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HIGHLIGHTS

Message from Sabrina to Rockaway member

Can you believe summer is almost over? We are now entering the month of August. This month is recognized as National Immunization Month. For valuable information on the importance of immunization, please refer to page 14. Additionally, don't forget to check page 2 for details on our upcoming events.



Upcoming Events

PRESENATION:

August 12– Elder Abuse –(11am)Florian (JASA) ((Education Presentation)

August 18– Scam Awareness– (11am)-Mr. Papavlaso-((Education Presentation)

August 19– Brown Bag– (10am-12pm) -Mr. Pantina-((Health Presentation) **SPECIAL EVENT:**

August 4— Hip Hop Exercise Class - Officer Soto(11am)

August 11-Comedy Show–Howard Newman (11am)

August 13 –Advisory board-(9:45am)

August 20– Ice Cream Social (11am)

August 25– Tea Party Themed Birthday Celebration (11am-2pm-(Cost \$3)

Will have cake & DJ Birthday People are free (DJ: Oak Street)

August 29 – Smoothie Day – Summer Swirl (-Strawberry, Peach, Banana & Oatmilk) (11am)



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BIKING POOL READING FRIENDS

POPSICLES SNOW CONE RELAX TRAVEL

SUMMER ICE CREAM LEMONADE FUN

BREAKFAST MENU AUGUST 2025(MENU SUBJECT TO CHANGE) All meals come with milk and bread

Monday	Tuesday	Wednesday	Thursday	Friday
Funded by NYC AGING				1 Cheesy Grits Scrambled Eggs Whole Wheat Grilled Cheese Sliced Peaches
4 Farina Omelet w/ peppers & onions Home Fries Banana	5 Raisin Bran Blueberry Pan- cakes Homemade Tur- key Sausage Yogurt Parfait w/blueberries Blueberries	6 Cream of Wheat Scrambled Eggs /red peppers & onions Mini Croissant Fruit Salad	7 Cheerios Scrambled Eggs Whole Wheat Grilled Cheese Strawberries	8 Maple Flavored Oatmeal Cinnamon Whole Wheat French Toast Scrambled Eggs Homemade Pork Sausage Pineapple
11 Raisin Bran Cheese Frittata Home Fries w/peppers & on- ions Orange	12 Apple Pie Oatmeal Scrambled Eggs w/Swiss Homemade Pork Breakfast Sausage Whole Wheat Mini Bagel Banana	13 Cheerios Blueberry Pancakes Homemade Turkey Sausage Whole Wheat Eng- lish Muffin Blueberries	14 Cheesy Grits Hard Boiled Egg Home Fries Grapes	15 Multigrain Cheerios Omelet w/ peppers & onions Homemade Pork Breakfast Sausage Honeydew

CONTINUED ON NEXT PAGE

BREAKFAST MENU AUGUST 2025 (MENU SUBJECT TO CHANGE) AII MEALS COMES WITH MILK & BREAD- CONTINUED

18 Maple Flavored	19 Oatmeal	20 Cream of	21 Oatmeal	22 Cornmeal
Oatmeal	Scrambled Eggs w/	Wheat	Hard Boiled Egg	Porridge
Salmon Cakes	Swiss	Omelet w/	Corn Muffin	Cinnamon
Home Fries w/	Homemade Tur-	Spinach & Par-	Yogurt Parfait w/	Whole Wheat
peppers & onions	key Sausage	mesan Cheese	Peaches	French Toast
Cantaloupe	Whole Grain Waf-	Homemade Pork	Orange	Scrambled
	fles	Breakfast Sausage		Eggs
	Sliced Peaches	Whole Wheat		Homemade
		Mini Bagel		Turkey Sau-
		Strawberries		sage
				Tangerine
25 Oatmeal	26 Grits	27 Maple Fla-	28 Cheerios	29 Apple Pie
Spinach, Vegetable	Whole Wheat	vored Oatmeal	Scrambled Eggs /	Oatmeal
& Cheddar Frittata	Grilled Cheese	Homemade Pork	red peppers & on-	Scrambled
Homemade Turkey	Scrambled Eggs	Breakfast Sausage	ions	Eggs w/Swiss
Sausage	Blueberries	Whole Wheat	Homemade Tur-	Home Fries
Bran Muffin		Cinnamon Pan-	key Sausage	Whole Wheat
Banana		cakes	English Muffin	Mini Bagel
		Pineapple		Fruit Salad



LUNCH MENU AUGUST 2025 (MENU SUBJECT TO CHANGE) All meals come with milk and bread

Monday	Tuesday	Wednesday	Thursday	Friday
Funded by NYC AGING				1 BBQ Pork Chops Baked Mac & Cheese Tossed Salad w/ dressing Apple Apple Apple Juice
4 Baked Turkey Wings Glazed Sweet Potatoes Collard Greens w/Tomato Apple Apple Juice	5 Oven-Fried Fish Macaroni Salad Tossed Salad w/ dressing Banana Orange Juice	6 Whole Wheat Lo Mein w/Edamame Steamed Broccoli w/soy sauce Pear	7 Jerk Chicken Leg Quarters Caribbean Rice & Beans Steamed Cabbage Grapes Pineapple Juice	8 Beef Salisbury Steak w/mushroom sauce Garlic Mashed Po- tatoes Steamed Carrots Orange Grape Juice
11 BBQ Chicken Leg Quarters Glazed Sweet Potatoes Sauteed String Beans Pear Apple Juice	12 Beef Stew Brown Rice California Blend Veg Banana	13 Oven-Fried Fish Home Fries w/ peppers & onions Tossed Salad w/ dressing Peach	14 Black Bean Qui- noa Burger Baked Fries Lettuce & Tomato Orange Orange Pineapple Juice	15 Baked Turkey Wings Yellow Rice Braised Collard Greens Apple Pineapple Juice

LUNCH MENU AUGUST 2025 (MENU SUBJECT TO CHANGE) All meals come with milk and bread -Continued

18 Curry Chicken en White Rice Steamed Cabbage Banana Orange Pineapple Juice	19 Turkey Meatloaf w/ Mushrooms & peppers Mashed Potatoes Steamed Sliced Carrots Peach Apple Juice	20 Rasta Pasta California Blend Veg Canned Mandarin Oranges	21 Baked Chicken Quarters Springtime Fried Brown Rice Steamed Broccoli w/soy sauce Kiwis Grape Juice	22 Baked Fish w/ Lemon Garlic But- ter Sauce Brown Rice Sauteed Spinach Apple Orange Juice
25 Smothered Pork Chops Mashed Potatoes Boiled Southern Greens Peach Apple Juice	26 Brown Stew Chicken Caribbean Rice & Red Beans Steamed Sliced Carrots Banana	27 Baked Fish Home Fries w/ peppers & onions Tossed Salad w/ dressing Grapes Grape Juice	28 New Orleans Style Sweet Potato Gumbo White Rice Steamed Broccoli Strawberries	29 Deluxe Cheese- burger w/onion Baked Fries Mixed Green Salad Watermelon Orange Pineapple Juice





DID YOU KNOW?

YOU CAN KEEP COOL FOR THE SUMMER!!!

2025 Home Energy Assistance Program (HEAP) Cooling Assistance Benefit is now open. (April 15,) Persons eligible may receive one Cooling Assistance benefit per applicant household for

the purchase and installation of an air conditioner or fan to help keep residents stay cool. Only one air conditioner or fan, not exceeding \$800.00 with installation for a window, portable air conditioner, or fan and not to exceed \$1000.00 for an existing wall sleeve unit, will be provided per applicant household.

For more information about your eligibility come see me.!

Donna Marshall-Kitson-Case Manager



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POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY

AUGUST 2025 MONTHLY ACTIVITIES- Lunch 12-1pm daily - CONTINUE ON NEXT PAGE

Monday	Tuesday	Wednesday	Thursday	Friday
Daily 10-3 pm- Afternoon card playing, Pool and Board games	FUND BY NYC AGING			1) 8:30 –News & Views- Betty Stubbs 9-Let's find the word - Betty Stubbs 10-2 computer les- sons- Olson Bell 10:30-Tommy Exer- cise- John/Tommy 11:15- Crochet- Joyce Vernon 1:15-2 pm- Karaoke - Danielle Baptiste
4) 8:30-News / Views - Betty Stubbs 9-Let's find the word - Betty Stubbs 9:45- Book Club- Yvonne Mayers 10- Big Apple Walk-a-Thon- Danielle Baptiste 11- Hip Hop Dance-Officer Soto 1-3 pm Pool League-Sharon Williams	5) 8:30 news/views- Betty Stubbs 9- Let's find the word- Betty Stubbs 10-Jewelry Mak- ing-Indo Oboki 10:15-Staywell- Jackie Chandler 11-Karaoke- Danielle Baptiste 1-3 pm Board Games-Sharon Williams	6) 8:30 news/views- Betty Stubbs 9-Let's find the word- Betty Stubbs 10-Yoga- NaRon Tillman 11- Bingo- John Casale 1-2- Line Dancing- Yvette Abdool	7) 8:30 news &views- Betty Stubbs 9-Let's find the word- Betty Stubbs 10- Art Class -Lema Forbes 10- Jewelry Making -Sharon Williams 10:30 Morning Stretch-Donna Marshal-Kitson 11:00- Memory Game- Danielle Baptiste	8) 8:30 –News & Views- Betty Stubbs 9-Let's find the word - Betty Stubbs 10-2 computer lessons- Olson Bell 10:30-Tommy Exercise- John/Tommy 11:15- Crochet-Joyce Vernon 1:15-2 pm- Karaoke - Danielle Baptiste

AUGUST 2025 MONTHLY ACTIVITIES- Lunch 12-1pm daily - CONTINUE ON NEXT PAGE

11) 8:30-News / Views - Betty Stubbs 9-Let's find the word - Betty Stubbs 9:45- Blood Pressure Screen- ing-Monica Whyte 11- Comedy Show-Howard Newman 1-3 pm Pool League-Sharon Williams	12) 8:30 news/ views- Betty Stubbs 9- Let's find the word- Betty Stubbs Follow up 10-Jewelry Class - Indo Oboki 10:15-Staywell- Jackie Chandler 11- Education Pres -Florian (JASA) 1-3 pm Board Games-Sharon Williams	13) 8:30 news/ views - Betty Stubbs 9-Let's find the word- Betty Stubbs 9:45- Advisory Board Meeting 10-Yoga- NaRon Tillman 11- Bingo- John Casale 1-2- Line Dancing- Yvette Abdool	14) 8:30 news &views- Betty Stubbs 9-Let's find the word- Betty Stubbs 10- Art Class - Lema Forbes 10- Jewelry Making-Sharon Williams 10:30 Morning Stretch-Donna Marshal-Kitson	15) 8:30 –News & Views- Betty Stubbs 9-Let's find the word - Betty Stubbs 10-2 computer lessons- Olson Bell 10:30-Tommy Exercise- John/ Tommy 11:15- Crochet-Joyce Vernon 1:15-2 pm- Karaoke- Danielle Baptiste
18) 8:30 -News/views-Betty Stubbs 9-Let's find the word- Betty Stubbs 9:45- Book Club -Yvonne Mayers 10- Big Apple Walk-a-Thon- Danielle Baptiste 11- Education Pres- Papavlaso (head of crime prevention NYC) 1-3 pm Pool League-Sharon Williams	Games-Sharon Williams	9-Let's find the word- Betty Stubbs 10-Yoga- NaRon Tillman	21) 8:30 news &views- Betty Stubbs 9-Let's find the word- Betty Stubbs 10- Art Class - Lema Forbes 10- Jewelry Making-Sharon Williams 10:30 -Morning Stretch-Donna Marshal-Kitson	22)_8:30 -News & Views- Betty Stubbs 9-Let's find the word - Betty Stubbs 10-2 computer lessons- Olson Bell 10:30-Tommy Exercise- John/ Tommy 11:15- Crochet-Joyce Vernon 1:15-2 pm- Karaoke- Danielle Baptiste

AUGUST 2025 MONTHLY ACTIVITIES- Lunch 12-1pm daily



RECIPE CORNER— Peaches & Cream Overnight Oats Taste Like Dessert for Breakfast



INGREDIENTS: PREP/Chill: 15mins/8hrs . Servings: 4

- 2 cups old-fashioned rolled oats
- 1¾ cups whole milk
- 1 cup whole-milk plain strained (Greek-style) yogurt, divided
- 7 teaspoons pure maple syrup, divided

- 2 teaspoons vanilla extract, divided
- ½ teaspoon ground cinnamon
- ¼ teaspoon salt
- removed
 - 2 ounces cream cheese, softened
 - 1 medium ripe peach, chopped (about 1 cup)

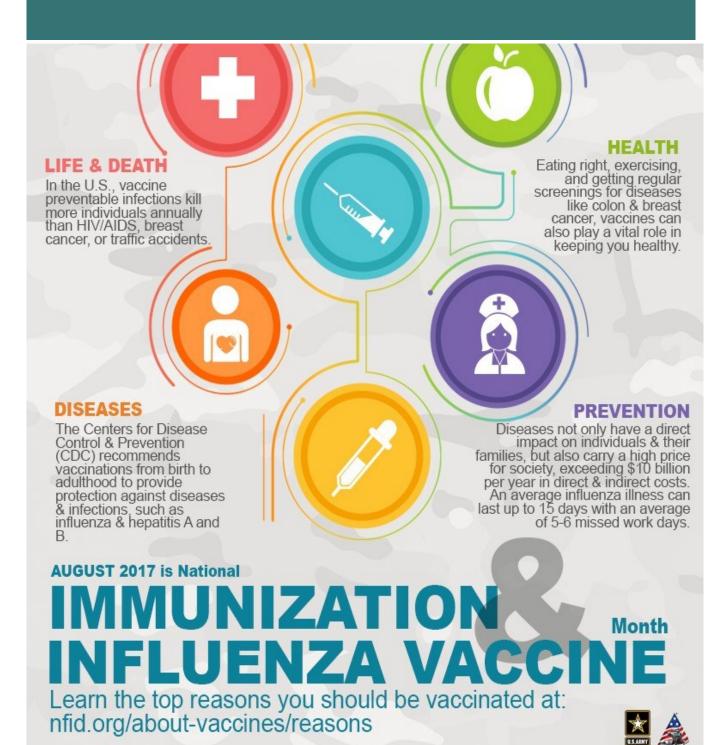
DIRECTIONS:

- **1.** Combine 2 cups oats, 1¾ cups milk, ½ cup yogurt, 4 teaspoons maple syrup, 1 teaspoon vanilla, ½ teaspoon cinnamon and ¼ teaspoon salt in a large bowl; stir well. Refrigerate, covered, until thickened, at least 8 hours (and up to 4 days).
- 2. Whisk cream cheese and the remaining ½ cup yogurt, 1 tablespoon maple syrup and 1 teaspoon vanilla in a small bowl until smooth. Transfer to an airtight container and refrigerate until ready to use (up to 5 days).
- **3.** To serve, spoon ³/₄ cup out mixture into each of 4 (8-ounce) jars or bowls; spoon ¹/₄ cup peaches over the out mixture in each jar (or bowl). Top each with about 3 tablespoons cream cheese mixture.

To make ahead

Refrigerate oat mixture (Step 1) for up to 4 days; refrigerate cream cheese mixture (Step 2) for up to 5 days.





























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ADULT COLORING



Allen Community Rockaway Senior Center

123-10 143rd Street, South Ozone Park, NY 11436 646-856-8322

Sabrina Marson.......Program Director Iris Whyte......Kitchen Aide
Danielle Baptiste......Program Coordinator
William Morning......Administrative Assistant
Donna Marshall-Kitson......Case Manager
Akera Barnes......Data Entry
Naquin Santos......Cook
Josue Duce......Assistant Cook
Mintranie Singh.....Kitchen Aide

ADVISORY BOARD

Jackie Chandler President Monica Whyte.......... Vice President Donna Johnson Secretary Anne Concepcion......... Treasure Veronica Munro.....Sergeant-at-Arms

John Casale......Members Roberto Guerrero....Members Sharon Williams..... Members





Allen Mission Statement

To programmatically serve the elderly in the community through the provision of a variety of comprehensive services that meet the: Nutritional, Recreational, Educational, Informational needs of program participants in a caring and sensitive manner.