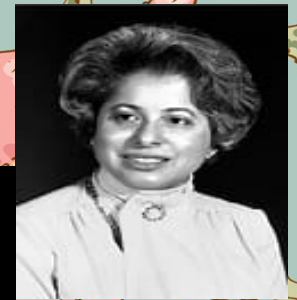




Elizabeth Carter-Brooks
Architect & Educator



**ALLEN COMMUNITY
SENIOR CITIZENS CENTER**
"Serving Seniors With A Smile"



Patricia Roberts Harris
First Black Ambassador

166-01 LINDEN BOULEVARD, JAMAICA, NY 11434 TEL: 718.658.0980 FAX: 718.657.9157

MARCH 2025 - NEWSLETTER

CELEBRATING WOMEN'S HISTORY MONTH

UPCOMING SPECIAL EVENTS

Mar. 8th —International Women's Day

Mar. 20th —March Birthday Celebration

Mar. 21st—Movie Special - Six Triple Eight

Mar. 29th—Allen Senior Center 51st Anniversary Celebration

March 2025– Special Events

Mon	Tue	Wed	Thu	Fri
				1
3 1 PM—Emergency Preparedness Training	4	5	6	7 11 AM—Who Is She? 1 PM—Women’s History Month Special Celebration
10 1PM Spring Clean - Malka Pill	11 1 PM—Unclaimed Funds NYS Comptroller’s Office-	12	13 11 AM Alicia Hyndman’s Office	14 11 AM—Ladies—Who Are You? 2:00 PM—Center Will Close Early
17	18	19 10 AM Senior Advocacy Day at Queensborough Hsll 11 AM— Tech Session - Olson Bell	20 11 AM- March Birthday Celebration 	21 11 AM—Movie: Six Triple Eight (Pt 1) 1:15 PM—Movie: Six Triple Eight (Pt 2)
24	25 1 PM—Women’s Health—Joyful Homecare	26 9:30 AM—Trip To Hobby Lobby 1 PM—Wellness Wednesday—NYC Cares	27	28 11 AM—Caseworker—Workshop

Allen Community Senior Center—Regular Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>8am-4pm Mental Health Counseling with Malka</p> <p>9:30am Adult Coloring</p> <p>11:00am: Strength & Mobility</p> <p><u>12:00pm: LUNCH</u></p>	<p>9:30am Adult Coloring</p> <p>9:30am: Bingo</p> <p>11:00am: Chair Exercise</p> <p><u>12:00pm: LUNCH</u></p> <p>1:00pm: Health Management Workshop</p> <p>1:00pm Bid Whist Club</p> <p>2:00pm Ceramics</p>	<p>9:00am Free Tax Preparation (By Appointment)</p> <p>9:30am Adult Coloring</p> <p>10:00am: Zumba</p> <p>10:00am Computer Class</p> <p><u>12:00pm: LUNCH</u></p> <p>1:00pm Bid Whist Club</p>	<p>8am Mental Health Counseling with Malka</p> <p>9:30am Adult Coloring</p> <p>10:00am Knitting & Crochet</p> <p>10:00am Drumming Exercise</p> <p>10-12am Computer Class</p> <p><u>12:00pm: LUNCH</u></p> <p>1:00pm: Health Management Workshop</p>	<p>9:30am Adult Coloring</p> <p>9:30am Bingo</p> <p>11:30am: Trivia</p> <p><u>12:00pm: LUNCH</u></p> <p>1:00pm: Movie</p>

Tech Support Services

- ◆ *The computer lab is open Monday thru Friday 9am to 4pm*

Help is Available

Wednesday 10am—3pm with Olsen Bell

Thursday & Fridays –9am –12 with Deon



MENTAL HEALTH CORNER BY MALKA

Declutter Your Emotional Space

People often use the spring months to declutter their physical space, but what about their emotional space? Emotional decluttering is identifying and letting go of negative emotions, unhelpful thought patterns, and feelings that weigh you down. If you are anyone you know is experiencing emotional clutter, please don't hesitate to reach out.

If you or anyone you know is experiencing this, please don't hesitate to reach out. Malka Pill, LMSW Mondays and Thursdays 8:00 AM– 4:00 PM By appointment only. (917)-670-5036

TRANSPORTATION SERVICES

We offer transportation to and from the center daily.
Shopping trips are Tuesdays and Thursdays. See Schedule below.

Tuesdays

03/04 Stop & Shop

03/11 Key Food

03/18 Trader Joe's

03/25 Key Food

Thursdays

03/06 Walmart

03/13 Gateway

03/20 Walmart

03/27 Stop & Shop

Allen Community Senior Citizen Center

Staff Directory

Program Director.....Angella King

Administrative Assistant.....Tavara Schand

CookFelix Weller

Kitchen Aide.....Sonja Jones

Program Coordinator.....Barbara Felton

Case Manager..... Adorne Miles-Lawley

Assistant Cook..... Rene Marville

Kitchen Aide.....Lynn Chattan