

125+
YEARS OF CHANGING LIVES



Hillcrest Older Adult Center
91-34 182nd Place, 2nd Floor
Jamaica, NY 11423
(718) 297-7171

THE HILLCREST OLDER ADULT CENTER
NEWSLETTER FOR THE MONTH OF SEPTEMBER 2026



Hello October

One of the best things you
Can do for yourself is
Taking time to learn and grow.
Once you give yourself patience, you
Become your best friend. And the
Empathy, self-kindness and
Resilience are what you need to grow



FUNDED BY THE NYC DEPARTMENT FOR THE AGING

Our mission

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.

Meet our wonderful staff!!

Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Vere Guri	Custodian
Sam Williams	Kitchen Aide

CCNS HILLCREST OLDER ADULT CENTER PRESENTATIONS AND CLASSES – OCTOBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
PLEASE NOTE: ACTIVITIES SUBJECT TO CHANGE LAST MINUTE			1 10:30 Strength Training w/Allie - Feteness LLC 12:00 Lunch 1:00 Movie: "Grace and Frankie" w/Clelia 1:00 -3:00 Terpsichorean Dance W/Dancers	2 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Beth 12:00 Lunch 1:00-3:00 Friday Social w/ DJ Valentin
5 10:00 Elder Abuse w/ JASA/ Gurpreet 11:00 Zumba W/Feteness LLC 12:00 Lunch 1:00 Video Tour: Incredible places in Greece w/Clelia	6 10:00 Chair Aerobics w/Allie - Feteness LLC 12:00 Lunch 1:00 - 3:00 Art and Craft: Sea-Shell Painting w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	7 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Luis	8 10:30 Strength Training w/Allie - Feteness LLC 12:00 Lunch 1:00 -3:00 Terpsichorean Dance W/Dancers	9 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Beth 12:00 Lunch 1:00-3:00 Columbus Day Celebration w/ DJ Woody
12 CENTER CLOSED IN OBSERVANCE OF THE COLUMBUS DAY HOLIDAY	13 10:00 Chair Aerobics w/Allie - Feteness LLC 12:00 Lunch 1:00 - 3:00 Art and Craft: Flower Bouquet. w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	14 10:00 Today in the News 11:00 Leisure Games W/Olivia & Beth 12:00 Lunch 1:00 - 3:00 Dance Club w/ DJ Luis	15 10:30 Strength Training w/Allie - Feteness LLC 12:00 Lunch 1:00 Medicare 101 presentation w/Brianne w/ 1:00 -3:00 Terpsichorean Dance W/Dancers	16 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games W/Beth 12:00 Lunch 1:00-3:00 Friday Social w/ DJ Fitwell Hydro
19 10:00 Today in the News 11:00 Zumba W/Feteness LLC 12:00 Lunch 1:00 Video Tour: Incredible places in China w/Clelia	20 10:00 Chair Aerobics w/Gerard 12:00 Lunch 1:00 - 3:00 Art and Craft: Candle Making w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	21 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Clelia	22 10:30 Strength Training w/ Gerard 12:00 Lunch 1:00 Movie: "Julie & Julia" w/Clelia 1:00 -3:00 Terpsichorean Dance W/Dancers	23 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Beth 12:00 Lunch 1:00-3:00 Friday Social w/DJ Clelia
26 10:00 Leisure Games W/Clelia 11:00 Zumba W/Feteness LLC 12:00 Lunch 1:00 Video Tour: Incredible places in Japan w/Clelia	27 10:00 Chair Aerobics w/Gerard 12:00 Lunch 1:00 – 3:00 Art and Craft: Halloween Mask Painting & Crafting w/Ahmed 1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago	28 10:00 Today in the News 11:00 Leisure Games w/Olivia & Beth 12:00 Lunch 1:00 – 3:00 Dance Club w/ DJ Clelia	29 10:30 Strength Training w/ Gerard 12:00 Lunch 1:00 -3:00 Halloween Party W/ DJ Woody	30 10:00 Multicultural Line Dance w/Dancers 11:00 Leisure Games w/Beth 12:00 Lunch 1:00-3:00 Multicultural Music and Birthday Celebration w/DJ Valentin

CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU OCTOBER 2026

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE			1 Homemade Tomato Sauce Italian Meatballs with Beef and Turkey Penne Whole Wheat Bread Garden Salad with Chickpeas Apple 1% Low Fat Milk	2 Baked Fish Marsala with Mushrooms Pasta Whole Wheat Bread Normandy Blend Banana 1% Low Fat Milk
5 Citrus Braised Pernil Homemade Mashed Potatoes Whole Wheat Bread Steamed Kale Apple 1% Low Fat Milk	6 Mama's Pasta Faggioli Whole wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Italian Blend Vegetables Banana 1% Low Fat Milk	7 Curry Chicken Brown Rice with Kidney Beans Whole Wheat Bread California Blend Vegetables Orange 1% Low Fat Milk	8 Spanish Style Beef Stew Whole wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple 1% Low Fat Milk	9 Spanish Style Baked Fish Baked Red Potato Wedges Whole Wheat Bread Cooked Cabbage with Shredded Carrots Banana 1% Low Fat Milk
12 CENTER CLOSED IN OBSERVANCE OF THE COLUMBUS DAY HOLIDAY	13 Chickpeas Rasta Pasta Whole Wheat Bread Italian Blend Vegetables Banana 1% Low Fat Milk	14 Brown Stew Chicken Black Beans and Rice Whole Wheat Bread Cooked Cabbage with Shredded Carrots Orange 1% Low Fat Milk	15 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple 1% Low Fat Milk	16 Apricot Glazed Fish Pasta Whole Wheat Bread Baby Carrots and Parsley Banana 1 % Low Fat Milk
19 Homemade Italian Pork sausage Patties Sautéed Onions and peppers Pasta Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	20 Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Steamed Carrots Banana 1% Low Fat Milk	21 Chicken with Tomato Sauce Red Beans and Brown Rice Whole Wheat Bread Cauliflower with Carrots and Parsley Orange 1 % Low Fat Milk	22 Beef Stew Whole Wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple 1% Low Fat Milk	23 Homemade Coconut Breaded Fish Cous Cous Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk
26 Stewed Pork Chops White Rice Whole Wheat Bread California Blend Vegetables Apple 1 % Low Fat Milk	27 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana 1 % Low Fat Milk	28 Caribbean Style BBQ Chicken Baked Macaroni and Cheese Whole Wheat Bread Sautéed Green Beans with Onions Orange 1 % Low Fat Milk	29 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk	30 Baked Marinated Fish White Bean, Kale, and Carrot Medley Whole Wheat Bread Steamed Broccoli Banana 1% Low Fat Milk

October Birthdays



Hortensia H.
Lackhraj S.
Bhagmatti P.
Ernest S.
Joan T.
Echo M.
Cristeta D.
Dina M.
Rewtie R.
Carmelo A.
Joyamma J.

Placido D.
Eduvigis P.
Lily R.
Epifanio G.
Nora M.
Leonardo C.
Jenny R.
Maria O.
Stephen K.
Maryuri G.
Marychu Q.

Join Us on Friday, October 30, 2026, at 1:00 PM
- 3:00 PM, For Multicultural Music and Birthday
Celebration



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CHRISTOPHER COLUMBUS

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

christopher
columbus
sailor
india

Santa Maria
Susanna
spain
Pinta

Domenico
america
italy
nina

CHRISTOPHER COLUMBUS

HISTORY & IMPACT



- 1** | Born in Genoa in 1451, Columbus became a navigator and explorer.
- 2** | Supported by Spain, he sailed west in 1492 aboard the Niña, Pinta, and Santa María.
- 3** | He reached Caribbean islands that were already home to Indigenous peoples.
- 4** | Columbus made four Atlantic voyages between 1492 and 1504.
- 5** | His voyages expanded contact between Europe and the Americas, changing world history.
- 6** | Today, Columbus's legacy is viewed in different ways.

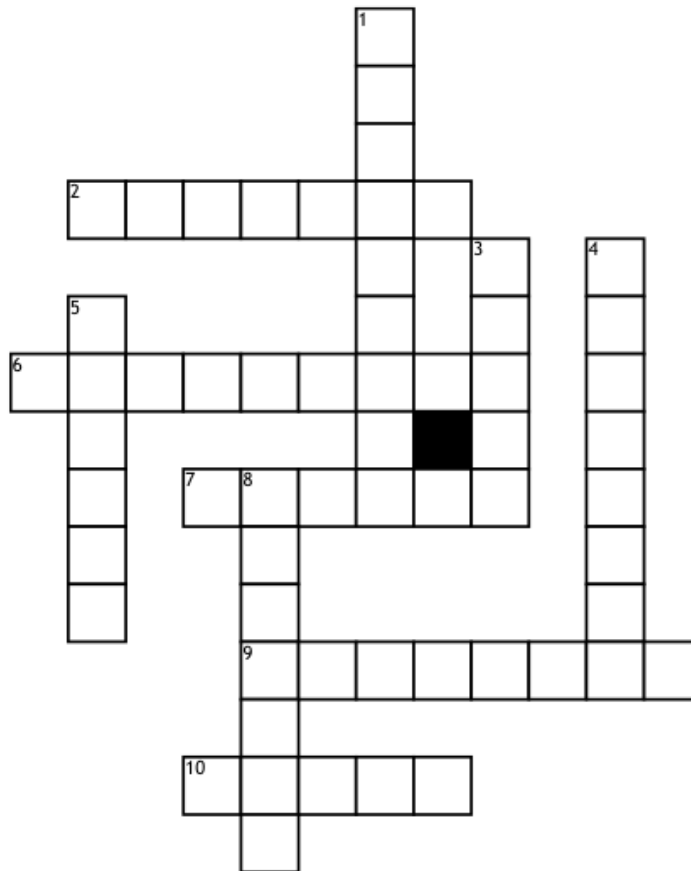
Learning history means considering many perspectives.

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Halloween Crossword Puzzle



Across

- 2. the month of Halloween
- 6. what we celebrate on October 31
- 7. A haunted house is very
- 9. Some girls may dress like this.....
- 10. she flies on a broom

Down

- 1. Some boys may dress like this.....
- 3. what children receive on Halloween
- 4. what kids wear on Halloween
- 5. what do people put inside a jack-o-lantern
- 8. a jack-o-lantern before it is carved

Word Bank

costumes candy superhero witch pumpkin
Halloween candle princess October spooky

HAUNTED HOUSE MAZE

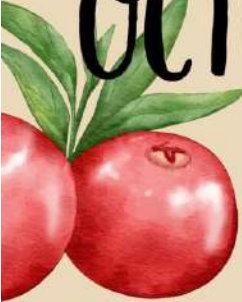


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OCTOBER PRODUCE GUIDE

what's in season



APPLE

ARUGULA

ARTICHOKE

BEETS

BELL PEPPERS

BLACKBERRIES

BOC CHOY

BROCCOLI

BRUSSELS

CARROT

CAULIFLOWER

CELERY

CHARD

CHICKORY

COLLARDS

CRANBERRIES

CUCUMBER

EGGPLANT

ENDIVE

FAVA BEANS

FENNEL

FIGS

GINGER

GRAPES

GREENS

GREEN BEANS

HOT PEPPERS

KALE

LEEKS

MELON

OKRA

ONION

PEARS

PERSIMMON

POMEGRANATE

POTATO

PUMPKIN

PURSLANE

QUINCE

RADISH

RASPBERRIES

SPINACH

STONE FRUIT

SWEET POTATO

SWISS CHARD

WINTER

SQUASH

TOMATILLOS

TOMATOES

ZUCCHINI

The recipe card is framed by a decorative border of small pumpkins. The title 'pumpkin bread' is written in a cursive font and is surrounded by several autumn leaves in shades of orange and yellow.

pumpkin bread

INGREDIENTS

- 2 CUPS CANNED PUMPKIN PUREE
- 3 CUPS WHITE SUGAR
- 1 CUP VEGETABLE OIL
- 4 EGGS
- 2/3 CUP WATER
- 3 1/3 CUPS WHITE FLOUR
- 2 TEASPOONS BAKING SODA
- 2 TEASPOONS CINNAMON
- 1.5 TEASPOON PUMPKIN PIE SPICE OR NUTMEG
- 1.5 TEASPOONS SALT

DIRECTIONS

1. PREHEAT OVEN TO 350 DEGREES F. COMBINE PUMPKIN, SUGAR, OIL, WATER, AND EGGS IN A LARGE MIXING BOWL AND MIX WELL.
2. STIR TO COMBINE FLOUR, BAKING SODA, SALT, CINNAMON, AND PUMPKIN PIE SPICE IN A MEDIUM MIXING BOWL. GRADUALLY ADD THE DRY INGREDIENTS TO THE WET INGREDIENTS IN THE LARGE BOWL OF PUMPKIN MIXTURE. USE A HAND MIXER TO MIX OR MAKE SURE TO STIR WELL SO THAT EVERYTHING IS COMPLETELY COMBINED.
3. GENEROUSLY SPRAY TWO 8X4 NONSTICK LOAF PANS WITH COOKING SPRAY. POUR MIXTURE EVENLY INTO PANS, FILLING THE LOAF PAN UP TO 3/4 OF THE WAY FULL. (DO NOT OVERFILL THE PANS.)
4. BAKE AT 350 DEGREES FOR 45 TO 55 MINUTES, OR UNTIL DONE. BREAD WILL BE DONE WHEN A TOOTHPICK INSERTED IN THE CENTER OF THE BREAD LOAF COMES OUT CLEAN. DO NOT OVERBAKE.

RANDOM ACTS OF KINDNESS FOR OLDER ADULTS



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

Small acts can make a big difference!

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Kindness
IS A LANGUAGE
THE DEAF CAN
HEAR AND THE
BLIND CAN SEE.
Mark twain