CELEBRATING 125 YEARS

CATHOLIC CHARITIES Brooklyn & Queens EST. 1899

OCTOBER 2026

CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

BEST LIFE OLDER ADULT CENTER

118-35 Farmers Blvd

St. Albans, NY 11412

929-268-3326

Funded by NYC Aging

BEST LIFE OLDER ADULT CENTER Lunch Begins 12:00 - 1:00PM

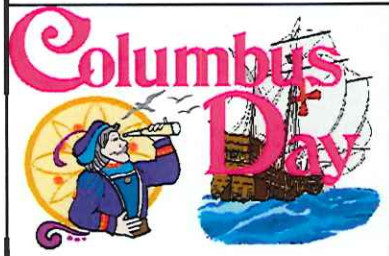
Funded by the NYC Aging MENU October (929) 268-3326

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 **Italian Meatballs/w Beef & Turkey** Penne Salad/w Chickpeas Bread/Milk/Fruit	2 **Baked Fish Marsala with Mushroom** Pasta Normandy Blend Bread/Milk/Fruit
5 **Citrus Braised Pernil Pork Shoulder** Mashed Potatoes Steamed Kale Bread/Milk/Fruit	6 **Mama's Pasta Fagioli** Baby Spinach Salad /w Mushroom &Vinaigrette Italian Blend Vegetables Bread/Milk/ Fruit	7 **Curry Chicken** Brown Rice/w Kidney Beans California Blend Veg. Bread / Milk / Fruit	8 **Spanish Style Beef Stew** Mashed Sweet Potatoes Blend Vegetables Bread/Milk/Fruit	9 **Spanish Style Baked Fish** Baked Red Potato Wedges Cooked Cabbage/w Shredded Carrots Bread/Milk/Fruit
	13 **Chickpeas** Rasta Pasta Italian Blend Vegetables Bread/Milk/ Fruit	14 **Brown Stew Chicken** Black Beans & Rice Cooked Cabbage/w Shredded Carrots Bread / Milk /Fruit	15 **Beef Salisbury Steak** Mushroom Gravy Garlic Mashed Potatoes Salad/w Chickpeas Bread/Milk/Fruit	16 **Apricot Glazed Fish** Pasta Baby Carrots & Parsley Bread / Milk /Fruit
9	20 **Chili-Spiced Pinto Beans Ragout** **Brown Rice** Steamed Carrots Bread/Milk/ Fruit	21 **Chicken/w Tomato Sauce** Red Beans & Brown Rice Cauliflower/w Carrots Bread / Milk / Fruit	22 **Beef Stew** Garlic Mashed Potatoes Salad/w Chickpeas Bread/Milk/Fruit	23 **Coconut Breaded Fish** Cous Cous California Blend Vegetables Bread/Milk/Fruit
26 **Stewed Pork Chops** White Rice California Blend Veg. Bread / Milk /Fruit	27 **Three Bean & Spinach Stew** Brown Rice /w Black Beans Caesar Salad Bread/Milk/ Fruit	28 **Caribbeans Style BBQ Chicken** Baked Macaroni & Cheese Green Beans/w Onions Bread /Milk / Fruit	29 **Basic Shepherd's Pie** Italian Blend Vegetables Bread/Milk/ Fruit	30 **Baked Marinated Fish** White Beans, Kale, & Carrot Medley Steamed Broccoli Bread/Milk/ Fruit

CCNS BEST LIFE OAC - ACTIVITIES CALENDER

(929) 268-3326

October CALENDER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 9:00 - 10:00 Trivia w/Corraine 10:00-2:00 Advance Sewing w/Dianne 12:00-1:00 Lunch 1:00- 2:00 Line Dancing w/ Anthony	2 9:00 - 10:00 Leisure Games 11:00 - 12:00 Line Dancing w/Shirley 12:00 - 1:00 Lunch 1:00 - 3:00 Celebration of Life
5 9:00 - 11:00 Trivia & Games w/ Corraine 10:00-2:00 Sewing/w Dianne 11:00-12:00 Line Dancing w/ Shirley 12:00-1:00 Lunch 1:00- 2:00 DJ Valentin	6 9:00 -10:00 Leisure Games 10:00-11:00 Jewelry Making 11:00-12:00 Chair Fitness 12:00 - 1:00 Lunch 1:00- 2:30 Sharpening of the Mind	7 9:00 - 10:00 Trivia w/Corraine 10:00-2:00 Sewing w/ Dianne 11:00 -12:00 Chair Fitness/Tommy 12:00- 1:00 Lunch 1:00 - 2:30 Joy of Painting	8 9:00 - 10:00 Trivia w/Corraine 10:00-12:00 Sewing w/ Wiloma 10:-00- 2:00 Advance Sewing w/ Dianne 12:00-1:00 Lunch 1:00- 2:00 Line Dancing w/ Anthony	9 10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie 11:00 - 12:00 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Chair Fitness /Tommy
	13 9:00 - 10:00 Leisure Games 10:00-11:00 Jewelry Making 11:00-12:00 Chair Fitness/Tommy 12:00 - 1:00 Lunch 1:00- 2:30 Sharpening of the Mind	14 9:00 - 10:00 Trivia w/Corraine 10:00-2:00 Sewing w/Dianne 11:00-12:00 Chair Fitness/Tommy 12:00 - 1:00 Lunch 1:00 - 2:30 Joy of Painting w/ Kyle	15 9:00 - 10:00 Leisure Games 10:00 - 2:00 Advance Sewing w/ Dianne 12:00-1:00 Lunch 1:00- 2:00 Line Dancing w/ Anthony	16 9:00 - 10:00 Poetry Reading w/Corraine 10:00 -11:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie/Sewing 11:00 - 12:00 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Chair Fitness /Tommy
19 9:00 - 10:00 Leisure w/Corraine 10:00-2:00 Sewing/ w Dianne 10:00-12:00 Rummikub Tourment 11:00 - 12:00 Line Dancing w/ Shirley 12:00-1:00 Lunch 1:00- 2:00 Elder Abuse	20 10:00- 12:00 Rummikub Tourment 10:00-11:00 Jewelry Making 11:00-12:00 Chair Fitness 12:00 - 1:00 Lunch 1:00-2:30 Sharping Your Mind	21 9:00 - 10:00 Trivia w/Corraine 10:00-2:00 Sewing w/Dianne 11:00 -12:00 Chair Fitness /Tommy 12:00- 1:00 Lunch 1:00- 2:30 Joy of Painting 4:00 -6:00 Talent Show / Natasha Williams	22 9:00 - 10:00 Leisure Games 10:00 - 12:00 Sewing w/ Wiloma 10:00- 2:00 Advance Sewing w/ Dianne 12:00- 1:00 Lunch 1:00 -2:00 Line Dancing w/Anthony	23 10:00- 12:00 Rummikub Tourment 10:00 -11:00 Sewing/w Dianne 10:00 -12:00 Crochet w/Celestie 11:00 - 12:00 Line Dancing w/Shirley 12:00 - 1:00 Lunch 1:00 - 2:00 Chair Fitness /Tommy
28 9:00 - 10:00 Trivial w/Corraine 10:00-11:00 Sewing/ w Dianne 11:00 - 12:00 Line Dancing w/ Shirley 12:00- 1:00 Lunch 1:00 - 2:00 Bingo w/ Denise & Kathy	27 9:00 - 10:00 Leisure Games 10:00-11:00 Jewelry Making 11:00-12:00 Chair Fitness 12:00 - 1:00 Lunch 1:00-3:00 Movie	28 9:00 - 10:00 Trivia w/Corraine 10:00-2:00 Sewingw/ Dianne 11:00 -12:00 Chair Fitness /Tommy 12:00- 1:00 Lunch 1:00- 2:30 Joy of Painting	29 9:00 - 10:00 Leisure Games 10:00 - 2:00 Advance Sewing / w Dianne 12:00 - 1:00 Lunch 1:00 - 2:00 Line Dancing w/Anthony	30 9:00 - 10:00 Leisure Games 10:00 -11:00 Sewing/w Dianne 10:00 -12:00 Crochet w/Celestie 11:00 - 12:00 Line Dancing w/Shirley 12:00 - 1:00 Lunch 1:00 - 2:00 Chair Fitness /Tommy

Best Life Senior Center
is sponsoring a
BUS TRIP
TO
HUNTERDON HILLS PLAYHOUSE
to see
Who's Bad
THE ULTIMATE MICHAEL JACKSON EXPERIENCE



FRIDAY, FEBRUARY 26, 2027

$190.00 Total Cost

Includes TRANSPORTATION, LUNCH & A SHOW!

PAYMENT PLAN:

2 Payments of $65.00
& 1 Payment of $60.00

Final Payment Due
January 26, 2027

Join us for a day of great entertainment, fun and fellowship!



Seats are limited!

For more information and to reserve your spot,
please contact Denise and Kathy.

You're Invited to

THE GREAT RUMMIKUB TOURNAMENT

— PLAY. STRATEGIZE. WIN! —

TOURNAMENT DATES:

OCT 19 10AM • **OCT 20** 10AM • **OCT 23** 10AM

LOCATION:
Best Life Senior Center
118-35 Farmers Boulevard
St Albans, NY 11412



VOLUNTARY $3 CONTRIBUTION

MAXIMUM PLAYERS: 32

All skill levels welcome!

OPEN REGISTRATION

See Kathy, Robert and Roslyn to sign up!

R U M M I K U B

Come for the fun, stay for the competition, and be crowned Rummikub Champion!

125+

CATHOLIC CHARITIES Brooklyn & Queens

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

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 AM - 11 AM

St. Gregory the Great
224 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Church of the Holy Spirit
1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Michael/St. Malachy
Beginning September 26, 2025
286 Warwick Street, Brooklyn 11207
Every Friday, 9:30 AM - 11:30 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 - 11:30 AM

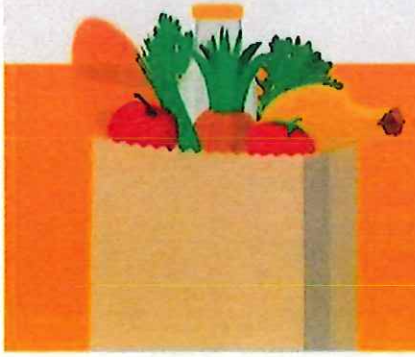
Presentation of the Blessed Virgin Mary
88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

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)
Beginning May 9, 2024: 2nd Thursday of the month,
2 PM - 5 PM

For the full list of affiliate locations, visit: 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. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.

NYC Mayor's Office of Immigrant Affairs

Need Immigration Legal Help?

NYC's Free Legal Hotline is confidential, and in your language.

800-354-0365

Spanish
Español

¿Necesita ayuda legal de inmigración?

La línea de asistencia legal de la Ciudad de Nueva York es gratuita, confidencial y está disponible en su idioma.

Arabic
العربية

هل تحتاج إلى مساعدة قانونية في الهجرة؟

الخط الساخن للمساعدة القانونية في مدينة نيويورك مجاني، وسري، وبلغتك.

Bangla
বাংলা

অভিবাসন-সংক্রান্ত আইনি সহায়তা দরকার?

নিউ ইয়র্ক সিটির বিনামূল্যের হটলাইনটি গোপনীয়তা রক্ষা করে এবং আপনার নিজ ভাষায় সেবা প্রদান করে।

Haitian Creole
Kreyòl Ayisyen

Èske ou bezwen èd legal pou imigrasyon?

Lily Dirèk Legal Gratis Vil Nouyòk la konfidansyèl epi li disponib nan lang ou.

Chinese (Simplified)
简化字

需要移民法律帮助?

紐約市免费法律热线是保密的并用您的语言提供。

French
Français

Besoin d'aide juridique à l'immigration ?

La ligne d'assistance juridique gratuite de New York est confidentielle et disponible dans votre langue.

Chinese (Traditional)
正體字

需要移民法律援助?

紐約市免費法律熱線是保密的並用您的語言提供。

Korean
한국어

이민 법률 도움이 필요하세요?

뉴욕시의 무료 법률 핫라인은 비밀이 보장되며, 여러분의 언어로 제공됩니다.

Polish
Polski

Potrzebujesz pomocy prawnej w sprawach imigracyjnych?

Bezpłatna Infolinia Pomocy Prawnej Miasta Nowego Jorku jest poufna i w Twoim języku.

Learn more on our website or scan our QR
www.nyc.gov/knowyourrights

Depression Education and Awareness Month

Depression & Anxiety

October 30, 2026 10 AM - 11 AM

Depression and anxiety are common mental health conditions that can affect everyday life. Learn about their symptoms, treatments, and available resources.

CLICK HERE TO JOIN THE MEETING

Call-in Number 1 646-931-3860

Meeting ID: 853 0265 7292
Passcode: 922041



NYC Department for the Aging

Hosted by Students and Faculty from
St. John's University College of Pharmacy and Health Sciences

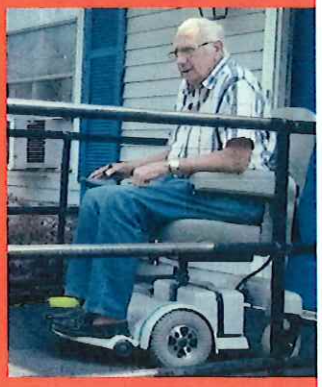
ST. JOHN'S UNIVERSITY

ADAPT COMMUNITY NETWORK [we change]

OLDER ADULTS HOME MODIFICATION PROGRAM







The Older Adults Home Modification Program (OAHMP) supports free, person-centered home modifications.

TO QUALIFY, PARTICIPANTS MUST:

- Be at least 62 years old
- Live within NYC's five boroughs (renters and homeowners)
- Have a household income at or below 80% of the Area Median Income (AMI)

The program covers low-cost, high-impact modifications that reduce fall risk, increase accessibility, and help seniors remain safely at home.

EXAMPLES OF OAHMP MAINTENANCE REPAIR ACTIVITIES

GRAB BARS • RAILINGS • RAMPS • LIGHTING IMPROVEMENTS ADAPTIVE EQUIPMENT • AND MORE

For more informtion on OAHMP please contact Wendy De Leon at:
wdeleon@adaptcommunitynetwork.org or call: 347.971.0325

HEART HEALTHY FOODS
PREVENT HEART DISEASE NATURALLY



WHAT to EAT?
FRUITS and VEGETABLES



WHAT to AVOID?
PROCESSED and GMO FOODS

*** Good fats**
monounsaturated fats
polyunsaturated fats
omega-3 fatty acids

*** Bad fats**
saturated fats
trans fats

SUPPLEMENTS with VITAMINS and MINERALS

- Vitamin C
- L-Proline
- L-Lysine
- Vitamin E
- Magnesium
- Vitamin D3
- CoQ10
- Fish Oil

VITAMINS
MINERALS
ANTIOXIDANTS
DIETARY FIBERS

SALT
BAD FATS
CALORIES
CHOLESTEROL

LIST of HEALTHY PRODUCTS


+ fibers
+ folic acid
+ potassium
+ vitamin C


Chia seed
healthy protein
+ fibers
+ good fats


+ potassium
+ folic acid
+ vitamin C,A
anti inflammation


+ Q10 co-enzyme
+ fibers
+ vitamin A, C
reduce inflammation


+ antioxidants
+ fibers
+ good fats


+ antioxidants
- cholesterol
- blood pressure
anti inflammation


+ vitamin C,A
+ antioxidants
+ potassium
- cholesterol


+ vitamin B
+ fibers
+ good fats


+ fibers
+ potassium
+ good fats
+ vitamin C,B


Spinatch
+ Q10 co-enzyme
+ antioxidants
+ potassium
- cholesterol
- toxins


+ antioxidants
+ fibers
+ potassium
- cholesterol
- blood pressure


+ fibers
+ antioxidants
- cholesterol


+ vitamin C, B
+ antioxidants
- cholesterol


+ vitamin A, C
+ potassium
+ fibers


Brown rice
+ fibers
+ antioxidants
+ lignans


+ vitamin A,B,C
helps with
cholesterol
blood flow


+ antioxidants


+ vitamin A, C
+ fibers

Tips for Prescription Preparedness

Disasters can prevent you from getting your medications. Follow these tips to make sure you are prepared.

1. Create a Personal Health Summary to keep track of your medical information. To create one, visit **nyc.gov/health/healthsummary**. Keep copies in your wallet and go-bag. (A go-bag has personal items you need to take with you if you have to evacuate. Visit nyc.gov and search **go-bag** to learn more.)

2. Make copies or take pictures of your prescription labels, health insurance card and prescription cards. Keep copies of these records in your go-bag and/or save the pictures to your phone.

3. Always have enough medication to last for at least seven days. Contact your pharmacy to get a refill if you have less than seven days' worth of medication left. If you get your medications through a mail-order pharmacy and you cannot get refills by mail in an emergency, take your medication label or a picture of the label to a local pharmacy; the pharmacist may be able to help you get a limited supply.

4. If you evacuate, take all your medications with you. Pack the original, labeled medication bottles or boxes with your name printed on them in your go-bag.



NYC Health

To learn more about how to prepare for public health emergencies, visit nyc.gov/health and search emergency prep.

HOW JASA CAN HELP

JASA's innovative **Elder Justice Program** utilize a team approach that has helped tens of thousands of survivors and their families successfully resolve crisis situations.

While our **attorneys** are available for legal representation, **social workers** provide individual and group counseling as well as assistance accessing support services.

JASA **trains** professionals, government personnel, law enforcement, and the public through our Elder Justice Training Institute and the NYC Elder Abuse Conference.

JASA **mobilizes** all community resources – the court system, social services, health providers – to ensure our clients' ongoing safety.

ELDER JUSTICE ABUSE SERVICES ARE AVAILABLE IN:

North Brooklyn and South Queens

THANK YOU TO OUR FUNDERS:

The David Berg Foundation
Lifespan of Greater Rochester, Inc.
Monroe County Office for the Aging
New York City Council through the Dove Initiative
New York City Department for the Aging
New York State Office for the Aging
US Administration on Aging
Anonymous

FOR MORE INFORMATION

Phone: 212.273.5272
Email: help@jasa.org
www.jasa.org

@JASASeniors

PROUD PARTNER UJA Federation NEW YORK

NYC Department for the Aging

JASA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 212-273-5200.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 212-273-5200。

ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 212-273-5200.

jasa®

ELDER JUSTICE PROGRAM

Elder Abuse Prevention & Intervention

ELDER ABUSE HURTS EVERYONE

UNDERSTAND · RESPOND · PROTECT

ABOUT JASA

Founded over 50 years ago, JASA honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.

JASA assists over 40,000 older New Yorkers and their families each year. Our continuum of services include affordable housing, home care, meals, senior centers, mental health assistance, legal support, and elder abuse prevention and intervention.

JASA is proud to be the go-to agency for older New Yorkers.

UNDERSTANDING ELDER ABUSE

Elder abuse, neglect, and exploitation are under-reported and widespread.

TYPES OF ELDER ABUSE

- Financial
- Physical
- Emotional
- Neglect
- Psychological
- Verbal
- Sexual

FACTS

- **The abuser is often a family member**
- **Survivors may be vulnerable due to compromised physical or mental health**
- **The most common form of elder abuse is financial**
- **76 out of every 1,000 older New Yorkers are survivors of elder abuse each year**
- **9% of all New York City residents age 60+ have been victimized**

Estimates based on "Under the Radar," New York State Elder Abuse Prevalence Study (2011)

WARNING SIGNS

A SURVIVOR OF ABUSE MAY BE:

- Fearful
- Depressed
- Over-medicated
- Unkempt
- Isolated
- Living in unsafe conditions
- Bruised or scratched
- In danger of losing personal assets or their home
- Missing glasses, hearing aid, dentures, or cane without explanation
- Unaware of their financial situation

STAFF

Best Life Older Adult Center

118-35 Farmer Blvd
Saint Albans, NY
11412
929-268-3326

Open Monday – Friday
8:00 am – 4:00 pm
Lunch 12:00 am – 1:00 pm

Ron Carson, Director of Field Operation

Carmen Rojas, Project Manager

Corraine Lashley, Administrative Assistant

Ron Fitzpatrick, Case Manager

John Moy, Kitchen Aide

Roderick Delph Maintenance Worker