

Narrows OAC Newsletter October 2025



October Fun Facts

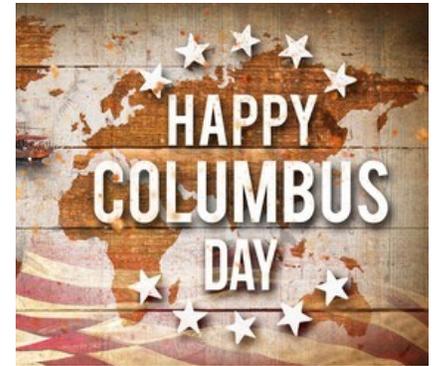
October is Observed as : Breast Cancer Awareness Month, Domestic Violence Awareness Month, Italian American Heritage Month, Halloween, Columbus Day

Birthstone: Opal

Fruits and Veggies of the Month: Beets, Cauliflower, Peppers, Oranges, Star fruit, Dates

Flower: Marigold

CCNS
Narrows Senior Center
933 54th Street
Brooklyn, NY 11219
Tel: 718.232.3211
Fax: 718.232.0512



The month of October brings with it beautiful fall colors, cooler weather, and shorter days. The cooler weather lends itself to festivals, outdoor gatherings, and taking long strolls through the neighborhood, so I encourage everyone to spend as much time outside as possible. October is a month that acknowledges different types of health concerns as well holidays and celebrations. Breast cancer awareness is one of the more important health issues that both women and men should be aware of. Dyslexia is also acknowledged in October and is more common than uncommon in most of us. There is more information on dyslexia inside the newsletter. October is also Eat Better and Eat Together month. The title says it all. For many Halloween is a day of dressing up and having fun giving treats out to children who, eagerly, wait to get into their costumes and go trick or treating. Flip through the pages to see the entertainment section, presentations and the menu, catered by the famous Russo's on the Bay.

Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

Meng Zhou
Administrative Assistant

Madeline Sbano
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

Joshua Rodriguez
Maintenance

CELEBRATING OCTOBER

Breast Cancer Awareness Month

October is Breast Cancer awareness month. Although breast cancer affect primarily women, small number of men can contract breast cancer as well. At this time, it is unknown what causes breast cancer, but what is known is that a damaged DNA inside a cell is the cause of it. It is important, especially women to go to a doctor and get a mammogram check every year to detect early possible signs of breast cancer. Checking for lumps is very important. <http://www.nationalbreastcancer.org/what-is-breast-cancer>

Italian American Heritage Month

Every year, the USA president signs an executive order to honor Italian Americans in October. Coincidentally, Columbus Day is in October, which is to honor Christopher Columbus, an Italian sailor who sailed to and discovered the new land, now known as USA in 1492. Between 1820 and 1992, 5.4 million Italians or more have migrated over into the United States. They are the 5th largest ethnic group of the United States as 26 million Americans claim to be of Italian descent. At one point, Italians in the USA were discouraged from using their language to embrace English like many ethnic groups were pressured into, but now Italians including all ethnic groups are increasingly becoming encouraged to retain their cultures and languages. <http://italian.about.com/library/blniahmspecial.htm>

Halloween

2,000 years ago, the Celts lived in what is now called United Kingdom, Ireland, and Northern France and celebrated the new year in November 1st, which represented the end of summer and harvest and it was the beginning of the cold winters, which often related to humans dying. The Celts believed that realms and living beings and the dead overlapped between October 31st and November 1st. Every October 31st, the Celts celebrated Samhain believing spirits of the dead returned to land.

Over time, there has been many changes to this celebration in Europe and eventually it would be called Halloween and reached America when an influx of Europeans moved into America. Overtime, different customs were added, such as dressing up in costumes and trick-or-treating for candies.

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

Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am to 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class	8am 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class
9am to 11am Ping Pong	9am to 11am Mah Jong / Ping Pong	9am to 11am Ping Pong	9am to 11am Mah Jong/ Ping Pong	9am to 11am Ping Pong
10am to 11am Jewelry Making Class	10:30 11:15am Yoga Class	10:30 to 11:15am Meditation & Somatic Movements	10:30 to 11:15am Strengthening Class	10:30am to 11:30am Music Entertainment
11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate
1pm to 2pm Art and Crafts Class Music Appreciation Board and Card Games	1pm to 2:30pm Sewing Class Music Appreciation Board and Card Games	1:00PM– 2:00PM Plaster and Painting Music Appreciation Board and Card Games	1PM to 2PM Painting Appreciation Music Appreciation Board and Card Games	1pm to 2pm Computer /Technology Class with Hau-Yu 1:15pm to 2pm Cognitive Exercise Challenge Music Appreciation Board and Card Games

Karaoke is per request. Please see staff to set up the equipment.

**Sewing Class: Three sewing machines on site to share
You are welcome to bring your own equipment.
Fabric and sewing kits are on site**

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

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

October 2025 CALENDAR

Monday		Tuesday		Wednesday		Thursday		Friday	
29		30		1		2		3	
Classic Chicken Cacciatore (1pc) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Prince Edward Blend Vegetables		Chickpeas (1/2 cup) Rasta Pasta (6oz) Garden Salad Italian Blend Vegetables		BBQ Pulled Pork (3oz) Yellow Rice Steamed Carrots		Beef Salisbury Steak Mushroom Gravy (1pc) California Blend Vegetables Garlic Mashed Potatoes		Baked Fish with Lemon Garlic Butter Sauce (1pc) White Rice (1/2 cup) Sauteed Green Beans with Onions *	
6		7		8		9		10	
Jerk Chicken (1pc) California Blend Vegetables * Homemade Mashed Potatoes		Chili-Spiced Pinto Bean Ragout (6oz) Brown Rice (1/2 cup) Caesar Salad		Italian Style Pork Loin Tomato Sauce (pre-prepared, 1/2 cup) (3oz) Penne (1/2 cup) Tomato Sauce (pre-prepared, 1/2 cup) Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette		Beef Stew (6oz) Garlic Mashed Potatoes Steamed Carrots		Annes Lemon Garlic Sauce Baked Salmon (1pc) Baked Sweet Potato Sauteed Green Beans with Onions *	
13		14		15		16		17	
Chicken Salad (3oz) Potato Salad Cole Slaw		Three Bean and Spinach Stew (6oz) Brown Rice with Black Beans Caesar Salad		Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (6oz) Yellow Rice Sauteed Green Beans with Onions		Basic Shepherd's Pie (6oz) Italian Blend Vegetables *		Tuna Salad (3oz) Basic Pasta Salad Garden Salad	
20		21		22		23		24	
Baked Chicken Thighs BBQ Sauce (1pc) Baked Sweet Potato Steamed Carrots		Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) (6oz) California Blend Vegetables *		Annes Lemon Garlic Sauce Baked Pork (3pc) White Rice (1/2 cup) Italian Blend Vegetables		Mushroom Gravy Roast Beef (6oz) Homemade Mashed Potatoes Garden Salad *		Baked Fish Oreganata (1pc) Garlic Mashed Potatoes Green Beans with Onions	
27		28		29		30		31	
Baked Chicken Thighs Brown Gravy (1PC) Mashed Sweet Potatoes Prince Edward Blend Vegetables		Zesty Chickpea Stew (6oz) Brown Rice (1/2 cup) Garden Salad *		Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (6oz) Yellow Rice Prince Edward Blend Vegetables *		Italian Meatballs with Beef and Turkey (6PC) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) California Blend Vegetables		Citrus Sesame Crusted Salmon (1pc) White Rice (1/2 cup) Caesar Salad	

October 2025 Presentations

Monday 10/6/2025 10am — Elder Financial Exploitation (English)

Tuesday 10/7/2025 10am — Traditional Chinese Medicine Diet & Vitamins (Chinese)

Monday 10/20/2025 10am — Grape Benefits
(Presented By Tommy Lee)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 10/3/2025 10am — 11:30am Mooncake Party With Joel Pawiak
(Aetna will sponsor mini mooncakes)

Friday 10/10/2025 10:30am — 11:30am Maurice Zebede Mini Concert

Friday 10/17/2025 10am — 11:30am DJ Music With Joel Pawiak

Friday 10/24/2025 10:30am—11:30am Estella & Peter Chan Mini Concert

Friday 10/31/2025 10:30am — 11:30am Joel Pawiak's Halloween Party

Please Note They Are Subject To Changes At Any Time



OCTOBER BREAST CANCER AWARENESS MONTH



Early detection is the best prevention

Risk Factors :

- * Family history of breast cancer
- * Consumption of alcohol, animal fat and tobacco
- * Past history of cancer in the body & obesity

Prevention :

- * Breast self examination monthly
- * Clinical breast examination annually
- * Sono mamography - after age of 40

What You Need to Know About Columbus Day

Celebrate on: Second Monday in October

This day commemorates Italian navigator Christopher Columbus' landing in the New World on October 12, 1492. Most nations of the Americas (countries on the North and South American continents) observe this holiday on October 12, but in the United States, annual observances take place on the second Monday in October. The major celebration of the day takes place in New York City, which holds a huge parade each year.

The first recorded celebration of Columbus Day in the United States took place on October 12, 1792. Organized by The Society of St. Tammany, also known as the Columbian Order, it commemorated the 300th anniversary of Columbus's landing.

The 400th anniversary of the event, however, inspired the first official Columbus Day holiday in the United States. In 1892, President Benjamin Harrison issued a proclamation urging Americans to mark the day. The public responded enthusiastically, organizing school programs, plays, and community festivities across the country. Columbus and the Discovery of America, Imre Kiralfy's "grand dramatic, operatic, and ballet spectacle," is among the more elaborate tributes created for this commemoration. The World's Columbian Exposition, by far the most ambitious event planned for the celebration, opened in Chicago the summer of 1893.

1. Columbus landed in the New World on what date? _____

2. What American president encouraged Americans to celebrate Columbus Day?

3. How is America different from other American nations in the way we celebrate Columbus Day? _____



Text from <http://www.usconsulate.org.hk>





Italian

HERITAGE MONTH

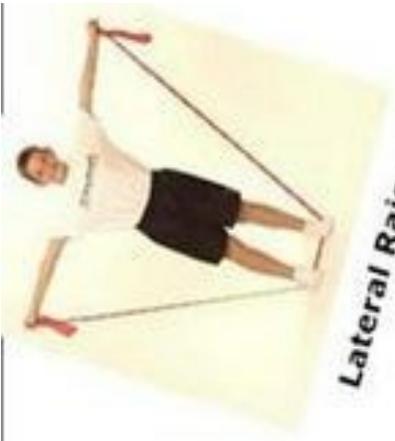


In 1851 Giovanni Nobili founded the Santa Clara College

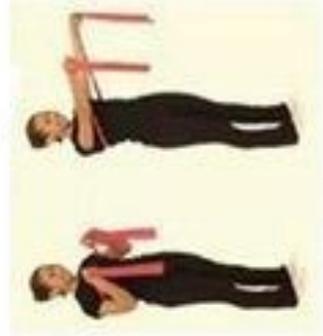
Over 5 million Italians immigrated to the United States between 1820 and 2000

Frances X. Cabrini, Mother Cabrini of the Sisters of the Sacred Heart, became the first U.S. citizen to be canonized as a saint in 1946





Lateral Raise



Chest Press



Hip Extension



Hip Abduction



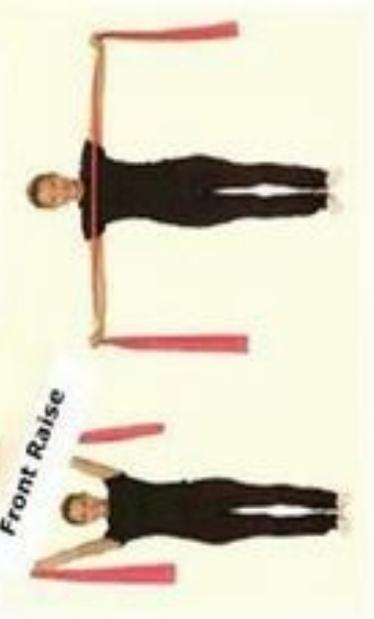
Triceps Exercise



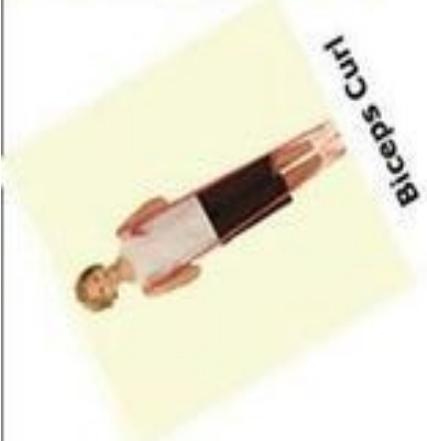
Reverse Flies



Front Raise



Lat Pull Down



Biceps Curl



Squat

Name: _____

Date: _____

As October breezes sweep in, words related to this cozy month have scattered across the puzzle.

Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!

October Word Search



- ACORNS
- APPLES
- AUTUMN
- AUTUMNAL EQUINOX
- BAKING
- BONFIRE
- BRISK AIR
- CHESTNUTS
- CIDER
- COLUMBUS DAY
- CORN MAZE
- COZY
- CRANBERRIES
- FALL FOLIAGE
- FOOTBALL
- GOURDS
- HALLOWEEN
- HARVEST
- HAYRIDES
- INDIGENOUS PEOPLES DAY

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



LEAVES

OKTOBERFEST

PUMPKINS

RAKING

SCARECROW



SOUP

SPICE

SPOOKY

SQUASH

SWEATERS



NO BAKE

Blueberry cheesecake

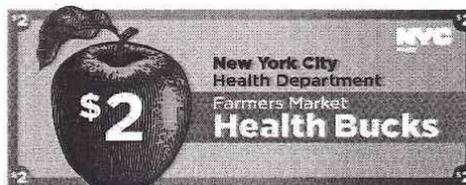
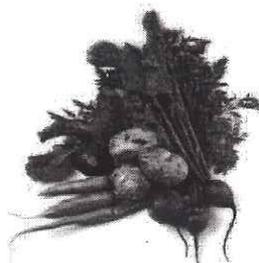


9 GRAHAM CRACKER SHEETS
½ CUP MELTED BUTTER
1 TABLESPOON SUGAR
16 OZ CREAM CHEESE
8 OZ COOL WHIP
1 CUP POWDERED SUGAR
1 TEASPOON LEMON JUICE
21 OZ PIE FILLING

Easy ways to... Save Money on Healthy Food



Home	Farmers Markets	Supermarket
<p>Plan your meals and snacks for the week and make a grocery list.</p> <p>Keep your kitchen cabinets organized and take inventory to avoid buying foods you already have.</p>	<p>Buy fruits and vegetables in season. The prices are lower and the produce tastes better when it is the right time of year.</p>	<p>Buy fresh, frozen or canned fruits and vegetables.</p> <p>Buy dried beans, peas and lentils instead of more expensive proteins.</p>
<p>Reduce waste. Cook with all parts of fruits and vegetables.</p>	<p>Stock up on fruits and vegetables when they are in season and freeze or can them for later use.</p>	<p>Buy whole foods instead of convenience items. For example, buy whole apples instead of pre-cut apples.</p> <p>Buy less-expensive store brands instead of name brands.</p>
<p>Use leftovers. Make a soup, stir-fry or casserole using leftover vegetables, grains, meats or beans.</p>	<p>Use your EBT/SNAP benefits. For every \$2 spent at a New York City farmers market using EBT/SNAP get \$2 in Health Bucks, up to \$10 per day, to buy fresh fruits and vegetables.</p>	<p>Buy items such as oatmeal, rice, beans and flour in bulk or in family packs.</p> <p>Instead of buying sweetened beverages, try tap water infused with citrus!</p>



For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc.

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.



Just Say Yes to Fruits and Vegetables

**Narrows Senior
Center**
933 54th Street
Brooklyn, NY
11219
Tel: 718-232-3211
Fax: 718.232.0512

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!!!

Health managements starts from the inside out. Nutritional intake is the primary key to preventative medicine. What you eat on the inside is what you wear on the outside. Call the Narrows OAC and speak with staff on our Nutrition Information and scheduled presentation.



Kind Reminder To Narrows Members

Please remember to make sure your information with the center's office such as address, phone number(s), emergency contacts, doctor contacts, medications and etc. are all up to date and notify the Case Manager or other office staff of any changes to update your records as this is important to allow us to be able to reach out to you or your contacts for very important reasons or if there is an emergency and ultimately it is all about ensuring your safety.

Please also note if you need any assistance such as service referrals, managing/organizing/filling out important paperwork, applying for benefit programs & housing, and more, do not ever hesitate to look for Case Manager.

Thank You

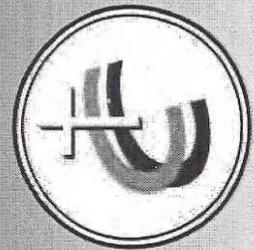




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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

Accredited by the Council on Accreditation for Children and Family Services



CATHOLIC CHARITIES
Brooklyn &
Queens

ESTABLISHED 1899

Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

Catholic Charities
Benson Ridge Senior Services
can help.

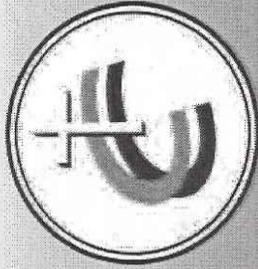
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.

718-680-3530

We care! You are not alone!

*Program funded by the
New York City Department for the Aging*



CATHOLIC CHARITIES
Brooklyn &
Queens

ESTABLISHED 1899

Benson Ridge
Senior Services

6823 Fifth Avenue
Brooklyn, NY 11220

718-680-3530 (Tel)
718-680-3654 (Fax)



Serving Homebound Older Adults
in Bay Ridge and Bensonhurst

BENSON RIDGE SENIOR SERVICES

Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

"Youth is a gift of nature, but age is a work of art."

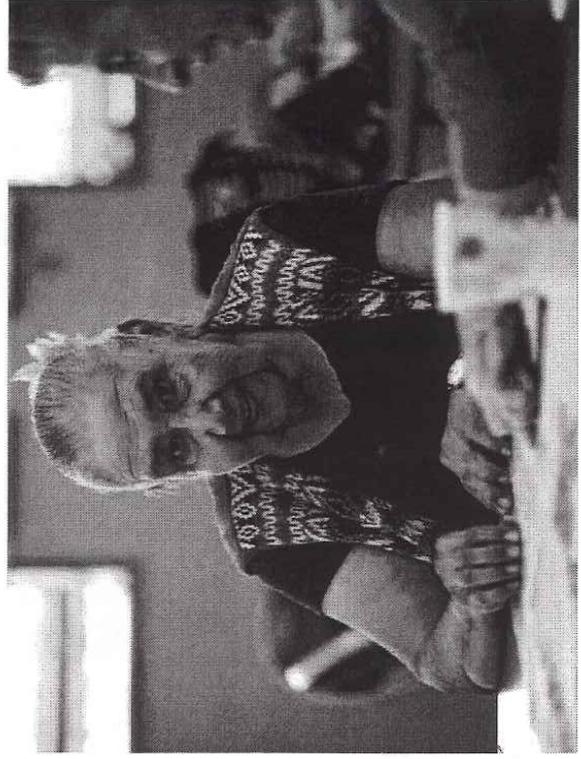
—Garson Kanin

What services are available?

- Case management
- Home-delivered meals
- Homecare
- Housekeeping
- Transportation
- Friendly visiting
- Long-term care planning
- Benefits and entitlements
- Information and referral
- Caregiver support

What languages are spoken?

- English
- Russian
- Spanish



What are the hours of operation?

Monday – Friday
9:00 AM – 5:00 PM



Friendly Visiting Program



Volunteer your time
and make a new
Senior Citizen friend!

Presented by
RiseBoro Community
Partnership

FUNDED BY
NYC DEPARTMENT FOR THE AGING

riseboro.org

Seniors in **North and South Brooklyn's Community Districts 1, 2, 3, 4, 6, 7, 10, and 11** are seeking a compassionate individual to spend one hour per week visiting them and keeping them company.

We are looking for compassionate and caring individuals who would like to make friends with an older person in their neighborhood.

For more information or to volunteer, contact:

Biviana Coyomani

email: bcoyomani@riseboro.org

phone: **929-563-5596 ext. 2231**

RiseBoro
COMMUNITY PARTNERSHIP