



Our Voices

2025

CATHOLIC CHARITIES BAYSIDE ELDER ADULT CENTER

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

Phone #: (718) 225 - 1144





What Are People Born in the Year of the Snake Like?

Snakes are known in the zodiac for their wisdom, intuition, and mystery. Naturally strategic, they are excellent problem-solvers and skilled communicators.

蛇

Snake

2025

Snakes have a deep and complex mind, but if they love, they love with their entire heart.

1953	1965	1977	1989
2001	2013	2025	2037



 Rat 2020	 Ox 2021	 Tiger 2022
 Rabbit 2023	 Dragon 2024	 Snake 2025
 Horse 2026	 Goat 2027	 Monkey 2028
 Rooster 2029	 Dog 2030	 Pig 2031

Staying Strong: The Power of Movement In Aging Well

A webinar presented by NYC AGING in partnership with Mount Sinai Hospital
Tuesday, January 14, 2025 at 11:00 a.m.

Nisha Rughwani, M.D.

Medical Director for the Geriatrics Outpatient Practice
Mount Sinai Hospital

Join us to learn more about:

Importance of staying active for older adults, how to overcome common barriers to exercising, physical and mental health benefits of exercise, recommended types of exercise for older adults, and safety tips.

Light Resistance Band Exercises



Please Click on the Link Below to Join the ZOOM Meeting:

<https://us02web.zoom.us/j/85412341929?pwd=TE44YWRpWllrbkFycXhCTlg5Y1ppdz09>

Enter Meeting ID: 854 1234 1929

Call: 1-929-436-2866

Enter Code: 778886



Bayside Older Adult Center Menu for January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Center Closed "New Year's Day"	2 Spanish style Beef Stew Garlic Mashed Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk	3 Annes Lemon Garlic Sauce Baked Salmon Cous Cous Whole Wheat Bread Sauteed Green Beans w/Onions Pear 1% Low Fat Milk
6 Chicken Piccata Whole Wheat Bread Garlic Mashed Potatoes Italian Blend Vegetables Apple 1% Low Fat Milk	7 Orange and Soy Glazed Tofu Brown Rice w/ Black Beans Whole Wheat Bread Prince Edward Blend Vegetables Banana 1% Low Fat Milk	8 Baked Pork Ginger Sauce Whole Wheat Bread Yellow Rice Oriental Blend Vegetables Orange 1% Low Fat Milk	9 Basic Shepherd's Pie Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	10 Tuna Fish Salad Whole Wheat Bread Basic Pasta Salad Garden Salad Pear 1% Low Fat Milk
13 Baked Chicken Thighs BBQ Sauce Whole Wheat Bread Baked Sweet Potato Prince Edward Blend Vegetables Apple 1% Low fat Milk	14 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	15 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange 1% Low Fat Milk	16 Steak Pizzaiola White Rice (1/2 cup) Garden Salad Apple 1% Low Fat Milk	17 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Sauteed Green Beans with Onions Pear 1% Low Fat Milk
20 Center Closed "Martin Luther King Jr. Day"	21 Zesty Chickpea Stew Quinoa (1/2 cup) Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk	22 Chambre de Gandules (Dominican Stew w/ Pork, Vegetables and Brown Rice) Whole Wheat Bread Prince Edward Blend Vegetables Orange 1% Low Fat Milk	23 Homemade Tomato Sauce (1/2 cup) Italian Meatballs w/ Beef and Turkey; Penne (1/2 cup) Whole Wheat Bread California Blend Vegetables Apple; 1% Low Fat Milk	24 Citrus Sesame Crusted Salmon White Rice (1/2 cup) Whole Wheat Bread Oriental Blend Vegetables Pear 1% Low Fat Milk
27 Egg Salad (3 oz) Basic Pasta Salad Whole Wheat Bread Garden Salad Apple; 1% Low Fat Milk	28 Mediterranean Lentil Stew (pre-prepared) Cous Cous Whole Wheat Bread Italian Blend Vegetables Banana; 1% Low Fat Milk	29 Baked Pork; Brown Gravy Black Beans and Rice Whole Wheat Bread Steamed Carrots Orange; 1% Low Fat Milk	30 Beef Stew; Brown Gravy Mashed Sweet Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple; 1% Low Fat Milk	31 Baked Fish Dill Lemon Sauce; Whole Wheat Bread Garden Salad Yellow Rice Pear; 1% Low Fat Milk



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.



Eulalia Choi - Case Manager



MTA

<https://new.mta.info> > fares > mobile-sales

Mobile sales buses and vans - MTA

Services offered at the mobile sales vehicles

- Get help with a Reduced-Fare application
- Transfer MetroCard balances (Full fare and Reduced-Fare)
- Exchange a damaged Reduced-Fare MetroCard for a temporary replacement
- Report a lost/stolen Reduced-Fare MetroCard
- Ask our team about any MetroCard-related issues
- Sign up for [OMNY](#)

Schedule for Queens

Location	Day	Time
Forest Hills at 71 Ave-Continental Ave & Queens Blvd	1st Friday	10 a.m. – 12 p.m.
Flushing at Main St & Roosevelt Ave (Facing Roosevelt Ave)	1st & 3rd Friday	8 a.m. – 3 p.m.
Rego Park at Mall (Marshalls) (Queens Blvd & 63 Rd)	1st Friday	1 p.m. – 3 p.m.
Sunnyside at 41-02 Queens Blvd	2nd & 4th Tuesday	10 a.m. – 12 p.m.
Maspeth at Grand Ave & 69 St	2nd & 4th Tuesday	1 p.m. – 3 p.m.
Windsor Park at 73 Ave & Bell Blvd	2nd & 4th Wednesday	10 a.m. – 12 p.m.
Union Turnpike (256th & 260th Streets)	2nd & 4th Wednesday	1 p.m. – 3 p.m.
Astoria at 31 St (Between Ditmars Blvd & 23 Ave)	2nd & 4th Monday	10 a.m. – 2:30 p.m.
Bay Terrace Shopping Center (Bell Blvd & 24 Ave)	2nd & 4th Monday	10 a.m. – 12 p.m.
Fresh Meadows Shopping Center (Horace Harding Expressway & 188 St)	2nd & 4th Monday	1 p.m. – 2:30 p.m.
Rochdale at Rochdale Village Senior Center	3rd Tuesday	10 a.m.-2 p.m.
Jamaica at Allen Community – Theodora G. Jackson Senior Center	3rd Thursday	10 a.m.-12 p.m.
Locust Manor at Robert Couche Senior Center	3rd Thursday	1 p.m. – 3 p.m.

7 Lucky Foods to Eat During Chinese New Year



Fish

— an increase in prosperity



Dumplings

— wealth



Spring Rolls

— wealth



Tangyuan (Sweet Rice Balls)

— family togetherness



Good Fortune Fruit

— fullness and wealth



Niangao (Glutinous Rice Cake)

— a higher income or a higher position



Longevity Noodles

— happiness and longevity



2025
www.inat-holidays.com

Chinese New Year superstitions and taboos are based on the belief that what you do during the festival will affect your luck for the upcoming year. Some of the common superstitions and taboos are:

2025
www.inat-holidays.com

- No sweeping, washing, or throwing out rubbish, as this will sweep away or wash away your wealth and luck.
- No breaking of anything, as this will bring bad luck or ruin relationships.
- No unlucky words, such as death, sickness, or poverty, as this will attract negative energy.
- No porridge and no meat for breakfast, as this will signify poverty or lack of abundance.
- No medicine, as this will imply sickness or ill health.
- No crying and fighting, as this will bring disharmony or conflict.
- No killing, as this will offend the gods or bring misfortune.



Bayside Older Adult Center Activities for January 2025



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Center Closed "New Year's Day"		
<p>6 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/Amira (11am) Bingo w/ Pat (12:30-1:30pm) Line Dance w/ Rose (1:30pm-3:30pm)</p>	<p>7 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/David(10:30am-3:30pm) Bingo w/ Pat (12:30-1:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>8 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:00pm)</p>	<p>2 Painting Group (9am-3pm) Sing Melody (9:30-11:15am) Wing Chun w/David (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm)</p>	<p>3 Painting Group (9am-3pm) Ballroom & Latin Dance w/ Jennifer (9am-10am) Age-Tastic (10am-11am) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>13 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat (12:30-1:30pm) Line Dance w Rose (1:30pm-3:30pm) Mah Jong (1:00-3:00pm)</p>	<p>14 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/David(10:30am-3:30pm) Bingo w/ Pat. Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>15 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:00pm)</p>	<p>16 Painting Group (9am-3pm) Sing Melody (9:30-11:15am) Wing Chun (10am-11am) Karaoke w/ David (12:30-3:30pm) Mah Jong (1:00-3:00pm) Line Dance w/ Harrison (1-3pm)</p>	<p>17 Painting Group (9am-3pm) Ballroom & Latin Dance w/ Jennifer (9am-10am) Age-Tastic (10am-11am) Education Presentation/ Speaker 11:00am"Emergency Preparedness" Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>20 Center Closed "Martin Luther King Jr. Day"</p>	<p>21 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/David (10:30am-3:30pm) Bingo w/ Pat. Walton (12:30pm) Yoga w/ Sharon ((1:30-2:30pm)</p>	<p>22 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm)</p>	<p>23 Painting Group (9am-3pm) Sing Melody (9:30-11:15am) Wing Chun (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm) Mah Jong (1:00-3:00pm)</p>	<p>24 Painting Group (9am-3pm) Ballroom & Latin Dance w/ Jennifer (9am-10am) Age-Tastic (10am-11am) Live DJ and Social Dancing (1:00-3:00pm)</p>
<p>27 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira Bingo w/ Pat (12:30pm) Line Dance w/ Rose (1:30pm-3:30pm)</p>	<p>28 Painting Group(9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira Karaoke w/David (10:30am-3:30pm) Bingo w/ Pat (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>29 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm)</p>	<p>30 Painting Group (9am-3pm) Sing Melody (9:30-11:15am) Wing Chun (10am-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1-3pm) Mah Jong (1:00-3:00pm)</p>	<p>31 Painting Group (9am-3pm) Ballroom & Latin Dance w/ Jennifer (9am-10am) Age-Tastic (10am-11am) Live DJ and Social Dancing (1:00-3:00pm)</p>



HAPPY NEW YEAR

Wordsearch



Search for the words going up, down, left and right.



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

CELEBRATION
FIREWORKS
JANUARY
PARTY

COUNTDOWN
GATHERING
MIDNIGHT
RESOLUTION

EXTRAVAGANZA
INVITATION
NOISEMAKER
TRADITION



INQUIRING MINDS WANT TO KNOW



Advisory Council VP
Susan Hall

What is your favorite holiday of the year?

Zelda Lew - Thanksgiving as most of her family gets together.

Vincent Yu - Thanksgiving because he enjoys eating all of the holiday food.

Terence Tsang - Christmas because it's the major holiday for Christians.

Niyom Kanjanintorn - Christmas as she likes receiving gifts.

Nancy Mui - Thanksgiving, Christmas and the Chinese New Year because she has lots of fun and sees her friends and family together.

Joseph Petersen - Thanksgiving because he enjoys eating turkey.

John Siolas - Thanksgiving as he enjoys his special Thanksgiving dinner with his family.

Ira Gordon - July 4th because he appreciates being an American every day and Hanukkah, the festival of lights that gives us hope and because his grandchildren like it.

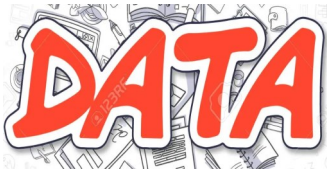
Daryl English - Easter, Thanksgiving and Christmas as they all represent God's love.



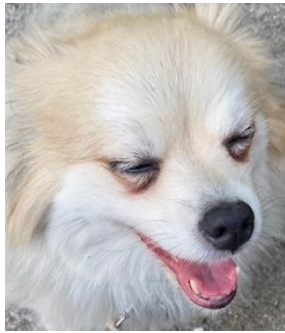
I enjoy every holiday that I can be with family and friends. On this last Thanksgiving, my friend Barbara made reservations in October for three of us in a nice restaurant. In early November, she texted me the restaurant's Thanksgiving Day menu. My Thanksgiving dinner was an extra special holiday with Barbara and Dolores.

HELP THE KIDS JOIN THE LION DANCE





BLOOMING HEALTH Bayside Senior Center
Older Adults Survey

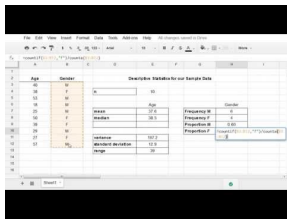


1. What part of the Bayside OAC newsletter do you enjoy the most?

- a. Pictures – 28%
- b. Information –58%
- c. Puzzles—14%

2. Are you happy with your Health coverage?

- a. Yes—93%
- b. No - 6%



3. Do you agree with the following statement
“We tend to feed the greedy instead of helping the needy”

- a. True - 64%
- b. False - 36%



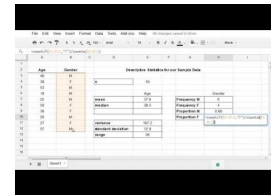
4. Do you look forward to the Holiday seasons more now or ten years ago?

- a. Now—28%
- b. Ten years ago—72%



5. Do you rather see a higher percentage of the same people everyday or different people everyday at Bayside OAC?

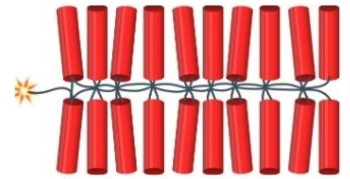
- a. Same people— 50%
- b. Different people 50%



Lunar New Year









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





- temple
- lanterns
- firecrackers
- gold
- dragon dance
- dumplings
- lucky money
- lunar calendar
- fireworks
- gold coins
- dragon mask













WELCOME



New Members in November 2024



1. Grace Mei Chun Leu

2. Joanna Yu Lee



3. Rafael Rivera

4. Yuk Fong Lee Mock



5. Soon O. Kim

6. Yong-Le Yau

7. Janet M. Tsivgoulis



8. Rosa Wong



9. Yean Ju Son



10. Sheba A. Abella-Barbosa

11. Mercedes Albines

12. Ming-Chao Liu

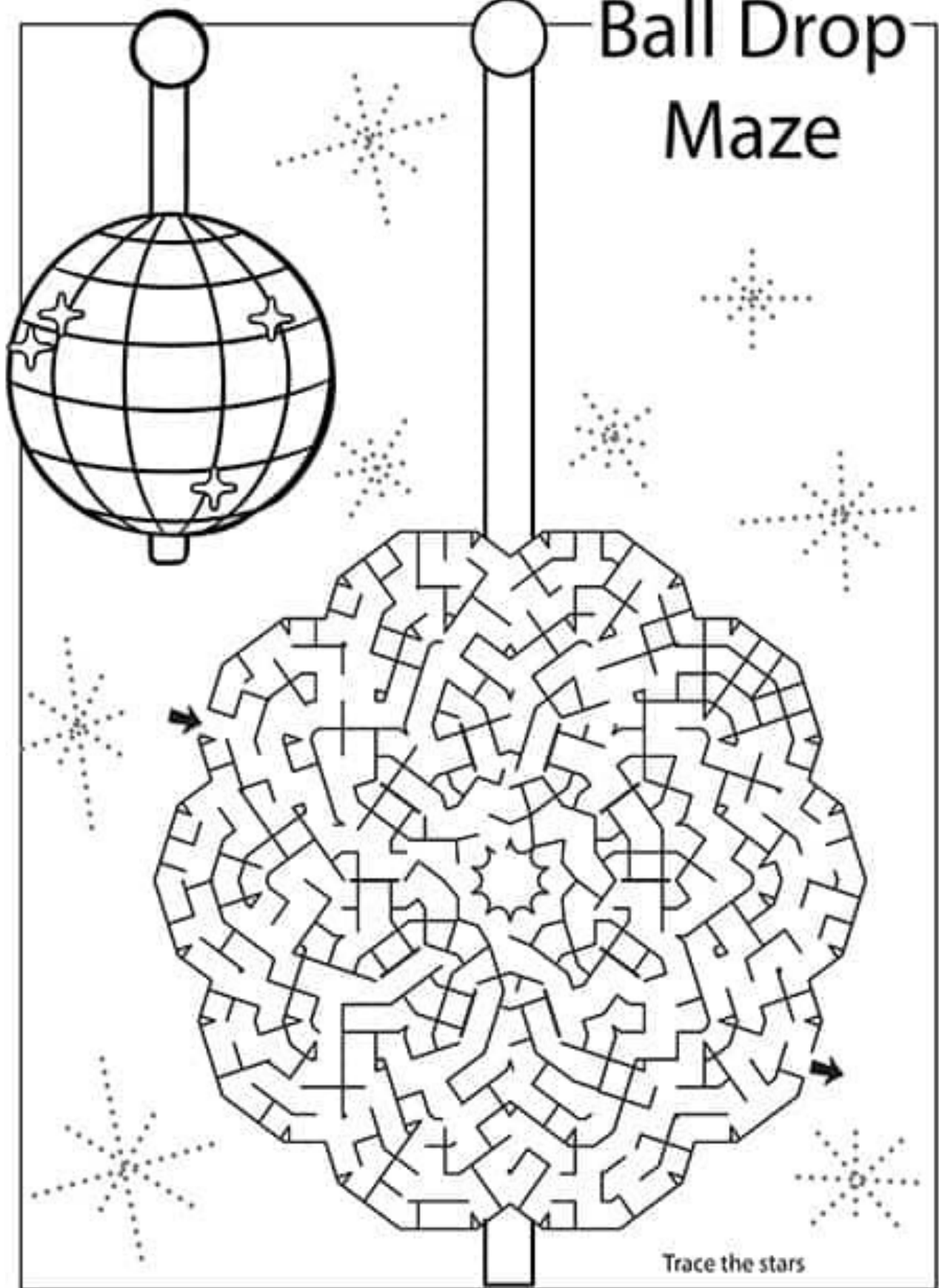
13. Fei Chiang

14. Janis Chiang

15. Myriam L. Quigua



Ball Drop Maze



Trace the stars



BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

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



Officers:

Rosa Farmer.....President
Susan Hall Vice President
Pat Walton Treasurer
Leo Palumbo Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi
Rosa Farmer
Jane Chin
Fraternidad Sevilla
Christina Lau



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
Vacant	Transportation
Laura Moy	Kitchen Aide
Yung Ping Tam	Kitchen Aide
Vacant	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.



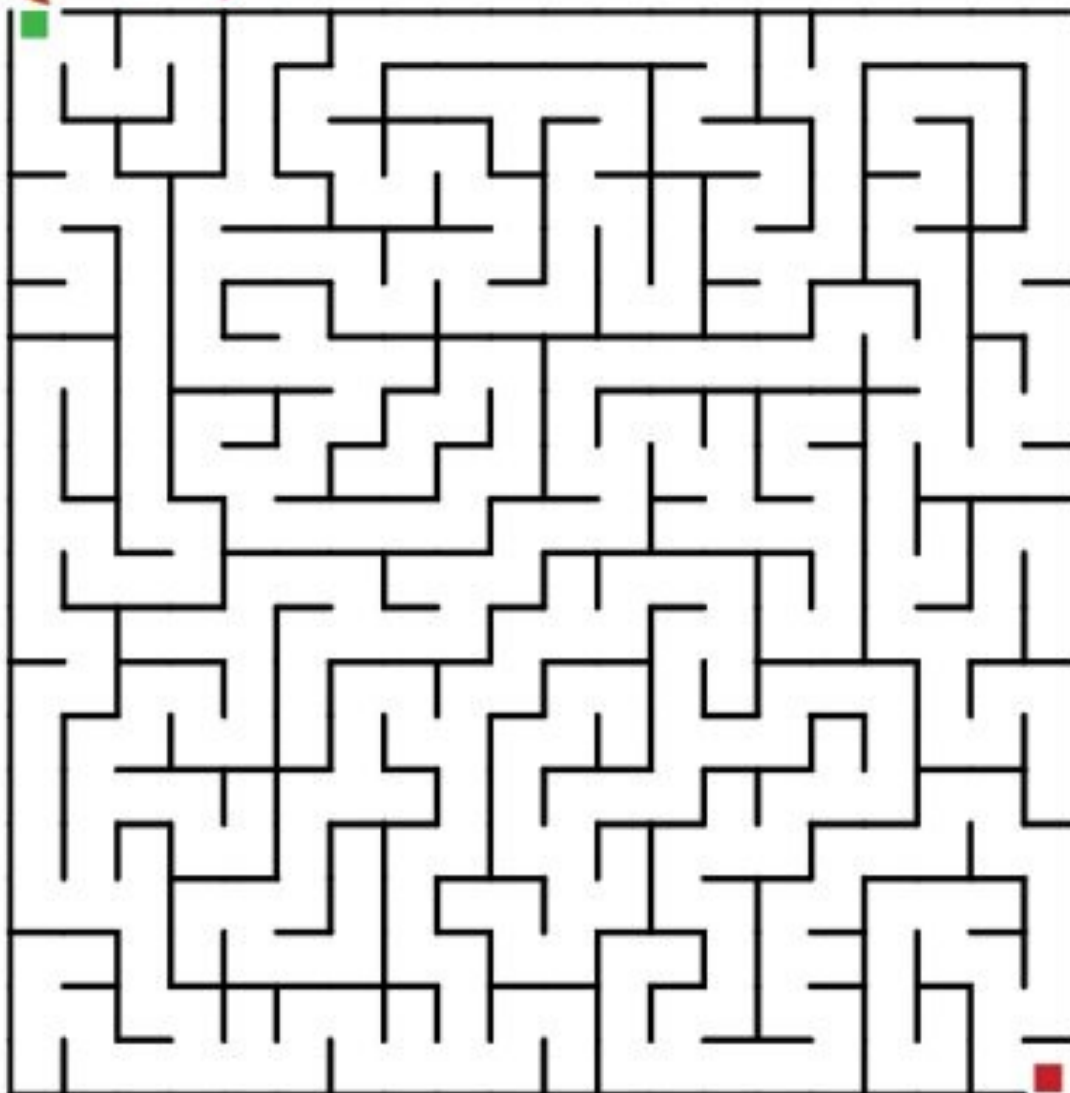
Name _____

Date _____

New Year Maze



Can you help the kids find their party hats?





Happy Recap!



DECEMBER 2024

