

**Selfhelp Austin Street Older Adult Center 106-06 Queens Boulevard, Forest Hills, NY 11375 Tel: 718-520-8197**  
**Monthly Menu: MAY 2024**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p align="center"><b>TREATS</b></p> <p>Tue: 5/7 – B &amp; W Cookie            Fri: 5/10 - Mother's Day Cake            Thu: 5/16 – Almond Cookie            Thu – 5/23 – Birthday Cake            Thu – 5/30 – Cup Cake.</p>		<p><b>1</b></p> <p><b>Frozen No-Passover Meal</b>            Meat Sauce/with Pasta            Blended Vegetables            Whole Wheat Bread            Milk &amp; Orange</p>	<p><b>2</b></p> <p>Stuffed Cabbage            Barley            Green Beans            Whole Wheat Bread            Pear &amp; Milk  <b>Alternate: Sliced Turkey</b></p>	<p><b>3</b></p> <p>Baked Chicken            California Blend Vegetables            Rice-A-Roni            Challah Bread            Applesauce &amp; Milk  <b>Alternate: Egg Salad</b></p>
<p><b>6</b></p> <p>Shepherd's Pie w/ Turkey            Garden Salad            Whole Wheat Bread            Apple &amp; Milk  <b>Alternate: Tuna Salad</b></p>	<p><b>7</b></p> <p>Aromatic Lentil Stew w/ Carrots            &amp; Turnips            Braised Red Cabbage            Brown Rice; Whole Wheat Bread            Orange &amp; Milk  <b>Alternate: TBD</b></p>	<p><b>8</b></p> <p>Beef Pot Roast            Broccoli Kugel (Pre-prepared)            Sweet Potatoes            Whole Wheat Bread            Kiwis (2) &amp; Milk  <b>Alternate: TBD</b></p>	<p><b>9</b></p> <p>Baked Salmon/ Dill Lemon Sauce            Creamy Spinach (Dairy-free)            Roasted Butternut Squash            Whole Wheat Bread            Pear &amp; Milk  <b>Alternate: Sliced Turkey</b></p>	<p><b>10</b></p> <p>Hawaiian Chicken            Steamed Carrots            Roasted Sliced Red Potatoes            Challah Bread            Applesauce &amp; Milk  <b>Alternate: Egg Salad</b></p>
<p><b>13</b></p> <p>Breaded Pollack            Roasted Beets            White Rice            Whole Wheat Bread            Apple &amp; Milk  <b>Alternate: Sliced Turkey</b></p>	<p><b>14</b></p> <p>Shepherd's Pie w/ Turkey            Garden Salad            Whole Wheat Bread            Orange &amp; Milk  <b>Alternate: Tuna Salad</b></p>	<p><b>15</b></p> <p>Stuffed Cabbage w/ Beef            Vegetable Ratatouille            Kasha Varnishkes            Whole Wheat Bread            Kiwis (2) &amp; Milk  <b>Alternate: TBD</b></p>	<p><b>16</b></p> <p>Curry Chickpea Stew (Pre-prep'd)            Steamed Green Beans            Brown Rice; Whole Wheat Bread            Pear &amp; Milk  <b>Alternate: TBD</b>  <b>*Almond Cookie</b></p>	<p><b>17</b></p> <p>Roasted Chicken            Carrot Tzimmes            Potato Kugel            Challah Bread            Applesauce &amp; Milk  <b>Alternate: Egg Salad</b></p>
<p><b>20</b></p> <p>Shepherd's Pie w/ Turkey            Garden Salad            Whole Wheat Bread            Apple &amp; Milk  <b>Alternate: TBD</b></p>	<p><b>21</b></p> <p>Chicken Spaghetti Casserole            Tossed Salad w/ Dressing            Whole Wheat Bread            Orange &amp; Milk  <b>Alternate: Tuna Salad</b></p>	<p><b>22</b></p> <p>Baked Salmon w/ Dill Lemon Sauce            Zucchini Provencal            Rice A Roni            Whole Wheat Bread            Kiwis (2) &amp; Milk  <b>Alternate: Sliced Turkey</b></p>	<p><b>23</b></p> <p>Meaty Vegetarian Moussaka            Tossed Salad w/ Dressing            Fusilli Pasta w/ Parsley            Whole Wheat Bread            Pear &amp; Milk  <b>Alternate: TBD</b>  <b>*Birthday Cake</b></p>	<p><b>24</b></p> <p>Roasted Chicken            Vegetable Mix (Non-starchy)            Sweet Noodle Kugel            Challah Bread            Applesauce &amp; Milk  <b>Alternate: Tuna Salad</b></p>
<p><b>27</b></p> <p align="center"><b>CENTER CLOSED            FOR            MEMORIAL DAY</b></p>	<p><b>28</b></p> <p>Chinese Style Pepper Steak            Asian Blended Vegetables            White Rice            Whole Wheat Bread            Orange &amp; Milk  <b>Alternate: TBD</b></p>	<p><b>29</b></p> <p>Salmon Cakes w/ Dill Lemon Sauce            Vegetable Ratatouille            Roasted Butternut Squash            Whole Wheat Bread            Nectarine &amp; Milk  <b>Alternate: Sliced Turkey</b></p>	<p><b>30</b></p> <p>Whole Wheat Bean Burrito            Tossed Salad w/ Dressing            Rice and Beans            Plums (2) &amp; Milk  <b>Alternate: TBD</b></p>	<p><b>31</b></p> <p>Roasted Chicken            Sauteed Green Beans w/ Onions            Roasted Sweet Potato Slices            Challah Bread            Applesauce &amp; Milk  <b>Alternate: Tuna Salad</b></p>

Strictly GLATT KOSHER. Milk served on the way out. Menu can change without prior notice. Funded in part by NYC Department for the Aging.

Calendar of Activities: MAY 2024

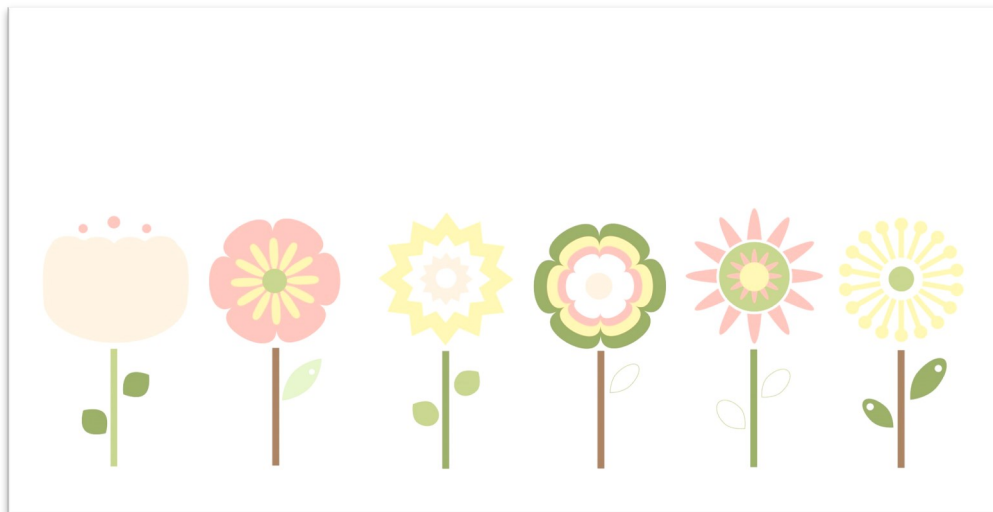
The Center will be closed on Monday, 5/27. On the preceding Friday, 5/24, the Center will close at 1:45 PM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 9:30 (M4) <b>Ping Pong</b>	8:30- 9:45 (M4) <b>Ping Pong</b>	8:30- 12:00 (M4) <b>Ping Pong</b>	8:30- 10:45 (M4) <b>Ping Pong</b>
8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)	8:30- 12:00 (M3) <b>Leisure Games</b>	8:30- 12:00 (Computer Lab)	8:30- 12:00 (Computer Lab)
8:30- 11:00 (M3) <b>Leisure Games</b>	10:00- 12:00 (M4) <b>Oil Painting</b>	9:30- 11:00 (Ballroom) <b>Chinese Culture Club Dancing</b>	10:30- 12:00 (M2) <b>English for Chinese</b>	11:00- 12:00 (M4) <b>Bingo</b>
11:00- 12:00 (M3) <b>Current Events</b>	10:45- 12:15 (M3) <b>Blood Pressure Screening</b> (Except on May 7 <sup>th</sup> & 21 <sup>st</sup> )	10:00- 11:00 (Computer Lab) <b>Today's Technology</b>	10:45- 12:15 (M3) <b>Blood Pressure Screening</b>	<b>Workshop: Kim Lerner – 5/10</b> <b>Topic: Low Income Subsidy</b> <b>11:15 a.m. – Crystal Room</b>
11:00- 12:00 (Ballroom) <b>Staywell Exercise</b>	11:00- 12:00 (M2) <b>Interesting &amp; Informative Discussion</b>	11:00- 12:00 (Computer Lab) <b>Surfing the Internet</b>		
		10:00- 12:00 (M4) <b>Chinese Culture Group Singing</b>		
		<b>Workshop - Nutrition Education:</b> <b>Amelia: 5/8 – 11:15 a.m.</b>		
12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:00 (M4) <b>Drawing</b>	12:30- 3:45 (M4) <b>Ping Pong</b>	12:30- 3:45 (M4) <b>Ping Pong</b>	1:00- 3:45 (M4) <b>Ping Pong</b>
12:30- 3:00 (M3) <b>Leisure Games</b>	1:00- 3:30 (Computer Lab)	12:30- 3:30 (M3) <b>Leisure Games</b>	1:00- 3:30 (Computer Lab)	1:00- 3:30 (Computer Lab)
1:00- 2:00 (Computer Lab) <b>Technology Assistance</b>	1:00- 3:45 (M3) <b>Arts &amp; Crafts (Jewelry)</b>	1:00- 3:30 (Computer Lab)	1:00- 3:45 (M2) <b>Arts &amp; Crafts (Needlepoint)</b>	<b>Entertainment</b> <b>(1:15-2:15 pm, Crystal Room)</b> <b>*5/3 Russell Targrove</b> <b>*5/10 Juan Ortega</b> <b>*5/17 Tony Gapp</b> <b>*5/24 (Early Closure - No Entertainment)</b> <b>*5/31 Windbreakers</b>
1:30- 2:30 (Crystal Room) <b>Zumba Gold</b>	1:00- 2:00 (M2) <b>Drama Group</b>	1:30- 2:30 (Ballroom) <b>Yoga</b>	1:30- 2:30 (Crystal Room) <b>Line Dancing</b>	
2:00- 3:30 (Computer Lab)	1:30- 2:30 (Crystal Room) <b>Tai Chi for Arthritis</b>	2:30- 3:30 (Crystal Room) <b>Tai Chi for Arthritis</b>	<b>Workshop: FDNY – 5/23</b> <b>Topic: Fire Safety</b> <b>11:15 a.m. – Crystal Room</b>	
3:00- 3:45 (M3) <b>Leisure Games</b>				

Funded in part by NYC Department for the Aging. Schedule can change without prior notice. SU CASA ARTS TO BEGIN – STAY TUNED

## RULES FOR LUNCH

1. Please refrain from talking when the Director is addressing the group
2. Before lunch, members waiting for lunch should not stand in front of the lunch service tables until their group's numbers are called.
3. Only those whose group numbers are called should be on line. There will be a penalty if you get on line before your group is called. You will have to wait until the end of lunch to be served.
4. Keep your ticket intact. Only a lunch service person may tear your ticket. Members with torn tickets will have to wait until the end of the lunch to be served
5. Upon completion of eating, please carry your tray, plates, plastic ware and left over, to the garbage receptacles in the dining room
6. Please leave the dining room upon finishing your meal, unless you are attending the next activity scheduled for the dining room.



The logo for Selfhelp, featuring the word "Selfhelp" in a blue, cursive-style font with a blue swoosh underneath.

AUSTIN STREET OLDER ADULT CENTER  
106-06 QUEENS BOULEVARD  
FOREST HILLS, NY 11375  
TEL: (718) 520-8197

Funded in Part by the NYC-Aging

# Monthly Newsletter MAY 2024 AUSTIN STREET OLDER ADULT CENTER

## Austin Street Senior Center



Visit Us 106-06 Queens Boulevard  
Forest Hills, NY 11375 Selfhelp

Questions? Contact us: (718) 520-8197

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Funded in-part by NYC-Aging

## YOUR HOME AWAY FROM HOME

**LIVE KARAOKE —BINGO, MAHJONG, RUMMIKUB**

**& OTHER GAMES OF YOUR CHOICE**

**Blood Pressure Screening/ workshops**

**Informative discussion sessions/English conversation**

**Live entertainment**

**Yoga/tai chi/Zumba/StayWell exercise/**

**Computer classes/ technology assistance/ping pong/Drama/Arts & Craft/  
Line Dancing/Chinese Culture dancing & Singing/Current Events/Drawing  
& oil painting**



**MESSAGE FROM PROGRAM DIRECTOR—** *Barrington McFarlane*

Special greetings to you all. As the author of your own story, never give the pen to others. They may not tell your story the way it should be told. They may omit important facts, which could ultimately change the ending. I hope you are having a peaceful and healthy day and are not being faced with any cognitive deficits. If for any reason, you are facing any physical, mental, emotional, or other challenges, please reach out to the appropriate avenue/s. Please remember that you will not always be able to get through your struggles on your own. In life, we all need some form of support from time to time. Reaching out does not make you weak or dependent. As human, we reach out as a mean to survive and overcome obstacles – return to “baseline.”

Austin Street continues to make the best use of the space and resources that are within its grasp, as we try to provide the best services and a friendly environment in which everyone can coexist. It is very challenging to provide services, foods, entertainment, etc., that is unique to every member that attends Austin Street. With that being said, I do hope that you understand that it is impossible to cater to your daily needs (as an individual) every day at 100%. For example, we can choose an entertainer for a specific Friday, but we cannot determine what your meal and portion sizes should be for the month. In my opinion, (and feedback from several members) the food at Austin has significantly improved. We intend to continue our monthly meeting (1st Tuesdays of each month) with the caterer, hoping to improve meals accordingly. Please continue to assist us in making things better at Austin Street.

Welcome back Sandra Anello and all the other members who went away on vacation. Ken is back with Yoga after a month away from us and Tai Chi for Arthritis with Mr. Choey returned in April. We have listened to you and brought back Tony Gap for more entertainment. If he continues to make you happy with his performance, we will continue to book him. SU CASA Art is scheduled to begin any-time soon. This time around, the focus will be on creating memorabilia. For Karaoke lovers, I have not scrapped the “show” but instead made room for entertainment that is more popular. Karaoke will definitely return. Please let me know about anything that you think we could fit in with our programming and schedule at Austin Street. If possible, we are willing to give it a try. The warming trend is here, and you should make the best of outdoor activities. As such, please let us make another attempt this year to take trips of your liking. I am seeking to form a trip planning committee. If you are interested, please see me in person.

Thank you all again for your support to our operation at Austin street. In an effort to increase membership and attendance, please encourage your friends, family, peers and associates to support Austin Street’s/Selfhelp’s mission. I encourage you to be more generous in your giving, especially since donations have been almost non-existent for the year 2024. The year 2023 saw less than persons donating to Austin Street. That is correct, less than 15 persons, considering the size of our membership. We also continue to struggle with voluntary contribution for meals. I do understand that voluntary contribution means voluntary contribution. Nonetheless, this does not mean you should not contribute. Furthermore, we do rely on these contributions to assist with the overall programming at Austin Street.

Kudos to my staff who have worked relentlessly to clean up the “*consent*” list and are now working to further ensure that we update the profile of those whom we might have missed in the process. This process is ongoing, and I kindly ask that you give us the support that is needed in this regard. Thank you to all the volunteers and the PAC family. You are highly appreciated. Be safe at home, and away from home, especially as you navigate your way to Austin Street. I hope that you find the content enlightening, enriching, and comforting. Thank you and have a wonderful month!

### **Long-term care insurance benefits cover in-home care**

Long-term care insurance is a type of insurance purchased from private companies to cover the cost of nursing home care, assisted living, and home health care. Benefits vary depending on the plan, so it is important to clarify the services covered by the policy at the time of purchase.

Plan ahead when it comes to building and purchasing a long-term care insurance policy. Premiums are usually lowest for healthy individuals in their 50s and 60s. Older seniors and those with chronic illnesses or serious medical conditions are unlikely to qualify for coverage.

**Using life insurance to pay for home care** Seniors who have life insurance policies can use them to pay for home care in a few ways. Options include taking a loan from the policy’s cash value or surrendering the policy in exchange for the cash value

**Veterans benefits that cover in-home care using VA health benefits to pay for home care** A Veteran or spouse of a Veteran may be eligible for VA Aide and Attendance benefits or Housebound allowance based on military service. VA Aide and Attendance or Housebound benefits provide monthly payments added to the amount of a monthly VA pension for qualified veterans and survivors. Call your local VA office to see if you qualify

**Private pay home care: Using income and savings for home care** Many families pay out of pocket for in-home care services. Possible sources used to cover private pay home care expenses might include individual retirement accounts (IRAs), health savings accounts (HSAs), pensions, investments, annuities, real estate, and Social Security benefits. Although seniors may be hesitant to use their hard-earned savings or liquidate assets, it is important to consider that properly “spending down” almost all assets is required to qualify for Medicaid.



**NY Connects**  
Your Link to Long Term  
Services and Supports



## Long Term Care - Home Care Services Program

[Long Term Care - HRA \(nyc.gov\)](http://nyc.gov)

Home Care programs are Medicaid-funded long-term-care programs designed to help eligible elderly or disabled individuals remain safely at home, rather than in a nursing home. Home Care programs have different eligibility requirements, but they all require that you be eligible for Medicaid.

### Long Term Care Options

- ◆ Personal Care (Medicaid-Funded Home Care): Home Attendant and Housekeeping services for individuals having difficulty with at least one or more activities of daily life. Individuals must be Medicaid eligible and otherwise exempt from Managed Long-Term Care or Managed Care. In addition to Personal Care services, there is also a Consumer Directed Personal Assistance Program.
- ◆ Managed Long-Term Care Program: Covers case management, nursing, home health aides, home attendant services, physical therapists for people who are Medicaid eligible, or eligible for both Medicaid and Medicare, and are medically eligible for long term care services. More information from the NYS Department of Health.
- ◆ Assisted Living Program: Long term residential care, find more information on this state administered program.
- ◆ Long Term Home Health Care Program: Plan of medical, nursing and rehabilitative care provided at home to persons medically eligible for placement in a nursing home. These individuals must have care costs which are less than the nursing home cost in the local county. Individuals can access this program through a hospital discharge planner, HCSP, or a Long Term Home Health Care Provider.

### HOW TO PAY FOR HOMECARE

How much do home care services cost? In-home care costs vary by location and required level of service. The average cost of a home health aide ranges between \$25-\$30 per hour.

**What insurance covers in-home care?** Medicare in-home care benefits In most cases, when ordered by a physician, Medicare Parts A and/or B will pay for medically necessary services provided in a home setting over a short term. However, a senior who requires only non-medical care (meal preparation, bathing assistance, housekeeping) won't qualify for Medicare coverage.

### !!ATTENTION!!

Meals are served at a temperature of 140° F and over for hot meals, and 40° F for cold meals. If you take home food, you're at risk of food spoiling because of weather. Taking food home from the center is done at your own risk. Thank you.

### Entitlements & Benefits Assistance

**Our Social Worker Jolanda is here to assist with reviewing & applying for your entitlements and benefits. If you have any questions or need assistance, please stop in the office and make an appointment.**

### UPDATE OF PERSONAL INFORMATION

**We are currently in the process of updating members' data. Our Data Entry Coordinator, Naoto, has been reaching out to members, so don't be surprised if you receive a call from him, requesting to update you information. It is a requirement from Department for Aging. We want to be able to contact you or your emergency contact, in the event that the need arises. Please note that this update takes approximately 5-10 minutes in-person or over the phone with Naoto. So, if you do receive a call from Naoto, it is not a SCAM call.**



### REGISTRATION

**If you are not registered for services at this center, and are interested in becoming a member, please stop in the office to make an appointment with one of the employees. You can also request an appointment by phone by calling the following number— (718) 520-8197. Please note that only 2 registrations are done daily – 9:30 a.m. and 1:15 p.m. At this time, we are not accepting "walk-ins." Thank you.**

**Please have the following documents available if you plan on becoming a member:**

1. Proof of age—drivers license , passport or other photo ID
2. Emergency Contacts such as spouse, child, friend, or family member—their name, address and telephone number.
3. Name, address and telephone number of Primary Care Physician
4. List of medications—including dosage, frequency and reason for taking

### BARCODE

If you have lost your barcode, please stop in the office and see Sylvia to get a replacement. We are again scanning, so please have your barcodes on hand. When you write your name for the class you are participating in, **PLEASE PRINT CLEARLY - FIRST AND LAST NAME!**



# OLDER AMERICANS MONTH



POWERED BY CONNECTION: MAY 2024

([info4seniors.org](http://info4seniors.org))

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the [Administration for Community Living \(ACL\)](#), OAM is a time to recognize older Americans' contributions, highlight aging trends and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults — a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community.

It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

## How can community groups, businesses, and organizations mark OAM?

- Spread the word about the mental, physical and emotional health benefits of social connection through professional and personal networks.
- Encourage social media followers to share their thoughts and stories of connection using hashtag #PoweredByConnection to inspire and uplift.
- Promote opportunities to engage, like cultural activities, recreational programs and interactive virtual events.
- Connect older adults with local services, such as counseling, that can help them overcome obstacles to meaningful relationships and access to support systems.

Host connection-centric events or programs where older adults can serve as mentors to peers, younger adults or youths.

## What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues or neighbors.

## MAY: National Osteoporosis Awareness and Prevention Month

[National Osteoporosis Awareness and Prevention Month - Capital Women's Care \(cwcare.net\)](http://NationalOsteoporosisAwarenessandPreventionMonth-CapitalWomen'sCare(cwcare.net))

Osteoporosis is common, serious, and costly—and it can lead to an increased risk of bone fractures, typically in the wrist, hip, and spine. Often called a silent disease because bone loss occurs without symptoms, people may not know that they have osteoporosis until their bones become so weak that a sudden bump or fall causes a fracture.



### DID YOU KNOW?

1. women aged 50+ years have a quadrupled risk over men within the same age bracket of developing osteoporosis of the femur, neck or lumbar spine. Of the men, 4.2% have osteoporosis, compared to 18.8% of the women having the disease.
2. Osteoporosis predominantly affects older women's health. According to experts, 1 out of 2 women over age 50+ years will suffer an osteoporosis-related fracture within her lifetime.
3. In women aged 50 through 59 years, a concerning 58% have low bone mass; what's more, this percentage of women with low bone mass will increase as these women age. In women, osteoporosis usually occurs in the 10 to 15 years after menopause.

### Reducing Osteoporosis Risk

- ⇒ Exercise daily, focusing on weight-bearing activities like walking, dancing, or strength training.
- ⇒ Eat a balanced diet rich in calcium (dairy, leafy greens, almonds) and vitamin D (salmon, egg yolks).
- ⇒ Avoid smoking, drug abuse, and excessive alcohol consumption.
- ⇒ Discuss bone health with your healthcare provider, share personal and family history, and follow their recommendations for screening and lifestyle adjustments.

## Mothers Day Trivia Quiz

- ♥ When was the first Mother's Day observed? **May 10th 1908**
- ♥ What is the highest officially recorded number of children born to 1 mother? **69, 67 of them survived infancy**
- ♥ How many women have babies in the average year? **4.0 million, about 450,000 are teens**
- ♥ What are the odds of a mother delivering twins? **1-in-33**
- ♥ What is the most popular month in which to have a baby? **August**
- ♥ Who is credited with founding Mother's Day? **Anna M. Jarvis**
- ♥ What flower symbolizes Mothers Day? **White Carnation**
- ♥ What was the first state to issue a proclamation for a day honoring mothers? **West Virginia**
- ♥ When was Mother's Day officially declared? **May 8th 1914**



## SENIOR JOKES & CARTOONS



What do army guys say when they forget Memorial Day?  
Ah, shoot!

How much space do these Memorial Day jokes require?  
A Gigglebyte.

Why don't soldiers play hide and seek on Memorial Day?  
Because good luck hiding when everyone's off duty!

Why are there no knock-knock jokes on Memorial Day?  
Because freedom rings!

I only eat seafood on Cinco de Mayo. When I see food, I eat it.

What did one taco chip say to the other? Let's go for a dip.

Knock, knock!  
Who's there?  
Yah.  
Yah who?  
Yahoo, I'm excited for Cinco de Mayo too!





Share your stories/special events/pictures with us if you would like to be featured in our monthly Newsletter.



Juan Ortega 4/5/2024



Melodians performance 4/12/2024



TONY GAP 4/26/2024

## BUZZ CORNER & IMPORTANT DATES

**FRI, 5/24 - Center close early at 1:45 PM**

**Monday, 5/27 – CENTER CLOSED for Memorial Day**

**SU CASA ARTS TO BEGIN – Friday 5/10 at 10am to 12pm**



**TUES, 5/7- BLOOD PRESSURE CANCELLED**

**WED, 5/8 – Nutrition Education by Amelia Jalandoni**

**FRI, 5/10 – Low Income Subsidy by Kim Lerner**

**FRI, 5/10 - Mother's Day Party --Juan Ortega**

**FRI, 5/17 - Tony Gap**

**TUES, 5/21 – BLOOD PRESSURE CANCELLED**

**THURS, 5/23 – Fire Safety Training by FDNY**

**FRI, 5/31- Windbreakers**