

NOVEMBER 2022



Senior Voices

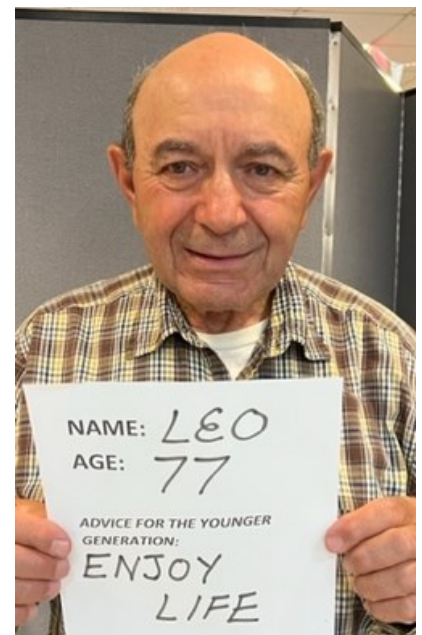
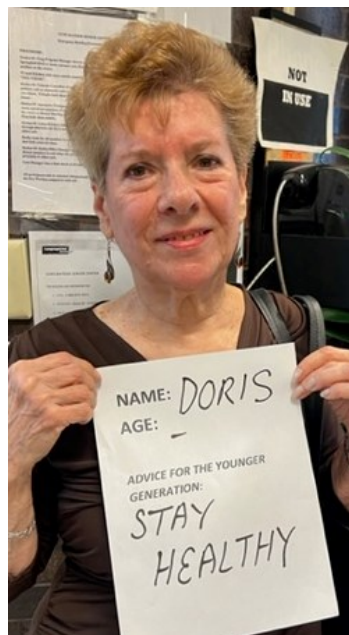
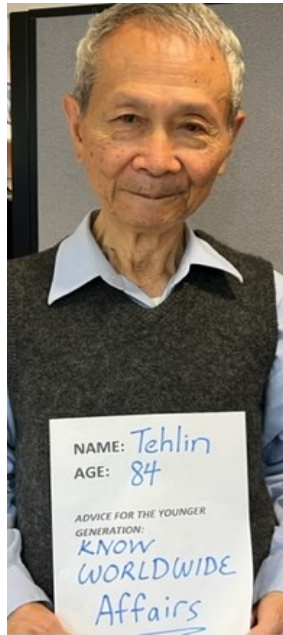
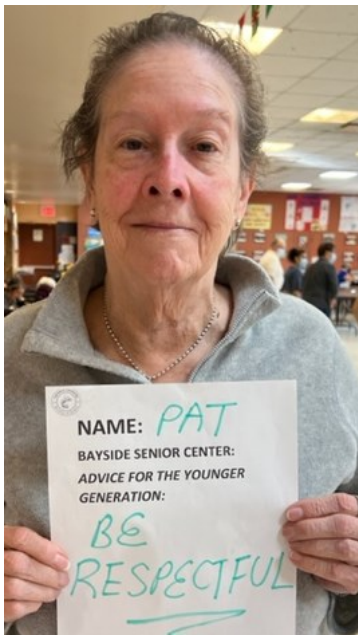
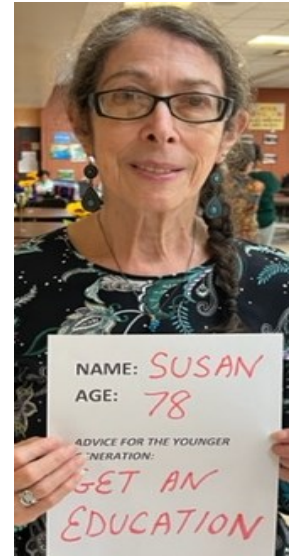
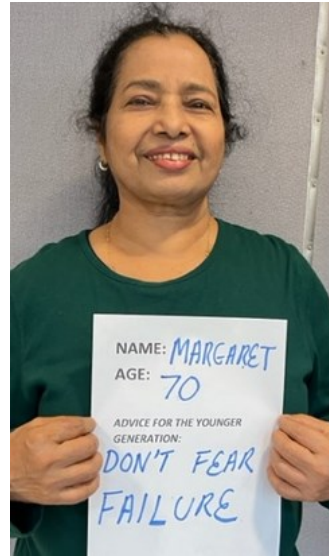
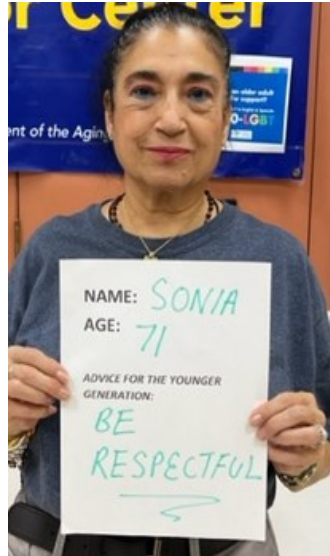
CATHOLIC CHARITIES NEIGHBORHOOD SERVICES
BAYSIDE SENIOR CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

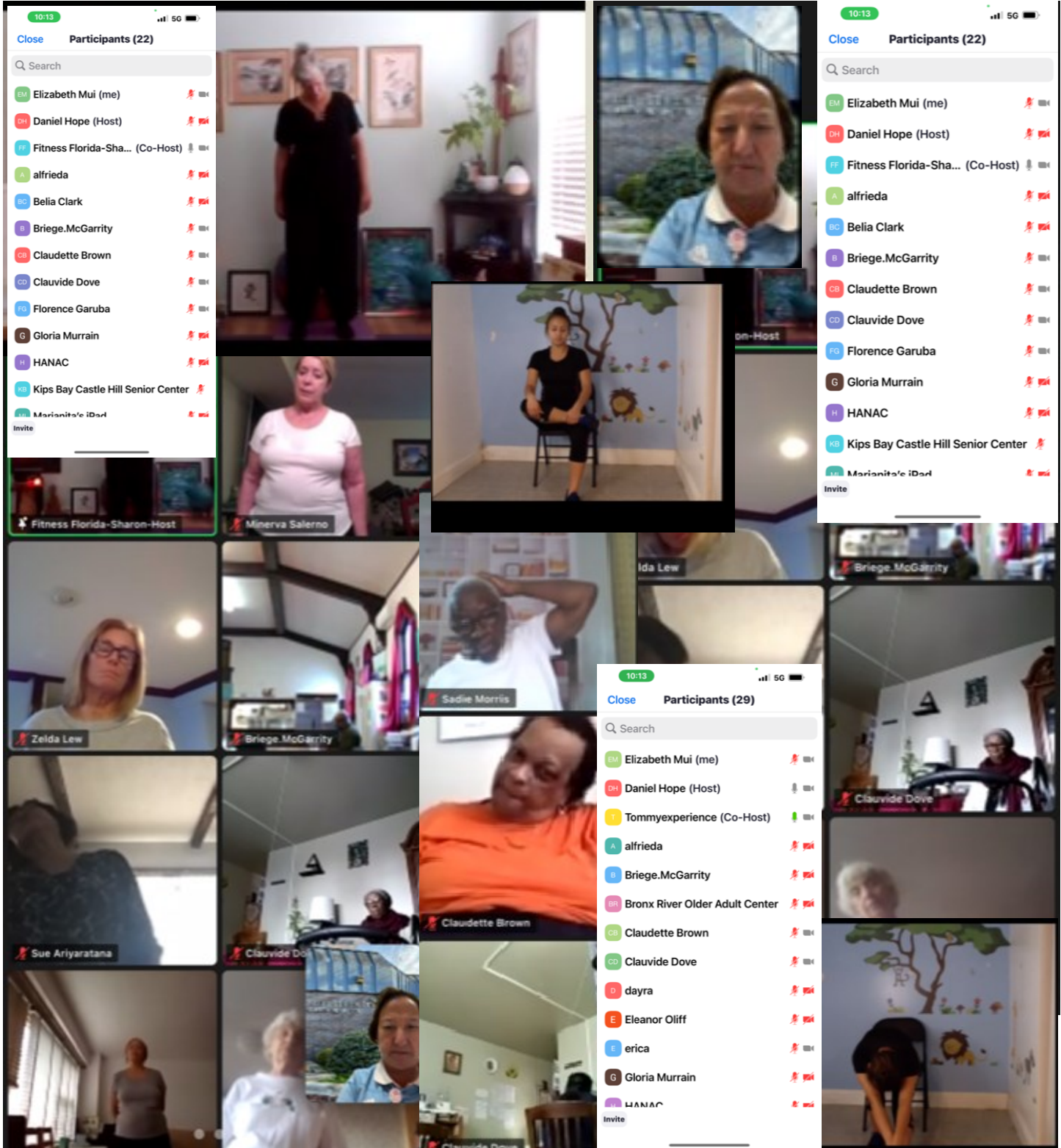
Phone #: (718) 225 - 1144



November



OCTOBER 2022



Thanksgiving

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

BOUNTY
CRANBERRIES
DRESSING
FAMILY
GATHER
GRATITUDE
GRAVY

GREEN BEANS
HAM
HARVEST
NOVEMBER
PARADE
PIE
PUMPKIN

SHARING
STUFFING
THANKSGIVING
THURSDAY
TURKEY





Healthy and Easy Pumpkin Soup

A simple puree of canned pumpkin, coconut milk, and warm spices comes together in this Healthy and Easy Pumpkin Soup!

Servings 8 cups

Ingredients

- ½ Tbsp. olive oil
- 1 sweet onion, diced
- 1 tablespoon minced garlic
- 1 teaspoon ground ginger
- 1 head cauliflower, florets diced or about 5 cups of mixed vegetables total)
- 4 cups vegetable broth or chicken broth
- 1 (15 ounce) can unsweetened pumpkin puree (about 1.75 cups total)
- 1 tsp. salt, to taste
- ½ cup full-fat canned coconut milk (or substitute with evaporated milk)
- Optional garnish: sliced green onions, chives, or sour cream



Instructions

1. Heat oil in a large pot over medium heat. Add onion and sauté until soft and translucent (about 5-10 minutes). Add garlic and ginger and cook for about 1 more minute, stirring.
2. Add cauliflower, broth, and pumpkin. Turn heat to high, bring to a boil; cover. Reduce heat to low, stir in salt and coconut milk and simmer (covered) for about 20-30 minutes or until cauliflower* is tender.
3. Remove from heat and use an immersion blender to puree the soup until smooth. If you don't have an immersion blender, just transfer the soup to a large blender, hold down the top with a kitchen towel, and puree until smooth. Be careful with the hot soup!

***If using frozen vegetables, just simmer for 10-15 minutes.**



BAYSIDE SENIOR CENTER



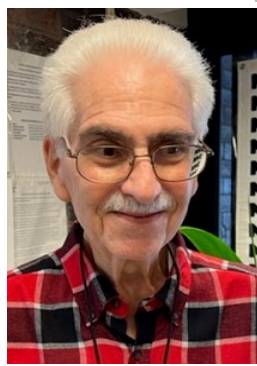
221-15 Horace Harding Expressway
Bayside, New York 11364



Phone: (718) 225-1144 Fax: (718) 229-7320



ADVISORY COUNCIL



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Susan Hall ... Vice President
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Rosa Farmer
Sally Pincus
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Rose Baskin
David Zirman
Carmela Pozzi
Fraternidad Sevilca



BAYSIDE SENIOR CENTER STAFF



Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Xia Shen Case Manager
Yolanda De Martinez Custodian
Annmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator



Henry Cadet
John Tsang
Laura Moy
Yung Ping Tam
Vincent Yuk



Transportation
Transportation
Kitchen Aide
Kitchen Aide
Kitchen Aide



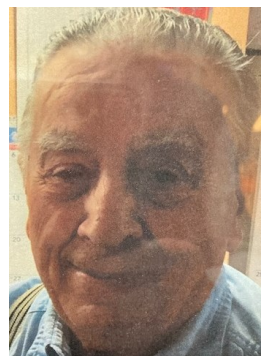
Catholic Charities Mission Statement

Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order that promotes justice and embraces human development.

Remembrance Day

NOVEMBER 11

They shall grow not old, as we that
are left grow old: Age shall not weary
them, nor the years condemn.
At the going down of the sun and in
the morning, We will remember
them.



NAME: _____

DATE: _____

A-MAZE-ING THANKSGIVING LEAF

FINISH

START



DASH Eating Plan

The Benefits: Lowers blood pressure & LDL “bad” cholesterol.



Eat This



Limit This

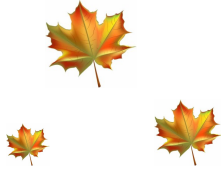
	Vegetables		Fatty meats
	Fruits		
	Whole grains		Full-fat dairy
	Fat-free or low-fat dairy		
	Fish		Sugar sweetened beverages
	Poultry		
	Beans		Sweets
	Nuts & seeds		
	Vegetable oils		Sodium intake

www.nhlbi.nih.gov/DASH



National Heart, Lung,
and Blood Institute





CATHOLIC CHARITIES BAYSIDE SENIOR CENTER - LUNCH MENU

Lunch Begins: 11:30

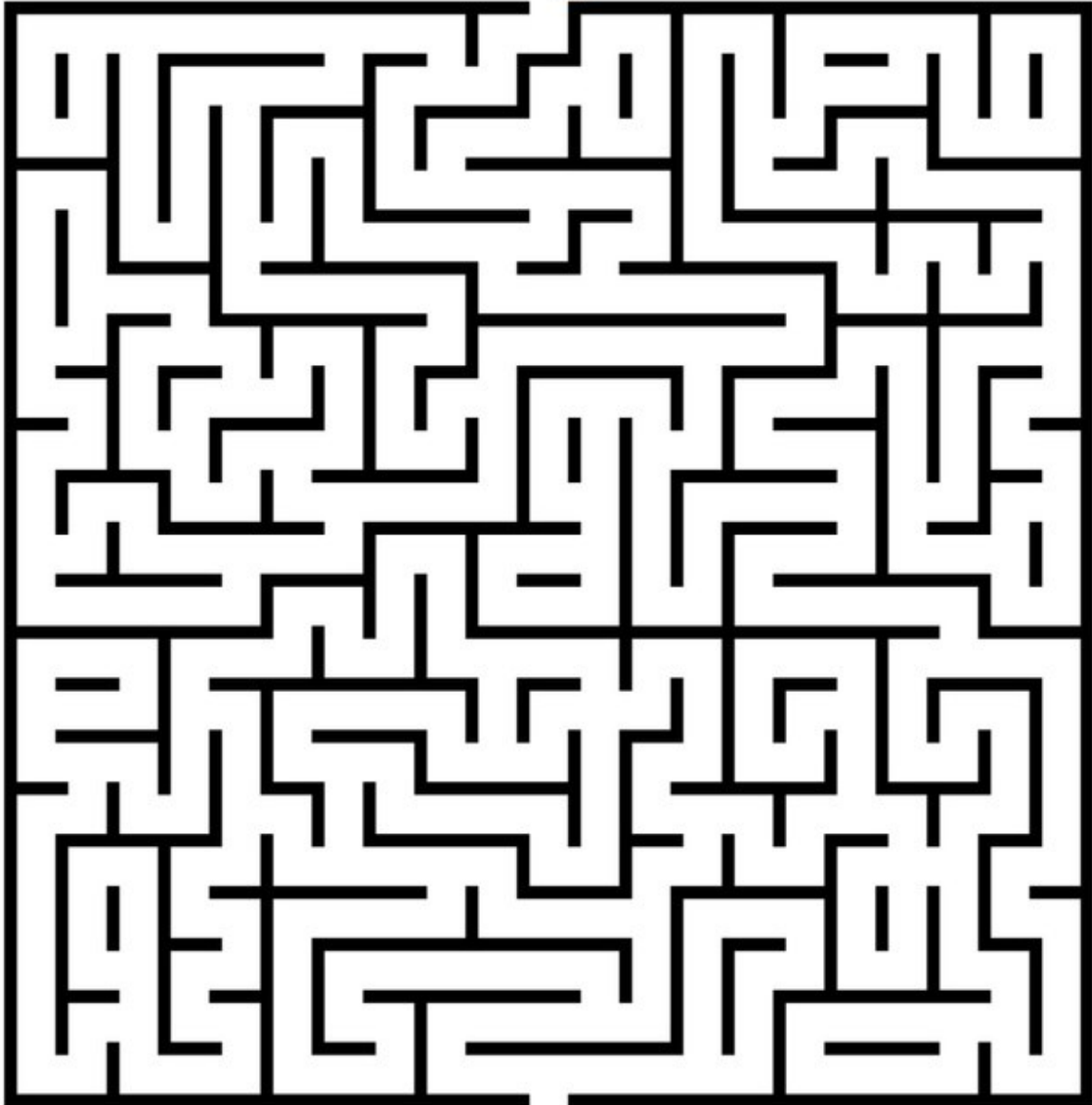
November 2022

Phone: (718) 225-1144

Monday	Tuesday	Wednesday	Thursday	Friday
 <div>MENU MAY CHANGE WITHOUT PRIOR NOTICE</div>	1 Baked Penne w/ Sausage Peas and Ricotta Steamed Broccoli Bread/Milk/Peach	2 Vegetable Ratatouille Lemon Rice Steamed Collar Greens Bread/Milk/Pear	3 Beef Teriyaki Rice Pilaf Satueed String Beans Bread/Milk/Banana	4 Baked Fish w/ Mushrooms Egg Noodles Steamed Carrots Bread/Milk/Orange
	7 Baked Asian Style Honey Chicken Brown Rice Steamed Broccoli Bread/Milk/Apple	8 Chinese Style Roast Pork Loin Pasta Steamed Collard Greens Bread/Milk/Banana	9 Vegetable Lasagna Steamed Peas and Carrots Bread/Milk/Pear	10 Beef Fajitas Brown Rice Vegetable Mix Bread/Milk/Orange
14 General Tso's Chicken Brown Rice Steamed Broccoli Bread/Milk/Apple	15 Oven Baked Pork Chops Rice Pilaf Steamed Peas and Carrots Bread/Milk/Banana	16 Veggie Griller Burger Baked Potato Sauteed Green Beans Bread/Milk/Orange	17 Beef Salisbury Steak White Rice Sauteed String Beans Bread/Milk/Pear	18 Baked Marinated Fish Pasta Steamed Carrots Bread/Milk/Kiwi
21 Chicken Caprese Rice Pilaf Sauteed String Beans Bread/Milk/Apple	22 BBQ Pulled Pork Whole Wheat Couscous Steamed Peas Bread/Milk/Banana	23 Butternut Squash Mac and Cheese Roasted Zucchini Bread/Milk/Applesauce	24 Thanksgiving Day Center Closed	25 Day After Thanksgiving Center Closed
28 Spanish Chicken Wheat Spaghetti Steamed Carrots Bread/Milk/Fruit Cocktail	29 Italian Sausage Spaghetti Steamed Collard Greens Bread/Milk/Applesauce	30 Three Bean Stew Baked Brown Rice Pilaf Steamed Broccoli/Cauliflower Bread/Milk/Banana	 	



Thanksgiving Turkey Maze

Help the pilgrim find his lost turkey by following through the corn maze.





CATHOLIC CHARITIES ACTIVITIES CALENDAR November 2022

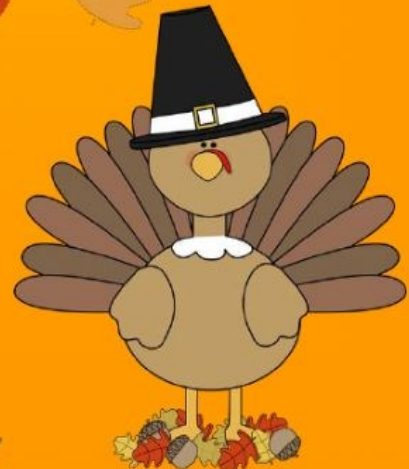
Monday	Tuesday	Wednesday	Thursday	Friday
 7 Painting Group 9am-3:00pm Painting Group 9:00-3:00pm Belly Dance w/ Amira 10:00am-11:00am Zumba Dance w/ Amira 12:30-1:30pm	1 Painting Group 9am-3:00pm Line Dance w/Jennifer 9-9:45am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30-2:15pm	2 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30-10:15am Karaoke 10:30am-3:30pm	3 Painting Group 9am-3:00pm Sing Melody 9:30-11:15am Wing Chun w/ David 10:00-11:00am Line Dance w/Harrison 1:00-2:15pm	4 Painting Group 9am-3:00pm Ballroom Dance w/Jennifer 9:00-9:45am Age-Tastic 10:00-11:00am
7 Painting Group 9am-3:00pm Painting Group 9:00-3:00pm Belly Dance w/ Amira 10:00am-11:00am Zumba Dance w/ Amira 12:30-1:30pm	8 Painting Group 9am-3:00pm Line Dance w/Jennifer 9-9:45am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30-2:15pm	9 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30-10:15am Karaoke 10:30am-3:30pm	10 Painting Group 9am-3:00pm Sing Melody 9:30-11:15am Wing Chun w/ David 10:00-11:00am Line Dance w/Harrison 1:00-2:15pm	11 CENTER CLOSED
14 Painting Group 9am-3:00pm Painting Group 9:00am-3:00pm Belly Dancing w/Amira 10:00am-11:00am Zumba Dance w/Amira 11:00am-12:00pm Bingo 12:30-1:30pm	15 Painting Group 9am-3:00pm Line Dance w/Jennifer 9-9:45am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30-2:15pm	16 Painting Group 9am-3:00pm Low Impact Aerobics w/ Ira 9:30-10:15am Karaoke 10:30am-3:30pm	17 Painting Group 9am-3:00pm Sing Melody 9:30-11:15am Wing Chun w/ David 10:00-11:00am Line Dance w/Harrison 1:00-2:15pm	18 Painting Group 9am-3:00pm Painting Group 9am-3:00pm Ballroom Dance w/Jennifer 9:00-9:45am Age-Tastic 10:00-11:00am
21 Painting Group 9am-3:00pm Belly Dancing w/ Amira 10:00am-11:00am Zumba Dance w/ Amira 11:00am-12:00pm Bingo 12:30-1:30pm	22 Painting Group 9am-3:00pm Line Dance w/Jennifer 9-9:45am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30-2:15pm	22 Painting Group 9am-3:00pm Line Dance w/Jennifer 9-9:45am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30-2:15pm	24 CENTER CLOSED	25 CENTER CLOSED
28 Painting Group 9am-3:00pm Belly Dancing w/ Amira 10:00am-11:00am Zumba Dance w/ Amira 11:00am-12:00pm Bingo 12:30-1:30pm	29 Painting Group 9am-3:00pm Line Dance w/Jennifer 9-9:45am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30-2:15pm	30 Painting Group 9am-3:00pm Line Dance w/Jennifer 9-9:45am Yoga w/ Sharon 10:00-11:00am Bingo 12:30-1:30pm Low Impact Aerobics w/ Ira 1:30-2:15pm		

Thanksgiving Wordsearch



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

AMERICA
AUTUMN
CELEBRATE
CORN
CRANBERRYSAUCE
FAMILY
GIVETHANKS
GRAVY
HARVEST
INDIANS
MASHEDPOTATOES
MAYFLOWER
NOVEMBER
PILGRIMS
PUMPKINPIE
STUFFING
THANKSGIVING
TURKEY



NOVEMBER 2022



welcome

NEW!

NEW!

New Members!

Vivian P Falconi
Maxwell Fishon
Zhenxia Rong
Lorraine Burke
Janet Benin
Wei Min Shen
Li Zhon
Man Ping Li

NEW!

NEW!

Shu Fong Cheung
Yuk Cheung
Phyllis Yuk Li
Elizabeth Chua
Dang Guan Zhang
Ai Jiao Lu
Fuko Poon
Eva Rich

NEW!

NEW!

James Dermitt
Linda Wong
Josephine Sanchez
Chien-hao Hsiao
Jui-Hsien Ho

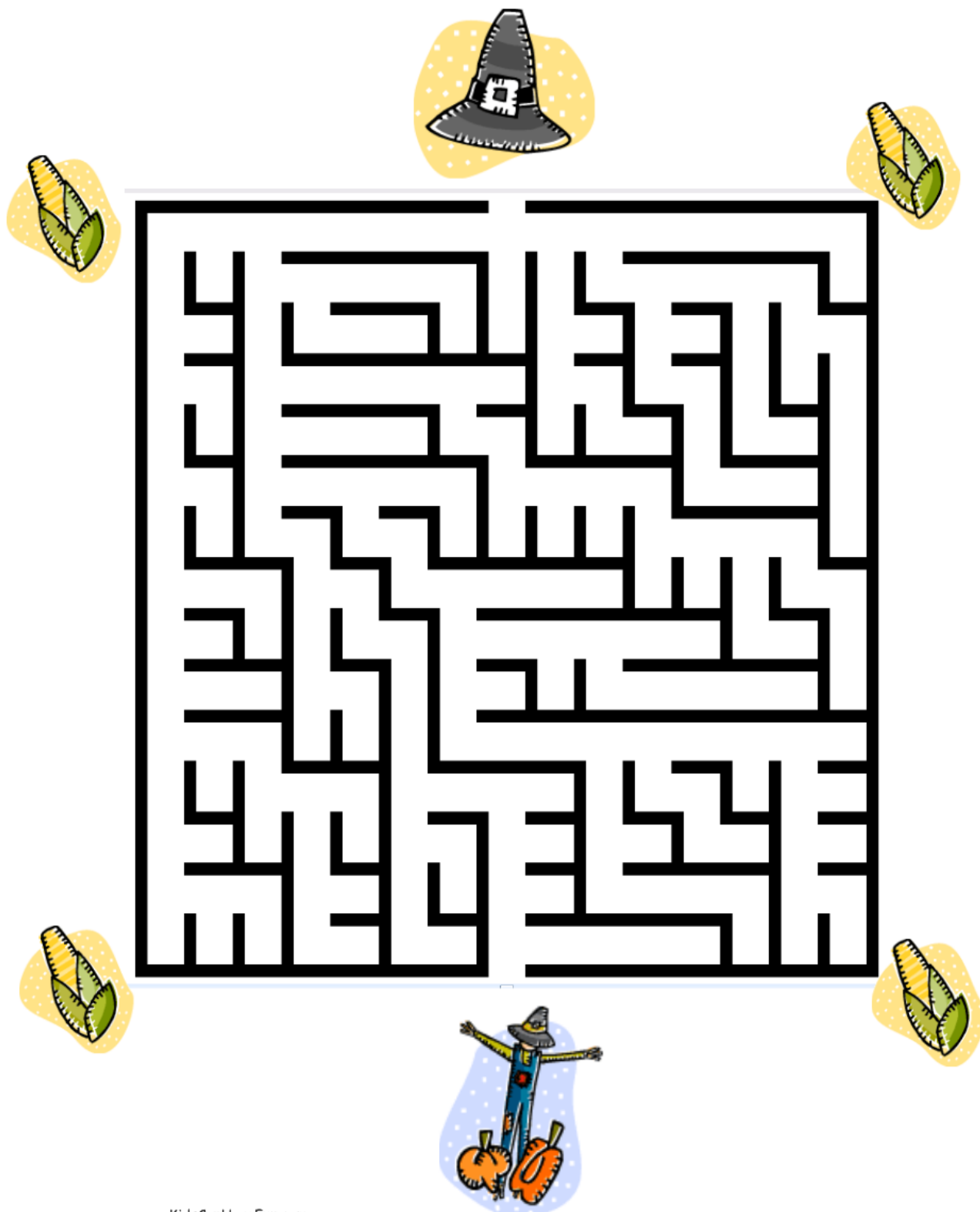
Rosa Scibelli
Mirth Dermitt
Sing Wong
Yu Wong

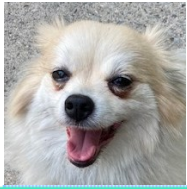
Kathleen Newton
Patricia Flugger
Jso-Shing Shi
Tchia-Mei Shi
Muni Lee

James Butchey
Merton Lee
Seto Ng

Thanksgiving Scarecrow Hat Maze

The scarecrow has lost his hat. Bring him his hat by following through the corn maze.

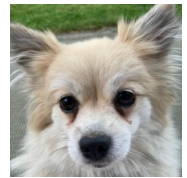




DATA

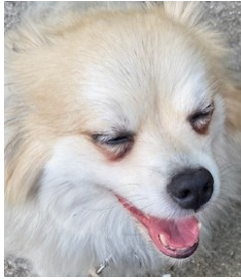
DRIVEN

page



BLOOMING HEALTH

Bayside Senior Center Older Adults Survey



*Are you financially better now
than two years ago?*

DATA

Yes - 29%
No - 31%
Same 40%



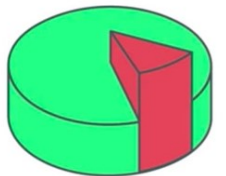
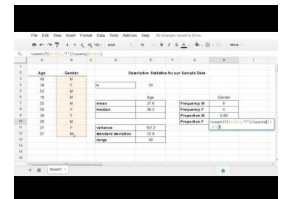
Are you healthier now than two years ago?

Yes - 25%
No - 30%
Same 45%



Are you happier now than two years ago?

Yes - 37%
No - 22%
Same 40%



*Are you happy with the current meals being
served at Bayside Senior Center?*

Yes - 76%
No - 15%
Same 9%



Thanksgiving Word Search



Autumn	Friendship	Serve
Colony	Harvest	Share
Cornucopia	Native Americans	Squash
Dinner	November	Thankful
Fall	Pie	Thanksgiving
Family	Pilgrims	Tradition
Feast	Plymouth	Turkey
Food	Pumpkin	Wampanoag

INQUIRING MINDS WANT TO KNOW

What is a fond memory of celebrating Thanksgiving?

Vincent Yuk - celebrated the holiday with the family together.

Tehlin Chen - enjoyed eating pumpkin food and turkey with the family.. He enjoyed the warmth of the family and shows gratitude for this holiday.

Suzanne Shew - thankful that the family and friends got together.

Sharon Ng - enjoyed being with family and loves November because her first granddaughter was born in the month.

Mary Ann Lam Lo - enjoys being with family and remembers eating too much because turkey and pumpkin were her favorite foods.

Joseph Peterson - enjoyed having a turkey dinner with his family.

Hsiu May Lee - liked being with her family to have a turkey dinner.

Diana Howrilka - remembered a full house of relatives who were drinking, talking and having fun.

I remember watching the Thanksgiving Day Parade on television and later on having a family dinner of turkey with stuffing and vegetables.



Advisory Council VP, Susan Hall



I am thankful for...

s	p	o	j	k	b	G	r	e	q
u	b	h	d	r	f	o	o	d	y
n	w	a	t	e	r	c	o	d	z
s	l	a	n	d	t	r	w	k	i
h	c	a	n	r	f	t	q	a	s
i	l	h	m	i	a	v	f	s	f
n	o	o	o	p	m	u	s	i	c
e	t	u	m	o	i	a	v	x	a
z	h	s	e	w	l	r	l	u	g
k	e	e	m	n	y	i	y	s	r
o	s	p	r	t	w	s	b	e	d

Find each word in the search.

Words go ↑, →, and ↘.

family	God
house	food
clean <u>water</u>	clothes
school	books
sunshine	warm <u>bed</u>
animals	music





Happy Recap!

OCTOBER 2022

