



THE GEMS

Cav. PETER CARDELLA
CENTER
SERVING SINCE 1974

68-52 Fresh Pond Road
Ridgewood, N.Y. 11385
718-497-2908 / 718-497-2589 HMDL
OPEN 8 A.M. - 4 P.M.

NEWSLETTER

TONI-ANN GRANDE, CHAIRWOMAN
IGNATIUS GRANDE, SECRETARY
FRANK GIARAMITA, VICE CHAIRMAN
JOHN CHRIST, TREASURER

BARBARA TOSCANO, EXECUTIVE DIRECTOR

www.cardellaseniors.org

Center funded under contract with the NYC Department For The Aging, NY State Office for the Aging,
City Council, Borough President's Office and City Meals-On-Wheels

January 2016



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MEALS ON WHEELS COORDINATOR

MELISSA LANSFERY - Tel. # 718-497-2589

CHEF - ENZA BACILE

ASSISTANT COOK - GUISEPPINA TARDUGNO

KITCHEN AIDES - TINA DIBENEDETTO & CONNIE VENEZIA

CUSTODIANS - PAOLA BOMMARITO & ENZA TRAPANI

DRIVER - PIETRO ROPPOLO

F.R.I.E.N.D.S. PROGRAM

GLORIA VARGAS - ASL INTERPRETER

*** THE DUTIES OF THE ADVISORY BOARD ARE: TO TAKE COMPLAINTS AND SUGGESTIONS FROM THE GENERAL MEMBERSHIP OF THE CENTER AND ACT AS MEDIATORS BETWEEN SENIORS AND BOARD OF DIRECTORS.**



December Birthdays

Sherrill Ding
Pina Ognibene
Maria Wilms
Maria Turano
Rosalind Nissim
Tommasa Re
Maria Baccari
Anica Ronda
Eleonor Bologna
Ignazio Drago
Alfred Kikel
Graciela Postiglione
Amparo Garcia



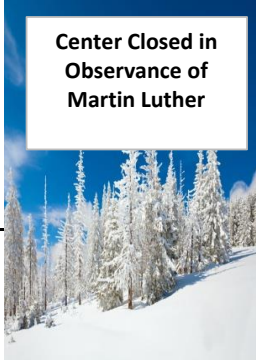
THE GEMS



PROPOSED MENU FOR THE MONTH OF

January, 2016



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4-Jan Egg Drop Soup Sweet and Sour Chicken White Rice Mixed Vegetables <i>Crochet Class</i> <i>Bingo AM & PM</i>	5 Roast Loin of Pork Mashed Potatoes Steamed Cabbage <i>Music by Emilio</i>	6 Lentil Soup Beef Lasagna Roasted Potatoes, Italian Blend Vegetables Mediterranean Salad <i>Yoga, Tai-Chi</i> <i>Bingo</i> <i>Movie</i>	7 Lemon Garlic Tilapia Pasta with Sweet Peas Baby Carrots with Parsley <i>Music by Rich</i> <i>Sing-A-Long,</i> <i>Blood Pressure</i>	8 Chicken Cutlet Roasted Potatoes Steamed Broccoli <i>Oil Painting</i> <i>Exercise</i> <i>Bingo</i>
11 Hungarian Goulash with Beef Egg Noodles Steamed Green Beans <i>Crochet Class</i> <i>Bingo AM & PM</i>	12 Meatballs in Tomato Sauce Spaghetti Mixed Green Salad Steamed Cauliflower <i>Music by Ray Reggio</i>	13 Escarole and White Bean Soup Roasted Chicken Roasted Potatoes Steamed Broccoli <i>Yoga</i> <i>Tai-Chi</i> <i>Bingo</i> <i>Movie</i>	14 Turkey with Gravy Roasted Sweet Potatoes Sautéed Asparagus <i>Music by Emilio</i> <i>Sing-a-Long</i> <i>Blood Pressure</i>	15 Beef Salisbury Steak with Mushroom Sauce Mashed Potatoes Sautéed Zucchini <i>Exercise</i> <i>Oil Painting</i> <i>Bingo</i>
18 	19 Chicken Tortellini Soup Baked Marinated Cod Cous Cous Garden Salad Mixed Vegetables <i>Music by Walter</i>	20 Barley Soup Breaded Pork Chop Baked Potatoes Steamed Broccoli <i>Yoga/Movie</i> <i>Bingo, Tai-Chi</i>	21 Chicken Marsala. Egg noodles Baby Carrots with Parsley <i>Music by Ray Reggio</i> <i>Sing-A-Long</i> <i>Blood Pressure</i>	22 Butternut Squash Soup Garlic Chicken Rice with Vegetables Garden Salad <i>Oil Painting</i> <i>Exercise</i> <i>Bingo</i>
25 Chicken Noodle Soup Chicken Cutlet Corn Steamed Spinach <i>Crochet Class</i> <i>Bingo AM & PM</i>	26 Roast Beef Mashed Potatoes Mixed Green Salad Steamed Green Beans <i>Music by Rich</i>	27 Baked Ziti with Cheese Steamed Broccoli Tossed Salad with Dressing <i>Yoga</i> <i>Bingo/Movie</i> <i>Tai-Chi</i>	28 Vegetable Soup Roasted Chicken Yellow Rice Sautéed Zucchini <i>Music by Emilio</i> <i>Birthday Cake</i> <i>Blood Pressure</i> <i>Metrocard Service</i>	29 Baked Tilapia Pasta with Garlic and Oil Mixed Green Salad <i>Oil Painting,</i> <i>Exercise, Bingo</i>



THE GEMS

EVENTS

Metrocard Service- January 28th
Music by Emilio, Ray Reggio, Rich, & Walter- Ongoing

TRIPS

Tentative trips to Trader Joe's,
Macy's, & Atlas Park Mall

Martin Luther King

**On January 18th,
We honor the life
and legacy of a
great activist who**



Chinese New Year is February
4th, 2016



The PCSC Recieved a very kind \$15,000 grant from the OdysseyRe Foundation in memory of Slyvia Slowski. The donation will assist the center in our efforts to keep our great programs running!
Pictured Above: PCSC Members and staff with Executive Driector Barbara Toscano and Anthony Slowski OdesseyRe Foundation and son of Slyvia Slowski.

Check out Chinatown's annual Lunar New Year celebration This street party features all sorts of vendors, food and festivities for all ages to welcome the Year of the Monkey.

The parade wends its way through the main streets of Little Italy and Chinatown, and festivities start at 1pm.

Sara D. Roosevelt Park

East Houston Street to Canal Street (bet. Forsyth and Chrystie Sts.)
Manhattan, NY 10002

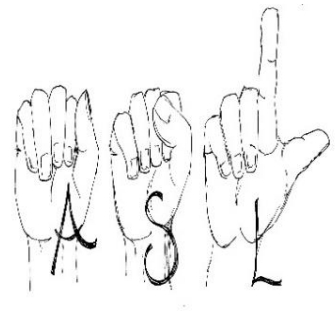


LEARN ASL WITH US!

Come and join us to learn
how to communicate in
American Sign Language
with the Deaf. Sign up for
classes with Gloria
Vargas, our ASL
interpreter.



Congratulations to the Center's first Introduction to American Sign Language class Graduates!
Pictured above: Marion Lacko, Luisa Crespo, Noreen Norack, and Lois Leist; not pictured is Maria Doyle.
They recieved certificates of Excellence in Introduction to American Sign Language. The class was 2 Months (October 13th- December 15th.) Instructor, Gloria Vargas.



THE GEMS

Please remember the Peter Cardella Senior Center in your Will
The Peter Cardella Senior Citizen Center has done a great deal to improve the quality of life for hundreds of senior citizens. Please remember the Center in your will, so we can continue to provide important services to others in our community.

****Please see the menu pages for more activities****

New Year, New Beginnings

Health and Wellness in the New Year 2016

The new year brings new opportunities and new opportunities to create and achieve new goals. January is a great time to reflect on the year before and think of goals you have achieved or are still working on. Remember: you CAN do it! Positivity and creativity can go a long way. Have you ever thought about learning a new language? How about starting a new book? The possibilities are endless. Make 2016 your year!



Health Awareness in January



Cervical Health Awareness Month

For More Information Contact: The National Cervical Cancer Coalition
Phone: 800.685.5531

Glaucoma Awareness Month

For More Information Contact: The Glaucoma Research Foundation
Phone: (212) 285-0080
Website: <https://www.glaucomafoundation.org/>

National Blood Donor Month

For More Information Contact: American Red Cross
Phone: (877) 733-2767
Website: <http://www.redcross.org/local/ny/new-york/>

Sarah Dawn Designs

HAVE hope
TRY new things
BE active
SEE the good
SAY "I Love You," more
CHALLENGE yourself
CHOOSE to be happy
EAT better
ENJOY today
FORGIVE more readily
READ more often
BECOME your best you

THE GEMS

Donations

Toni Ann & Ignatius Grande-\$1,000.00

Blue Cross Blue Shield- \$650.00

OdesseyRe Foundation- \$15,000.00

PETER CARDELLA SENIOR CENTER IS

AN OFFICIAL HIICAP SITE

We offer accurate and objective information, counseling, and assistance on private health insurance, Medicare, & related health coverage plans.

Come see Josephine for free expert advice!

AARP DEFENSIVE DRIVING

Register *in person only* at

Peter Cardella Senior Citizen Center

Sorry, **no phone reservation accepted.**

2016 Dates TBD

\$20.00 for AARP Members

\$25.00 for Non Members

CHECKS ONLY, NO CASH, NO REFUNDS!

MEALS ON WHEELS

The Peter Cardella Senior Center offers Meals-on-Wheels to home bound seniors. A client must be a New York City resident, 60 years of age or older, able to live safely at home if services are provided, unable to attend a congregate meals site unattended, and unable to prepare meals because of incapacity, or lack of cooking facility, or inability to cook for self, or financial hardship, or specific dietary considerations that the senior cannot meet on their own.

If you know anyone interested in this service and who meets these qualifications, please refer them to us!



In Loving Memory

Frances Surpaski

A malise Ferone



NEW YORK STATE SENATE



JOSEPH P. ADDABBO, JR.
SENATOR
15TH DISTRICT

199-53 102nd STREET
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E-MAIL: ADDABBO@NYSENATE.GOV

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ASSEMBLYMAN
38TH DISTRICT

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& MIDWIFERY**

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