

Sheridan Connections

CCNS Catherine Sheridan Older Adult Center
35-24 83rd Street Jackson Heights, NY 11372
Ph:718-458-4600 / Fx: 718-458-5665 ♦
FUNDED BY NYC AGING



"Courage doesn't always roar. Sometimes courage is the quiet strength to care for yourself, one day at a time."

October is **Breast Cancer Awareness Month**, a time to honor survivors, remember loved ones, support those currently facing breast cancer, and encourage regular health screenings. Breast cancer affects millions of individuals and families, but early detection through routine mammograms and breast health awareness can make a significant difference.

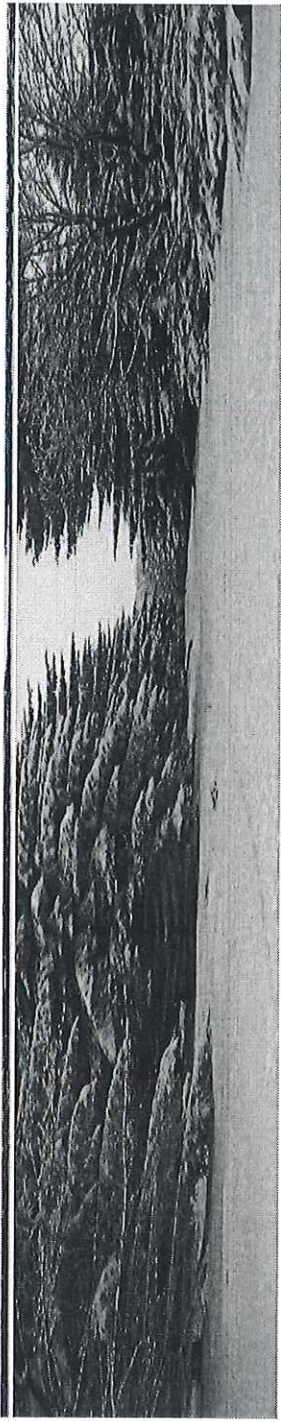
As we wear pink this month, let us also spread hope, compassion, and knowledge. Taking care of our health is one of the greatest gifts we can give ourselves and those who care about us. Whether by scheduling recommended screenings, learning more about breast health, supporting a friend, or participating in awareness activities, every effort helps build a stronger and healthier community.

Together, we celebrate resilience, raise awareness, and stand united in the fight against breast cancer. Let this month serve as a reminder that hope, support, and early detection save lives.

♥ **Think Pink. Stay Strong. Get Screened.** ♥ *The Team*

Aging is a journey filled with wisdom, experience and continued growth. Let us honor celebrate our seniors not just today but every day!

UPCOMING EVENTS
EMBRIDORY CLUB
FREE BLOOD PRESSURE SCREENING
TAI-CHI YOGA ZUMBA
OCTOBER FASHION SHOW
BIRTHDAY CELEBRATIONS
OPEN MIC THURSDAYS MUSIC TRIVIA



CCNS CATHERINE SHERIDAN OLDER ADULT CENTER SHOPPING AND RECREATION TRIPS FOR OCT/26

Call (718) 779-8305 to make a reservation.
Departure Time 9:30 a.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 B.J.S. \$3.00 Don LITTLE NECK FARM \$3.00	6 DUMBO \$4.00 DON	7	8	9	10
11	12 MACYS/ LIDL \$3.00	13	14	15 UNDER MAYER park \$4.00	16	17
18	19 T.J. MAXX \$3.00 Don	20 City island Lunch \$7.00	21	22	23	24
25	26 COTSCO \$3.00	27 IKEA \$3.00 Dontation	28	29	30	31

CCNS CATHERINE SHERIDAN OAC ACTIVITIES OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
 CCNS CATHERINE SHERIDAN OLDER ADULT CENTER JACKSON HEIGHTS NY 11372 718-458-4600 MONDAY - FRIDAY 8:30 TO 4:30			COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP-10:00 SOCIAL DANCING-DI IONATHAN 1:00-3:00 1:00 TO 3:00	ADVANCE CARE PLANNING PRESENTATION NYC HEALTH AND HOSPITALS 11:00-12:00 LEISURE GAMES 11:00-4:00
			COUNSELING WITH VICTORIA 8:30-4:30 10:00-11:00 KARAOKE WITH JANETH 1:00-4:00	FREE BLOOD PRESSURE SCREENING 10-3 10:00-11:00 LEISURE GAMES 11:00-4:00 BINGO 1:00 TO 3:00
			EXERCISE W/MARIA VERONICA 11:00-12:00 SOCIAL DANCING D/I VALENTIN-1-3 BINGO 1:00 TO 3:00 FREE BLOOD PRESSURE SCREENING 10-3	FREE BLOOD PRESSURE SCREENING 10-3 10:00-11:00 KARAOKE WITH JANETH 1:00-4:00
			EXERCISE W/MARIA VERONICA 11:00-12:00 SOCIAL DANCING D/I VALENTIN-1-3 BINGO 1:00 TO 3:00 FREE BLOOD PRESSURE SCREENING 10-3	COUNSELING WITH VICTORIA 8:30-4:30 10:00-11:00 KARAOKE WITH JANETH 1:00-4:00
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19	20	21	22	23
COUNSELING WITH VICTORIA 8:30-4:30 GRIEF AND ISOLATION GROUP-10:00 SOCIAL DANCING-DI WOODY 1:00-3:00 LEISURE GAMES-11:00-4:00	ART & CRAFT WITH DORA 10:00-11:00 YOGA WITH MIMI 11:30-12:30 TAI-CHI WITH HARRISON 1:30-2:30 LEISURE GAMES-11:00-4:00	EXERCISE W/MARIA VERONICA 11:00-12:00 SOCIAL DANCING D/I VALENTIN-1-3 BINGO 1:00 TO 3:00 FREE BLOOD PRESSURE SCREENING 10-3	COUNSELING WITH VICTORIA 8:30-4:30 10:00-11:00 KARAOKE WITH JANETH 1:00-4:00	FREE BLOOD PRESSURE SCREENING 10-3 10:00-11:00 KARAOKE WITH JANETH 1:00-4:00
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MENU TO CHANGE WITHOUT PRIOR NOTICE

CCNS CATHERINE SHERIDAN OAC OCTOBER 2024 LUNCH MENU

VOLUNTARY DONATION-\$1.25

CCNS CATHERINE SHERIDAN OAC
35-24 83RD STREET, JACKSON HEIGHTS
NY 11372
718-458-4600
MONDAY - FRIDAY
8:30 to 4:30

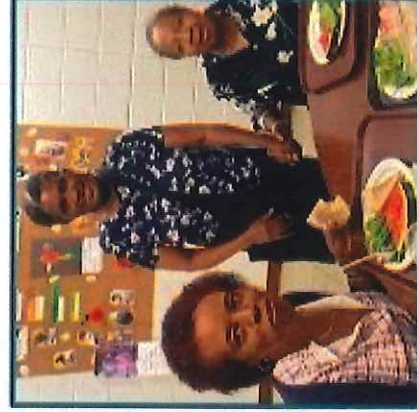


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
5	ITALIAN CHICKEN MEATBALLS PASTA PRIMAVERA ROASTED BROCCOLI BREAD/ 1% MILK/ FRUIT	6	PASTA FAGIOLI MUSHROOM & SPINACH SALAD BREAD/ 1% MILK/ FRUIT	7	BAKED PORK YELLOW RICE SAUTEED STRING BEANS BREAD/ 1% MILK/ FRUIT	8	SPANISH STYLE BEEF DICED SWEET POTATOES PRINCE EDWARD VEGETABLES BREAD/ 1% MILK/ FRUIT	9	TUNA SALAD PASTA SALAD SPINACH SALAD BREAD/ 1% MILK/ FRUIT
12	CHICKEN SALAD COLESLAW POTATO SALAD BREAD/ 1% MILK/ FRUIT	13	CHICKPEAS RASTA PASTA ITALIAN BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT	14	BBQ PULLED PORK YELLOW RICE STEAMED CARAROTS BREAD/ 1% MILK/ FRUIT	15	BEEF STEW MUSHROOM GRAVY GARDEN SALAD BREAD/ 1% MILK/ FRUIT	16	BAKED FISH / LEMON SARLIC BUTTER WHITE RICE SAUTEED GREEN BEANS BREAD/ 1% MILK/ FRUIT
19	CHICKEN MASHED POTATOES BREAD/ 1% MILK/ FRUIT	20	CHILI SPICED PINTO BEAN RAGOUT BROWN RICE STEAMED CARROTS BREAD/ 1% MILK/ FRUIT	21	ITALIAN STYLE PORK LOIN PENNE PASTA MUSHROOM AND SPINACH SALSAD BREAD/ 1% MILK/ FRUIT	22	BEEF STEW GARLIC MASH POTATOES GARDEN SALAD BREAD/ 1% MILK/ FRUIT	23	TUNA SALAD PASTA SALAD CEASAR SALAD BREAD/ 1% MILK/ FRUIT
26	JERK CHICKEN CALIFORNIA BLEND VEGETABLES MASHED POTATOES BREAD/ 1% MILK/ FRUIT	27	THREE BEAN AND SPINACH STEW BROWN RICE CEWASAR SALAD BREAD/ 1% MILK/ FRUIT	28	CHAMBRE DE GRANDULES YELLOW RICE SAUTEED STRING BEANS BREAD/ 1% MILK/ FRUIT	29	SHEPHEARDS PIE ITALIAN BLEND VEGETABLES BREAD/ 1% MILK/ FRUIT	30	BAKED SALMON ROASTED POTATOES GARDEN SALAD BREAD/ 1% MILK/ FRUIT

October 2026



Help Others Enjoy A Meal



Your voluntary contribution for our congregate meal program is greatly appreciated and helps your friends enjoy nutritious food. These voluntary contributions are confidential and the amount is only a suggestion.

You will NOT be denied a meal or service based on the amount of your contribution or if you are unable to contribute at all.

Thank you for your support.

For additional assistance, call Aging Connect at

212-AGING-NYC (212-244-6469)



125+

YEARS OF CHANGING LIVES



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.

BLOOD PRESSURE SCREENING

FREE HEALTH & WELLNESS SUPPORT FOR MEMBERS

Small Check.
A Big Difference!

KNOW YOUR NUMBERS. PROTECT YOUR HEART.

A Healthy Heart Builds Brighter Days!



QUICK • EASY • INFORMATIVE

- ✓ Blood Pressure Screening
- ✓ Know Your Numbers
- ✓ Take Control of Your Health
- ✓ Heart Health Education
- ✓ Health & Wellness Support

Healthy People
Stronger Communities



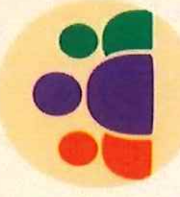
PREVENT
HEART DISEASE



SUPPORT
BRAIN HEALTH



STAY ACTIVE
LONGER



LIVE A HEALTHIER,
HAPPIER LIFE

FOR
MEMBERS
ONLY



DATE:

Every Monday & Friday



TIME:

Starting at 10:00 AM



LOCATION:

2nd Floor

STOP BY, SAY HELLO AND
HAVE A CHAT WITH THE RN

Take a few minutes to learn more about your heart health, ask questions, and receive helpful wellness information.

FREE SERVICES:

- ✓ Blood Pressure Screening
- ✓ Heart Health Education
- ✓ Health & Wellness Support
- ✓ Healthy Lifestyle Tips
- ✓ Community Resource Information



Caring
People
Healthier
Lives

YOUR HEALTH MATTERS

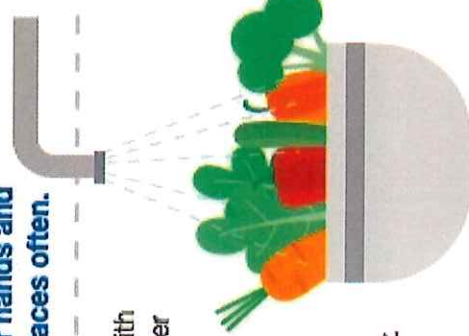
Healthy Individuals • Stronger Communities

FUNDED BY NYC AGING

Easy Ways to... Keep Food Safe

CLEAN your hands and surfaces often.

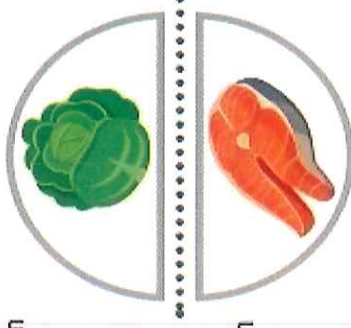
- Wash your hands with soap and warm water for 20 seconds.
- Wash utensils and cutting boards regularly.
- Rinse produce under running water.



SEPARATE

raw meats, poultry and seafood.

- Store them away from ready-to-eat foods in your refrigerator.
- Use separate cutting and preparation surfaces.
- Keep them away from other foods in your shopping cart.



COOK foods to a safe temperature.

- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.

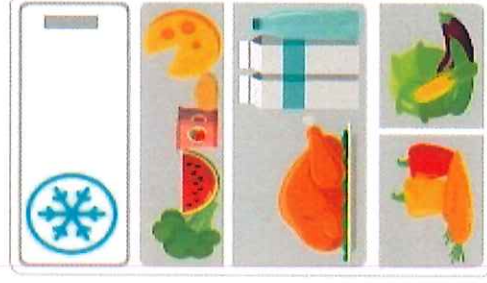


Safe Cooking Temperatures:

- Poultry: 165 degrees Fahrenheit
- Ground meats: 160 degrees Fahrenheit
- Whole cuts of beef, pork, veal or lamb: 145 degrees Fahrenheit

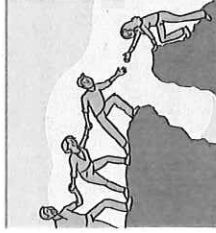
CHILL foods.

- Keep your refrigerator at or below 40 degrees Fahrenheit.
- Refrigerate food within two hours of cooking or removing it from the refrigerator.
- Always thaw food in the refrigerator.



Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:



BUILD RESILIENCE

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

To build resilience:

- ☐ Develop healthy physical habits.
- ☐ Take time for yourself each day.
- ☐ Look at problems from different angles.
 - Learn from your mistakes.
- ☐ Practice gratitude.
- ☐ Explore your beliefs about the meaning and purpose of life.
- ☐ Tap into social connections and community.

REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time—a condition known as chronic stress—those “high alert” changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage your stress:

- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Build a social support network.
- ☐ Set priorities.
- ☐ Show compassion for yourself.
- ☐ Try relaxation methods.
- ☐ Seek help.



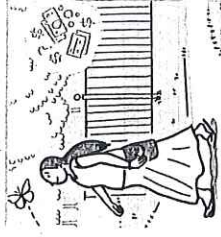
GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

To get better quality sleep:

- ☐ Go to bed and get up each day at the same time.
- ☐ Sleep in a dark, quiet place.
- ☐ Exercise daily.
- ☐ Limit the use of electronics.
- ☐ Relax before bedtime.
- ☐ Avoid alcohol before bedtime and stimulants like caffeine or nicotine.
- ☐ Consult a health care professional if you have ongoing sleep problems.





BE MINDFUL

The concept of mindfulness is simple. This ancient practice is about being completely aware of what's happening in the present—of all that's going on inside and all that's happening around you. It means not living your life on "autopilot." Becoming a more mindful person requires commitment and practice. Here are some tips to help you get started.

To be more mindful:

- ☐ Take some deep breaths in through your nose to a count of 4, hold for 1 second, and then exhale through the mouth to a count of 5. Repeat often.
- ☐ Enjoy a stroll, notice the sights around you.
- ☐ Practice mindful eating. Be aware of each bite and when you're full.
- ☐ Be aware of your body. Do a mental scan, bringing your attention to how each part feels.
- ☐ Find mindfulness resources, including online programs.



COPE WITH LOSS

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Learn healthy ways to help you through difficult times.

To help cope with loss:

- ☐ Feel your feelings. Allow yourself to grieve.
- ☐ Be flexible. What works one day to help you cope may not work the next.
- ☐ Seek support. Talk with people you trust.
- ☐ Create a routine and sense of order. Eat healthy. Keep a regular sleep schedule.
- ☐ Honor your loved ones who have passed. Remember and celebrate their lives.
- ☐ Get help from a professional if you're having trouble with everyday activities.



STRENGTHEN SOCIAL CONNECTIONS

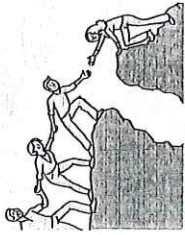
Social connections might help protect health and lengthen life. Scientists are finding that our links to others can have powerful effects on our health—both emotionally and physically. Whether with romantic partners, family, friends, neighbors, or others, social connections can influence our biology and well-being.

To build healthy support systems:

- ☐ Build strong relationships with your kids.
- ☐ Get active and share good habits with family and friends.
- ☐ If you're a family caregiver, ask for help from others.
- ☐ Join a group focused on a favorite hobby, such as reading, hiking, or painting.
- ☐ Take a class to learn something new.
- ☐ Volunteer for things you care about in your community, like a community garden, school, library, or place of worship.
- ☐ Travel to different places and meet new people.

Lista de control de bienestar emocional

El bienestar emocional es la capacidad de manejar con éxito las tensiones de la vida y adaptarse a los cambios y los tiempos difíciles. Estos son algunos consejos para mejorar su salud emocional:



DESARROLLAR LA RESILIENCIA

Los expertos afirman que las personas que están emocionalmente sanas experimentan menos emociones negativas y son capaces de recuperarse de las dificultades más rápidamente. Esta cualidad se llama resiliencia. Aprender maneras sanas de salir adelante y de aprovechar los recursos de su comunidad puede servirle de ayuda para desarrollar su resiliencia.

Acciones para desarrollar la resiliencia:

- ☐ Refuerce los hábitos físicos saludables.
- ☐ Tómese un tiempo para usted cada día.
- ☐ Mire los problemas desde diferentes ángulos.
- ☐ Practique la gratitud. Dedique tiempo a anotar las cosas por las que dar las gracias cada día.
- ☐ Explore sus creencias sobre el significado y el propósito de la vida.
- ☐ Aproveche las conexiones sociales y su comunidad.
- ☐ Pida ayuda cuando la necesite.

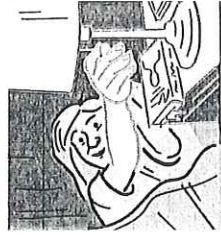


REDUCIR EL ESTRÉS

Todos se sienten estresados de vez en cuando. El estrés puede darle una avalancha de energía cuando más se necesita. Pero si el estrés dura mucho tiempo (una condición conocida como estrés crónico) esos cambios de "alerta máxima" se vuelven dañinos en lugar de útiles. Aprender formas saludables de lidiar con el estrés también puede aumentar su capacidad de recuperación.

Para ayudar a controlar su estrés:

- ☐ Duerma lo suficiente.
- ☐ Haga ejercicio regularmente.
- ☐ Construya una red de apoyo social.
- ☐ Establezca prioridades.
- ☐ Muestre compasión por usted mismo.
- ☐ Programe horarios regulares para una actividad relajante.
- ☐ Busque ayuda.



PROCURAR UN SUEÑO DE CALIDAD

Para lograr hacer todo lo que queremos hacer en nuestros días, a menudo sacrificamos el sueño. Pero el sueño afecta tanto la salud mental como la física. Es vital para su bienestar. Cuando está cansado, no puede funcionar de la mejor manera. El sueño le ayuda a pensar con más claridad, a tener reflejos más rápidos y a concentrarse mejor. Tome medidas para asegurarse de dormir bien regularmente por la noche.

Para obtener un sueño de mejor calidad:

- ☐ Acuéstese a la misma hora todas las noches y levántese a la misma hora todas las mañanas.
- ☐ Duerma en un ambiente oscuro, tranquilo y cómodo.
- ☐ Haga ejercicio todos los días.
- ☐ Limite el uso de productos electrónicos.
- ☐ Relájese antes de acostarse.
- ☐ Evite el alcohol y el comer grandes cantidades de comida antes de acostarse. También evite estimulantes como la nicotina y la cafeína.
- ☐ No tome siestas después de media tarde.
- ☐ Trate de recibir luz solar natural por lo menos 30 minutos al día.
- ☐ Consulte a un profesional de la salud si tiene problemas continuos para dormir.



SER CONSCIENTE

El concepto de atención plena es simple. Esta antigua práctica se trata de ser completamente consciente de lo que sucede en el momento, de todo lo que sucede dentro suyo y todo lo que sucede a su alrededor. Significa no vivir su vida "en piloto automático". Convertirse en una persona más consciente requiere compromiso y práctica. Aquí hay algunos consejos para ayudarlo a comenzar.

Para ser más consciente:

- ☐ Inhale profundamente por la nariz hasta contar 4, sostenga durante 1 segundo y luego exhale por la boca hasta contar 5. Repita a menudo.
- ☐ Disfrute de un paseo y observe las vistas alrededor suyo.
- ☐ Practique la alimentación consciente. Preste atención a cada bocado y cuando se sienta satisfecho.
- ☐ Busque recursos de atención plena en su comunidad local, lo que incluye clases, programas o libros.



HACER FRENTE A LA PÉRDIDA

Cuando alguien a quien ama muere, su mundo cambia. No hay manera correcta o incorrecta de lamentar la pérdida. Aunque la muerte de un ser querido puede sentirse abrumadora, la mayoría de la gente puede superar la pérdida con el apoyo de familiares y amigos. Aprenda formas saludables de sobrellevar tiempos difíciles.

Para ayudar a lidiar con la pérdida:

- ☐ Cuídese.
- ☐ Hable con un amigo afectuoso.
- ☐ Trate de no hacer cambios importantes de inmediato.
- ☐ Únase a un grupo de apoyo para el duelo.
- ☐ Considere recibir apoyo profesional.
- ☐ Hable con su médico si tiene problemas con las actividades cotidianas.
- ☐ Sea paciente. El duelo toma tiempo.



FORTALECER LAS CONEXIONES SOCIALES

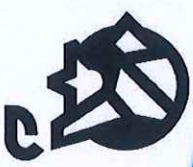
Las conexiones sociales pueden ayudar a proteger la salud y alargar la vida. Los científicos están descubriendo que nuestros vínculos con los demás pueden tener efectos poderosos en nuestra salud, tanto emocional como física. Ya sea con parejas, familiares, amigos, vecinos u otros, las conexiones sociales pueden influir en nuestra biología y nuestro bienestar.

Para construir sistemas de apoyo saludables:

- ☐ Establezca relaciones sólidas con sus hijos.
- ☐ Manténgase activo y comparta buenos hábitos con familiares y amigos.
- ☐ Si es cuidador familiar, pida ayuda a los demás.
- ☐ Únase a un grupo enfocado en su hobby favorito, como leer, ir de excursión o pintar.
- ☐ Tome una clase para aprender algo nuevo.
- ☐ Ofrézcase como voluntario para las cosas que le interesan en su comunidad, como un jardín comunitario, una escuela, una biblioteca o un lugar de culto.
- ☐ Viaje a diferentes lugares y conozca gente nueva.



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.

Bangla
বাংলা

অভিবাসন-সংক্রান্ত আইনি সহায়তা দরকার?
নিউ ইয়র্ক সিটির বিনামূল্যের হটলাইনটি
গোপনীয়তা রক্ষা করে এবং আপনার নিজ
ভাষায় সেবা প্রদান করে।

Chinese
(Simplified)
简化字

需要移民法律帮助?
纽约市免费法律热线是保密
的并用您的语言提供。

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。

Polish
Polski

Potrzebujesz pomocy prawnej
w sprawach migracyjnych?
Bezpłatna Infolinia Pomocy
Prawnej Miasta Nowego Jorku jest
poufna i w Twoim języku.

Arabic
العربية

هل تحتاج إلى مساعدة قانونية في الهجرة?
الخط الساخن للمساعدة القانونية في
مدينة نيويورك مجاني، وسري، وبلغتك.

Haitian
Creole
Kreyòl
Ayisyen

Èske ou bezwen èd legal
pou imigrasyon?
Liy Dirèk Legal Gratis Vil
Nouyòk la konfidansyèl epi li
disponib nan lang ou.

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.

Korean
한국어

이민 법률 도움이 필요하세요?
뉴욕시의 무료 법률 핫라인은 비밀이
보장되며, 여러분의 언어로 제공됩니다.



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

RANDOM ACTS OF KINDNESS FOR OLDER ADULTS

A kinder
community
is a brighter
tomorrow

KIND
PEOPLE
BRIGHTEN
BRIGHTER
DAYS



Call a friend or
family member



Hold the door
open



Welcome a new
center member



Help someone
with technology



Share a smile or
kind compliment



Donate food or
useful items



Write a thoughtful
note



Thank a staff
member or volunteer



Check in on
a neighbor



Share a favorite
story or memory



Invite someone
to join an activity



Volunteer at
your center

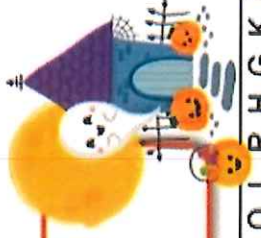
*The air turns crisp, the nights grow longer,
and the heart feels warmer in October's embrace.*

Celebrate the season by sharing kindness with others every day.

Small acts can make a big difference!

Name: _____

Date: _____



October

AUTUMN
BASEBALL
BLANKETS
BONFIRE
BOO
CANDY
CANDY CORN
CHANGE
CHILLY
CIDER
CINNAMON
CLOVES
COBWEBS
COLD
COSTUME
COZY
CRISP
CRUNCHING
DECIDUOUS
FALL
FOLLAGE
FOOTBALL
FROST
GATHER
GINGER
GOLDEN
GOURD
HALLOWEEN
HARVEST
HAYRIDE
HIKE
JACK O LANTERN
JACKET
LEAVES
MAROON
MASK
MAZE
MOON
NUTMEG
ORANGE
ORCHARD
PICK
PLENTIFUL
PUMPKIN PATCH
PUMPKIN SPICE
PURPLE
RAKE

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

RED
RUSTLING
SCARECROW
SCENIC
SKELETON
SLIME GREEN
SPICES
SPOOKY
SWEATER

TENTH
TOURIST
TRAIL
TREATS
TRICK OR TREAT
TRICKS
VIEW
WORLD SERIES
YELLOW

