

October 2026



Our Voices



CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

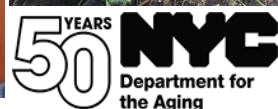
Phone #: (718) 225 - 1144



Did you know Bayside
Older Adult Center's
average daily attendance
in September was **176**



Bayside Older Adult Center's
average daily Congregate
lunch meals served in
September 2026 was
139



Name: _____

Date: _____

As October breezes sweep in, words related to this cozy month have scattered across the puzzle.

Can you help gather them all by searching in every direction—forward, backward, up, down, and diagonal? Once you spot a word, circle it and cross it off the list. Happy hunting!



October Word Search



ACORNS	I T G M T N K G F A L L F O L I A G E V
APPLES	N M A K S T J M K Z Z F O O T B A L L S
AUTUMN	D E X U G Q R G R N E E W O L L A H M E
AUTUMNAL	I C X C T A U T U M N R I A K S I R B D
EQUINOX	G I Q R P U Y A F M N R B N Y K A V Y I
BAKING	E P W A H C M L S S P Q B A K K N K S R
BONFIRE	N S K N R J F N E H B U D W I N O E M Y
BRISK AIR	O J Q B K Z T V A O R S O N R O L S T A
CHESTNUTS	U H H E D D A S N L U X G S P P B W L H
CIDER	S M L R N E P F E B E P P S P R H E R F
COLUMBUS DAY	P Z V R L K I R M V K Q F A C E Q A B K
CORN MAZE	E W R I Q R L U M S R T U L K D Y T Q K
COZY	O B K E E M L D K S T A P I J I K E B G
CRANBERRIES	P A P S J O G M J N X U H U N C L R Z Y
FALL FOLIAGE	L K C N C O C V C R P B N T M O M S K R
FOOTBALL	E I F O U B X Q L O M C K T F P X L P T
GOURDS	S N G R Z Z W O R C E R A C S Y K X K T
HALLOWEEN	D G D H T Y M K R A G J M R T E Q I W R
HARVEST	A S B C O K T O B E R F E S T P H C N J
HAYRIDES	Y M V D V C O R N M A Z E T F X T C H S
INDIGENOUS PEOPLES DAY	
	LEAVES
	OKTOBERFEST
	PUMPKINS
	RAKING
	SCARECROW
	SOUP
	SPICE
	SPOOKY
	SQUASH
	SWEATERS



125+
YEARS OF CHANGING LIVES



Welcome

Glad you're here!



Hello, my name is Zhang, and I'm an RN currently studying at CUNY School of Professional Studies (CUNY SPS) to complete my BSN. I also work as a nurse in a hospital. I will be here every Friday starting at 10:00 AM. You can find me in the computer room. If you have any health-related questions, such as chronic disease prevention, blood pressure, medications, or healthy lifestyle habits, please feel free to reach out. I can also help check your blood pressure and provide general health education. Please feel free to stop by and talk to me. I would love to hear from you!



Hello everyone! My name is Julliane and I will be here in the community center this Fall 2026. I am a Registered Nurse, completing my final Capstone Course with CUNY School of Professional Studies for my Bachelors of Science in Nursing. As part of this course, we work together with community members to address a specified need, while developing a potential program corresponding to that need. During this time, I welcome the opportunity for conversations with you all! As the weeks progress, different components to the development of project will be utilized! Please feel free to ask me any questions you may have! Thank you for welcoming me and allowing me to be a part of your community! I look forward to getting to know you all and working together!



50 YEARS
NYC
Department for
the Aging

50 YEARS
NYC
Department for
the Aging

50 YEARS
NYC
Department for
the Aging

50 YEARS
NYC
Department for
the Aging

50 YEARS
NYC
Department for
the Aging

Thank You

STUDENT VOLUNTEERS



Ivan C



Isabella



Ya Qin L



Lily K



Joan K



Tiffany Y



October 2026

October 2026

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Homemade Tomato Sauce (1/2 cup) Italian Meatballs with Beef and Turkey Penne (1/2 cup) Garden Salad Chickpeas	2 Cajun Shrimp White Rice (1/2 cup) Whole Wheat Bread Caesar Salad) Pear
5 Italian Meatballs with Chicken Whole Wheat Pasta Primavera Roasted Broccoli	6 Mama's Pasta Fagioli Baby Spinach Salad With Mushrooms and Balsamic Vinaigrette Italian Blend	7 Baked Pork Mushroom Gravy Yellow Rice Sautéed String Beans	8 Spanish Style Beef Stew Mashed Sweet Potatoes Prince Edward Blend	9 Tuna Salad Basic Pasta Salad Garden Salad with Chickpeas (no
12 Chicken Salad Whole Wheat Bread Cole Slaw Simple Potato Salad Apple	13 Chickpeas (1/2 cup) Rasta Pasta Whole Wheat Bread Italian Blend Vegetables	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 (no	16 Baked Fish with Lemon Garlic Butter Sauce White Rice (1/2 cup) Sautéed Green Beans
19 Jerk Chicken Whole Wheat Bread California Blend Vegetables Homemade Mashed	20 Chili-Spiced Pinto Bean Ragout Brown Rice (1/2 cup) Whole Wheat Bread Steamed Carrots	21 Italian Style Pork Loin Tomato Sauce (pre-prepared, ½ cup) Penne (1/2 cup) Baby Spinach Salad	22 Beef Stew Whole Wheat Bread Garden Salad with Chickpeas (no dressing)	23 Tuna Salad Whole Wheat Bread Basic Pasta Salad Garden Salad with
26 Chicken Salad Whole Wheat Bread Cole Slaw Simple Potato Salad Apple	27 Three Bean and Spinach Stew Brown Rice Black Beans Caesar Salad Banana	28 Chambre de Glandules (Dominican Stew with Pork, Pigeon Peas, Brown Rice) Yellow Rice Sautéed Green Beans with Onions	29 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables Apple	30 Baked Salmon with Cilantro Citrus Sauce Garden Salad with Chickpeas Roasted Potatoes Pear

The recommended contribution for lunch per persons 60 years of age or older is \$2.00

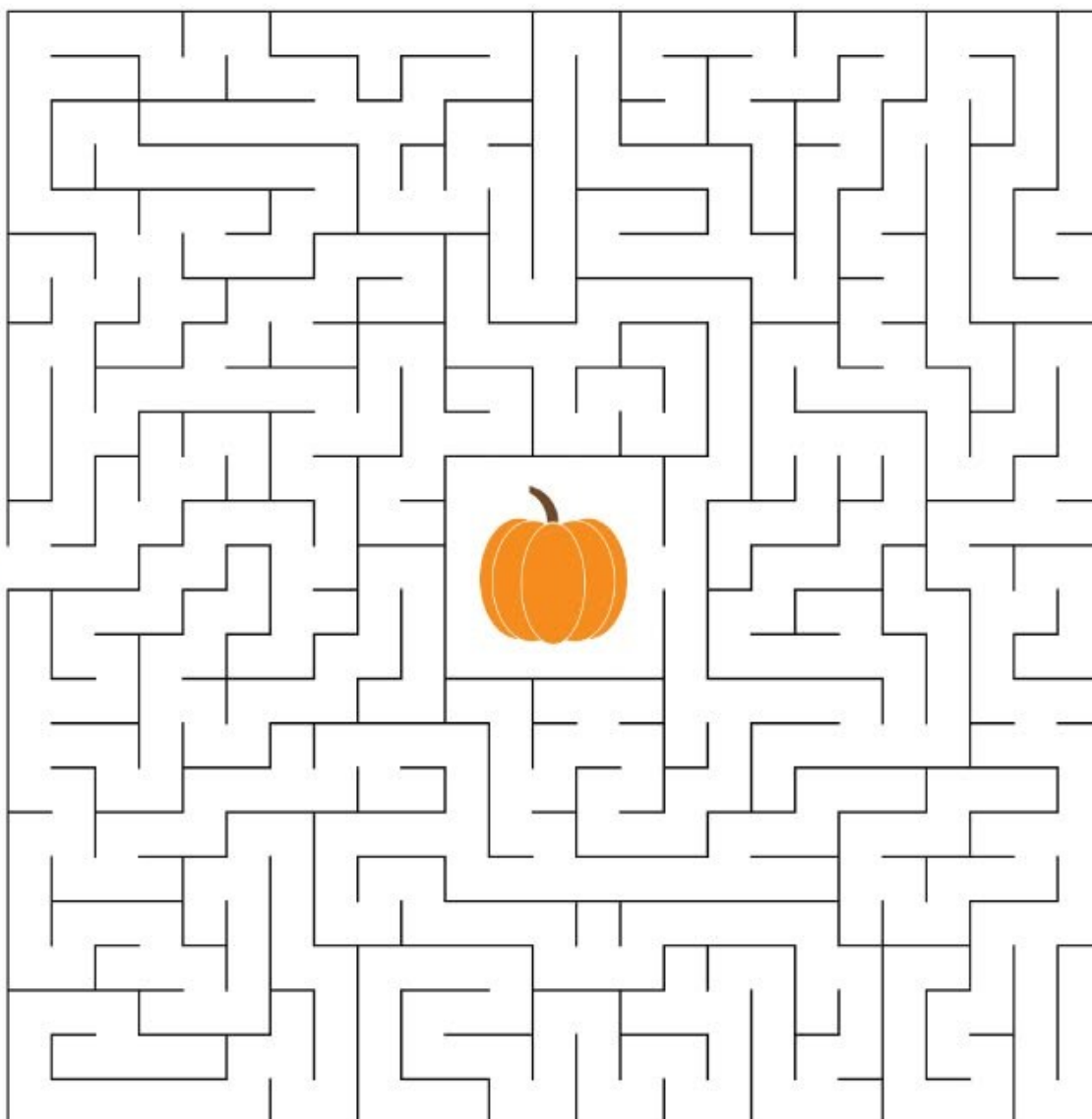


Fall Maze



Work your way through the maze to reach the pumpkin in the center.

START



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		 ½ 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		 ½ cup of brown rice and ¼ 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).

Serving Unpaid Caregivers Across NYC

VISIONS Caregiver Program provides support to unpaid caregivers caring for an adult age 60+, an adult of any age with dementia or Alzheimer's, an adult age 18-59 with a disability (when the caregiver is age 55+), or children under 18 cared for by older family members. We serve caregivers of people with vision loss, hearing loss, dementia, and other disabilities across all five boroughs, in multiple languages and accessible formats.

VISIONS partners with **SAGE, Helen Keller Services, and Center for Hearing and Communication** to provide specialized support for LGBTQ+ caregivers and caregivers of individuals who are Deaf, DeafBlind, or Hard of Hearing.



We Offer the Following Resources to Caregivers:

Counseling, Support Group and Workshops

One-on-one counseling in setting boundaries, improving communication and coping skills. Support groups and workshops to share experiences and gain resources.

Information & Assistance

Resources on available services; assistance with accessing and applying for benefits and make referrals to other available service providers such as case management agencies.

Respite Services

Temporary relief for caregivers where recipients can participate in daytime or overnight activities at VISIONS Center on Blindness. Short term in home health aides are available to assist with dressing, meal preparation, shopping, escorting, etc.

Supplemental Services

Assistance with purchasing resources for primary care recipients, such as emergency food, transportation, durable medical equipment, minor home modifications and adaptive devices.

We speak your language! Staff are available to speak Spanish, Chinese, Russian, French Creole. Language translation available for other languages. For more information please contact:

Heather Marvin, Outreach Coordinator, Caregiver Program: 212 625-1616 ext. 190 or hmarvin@visionsvc.org

Rachelle Jean-Baptiste, Caregiver Services Program Associate: 212 625-1616 ext. 129 or rjean-baptiste@visionsvc.org

VISIONS Caregiver Program is partially funded by the NYS Office of the Aging and the U.S. Administration on Aging's National Family Caregiver Support Program through the NYC Department for the Aging.



FALL POETRY



Pleasant Sounds

John Clare

The rustling of leaves under the feet in woods and under
hedges;
The crumpling of cat-ice and snow down wood-rides,
narrow lanes and every street causeway;
Rustling through a wood or rather rushing, while the wind
halloos in the oak-toop like thunder;
The rustle of birds' wings startled from their nests or flying
unseen into the bushes;
The whizzing of larger birds overhead in a wood, such as
crows, puddocks, buzzards;
The trample of robins and woodlarks on the brown leaves.
and the patter of squirrels on the green moss;
The fall of an acorn on the ground, the pattering of nuts on
the hazel branches as they fall from ripeness;
The flirt of the groundlark's wing from the stubbles –
how sweet such pictures on dewy mornings, when the
dew flashes from its brown feathers.

This Is Just To Say

William Carlos Williams

I have eaten
the plums
that were in
the icebox

and which
you were probably
saving
for breakfast

Forgive me
they were delicious
so sweet
and so cold

Write your own Poem!

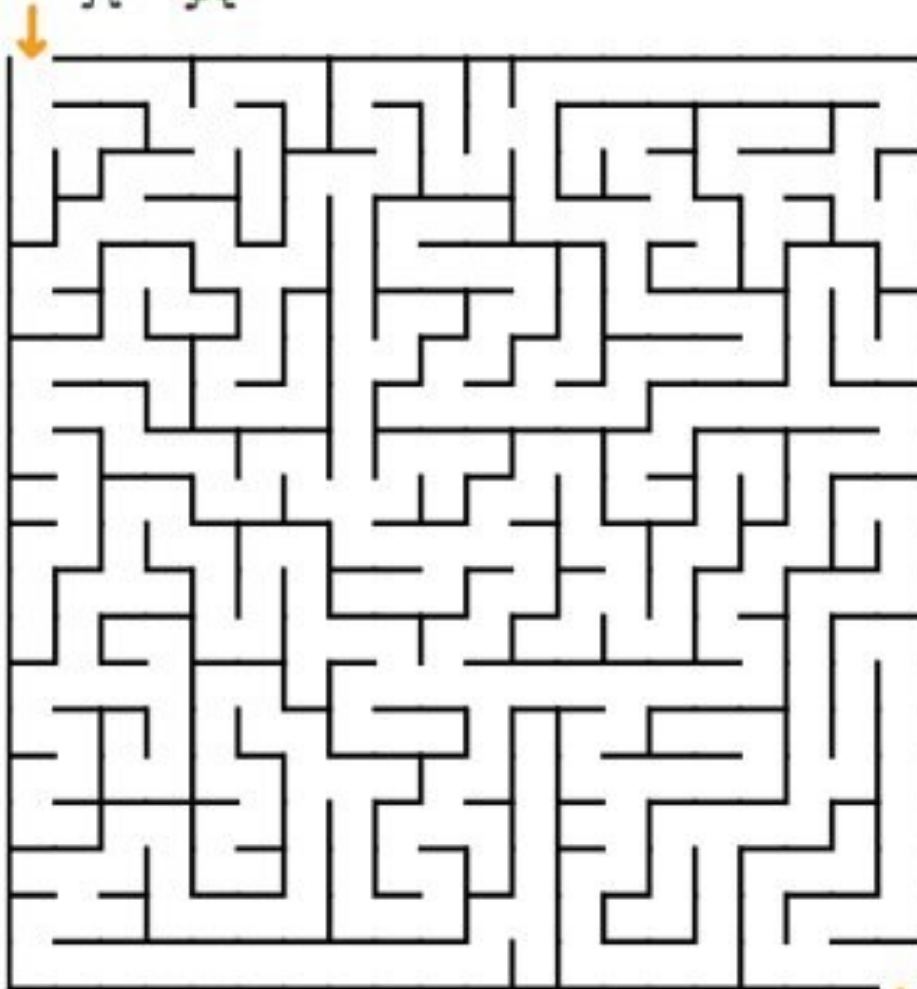
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Bayside Older Adult Center Activities for October, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Painting Group (Leo) 9am Low impact Aerobics (Ira) 9:30-10:30am Latin Dance (Yukari) 1:00pm	2 Painting Group (Leo) 9am Wing Chun (David) 9:30am Karaoke (David) 12:00pm Line Dance (Harrison) 1:00pm	7 Painting Group (Leo) 9am Ballroom/ Latin (Jennifer) 9:00-10:00am Origami Class (Rose) 12:00pm Live DJ and Social Dancing (1:00-3:00pm)
5 Painting Group (Leo) 9am-3pm Belly Dance (Amira) 10am-11am Zumba (Amira) 11am-12pm Bingo (Pat) 12:30-1:30pm Line Dance (1:30pm-3:00pm)	6 Painting Group (Leo) 9am Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:00pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	7 Painting Group (Leo) 9am Low impact Aerobics (Ira) 9:30-10:30am Latin Dance (Yukari) 1:00pm	8 Painting Group (Leo) 9am Wing Chun (David) 9:30am Karaoke (David) 12:00pm Line Dance (Harrison) 1:00pm	9 Painting Group (Leo) 9am Ballroom/ Latin (Jennifer) 9:00-10:00am Origami Class (Rose) 12:00pm Live DJ and Social Dancing (1:00-3:00pm)
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HALLOWEEN MAZE

CAN YOU HELP CHILDREN FIND THE HALLOWEEN CANDY BAG?



Happy Halloween





Eulalia Choi - Case Manager



Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.

Plan Annual Notice of Change (ANOC)

What is it?

If you're in a Medicare plan, your plan will send you a "Plan Annual Notice of Change" (ANOC) each fall. The ANOC includes any changes in coverage, costs, and more that will be effective in January.

When should I get it/ Who sends it?

September/ Your plan

What should I do if I get this notice?

- Review any changes to decide whether the plan will continue to meet your needs in the next year.
- If you don't get this important document, contact your plan.

What to do after reviewing your ANOC

The 4-step ANOC review

1. Confirm all your current drugs are still covered.
2. Note any tier changes affecting your copays.
3. Check that your preferred pharmacy is still in network.
4. Compare your plan's changes against alternative plans on Medicare.gov.

If your plan is changing in ways that hurt you — drugs dropped, big premium increases, pharmacy network shrinking — use the Annual Enrollment Period (October 15 – December 7) to compare other Part D plans available in your area. Coverage takes effect January 1.

Compare plans using:

- **Medicare.gov Plan Finder** — the official tool, free, lists all plans in your ZIP code
- **Your state's SHIP counselor** — free, unbiased one-on-one help
- **A licensed Local Medicare Agent** — free service, can run plan comparisons for you
- **Online plan comparison tool** — planmatch.com

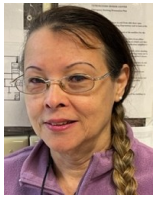
<https://www.medicare.gov/basics/forms-publications-mailings/costs-and-coverage/upcoming-plan-changes>
<https://medicarepartd.org/annual-notice-of-change>



BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364

Phone: (718) 225-1144 Fax: (718) 229-7320



Officers:

Rosa F.....President
Christina L... Vice President
Pat W Treasurer
Leo P Secretary

ADVISORY COUNCIL

Members:

Carmela P
Carl D
Fraternidad S
Jane C



BAYSIDE OLDER ADULT CENTER STAFF

Pang Program Manager
Kathy L Office Manager
Eulalia CCase Manager
Yolanda D Custodian
Annmarie P Transportation Coordinator
Elizabeth M..... Recreational Coordinator

Henry C
Shawn W
Laura M
Yung P T
Michael M

Transportation
Transportation
Kitchen Aide
Kitchen Aide
Kitchen Aide

Catholic Charities Mission Statement

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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

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)

Name: _____ Date: _____



October



AUTUMN
BASEBALL
BLANKETS
BONFIRE
BOO
CANDY
CANDY CORN
CHANGE
CHILLY
CIDER
CINNAMON
CLOVES
COBWEBS
COLD
COSTUME
COZY
CRISP
CRUNCHING
DECIDUOUS
FALL
FOLIAGE
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	N	U	T	M	E	G	I	N	G	E	R	G
A	N	A	C	R	I	S	P	R	U	S	T	L	I	N	G	A	T	H	E	R	P	Y
C	K	N	P	L	E	N	T	I	F	U	L	I	K	H	C	Y	M	K	Q	I	R	X
K	E	D	F	D	S	B	F	C	R	U	N	C	H	I	N	G	O	L	D	E	N	N
E	T	Y	Z	S	P	O	O	K	Y	L	C	G	M	A	R	O	O	N	Q	E	G	A
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	O	R	C	H	A	R	D	D	R	C	Y	I	E	R	H	F	L	N	Y	B
N	R	R	L	I	K	G	L	T	O	U	R	I	S	T	L	O	I	G	O	U	R	D
T	Q	N	I	E	J	A	L	R	S	T	D	D	Z	X	L	S	K	D	V	I	E	W
H	X	N	A	S	L	I	M	E	G	R	E	E	N	M	O	T	E	M	E	U	D	I
P	A	C	G	I	E	S	C	A	R	E	C	R	O	W	W	R	H	W	S	Q	K	R
U	U	H	E	O	A	C	O	T	R	A	I	L	I	E	U	M	C	O	Z	Y	S	S
M	T	M	Z	L	V	E	B	R	K	T	D	G	R	C	H	A	N	H	I	C	B	N
P	U	R	P	L	E	N	W	I	R	S	U	H	J	H	A	Z	N	J	M	D	V	P
K	M	A	S	K	S	I	E	C	P	B	O	N	F	I	R	E	R	Y	R	I	R	A
I	N	K	Y	C	I	C	B	K	A	V	U	X	G	L	V	C	H	A	N	G	E	F
N	X	E	B	C	F	N	S	S	D	U	S	K	E	L	E	T	O	N	V	A	O	F
P	I	Y	D	I	T	E	S	V	B	Y	W	D	C	Y	S	H	R	S	N	S	Y	Z
A	N	I	G	C	G	Q	S	P	I	C	E	S	K	B	T	L	A	M	T	G	H	Z
T	B	T	P	C	S	I	J	O	I	C	A	N	D	Y	R	E	N	X	E	U	Y	Y
C	I	N	N	A	M	O	N	D	C	C	T	P	N	K	H	D	G	G	N	T	M	M
H	A	L	L	O	W	E	E	N	Z	S	E	N	B	W	H	Y	E	O	B	X	J	E
N	F	U	J	O	L	V	D	I	X	L	R	R	H	Z	W	Y	W	A	W	U	G	V

RED
RUSTLING
SCARECROW
SCENIC
SKELETON
SLIME GREEN
SPICES
SPOOKY
SWEATER

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



Easy Ways to... Keep Food Safe

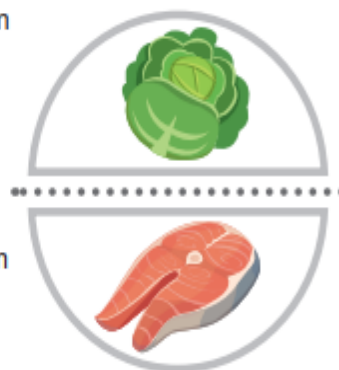
CLEAN your hands and surfaces often.

- 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.

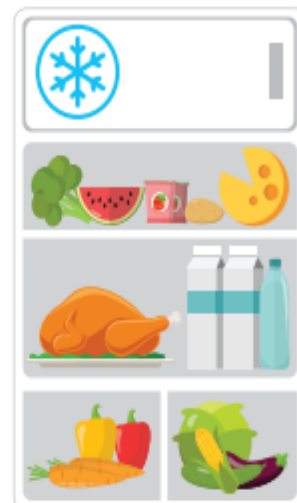


Safe Cooking Temperatures:

- 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.





National Mushroom Day



National Horror Movie Day

World Octopus Day



National Walk Your Dog Week



Breast Cancer Awareness Month

October HOLIDAYS

National Caramel Apple Day



National Candy Corn Day



Back to the Future Day



National Pizza Month



National Dictionary Day



National Salmon Day



National Pumpkin Spice Day



Country Music Month

National Sports Day



National Magic Day

COUNTRY MUSIC



National Kangaroo Awareness Day



National Cinnamon Roll Day

National Color Day



National Apple Day

National Black Cat Day



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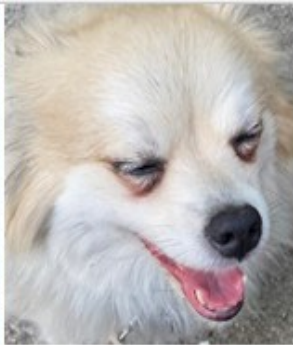
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**BLOOMING
HEALTH**

Bayside Senior Center
Older Adults Survey



Do you exercise over three hours per week?

Yes —78%
No—22%



Do you walk over ten minutes daily?

Yes—84%
No - 16%



Do you weigh yourself at least once per week?

Yes—55%
No— 45%



Do you get spam/scam calls on your phone?

Yes —81%
No - 19%

Age	Gender	Education	Income	Marital Status	Health Status	Living Arrangement	Employment Status	Voluntary Contribution
65-74	Male	High School	\$15,000	Married	Good	Own Home	Full Time	\$2.00
75-84	Female	College	\$25,000	Widowed	Good	Own Home	Part Time	\$2.00
85+	Male	High School	\$10,000	Married	Fair	Own Home	Full Time	\$2.00

Do you sleep more than six hours per day?

Yes— 63%
No - 37%



Do you like that the voluntary contribution for meals at Bayside OAC is \$2.00?

Yes - 77%
No - 23%



October 2026



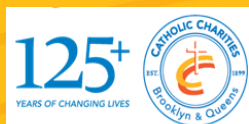
HALLOWEEN PARTY



DATE : **FRIDAY, OCTOBER 30, 2026**

TIME : **1:00PM—3:00PM LIVE DJ**

PLACE : **CATHOLIC CHARITIES
BAYSIDE OLDER ADULT
CENTER**



October 2026



Happy Recap!



SEPTEMBER 2026

