their amazing artwork at this year's Exhibition on June 4th, 2024. Can't wait for 2025!





★ Thank You for your amazing performance on June 12, 2024 at Bayside OAC! ★



Kim O'Hare Bonacorsa, flute; Matt Sullivan, oboe; David Valbuena, clarinet; Barbara Oldham, horn; Alexander Davis, bassoon



Quintet of the Americas
A Free Concert
In Celebration of
Music by Women Composers



Program

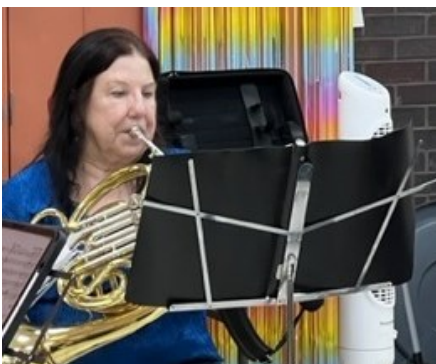
Five Frogs by Jenni Brandon

Caprice by Peri Mauer

On Seven-Star-Shoes by Julia Wolfe

Puzzle-Tocas by Gabriela Ortiz

Ala Arusha – Mother Earth by Shanyse Strickland



Bayside Older Adult Center Activities for July 2024



±

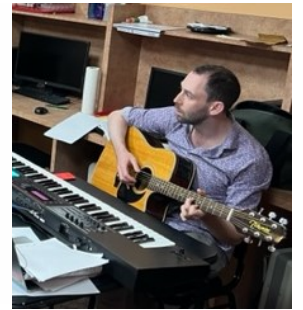
Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat. Walton (12:30pm) Line Dance w/ Rose (1:30pm)</p>	<p>2 Painting Group (9am-3pm) Line Dance w/ Jennifer (9am) Yoga w/ Sharon (10am) Bingo w/ Pat. Walton (12:30pm) Low Impact Aerobics w/Ira (1:30pm)</p>	<p>3 Painting Group (9am-3pm) Low Impact Aerobics w/Ira (9:30am) Mah Jong (10am-11:30am) Latin Dance w/ Yukari (1-2pm)</p>	<p>4 Center Closed</p>	<p>5 Center Closed</p>
<p>8 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat. Walton (12:30pm) Line Dance w/ Rose (1:30pm)</p>	<p>9 Painting Group (9am-3pm) Line Dance w/ Jennifer (9am) Yoga w/ Sharon (10am) Bingo w/ Pat. Walton (12:30pm) Low Impact Aerobics w/Ira (1:30pm)</p>	<p>10 Painting Group (9am-3pm) Low Impact Aerobics w/Ira (9:30am) Mah Jong (10am-11:30am) Latin Dance w/ Yukari (1-2pm)</p>	<p>11 Painting Group (9am-3pm) Wing Chun w/ David (10am) Sing Melody (10:00am) Mah Jong (1:00-3:00pm) Line Dance w/ Harrison (1:00-3:00)</p>	<p>12 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Tastics (10am-11am) Live DJ & Social Dancing (1pm – 3pm)</p>
<p>15 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat. Walton (12:30pm) Line Dance w/ Rose (1:30pm)</p>	<p>16 Painting Group (9am-3pm) Line Dance w/ Jennifer (9am) Yoga w/ Sharon (10am) Bingo w/ Pat. Walton (12:30pm) Low Impact Aerobics w/Ira (1:30pm)</p>	<p>17 Painting Group (9am-3pm) Low Impact Aerobics w/Ira (9:30am) Mah Jong (10am-11:30am) Latin Dance w/ Yukari (1-2pm) Elder Abuse (11:00am)</p>	<p>18 Painting Group (9am-3pm) Wing Chun w/ David (10am) Sing Melody (10:00am) Mah Jong (1:00-3:00pm) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>19 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Tastics (10am-11am) Live DJ & Social Dancing (1pm – 3pm)</p>
<p>22 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat. Walton (12:30pm) Line Dance w/ Rose (1:30pm)</p>	<p>23 Painting Group (9am-3pm) Line Dance w/ Jennifer (9am) Yoga w/ Sharon (10am) Bingo w/ Pat. Walton (12:30pm) Low Impact Aerobics w/Ira (1:30pm)</p>	<p>24 Painting Group (9am-3pm) Low Impact Aerobics w/Ira (9:30am) Mah Jong (10am-11:30pm) Latin Dance w/ Yukari (1-2pm)</p>	<p>25 Painting Group (9am-3pm) Wing Chun w/ David (10am) Sing Melody (10:00am) Mah Jong (1:00-3:00pm) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>26 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Tastics (10am-11am) Live DJ & Social Dancing (1pm – 3pm)</p>
<p>29 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat. Walton (12:30pm) Line Dance w/ Rose (1:30pm)</p>	<p>30 Painting Group (9am-3pm) Line Dance w/ Jennifer (9am) Yoga w/ Sharon (10am) Bingo w/ Pat. Walton (12:30pm) Low Impact Aerobics w/Ira (1:30pm)</p>	<p>31 Painting Group (9am-3pm) Low Impact Aerobics w/Ira (9:30am) Mah Jong (10am-11:30am) Latin Dance w/ Yukari (1-2pm)</p>		

JULY 2024

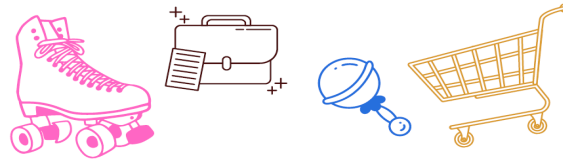
Queens Theatre @



CONGRATULATIONS!



To all the older adult performers on their fabulous performances of In My Life. Special Thanks goes out to Mackle Saylor and Benjamin Freeman.



STARRING MEMBERS OF THE BAYSIDE SENIOR CENTER COMMUNITY!

IN MY LIFE

AN ORIGINAL MUSICAL VARIETY SHOW

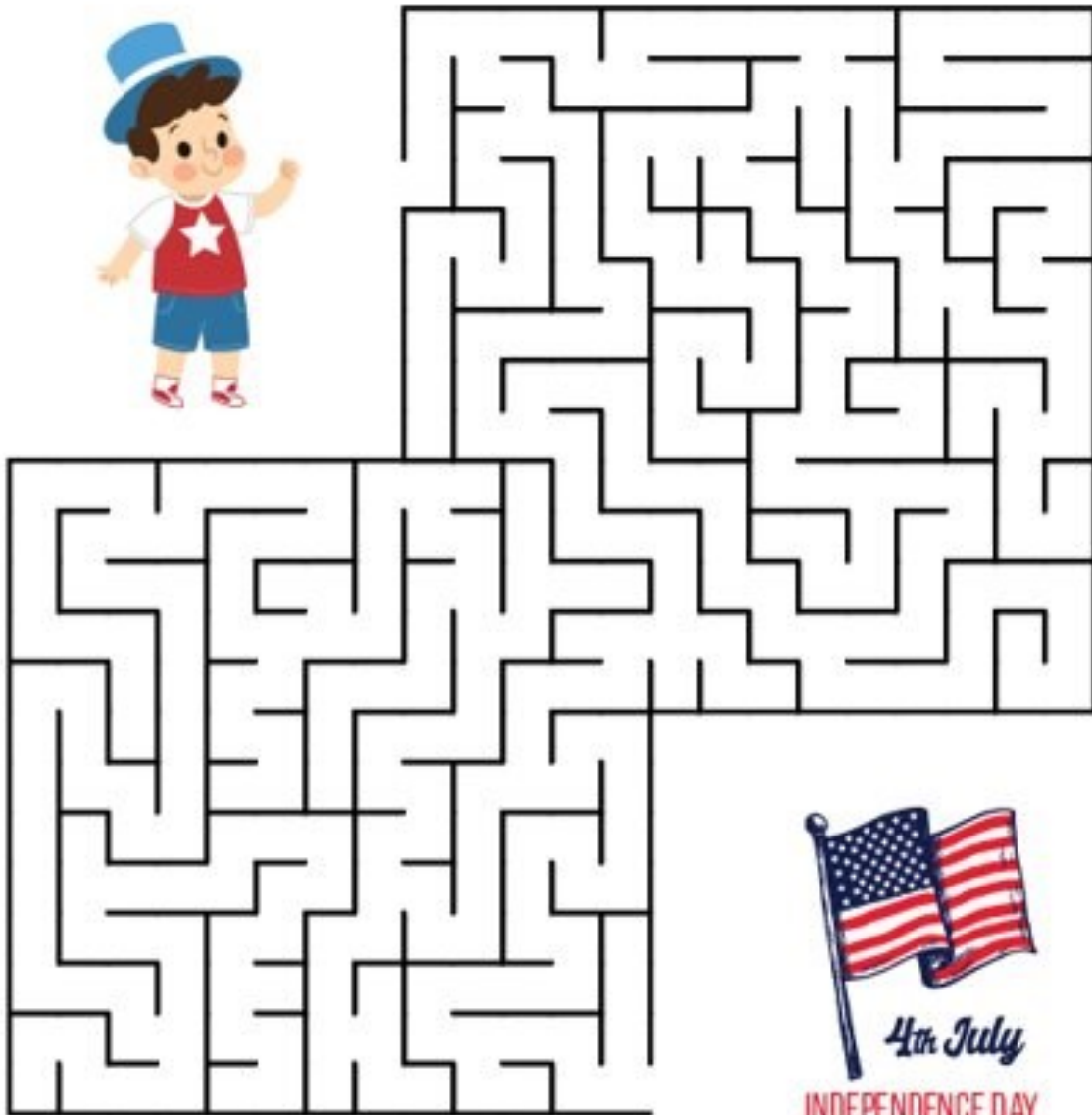


TheatreforAll

Theater For All

4TH OF JULY MAZE

Can you help the little boy through the maze to reach the flag?



4th July
INDEPENDENCE DAY



Eulalia Choi - Case Manager

Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.

Tips To Help Avoid Deed Fraud

Don't Lose Your Property to Thieves

Check Your Property Records Yearly



Log onto www.nyc.gov/finance to make sure that there are no unknown deeds or mortgages recorded on your property.

For Staten Island customers, call the Richmond County Clerk's office at 718-675-7700.

Don't Leave Home Unattended



Going away?

Ask a trusted friend or family member to pick up mail or visit your house.

Check Your Title Insurance Policy



If it covers deed fraud, it could help with legal fees.

Register for the Free Recorded Document Notification Program

ACRIS

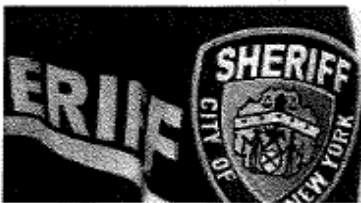
You will be notified by text or email anytime a document is recorded on your property. Go to www.nyc.gov/finance

Contact the Department of Finance



If you stop receiving your property tax and water bills, or if your utility bills suddenly increase.

Threatened with Eviction? Check Credentials.



Only New York City Marshals or Sheriffs carry out evictions.

Beware



of referrals from someone with a vested interest in your property, such as lawyers and realtors. **Thieves involved in deed fraud operate in groups.**

Make sure the Department of Finance has the correct mailing address



for you or the person who should receive notices about your property.



What to Do If You Think You are a Victim Of Deed Fraud

- 1. ACT QUICKLY!**
2. Report fraud to the Sheriff's department immediately.
3. Get a certified copy of the fraudulent document from the City Register's office.
4. Report the crime to the District Attorney's office in the borough where the property is located.
5. Consult an attorney to reclaim legal title to your property.
6. Check your title insurance policy to see if it covers deed fraud. It may help with legal fees.

CONTACT INFORMATION

New York City Department of Finance

www.nyc.gov/finance

Visit a County Sheriff's Office at one of our Business Centers

Manhattan Business Center

66 John Street, 2nd floor, New York, NY 10038

Brooklyn Business Center

210 Joralemon Street, Brooklyn, NY 11201

Bronx Business Center

3030 Third Avenue, 2nd floor, Bronx, NY 10455

Or call

718-610-4426

718-707-2100

311

The New York County District Attorney's Office

www.manhattanda.org

Office of the Bronx District Attorney

www.bronxda.nyc.gov

The Brooklyn District Attorney's Office

www.brooklynnda.org

Office of the District Attorney Richmond County

www.rcda.nyc.gov

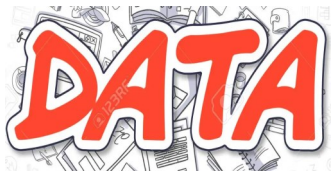
Queens District Attorney's Office

www.queensda.org

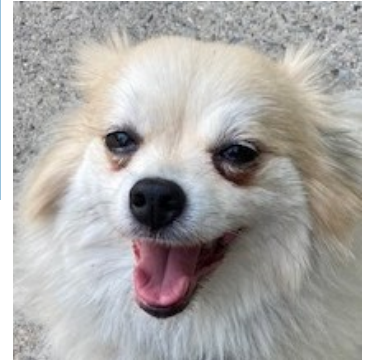
Center for NYC Neighborhoods

<http://cnycn.org>

646-786-0888



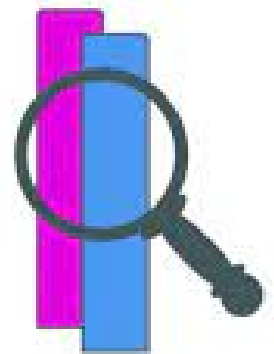
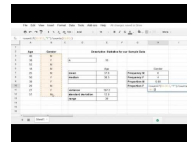
BLOOMING HEALTH Bayside Senior Center Older Adults Survey



How much do you walk per week?

Over 2 hours = 40%

Under 2 hours = 60%

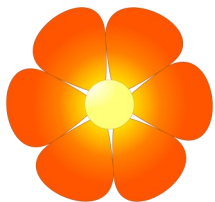


You enjoy talking more about

The past = 20%

The present = 59%

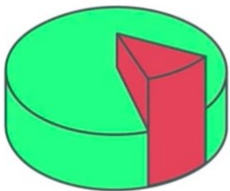
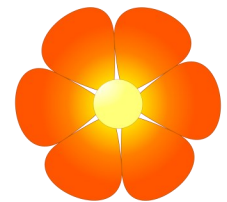
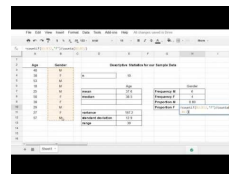
The future = 21%



Do you have a daily routine?

Yes = 81%

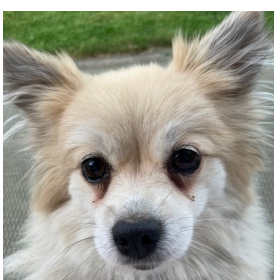
No = 19%



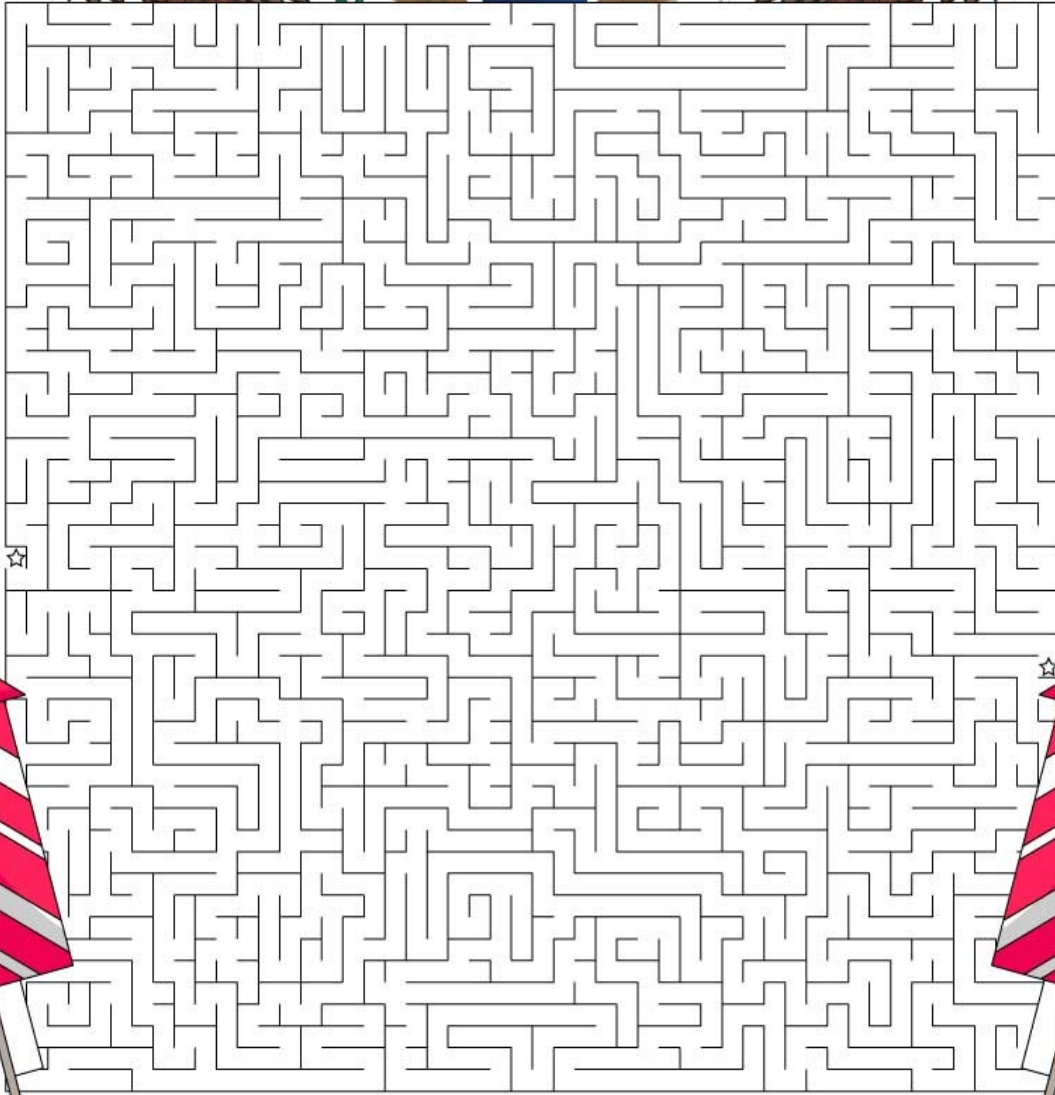
Do you feel safe at home?

Yes = 95%

No = 5%



4th of July Maze!





INQUIRING MINDS WANT TO KNOW

What special day in your life do you remember?

Angela Brunjes - 09/27 was her wedding day - their sixty years of marriage is a good memory.

Yolanda De Martinez - amazing and wonderful days when her daughter and son were born.

Margo English - 07/18 when she married Daryle.

Hang Lam - every day is special because he is happy.

Mary Ann Lam-Lo - 06/30 was her wedding day.

Kathy Lundgren - she narrowed it down to two dates - the days her sons were born.

Sharon Ng - 10/30 when Riley, her first granddaughter, was born.

Annmarie Payne - 11/19 her mother's birthday.

Kwok Tsang - everyday that he is happy to see a daughter take care of her mother at the Center.

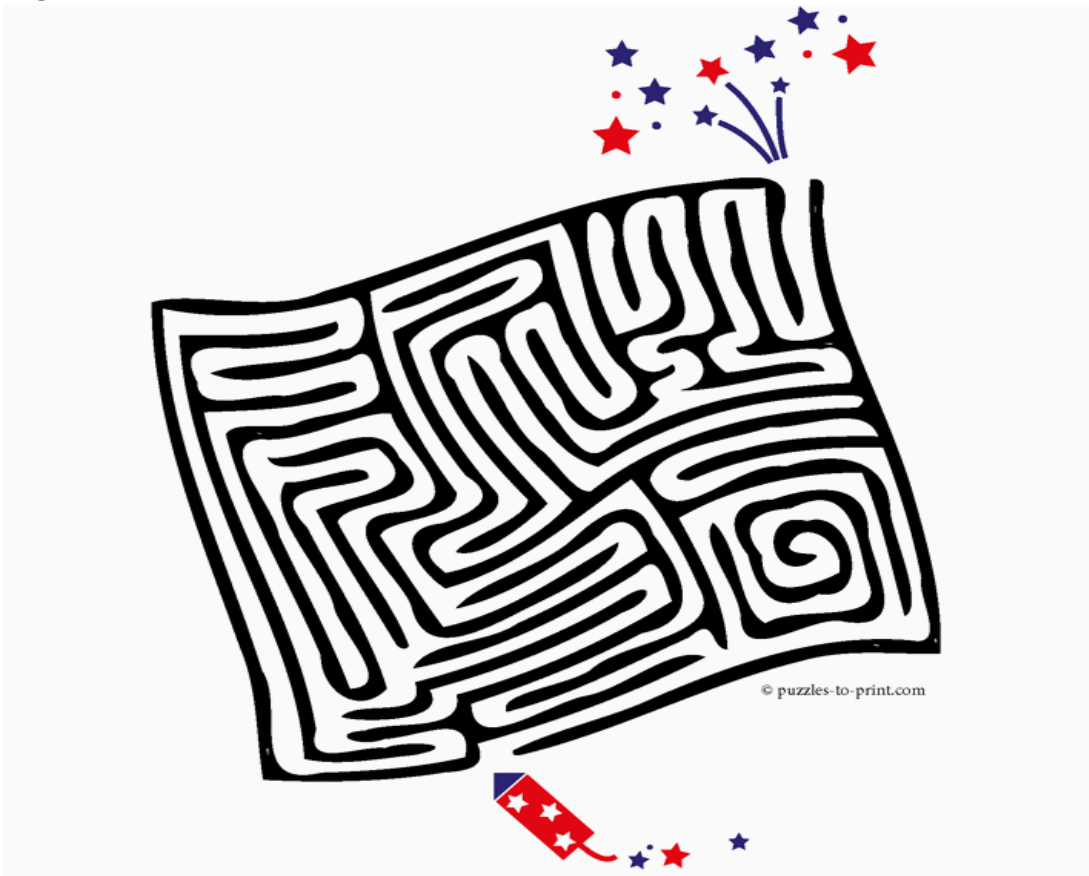
George Yap - while a junior in high school, he was awakened from his evening sleep by a phone call from a restaurant owner to be told that his father had died - it was a shocking day.

Linda Zvoniik - 09/15 when Giuliana, her first granddaughter, was born.

October is special to me - 10/11 the day my daughter was born and 10/14 was my father's birth date and later his wedding date.



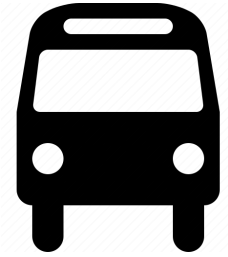
**Advisory Council VP
Susan Hall**



JULY 2024



CELEBRATING
125
YEARS



TRANSPORTATION SERVICES

TO: LOCAL SENIOR SERVICES, MEDICAL, DENTAL

AND CLINICAL APPOINTMENTS

SUGGESTED DONATIONS REQUESTED
SPONSORED BY:



CCNS/BAYSIDE OLDER ADULT CENTER
THIS SERVICE IS PROVIDED FOR OLDER ADULTS 60 YEARS
AND OLDER WHO HAVE DIFFICULTY TAKING PUBLIC
TRANSPORTATION AND RESIDE IN BAYSIDE AND FLUSHING
AREAS FOR FURTHER
INFORMATION PLEASE CALL
CCNS BAYSIDE OLDER ADULT CENTER
221-15 HORACE HARDING EXPRESSWAY
OAKLAND GARDENS, NY 11364
718-225-1144

ANNMARIE PAYNE, TRANSPORTATION COORDINATOR

FUNDED BY NYC AGING

Please contact the transportation office
for additional shopping trips for the
month of **July 2024**



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 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	



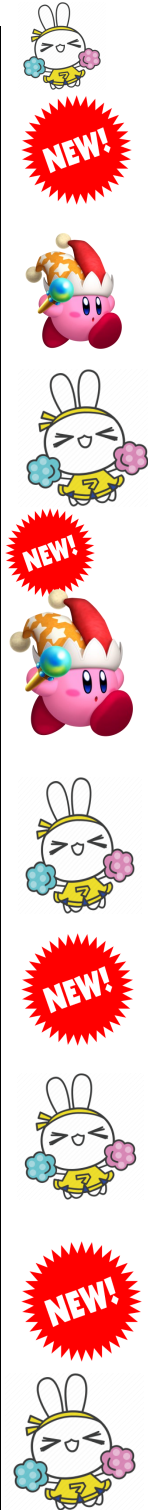
WELCOME



		Name	
		Benson La	
		Xue Mei Ye	
		Ling Ya Chang	
		Kwai Shing (Peter) Chang	
		Grace Lau	
		Sue Chow S.	
		Luzmie Jimenez	
		Raul A. Valdez	
		Zenaida De Guzman	

Wang Yi Ping
Doris Chan
Yu Jui Chang
Joey Ma
Winston Lai
Moy Lai
Chi Ping Lang
Hsueh (Teresa) E Chen
Angela A. Marston
Lorenzo A. Bautista
Visitacion Bautista

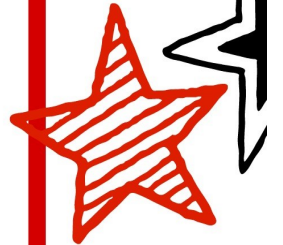
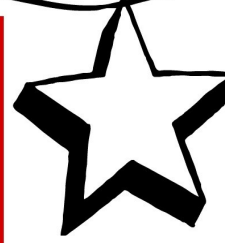
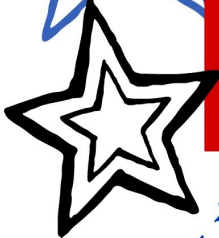
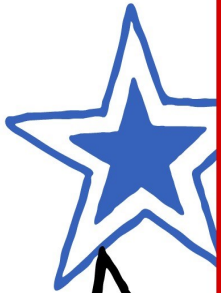
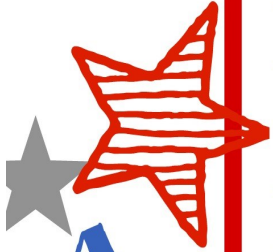
Yen Chen (Jenny) Fang
Mei Li Chang
Joyce A. Sgambati
William K. Tsui
Joann Mistretta
Siu Lung Liu
Katherine TM Liu Wong
Cory W. Chan
Jui-Chen Chan
Yu Ying Dong
Rosalinda Devinsky





July 4th word search

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



AMERICAN
 FATHERS
 FOUNDING
 HONOR
 NATIONAL ANTHEM
 STARS
 UNITED STATES

CENTENNIAL
 FESTIVE
 FREEDOM
 INDEPENDENCE DAY
 PATRIOTIC
 STRIPES
 VETERANS

CIVIC
 FIREWORKS
 HOLIDAY
 LIBERTY
 PICNIC
 STAR SPANGLED





BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364



Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Doris Polansky...President
Susan Hall ... Vice President
Pat Walton Treasurer
Leo Palumbo ... Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi Rosa Farmer
Jane Chin Fraternidad Sevilla

**NATIONAL
MINORITY MENTAL HEALTH
AWARENESS MONTH**



**BAYSIDE OLDER ADULT
CENTER STAFF**

Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Eulalia ChoiCase Manager
Yolanda De Martinez Custodian
Anmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

Henry Cadet Transportation
John Tsang Transportation
Laura Moy Kitchen Aide
Yung Ping Tam Kitchen Aide
Vincent Yuk Kitchen Aide

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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

CELEBRATING
125
YEARS



Happy Recap!



JUNE 2024

