

# SENIOR VOICES

23-11 31ST ROAD, ASTORIA NY 11106

PHONE# (718) 626-1500



## VETERAN'S DAY

Veterans Day is observed annually on November 11. It's a holiday honoring men and women who have served in the U.S. armed forces, on the anniversary of the end of World War I.

Veterans Day celebrates the service of all U.S. military veterans, while Memorial Day honors those who had died while in military service. Another military holiday that also occurs in May, Armed Forces Day, honors those currently serving in the U.S. military. Additionally, Women Veterans Day is recognized by a growing number of U.S. states that specifically honor women who have served in the U.S. military.

## HOLIDAYS AND HIGHLIGHTS THIS MONTH

***Veteran's Day***

***Diabetes Awareness Month***

***Thanksgiving***

### About Lung Cancer

Lung cancer is the leading cause of cancer deaths in the United States, among both men and women. November is Lung Cancer Awareness Month, a perfect time to be proactive and be aware.

Lung cancer claims more lives each year than colon, prostate, ovarian and breast cancers combined. It's important to know the signs and symptoms. However, early signs of lung cancer are not always detectable. Symptoms typically occur when the cancer is advanced and may include:

- A new cough that doesn't go away
- Changes in a chronic cough or "smoker's cough"
- Coughing up blood, even a small amount
- Shortness of breath
- Chest pain
- Wheezing
- Hoarseness in your voice
- Losing weight without trying
- Bone pain
- Headache





# Arts Activities

*and More*

Join us!

## Needlepoint

Learn or practice  
Needlepoint, creating  
lovely designs and crafts  
with Priscilla.

Thursdays  
from 10:00AM – 11:30AM



## Painting

Watercolor painting  
techniques with Helen.

Tuesdays at 2:30PM



## Jewelry-Making

Make beautiful jewelry  
items with Miriam.

Tuesday, November 15th  
10:30AM – 11:30AM



## Exploring Computers: Computer Basics

Come in and learn about  
computers and technology  
with Senior Planet (AARP)

Mondays: 7th, 14th, 21th,  
28th

Wednesdays: 2nd, 9th, 16th,  
23rd, 30th



# Fall Center Celebrations & Presentations & Outdoor Fun!

## HALLOWEEN!



## Special Performance



## JEWELRY MAKING CREATIONS!



## DOMESTIC VIOLENCE UNIT



## TAI CHI OUTDOORS!



# NOVEMBER BIRTHDAY PARTY



MONDAY NOVEMBER 21ST  
1PM

COME ENJOY A SPECIAL DAY WITH FUN, A DELICIOUS  
LUNCHEON, MUSIC AND MORE!

¡Fiesta del Día de Cumpleaños!

Lunes 21 de Noviembre 1:00

¡Ven a disfrutar de un día especial con Diversión, un  
delicioso Almuerzo, Música y Mas!





# LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?



Bingo + Exercise = Bingocize®



BINGOCIZE® is a 10-week health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

COME JOIN THE FUN!

We meet every week!

Starting January 2023

WHEN:

Every  
Tuesday & Friday

WHERE:

Lunch Room

TIME:

1:00pm-3:00pm





**DEAR CATHOLIC CHARITIES: PETER J. DELLAMONICA OLDER ADULT CENTER MEMBERS:**

*Effective December 31st, 2022, GRAB & GO MEALS WILL BE SUSPENDED. CONSULT CASE MANAGER WITH CONCERNS.*



A partir del 31 de diciembre de 2022, SE SUSPENDERÁN LAS COMIDAS GRAB & GO. CONSULTE CON LA TRABAJADORA SOCIAL.



2022년 12월 31일부터 GRAB & GO MEALS가 중단됩니다. 우려 사항이 있는 경우 사례 관리자에게 문의하십시오.



自 2022 年 12 月 31 日起，外卖送餐服务将暂停。如有疑问，请咨询案例经理。



**CATHOLIC CHARITIES BROOKLYN AND QUEENS & AFFILIATE AGENCIES**

**FUNDED BY THE DEPARTMENT OF AGING**

**(718) 626-1500**

**DEAR CATHOLIC CHARITIES PETER J. DELLAMONICA OLDER  
ADULT CENTER MEMBERS:**



**CALL TO FIND OUT MORE ABOUT THE PROGRAM**

**MEALS ON WHEELS**

**SUNNYSIDE COMMUNITY  
SERVICES**

**43-31 39TH ST, QUEENS, NY 11104**

**(718) 784-6173**





Health & Wellness Newsletter

# NYC WELL



## Helping New Yorkers in Crisis

NYC Well is your connection to free, confidential mental health support. Speak to a counselor via phone, text, or chat and get access to mental health and substance use services, in more than 200 languages, 24/7/365.

**1-888-NYC-WELL (1-888-692-9355)**

For Relay Service for Deaf/Hard of Hearing: Call 711

Español: Press 3

中文: Press 5

Interpreters are available for 200+ languages. Stay on the line, and you will be connected with a counselor who can connect you to translator services. NYC Well Counselors are trained to accept calls from deaf and hard of hearing individuals using video relay services.

TROUBLE COPING?

**We're here to listen  
and help**

with problems like stress, depression, anxiety, or drug and alcohol use. For you or someone you care for.



**TEXT**

Text "WELL" to 65173\*



**CALL**

Call 1-888-NYC-WELL



**CHAT**

Chat Now


\*message & data rates may apply when using the SMS service



# Autumn



## WORD SEARCH



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



SCARF

TREE

ACORN

HAY

APPLE

FALL

PUMPKIN

SWEATER

BOOTS

RAKE

PIE

LEAF

# WHAT IS DIABETES

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Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy.

Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin carries the blood sugar into your body's cells to use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should.

When there isn't enough insulin too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

## **WHAT ARE THE FIRST SIGNS OF BEING A DIABETIC?**

### *Diabetes Symptoms*

- Urinating often.
- Feeling very thirsty.
- Feeling very hungry—even though you are eating.
- Extreme fatigue.
- Blurry vision.
- Cuts/bruises that are slow to heal.
- Weight loss—even though you are eating more (type 1)
- Tingling, pain, or numbness in the hands/feet (type 2)

## **WHAT ARE THE FIRST SIGNS OF BEING A DIABETIC?**

### *Ways to manage diabetes*

- losing weight
- eating healthy food
- being active
- taking medicine as needed
- getting diabetes self-management education and support

# WHAT IS DIABETES



## TYPE 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 lifestyle changes, such as losing weight, eating healthy food, and being active*







## Affordable Connectivity Program

### Helping Households Connect

The Affordable Connectivity Program is an FCC program that helps connect families and households struggling to afford internet service.

The Affordable Connectivity Program provides:

- Up to \$30/month discount for broadband service;
- Up to \$75/month discount for households on qualifying Tribal lands; and
- A one-time discount of up to \$100 for a laptop, desktop computer, or tablet purchased through a participating provider if the household contributes more than \$10 but less than \$50 toward the purchase price.

The Affordable Connectivity Program is limited to one monthly service discount and one device discount per household.

#### Who Is Eligible?

A household is eligible for the Affordable Connectivity Program if the household income is at or below 200% of the [Federal Poverty Guidelines](#), or if a member of the household meets at least one of the criteria below:

- Received a Federal Pell Grant during the current award year;
- Meets the eligibility criteria for a participating provider's existing low-income internet program;
- Participates in one of these assistance programs:
  - SNAP
  - Medicaid
  - Federal Public Housing Assistance
  - Supplemental Security Income (SSI)
  - WIC
  - Veterans Pension or Survivor Benefits
  - or [Lifeline](#);
- Participates in one of these assistance programs and lives on [Qualifying Tribal lands](#):
  - Bureau of Indian Affairs General Assistance
  - Tribal TANF
  - Food Distribution Program on Indian Reservations
  - Tribal Head Start (income based)

Check out [fcc.gov/ACP](https://www.fcc.gov/ACP) for a Consumer FAQ and other program resources.

#### Two-Steps to Enroll

1. Go to [AffordableConnectivity.gov](https://AffordableConnectivity.gov) to submit an application or print out a mail-in application; and
2. Contact your preferred participating provider to select a plan and have the discount applied to your bill.

Some providers may have an alternative application that they will ask you to complete.

Eligible households must both apply for the program and contact a participating provider to select a service plan.

**Call 877-384-2575**

or find more information about the Affordable Connectivity Program at [fcc.gov/ACP](https://www.fcc.gov/ACP)



# IT IS PUMPKIN TIME

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## Health Newsletter

### Cooking From The Heart



- 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 Pumpkin 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 Nutrition 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.





# PUMPKINS HEALTH BENEFITS



**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!**

- **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.
- **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.
- **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 daily vitamin C, which may help you recover from colds faster.
- **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.
- **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.



# PUMPKINS SMOOTHIE RECEIPE

## 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

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



# Creamy Tomato Zoodles



Photo Credit: Pixabay.com

**Prep Time:** 15 minutes  
**Cook Time:** 20 minutes  
**Servings:** 3

## Ingredients

- 1/2 pound of ground turkey or chicken
- 1/2 cup of marinara sauce
- 1 tbsp of sour cream
- 4 zucchinis
- Garnish with fresh basil (optional)



## Materials

Two skillets

Knife

Spiralizer

Alternatives: vegetable peeler or  
mandoline

Wooden Spoon

Medium-size bowl

Interested in a **free, individual nutrition** appointment with a Registered Dietitian Nutritionist over video to improve your health? Call **929-262-0761** or email [virtuallmartliving@aging.nyc.gov](mailto:virtuallmartliving@aging.nyc.gov) for more details. Those who attend their first session can receive a **FREE** nutrition educational item!

## Virtual Smart Living Initiative

This project was supported, in part by grant number 90INNU0027, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship





## **INSTRUCTIONS**

1. Brown the turkey or chicken in a skillet over medium heat, breaking it up as it cooks.
2. Add the marinara sauce to the same skillet with the turkey and warm over medium heat.
3. Stir in the sour cream until melted and creamy. Turn heat to low and cover the pan.
4. Wash the zucchini and cut the ends off. Using a spiralizer, cut the zucchini into noodles.
5. Place a large skillet over high heat. Spray with non-stick cooking spray.
6. Add the zoodles to the skillet (you may need to do this in batches) and cook, tossing often, until the zoodles reach the texture you prefer. The longer you cook them, the softer they get – but they also release more water as they cook. I find that 3 minutes is just enough to take off a bit of the crunch, but keep them from releasing too much water.
7. Serve sauce over the zoodles and enjoy!

Recipe adapted from <https://www.bunsinmyoven.com/low-carb-cream-cheese-zucchini-spaghetti/>

### **Virtual Smart Living Initiative**

This project was supported, in part by grant number 90INN00027, from the Administration for Community Living, U.S. Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or







# November 2022

# Happy Birth day

**Jen to Add names...**

**Carmen Baez**

**George Georgiadis**

**Awilda Ruiz**

**Silvia Rodriguez**

*To all of our  
Participants*

**If your birthday is in December, please call 718-626-1500 to let us know or  
email [info.dellasteinseniors@gmail.com](mailto:info.dellasteinseniors@gmail.com).**



718-626-1500  
Monday-Friday  
8am-4pm

## Senior Center Staff

Debra Hoffer	Director of Field Operations
Michael Singh	Program Manager
Patricia Pimentel	Case Manager
Marion Pearson	Administrative Assistant
Jennifer Deror	Recreation Coordinator
Val Yaskubov	Cook
Patrick Liu	Assistant Cook
Kevin Jackson	Custodian
	Transportation
Syed Haider	Transportation
Cristelia Caraballo	Kitchen Aide

## Social Worker

Our social worker is available here at the center for your case management needs by appointment only. Stop in or call the office at 718-626-1500 to make an appointment.

Nuestro trabajador social está disponible aquí en el centro para sus necesidades solo con cita previa. Llame a la oficina al 718-626-1500 para hacer una cita.



## DellaMonica-Steinway Advisory Counsel

President	Rosa Coto
Vice President	
Treasurer	Bernadine Moses
Secretary	Maria Elena Rodriguez
Head Councilmember	Eniilda Rodriguez

### Councilmembers

Nancy Dharma  
Beatriz Herrera  
Jay Marcus

Get  
well  
Soon!

Julie Madonna



Sianti Graves

Mario Viscardi

## Catholic Charities Mission Statement

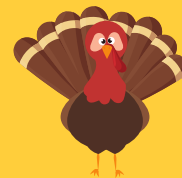
Catholic Charities Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will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







# NOVEMBER



**HELLO NOV**  
Please be nice and treatful.

## **SPECIAL PRESENTATIONS AND EVENTS**

Join us for our activities this month. We've got a lot to offer. Please come out and enjoy!

### **EVENTS**

November 3rd	Belly Dance Performance
November 4th	Sip & Paint with Empire Blue Cross at 11:00AM
November 15th	Massage Therapy with United Health Care
November 17th	Trip to Queens Public Library
November 18th	Medicare Q&A
November 21st	November Birthday & Thanksgiving Party

### **PRESENTATIONS & CLASSES**

Every Tuesday	Blood Pressure Screenings with CUNY SPS
Every Wednesday	Mental Wellness with CUNY SPS
Every Mon & Wed	Computer Basics with Senior Planet from 2PM - 3:15PM
Every Tue & Thu	Stay Active and Independent for Life (SAIL) begins <i>Evidence Based program on Tuesdays and Thursdays from 10:30AM - 11:30AM</i>
Every Thursday	Financial Literacy workshop 10:30am
Every Tuesday	Choir 2:15pm & Watercolor painting 2:30pm
Every Wednesday	Jewelry Making
Every Thursday	Needlepoint
Every Friday	Movie Showing & Discussion



*See Calendar page for other in-person and virtual presentations not listed here.*

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>SCHEDULE SUBJECT TO CHANGE</b>	 <u><b>SAIL on Tuesdays and Thursdays at 10AM</b></u>  <u><b>Blood Pressure with CUNY SPS every Tuesday</b></u> <b>10:00 SAIL [Ev. Based]</b> 10:45 Gentle Stretching 12:00 Lunch 1:00 BINGO- Trivia <b>2:15 Music/Vocal Chorus Meet &amp; Greet</b> <b>2:30 Watercolor Painting w/ Helen</b>	 <u><b>Mental Wellness with CUNY SPS every Wednesday.</b></u> 10:00 Tai Chi with Harrison (Yoga Rm) <b>10:30 Jewelry Making w/ Miriam</b> 12:00 Lunch 1:00 BINGO <b>2:00 Computer Basics w/ Senior Planet</b>	<b>9:00 ESL Class (virtual-from home)</b> <b>10:00 SAIL</b> <b>10:00 Needlepoint</b> <b>10:45 Belly Dance Performance</b> 12:00 Lunch 1:00 BINGO-Tech Talk	9:00 ESL Class 10:30 Zumba w/ Ability & Beyond <b>11:00 Sip &amp; Paint w/ Empire Blue Cross</b> 12:00 Lunch 1PM - 2PM BINGO <b>2:00 Movie Showing &amp; Discussion</b>
	7	8	9	10
10:00 Brain Teasers <b>10:00*Medication Label Meanings w/ DFTA</b> 10:30 Line Dancing with Harrison (Yoga Room) 12:00 Lunch 1:00 Bingo <b>2:00 Computer Basics w/ Senior Planet</b>	<b>10:00 SAIL</b> 10:45 Gentle Stretching 12:00 Lunch 1:00 BINGO- Trivia <b>2:30 Watercolor Painting w/ Helen</b>	10:00 Tai Chi 10:00 Wellcare Table <b>10:30 Jewelry Making w/ Miriam</b> 12:00 Lunch 1:00 BINGO <b>2:00 Computer Basics w/ Senior Planet</b>	<b>Veteran's Day Celebration</b> 9:00 ESL Class <b>10:00 SAIL</b> <b>10:00 Needlepoint</b> 12:00 Lunch 1:00 BINGO-Tech Talk	<b>CENTER CLOSED</b> 
14	15	16	17	18
10:30 Line Dancing with Harrison (Yoga Room) 10:30 Financial Literacy w/ Chase Bank 12:00 Lunch <b>1:00 Dancing w/ DJ</b> <b>2:00 Computer Basics w/ Senior Planet</b>	<b>10:00 SAIL</b> 10:45 Gentle Stretching <b>11:00 Massage Therapy.</b> 12:00 Lunch 1:00 BINGO- Trivia <b>2:15 Music/Vocal Chorus</b> <b>2:30 Watercolor Painting w/ Helen</b>	10:00 Tai Chi 10:00 Wellcare Table <b>10:30 Jewelry Making w/ Miriam</b> 12:00 Lunch 1:00 BINGO <b>2:00 Computer Basics w/ Senior Planet</b>	9:00 ESL Class <b>10:00 SAIL</b> <b>10:00 Needlepoint</b> 12:00 Lunch 1:00 BINGO-Tech Talk <b>1:00 *Hearing Loss &amp; Diabetes w/DFTA</b> <b>Group Trip: Library</b>	9:00 ESL Class 10:00 Brain Teasers <b>10:00 Medicare Q&amp;A w/ Marcela</b> 10:30 Live Zumba 12:00 Lunch 1PM - 2PM BINGO <b>2:00 Movie Showing &amp; Discussion</b>
21	22	23	24	25
10:00 Brain Teasers 10:30 Line Dancing with Harrison (Yoga Room) 10:30 Financial Literacy w/ Chase Bank 12:00 Lunch <b>1:00 DJ Birthday Party &amp; Thanksgiving Celebration</b> <b>2:00 Computer Basics w/ Senior Planet</b>	<b>10:00 SAIL</b> 10:45 Gentle Stretching 12:00 Lunch 1:00 BINGO- Trivia <b>2:30 Watercolor Painting w/ Helen</b>	10:00 Tai Chi 10:00 Wellcare Table <b>10:30 Jewelry Making w/ Miriam</b> 12:00 Lunch 1:00 BINGO <b>2:00 Computer Basics w/ Senior Planet</b>	<b>CENTER CLOSED</b> 	<b>CENTER CLOSED</b> 
28	29	30		
10:00 Brain Teasers 10:30 Line Dancing 10:30 Financial Literacy w/ Chase Bank 12:00 Lunch <b>1:00 Dancing w/ DJ</b> <b>2:00 Computer Basics</b>	<b>10:00 SAIL</b> 10:45 Gentle Stretching 12:00 Lunch 1:00 BINGO- Trivia <b>2:30 Watercolor Painting w/ Helen</b>	10:00 Tai Chi 10:00 Wellcare Table <b>10:30 Jewelry Making w/ Miriam</b> 12:00 Lunch 1:00 BINGO	<b>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</b> <b>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</b>	Funded by the NYC Department for the Aging



**Vegetarian meals served  
every Wednesday**

**Peter J. DellaMonica Older Adult Center**

**All lunches include  
Low-fat 1% Milk  
and a slice of  
Whole Wheat Bread.**

**LUNCH SERVED 12:00-1:00**

**SUGGESTED CONTRIBUTION: \$1.50**

## LUNCH MENU

**November 2022/Noviembre 2022**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>MENU SUBJECT TO CHANGE</b>	Roasted Pork with Country Gravy Mashed Sweet Potatoes Spinach Apple Juice Orange	Pasta Primavera Beet Salad Mixed Green Salad Honeydew Orange Pineapple Juice	Beef Stew Normandy Blend Banana Orange Juice	Baked Marinated Fish Carrots Homemade Mashed Potatoes Applesauce Grape Juice
7	8	9	10	11
Spanish Chopped Steak Brown Rice and Beans Italian Blend Vegetables Apple Juice Orange	Chicken Stir Fry with Vegetables Brown Rice Oriental Blend Vegetables Orange Pineapple Juice Plum	Chickpea Stew Quinoa Roasted Butternut Squash Apple Orange Juice	Turkey Burger Garden Salad Apple Juice Orange	<b>CENTER CLOSED</b> 
14	15	16	17	18
Italian Meatballs with Beef and Turkey Whole Wheat Spaghetti Broccoli Apple Orange Juice	Chicken Marsala Brown Rice Mixed Vegetables Apple Juice Orange	California Veggie Burger Steamed Cauliflower Steamed Corn on the Cob Orange Pineapple Juice Plum	Stuffed Bell Peppers with Beef Mixed Vegetable Roasted Butternut Squash Fruited Jello Orange Juice	Baked Fish Sauteed Sweet Potatoes Steamed Spinach Apple Juice Banana
21	22	23	24	25
Sliced Roast Turkey with Natural Gravy Brussels Sprouts Sautéed Sweet Potatoes Apple Juice Applesauce Thanksgiving Dessert	Pork Chop Brown Rice Baked Sweet Potato Spinach Honeydew Orange Juice	Stuffed Shells with Cheese Garden Salad Apple Orange Juice	<b>CENTER CLOSED</b> 	<b>CENTER CLOSED</b> 
28	29	30		
Stewed Pork Brown Rice Mixed Vegetables Apple Juice Plum	Chicken Cacciatore Pasta Steamed Zucchini Orange	Baked Ziti & Cheese Green Beans Mixed Green Salad Banana Orange Pineapple Juice	<b>FISH SERVED EVERY FRIDAY</b>  <b>GRAB &amp; GO MEALS PICKUP WINDOW</b> <b>11:30AM-12:00PM</b>	

Participants are advised to take **Grab & GO** meal straight home and refrigerate it immediately until it is ready to be consumed.

Located at: 23-11 31st Road, Astoria NY 11106

Phone: 718-626-1500

Funded by the NYC Department for the Aging