

CCNS CATHERINE SHERIDAN  
OLDER ADULT CENTER  
35-24 83 RD STREET  
JACKSON HEIGHTS, NY 11372  
718-458-4600  
FUNDED BY THE NYC DEPT. FOR THE  
AGING



“You have not lived  
today until you have  
done something for  
someone who can  
never repay you.”

— John Bunyan





# December 2024

Sun

Mon

Tue

Wed

Thu

Fri

Sat

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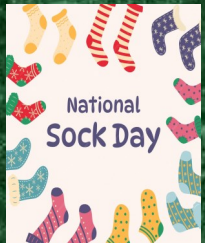
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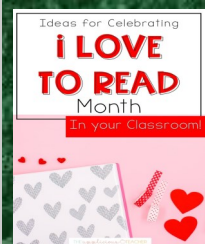
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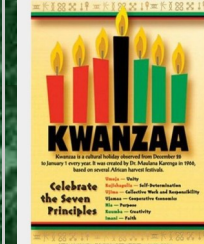
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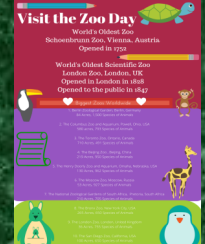
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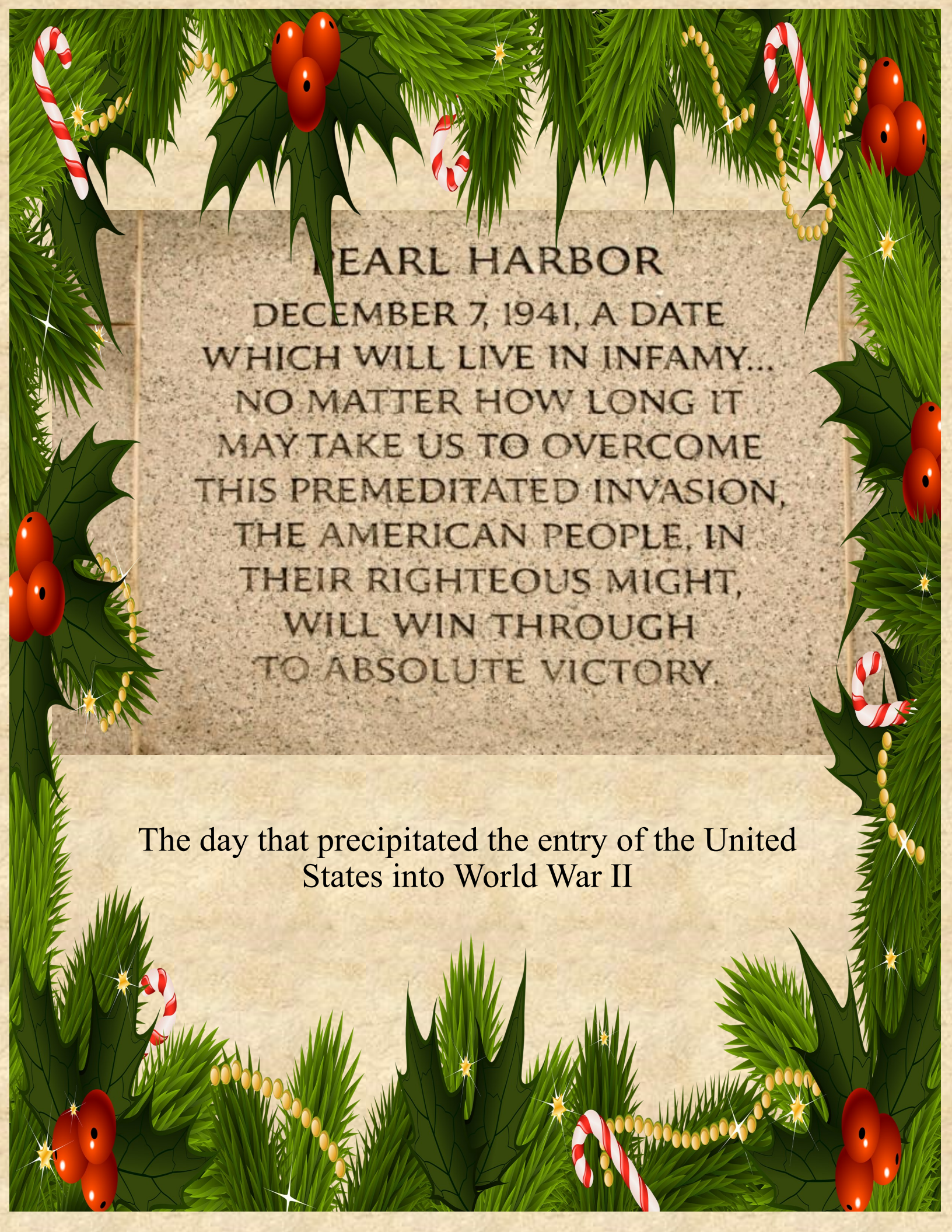
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31







PEARL HARBOR  
DECEMBER 7, 1941, A DATE  
WHICH WILL LIVE IN INFAMY...  
NO MATTER HOW LONG IT  
MAY TAKE US TO OVERCOME  
THIS PREMEDITATED INVASION,  
THE AMERICAN PEOPLE, IN  
THEIR RIGHTEOUS MIGHT,  
WILL WIN THROUGH  
TO ABSOLUTE VICTORY.

The day that precipitated the entry of the United  
States into World War II



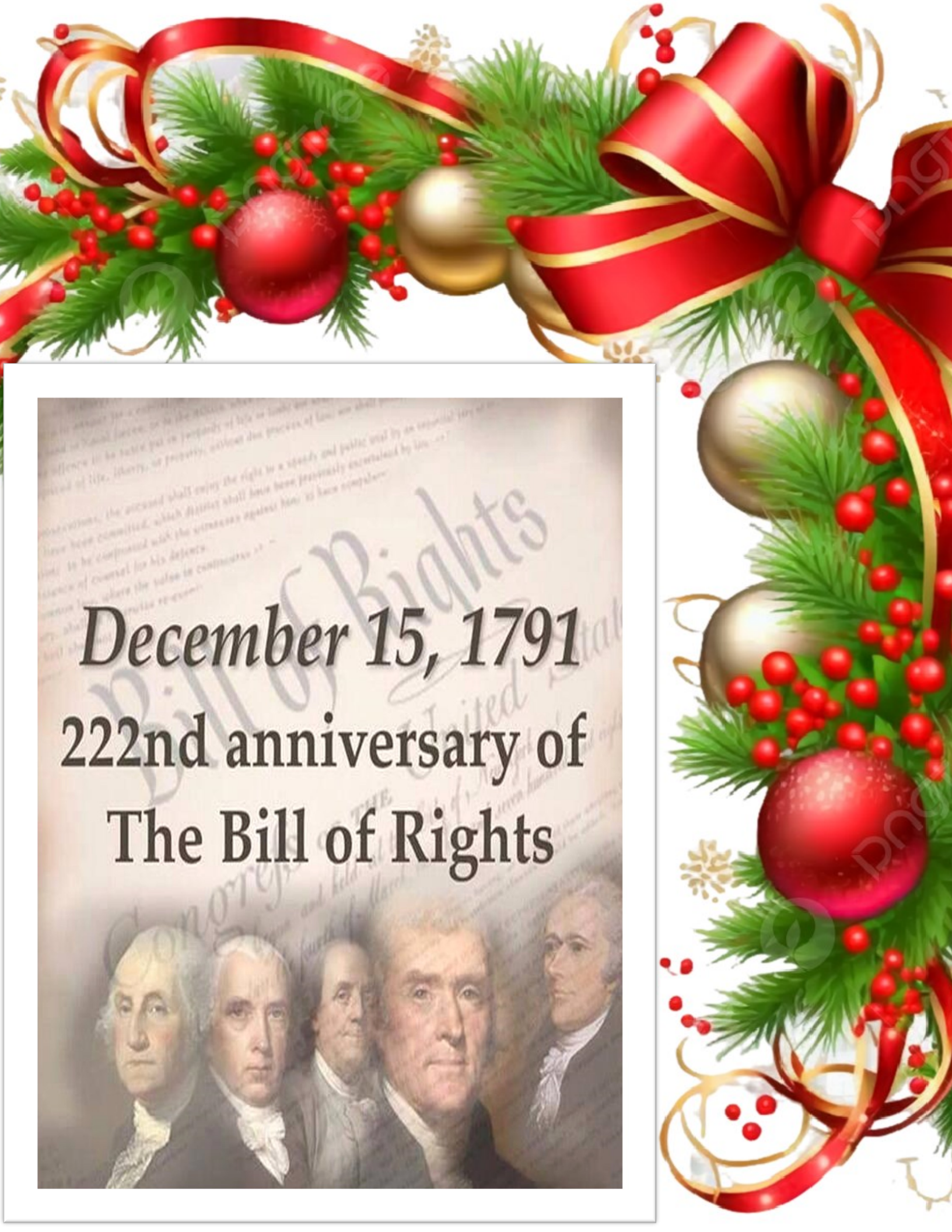


DECEMBER 10

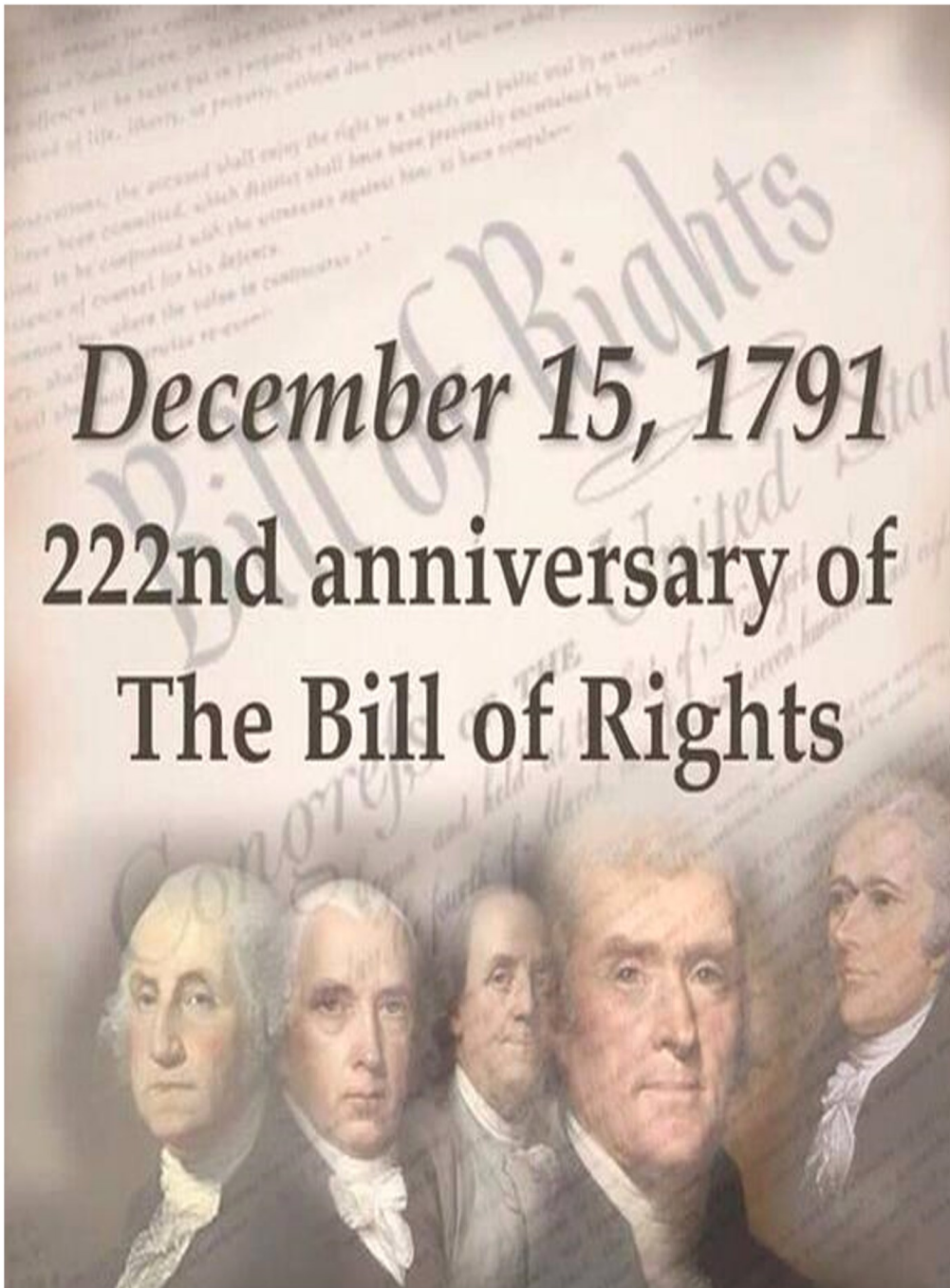
**INTERNATIONAL HUMAN RIGHTS DAY**







*December 15, 1791*  
**222nd anniversary of  
The Bill of Rights**



# Special Events

## LECTURES OR PRESENTATIONS

Thurs.	12/05/24	The Power of Gratitude – Mr. Capps– Sunnyside
Fri.	12/06/24	At the Movies (A new movie every Friday)
Mon.	12/02/24	Counseling/Consejeria (Every Mon. and Thur.)
Thurs.	12/12/24	Whitestone Armory of Queens Visit
Thurs.	12/12/24	Raffle/Bingo w/ Link/La Familia Home Care
Wed.	12/18/24	Dec. Birthdays Celebration
Thurs.	12/19/24	The Power of Compassion – Mr. Capps
Wed.	12/25/24	The Center will be closed

## SOCIAL DANCE EVERY MONDAY AND WEDNESDAY

## SHOPPING AND RECREATIONAL TRIPS



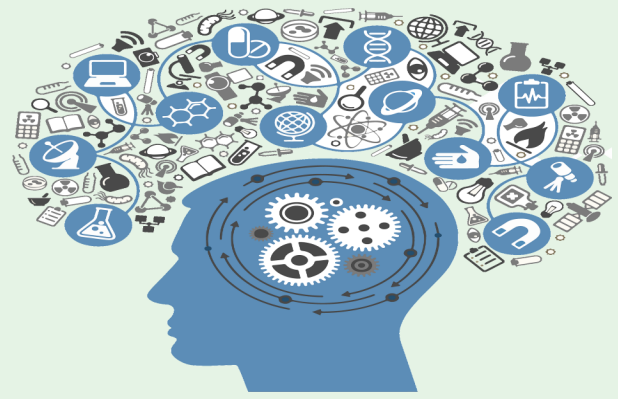
Monday, 12/02/24	@ 9:30 a.m.	Trader Joe's
Monday, 12/09/24	@ 9:30 a.m.	BJ's
Monday, 12/16/24	@ 9:30 a.m.	Queens Center Mall – ALDI
Monday, 12/23/24	@ 9:30 a.m.	COSTCO

For more information call JANETH: 718-779-8305



# HEALTHY AGING MONTH

# MES DEL ENVEJECIMIENTO SALUDABLE



1. **EXERCISE**: Keep active as much as you can. Start slow and take your time adjusting to your know activity. Walk, swim, dance , yoga, Zumba, or just simply cleaning your house can do the trick. The idea is to keep active.
2. **DIET**: Eat more fruits and vegetables. Avoid processed foods and drink a lot of water.
3. **SOCIALIZE**: Visit, call, or write to your friend. Isolation is your worst enemy. Invite friend over for lunch or dinner, volunteer, join a class, take a walk.
4. **YOUR MIND**: Your mind needs care as well. Keep it active by reading books, working on puzzles, or taking a yoga class .
5. **ATTITUDE**: A happy and positive attitude can help you manage your life. Smile and laugh.
6. **CONSIDER**: Volunteering, traveling, going to the movies, learning a new language.

1. **EJERCICIO**: Manténgase activo tanto como pueda. Comience lentamente y tómese su tiempo para adaptarse a su actividad habitual. Caminar, nadar, bailar, hacer yoga, zumba o simplemente limpiar la casa pueden ser la solución. La idea es mantenerse activo.
2. **DIETA**: Coma más frutas y verduras. Evite los alimentos procesados y beba mucha agua.
3. **SOCIALICE**: Visite, llame o escriba a su amigo. El aislamiento es su peor enemigo. Invite a un amigo a almorzar o cenar, sea voluntario, únase a una clase, salga a caminar.
4. **SU MENTE**: Su mente también necesita cuidados. Manténgala activa leyendo libros, haciendo rompecabezas o tomando una clase de yoga.
5. **ACTITUD**: Una actitud feliz y positiva puede ayudarlo a manejar su vida. Sonría y riase.
6. **CONSIDERE**: Hacer voluntariado, viajar, ir al cine, aprender un nuevo idioma.



## **Birthday Corner**

**To all the members Born in December**

**Please see Mariana**

**Each registered member will receive a free**

**lunch ticket and a sweet treat**

**Thank You!!!!!!**





# Happy Birthday

Acuna, M.  
Andoglu, Z.  
Ayala, B.  
Baez, O.  
Bartholomew, M.  
Berrio, F.  
Cardenas, A.  
Cardenas, C.  
Castillo, B.  
Cedeno, M.  
Cespedes, B.  
Chang, P.  
Charon, L.  
Chien, P.  
Chiu, M.  
Cortes, S.  
Cristancho, M.  
Cuervo Bermeo, M.  
Day, M.  
Dunne, J.  
Duran, J.  
Enriquez, C.  
Espinosa, C.  
Espinosa, J.  
Espitia, J.  
Factos, E.  
Felix, B.  
Fioretti, E.  
Fitzpatrick, A.  
Gaitan, J.  
Galindo, H.  
Gao, Ch.  
Gao, W.  
Garrido, F.  
Georgick, L.  
Gil, B.  
Gill, L.  
Glick, G.  
Gobris, M.  
Goncalves, M.  
Gonzalez, M.

Guerrero, G.  
Gumban, R.  
Houng, K.  
Houston, A.  
Hoyos, G.  
Hwang, H. Ch.  
Jaramillo, E.  
Jarcos, R.  
Jimenez, M.  
Kabouris, Ch.  
Kovel, I.  
Larcos, R.  
Lau, G.  
Lee, K. H.  
Li, Q. Y.  
Lopez, I.  
Mangano, E.  
Manzano, N.  
Maranon Palma, C.  
Marino, A.  
Martinez, A.  
Martinez, H.  
Martinez, R.  
Martinovic, E.  
Masson, E.  
Mazuera, L.  
McClellan, J.  
Medina, C.  
Mejia, I.  
Mejia, M.  
Mikan, A.  
Moncada, M.  
Mondragon, H.  
Monge, A.  
Montalvo, A.  
Moss, B.  
Narvaez, S.  
Natividad, N.  
Ortiz-R, R.  
Osorio, G.  
Osorio, O.

Ospina, V.  
Ospino, J.  
Palacio, B.  
Parajkova, N.  
Pereira, G.  
Perez, D.  
Perez, D.  
Perez, O.  
Pimentel, L.  
Plan, S.  
Puga, J.  
Qamar, T.  
Quibir, N.  
Quintero, G.  
Ramirez, L.  
Ramos, M.  
Rappo, F.  
Rocha, M.  
Rodriguez Ortiz, R.  
Rodriguez, I.  
Rodriguez, A.  
Romanella, G.  
Romero, C.  
Romero, F.  
Ruiz, G.  
Ruiz, N.  
Salazar, E.  
Saldarriaga, M.  
Sandoval, H.  
Sang, N.  
Santacruz, E.  
Shao, J.  
Sian, A.  
Simbana, F.  
Singh, H.  
So, H.  
Solano, M.  
Soto, M.  
Sumarriva, V.  
Szablyar, J.  
Tapia-Bello, E.

Uzhca, M.  
Wang, Q.  
Wiener, c.  
Wolejsza, C.  
Yadaicela, J.  
Young, W.  
Yousuf, S.  
Yu, H. T.  
Zamora, D.  
Zeng, Z.  
Zhong, G.

Congratulations!!





# **Catherine Sheridan Older Adult Center**

**35-24 83rd Street  
Jackson Heights, NY 11372  
Phone: (718) 458-4600  
Fax: (718) 458-5665**

**Open Monday—Friday  
8:30am—4:30pm  
Lunch starts: 11:30— 1pm**

## **SENIOR CENTER STAFF**

**Mariana Ortiz, Program Manager  
Candida Fitzpatrick, Administrative Assistant  
Janeth Ospino, Transportation Coordinator  
Marcia Jijón, Recreation Coordinator  
María Rua, Kitchen Aide  
Sandra Mejía, Kitchen Aide  
Ana Judith Villa Osorio, Driver**

**Maryann Ubaldo, Driver  
William Clark, Maintenance**





**TRANSPORTATION SERVICES**

**TO: LOCAL SENIOR CENTERS, MEDICAL, DENTAL**

**AND CLINIC APPOINTMENTS**

**SUGGESTED DONATIONS REQUESTED**

**SPONSORED BY:**

**CCNS/CATHERINE SHERIDAN O.A.S.**

**THIS SERVICE IS PROVIDED FOR SENIORS 60 YEARS  
AND OLDER WHO HAVE DIFFICULTY TAKING PUBLIC  
TRANSPORTATION AND RESIDE IN MASPETH, WOODSIDE,  
MIDDLE VILLAGE, SUNNYSIDE, JACKSON HGTS, ELMHURST  
AND EAST ELMHURST**

**FOR FURTHER INFORMATION PLEASE CALL CCNS CATHERINE  
SHERIDAN SC 35-24 83 STREET JACKSON HGTS N.Y.**

**718-458-4600**

**JANETH OSPINO, TRANSPORTATION COORDINATOR**