

Narrows Senior Center News Letter November 2022



CCNS
Narrows Senior Center
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November Fun Facts

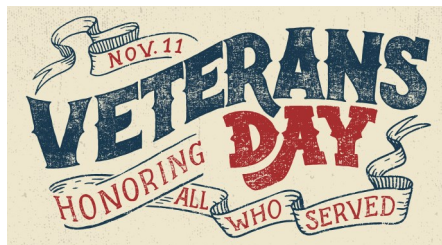
November is Observed as : Thanksgiving, Diabetes Awareness Month, Alzheimer's Awareness Month, Lung Cancer Awareness Month, Veteran's Day

Birthstone: Citrine

Fruits and Veggies of the Month: Apples, Avocado Artichokes, Bok Choy, Sweet Potatoes, Kiwi, Lemons

Flower: Chrysanthemum

Astrological Sign: Scorpio and Sagittarius



Please remember that because the holidays are coming during this autumn/winter, it is very easy to fall into the habit of overeating as holiday food is often attractively and variously delicious. Please use your best judgement to try as best as possible to keep your food eating portions to what you normally eat in non-holiday days. It is best to inquire with your doctor about healthy portions of eating. By otherwise, enjoy celebrating the holidays.

Logic to live by

1. Make peace with your past so it doesn't spoil your present.
2. What others think of you is not worth listening to.
3. Time heals almost everything, give the time.. some time to work.
4. No one is the reason of your happiness except you and yourself.
5. Don't compare your life with others, you have no idea what their journey is all about.
6. Stop thinking too much, it's alright not to know.
7. Smile, you don't have to solve all the problems of the world.

Do not wait until the fourth week of November to sit with family and friends and give thanks. Being in touch with loved ones is an important way to stay connected and involved. Who says Thanksgiving has to be once a year. Get together often, plan small celebrations and cherish the ones who put a smile on your face.

Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

Meng Zhou
Office Manager

Madeline Sban
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

CELEBRATING NOVEMBER

Thanksgiving

In September 1620, a small ship called the Mayflower left Plymouth, England carrying many pilgrims into the new land, which eventually would be called America. They were getting away from a bad political system in England that persecuted them for their religious beliefs. The pilgrims suffered from starvation and malnutrition and many died as a result of it. They encountered a Native American named Squanto who would teach them how to plant and harvest crops, which became successful. They held the first Thanksgiving to give thanks to the Native Americans that taught them how to plant crops and have plentiful foods. Since then, thanksgiving has been celebrated every year.

<http://www.history.com/topics/thanksgiving/history-of-thanksgiving>

Veteran's Day

After World War 1 ended, Armistice Day was created to celebrate the agreement between different countries that ended world war 1. However, after world war 2 happened and ended, Armistice Day was then replaced with Veteran's Day to honor all the veterans that have fought for USA. As many know, America became involved with other wars such as Korean War, Vietnam War, including recently in Afghanistan and Iraq. The name Veteran's Day is more appropriate to use to honor all American veterans that have fought in wars and unfortunately many died.

<http://www.va.gov/opa/vetsday/vetdayhistory.asp>

National Diabetes Awareness Month

November is National Diabetes Awareness Month. Diabetes is a disease when the body is unable to produce sufficient insulin to process the sugar levels. However, this disease can be managed if you follow the doctor's instructions on taking medication and other steps. This includes eating a healthy diet and eating less sugary/fattening items. Exercise also helps as well. Testing your blood is also extremely important if you have diabetes. If neglect to treat the disease, it can easily lead to other problems such as heart problems, stroke, blindness/eye problems, amputations, kidney disease and more. <https://www.cdc.gov/features/livingwithdiabetes/>

Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8:00am Coffee and Current Events	8:00am Coffee and Current Events	8:00am Coffee and Current Events	8:00am Coffee and Current Events	8:00am Coffee and Current Events
9:00 am Mah Jong / Ping Pong	9:00 am Mah Jong / Ping Pong	9:00 am Mah Jong / Ping Pong	9:00 am Mah Jong/ Ping Pong	9:00 am Mah Jong/ Ping Pong
9:30 to 10:30 Virtual ESL Asian Speaking	9:30 to 10:30 Virtual ESL Asian Speaking	9:30 to 10:30 Virtual ESL Asian Speaking	9:30 to 10:30 Virtual ESL Asian Speaking	9:30 to 10:30 Virtual ESL Asian Speaking
10:00 Jewelry Making Class	10:00 Strengthening Class with Christy	10:00 Head to Toe Mindful Meditation Class	10:00 Strengthening Class with Christy	10:30 Stretching for Health
11:15 Bingo Challenge	11:15 Bingo Challenge	11:15 Bingo Challenge	11:15 Bingo Challenge	11:15 Bingo Challenge
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<u>LUNCH</u> Congregate Grab and Go	<u>LUNCH</u> Congregate Grab and Go	<u>LUNCH</u> Congregate Grab and Go	<u>LUNCH</u> Congregate Grab and Go	<u>LUNCH</u> Congregate Grab and Go
1:30 PM Healthy Simple Recipes Exchange Group	3:00 PM 4:00 PM Virtual Tai Chi	1:00 Plaster and Painting With Vito Badamo	1:00 PM Painting Appreciation	1:00 Computer /Technology Class with Hau-Yu
3:00 PM 4:00 PM Virtual Tai Chi		1:00 PM to 2:00 PM Virtual Concert in Motion	3:00 PM 4:00 PM Virtual Tai Chi	3:00 PM 4:00 PM Virtual Tai Chi
		3:00 PM 3400 PM Virtual Tai Chi		

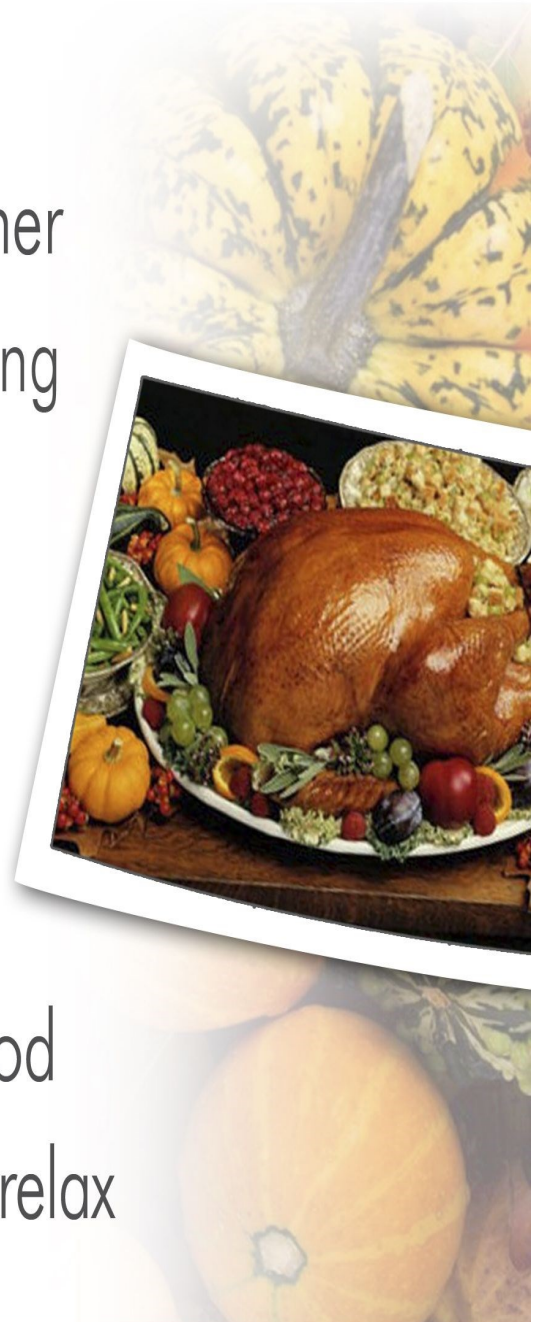
Flea Market every 3rd Wednesday
9:30am to 11:00am

Please speak to staff before making a donation of
household items or clothing as we have to follow safety
guidelines.

Please call (718) 232-3211 for updates or changes.

TIPS FOR **EATING HEALTHY** DURING **THE HOLIDAYS**

1. Eat breakfast
2. Don't go hungry to holiday dinner
3. Watch the calories you are drinking
4. Make a healthy dish
5. It's okay to say "No" to food
6. Don't pile your plate full
7. Have smaller bites & portions
8. Focus on family, rather than food
9. Keep your stress level down and relax



Live the SPARK Lifestyle



SPARK[™]
HEALTH

November 2022 Presentations

Wednesday 11/2/2022 10:30am
Jokestercize

Monday 11/14/2022 10:15am
2023 Changes To Medicare & Medicaid (English/Chinese)

Wednesday 11/23/2022 10:30am
Elder Abuse (English)

Please note these presentation dates are subject to changes.

Ballroom Dancing Party
Breakfast and dessert
With Entertainment

November 18th
November Celebration/Thanksgiving Party
With DJ Joel
(United Health Care Will Participate In The Event To
Sponsor Giveaways/Simple Desserts)

4 SIMPLE WAYS FOR PREVENTION OF DIABETES

440,000 Singaporeans had diabetes in 2014 and the number of diabetic patients is estimated to rise to 1 million by 2050.



1 REGULAR HEALTH SCREENINGS

Know your risk by trying out online risk screening questionnaire and go for tests if you are at risk.

2 HEALTHY DIET

Eat in moderation. Increase your intake of whole grains, fruits and vegetables.
Reduced intake of sugar and saturated fats.



3 EXERCISE

Adopt an active lifestyle. Try 150 minutes of exercise every week. Find an activity (i.e. swimming, jogging, tai-chi or yoga) you like to motivate you to exercise!

4 NO SMOKING & DRINKING

Try to quit smoking and limit your alcohol intake!





Veterans Day

*Thank you from a
grateful nation*

*To all who
have and
do serve.*

*Honoring and
remembering*

*All who
have fallen*

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www.TheGriefToolbox.com

www.facebook.com/griefftoolbox



NOVEMBER

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

NOVEMBER

PIES

THANKSGIVING

THANKFUL

DINNER

TURKEY

YAMS

CRANBERRY

STUFFING

PARADE

FALL

AUTUMN

PILGRIMS

PUMPKINS

MAYFLOWER

LEAVES

FAMILY

FRIENDS

Marinated Turkey

Prepare the night before roasting

This recipe is from the Ochs family and is a Thanksgiving tradition. Once you've had this moist flavorful turkey you won't want that boring dry kind ever again! Enjoy!

Ingredients

20 lb.	Turkey
2/3 cup	Warm Water
1/4 cup	Salt
1 Tblsp.	Hot Sauce (Tabasco, Franks, etc.)
1/3 cup	Lemon Juice
1 Tblsp.	Garlic Juice



Directions

- Mix all ingredients other than the turkey until the salt is fully dissolved. Using an injector, insert under the skin and into the meat all over the turkey. Cover your turkey and refrigerate overnight. Roast your turkey following basic instructions, basting every 45 minutes or so.
- Use your drippings to make delicious tangy gravy. To de-fat your drippings, simply pour over a sieve filled with ice. The fat will stick to the ice but the flavorful juices will flow right through. You may have to repeat this a couple of times since your drippings will be warm.

Alookthroughmyeye.blogspot.com

This Easy Pecan Pie Recipe is Perfect for the Holidays!

Shelly

2 minutes

Description

This **homemade pecan pie** is a classic old-fashioned dessert that's perfect for Thanksgiving and Christmas. It has the best combination of sweet and salty! Plus, it's so easy to make that the kids can help with every step of this recipe.

- 1 cup Karo® Light OR Dark Corn Syrup
- 3 eggs
- 1 cup granulated sugar
- 2 tablespoon butter, melted
- 1 teaspoon pure vanilla extract
- 1– 1/2 cups (6 ounce) coarsely chopped pecans
- 1 (9-inch) unbaked OR frozen deep-dish pie crust

1. Preheat oven to 350°F.
2. Mix Karo® Light Corn Syrup, eggs, sugar, butter and vanilla using a spoon or a rubber spatula.
3. Stir in pecans.
4. Pour the mixture into pie crust.
5. Bake on center rack of oven for 60 to 70 minutes.
6. Cool for at least 2 hours on wire rack before serving.

The Best Easy Pecan Pie Recipe

0 seconds of 1 minute, 16 secondsVolume 90%

Notes

If you are using a prepared frozen pie crust, place cookie sheet in oven and preheat oven as directed. Pour filling into frozen crust and bake on preheated cookie sheet.

The pie is done when center reaches 200°F. Tap center surface of pie lightly – it should spring back when done. If pie crust is over-browning, cover edges with foil.

Nutrition

- **Serving Size:** 1 slice
- **Calories:** 304
- **Sugar:** 46.7 g
- **Sodium:** 54.6 mg
- **Fat:** 12.4 g
- **Carbohydrates:** 48.9 g
- **Protein:** 3 g
- **Cholesterol:** 61.9 mg

Keywords: *pecan pie recipe, best pecan pie recipe, easy pecan pie recipe, how to make pecan pie, easy pecan pie*



Taking care
of your mind &
thoughts

Taking care of
your physical
health & body

Self-Care

Increasing your
own well-being through self-
care behaviors

Taking care
of your spiritual
health

Taking care of
your emotions

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STEP 1

Inhale through the nose to a count of four, lungs should be completely full of air.

STEP 2

Hold the air in your lungs for a count of four.

STEP 3

Exhale through the mouth to a count of four, all of the air should be out of the lungs.

STEP 4

Hold the lungs in an empty state for a count of four.

STEP 5

Repeat steps one through four for a total of at least 5 minutes. If ready, you can increase to a count of 8.



Recapping Oct. 2022 Fashion Show Party



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www.ccbq.org

**We're on the
web
www.ccbq.org**

Narrows Show Case



JEWELRY MAKING CLASSES ARE ONE OF THE NEW TYPES OF ARTS ACTIVITIES THAT HAVE BECOME MORE POPULAR RECENTLY. SOME CALL IT AS JEWELRY THERAPY. NARROWS OLDER ADULT CENTER HOLDS THESE CLASSES EVERY MONDAY AT 10AM. LEARN HOW TO MAKE CLASSIC AND CONTEMPORARY PIECES BY COMBINING DIFFERENT PATTERNS INTO A FORM OF BEAUTIFUL ART THAT YOU CAN WEAR OR GIFT TO SOMEONE SPECIAL.

Social Work Corner

*Please schedule an appointment to get screened for benefits and entitlements.
Please inquire about our transportation service and the required eligibility for application.*

*We have SNAP, HEAP and EPIC on site
Information and referrals are available upon request*

Apply for Internship, volunteer and community service.

*We are currently accepting volunteers for workshops and provide full college credit towards internship hours
Call today!!!*