

Narrows OAC Newsletter October 2026

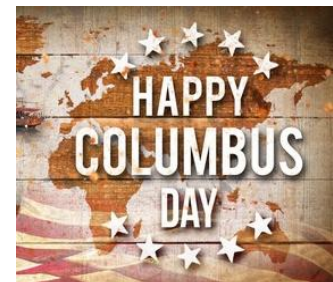
October Fun Facts

October is Observed as : Breast Cancer Awareness Month, Domestic Violence Awareness Month, Italian American Heritage Month, Halloween, Columbus Day

Birthstone: Opal

Fruits and Veggies of the Month: Beets, Cauliflower, Peppers, Oranges, Star fruit, Dates

Flower: Marigold



CCNS

Narrows Senior Center

933 54th Street

Brooklyn, NY 11219

Tel: 718.232.3211

Fax: 718.232.0512

The month of October brings with it beautiful fall colors, cooler weather, and shorter days. The cooler weather lends itself to festivals, outdoor gatherings, and taking long strolls through the neighborhood, so I encourage everyone to spend as much time outside as possible. October is a month that acknowledges different types of health concerns as well holidays and celebrations. Breast cancer awareness is one of the more important health issues that both women and men should be aware of. Dyslexia is also acknowledged in October and is more common than uncommon in most of us. There is more information on dyslexia inside the newsletter. October is also Eat Better and Eat Together month. The title says it all. For many Halloween is a day of dressing up and having fun giving treats out to children who, eagerly, wait to get into their costumes and go trick or treating. Flip through the pages to see the entertainment section, presentations and the menu, catered by the famous Russo's on the Bay.

Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

Meng Zhou
Administrative Assistant

Shakyem Bembury
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

Joshua Rodriguez
Maintenance

CELEBRATING OCTOBER

Breast Cancer Awareness Month

October is Breast Cancer awareness month. Although breast cancer affect primarily women, small number of men can contract breast cancer as well. At this time, it is unknown what causes breast cancer, but what is known is that a damaged DNA inside a cell is the cause of it. It is important, especially women to go to a doctor and get a mammogram check every year to detect early possible signs of breast cancer. Checking for lumps is very important. <http://www.nationalbreastcancer.org/what-is-breast-cancer>

Italian American Heritage Month

Every year, the USA president signs an executive order to honor Italian Americans in October. Coincidentally, Columbus Day is in October, which is to honor Christopher Columbus, an Italian sailor who sailed to and discovered the new land, now known as USA in 1492. Between 1820 and 1992, 5.4 million Italians or more have migrated over into the United States. They are the 5th largest ethnic group of the United States as 26 million Americans claim to be of Italian descent. At one point, Italians in the USA were discouraged from using their language to embrace English like many ethnic groups were pressured into, but now Italians including all ethnic groups are increasingly becoming encouraged to retain their cultures and languages. <http://italian.about.com/library/blniahmspecial.htm>

Halloween

2,000 years ago, the Celts lived in what is now called United Kingdom, Ireland, and Northern France and celebrated the new year in November 1st, which represented the end of summer and harvest and it was the beginning of the cold winters, which often related to humans dying. The Celts believed that realms and living beings and the dead overlapped between October 31st and November 1st. Every October 31st, the Celts celebrated Samhain believing spirits of the dead returned to land.

Over time, there has been many changes to this celebration in Europe and eventually it would be called Halloween and reached America when an influx of Europeans moved into America. Overtime, different customs were added, such as dressing up in costumes and trick-or-treating for candies.

<http://www.history.com/topics/halloween/history-of-halloween>

Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am to 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class	8am 10:30am Coffee and Current Events Technology Class	8am to 10:30am Coffee and Current Events Technology Class
9am to 11am Ping Pong 10am to 11am Jewelry Making Class 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Mah Jong / Ping Pong 10:30 11:15am Yoga Class 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Ping Pong 10:30 to 11:15am Meditation & Somatic Movements 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Mah Jong/ Ping Pong 10:30 to 11:15am Strengthening Class 11:15am to 12pm Cognitive Exercise Challenge	9am to 11am Ping Pong 10:30am to 11:30am Music Entertainment
12:00 PM <u>LUNCH</u> Congregate 1pm to 2pm Ballroom Dancing With Valerii Radionov Independent Board and Card Games	12:00 PM <u>LUNCH</u> Congregate 1:30pm to 3:00pm Arts & Craft Independent Board and Card Games 2pm to 3:45pm Movies at the Narrows (non-transportation)	12:00 PM <u>LUNCH</u> Congregate 1:00PM– 2:00PM Plaster and Painting Independent Board and Card Games	12:00 PM <u>LUNCH</u> Congregate 1PM to 2PM Painting Appreciation Independent Board and Card Games 2pm to 3:45pm Movies at the Narrows (non-transportation)	12:00 PM <u>LUNCH</u> Congregate 1pm to 2pm Computer /Technology Class with Hau-Yu 1:15pm to 2pm Cognitive Exercise Challenge BINGO Cognitive Exercise

Karaoke is per request. Please see staff to set up the equipment.

**Please speak to staff before making a donation of household items or clothing as we have to follow safety
guidelines.**

As this center belongs to you, the members, please see staff for activity suggestions

Please call (718) 232-3211 for updates or changes.

October 2026 Presentations

Monday 10/5/2026 10am— Scam Prevention (English)

Tuesday 10/6/2026 10:15am — Inclusive Home Care (Chinese)

Wednesday 10/14/2026 9:30am — Heart Healthy Choices (English)

Monday 10/19/2026 9:30am — Medicare Changes 2027 (English)

Monday 10/26/2026 9:30am — Home Health Care (English)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 10/2/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 10/9/2026 10:30am — 11:30am Maurice Zebede Mini Concert

Friday 10/16/2026 10:30am — 11:30am July 4th Party With Joel Pawiak

Friday 10/23/2026 10:30am—11:30am Estella & Peter Chan's Mini Concert

Friday 10/30/2026 10:30am – 11:30am Halloween Party With Joel Pawiak

Please Note They Are Subject To Changes At Any Time

Narrows Older Adult Center Menu for October 2026

930 53rd Street Brooklyn, NY 11219 Tel: (718) 232-3211 Fax (718) 232-0512

Monday	Tuesday	Wednesday	Thursday	Friday
• Menu Subject to Change sometimes • All Meals Served with 8 oz., 1% Milk • Hot beverages are offered throughout the day • Sugar substitute is available • Funded by NYC Aging 			1 Homemade Tomato Sauce Italian Meatballs with Beef and Turkey Homemade Tomato Sauce Penne Whole Wheat Bread Garden Salad with Chickpeas Apple	2 Cajun Shrimp White Rice Whole Wheat Bread Caesar Salad Pear
5 Italian Meatballs with Chicken Whole Wheat Bread Whole Wheat Pasta Primavera Roasted Broccoli Apple	6 Mama's Pasta Fagioli Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Italian Blend Vegetables Banana	7 Baked Pork /w Mushroom Gravy Whole Wheat Bread Yellow Rice Sauteed String Beans Orange	8 Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple	9 Tuna Salad Whole Wheat Bread Basic Pasta Salad Garden Salad with Chickpeas Pear
12 Chicken Salad Whole Wheat Bread Cole Slaw Simple Potato Salad Apple	13 Chickpeas Rasta Pasta Whole Wheat Bread Italian Blend Vegetables Banana	14 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Steamed Carrots Orange	15 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple	16 Baked Fish with Lemon Garlic Butter Sauce White Rice Whole Wheat Bread Sauteed Green Beans with Onions Pear
19 Jerk Chicken Whole Wheat Bread California Blend Vegetable Homemade Mashed Potatoes Apple	20 Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Steamed Carrots Banana	21 Italian Style Pork Loin Tomato Sauce Penne with Tomato Sauce Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Orange	22 Beef Stew Whole Wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple	23 Tuna Salad Whole Wheat Bread Basic Pasta Salad Caesar Salad Pear
26 Chicken Salad Whole Wheat Bread Cole Slaw Simple Potato Salad Apple	27 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana	28 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Sauteed Green Beans with Onions Orange	29 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple	30 Baked Salmon /w Cilantro Citrus Sauce Whole Wheat Bread Garden Salad with Chickpeas Roasted Potatoes Pear

What You Need to Know About Columbus Day

Celebrate on: Second Monday in October

This day commemorates Italian navigator Christopher Columbus' landing in the New World on October 12, 1492. Most nations of the Americas (countries on the North and South American continents) observe this holiday on October 12, but in the United States, annual observances take place on the second Monday in October. The major celebration of the day takes place in New York City, which holds a huge parade each year.

The first recorded celebration of Columbus Day in the United States took place on October 12, 1792. Organized by The Society of St. Tammany, also known as the Columbian Order, it commemorated the 300th anniversary of Columbus's landing.

The 400th anniversary of the event, however, inspired the first official Columbus Day holiday in the United States. In 1892, President Benjamin Harrison issued a proclamation urging Americans to mark the day. The public responded enthusiastically, organizing school programs, plays, and community festivities across the country. Columbus and the Discovery of America, Imre Kiralfy's "grand dramatic, operatic, and ballet spectacle," is among the more elaborate tributes created for this commemoration. The World's Columbian Exposition, by far the most ambitious event planned for the celebration, opened in Chicago the summer of 1893.

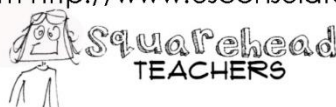
1. Columbus landed in the New World on what date? _____

2. What American president encouraged Americans to celebrate Columbus Day?

3. How is America different from other American nations in the way we celebrate Columbus Day? _____



Text from <http://www.usconsulate.org.hk>



Italian

HERITAGE MONTH

In 1851 Giovanni
Nobili founded
the Santa Clara
College

Frances X. Cabrini,
Mother Cabrini of the
Sisters of the Sacred
Heart, became the
first U.S. citizen to be
canonized as a saint
in 1946

Over 5 million
Italians immigrated
to the United
States between
1820 and 2000



TEACHER CREATED

KEB

BOOKS & MORE



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

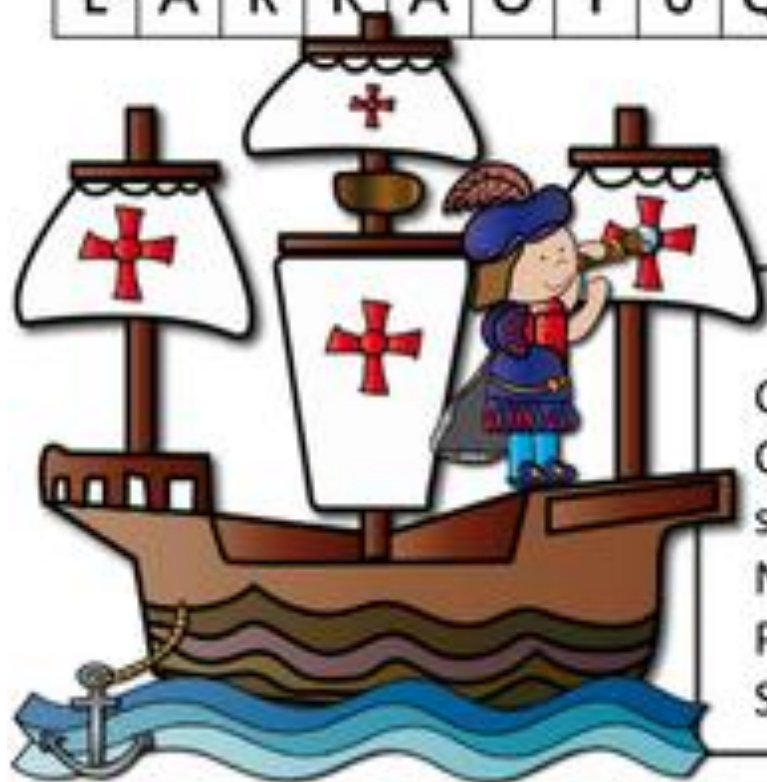
1492

Columbus Day

Directions: The words are hidden vertically and horizontally.



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



Word Box:

Christopher	America	Spain
Columbus	October	King
ships	discover	Queen
Nina	explorer	sail
Pinta	voyage	ocean
Santa Maria	holiday	compass

Pumpkin Pie

INGREDIENTS

- 2 cups pumpkin puree
- 1 pie crust (9-inch)
- 2 large eggs
- ½ cup granulated sugar
- ½ cup brown sugar
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves
- 1 cup heavy cream
- ½ teaspoon salt



RECIPE

To make pumpkin pie, start by preparing a pie crust in a 9-inch dish and chilling it. In a bowl, whisk pumpkin puree, eggs, sugars, spices, cream, and salt until smooth. Pour the filling into the crust and bake at 425°F (220°C) for 15 minutes, then lower to 350°F (175°C) and bake for 40–50 minutes until the center is slightly set. Let the pie cool completely before slicing and serve with whipped cream on top.

Nutrient	Per Slice
Calories	~320
Carbohydrates	45 g
Protein	5 g
Fat	14 g
Fiber	3 g
Sugar	28 g
Cholesterol	65 mg
Sodium	230 mg

BENEFITS

- Good for eyesight (rich in vitamin A)
- Supports digestion (fiber content)
- Boosts immunity (vitamins and spices)
- Brings comfort and holiday joy

DISADVANTAGES

- High in sugar
- Calorie-dense
- Not suitable for all diets
- Easy to overeat



Balance & Stability Exercises for Seniors

Instant Digital Download / A4 / US Letter

Balance & Stability Exercises for *Seniors*

Sit-to-Stand

Rise from a chair without using hands if possible.



Side Steps

Step side-to-side slowly with control.



Marching in Place

Lift knees alternately while standing.



Clock Reach

Imagine a clock, reach arms toward different numbers.



Single-Leg Stand

Lift one leg straight back while holding a chair.



Side Leg Raises

Hold a chair, lift one leg to the side.



Narrows Older Adult Center Would Like To Thank Aetna For Sponsoring Mooncakes For Our 9/25/2026 Mooncake Party Concert With Estella and Peter Chan



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Easy Ways to ... Cook with Beans

	Store	Prepare	Cook
 Dried	Place dry beans in a container with a tight lid and store in a cool, dry place for up to one year.	Sort beans to remove any shriveled beans. Quick Soak: Cover dry beans with hot water; boil for two to three minutes. Remove from heat and cover for one to two hours. or Overnight Soak: Cover dry beans with cold water; soak overnight or for at least eight hours. Rinse and replace water; cook until tender.	When cooking beans, add acidic foods (like tomatoes, lemon juice or vinegar) at the end. Acidic foods will toughen bean skins. Cook one big pot of beans and use for multiple meals.
 Cooked	Refrigerate cooked beans for four to five days or freeze for up to six months.	Thaw frozen beans overnight in the fridge for cold recipes. Add cooked beans directly to hot or cold recipes. When using beans in hot recipes, make sure they are thoroughly reheated.	Flavor with salt-free spices and fresh herbs. Add to sautéed veggies or cooked greens and garlic. Add to soups, stews, casseroles, salads and pasta dishes. Blend for dips.
 Canned	Store leftover beans in a glass or plastic container (<u>not</u> in the can). Do not use dented or rusted cans.	Drain and rinse beans with water to reduce sodium.	Use canned beans the same way as cooked beans.

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 and search for "farmers markets."
For healthy recipes, visit jsyfruitveggies.org.

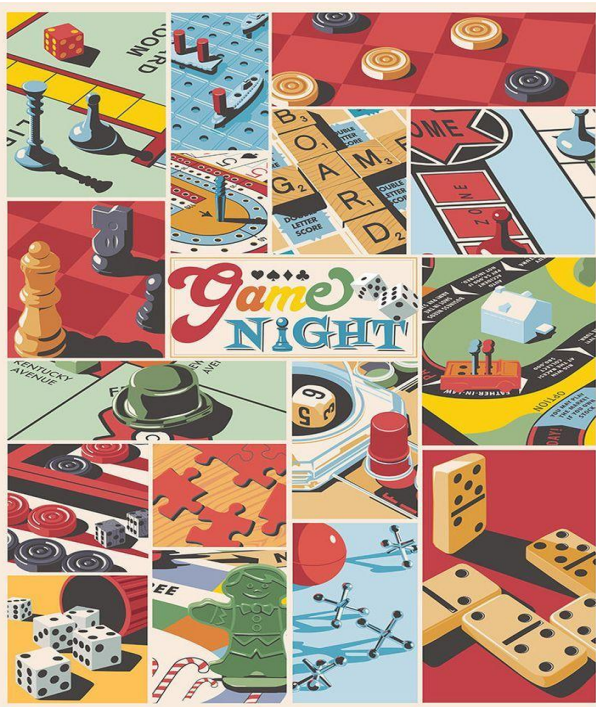
NYC
Health

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. 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).

www.ccbq.org

Www.ccbq.org



Social Work Corner

Please schedule an appointment to get screened for benefits and entitlements. Please inquire about our transportation service and the required eligibility for application.

**We have SNAP, HEAP and EPIC on site
Information and referrals are available
upon request**

Apply for Internship, volunteer and community service.

**We are currently accepting volunteers for
workshops and provide full college credit
towards internship hours
Call today!!!**

Health managements starts from the inside out. Nutritional intake is the primary key to preventative medicine. What you eat on the inside is what you wear on the outside. Call the Narrows OAC and speak with staff on our Nutrition Information and scheduled presentation.

**Sign up for weekly
art classes every
Thursday with
Olga or Tselita.**

Main dining room



Kind Reminder To Narrows Members

Please remember to make sure your information with the center's office such as address, phone number(s), emergency contacts, doctor contacts, medications and etc. are all up to date and notify the Case Manager or other office staff of any changes to update your records as this is important to allow us to be able to reach out to you or your contacts for very important reasons or if there is an emergency and ultimately it is all about ensuring your safety.

Please also note if you need any assistance such as service referrals, managing/organizing/filling out important paperwork, applying for benefit programs & housing, and more, do not ever hesitate to look for Case Manager.

Thank You

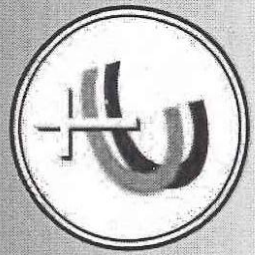




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

The program is sponsored by Catholic Charities Neighborhood Services Diocese of Brooklyn and Queens.

Accredited by the Council on Accreditation for Children and Family Services



CATHOLIC CHARITIES
Brooklyn &
Queens

ESTABLISHED 1899

Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

Catholic Charities
Benson Ridge Senior Services
can help.

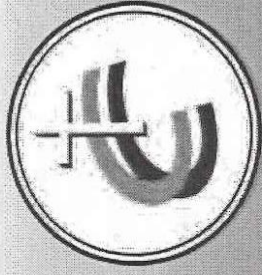
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.

718-680-3530

We care! You are not alone!

*Program funded by the
New York City Department for the Aging*



CATHOLIC CHARITIES
Brooklyn &
Queens

ESTABLISHED 1899

Benson Ridge Senior Services

6823 Fifth Avenue
Brooklyn, NY 11220

718-680-3530 (Tel)
718-680-3654 (Fax)



*Serving Homebound Older Adults
in Bay Ridge and Bensonhurst*

BENSON RIDGE SENIOR SERVICES

Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

What services are available?

- Case management
- Home-delivered meals
- Homework
- Housekeeping
- Transportation
- Friendly visiting
- Long-term care planning
- Benefits and entitlements
- Information and referral
- Caregiver support

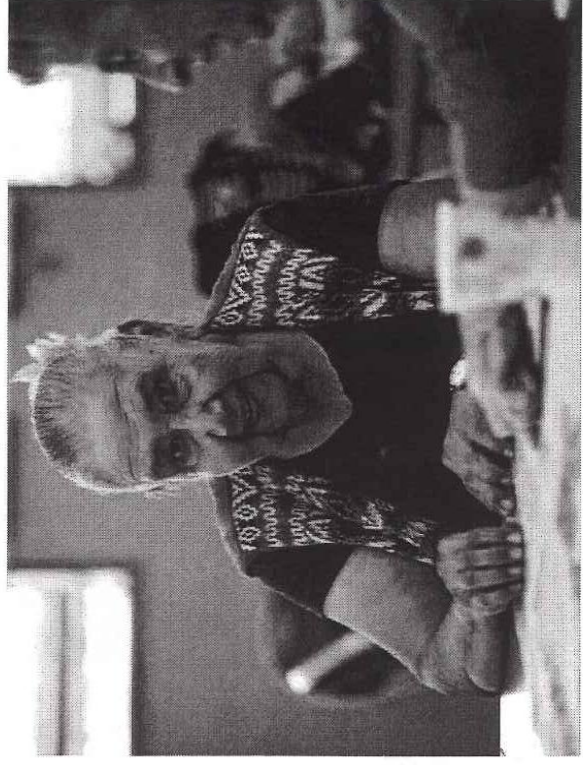
What languages are spoken?

- English
- Russian
- Spanish

What are the hours of operation?

Monday - Friday
9:00 AM - 5:00 PM

"Youth is a gift of nature, but age is a work of art."
- Garson Kanin



Friendly Visiting Program



**Volunteer your time
and make a new
Senior Citizen friend!**

Presented by
RiseBoro Community
Partnership

FUNDED BY
NYC DEPARTMENT FOR THE AGING

riseboro.org

Seniors in **North and South Brooklyn's Community Districts 1, 2, 3, 4, 6, 7, 10, and 11** are seeking a compassionate individual to spend one hour per week visiting them and keeping them company.

We are looking for compassionate and caring individuals who would like to make friends with an older person in their neighborhood.

For more information or to volunteer, contact:

Biviana Coyomani

email: bcoyomani@riseboro.org

phone: **929-563-5596 ext. 2231**

RiseBoro
COMMUNITY PARTNERSHIP