



**ALLEN**  
COMMUNITY ROCKAWAY BLVD  
SENIOR CENTER

*Funded by NYCAging*

## H I G H L I G H T S

### Message from Sabrina to Rockaway member

Hello March! In this month, we celebrate Women's History Month, the beginning of Lent, and the arrival of Spring. Let us honor the women who have significantly contributed to making the world what it is today. Please take a look at page 2 for the special activities planned for this month, and refer to pages 14 and 15 to learn about important figures who have shaped our history. The staff and I wish you all a Happy St. Patrick's Day!

### **IMPORTANT DATES:**

- **3/4 Mardi Gras**
- **3/5 Ash Wednesday**
- **3/9 Daylight Savings begins**
- **3/17 St Patrick's Day**
- **3/20 Spring Begins**
- **Women History Month**
- **National Nutrition Month**



# Upcoming Events

## **PRESENTATION:**

March 4– Financial Stewardship –(11am)Eric Colley

March 11– Medicare Update– (11am) -David Yam

March 17-Healthy Living for your Brain & Body—(11 am)- Stefany Martinez (VNS)

## **SPECIAL EVENT:**

March 3– Foot Massage Van– (10:00 am-2pm)- Janifer Taylor

March 3– Mardi Gras Brunch (9am-10am)

March 10- Women History Movie (The Six Tribble Eights)(10am –12pm)- Danielle Baptiste

March 12 –Advisory board-(11am-12pm)

March 13- General Meeting(10am –10:30am) (Sabrina Marson)

March 17-Special lunch (St. Patrick's Day)

March 18– Comedy Show- (11am)- Howard Newman

March 24– Birthday Celebration (Wear Green) (11am-2pm-(Cost \$3) Will have cake & DJ Birthday People are free (sponsored by Oak Street)

March 25– Art in the Box(11am) (Danielle Baptiste )

March 31– MTA Van (10 am—12 pm)-Danielle Baptiste



**Funded by NYC Aging**

NAME: \_\_\_\_\_

## Lent Word Search



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

WEDNESDAY	RELIGION	EASTER	ASHES	CROSS
SACRIFICE	LITURGY	CHURCH	JESUS	PALMS
KINDNESS	FASTING	PURPLE	FORTY	LENT

**MENU MARCH 2025(MENU SUBJECT TO CHANGE) All meals come with milk and bread**

Monday	Tuesday	Wednesday	Thursday	Friday
3 Oatmeal Whole Wheat Cinnamon Pancakes Scrambled Eggs Apple	4 <u>Mardi Gras Brunch</u> Apple Pie Oatmeal Chocolate Chip Pancake Scrambled Eggs Bacon Sausage Banana	5 Cheesy Grits Bran Muffin Hard Boiled Eggs Whole Wheat Grilled Cheese Honeydew	6 Multigrain Cheerios Whole Wheat Cinnamon French Toast Egg a la Mexicana Strawberries	7 Maple Flavored Oatmeal Scrambled Eggs w/Swiss Homemade Pork Breakfast Sausage Patty Whole Wheat English Muffin Cantaloupe
10 Oatmeal Blueberry Pancakes Scrambled Eggs w/Red Pepper & Onions Strawberries	11 Cornmeal Whole Wheat Grilled Cheese Sliced Peaches	12 Grits Baked Egg Omelet Whole Wheat Mini Bagel Orange	13 Cottage Cheese Coconut Granola Corn Muffin Blueberries	14 Maple Flavored Oatmeal Homemade Turkey Breakfast Sausage Patty Hard Boiled Egg Mini Croissant Banana
17 Multigrain Cheerios Homemade Turkey Breakfast Sausage Patty Whole Wheat English Muffin Strawberries	18 Oatmeal Scrambled Eggs w/Swiss Whole Wheat Mini Bagel Cantaloupe	19 Cream of Wheat Hard Boiled Egg Whole Grain Blueberry Muffin Blueberries	20 Farina Omelet w/spinach & parmesan cheese Bran Muffin Whole Wheat English Muffin Honeydew	21 C Scrambled Eggs w/Red Pepper & Onions Home fries w/peppers & onions Whole Wheat Mini Bagel Orange

**CONTINUED ON NEXT PAGE**

**MENU MARCH 2025 (MENU SUBJECT TO CHANGE) ALL MEALS COMES WITH MILK & BREAD- CONTINUED**

<p>24 Cheesy Grits Scrambled Eggs Whole Wheat Grilled Cheese Grapes</p>	<p>25 Multigrain Cheerios Whole Wheat Breakfast Burrito w/Turkey Orange</p>	<p>26 Apple Pie Oatmeal Corn Muffin Bran Muffin Hard Boiled Egg Banana</p>	<p>27 Oatmeal Chocolate Chip Muffin Top Yogurt Parfait w/peaches Strawberries</p>	<p>28 Cream of Wheat Scrambled Eggs w/ Swiss Whole Wheat English Muffin Apple</p>
<p>31 Oatmeal Farmers Market Individual Omelet Corn Muffin Blueberries</p>	<p>Funded by NYC AGING</p>			



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

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3 Vegetable Lo Mein</b> <b>Steamed Broccoli</b> <b>Banana</b> <b>Apple Juice</b>	<b>4 Oven Fried Fish</b> <b>Baked Fries</b> <b>Tomato &amp; Cucumber Salad w/Italian dressing</b> <b>Peach</b> <b>Orange Juice</b>	<b>5 Curried Chicken Legs</b> <b>White Rice</b> <b>Braised Collard Greens</b> <b>Apple</b> <b>Grape Juice</b>	<b>6 Rasta Pasta</b> <b>California Blend Veg</b> <b>Orange</b> <b>Orange Pineapple Juice</b>	<b>7 Baked Chicken Thighs</b> <b>Baked Sweet Potatoes</b> <b>Tossed Salad w/dressing</b> <b>Apple Sauce</b> <b>Apple Juice</b>
<b>10 Turkey Meatloaf w/mushroom &amp; peppers</b> <b>Homemade Mashed Potatoes</b> <b>Sauteed String Beans</b> <b>Banana</b> <b>Orange Juice</b>	<b>11 Brown Stew Chicken</b> <b>Baked Potato</b> <b>Steamed Cabbage</b> <b>Orange</b> <b>Orange Pineapple Juice</b>	<b>12 Fried Brown Rice w/Crispy Tofu &amp; Veggies</b> <b>Steamed Broccoli w/soy sauce</b> <b>Kiwis</b> <b>Apple Juice</b>	<b>13 Beef Stew</b> <b>Mashed Sweet Potatoes</b> <b>California Blend Veg</b> <b>Apple</b> <b>Orange Juice</b>	<b>14 Baked Fish</b> <b>Home Fries w/pepper &amp; onions</b> <b>Tossed Salad w/dressing</b> <b>Tangerines</b> <b>Grape Juice</b>
<b>17 <u>St. Patrick's Day</u></b> <b>Corn Beef</b> <b>Roasted Potatoes</b> <b>Cabbage</b> <b>Green Fruited Jello</b> <b>Irish Soda Bread or Dinner Roll</b>	<b>18 Sweet &amp; Sour Pork Loin</b> <b>Sweet Baked Yams</b> <b>Cabbage</b> <b>Kiwis</b> <b>Grape Juice</b>	<b>19 Beef Meatballs</b> <b>Spaghetti</b> <b>Tossed Salad w/dressing</b> <b>Nectarine</b> <b>Orange Juice</b>	<b>20 Rasta Pasta</b> <b>Steamed Broccoli w/soy</b> <b>Apple</b> <b>Apple Juice</b>	<b>21 Baked Chicken Quarters</b> <b>Whole Wheat Pasta</b> <b>Salad</b> <b>Braised Collard Greens</b> <b>Orange</b> <b>Orange Pineapple Juice</b>

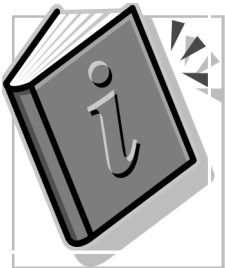
**BREAKFAST MENU MARCH 2025 (MENU SUBJECT TO CHANGE) All meals  
come with milk and bread -Continued**

<p><b>24 Curried Chick- en Legs White Rice California Blend Veg Banana</b></p>	<p><b>25 BBQ Pork Chops Glazed Sweet Potatoes Steamed Spin- ach Pear Orange Pine- apple Juice</b></p>	<p><b>26 Fried Brown Rice w/Crispy Tofu &amp; Veggies Steamed Broccoli w/soy sauce Orange Apple Juice</b></p>	<p><b>27 Baked Fish Home Fries w/ pepper &amp; onions Tomato &amp; Cu- cumber Salad w/ Italian dressing Peach Pineapple Juice</b></p>	<p><b>28 Deluxe Cheese- burger w/onions Baked Fries Tossed Salad w/ dressing Kiwis Orange Juice</b></p>
<p><b>31 Chicken Gum- bo White Rice Steamed Broccoli Apple Orange Pineapple Juice</b></p>	<p><b>Funded by NYC AGING</b></p>			





## DID YOU KNOW?



The New York Foundation for Senior Citizens (NYFSC) aids seniors through its free Minor Home Repairs & Safety Audit Program. Its goal is to help you live in your home safely, securely and comfortably. Eligibility is extended to senior homeowners living in private homes, condos and co-ops in the five boroughs. Renters with consent of landlords and after attempts to enlist the landlord to provide repairs. You must be 60+ and reside in the home. Limited income. Contact NYFSC for income eligibility requirements. Assistance provided in plumbing, carpentry, electric and heating, weatherization, home maintenance and safety.

Donna Marshall-Kitson– Case Manager



# St. Patrick's Day Word Search



O	E	E	A	R	P	P	S	M	L	C
G	A	E	E	L	A	H	A	E	N	D
R	E	A	U	T	A	G	P	K	T	N
E	P	C	R	M	I	R	O	R	D	A
E	K	I	R	C	E	I	A	A	L	L
N	C	O	H	C	R	A	M	I	A	E
K	C	T	H	R	I	I	I	N	R	R
K	O	A	A	R	H	O	R	B	E	I
P	U	H	S	I	W	I	I	O	M	T
N	C	L	O	V	E	R	S	W	E	N
V	O	D	L	O	G	H	H	T	K	N

GOLD

LEPRECHAUN

PATRICK

GREEN

POT

CLOVER

SHAMROCK

LUCK

IRISH

MARCH

EMERALD

WISH

RAINBOW

IRELAND

MAGIC

thejennyevolution.com

**MARCH 2025 MONTHLY ACTIVITIES- Lunch 12-1pm daily –**  
**CONTINUE ON NEXT PAGE**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3)8:30-News / Views - Betty Stubbs            9-Let's find the word - Betty Stubbs            9:45– Blood Pressure Screening-Monica            10-2-Foot Massage-Janifer Taylor            10:30 Morning Stretch-Donna Marshal-Kitson            1-3 pm Pool League-Sharon Williams</p>	<p>4) 8:30 news/ views- Betty Stubbs            9-Madri Gras Brunch            9:00- Let's find the word- Betty Stubbs            10-Jewelry Making Sale-Indo Oboki            10:15 - Staywell-Jackie Chandler            11- Presentation-Eric Colley            1-3 pm Board Games-Sharon Williams</p>	<p>5) 8:30 news/ views- Betty Stubbs            9:00-Let's find the word- Betty Stubbs            10-Yoga- NaRon Tillman            11-12 Bingo-John Casale            1-2- Line Dancing- Yvette Abdool</p>	<p>6) 8:30 news &amp;views- Betty Stubbs            9-Let's find the word- Betty Stubbs            10 Jewelry Making-Sharon Williams            10:30 Morning Stretch-Donna Marshal-Kitson            11:15- Pictionary-Danielle Baptiste</p>	<p>7) 8:30 –News &amp; 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/ Sabrina Marson</p>
<p>10) 8:30-News / Views - Betty Stubbs            9-Let's find the word - Betty Stubbs            9:45– Book Club-Yvonne Mayers            10:00- Women History Movie-Danielle Baptiste            1-3 pm Pool League-Sharon Williams</p>	<p>11) 8:30 news/ views- Betty Stubbs            9:00- Let's find the word- Betty Stubbs            10-Jewelry Making-Indo Oboki            10:15-Staywell-Jackie Chandler            11- Pres: Medicare Updates-David Yam            1-3 pm Board Games-Sharon Williams</p>	<p>12) 8:30 news/ views- Betty Stubbs            9:00-Let's find the word- Betty Stubbs            9:45- Advisory Board Meeting            10-Yoga- NaRon Tillman            11-12 Bingo-John Casale            1-2- Line Dancing- Yvette Abdool</p>	<p>13) 8:30 news &amp;views- Betty Stubbs            9-Let's find the word- Betty Stubbs            10- General Meeting            10- Jewelry Making-Sharon Williams            10:30 Morning Stretch-Donna Marshal-Kitson            11:15- Pictionary-Danielle Baptiste</p>	<p>14) 8:30 –News &amp; 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</p>

**MARCH 2025 MONTHLY ACTIVITIES- Lunch 12-1pm daily –**  
**CONTINUE ON NEXT PAGE**

<p>17)  <b>8:30-News / Views</b>          - Betty Stubbs  <b>9-Let's find the word</b>          - Betty Stubbs  <b>9:45– Book Club-</b>          Yvonne Mayers  <b>10:30 Morning</b>  <b>Stretch-Donna Mar-</b>  <b>shal-Kitson</b>  <b>11-Presentation-VNS</b>  <b>-Stefany Martinez</b>  <b>12-St. Patrick's Day</b>  <b>Lunch</b>  <b>1-3 pm Pool League-</b>  <b>Sharon Williams</b></p>	<p>18) <b>8:30 news/</b>  <b>views- Betty</b>  <b>Stubbs</b>  <b>9:00- Let's find</b>  <b>the word- Betty</b>  <b>Stubbs</b>  <b>10-Jewelry Class -</b>  <b>Indo Oboki</b>  <b>10:15-Staywell-</b>  <b>Jackie Chandler</b>  <b>11- Comedy Show</b>  <b>-Howard Newman</b>  <b>1-3 pm Board</b>  <b>Games-Sharon</b>  <b>Williams</b></p>	<p>19) <b>8:30 news/</b>  <b>views- Betty</b>  <b>Stubbs</b>  <b>9:00-Let's find</b>  <b>the word- Betty</b>  <b>Stubbs</b>  <b>10-Yoga-</b>  <b>NaRon Tillman</b>  <b>11-12 Bingo-</b>  <b>John Casale</b>  <b>1-2- Line Danc-</b>  <b>ing- Yvette</b>  <b>Abdool</b></p>	<p>20) <b>8:30 news</b>  <b>&amp;views- Betty</b>  <b>Stubbs</b>  <b>9-Let's find the</b>  <b>word- Betty</b>  <b>Stubbs</b>  <b>10-Advisory</b>  <b>Board Elections</b>  <b>10- Jewelry Mak-</b>  <b>ing-Sharon Wil-</b>  <b>liams</b>  <b>10:30 Morning</b>  <b>Stretch-Donna</b>  <b>Marshal-Kitson</b>  <b>11:15- Pictionary</b>  <b>- Danielle Bap-</b>  <b>tiste</b></p>	<p>21) <b>8:30 –News &amp;</b>  <b>Views- Betty Stubbs</b>  <b>9-Let's find the word</b>  <b>- Betty Stubbs</b>  <b>10-2 computer les-</b>  <b>sons- Olson Bell</b>  <b>10:30-Tommy Exer-</b>  <b>cise- John/Tommy</b>  <b>11:15- Crochet-</b>  <b>Joyce Vernon</b>  <b>1:15-2 pm- Karaoke-</b>  <b>Danielle Baptiste/</b>  <b>Sabrina Marson</b></p>
<p>24) <b>8:30 -News/ views-</b>  <b>Betty Stubbs</b>  <b>9-Let's find the word-</b>  <b>Betty Stubbs</b>  <b>9:45– Book Club-</b>          Yvonne Mayers  <b>10:30 Morning</b>  <b>Stretch-Donna Mar-</b>  <b>shal-Kitson</b>  <b>11-2 Birthday Party-</b>  <b>Danielle Baptiste</b>  <b>1-3 pm Pool League-</b>  <b>Sharon Williams</b></p>	<p>25) <b>8:30 news/</b>  <b>views- Betty</b>  <b>Stubbs</b>  <b>9:00- Let's find</b>  <b>the word- Betty</b>  <b>Stubbs</b>  <b>10-Jewelry Mak-</b>  <b>ing-Indo Oboki</b>  <b>10:15-Staywell-</b>  <b>Jackie Chandler</b>  <b>11- Art in the Box-</b>  <b>Danielle Baptiste</b>  <b>1-3 pm Board</b>  <b>Games-Sharon</b>  <b>Williams</b></p>	<p>26) <b>8:30 news/</b>  <b>views- Betty</b>  <b>Stubbs</b>  <b>9:00-Let's find</b>  <b>the word- Betty</b>  <b>Stubbs</b>  <b>10-Yoga-</b>  <b>NaRon Tillman</b>  <b>10-2 Pantry-</b>  <b>AGAPE</b>  <b>11-12 Bingo-</b>  <b>John Casale</b>  <b>1-2- Line Danc-</b>  <b>ing- Yvette</b>  <b>Abdool</b></p>	<p>27) <b>8:30 news</b>  <b>&amp;views- Betty</b>  <b>Stubbs</b>  <b>9-Let's find the</b>  <b>word- Betty</b>  <b>Stubbs</b>  <b>10- Jewelry</b>  <b>Making-Sharon</b>  <b>Williams</b>  <b>10-What does</b>  <b>Independence</b>  <b>mean to me</b>  <b>event</b>  <b>10:30 Morning</b>  <b>Stretch-Donna</b>  <b>Marshal-Kitson</b>  <b>11:15- Piction-</b>  <b>ary- Danielle</b>  <b>Baptiste</b></p>	<p>28) <b>8:30 –News &amp;</b>  <b>Views- Betty Stubbs</b>  <b>9-Let's find the</b>  <b>word - Betty Stubbs</b>  <b>10-2 computer les-</b>  <b>sons- Olson Bell</b>  <b>10:30-Tommy Exer-</b>  <b>cise- John/Tommy</b>  <b>11:15- Crochet-</b>  <b>Joyce Vernon</b>  <b>1:15-2 pm- Karaoke</b>  <b>- Danielle Baptiste</b></p>

**MARCH 2025 MONTHLY ACTIVITIES- Lunch 12-1pm daily –**  
**CONTINUE ON NEXT PAGE**

<p>31) 8:30 -News/ views-          Betty Stubbs          9-Let’s find the word-          Betty Stubbs          9:45– Book Club-Yvonne          Mayers          10-2 MTA VAN          10:30 Morning Stretch-          Donna Marshal-Kitson          1-3 pm Pool League-          Sharon Williams</p>			<p>Daily 10-3 pm- Afternoon          card playing, Pool and          Board games</p>	<p>FUNDED BY          NYC AGING</p>
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**RECIPE CORNER** - Baked Chicken Wing  
**INGREDIENTS:** Cook: 1hr & 15mins. Servings: 6



- 3-1/2 pounds chicken wings
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1-1/2 teaspoon baking powder

**DIRECTIONS:**

1. Cut chicken wings into three segments at the joint, the drum, wing, and tip. Discard all tips or freeze for stock. Season your chicken wings with salt, pepper, paprika, garlic powder, and baking powder.
2. Heat your oven to 250 degrees Fahrenheit.
3. Pat your chicken wings dry with a paper towel and place them in a large bowl. Dust the chicken wings with your seasoning and stir to evenly coat them.
4. Place the seasoned chicken wings on a wire rack on a baking sheet. Bake the wings for 20 minutes.
5. Turn the oven up to 425 degrees. Bake the wings for 40 minutes, flipping the wings and rotating the pan after 20 minutes.
6. Serve these baked chicken wings with your favorite sauce.



**A m e l i a B o y n t o n R o b i n s o n  
( 1 9 1 1 - 2 0 1 5 )**



Robinson was at the forefront of the civil rights movement in Georgia and Alabama. She is most recognized for the brutal photographs showing her being attacked by officers during the 1965 “Bloody Sunday” march from Selma to Montgomery, Alabama. Robinson also championed voting rights for African Americans, and her efforts and attack were depicted in Ava DuVernay’s 2014 film, *Selma*.

**Tammy Duckworth (1968-)**



Duckworth, the Illinois senator and retired National Guard lieutenant colonel, is responsible for an impressive list of firsts. She’s the first Congress member to be born in Thailand, the first to give birth while in office, the first Asian American woman to represent Illinois’ Congress, and the first woman with a disability to be elected to Congress. She lost both of her legs following a helicopter attack in the Iraq War. “People always want me to hide it in pictures,” she told *Vogue* in 2018. “I say no! I earned this wheelchair.”

**Kalpana Chawla (1962-2003)**



In 1997, after being named a mission specialist on the Space Shuttle *Columbia* by NASA, Chawla became the first woman of Indian descent to fly in space. The shuttle orbited around Earth 252 times in a little over two weeks. Her second—and last—trip to space came in 2003 when she and six other astronauts completed more than 80 experiments over the course of 16 days. She and the entire crew died when the ship disintegrated upon reentering the Earth’s atmosphere. In 2020, Northrop Grumman, an aerospace, defense, and security company, named a spacecraft after Chawla in her memory.



### W i l m a M a n k i l l e r ( 1 9 4 5 - 2 0 1 0 )

In 1985, Oklahoma native Wilma Mankiller became the first woman to be Principal Chief of the Cherokee Nation, leading the largest tribe in the United States (and received a *Time* 100 cover). During her decade-long chiefdom from 1985 to 1995, “tribal enrollment grew, infant mortality dropped, and employment rates doubled,” according to *Time*. In 1998, she was awarded the Presidential Medal of Freedom by Bill Clinton. Read *Mankiller: A Chief and Her People* to learn more about her.



### A n n a M a y W o n g ( 1 9 0 5 - 1 9 6 1 )

Despite dealing with racism that plagued her career, Wong is still considered Hollywood’s first-ever Asian American movie star. Her talent earned her roles in over 50 domestic and foreign films, and she was also the first Asian American to star in a TV show, The DuMont Television Network’s *The Gallery of Madame Liu-Tsong*. A year before her death, she was honored with a star on the Hollywood walk of fame (and was the first Asian American woman to receive one). In 2022, the U.S. Mint began producing quarters with Wong’s face—part of the American Women Quarters Program—to honor her life. Learn more about Wong in the documentary *Anna May Wong: In Her Own Words*.

### Katherine Johnson (1918-2020)



No longer a “hidden figure,” Katherine Johnson’s famous mathematical computations—which launched astronaut John Glenn into orbit in 1962 and later sent Apollo 11 to the Moon—were finally highlighted in the 2016 movie *Hidden Figures* (she was portrayed by Taraji P. Henson). In 2015, Johnson received the Presidential Medal of Freedom from Barack Obama. Following her death at the age of 101, in 2021 Northrop Grumman named a spacecraft after her, and her posthumous memoir, *My Remarkable Journey*, was released. .

# PHOTO CORNER





# Spring Sudoku

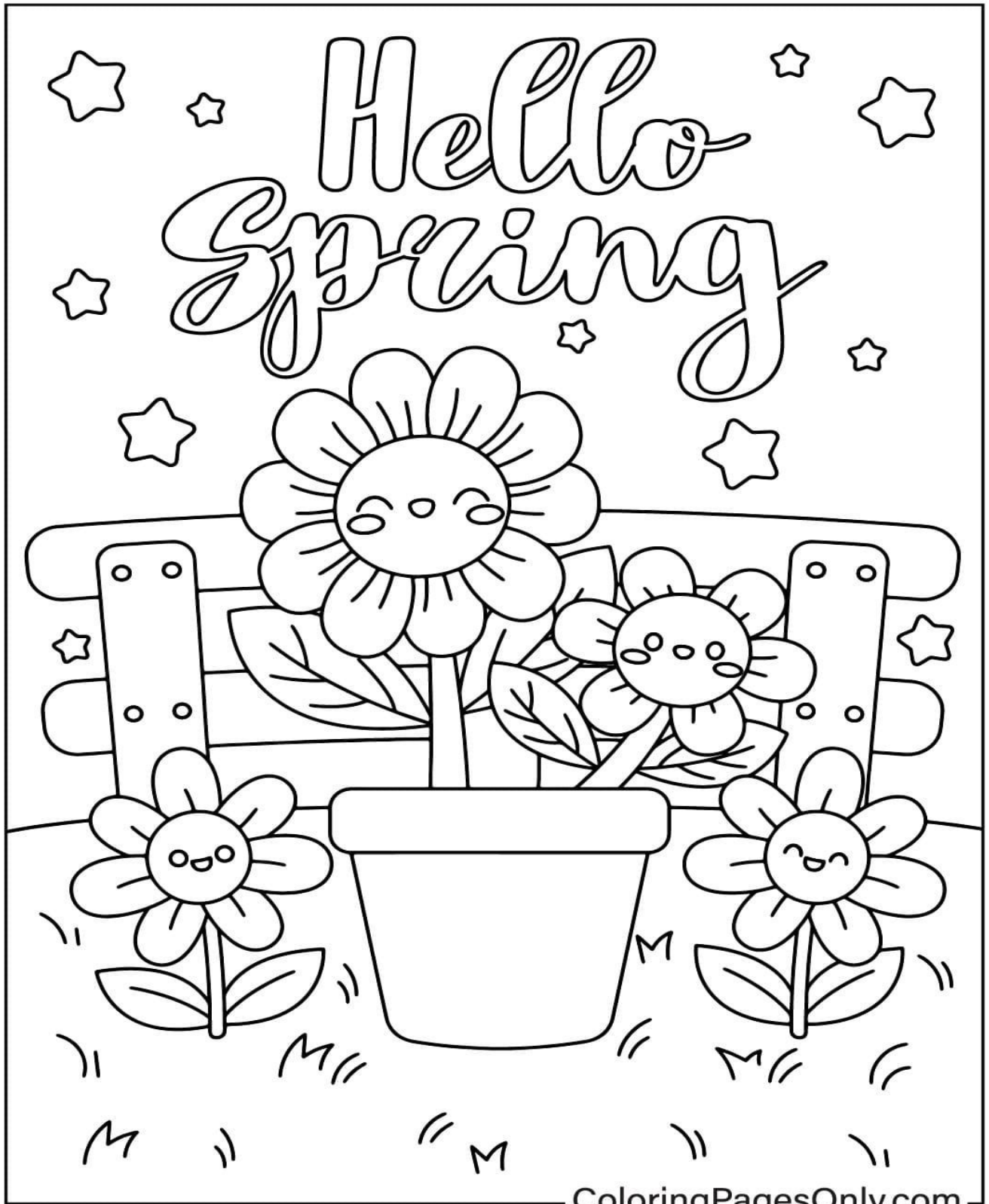


Every row, column and mini-grid must contain the letters F L O W E R.  
Don't guess - use logic.



L	R	E			
W	F				E
			F	E	L
F			O	W	
		W		O	F
E	O		R		

# ADULT COLORING



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**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      Francois Tshiondo.....Custodian  
William Morning.....Administrative Assistant  
Donna Marshall-Kitson.....Case Manager  
Vacant.....Data Entry  
Naquin Santos..... Cook  
Regina Felder.....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



**“ALL GREAT  
ACHIEVEMENTS  
REQUIRE TIME.”**

**-MAYA ANGELOU**

*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.