

October 2025



Our Voices



CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



Catholic Charities Bayside
Older Adult Center served
3,189 meals to older adults
during the month of
September.



Did you know that Bayside OAC
Zumba class is the most
popular? Averaging 36
members per session in the past
3 months.



50 YEARS
NYC
Department for
the Aging

Bayside Older Adult Center Menu for October, 2025

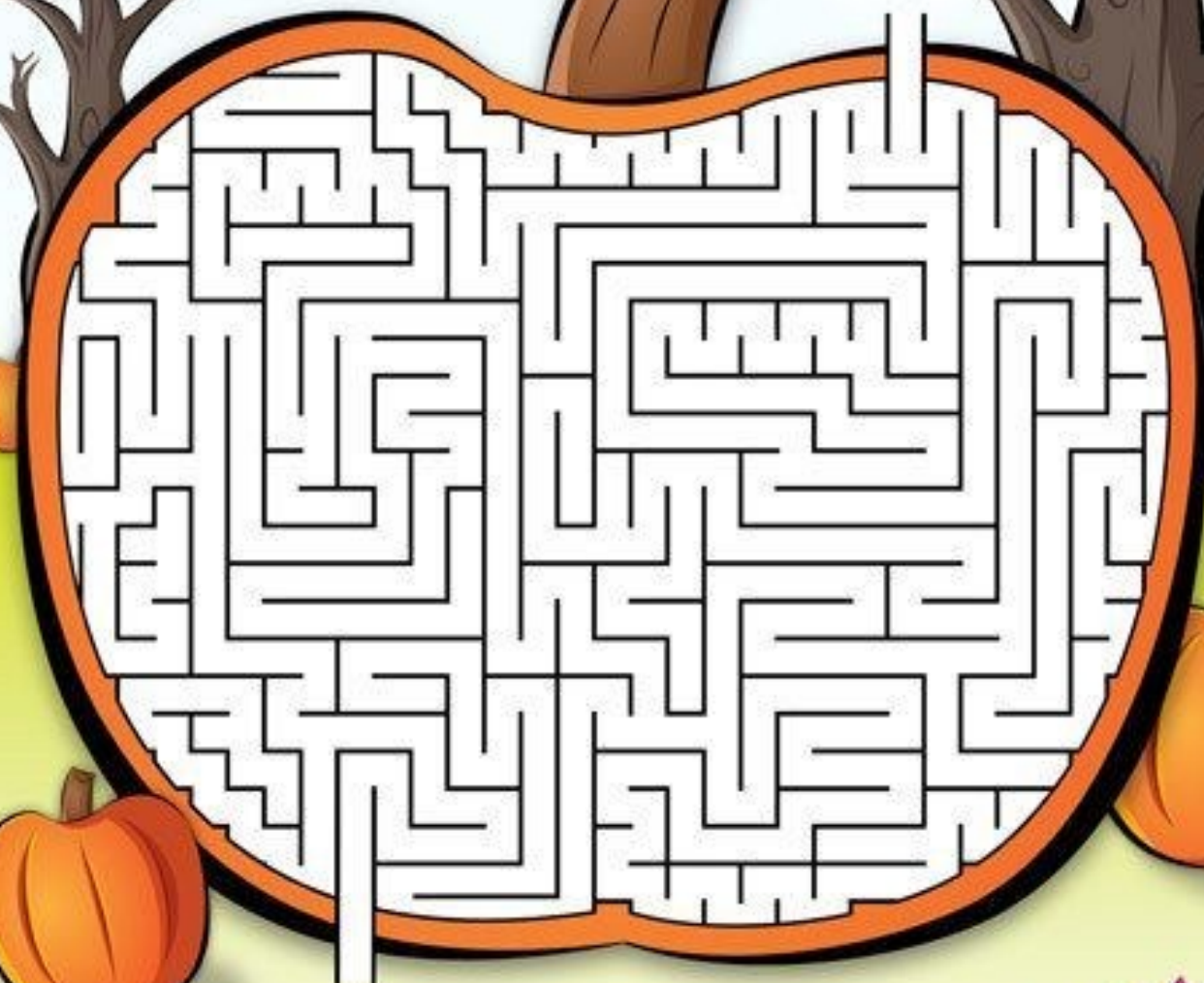
Monday	Tuesday	Wednesday	Thursday	Friday
6 Jerk Chicken Whole Wheat Bread California Blend Vegetables Homemade Mashed Potatoes Apple 1% Low Fat Milk	7 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	1 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Steamed Carrots Orange 1% Low Fat Milk	2 Beef Salisbury Steak Mushroom Gravy, Whole Wheat Bread, California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk	3 Baked Fish with Lemon Garlic Butter Sauce White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear; 1% Low Fat Milk
13 Chicken Salad Potato Salad Whole Wheat Bread Cole Slaw Apple 1% Low Fat Milk	14 Three Bean and Spinach Stew Brown Rice w/ Black Beans Whole Wheat Bread Caesar Salad Banana 1% Low Fat Milk	8 Italian Style Pork Loin Tomato Sauce (pre-prepared, ½ cup); Penne (1/2 cup) Whole Wheat Bread; Baby Spinach Salad with Mushroom and Balsamic Vinaigrette Orange; 1% Low Fat Milk	9 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple 1% Low Fat Milk	10 Annes Lemon Garlic Sauce Whole Wheat Bread Baked Sweet Potato Sautéed Green Beans with Onions Pear 1% Low Fat Milk
20 Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Whole Wheat Bread Steamed Carrots Apple 1% Low Fat Milk	21 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	15 Chumbre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Sautéed Green Beans with Onions Orange; 1% Low Fat Milk	16 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk	17 Tuna Salad Whole Wheat Bread Basic Pasta Salad Garden Salad Pear 1% Low Fat Milk
27 Baked Chicken Thighs Brown Gravy Mashed Sweet Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple; 1% Low Fat Milk	28 Zesty Chickpea Stew Brown Rice (1/2 cup) Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk	22 Annes Lemon Garlic Sauce Baked Pork White Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Orange 1% Low Fat Milk	23 Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad Apple 1% Low Fat Milk	24 Baked Fish Oreganata Basic Pasta Salad Whole Wheat Bread Garlic Mashed Potatoes Sautéed Green Beans w/ Onions Pear 1% Low Fat Milk
31 Citrus Sesame Crusted Salmon White Rice (1/2 cup) Whole Wheat Bread Caesar Salad Pear; 1% Low Fat Milk	30 Homemade Tomato Sauce (1/2 cup); Italian Meatballs w/ Beef and Turkey; Penne (1/2 cup) Whole Wheat Bread California Blend Vegetables Apple; 1% Low Fat Milk	29 Chumbre de Gandules (Dominican Stew with Pork Vegetables and Brown Rice) Whole Wheat Bread; Yellow Rice Prince Edward Blend Vegetables Orange; 1% Low Fat Milk	31 Citrus Sesame Crusted Salmon White Rice (1/2 cup) Whole Wheat Bread Caesar Salad Pear; 1% Low Fat Milk	

NAME: _____ DATE: _____

HALLOWEEN PUMPKIN

M A Z E

START



FINISH



Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.

Eulalia Choi - Case Manager

125+
YEARS OF CHANGING LIVES



2026 Medicare ANOC Review Guide

This guide helps Medicare beneficiaries understand key changes in their Annual Notice of Change (ANOC) for 2026, including plan discontinuations and enrollment options.

Review Item	What to Look For	Your Options	Timeline
PPO Plan Discontinuation	Check if your PPO plan is being discontinued or merged.	Switch to another Medicare Advantage plan, return to Original Medicare with Part D and Medigap, or coordinate other coverage.	Special Enrollment Period (SEP) triggered by plan termination; notice mailed with ANOC by late September.
Prescription Drug Cost Cap	Review changes in drug coverage and tiers due to new \$2,000 cap.	Compare Part D plans and evaluate total out-of-pocket costs.	Effective January 1, 2026; details in ANOC mailed by late September.
Provider Network Changes	Verify if your doctors and hospitals remain in-network.	Change plans or providers to maintain coverage.	Review during Annual Enrollment Period (Oct 15–Dec 7, 2025).
Reduction or Elimination of Extra Benefits	Check if dental, vision, hearing, or fitness benefits are reduced or removed.	Consider switching to a plan that includes needed benefits.	Review during Annual Enrollment Period (Oct 15–Dec 7, 2025).
Plan Mergers and Terminations	Understand if your plan is being merged or terminated.	Review new plan details and compare other options.	Notice mailed with ANOC by late September; act during AEP or SEP.



Ingredients

Like I said, this recipe is super simple. Here's what you'll need:

- **Elbow Macaroni** – this is *macaroni* and cheese, after all! But feel free to use any pasta you prefer.
- **Cheese** – any melty cheese works, but for classic mac and cheese, use cheddar. And be sure to grate it yourself!
- **Milk** – the liquid ingredient that serves as the base of the sauce. Go for full fat for maximum flavor!
- **Butter** – for added richness.
- **Eggs** – they thicken the sauce and add richness, as well.
- **Salt and Pepper** – to taste.



How to Make Old-Fashioned Mac and Cheese

1. Cook the pasta.

I like to cook elbow macaroni for only 4-5 minutes because it will continue to cook in the oven.

If you cook the pasta until it's ready to eat, it will likely turn mushy in the oven.

2. Grease the dish.

This part is important! The pasta will stick to the bottom of the dish if you don't.

3. Combine the cooked macaroni, butter, cheese, salt, and pepper.

Add the ingredients directly to the dish for easy clean-up – just be sure you have a tall-sided dish, so nothing spills out.

4. Whisk together the milk and eggs.

This mixture serves as the base of the sauce. When baked along with grated cheese, they turn into a thick and creamy mixture, kind of like savory custard.

Pour the mixture over the macaroni.

5. Bake the dish.

It will need around 40 to 50 minutes at 350 degrees Fahrenheit.

6. Add more cheese!

This step is optional, but I like to add extra cheese and broil the dish for about 3-5 minutes.



Bayside Older Adult Center Activities for October, 2025

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30-10:30am) Mah Jong (12:30-3:30pm) Latin Dance w/ Yukari (1-2pm)	2 Painting Group (9am-3pm) Wing Chun w/ David (10-11am) 12:00pm Congresswomen Grace Karaoke w/ David (12:00-3:45pm) Line Dance w/ Harrison (1-3pm)	3 Painting Group (9am-3pm) Ballroom/Latin Dance w/ Jennifer (9am-10am) Age-Tastic! (10am-11am) Live DJ and Social Dancing (1:00-3:00pm)
6 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat (12:30-1:30pm) Mah Jong (12:30-3:30pm) Line Dance w/ Rose (1:30pm)	7 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10-11am) Karaoke w/ David (12:00-3:45pm) Bingo w/ Pat (12:30-1:30pm) Latin Dance w/ Yukari (1:30pm)	8 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30-10:30am) Mah Jong (12:30-3:30pm) Latin Dance w/ Yukari (1-2pm)	9 Painting Group (9am-3pm) Wing Chun w/ David (10-11am) Karaoke w/ David (12:00-3:45pm) Line Dance w/ Harrison (1-3pm)	10 Painting Group (9am-3pm) Ballroom/Latin Dance w/ Jennifer (9am-10am) Age-Tastic! (10am-11am) Live DJ and Social Dancing (1:00-3:00pm)
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Name: _____

PUMPKIN PATCH WORD SEARCH

Words are hidden in all directions.

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

Family
Tradition
Spooky
Squash
Season
Crops
Decorations
Nature
Outdoor
Plant
Bountiful
Cide
Vine




Pumpkin
Patch
Gourd
Harvest
Field
Orange
Fall
October
Cornucopia
Hayride

Cornfield
Farm
Autumn
Seeds
Carving
Halloween
Picking
Fun
Festive
Jack-o'-lantern



Resources!


SIGNS OF ADULT/ELDER ABUSE




Depression, confused,
withdrawn



Isolated from loved ones
and community



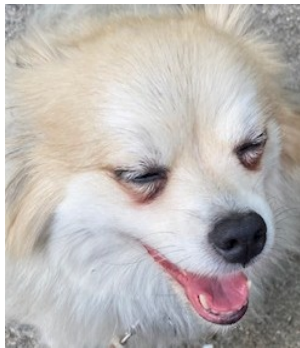
Unexplained bruises,
burns, scars



Appears dirty,
underfed, dehydrated,
over/undermedicated



BLOOMING HEALTH Bayside Senior Center
Older Adults Survey



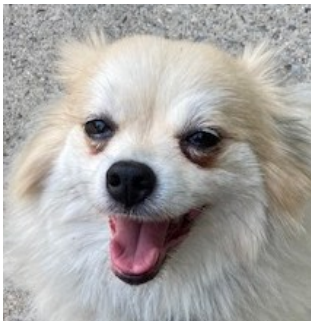
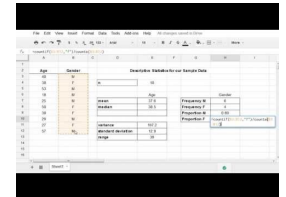
How long have you been a member at Bayside OAC?

11 months or more –55%
Less than one year –33%
Prefer Not to say-12%



Age group of member

60-69s—36%
70-79 - 55%
Over 80—9%



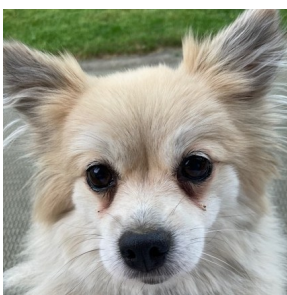
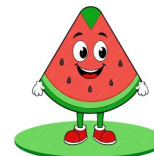
Gender of Member

Male —39%
Female - 61%
Prefer not to say—%



Race/ethnicity of Member

Black/African American –2%
Asian—34%
White - 31%
Hispanic/Latino/Spanish –30%
More than One -%
Prefer not to say –3%



Fall Mazes!



125+
YEARS OF CHANGING LIVES



Resources!

Holidays, Observances & Awareness

OCTOBER

Holidays & Awareness Days

OCTOBER 1	World Vegetarian Day
OCTOBER 4	Improve Your Office Day
OCTOBER 5	World Teacher's Day
OCTOBER 13	Columbus Day
OCTOBER 14	National Dessert Day
OCTOBER 16	National Boss Day
OCTOBER 18	Sweetest Day
OCTOBER 28	Plush Animal Lover's Day
OCTOBER 31	Halloween



Show support for Breast Cancer Awareness Month and other causes with the Find the Cure Ribbon Magnet (.030 Thick). Q12491



Give your customers a sweet Skittles Treat Packet on National Dessert Day. Q4299



Awareness Months

- ADHD Awareness Month
- Breast Cancer Awareness Month
- Domestic Violence Awareness Month
- National Physical Therapy Month
- Cookie Month

Awareness Weeks

OCTOBER 5 – 11	Fire Prevention Week
	Get Organized Week
OCTOBER 6 – 10	Customer Service Week
OCTOBER 19 – 25	National Respiratory Care Week



Monthly Planners make great giveaways for Get Organized Week or World Teacher's Day! Q1632



BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa Farmer.....President
Vacant Vice President
Pat Walton Treasurer
Leo Palumbo Secretary

ADVISORY COUNCIL

Members:

Carmela Pozzi
Rosa Farmer
Jane Chin
Fraternidad Sevilla
Christina Lau



BAYSIDE OLDER ADULT CENTER STAFF



Pang F. Chu Program Manager
Kathy Lundgren Office Manager
Eulalia ChoiCase Manager
Yolanda De Martinez Custodian
Annmarie Payne Transportation Coordinator
Elizabeth Mui.....Recreational Coordinator

Henry Cadet Transportation
Shawn White Transportation
Laura Moy Kitchen Aide
Yung Ping Tam Kitchen Aide
Michael Mason Jr. Kitchen Aide

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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.



Wednesday, October 12

**Bone and Joint Health
Action Week**



**The Best Exercises
for Your Joints**

Friday, October 21

National Mammography Day



**National
Mammography Day**

Thursday, October 27

**Liver Cancer
Awareness Month**



**13 Signs There's Something
Wrong with Your Liver**



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

Name: _____ Date: _____



Pumpkin Varieties



AMBER
APPALACHIAN
ASPEN
ATLANTIC
AUTUMN GOLD
BABY BEAR
BABY BOO
BABY PAM
BAKING
BIG AUTUMN
BIG MAX
BIG MOON
BIG TOM
BUFF
BUMPY
BUSHKIN
CASPER
CHELSEA
CINDERELLA
COLOR
CONNECTICUT
CROP
CUCURBITA
CUSHAW
DICKINSON
FAIRYTALE
FIELD
FROSTY
FUNNY FACE
GOLDEN
GREEN
HAPPY JACK
HARVEST MOON
HEIRLOOM
HOWDEN
HYBRID
JACKPOT
JUMBO
JUMPIN JACK
KENTUCKY
LARGE
LITTLE BOO
LUMINA
MAMMOTH GOLD
MEDIUM
MINIATURE
MUNCHKIN

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

NEW ENGLAND
ORANGE
PEEKABOO
PEPO
PIE
REDDISH
SEEDS
SMALL
SMOOTH

SNOWBALL
SPIRIT
SPOOKTACULAR
STANDARD
STRIPED
SUGAR TREAT
TRICKSTER
WHITE
YELLOW



SUGAR RUSH

10 Most Popular Halloween Candies in America

10 3 MUSKETEERS

Over \$101 million in sales



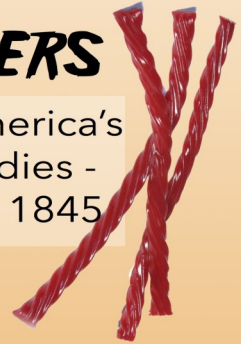
9 SKITTLES

Started as a European candy



6 TWIZZLERS

One of America's oldest candies - Created in 1845



7 STARBURST

The original flavors are strawberry, lemon, orange and lime



5 KIT KAT

Comes in milk, white and dark chocolate varieties



3 SNICKERS

Debuted in 1930



Over \$324 million in sales

4 HERSHEY'S



2 M&M'S

Over \$500 million in sales



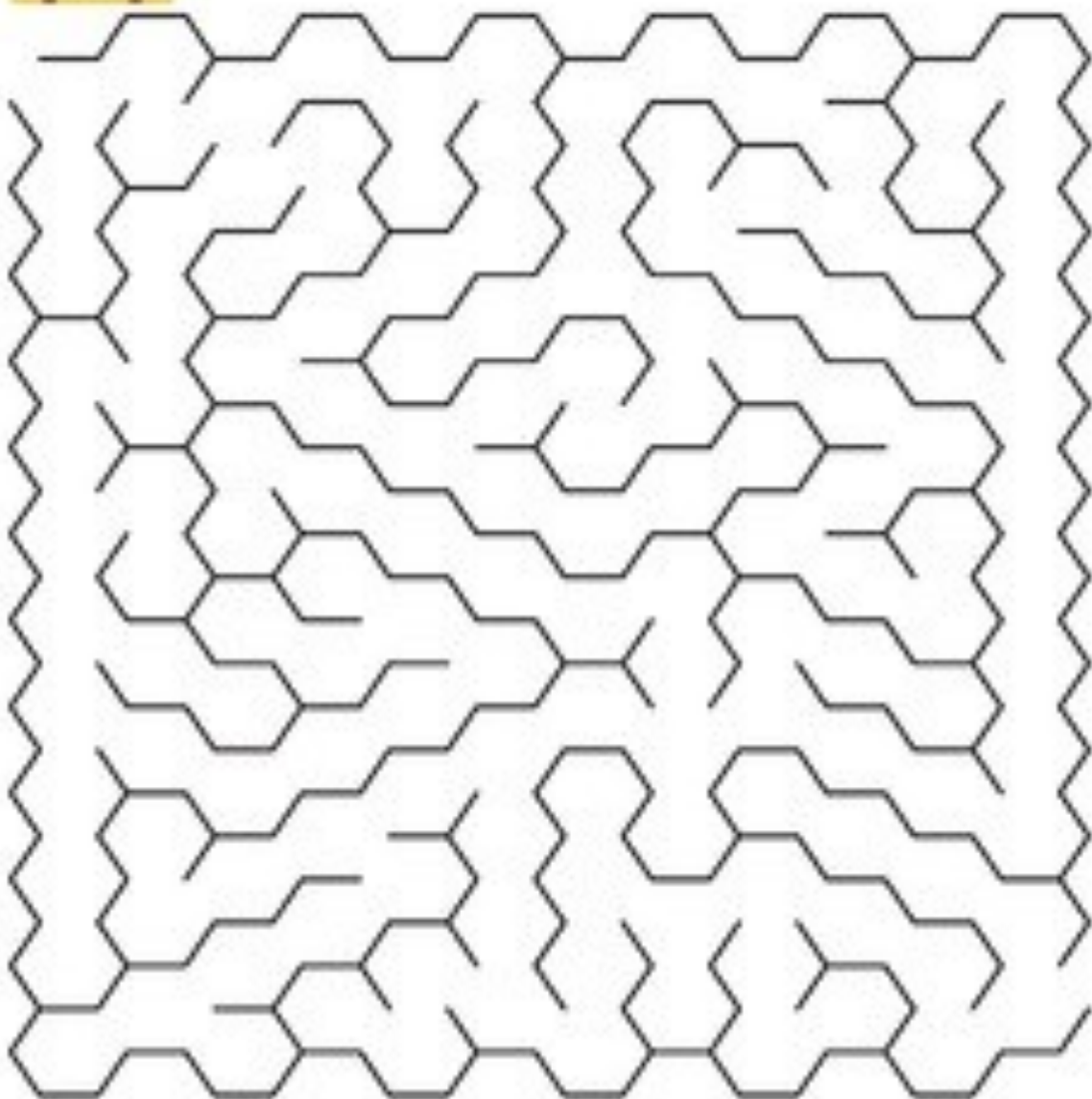
Top grossing candy in America

1 REESE'S





Autumn Maze





NEW!

NEW!

NEW!



NEW!

WELCOME

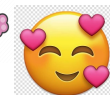
September 2025 New Members



NEW!

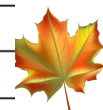


NEW!



NEW!

NEW!



NEW!

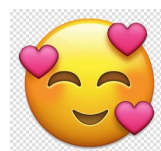
1.	King Y. Woo
2.	Jao-Shing Chen
3.	Sue Chen
4.	Julie Yei Hung Wu
5.	Young Joo Jhee
6.	Chieng San L. Co
7.	Bobby Chew
8.	Prayoachn Tantisujjatham
9.	Sumalee Tantisujjatham
10.	Nazmul Haque
11.	Chul S. Shin
12.	Hyo S. Shin
13.	Luis F. Pazmino
14.	Fuchiko Luu
15.	Rafael C. DeGuzman
16.	Aurora O. DeGuzman
17.	Rudolph Williams
18.	Ma Guilan
19.	Roopali Singh
20.	Evanthia Miles
21.	Ting Chang Chu
22.	Shun Fat Lam
23.	Yuen Fun Lam Lee
24.	Miranda CP Hu
25.	Liliana Tancredi
26.	Wayne J. Davies
27.	Francine Herrera
28.	Wai Leung Chan



NEW!



NEW!



NEW!





■ What is Sickle Cell Disease?

Sickle cell disease is an inherited blood condition that changes the shape of red blood cells. Instead of being round, some cells become crescent or “sickle” shaped. These sickle-shaped cells can block blood flow, leading to:

- Anemia (low red blood cell count)
- Pain episodes
- Infections
- Serious complications

■ Early Screening Saves Lives

New York State has been a national leader in protecting children:

- First in the nation (1975) to screen all newborns for sickle cell disease.
- Today, babies born in New York are tested for over 50 conditions.
- Early diagnosis helps children live longer, healthier lives.

■ Hope Through Treatment

Doctors now have treatments that can manage sickle cell disease—and even cures in some cases:

- Stem cell transplants
- New gene therapy (including CRISPR, FDA approved)

♥■ How You Can Help

People living with sickle cell disease often need regular blood transfusions:

- ✓■ Blood donors save lives. Every donation can make a difference.
- ✓■ If you are healthy and able, consider donating blood at a local drive.

“Sickle cell disease continues to bring physical, emotional, and financial challenges for individuals and their loved ones. The Department of Health is committed to raising awareness, strengthening newborn screening, and supporting equitable access to quality care.”

■ Resources for You

- Learn about New York’s Newborn Screening Program: health.ny.gov
- Information on living with sickle cell disease: health.ny.gov
- Find a blood donation location near you: health.ny.gov

■ Contact Us

New York State Department of Health

Phone: 518-474-2043 x. 2

Email: press@health.ny.gov

Stay connected:

- Facebook: facebook.com/NYSDOH
- Twitter: twitter.com/HealthNYGov
- Pinterest: pinterest.com/nysdoh

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	I	T	G	M	T	N	K	G	F	A	L	L	F	O	L	I	A	G	E	V
APPLES	N	M	A	K	S	T	J	M	K	Z	Z	F	O	O	T	B	A	L	L	S
AUTUMN	D	E	X	U	G	Q	R	G	R	N	E	E	W	O	L	L	A	H	M	E
AUTUMNAL	I	C	X	C	T	A	U	T	U	M	N	R	I	A	K	S	I	R	B	D
EQUINOX	G	I	Q	R	P	U	Y	A	F	M	N	R	B	N	Y	K	A	V	Y	I
BAKING	E	P	W	A	H	C	M	L	S	S	P	Q	B	A	K	K	N	K	S	R
BONFIRE	N	S	K	N	R	J	F	N	E	H	B	U	D	W	I	N	O	E	M	Y
BRISK AIR	O	J	Q	B	K	Z	T	V	A	O	R	S	O	N	R	O	L	S	T	A
CHESTNUTS	U	H	H	E	D	D	A	S	N	L	U	X	G	S	P	P	B	W	L	H
CIDER	S	M	L	R	N	E	P	F	E	B	E	P	P	S	P	R	H	E	R	F
COLUMBUS DAY	P	Z	V	R	L	K	I	R	M	V	K	Q	F	A	C	E	Q	A	B	K
CORN MAZE	E	W	R	I	Q	R	L	U	M	S	R	T	U	L	K	D	Y	T	Q	K
COZY	O	B	K	E	E	M	L	D	K	S	T	A	P	I	J	I	K	E	B	G
CRANBERRIES	P	A	P	S	J	O	G	M	J	N	X	U	H	U	N	C	L	R	Z	Y
FALL FOLIAGE	L	K	C	N	C	O	C	V	C	R	P	B	N	T	M	O	M	S	K	R
FOOTBALL	E	I	F	O	U	B	X	Q	L	O	M	C	K	T	F	P	X	L	P	T
GOURDS	S	N	G	R	Z	Z	W	O	R	C	E	R	A	C	S	Y	K	X	K	T
HALLOWEEN	D	G	D	H	T	Y	M	K	R	A	G	J	M	R	T	E	Q	I	W	R
HARVEST	A	S	B	C	O	K	T	O	B	E	R	F	E	S	T	P	H	C	N	J
HAYRIDES	Y	M	V	D	V	C	O	R	N	M	A	Z	E	T	F	X	T	C	H	S
INDIGENOUS																				
PEOPLES DAY																				



LEAVES

OKTOBERFEST

PUMPKINS

RAKING

SCARECROW



SOUP

SPICE

SPOOKY

SQUASH

SWEATERS

October 2025



Happy Recap!

SEPTEMBER 2025



50 YEARS NYC
Department for
the Aging