



FREE ENGLISH CLASSES

ESOL (English for Speakers of Other Languages)
From learners to improvers, all levels welcome!

September 28 - January 28

Classes meet four days a week
Mondays, Tuesdays, Wednesdays, and Thursdays
6 to 9 p.m.

Registration appointment is required!
Space is limited.

To register, call 718 784-6173, ext. 457, or email English@scsny.org

Classes meet at the Beacon Community Center (IS 5) in **ELMHURST**
50-40 Jacobus Street, near Queens Boulevard and 76th St, Elmhurst, New York



CLASES DE INGLÉS

GRATIS

Clases de Inglés para Personas que Hablan Otros Idiomas
Para principiantes hasta nivel avanzado.
Todos los niveles son bienvenidos

28 de Septiembre a 28 de Enero

Las clases son cuatro veces por semana.

Lunes, Martes, Miércoles y Jueves
6 a 9 p.m.

Debe hacer una cita para inscribirse. El cupo es limitado.

The Beacon Community Center (IS 5) ELMHURST

50-40 Jacobus Street, near Queens Boulevard and 76th St, Elmhurst, New York



SUNNYSIDE
COMMUNITY
SERVICES

Para inscribirse
venga al centro.
43-31 39 Street
Sunnyside, NY 11104

Obtenga más
información:
info@scsny.org
sshogan@scsny.org
718 551-8538
www.scsny.org

SUNNYSIDE COMMUNITY SERVICES

PROGRAMA GRATIS SONNYC

PARA ALUMNOS EN SEXTO, SÉPTIMO Y OCTAVO GRADO

EMPIEZA SEPTIEMBRE 10, 2015

El programa SONNYC es de lunes a viernes 2:30 a 5:30pm

Aperitivos gratis. Actividades incluyen ayuda con tarea, artes marciales,
exploración de carreras, viajes, y mas!

no se lo pierda





SUNNYSIDE COMMUNITY SERVICES FREE SONYC PROGRAM



FOR CURRENT 6TH, 7TH & 8TH GRADERS

STARTS SEPTEMBER 10, 2015

SCS SONYC meets at
43-31 39 Street
Sunnyside, NY 11104

Stop in to pick up or
drop off an
application.

Get more
information:
info@scsny.org
sshogan@scsny.org
718 551-8538
or visit
www.scsny.org

The SCS SONYC Program runs Monday through Friday, 2:30 to 5:30 p.m.

Free snacks are provided. Activities include Homework Help, Martial Arts,
Career Exploration, Teen Action, Trips, and more!

Don't miss out!



60+ Years Old and Need a Meal?

The home-delivered meals program, supported by the New York City Department for the Aging, was created to maintain or improve the nutritional status of older New Yorkers who are homebound and unable to prepare meals independently.

Eligibility Requirements for Home-Delivered Meals:

- Must be 60 years of age or older
- In-home assessment by a case manager
- Unable to attend a senior center for a meal
- Unable to prepare meals
- Does not have anyone else to rely on to prepare meals
- Can live safely at home if services are provided



**Department for
the Aging**

Michael R. Bloomberg
Mayor
City of New York

Lilliam Barrios-Paoli
Commissioner
New York City

Contact:

Sunnyside Community Services
43-31 39th Street.
Sunnyside, NY 11104
718-784-6173, x 498/460

Or call the City's 311 Helpline

**DIAL
311**

Government Services
and Information for NYC

YOUTH & FAMILY

For **pre-K students**, we offer **Sunnyside UP**, a free full-day program.

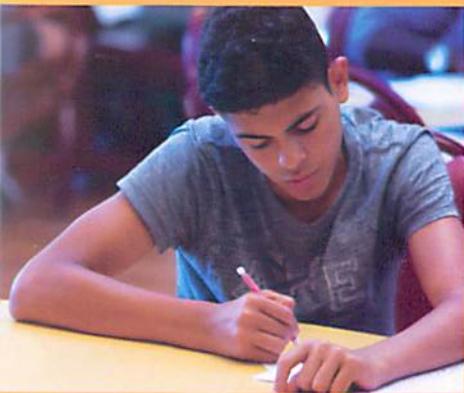
Our **After-School Programs** for elementary and middle-school students provide a range of academic, athletic, and recreational activities.

Our **Beacon Center** in Elmhurst offers a variety of sports, fitness, cultural, and educational activities for individuals of all ages.

We offer **English as a Second Language** classes to help adults build their language skills.

Grounded and Positioned for Success gives under-served young adults the tools they need to find and keep a job, including job readiness workshops, counseling, and internships.

Our **College Readiness Program** provides college and financial aid counseling, SAT test prep, writing workshops and more to help students get admitted to and graduate from college.



OLDER ADULTS

Our **Center for Active Older Adults** is the place to go if you are over 60 and looking to eat well, exercise, learn new skills, celebrate, explore, or just relax with friends. We have benefits counselors to help you find and get the help you need, and individual and group mental wellness counseling.

Caregivers Support provides counseling, support groups, and help for family members caring for an aging loved one, and grandparents raising their grandchildren.

Our **Adult Day Services** help you care for your loved one with Alzheimer's or dementia. Our flexible schedule and transportation options allow participants to enjoy therapeutic and recreational activities in our comfortable and secure space.

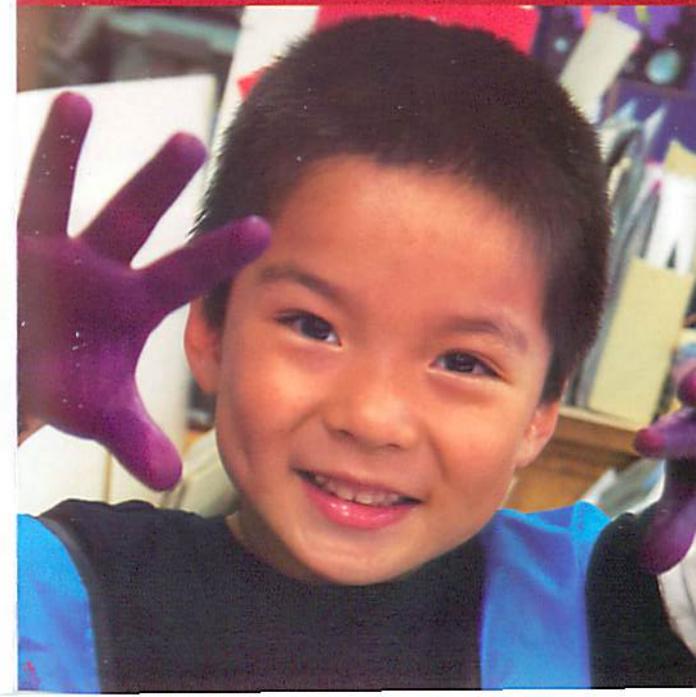


CARE AT HOME

Our licensed **home care services** provide effective, compassionate care. Our staff can give you the help you need to remain living independently at home. **Call 718 784 6160** for information on our home care services.

Our **case managers** can provide benefits counseling, and connect seniors with limited mobility to home-delivered meals among other services. Our long term care counselors provide the information on Medicaid and long term care options.

Home Health Aide Training: Sunnyside Community Services offers free training to become a Certified Home Health Aide. The comprehensive three-week program will prepare you to make a real difference in the life of someone who is homebound.



WELCOME

Sunnyside Community Services offers a range of programs and services for people of all ages. We can:

Educate, entertain, and challenge your child with our pre-kindergarten program and after-school and summer programs for elementary and middle-school students.

Help high school students **get into and graduate from college.**

Enable teenagers and young adults to **gain the skills and experience needed** to land and keep their **first jobs.**

Engage families and children at our comprehensive Beacon Center.

Inspire older adults to socialize, exercise, and learn new skills.

Offer guidance on applying for benefits and entitlements programs.

Provide home care services to allow older adults to remain independently **in their homes** and communities.

Connect seniors with limited mobility **with volunteers** to visit and help them care for their pet.

Connect volunteers to inspiring experiences.

Help care for a loved one with Alzheimer's or memory loss.

For more information, or to find out how we can serve you, call **718 784 6173.**



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Contributions from caring individuals like you are critical to our continued ability to serve our community.

There are many ways you can help. Call 718 784 6173 or visit our website to find out how you can volunteer or make a gift.

Facebook.com/SunnysideCommunityServices
SCSNYC@Twitter.com

f t scsny.org

YOUTH & FAMILY / OLDER ADULTS / HOME CARE



SUNNYSIDE
COMMUNITY
SERVICES

LIGHTING UP LIVES



WITH PROGRAMS AS DIVERSE AS THE PEOPLE WE SERVE