

# THE SILVER NETWORK

23-11 31ST ROAD, ASTORIA NY 11106

PHONE# (718) 626-1500



## LUNG CANCER AWARENESS MONTH

November is Lung Cancer Awareness Month and aims to get people talking about lung cancer, all in an effort to raise much-needed awareness.

Lung cancer is the leading cause of cancer death for both men and women in the US. Each year, more people die of lung cancer than of colon, breast, and prostate cancers combined.

The American Cancer Society (ACS) estimates that more than 228,150 Americans will be diagnosed with lung cancer this year, and approximately 143,000 lung cancer patients will die.

Lung cancer screening programs offer new promise for early detection and improving survival rates. As many as 12,000 to 15,000 lives can be saved each year through these screening programs.

## HOLIDAYS AND HIGHLIGHTS THIS MONTH

### Thanksgiving

Thanksgiving is a federal holiday in the United States celebrated on the fourth Thursday of November. It is sometimes called American Thanksgiving (outside the United States) to distinguish it from the Canadian holiday of the same name and related celebrations in other regions. It originated as a day of thanksgiving and harvest festival, with the theme of the holiday revolving around giving thanks and the centerpiece of Thanksgiving celebrations remaining a Thanksgiving dinner. The dinner traditionally consists of foods and dishes indigenous to the Americas, namely turkey, potatoes (usually mashed or sweet), squash, corn (maize), green beans, cranberries (typically in sauce form), and pumpkin pie. Other Thanksgiving customs include charitable organizations offering Thanksgiving dinner for the poor, attending religious services, and watching television events such as Macy's Thanksgiving Day Parade and NFL football games. Thanksgiving is regarded as the beginning of the Christmas and holiday season, with the day following it, Black Friday, being the busiest shopping day of the year in the United States.



# CENTER HIGHLIGHTS! FALL FUN & CELEBRATIONS!

## OCTOBER BIRTHDAY PARTY



## HALLOWEEN PARTY







# CENTER HIGHLIGHTS!

## BREAST CANCER WALK



# STRONG

## SURVIVORS!







# CENTER HIGHLIGHTS!

## FASHION SHOW







# Educational & Recreational Activities

01



## Drawing Lessons TUESDAY 21 & 28 11:00AM

Art have been used to help people recover from physical and psychological pain. Creative therapy can help treat trauma, grief, anxiety, stress, and addictions. Participants enjoy an improvement in mood, personal relationships, a sense of achievement, and self-esteem.

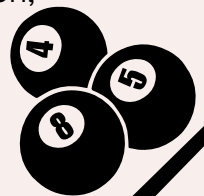


02



## Indoor & Outdoor Games: Leisure WEDNESDAYS 2:30PM

There are both physical and psychological benefits of leisure time, with reduced levels of stress, anxiety, and depression; improved mood; and higher levels of positive emotion. Engaging in recreational activities can also lower cortisol levels, blood pressure, and heart rate.



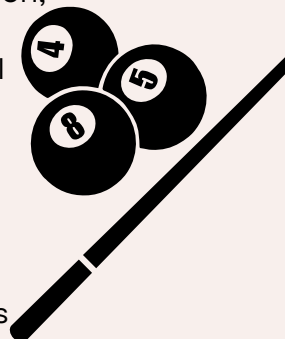
03



## Computer Classes

MONDAYS & WEDNESDAYS 10:45AM

OATS (Older Adults Technology Services) engages, trains and supports older adults in using technology to improve their quality of life and enhance their social and civic engagement.



04



## Language Classes

TUESDAYS AT 1:00PM

Mastering a new language is like sending your brain to the gym. speaking more than one language is thought to lead to better development of the areas of the brain that handle executive functions and attention tasks, which may help protect from the onset of dementia.







CCNS Peter J. DellaMonica Older Adult Center  
23-11 31st Road Astoria NY 11106  
(718) 626-1500

# PHYSICAL EXERCISE CLASSES

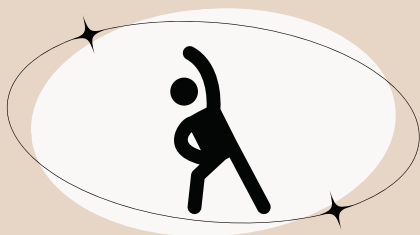
IMPROVES STRENGTH, BALANCE, AND FLEXIBILITY  
AND GAIN MORE ENERGY AND BRIGHTER MOODS.



## MONDAYS: LINE DANCING

10:30 AM

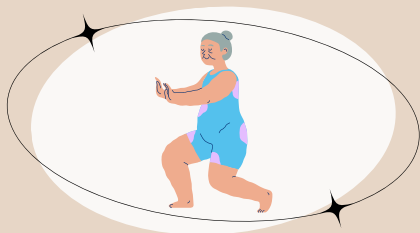
LINE DANCING IS A PERFECT EXERCISE FOR IMPROVING COORDINATION AND BALANCE, INCREASING CARDIOVASCULAR HEALTH AND BRAIN MEMORY, AND IS SEEN AS AN EFFECTIVE TREATMENT FOR ALZHEIMER'S, DEMENTIA AND DEPRESSION.



## TUESDAYS: GENTLE STRETCHING

10:00AM

STRETCHING CAN HELP IMPROVE YOUR FLEXIBILITY AND ATHLETICISM, DECREASE THE AMOUNT OF ENERGY YOU NEED TO COMPLETE A MOVEMENT, AND MOST IMPORTANTLY, HELP PREVENT INJURY.



## WEDNESDAYS: TAI CHI

10:00AM

TAI CHI HAS BEEN PROVEN TO IMPROVE CARDIOVASCULAR FITNESS, LOWER BLOOD PRESSURE, PREVENT FALLS AND HELP PEOPLE WHO HAVE ARTHRITIS. TAI CHI MOVEMENTS HELP PEOPLE TO FEEL MORE RELAXED, GROUNDED AND PRESENT IN THEIR BODIES.



## THURSDAYS: YOGA

10:30AM

THE PURPOSE OF YOGA IS TO BUILD STRENGTH, AWARENESS AND HARMONY IN BOTH THE MIND AND BODY. YOGA CAN BE VERY EFFECTIVE IN DEVELOPING COPING SKILLS AND REACHING A MORE POSITIVE OUTLOOK ON LIFE.



## FRIDAYS: ZUMBA

10:30AM

ZUMBA CAN HELP TO INCREASE A PERSON'S BALANCE AND AGILITY TO REDUCE ANY RISKS OF AN ACCIDENT DUE TO A FALL AS STABILIZER MUSCLES ARE HONED AND STRENGTHENED DURING THE EXERCISE.



SPACE ON A FIRST COME BASIS!

FUNDED BY NYC AGING





MONDAYS

9:30AM-10:30AM

FUNDED BY NYC AGING



# Ball Room Dancing



ACTIVITY ROOM

CCNS PETER J. DELLAMONICA

OLDER ADULT CENTER



# NOVEMBER BIRTHDAY PARTY



MONDAY NOVEMBER 20TH  
1PM

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



¡Fiesta del Día de Cumpleaños!

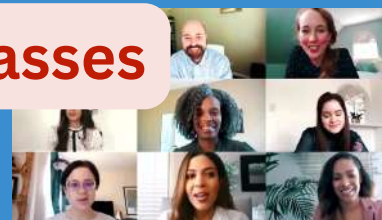
Lunes, 20th Novembre 1:00

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





# Senior Planet Virtual Fitness Classes



**Attend fun & educational events from the comfort of your own home. 😊**



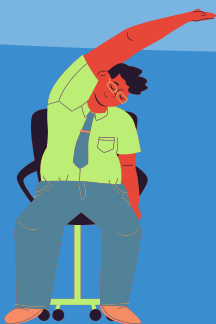
If you have a Smart Phone, Tablet or Computer you can join the zoom events listed below with a link.

<https://seniorplanet.org/virtual-fitness-wellness-events/text>

**Mondays-Fridays**

***Morning Stretch at 10:00AM***

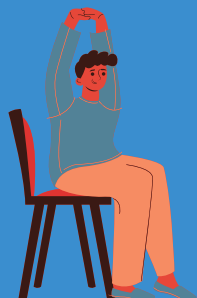
**HTTPS://SENIORPLANET.ZOOM.US/J/170361931**



**Tuesdays & Thursdays**

***Chair Yoga at 12:00PM***

**HTTPS://SENIORPLANET.ZOOM.US/J/170361931**



**Mondays & Wednesdays**

***Easy to Follow Tai Chi at 2:00PM***

**HTTPS://SENIORPLANET.ZOOM.US/J/170361931**

**Tuesdays & Thursdays**

***Afternoon Stretch at 4:00PM***

**HTTPS://SENIORPLANET.ZOOM.US/J/170361931**





# Senior Planet

## Virtual/Hybrid Workshops with Zoom

**Monday,  
November 6th**

**WACI (Windows, Android,  
Computers, Internet) Group**

**6:00PM**

**Meeting ID: 892 2062 6958**

**Tuesday,  
November 7th**

**Creative Creations**

**6:00 PM**

**Meeting ID: 892 2062 6958**

**Wednesday,  
November 8th**

**歡迎您來學習如何使用**

**YouTube**

**12:00 PM**

**會議號: 914 8771 6590**

**Thursday,  
November 9th**

**Tech Discussion Group**

**1:30 PM**

**Meeting ID: 165 218 752**

**Friday,  
November 10th**

**Digital Scrapbooking Tools**

**11:00 AM**

**Meeting ID: 892 2062 6958**

**Friday,  
November 10th**

**Tech Talk: Android  
Smartphones**

**2:00 PM**

**Meeting ID: 872 3290 4019**





# Senior Planet

## Virtual/Hybrid Workshops with Zoom

**Monday,  
November 13th**

**WACI (Windows, Android,  
Computers, Internet) Group**

**5:00 PM**

**Meeting ID: 848 0922 6852**

**Tuesday,  
November 14th**

**Creative Creations**

**5:00 PM**

**Meeting ID: 848 0922 6852**

**Monday,  
November 20th**

**Open Discussion**

**1:30 PM**

**Meeting ID: 165 218 752**

**Tuesday,  
November 21st**

**Drum Circle: Therapy  
Through Drumming**

**8:00 PM**

**Meeting ID: 834 6180 1941**

**Wednesday,  
November 22nd**

**歡迎您來學習如何使用  
YouTube**

**12:00 PM**

**會議號: 914 8771 6590**

**Friday,  
November 24th**

**Friday Afternoon Dance  
Party!**

**4:00 PM**

**Meeting ID: 170 361 931**





# Cooking Live Demonstration

with NYC Aging



VEGGIE FRIED  
RICE



南瓜派隔夜燕麦  
Pumpkin Pie Overnight  
Oats



SOPA DE  
REMOLACHA  
ROJA



## A cooking menu to change your life

You can find healthy recipes and cooking demo recordings in English, Chinese, Spanish, Russian, and Korean!

**Live Virtual Demo every 3rd Wednesday of each month!**

**Zoom Login:**  
**Meeting ID: 845 9930 9155**  
**Password: 123**



**Meet with a Virtual Nutritionist**  
Website: [Cooking with NYC Aging](https://www.cookingwithnycaging.org)  
Email: [virtuallsmartliving@aginig.nyc.gov](mailto:virtuallsmartliving@aginig.nyc.gov)  
Call: [929-436-2866](tel:929-436-2866)







### Catholic Charities Brooklyn and Queens

#### 2023 Thanksgiving Distributions

- Thanksgiving turkey distribution sites are listed below.
- There is no sign up and will be on a first come, first serve basis, while supplies last.
- Be prepared to wait outside, please dress accordingly.
- You must wear a mask.
- Bring a shopping cart.
- One turkey or stuffed chicken per household.
- Must be 18 or older to pick up

#### You must bring photo ID for yourself

*You CANNOT pick up for friends or other family members*

#### Distributions will begin at 10:00am at each location

*Tickets will be given out at 8:30am. Must be present to receive ticket*

#### **BROOKLYN:**

Tuesday, Nov 14, 2023

Holy Innocents Church

Line forms at 300 East 18th St, Brooklyn 11226

#### **QUEENS:**

Thursday, Nov 16, 2023

Our Lady of Cenacle Church

136-06 87<sup>th</sup> Ave, Richmond Hill, 11418

*Our Thanksgiving Giveaway is made possible by generous donations CCBAQ has received.*



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## Southwest Queens Senior Services

is funded by the New York City Department  
for the Aging



### Who are we?

Southwest Queens Senior Services is a program of Catholic Charities Brooklyn and Queens. We have had the privilege of serving older adults in Queens for over 30 years. The goal of our program is to help older adults to live as independently as possible in their own homes.

The program is sponsored by  
Catholic Charities Neighborhood Services  
Affiliate of Catholic Charities  
Brooklyn and Queens

Accredited by the Council on Accreditation  
for Children and Family Services

Catholic Charities Southwest Queens Senior Services can help.

Our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

**Call today for a free consultation.  
718-217-0126**



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1899



*Serving Homebound Older  
Adults in Southwest Queens*

## Southwest Queens Senior Services

**183-16 Jamaica Avenue  
Hollis, NY 11423**

**T: 718-217-0126 • F: 718-217-0495**

Our program is open to people age 60 and over who need some assistance to continue living safely in their own homes. Catholic Charities is non-sectarian, serving all older adults regardless of religion, national origin, ethnicity, income, sexual orientation, gender or immigration status.

- Hollis
- Kew Gardens
- St. Albans
- Woodhaven
- Jamaica
- Ozone Park
- South Jamaica
- South Ozone Park
- Wakefield
- Howard Beach
- Richmond Hill
- Hamilton Beach
- Springfield Gardens



### What do we do?

The staff of Southwest Queens Senior Services help seniors obtain needed in-home services. We also provide referrals to other community services.

### What services are available?

- Care Management
- Home-delivered Meals
- Home Care
- Housekeeping
- Transportation
- Long-Term Care Planning
- Benefits and Entitlements
- Information and Referral
- Caregiver Support







CCNS Peter J. DellaMonica Older Adult Center  
23-11 31st Road Astoria NY 11106  
(718) 626-1500



**REQUEST A RIDE TO GROCERY  
STORE, MEDICAL APPOINTMENTS,  
ETC.**

**\*\*\* TRIPS TO SURROUNDING/IMEDIATE AREAS ONLY \*\*\*  
CONTRIBUTION: \$1.50 ONE WAY**



# TRANSPORTATION SERVICE



**MONDAYS-FRIDAYS  
10:30AM-1:30PM**

**\*\*\*SERVICE DEPENDS ON AVAILABILITY\*\*\***

**CALL SYED AT  
718-962-4674  
TO MAKE AN  
APPOINTMENT**



**FUNDED BY NYC AGING**



# **NEED HELP?**

# **Catholic Charities**

# **Call Center**

# **718-722-6001**



**Monday - Friday, 9AM - 6PM**

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

**A Catholic Charities Walk-In Center may also be located in your area.**

**Integrated Health & Wellness Services**  
Catholic Charities Brooklyn and Queens  
**[www.ccbq.org](http://www.ccbq.org)**



# **¿Necesitas ayuda?**

## **Catholic Charities**

### **Centro de Atención**

# **718-722-6001**



**Lunes - Viernes, 9AM - 6PM**

- Servicios de salud de comportamiento
- Coordinación de la atención
- Enseñanza preescolar y programa Head Start
- Dispensa de alimentos de emergencia
- Programas de la estabilización de familias
- Información sobre viviendas
- Servicios migratorios
- Ayuda financiera limitada
- Servicios a las personas de la tercera edad
- Información y referencias a otros servicios

Un centro de atención personal de *Catholic Charities* también se puede encontrar en su área.

**Salud Integral & Servicios de Bienestar**  
Catholic Charities Brooklyn and Queens  
[www.ccbq.org](http://www.ccbq.org)





**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens  
ESTABLISHED 1899

# FOOD PANTRY

## Locations and Hours

### **Our Lady of Angels**

330 73rd Street, Brooklyn, NY 11209  
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

### **St. John the Baptist**

333 Hart Street, Brooklyn, NY 11206  
Tuesdays, 8:30 AM - 12 PM

### **Our Lady of Miracles**

757 East 86th Street, Brooklyn, NY 11236  
Saturdays, 10 AM - 11:30 AM

### **Our Lady of Solace**

2866 West 17th Street, Brooklyn, NY 11224  
Mondays, 9:30 AM - 1:30 PM

### **St. Marks**

2609 East 19th Street, Brooklyn, NY 11235  
1st and 3rd Thursday of the month, 9:30 AM - 11:30 AM

### **St. Gregory the Great**

244 Brooklyn Ave., Brooklyn, NY 11213  
Every other Wednesday, 12 PM - 1 PM

### **Our Lady of Mercy**

680 Mother Gaston Blvd., Brooklyn, NY 11212  
Mondays and Fridays, 9 AM - 11 AM

### **Church of the Holy Spirit**

1712 45th Street, Brooklyn, NY 11204  
Every other Friday, 9 AM - 11 AM

### **St. Rose of Lima**

130 Beach 84th Street, Rockaway Beach, NY 11693  
Tuesdays, 10 AM - 12 PM

### **St. Teresa**

50-20 45th Street, Woodside, NY 11377  
Tuesdays, 4 PM - 6 PM

### **BVM St. Mary-Winfield**

70-31 48th Ave., Woodside, NY 11377  
Thursdays, 9:30 AM - 12 PM

### **Our Lady of the Angelus**

63-63 98th Street, Rego Park, NY 11374  
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

### **St. Raphael**

35-20 Greenpoint Ave., Long Island City, NY 11101  
Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

### **St. Patrick**

39-38 29th Street, Long Island City, NY 11106  
3rd Saturday of every month, 10 AM - 12 PM

### **Church of the Incarnation**

89-28 207th Street, Queens Village, NY 11427  
Fridays, 12 PM - 2 PM

### **St. Benedict the Moor**

171-17 110th Ave., Jamaica, NY 11434  
2nd and 4th Tuesday of the month, 10 AM - 12 PM

### **Presentation of the Blessed Virgin Mary**

88-19 Parsons Blvd., Jamaica, NY 11432  
1st and 3rd Wednesday of every month, 5 PM - 6 PM

### **Ocean Bay**

411 Beach 54th Street, Arverne, NY 11692  
1st and 3rd Thursday of every month, 12 PM - 2 PM

### **St. Michael**

136-76 41st Ave., Flushing, NY 11355  
Tuesdays and Wednesdays, 9 AM - 11 AM

### **Our Lady of Sorrows Church**

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)  
Opens October 5, 2023, 1st Thursday of the month,  
2 PM - 5 PM

For the full list of affiliate locations, visit: [www.ccbq.org/service/food-pantry-network](http://www.ccbq.org/service/food-pantry-network)

If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit [access.nyc.gov](http://access.nyc.gov). To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit [www.ccbq.org](http://www.ccbq.org).







**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens  
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# FOOD PANTRY

## Ubicaciones y Horarios

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### **Our Lady of Sorrows Church**

35-34 105th Street, Corona, NY 11368  
(Estacionamiento de la iglesia)  
Abre el 5 de octubre de 2023, 1er jueves de cada mes,  
2 PM - 5 PM

Para obtener la lista completa de ubicaciones afiliadas, visite: [www.ccbq.org/service/food-pantry-network](http://www.ccbq.org/service/food-pantry-network)



Si tiene dificultades para comprar comida, usted puede obtener ayuda para hacerlo con el Programa de Asistencia Nutricional Suplementaria (SNAP). A veces los beneficios suelen ser llamados los cupones de alimentos o los food stamps y vienen en una tarjeta de EBT que puede usar en muchas tiendas y mercados de agricultores. Para mayor información y/o para presentar una solicitud, visite [access.nyc.gov](http://access.nyc.gov). Para saber si califica, textea FOOD al 74544. Para mayor información, llame al 718-722-6001 o visite [www.ccbq.org](http://www.ccbq.org).





## PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, New York, 11106

Monday - Friday: 8:00 am - 4:00 pm

(718) 626-1500

Funded by NYC Aging

### WHAT IS SNAP?

The **Supplemental Nutrition Assistance Program** (SNAP) helps low-income individuals and families buy the food they need to stay healthy.

Over 4 million older Americans use SNAP to buy healthy food at their local store or market.

### HOW TO APPLY

Make an appointment with Social Worker Patricia at  
718-626-1500 x7375



#### SNAP PARTICIPANTS' BARRIERS TO HEALTHY EATING

**88%** of SNAP participants report facing challenges to a healthy diet



**61%** reported cost of healthy foods as a barrier

Get help paying for  
your groceries



#### AM I ELIGIBLE?

You can get help from SNAP if you have limited income and resources. You may also qualify if you have high medical and living expenses.



The amount you receive may depend on two things:

- Household income from all sources, including money you get from a job, Social Security, SSI, or interest
- Number of people that live in your household





If you make **\$2,260 a month or less**, you may qualify for a **Medicare Savings Program!**

Medicare Savings Programs may be used to help pay for your Medicare Part A (hospital insurance) and Part B (medical insurance) premiums, deductibles, coinsurance, and copayments.

Income eligibility limits for the Medicare Savings Programs have increased.

Connect with a **GetCoveredNYC** Specialist to see if you qualify for a Medicare Savings Program.

## MEDICARE

**MEDICARE IS A NATIONWIDE HEALTH INSURANCE PROGRAM RUN BY THE FEDERAL GOVERNMENT. YOU CAN QUALIFY FOR MEDICARE IF YOU ARE AGE 65 OR OLDER AND/OR IF YOU HAVE CERTAIN DISABILITIES OR END-STAGE RENAL DISEASE (ERSD).**

### MEDICARE HAS FOUR PARTS:

#### PART A

- HOSPITAL INSURANCE
- INPATIENT CARE IN A HOSPITAL
- **SKILLED NURSING FACILITIES**
- HOSPICE CARE
- SOME HOME HEALTH CARE



#### PART B

- MEDICAL INSURANCE
- DOCTORS' VISITS AND OTHER SERVICES OUTSIDE OF A HOSPITAL
- HOME HEALTH CARE
- DURABLE MEDICAL EQUIPMENT, LIKE A WHEELCHAIR
- LIMITED PRESCRIPTION DRUGS

#### PART C

- MEDICARE ADVANTAGE PLANS
- HOSPITAL AND MEDICAL CARE (PART A & B)
- PRESCRIPTION DRUGS (USUALLY)
- OTHER BENEFITS AND SERVICES AT AN EXTRA COST (USUALLY)

#### PART D

- PRESCRIPTION DRUG COVERAGE
- PRESCRIPTION DRUGS NOT COVERED UNDER PART B

### WHO IS ELIGIBLE

- PEOPLE 65 AND OLDER
- PEOPLE WITH PERMANENT DISABILITIES WHO RECEIVE SOCIAL SECURITY DISABILITY INSURANCE (AFTER A TWO-YEAR WAITING PERIOD)
- PEOPLE WITH END-STAGE RENAL DISEASE OR AMYOTROPHIC LATERAL SCLEROSIS (ALS) (NO WAITING PERIOD)



**\*\*\*NOTE:\*\*\* MOST PEOPLE DON'T PAY A PREMIUM FOR PART A: HOSPITAL INSURANCE BECAUSE THEY OR A SPOUSE ALREADY PAID FOR IT THROUGH THEIR PAYROLL TAXES WHILE WORKING.**

Make an appointment with  
Social Worker-Patricia

718-626-1500 x7375





# #RENTFREEZENYC

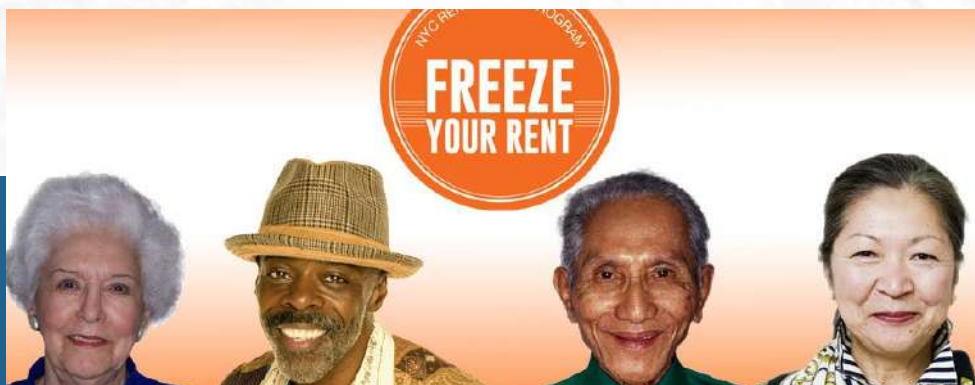
Senior Citizen Rent Increase Exemption (SCRIE)



## SENIORS AND PEOPLE WITH DISABILITIES, **KEEP YOUR RENT FROM INCREASING**, IF YOU:

- Are 62 years or older, 18 years old if disabled;
- Have a household income of \$50,000 or less;
- Live in a rent regulated apartment; and
- Spend more than 1/3 of income on rent.

## ENROLL IN THE **NYC RENT FREEZE PROGRAM**



Interested?  
Contact Social  
Worker- Patricia at  
718-626-1500 x7375

¿Interesado? Comuníquese  
con la trabajadora social:  
Patricia al 718-626-1500 x7375

PETER J. DELLAMONICA OLDER ADULT CENTER

23-11 31st Road, Astoria, New York, 11106

Monday - Friday: 8:00 am - 4:00 pm

(718) 626-1500

FREEZING  
**YOUR  
RENT**



**FREEZE  
YOUR RENT**

*Funded by NYC Aging*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# Thanksgiving Day

## Word Search

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.

AMERICA  
CANOE  
COLONY  
CORNUCOPIA  
ENGLAND  
FALL  
FAMILY  
FEAST  
FREEDOM  
GRATITUDE  
HARVEST  
HOLIDAY  
INDIANS  
MAIZE  
MAYFLOWER  
MILES STANDISH  
NEW WORLD  
NOVEMBER  
PILGRIMS  
PLYMOUTH  
PUMPKIN PIE  
PURITANS  
SQUASH  
STUFFING  
THANKSGIVING  
TURKEY  
YAMS

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





# Happy Thanksgiving

## THANKSGIVING WORD SCRAMBLE

*printable for kids*



### THANKSGIVING WORD SCRAMBLE

LEPAPS \_\_\_\_\_

NOCRA \_\_\_\_\_

QUSASH \_\_\_\_\_

LMISPRIG \_\_\_\_\_

EPI \_\_\_\_\_

UNMTUA \_\_\_\_\_

OTOBLFAL \_\_\_\_\_

SNIADIN \_\_\_\_\_

RUYEK \_\_\_\_\_

STERHAV \_\_\_\_\_

KNPIUPM \_\_\_\_\_

NOCR \_\_\_\_\_

LUTAKNHF \_\_\_\_\_

RAOHCDR \_\_\_\_\_



#### WORD BANK

pumpkin  
indians  
pie  
football  
thankful  
apples  
squash  
corn  
autumn  
acorn  
pilgrims  
turkey  
harvest  
orchard



productivpete.com

*productivpete.com*



# Public Assistance



*NYC*

*Cash benefits for low-income persons to provide essential food, clothing and shelter.*

*Benefits vary depending on specific situations:*

- *assets/income*
- *rent*
- *housing status*
- *work-related expenses and/or special needs.*

**Age:** Any Age

**Income:** Eligibility is calculated individually, depending on family size, income and expenses.

**Assets:** Limit--Single individuals and childless couples - \$2,000 cash assets; \$3,000 if age 60 or older. Ask about life insurance and burial plans.

## **Maximum Monthly Benefits:**

One person without children \$398.10; couples without children \$541.50. Amount must include rent payment. Public Assistance recipients may also qualify for Medicaid and Food Stamps. Medicaid is available to persons who meet above requirements but choose not to receive Public Assistance. One- time per year Emergency Cash Grants are also available for heating costs.

*NEW YORK*

***For more information, please call the HRA Infoline at 718-557-1399 or 311 for more information.***





# hello FALL



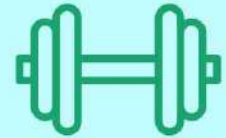
## TIPS TO HELP SENIORS AVOID FALLS

A BAD FALL CAN BE LIFE-ALTERING – FROM CAUSING IMPAIRED MOBILITY TO POSSIBLE BRAIN INJURIES. HELP REDUCE THE RISKS OF FALLING.



### CHECK MEDICATIONS

Ask the doctor to check your loved one's medications for side effects such as dizziness or drowsiness.



### GET REGULAR EXERCISE

Strength and balance exercises like standing on one foot and weight-lifting can help build up muscle bulk.



### FALL-PROOF THE HOME

Remove loose rugs, cords and clutter. Make sure rooms have good lighting. Install grab bars in the bathroom and along walkways.



### "PUMP THE GAS"




After sitting for a long period, have your loved one point and flex their feet a few times before standing to get the blood flowing.



### WEAR THE RIGHT SHOES

Choose well-fitting shoes with low, wide, flat heels and non-slip soles. Wear them both indoors and out.

# Easy Ways to... Freeze Fruits and Vegetables

| <b>Freeze</b>    | <b>Blanch</b><br>(quick boil)    | <b>Cook</b>                             |
|---|--|--|
| Put these in the freezer <b>right away</b>  | Blanch these <b>before freezing</b>  | Cook these <b>before freezing</b>  |
| Berries<br>Cherries*<br>Corn (cut off the cob)<br>Grapes<br>Peaches*<br>Plums*<br>Peeled melon<br>Winter squash<br><br>*remove pits   | Artichokes<br>Asparagus<br>Broccoli<br>Brussels sprouts<br>Cabbage<br>Carrots<br>Cauliflower<br>Celery<br><br>Eggplant<br>Green beans<br>Leafy greens<br>Okra<br>Onions<br>Parsnips<br>Peppers<br>Summer squash<br>Zucchini  | Apples<br>Beets<br>Beans and legumes<br>Potatoes<br>Sweet potatoes<br>Tomatoes<br>Pumpkin<br>Radishes<br>Winter squash     |
| Freezing Tips   | Blanching Steps  | Ways to Cook   |
| <ul style="list-style-type: none"> <li>Wash all fruits and vegetables before freezing.</li> <li>Store food in a container with a tight-fitting lid.</li> <li>Write the date on the container before freezing. Food will keep for about six months.</li> </ul> | <ul style="list-style-type: none"> <li>Boil enough water to cover all produce in the pot.</li> <li>Clean produce. Chop into even-sized pieces.</li> <li>Place produce in boiling water and boil until just tender (one to five minutes).</li> <li>Rinse under cold water until cool.</li> <li>Strain in colander, place in sealed container and freeze.</li> </ul> | <ul style="list-style-type: none"> <li>Bake or roast</li> <li>Sauté</li> <li>Boil</li> <li>Steam</li> <li>Poach</li> </ul> |

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](http://nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](http://jsyfruitveggies.org).

**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [mybenefits.ny.gov](http://mybenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).



# Maneras sencillas de... congelar frutas y verduras

|  |  |  |
|--|--|--|
| <b>Congele</b>    | <b>Blanquee</b><br>(al primer hervor)    | <b>Cocine</b>   |
| <b>Colóquelas en el congelador de inmediato.</b>   | <b>Blanquéelas antes de congelarlas.</b>   | <b>Cocínelas antes de congelarlas.</b>   |
| <p>Bayas<br/>Cerezas*<br/>Maíz (corte la mazorca)<br/>Uvas<br/>Duraznos*<br/>Ciruelas*<br/>Melón pelado<br/>Calabaza de invierno</p> <p>*remueva las semillas</p>  | <p>Alcachofas<br/>Espárragos<br/>Brócoli<br/>Coles de Bruselas<br/>Repollo<br/>Zanahorias<br/>Coliflor<br/>Apio</p> <p>Berenjena<br/>Ejotes (judías verdes)<br/>Verduras de hoja verde<br/>Oca<br/>Cebollas<br/>Chirivías<br/>Pimientos<br/>Zapallo de verano<br/>Calabacín</p>  | <p>Manzanas<br/>Remolachas<br/>Frijoles y legumbres<br/>Papas<br/>Batatas<br/>Tomates<br/>Calabaza<br/>Rábanos<br/>Calabaza de invierno</p>                  |
| <b>Consejos para congelar</b>  | <b>Pasos para blanquear</b>  | <b>Formas de cocinar</b>   |
| <ul style="list-style-type: none"> <li>Lave todas las frutas y verduras antes de congelarlas.</li> <li>Guarde los alimentos en un recipiente con tapa hermética.</li> <li>Anote la fecha en el recipiente antes de colocarlo en el congelador. Los alimentos se conservarán durante aproximadamente seis meses.</li> </ul> | <ul style="list-style-type: none"> <li>Hierva suficiente agua para cubrir todas las frutas y verduras en la olla.</li> <li>Lave las frutas y verduras. Córtelas en trozos iguales.</li> <li>Coloque las frutas y verduras en agua hirviendo y déjelas hervir hasta que estén apenas blandas (entre uno y cinco minutos).</li> <li>Enjuáguelas en agua fría hasta que se enfrien.</li> <li>Páselas por un colador, colóquelas en un recipiente cerrado y congélelas.</li> </ul> | <ul style="list-style-type: none"> <li>Hornear o asar</li> <li>Saltear</li> <li>Hervir</li> <li>Cocinar al vapor</li> <li>Escalfar (<i>poach</i>)</li> </ul> |

Para obtener consejos de alimentación saludable, como los de Eat Healthy,  
Be Active NYC en Facebook visite el sitio web [facebook.com/eatinghealthynyc](https://facebook.com/eatinghealthynyc).

Para más información sobre los Stellar Farmers Markets,  
visite [nyc.gov](https://nyc.gov) y busque "farmers markets" (mercados de agricultores).

Para obtener recetas saludables, visite [syfruitveggies.org](https://syfruitveggies.org).

**NYC**  
Health

Just Say Yes to Fruits and Vegetables

El Programa de Asistencia Nutricional Suplementaria (SNAP, por sus siglas en inglés) del Departamento de Agricultura de Estados Unidos (USDA, por sus siglas en inglés) financió este material. El SNAP, conocido anteriormente como Programa de Cupones para Alimentos (FSP, por sus siglas en inglés) de Nueva York, ofrece asistencia nutricional para personas con bajos ingresos. Puede ser útil para comprar alimentos nutritivos a fin de mejorar su alimentación. Para obtener más información, llame al 800-342-3009 o visite [mybenefits.ny.gov](https://mybenefits.ny.gov). El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por motivos de raza, color de piel, nacionalidad, sexo, edad, religión, opiniones políticas o discapacidad. Para presentar una denuncia de discriminación, escriba a USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (llamada de voz y TDD).

**November 2023**

**Happy  
Birth  
day**

**Carmen Baez  
Norma Bernardo  
Angel Camacho  
Mary Dimino  
George Georgiadis**



**Michael Glus  
Maureen Hayes  
Viola Lomardo  
Julia Madonna  
Beatriz Pineda  
Silvia Rodriguez  
Awilda Ruiz**



*To all of our  
Participants*





23-11 31st Road  
Astoria, NY 11106

# NOVEMBER

## 2023



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

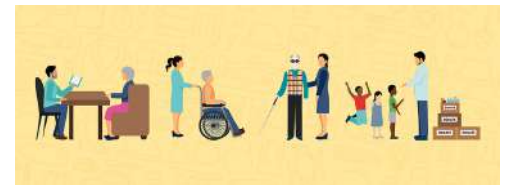
### Older Adult Center Staff

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

### Social Worker

Our case 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.



### Peter J. DellaMonica Advisory Council

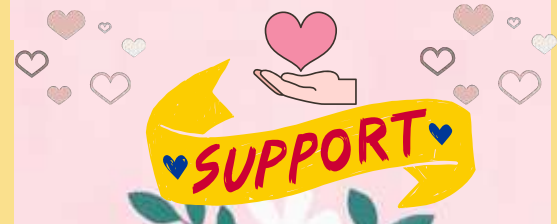
|                    |                       |
|--------------------|-----------------------|
| President          | Rosa Coto             |
| Vice President     | Miriam Summerford     |
| Treasurer          | Bernadine Moses       |
| Secretary          | Maria Elena Rodriguez |
| Head Councilmember | Nancy Dharma          |

#### Councilmembers

|              |                  |
|--------------|------------------|
| Jay Marcus   | Rudi Amaro       |
| Gloria Gasca | Enilda Rodriguez |



**THANK YOU FOR YOUR DONATIONS  
TO EVERYONE WHO HAVE DONATED!**



### 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 2023 Presentations and Classes - Calendar //

## Novembre 2023 Presentaciones y Clases - Calendario

Funded by the NYC Aging

| Monday  | Tuesday  | Wednesday   | Thursday   | Friday   |
|---|--|---|--|--|
|  <p><u>Physical Exercise</u><br/>underlined in green</p>   | <p><b>*VIRTUAL PROGRAMMING STREAMED TO SCREEN ON SITE AT THE CENTER.</b></p> <p><b><u>SPECIAL PRESENTATIONS AND EVENTS ARE UNDERLINED.</u></b></p> <p>Contact Recreational Coordinator, Jennifer Deror, for any questions or concerns about activities/events.<br/>718-626-1500</p>  | <p>1</p> <p>9:00 Word fill in Puzzle w/Michael S.<br/><u>10:00 Tai Chi w/Wen T.</u><br/><u>10:30 Computer Essentials-OATS-May.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Leisure Game w/Joe M.</p>   | <p>2</p> <p>9:00 Word Scramble w/Michael S.<br/>9:00-12:30 ESL Class w/Joan B.<br/><u>9:30 Cognitive Classes w/ Ability B.</u><br/><u>10:30 Yoga w/ Ability B.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Pool Practice w/Helen D.</p>   | <p>3</p> <p>9:00 Sudoku Puzzles w/Michael S.<br/>9:00-12:30 ESL Class w/Joan B.<br/><u>10:30 Zumba w/Ability B.</u><br/>12:00 Lunch<br/>1:00-2:30 Bingo<br/><u>2:30 Painting for Beginners w/Helen D.</u></p>  |
| <p>6</p> <p>9:00 Spot the Difference: Brain Teaser w/Michael S.<br/><u>10:45 Queens Center Mall Trip w/Jen D.</u><br/><u>9:30 Ballroom Dancing w/Harrison T.</u><br/><u>10:30 Line Dancing w/Wen T.</u><br/><u>10:30 Computer Essentials w/OATS-May OATS-May.</u><br/>12:00 Lunch<br/>1:00 Mid-Autumn Dance Party w/DJ Valentin O. (Raffle)</p> | <p>7</p> <p>9:00 Word Search w/Michael S.<br/><u>10:00 Gentle Stretching w/Carl S.</u><br/><u>11:00 Zumba w/ HealthFirst</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/><u>1:00 Intro to Italian w/ Lucy Gill (Activity Rm)</u><br/><u>2:30 Watercolor Painting w/Helen D.</u></p>  | <p>8</p> <p>9:00 Word fill in Puzzle w/Michael S.<br/><u>10:00 Tai Chi w/Wen T.</u><br/><u>10:00 Highly Blood Pressure Information w/Michael S.</u><br/><u>11:00 Memory Screening at QPL Woodside-Trip w/Jen D.</u><br/><u>10:30 Computer Essentials w/OATS-May.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Leisure Game w/Joe M.</p> | <p>9</p> <p>9:00 Word Scramble w/Michael S.<br/>9:00-12:30 ESL Class w/Joan B.<br/><u>9:30 Cognitive Classes w/ Ability B.</u><br/><u>10:30 Yoga w/ Ability B.</u><br/><u>10:00 Financial Literacy w/ Chase Bank-Regina G.</u><br/><u>11:30 Guided Meditation &amp; Reiki w/Jen D.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Pool Practice w/Helen D.</p> | <p>10</p> <p>9:00 Sudoku Puzzles w/Michael S.<br/>9:00-12:30 ESL Class w/Joan B.<br/><u>10:30 Zumba w/Ability B.</u><br/><u>11:00 Vocal Chorus (Game Rm) w/Jen D.</u><br/>12:00 Lunch<br/>1:00-2:30 Bingo<br/><u>2:30 Painting for Beginners w/Helen</u></p> |
| <p>13</p> <p>9:00 Spot the Difference: Brain Teaser w/Michael S.<br/><u>9:30 Ballroom Dancing w/Harrison T.</u><br/><u>10:30 Line Dancing w/Wen T.</u><br/><u>Using Google Workspace w/OATS-May.</u><br/>12:00 Lunch<br/>1:00 Movie Day Trip at Regal Cinemas w/Jen D.</p>  | <p>14</p> <p>9:00 Word Search w/Michael S.<br/><u>10:00 Gentle Stretching w/Carl S.</u><br/><u>10:45 Elmhurst Market Trip w/Jen D.</u><br/><u>11:00 Chair Exercise</u><br/><u>Understand Medicare Now + Pool Trust Info Session</u><br/>12:00 Lunch<br/><u>1:00 Intro to Italian w/ Lucy Gill (Activity Rm)</u><br/><u>2:30 Watercolor Painting w/Helen D.</u></p> | <p>15</p> <p>9:00 Word fill in Puzzle w/Michael S.<br/><u>10:00 Tai Chi w/Wen T.</u><br/><u>10:00 Tinnitus Information w/Michael S.</u><br/><u>10:30 Computer Class-Using Google Workspace-OATS-May.</u><br/><u>11:00 Vocal Chorus w/Jen D. (Game Rm)</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Leisure Game w/Joe M.</p>            | <p>16</p> <p>9:00 Word Scramble w/Michael S.<br/>9:00-12:30 ESL Class w/Joan B.<br/><u>9:30 Cognitive Classes w/ Ability B.</u><br/><u>10:30 Yoga w/ Ability B.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Pool Practice w/Helen D.</p>  | <p>17</p> <p>9:00 Sudoku Puzzles w/Michael S.<br/>9:00-12:30 ESL Class w/Joan B.<br/><u>10:30 Zumba w/Ability B.</u><br/><u>11:00 Vocal Chorus (Game Rm) w/Jen D.</u><br/>12:00 Lunch<br/>1:00-2:30 Bingo<br/><u>2:30 Painting for Beginners w/Helen</u></p> |
| <p>20</p> <p>9:00 Spot the Difference: Brain Teaser w/Michael S.<br/><u>11:00 Costco Trip w/Jen D.</u><br/><u>9:30 Ballroom Dancing w/Harrison T.</u><br/><u>10:30 Line Dancing w/Wen T.</u><br/><u>Using Google Workspace w/OATS-May.</u><br/>12:00 Lunch<br/>1:00 November Birthday Party w/DJ Valentin O. (Raffle &amp; Cake)</p>            | <p>21</p> <p><b>Thanksgiving Celebration</b><br/>9:00 Word Search w/Michael S.<br/>10:00 Gentle Stretching w/Carl S.<br/><u>11:00 Drawing Class w/Jen D.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/><u>1:00 Intro to Italian w/ Lucy Gill (Activity Rm)</u><br/><u>2:30 Watercolor Painting w/Helen D.</u></p>  | <p>22</p> <p>9:00 Word fill in Puzzle w/Michael S.<br/><u>10:00 Tai Chi w/Wen T.</u><br/><u>10:30 Computer Class-Using Google Workspace w/OATS-May.</u><br/><u>11:00 The Metropolitan Museum of Art: Virtual Tour w/Jen D.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Leisure Game w/Joe M.</p>                                       | <p>23</p>   | <p>24</p>   |
| <p>27</p> <p>9:00 Spot the Difference: Brain Teaser w/Michael S.<br/><u>9:30 Ballroom Dancing w/Harrison T.</u><br/><u>10:30 Line Dancing w/Wen T.</u><br/><u>10:30 Computer Class-Using Google Workspace w/OATS-May.</u><br/>12:00 Lunch<br/>1:00 DJ &amp; Holiday Dance Party w/VNSNY</p>   | <p>28</p> <p>9:00 Word Search<br/><u>10:00 Gentle Stretching</u><br/><u>11:00 Drawing Class w/Jen D.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/><u>1:00 Intro to Italian w/ Lucy Gill (Activity Rm)</u><br/><u>2:30 Watercolor Painting w/Helen D.</u></p>  | <p>29</p> <p>9:00 Word fill in Puzzle w/Patricia P.<br/><u>10:00 Tai Chi w/Wen T.</u><br/><u>10:30 Computer Class-Using Google Workspace w/OATS-May.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Leisure Game w/Joe M.</p>   | <p>30</p> <p>9:00 Word Scramble<br/>9:00-12:30 ESL Class w/Joan<br/><u>9:30 Cognitive Classes w/Ability B.</u><br/><u>10:30 Yoga w/ Ability B.</u><br/><u>11:30 Guided Meditation &amp; Reiki w/Jen D.</u><br/>12:00 Lunch<br/>1:00-2:30 BINGO<br/>2:30 Pool Practice w/Helen D.</p>   |  <p><b>SCHEDULE SUBJECT TO CHANGE</b></p>   |



# Peter J. DellaMonica Older Adult Center

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

## LUNCH MENU

*Plant-Based meal served  
every Wednesday*

**SUGGESTED CONTRIBUTION: \$1.50**

**November 2023/Novembre 2023**

| Monday  | Tuesday  | Plant-Based<br>A base de plantas<br>Wednesday   | Thursday   | Fish<br>Pescado<br>Friday  |
|---|--|---|--|--|
| <p>Located at: 23-11 31st Road,<br/>Astoria NY 11106</p>  <p>Phone: 718-626-1500</p> <p><b>MENU<br/>SUBJECT<br/>TO<br/>CHANGE</b></p> |  | 1   | 2  | 3  |
|   |  | <p>Falafel<br/>French Fries<br/>Garden Salad<br/>Cantaloupe<br/>Orange Pineapple<br/>Juice</p>                                  | <p>Beef Brisket with<br/>Tomatoes and Onions<br/>Steamed Corn on the<br/>Cob<br/>Steamed Carrots<br/>Apple<br/>Orange Juice</p>            | <p>Baked Salmon<br/>Brown Rice<br/>Chinese Style Steamed<br/>Cauliflower<br/>Banana<br/>Orange Pineapple Jice</p>                      |
| 6   | 7  | 8   | 9  | 10   |
| <p>Chicken Parmesan<br/>Whole Wheat Spaghetti<br/>Italian Cut Green Beans<br/>Apple<br/>Orange Juice</p>  | <p>Beef Stew<br/>Brown Rice<br/>Normandy Blend<br/>Orange<br/>Orange Pineapple Juice</p>   | <p>Lentil Stew with<br/>Carrots and Turnips<br/>Quinoa<br/>Beet Salad<br/>Honeydew<br/>Apple Juice</p>                          | <p>Pernil (Roasted Pork<br/>Shoulder)<br/>Rice and Beans<br/>Steamed Collard<br/>Greens<br/>Kiwi<br/>Orange Juice</p>                      | <p>Baked Breaded Fish<br/>Homemade Mashed<br/>Potatoes<br/>Steamed Sliced Carrots<br/>Banana<br/>Grape Juice, Unsweetened</p>          |
| 13  | 14   | 15  | 16   | 17   |
| <p>Turkey Meat Sauce<br/>Whole Wheat Spaghetti<br/>Steamed Broccoli<br/>Apple<br/>Orange Pineapple Juice</p>  | <p>Chicken Marsala<br/>Brown Rice<br/>Italian Blend Vegetables<br/>Orange<br/>Apple Juice</p>  | <p>California Veggie<br/>Burger<br/>French Fries<br/>Steamed Cauliflower<br/>Cantaloupe<br/>Pineapple Juice</p>                 | <p>Roast Beef<br/>California Blend<br/>Vegetables<br/>Roasted Butternut<br/>Squash<br/>Fruit Cocktail<br/>Grape Juice,<br/>Unsweetened</p> | <p>Baked Flounder<br/>Sauteed Sweet Potatoes<br/>Steamed Spinach<br/>Banana<br/>Orange Pimeapple Juice</p>                             |
| 20  | 21   | 22  | 23   | 24   |
| <p>Beef Meatloaf<br/>Homemade Mashed<br/>Potatoes<br/>Kiwi<br/>Orange Juice</p>   | <p>Turkey w/Gravy<br/>Cranberry Sauce<br/>Whole Grain Stuffing<br/>Steamed Carrots &amp;<br/>Green Beans<br/>Homemade Mashed<br/>Potatoes<br/>Plums<br/>Grape Juice,<br/>Unsweetened</p>  | <p>Creamy Tomato and<br/>Rice Soup<br/>Eggplant Parmesan<br/>Green Bean Salad<br/>Orange<br/>Apple Juice</p>                    |  <p>Happy Thanksgiving<br/>We are closed today</p>     |  <p><b>CLOSED</b><br/><b>BLACK<br/>FRIDAY</b></p> |
| 27  | 28   | 29  | 30   |  |
| <p>Turkey Meatballs with<br/>Sofrito<br/>Penne<br/>Normandy Blend<br/>Apple<br/>Orange Juice</p>  | <p>Pork Spare Ribs<br/>Roasted Sweet Potato<br/>Slices<br/>Sauteed Zucchini<br/>Orange<br/>Apple Juice</p>   | <p>Vegetable Soup<br/>Whole Wheat Baked<br/>Ziti with Vegetables<br/>Chickpea Salad<br/>Steamed Green Beans<br/>Apple Juice</p> | <p>Hawaiian Chicken<br/>Legs<br/>Wild Rice<br/>Steamed Collard<br/>Greens<br/>Kiwi<br/>Orange Juice</p>                                    |  <p><i>Funded by NYC Aging</i></p>                |

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