

The Howard Beach Gazette & OAC Chronicle

OCTOBER 2026 EDITION

HOWARD BEACH OLDER ADULT CENTER

A Program of Catholic Charities Neighborhood Services

CENTER INFORMATION

Address: 155-55 Cross Bay Blvd., Howard Beach, NY 11414

Phone: (718) 738-8100

Hours: Monday - Friday | 8:30 A.M. - 4:30 P.M.

Welcome to October!

Welcome to a brand-new season at the center. As the leaves begin to turn and the weather cools, we have a fantastic lineup of autumn activities, cultural celebrations, and wellness classes prepared just for you.

Take a look at the schedule below and make sure to RSVP at the front desk for our special events.

Our Mission Statement



Catholic Charities of the Diocese of 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 which promotes justice and embraces human development.



For more info, visit: www.ccbq.org | Howard Beach OAC Front Desk

★ Member Spotlight Interview ★

WELCOME THIS MONTH: NANCY LOPEZ!



Featured Member: Nancy Lopez

We are launching our special member interview series this month by welcoming our beloved advisory councilmember and active participant, Nancy Lopez!

Q1: What first brought you to the center, and what has made it such a special part of your everyday routine?

Nancy: After the passing of my father, my neighbor/friend Louis Falkowski and Anna Ciccio invited me to the center. To be introduced to a center that offers so much to seniors like companionship, all activities, sponsorship, and so much more made it a special place for me.

Q2: Thinking back on your time here, what is one moment, celebration, or conversation that always brings a smile to your face?

Nancy: The day that I volunteer. My background experience in banking & organization—I was able to use that experience and share it with the Senior Center Staff and my senior members.

Q3: If you could share one golden rule or piece of advice for living a joyful, fulfilling life, what would it be?

Nancy: One Golden Rule: "Love".

♥ **Thank You, Nancy!** Your warmth, dedication, and leadership enrich our center every day.

Monthly Proclamation: September Adventures

FITNESS & WELLNESS:

Maintain your vitality with Brain Teasers, Heart & Muscles, S.A.I.L., IntenSati, Disco Torso, and Exercise.

ARTS & HOBBIES:

Engage your creativity with Embroidery, Beginner and Intermediate Crochet, Rock Painting, Guitar Class, Sign Language, Mahjong, Card Games, Leisure Games, and Book Club.

PASSPORT TO FLAVOR & TRAVEL:

Embark on a culinary and visual journey with video tours featuring the wonders of Norway, Scotland, Kenya, and Thailand.

WORKSHOPS & SPECIAL EVENTS:

Join us for festive parties with DJs Lou and Joel, a Comedy Show with Howard Newman, and informative sessions on Brain Health with Stefany Martinez, and Medicaid vs. Medicare with TrueCare and David Yam.

GAMES & SOCIAL:

Strengthen community bonds during our daily game sessions, exciting Bingo events, and lively social gatherings.

A Communiqué From Your Stewards

Warm greetings as we embrace the crisp, vibrant days of October! With cooler breezes filling the air, colorful fallen leaves surrounding us, and pumpkins decorating our center, we welcome the heart of the deep autumn season.

Let us gather together to share in the warmth of our wonderful community, celebrate life's simple comforts, and enjoy all the rich festivities and seasonal cheer this month brings.

"Cool Crisp Breezes, Vibrant Pumpkins, and Heartfelt Connection: A Joyful Autumn Harvest Season Flourishes at Howard Beach OAC!"

— The Howard Beach OAC Team

NO Destination 1: Norway

OCT 6

 **Passport Lunch:** Kjøttkaker (Norwegian Meatballs), Cream Gravy, Kokte Poteter (Boiled Potatoes) & Gulrøtter (Baby Carrots)

 **Special Event:** "Wonders of Norway" Video Tour @ 1:00 PM

SC Destination 2: Scotland

OCT 13

 **Passport Lunch:** Scottish Fish Supper, Chips, Mushy Peas & Shortbread

 **Special Event:** "Wonders of Scotland" Video Tour @ 1:00 PM

KE Destination 3: Kenya

OCT 20

 **Passport Lunch:** Kuku Choma (BBQ Chicken), Ugali & Sukuma Wiki (Steamed Collard Greens)

 **Special Event:** "Wonders of Kenya" Video Tour @ 1:00 PM

TH Destination 4: Thailand

OCT 27

 **Passport Lunch:** Neua Pad Prik (Thai Beef & Peppers), Bamee (Egg Noodles) & Yum Phak (Asian Greens)

 **Special Event:** "Wonders of Thailand" Video Tour @ 1:00 PM

October Observances

Celebrate the vibrant autumn season with our upcoming October observances, holiday events, and community gatherings:

OCT 1 International Day of Older Persons & World Vegetarian Day

OCT 2 International Day of Non-Violence

OCT 4 World Animal Day

OCT 5 World Teachers' Day

OCT 10 World Mental Health Day

OCT 12 Indigenous Peoples' Day / Columbus Day

OCT 16 World Food Day

OCT 24 United Nations Day

OCT 31  Halloween

 **All Month Long**

Breast Cancer Awareness Month & National Healthy Lung Month

Featured Highlights for October 2026

Lecture Series w/ Moshe Horwitz

Mondays @ 11:15 AM

10/5: Maintaining Healthy Relationships | **10/12:** Understanding & Preventing Bullying
10/19: Recognizing & Preventing Elder Abuse | **10/26:** The Importance of Self-Care

Spotlight Club w/ Matilde

Fridays @ 10:30 AM

10/2, 10/16, 10/23: Join Matilde for our engaging Spotlight Club group discussions and community sharing sessions!

Halloween Party

Oct 30, 10:30 AM

Celebrate Halloween with us! Join our festive celebration featuring costumes, fun activities, and community joy.

Personal Safety & Financial Fraud Detection w/ Minh Hoang

Oct 1, 10:45 AM

Crucial tips and protective strategies for safeguarding personal information, recognizing online and telephone scams, and securing financial well-being.

Let's Talk About Brain Health w/ Stefany Martinez

Oct 9, 10:45 AM

An informative wellness session exploring practical tips, cognitive exercises, and lifestyle habits to keep your mind sharp and healthy.

Senior Wellness & Tax Support w/ Delilah Sinclair

Oct 6, 10:45 AM

Expert guidance and support addressing senior health resources, community benefits, and tax assistance guidance.

Medicaid vs. Medicare w/ TrueCare

Oct 8, 10:45 AM



w/ David Yam

Oct 13, 10:45 AM

Workshops clarifying healthcare options, eligibility, and benefits to help you choose wisely.

Movie Nights

1:00 PM

10/14: "The Age of Adaline" | **10/18:** "The Tourist"

Live Comedy Show w/ Howard Newman

Oct 22, 11:00 AM

Get ready for a morning filled with laughter, great humor, and cheerful entertainment brought by guest Howard Newman.

Monthly Book Club w/ Patricia

Oct 29, 1:30 PM

A lively, engaging group discussion sharing thoughts and reviews on our latest monthly book selection.

Regular Classes & Weekly Events

S.A.I.L. Fitness

Tuesdays & Thursdays
9:15 A.M. - 10:15 A.M. w/ Maggie (D)

Crochet Classes

Thursdays
10:00 A.M. (Beginner w/ Mary) (A)
11:00 A.M. (Intermediate w/ Mary) (A)

Rock Painting

Thursdays
1:00 P.M. - 3:00 P.M. w/ Margaret (A)

Exercise & Movement

Mondays (Heart & Muscles, Brain Teasers)
Fridays (Exercise w/ Delia)

Sign Language

Fridays
10:00 A.M. - 11:30 A.M. w/ Judy (A)

Parties & Socializing

Fridays: Parties w/ DJ Lou or DJ Joel
Mahjong & Card Games (Fridays)

Guitar Class

Tuesdays
10:00 A.M. - 12:00 P.M. w/ Mary (A)

Embroidery & Crafts

Tuesdays
1:00 P.M. - 2:00 P.M. w/ Karen (A)

Passport to Flavor Travel

Tuesdays
1:00 P.M. - 2:00 P.M.
Video Tours & Themed Lunches

Mind & Body Fitness

Wednesdays
9:30 A.M. IntenSati & 10:30 A.M. Disco Torso

Smartphone Photography

Tuesdays & Thursdays | 1:00 P.M. - 2:15 P.M. in Computer Lab (C)

Thank You to All of Our Valuable Volunteers!



Your dedication makes everything we do possible.

Whether you are helping at the front desk, serving meals, leading a class, or simply offering a friendly smile, your hard work and generosity are the heartbeat of the Howard Beach Older Adult Center.

We appreciate your time, your energy, and your unwavering commitment to our community. Thank you for making our center a wonderful place to be!

★ Volunteer Spotlight Gallery ★

CELEBRATING OUR DEDICATED TEAM



Our wonderful volunteers lending a helping hand around the center.



Sharing smiles and community spirit every single day.



Thank you for your hard work, energy, and dedication!



OBSERVED GLOBALLY ON OCTOBER 1ST

About the Day & History

Established by the United Nations General Assembly in December 1990 (following the 1982 Vienna International Plan of Action on Ageing), this special day shines a global spotlight on the invaluable contributions older adults make to society, while raising awareness about opportunities and challenges of aging in our modern world.

Fascinating Facts & Figures

A Growing Generation

By 2050, the global population of people aged 60 and older is projected to reach over 2 billion, outnumbering younger demographics.

Wisdom & Leadership

Older adults act as the vital bridge of tradition, preserving cultural heritage, history, and life lessons for future generations.

Lifelong Vitality

Modern research shows that staying socially and physically active significantly boosts cognitive health and longevity in later years.

Community Pillars

Seniors drive community resilience through active volunteering, mentorship, caregiving, and local leadership roles.

How We Can Celebrate & Honor Seniors

- **Share Quality Time:** Sit down for a meal, listen to personal stories, or interview an elder about their life experiences.
- **Connect Generations:** Participate in intergenerational events, game nights, or craft workshops that bring youth and seniors together.
- **Offer Support & Kindness:** Assist neighbors with tasks, help navigate new technologies, or drop off a good book or care package.
- **Advocate & Empower:** Stand up against ageism, champion senior rights, and support local programs that foster healthy, dignified aging.

Bow Tie Day Memories at the Center

CELEBRATING ELEGANCE, STYLE, AND SHARED SMILES



Sharing laughter and looking sharp together!



Wonderful moments and memorable fashion.

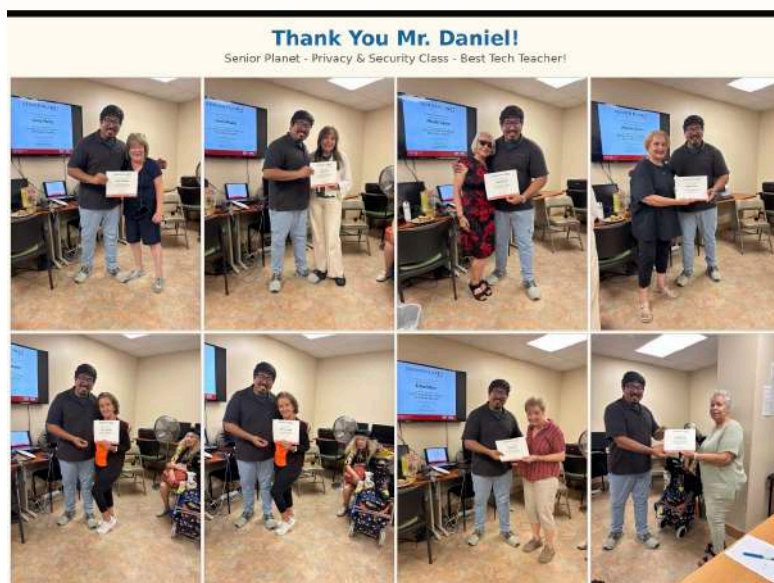
✨ Dapper Style & Heartfelt Community Spirit ✨

Our recent Bow Tie Day brought an incredible wave of elegance, laughter, and camaraderie to the Howard Beach Older Adult Center! Members and staff proudly donned their finest bow ties and neckwear, transforming our gathering space into a runway of classic charm.

♥ **Make Every Day Memorable!** Let's continue to create more fun, laughter, and cherished memories together. Participate in our upcoming themed events and make every day special!

A Special Thank You to Our Tech Teacher, Mr. Daniel!

 **3-MONTH TECHNOLOGY COURSE** 



We want to extend our deepest gratitude to **Mr. Daniel** for dedicating the past 3 months to teaching our members invaluable digital skills through his comprehensive courses on **Privacy & Security Primary** and **Safe Online Shopping!**

Thanks to his patience, expertise, and engaging teaching style, our members are now navigating the digital world with confidence, keeping their personal information secure, and shopping online safely.

Our members are so happy to have gained this vital new knowledge!
Thank you, Mr. Daniel, for empowering our community!

COMPUTER CLASSES ARE BACK!

Welcome Mr. Daniel



In October

Every Tuesday and Thursday

@ 1:00pm - 2:15pm

**Smartphone Photography
& Free Your Photos**

🌟 September Fashion Show Extravaganza



A GLITZY RUNWAY CELEBRATION AT HOWARD BEACH OAC



Elegance, Style & Star Power on the Runway!



In September, the Howard Beach Older Adult Center transformed into a dazzling, high-fashion runway! Our incredible members stepped into the spotlight to showcase their unique style, grace, and unmatched confidence. Walking down our red-carpet backdrop under the bright lights, each participant brought radiant smiles and wonderful flair.

This unforgettable celebration highlighted self-expression, community spirit, and the timeless beauty of our members. From stunning cultural garments to classic chic attire, everyone shined like true Hollywood stars. Thank you to all our fabulous models, cheering audience members, and organizers who made this glamorous event an absolute triumph!



Dazzling Red-Carpet Atmosphere



Fabulous Member Runway Walks

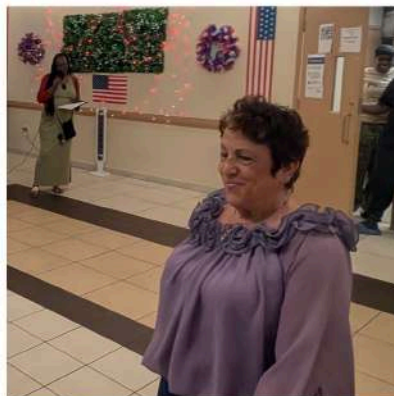


Memorable Poses & Captures



Unmatched Community Joy & Cheers

 Runway Moments & Star Styles
CELEBRATING OUR FABULOUS MODELS IN THE SPOTLIGHT





GUITAR CLASS WITH MARY



EVERY TUESDAY IN OCTOBER

10 AM TO 12 PM

ART ROOM



HOWARD BEACH OLDER ADULT CENTER

JOIN US!



Easy Ways to... Eat Enough Fiber

Fiber may lower your risk of heart disease. Most adults need **25 grams** of fiber each day. Look how easy it is!

Instead of...

Eat...



Half a bagel =
1 gram of fiber



$\frac{1}{2}$ cup oatmeal =
4 grams of fiber



A glass of juice =
1 gram of fiber



One medium orange =
3 grams of fiber



A handful of chips =
1 gram of fiber



A handful of nuts =
4 grams of fiber



A cup of white rice =
0.5 gram of fiber



$\frac{1}{2}$ cup of brown rice
and $\frac{1}{4}$ cup of beans =
6 grams of fiber



A pudding cup =
0.5 gram of fiber



1 cup blueberries =
3 grams of fiber

Total Fiber: 4 grams

Total Fiber: 25 grams!

Tips for Eating More Fiber:

- Eat whole fruits and vegetables instead of juices, which have little to no fiber.
- Fruit and vegetable skins contain a lot of fiber. Wash and eat the peel.
- Check the Nutrition Facts label and choose foods with at least 10 percent Daily Value for fiber.
- Read the ingredients list and choose foods with whole grains listed first.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at

[facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for "farmers markets."

For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

NYC
Health

Just Say Yes to Fruits and Vegetables

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

🌸 Celebrating International Grandparents Day 🌸

A SPECIAL MORNING OF BREAKFAST & SPOTLIGHT CLUB STORYTELLING



Our wonderful community gathered for a special Grandparents Day celebration!



Spotlight Club: Sharing cherished life stories and wisdom.

✦ Heartfelt Traditions & Generational Wisdom 💖

We recently honored International Grandparents Day with a delightful special breakfast and a heartwarming Spotlight Club session! Members gathered to share cherished life stories, family wisdom, and wonderful memories, celebrating the profound impact grandparents have on our lives and community.

🎉 Heartiest Congratulations to All Grandparents!

Thank you for filling our center with your love, guidance, and endless inspiration. Here is to many more joyous celebrations!

NYC Healthy Aging Fair in Manhattan

CELEBRATING VITALITY, WELLNESS, AND COMMUNITY CONNECTION



Our wonderful members and Shamel at the NYC Healthy Aging Fair in Manhattan!

Vitality, Resources & Joy in Manhattan!

In September 2026, our vibrant center members took an exciting trip to Manhattan to attend the annual ****NYC Healthy Aging Fair****! Surrounded by wellness exhibits and health resources, our members explored new ways to stay active, informed, and connected.

Special Thank You to Shamel!

We want to extend our heartfelt gratitude to ****Shamel**** for escorting our group and ensuring everyone had a safe, smooth, and wonderful experience. Let's keep exploring and making unforgettable memories together!



Spooky Trivia & Halloween History



FUN FACTS & SENIOR WELLNESS TRADITIONS FOR OCTOBER

Ancient Celtic Roots

Halloween originates from the ancient Celtic festival of Samhain, where people lit bonfires and wore costumes to ward off visiting ghosts over 2,000 years ago!

Turnips Before Pumpkins

Originally, Irish immigrants carved scary faces into turnips and potatoes to ward off roaming spirits. When they arrived in America, they discovered native pumpkins were much easier to carve!

Boosting Cognitive Vitality

Engaging in holiday storytelling, reminiscing about childhood costumes, and participating in group seasonal trivia stimulates memory pathways and mental sharpness in older adults.

The Sweet History of Fun-Size

Fun-size candy bars were first introduced in the late 1950s and quickly became a staple for sharing joy, treats, and community connection across generations.

Black Cats & Folklore

In various European traditions, black cats were believed to bring good fortune and prosperity into the home rather than bad luck!

Laughter & Longevity

Sharing lighthearted seasonal scares, funny costumes, and community celebrations releases endorphins that promote heart health and reduce stress.

 Wishing All Our Members a Safe, Joyful, and Happy Halloween from Howard Beach OAC! 



Healthy Autumn Harvest Recipe



SPICED PUMPKIN & APPLE OATMEAL BOWL



Ingredients

- 1 cup rolled oats (old-fashioned)
- 2 cups low-fat milk or almond milk
- 1/2 cup pure canned pumpkin puree
- 1 small apple, cored and diced
- 1 tsp cinnamon & 1/4 tsp nutmeg
- 1 tbsp maple syrup or honey
- 2 tbsp chopped walnuts or pecans

Simple Instructions

- 1. Simmer Oats:** Bring milk to a gentle boil in a saucepan. Stir in oats, reduce heat, and cook for 5 minutes.
- 2. Add Pumpkin:** Whisk in pumpkin puree, cinnamon, and nutmeg until smooth.
- 3. Stir in Fruit:** Fold in diced apples and let soften for 2 minutes.
- 4. Serve:** Drizzle with maple syrup and top with crunchy nuts!

Nutrition & Senior Wellness Benefits:

Pumpkin is rich in ****Vitamin A, antioxidants, and fiber****, supporting eye health and digestion. Combined with whole-grain oats and heart-healthy nuts, this balanced meal provides sustained morning energy and supports heart health!



Medicare Open Enrollment Notice



IMPORTANT UPDATES & SPECIAL EDUCATIONAL WORKSHOPS



Annual Enrollment Period Begins October 15:

The Medicare Open Enrollment Period runs from **October 15 through December 7**. During this essential timeframe, all Medicare beneficiaries have the opportunity to review, compare, and make changes to their Medicare Advantage (Part C) or prescription drug plans (Part D) for coverage taking effect next year.



Everyone Welcome to Attend Special Workshops!

We invite all center members to join our expert-led educational workshops this October. Learn how to navigate your health coverage options and make informed decisions:

October 8: Difference between Medicaid and Medicare w/ TrueCare

10:45 AM

October 13: Medicaid - Medicare w/ David Yam

10:45 AM



Why Review Your Coverage Yearly?

Plan premiums, deductibles, co-pays, and prescription drug formularies frequently change from year to year. Attending our informative workshops helps ensure your healthcare coverage continues to match your personal health needs and budget.



Join Us and Stay Informed!

Mark your calendars for our October workshops. Everyone is welcome to attend and learn more!



Home Fall-Prep Checklist

ESSENTIAL TIPS TO PREPARE YOUR HOME FOR THE SEASON

Why Fall-Prep Matters: As the weather turns colder, taking a few simple steps around the house helps ensure safety, increases energy efficiency, and keeps your living space cozy and comfortable all season long.

1. Clear Gutters & Downspouts

Remove fallen leaves and debris to prevent water backup, ice dams, and potential damage to your roof and siding.

2. Test Smoke & Carbon Monoxide Detectors

With heating systems turning on, test all alarms and replace old batteries to keep your home safe and secure.

3. Service Your Heating System

Check your furnace or heating unit, replace air filters, and schedule a professional tune-up before winter arrives.

4. Seal Windows & Doors

Check for drafts around windows and exterior doors. Apply fresh weather-stripping or caulk to keep warmth inside and lower energy bills.

5. Prepare Outdoor Spaces

Disconnect and drain garden hoses, store outdoor patio furniture safely, and rake leaves to protect your lawn for spring.

 **Stay Safe & Cozy:** Taking care of these maintenance steps early ensures a wonderful, worry-free autumn season!



Pedestrian & Early-Dusk Safety



STAYING VISIBLE AND ALERT AS OCTOBER EVENINGS ARRIVE

💡 The Shifting Daylight Reality:

As autumn progresses, daylight hours get shorter in October, bringing earlier dusk and reduced visibility during evening walks or commutes home. Staying proactive keeps you safe!

🌟 1. Enhance Your Evening Visibility

Wear bright, light-colored clothing during twilight hours. Attach reflective strips, pins, or flashing LED lights to your jackets, bags, or walking aids so motorists can spot you from a distance.

👁️ 2. Stay Alert at Crosswalks

Always cross at designated crosswalks and intersections. Make direct eye contact with drivers before stepping into the street, and never assume a turning vehicle sees you in dim light.

💡 3. Illuminate Your Path

Carry a small, reliable pocket flashlight or use your phone's light when walking after sunset to spot uneven pavement, curbs, or hidden obstacles.

🎧 4. Eliminate Distractions

Keep headphone volume low or off when walking near traffic. Stay fully aware of your surroundings, oncoming vehicles, and cyclists.

💡 **Safety Lifehack:** Wrap a strip of reflective tape around your cane or walker for instant, high-visibility safety during dusk walks!

October: Proclamation of Magic

EMBRACING JOY, FRIENDSHIP, AND WELLNESS

*"As crisp October winds weave a spell of autumn gold,
A realm of enchantment and wonder begins to unfold.
Underneath the glowing moon and starlit skies so bright,
Let us embrace the magical season with warmth and delight.
May every moment carry a spark of wonder and joy,
As we share laughter, kindness, and memories to enjoy.
In unity and friendship, our spirits soar high,
As we celebrate this mystical month and enjoy every moment of your life."*

The Power of a Good Mood on Health

Maintaining a positive and cheerful mindset does more than brighten your day—it actively boosts your physical well-being. Joy and laughter release endorphins that reduce stress hormones and promote overall vitality.

Heart Health & Immunity

Studies show that staying in a good mood supports cardiovascular health by lowering blood pressure and strengthens your immune system, helping you stay active and healthy throughout the autumn season.

Connected Communities

Sharing smiles, engaging in center activities, and fostering warm social connections with friends at Howard Beach OAC are wonderful ways to cultivate happiness and emotional resilience!

 **Keep Smiling:** Embrace the magic of October and let joy guide your everyday wellness!



CENTER STAFF

Annie

Director of Operations

Wendy

Case Manager

Tracy

Cook

Maria

Kitchen Aid

Oleksandr (Alex)

Program Manager

Kamani

Admin Assistant

Shamel

Cook Assistant

Jeremy

Maintenance

HOWARD BEACH ADVISORY COUNCIL

EXECUTIVE BOARD

President: Joyce Taraby

Treasurer: Pat Mckeever

Vice President: Grace Denza

Secretary: Elaine Anderson

COUNCILMEMBERS

Florence Carbone, Yvonne Whittingham, Matilde Diaz, Dee Martins, Nancy Lopez, Nieves Gonzalez, Hilda Spinner, Richard Tabakoff, Connie Pionegro, Lorraine Trotta, Linda Mastrangelo, Hilda Marrero

"We wish all of you an October filled with magic, the crisp beauty of autumn, creative inspiration, and joyful community gatherings - enjoy every moment of your life!"