



NOVEMBER 2022

**CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
CATHERINE SHERIDAN
OLDER ADULT CENTER**

Funded by NYC Department for the Aging

H I G H L I G H T S

Message from Mariana Ortiz, Program Manager

As we enter the Month of November I would like to thank all our veterans for their service to the country. November 11 is Veterans Day. The staff and I would like to wish you and yours a happy and healthy Thanksgiving. November is also National Diabetes Month. Please remember to roll back your clocks on November 6 for daylight savings time. Please look at the activity page in the newsletter to see what's new. We look forward to seeing everyone.

Also, the program needs seniors to volunteer to run for the Advisory Council. You can have great fun in representing your fellow members. If you are interested, please speak with me.

IMPORTANT DATES:

- **11/1 All Saints Day**
- **11/6 Daylight Savings**
- **11/8 Election Day**
- **11/11 Veterans Day**
- **11/24 Thanksgiving Day**
- **11/25 Black Friday**
- **National Diabetes Month**
- **National Native American Heritage Month**





Happy Halloween







NOVEMBER MENU 2022/NOVIEMBRE MENU 2022				
Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE	1	2	3	4
	CHINESE STYLE ROASTED PORK LOIN RICE PILAF STEAMED BROCCOLI BREAD/FRUIT/MILK	VEGETABLE LO MEIN ORIENTAL BLEND VEGETABLE BREAD/FRUIT/ MILK	HEARTY BEEF STEW MASHED POTATOES BROCCOLI/ CAULIFLOWER BREAD/FRUIT/MILK	FISH W/GARLIC SAUCE BROWN RICE PILAF CARROT APPLE RAI- SIN SALAD BREAD/FRUIT/MILK
7	8	9	10	11
GRILLED CHICKEN BREAST EGGPLANT & ROASTED PEPPERS STEAMED PEAS BREAD/FRUIT MILK	ITALIAN SAUSAGE W/ PEPPERS & ONIONS PASTA ROASTED ZUCCHINI BREAD/FRUIT/MILK	VEGETABLE LASA- GNA VEGETABLE MIX BREAD/FRUIT/ MILK	BEEF TERIYAKI BROWN RICE ORIENTAL VEGETA- BLES BREAD/FRUIT/MILK	BAKED FISH AMANDINE BROWN RICE PILAF CAULIFLOWER BREAD/FRUIT/MILK
14	15	16	17	18
GARLIC CHICKEN ROASTED RED POTA- TOES STEAMED BROCCOLI BREAD/FRUIT/MILK	BBQ PORK CHOPS BLACK BEANS AND RICE GARDEN SALAD BREAD/FRUIT/MILK	EGGPLANT PAR- MESAN PASTA TOMA- TO&CUCUMBER BREAD/FRUIT/ MILK	BEEF SALISBURY STEAK W/ MUSHROOM SAUCE BROWN RICE ROASTED ZUCCHINI BREAD/FRUIT/MILK	ASIAN STYLE WHITE FISH W/CILANTRO COUS COUS BARLEY/CORN&BEAN SALAD BREAD/FRUIT/MILK
21	22	23	24	25
CHICKEN CAC- CIOTORE ROASTED BROCCOLI YELLOW PLANTAINS BREAD/FRUIT/MILK	BRAISED PORK W/ EGGPLANT MIXED SALAD YUCA W/ GARLIC&LEMON BREAD/FRUIT/MILK	VEGETARIAN STUFFED CABBAGE RICE PILAF ROMAINE CAR- ROT BEET SALAD	Thanksgiving Day CENTER CLOSED	Day After Thanksgiving CENTER CLOSED
28	29	30	CCNS CATHERINE SHERIDAN SENIOR CENTER 35-24 83RD STREET JACKSON HEIGHTS NY 11372 781-458-4600 MON-FRI 8:30-4:30	LUNCH DONATION \$1.25 LUNCH TIME 12:00 TO 1:00 HORORIO DE AL- MUERZO 12:00 TO 1:00 DONACION DE AL- MUERZO \$1.25
ASIAN STYLE HONEY CHICKEN SPINACH SALAD MASHED POTATOES BREAD/FRUIT/MILK	CHINSED STYLE PORK LOIN BROWN RICE STEAMED ZUCCHINI BREAD/FRUIT/MILK	BASIL QUINOA STUFFED PEPPERS EGG NOODLES BROCCO- LI&CAULIFLOWE BREAD/FRUIT/		

NOVEMBER 2022 ACTIVITIES/NOVIEMBRE 2022 ACTIVIDADES				
Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
CCNS CATHERINE SHERIDAN SENIOR CENTER 35-24 83RD STREET JACKSON HEIGHTS NY 11372 718-458-4600 MON-FRI 8:30-4:30	ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 LEISURE GAMES 10 TO 4 YOGA w/ MIMI 1:30-2:30	ZUMBA W/ MARIA 10:00 TO 11:00 BLOOD PRESSURE SCREENING w/ NURSE 9-3 BINGO 1:00 TO 3:00	HAIR CUT 10:00 TO 1:00 TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15	BINGO 1:00 -3:00 LEISURE GAMES 10 TO 4 CHINESE FOLK DANCE 1:00 TO 3:00
7	8	9	10	11
CHINESE FOLK DANCE 1:00-3:00 DANCING PARTY DJ VALENTIN 1:00 TO 3:00 TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15	ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 LEISURE GAMES 10 TO 4 YOGA w/ MIMI 1:30 TO 2:30	ZUMBA W/ MARIA 10:00 TO 11:00 PAINTING CLASS 10-11 BLOOD PRESSURE SCREENING w/ NURSE 9:00 to 3:00 BINGO 1:00 TO 3:00	HAIR CUT 10:00 TO 1:00 Dancing Party w/DJ Buena Vida 1 to 3 TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15	BINGO 1:00 -3:00 LEISURE GAMES 10 TO 4 CHINESE FOLK DANCE 1:00 TO 3:00
14	15	16	17	18
CHINESE FOLK DANCE 1-3 DANCING PARTY DJ JULIO 1:00 TO 3:00 TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15	ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 LEISURE GAMES 10 TO 4 YOGA w/ MIMI 1:30 TO 2:30	ZUMBA W/ MARIA 10:00 TO 11:00 PAINTING CLASS 10 To 11 BLOOD PRESSURE SCREENING w/ NURSE 9:00 to 3:00 BINGO 1:00 TO 3:00	HAIR CUT 10:00 TO 1:00 Dancing Party w/DJ Buena Vida 1 to 3 TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15	LEISURE GAMES 10 TO 4 DIABETES AWARE- NESS W/ TENZING CHOUNZOM MD 11:00 12:00 CHINESE FOLK DANCE 1:00 TO 3:00 BINGO 1:00 -3:00
21	22	23	24	25
CHINESE FOLK DANCE 1:00-3:00 DANCING PARTY DJ VALENTIN 1:00 TO 3:00 BIRTHDAY CELEBRATION TAI-CHI X ARTHRITIS w/ GERARD 1:15 TO 2:15	ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 LEISURE GAMES 10 TO 4 YOGA W/ MIMI 1:30 TO 2:30	PAINTING CLASS 10 To 11 ZUMBA W/ MARIA 10:00 TO 11:00 MOVIE DAY 1:15 -3:00 BINGO 1:00 TO 3:00	CENTER CLOSED	CENTER CLOSED
28	29	30		
CHINESE FOLK DANCE 1:00-3:00 DANCING PARTY DJ JULIO FREE LAWYER ASSISTANCE BY APPOINTMENT ONLY	ZUMBA GOLD w/ AMIRA 10:00 TO 11:00 LEISURE GAMES 10 TO 4 YOGA	PAINTING CLASS 10 To 11 ZUMBA W/ MARIA 10:00 TO 11:00 MOVIE DAY 1:15 -3:00 BINGO 1:00 TO 3:00	FREE LEGAL SERVICE ABOGADO GRATIS NOVEMBER 28TH 10:00 TO 3:00 BY APPOINTMENT ONLY	BOUTIQUE TUESDAYS & FRIDAYS 11:00 TO 3:00 LOCATED IN THE

RECIPE CORNER-GARLIC PARMESAN ROASTED BRUSSELS SPROUTS



INGREDIENTS: Prep/Cook: / 25-30 min Time:

16 oz (450g) Brussels sprouts, rinsed

3 tablespoons olive oil (or melted butter)

1/2 teaspoon kosher salt and freshly cracked black pepper

1 teaspoon Italian seasoning

3 garlic cloves, minced

1/2 cup grated Parmesan cheese, or to

DIRECTIONS:

1. To prepare the roasted Brussels sprouts: Preheat your oven to 400°F (200°C). Trim the bottom of the Brussels sprouts, and slice each Brussels sprout in half, top to bottom. Prepare a large baking sheet (you can line it with parchment paper if you like).
2. Pat the Brussels sprouts dry with paper towels and place them in a large bowl. Add olive oil, Italian seasoning, garlic, Parmesan, salt, and pepper. Toss gently to coat the Brussels sprouts evenly.
3. Place the Brussels sprouts on the prepared baking sheet, spreading evenly into one layer. Bake the **parmesan Brussels sprouts** on the center rack for 25 to 30 minutes – Adjust the time depending on your oven, the vegetables should be golden brown.
4. Transfer the **parmesan roasted Brussels sprouts** to a large serving bowl and sprinkle with fresh chopped parsley if you like. Enjoy! □



Getting 'Back to Normal' Is Going to Take **All of Our Tools**

If we use all the tools we have, we stand the best chance of getting our families, communities, schools, and workplaces "back to normal" sooner:

Get vaccinated.



Wear a mask.



Stay 6 feet from others,
and avoid crowds.



Wash
hands often.



12/09/20

www.cdc.gov/coronavirus/vaccines



WHAT IS DIABETES???

WAYS TO MANAGE DIABETES

1. losing weight
2. eating healthy food
3. being active
4. taking medicine as needed
5. getting diabetes self-management education and support

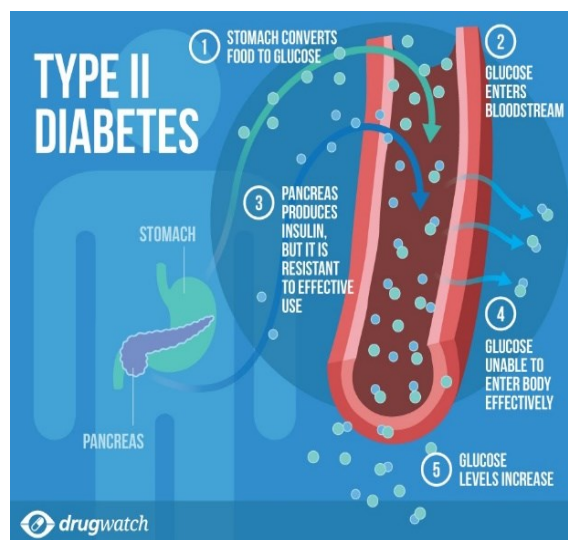


TYPES OF DIABETES

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

However about 90-95% of people have type 2 Diabetes. It develops over many years and is usually diagnosed in adults. However more and more in children, teens, and young adults are being diagnosed. There may not be symptoms so it's important to get your blood sugar tested if you're at risk.

Type 2 diabetes can be prevented or delayed with healthy life-style changes, such as losing weight, eating healthy food, and being active.

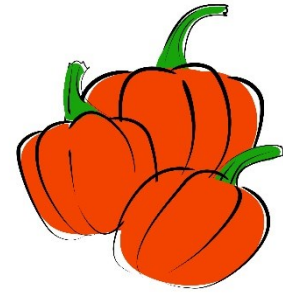


IT IS PUMPKIN TIME

HI EVERYONE,

THERE ARE A LOT OF PEOPLE ON THE ROAD,
GOING TO FARMS AND FARMERS MARKETS, TO
GET PUMPKINS.

I WENT TO LONG ISLAND LAST WEEKEND AND
THERE WERE TRAFFIC JAMS EVERYWHERE, BECAUSE FAMILIES
WERE GOING TO U-PICK FARMS TO GATHER PUMPKINS.



HOUSES, GARDENS AND SHOPS WERE BRIMMING WITH PUMKIN
DECORATIONS, AND IT WAS A BEAUTIFUL WAY TO CELEBRATE THE
SEASON AND ENJOY NATURE'S BOUNTY.

IT GOT ME THINKING, WHY NOT DO A SERIES OF PUMPKIN RECIPES
TO CELEBRATE FALL. LAST WEEK WE SHARED A SOUP TO GET
READY FOR THE CHILL IN THE AIR.

SMOOTHIES ARE ONE OF THE BEST WAYS TO GET THE BEST NUTRI-
TION IN A MUG. IT IS A GREAT BREAKFAST TO START YOUR DAY ON
THE RIGHT TRACK OR A GREAT MID-DAY SNACK,

SO, GET OUT YOUR BLENDER AND MAKE UP A BATCH TO ENJOY
THROUGHOUT THE WEEK. AFTER ALL PUMPKINS HAVE A LOT OF
HEALTH BENEFITS.

1.Weight Loss -Pumpkin is rich in fiber, which slows digestion. Canned pumpkin is nearly 90 percent water, so besides the fact that it helps keep you hydrated, it has fewer than 50 calories per serving.

2.Sharp Vision - Pumpkin's brilliant orange coloring comes from its ample supply of beta-carotene, which is converted to [vitamin A](#) in the body. Vitamin A is essential for [eye health](#) Pumpkin also contains [lutein](#) and zeaxanthin, two antioxidants that are thought to help prevent [cataracts](#) and may even slow the development of [macular degeneration](#).

3.Better Immunity - Looking for a way to ward off illness and improve your immune system? Pumpkins help your body fight infections, viruses and infectious diseases. They are packed with nearly 20 percent of the recommended amount of dai-ly [vitamin C](#), which may help you recover from [colds](#) faster.

4.Lower Cancer Risk - Research shows people who eat a beta-carotene-rich diet may have a lower risk of some types of [cancer](#), including [prostate](#) and [lung cancer](#).

5. It (May) Help Treat Diabetes - In scientific tests, pumpkin has been shown to reduce [blood glucose levels](#), improve glucose tolerance and increase the amount of [insulin](#) the body produces. More testing needs to be done but if you have [diabetes](#), munching on pumpkin certainly won't hurt.

SO HAPPY FALL, EVERYONE, AND ENJOY THE AUTUMN COLORS AND THE COOLER WEATHER. BUY SOME PUMPKINS TO MAKE A SOUP, STEW OR SMOOTHIE.

TODAY LET US ENJOY A DELICIOUS AND HEALTHY PUMPKIN SMOOTHIE. HAVE A GREAT WEEK AND STAY SAFE AND STAY STRONG!

MADHAVI



Pumpkin Smoothie

Yield: 2 cups

Ingredients

1 CUP MILK
½ CUP PUMPKIN PUREE
½ CUP YOGURT
1 TABLESPOON HONEY OR MAPLE SYRUP
¼ TEASPOON CINNAMON
1 FROZE BANANA(USE 2 ICE CUBES IF UNFROZEN)



Directions

Combine the milk, pumpkin puree, yogurt, honey or maple syrup, cinnamon and banana in a blender and blend until combined.

ENJOY!!!

CCNS CATHERINE SHERIDAN SENIOR CENTER

35-24 83rd Street

Phone: (718) 458-4600 Fax: (718) 458-5665

Open Monday—Friday 8:30am—4:30pm

SENIOR CENTER STAFF

Mariana Ortiz.....Program Manager
Carmen Rojas.....Case Manager
Candida Fitzpatrick.....Administrative Assistant
Janeth Ospino.....Transportation Coordinator
William Clark.....Custodian
Maria Rua.....Kitchen Aide
Deycer Giraldo.....Kitchen Aide



To all our members with a November birthday

From the Catherine Sheridan Staff

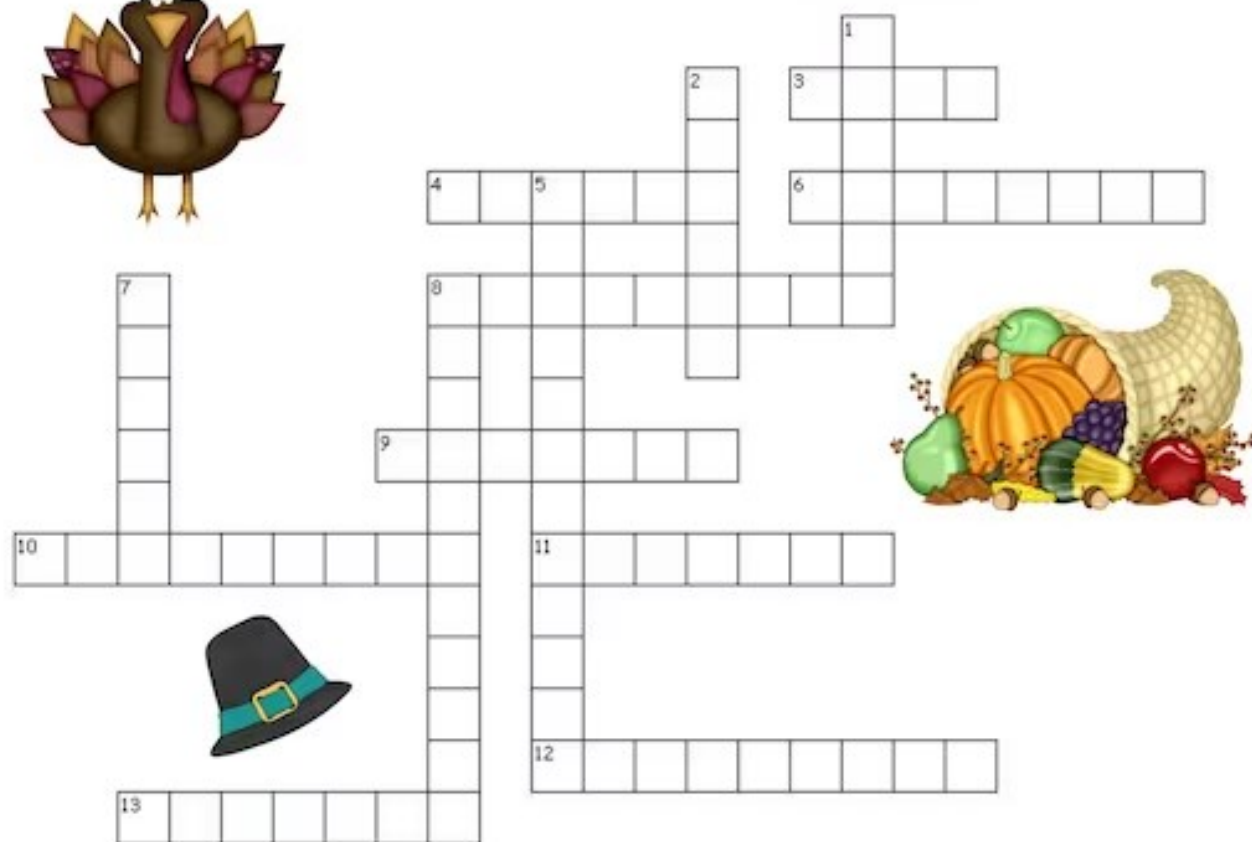
If you or your loved ones are interested in making a **bequest** to **Catholic Charities** for your senior center, please contact your **Program Manager** for more information. Your generous gift can ensure that we can continue to provide needed and quality services to older adults.

Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn sees its mission as sharing in the promotion of unity among all persons by seeking to develop caring communities.

All About Thanksgiving

A Festive Crossword Puzzle



Across

- 3. sweet potatoes
- 4. season of changing leaves
- 6. early settlers from Europe
- 8. red, juicy, and tart
- 9. sweet treat after a meal
- 10. ship that carried the pilgrims
- 11. helped the pilgrims grow food
- 12. being thankful
- 13. popular Thanksgiving pie

Down

- 1. parents, siblings, cousins, etc.
- 2. a meal with family & friends
- 5. a day for giving thanks
- 7. a big tasty gobbler
- 8. a happy event

