

SEASIDE NEWS

320 BEACH 94TH STREET, ROCKAWAY BEACH NY 11693 PHONE: (347) 926-4119

Jurate Jones, Program Manager

A message from Jurate

*Apples, caramel, and
pumpkin spice...*

I do hope your October is extra-nice!



Happy Birthday to:

Sola Howard Joyce Jane

Terry Eva Iris David Milton

Anthony Kathleen Ellen

Joseph Jose John Janet Kristina

MaryAnn Margaret Mirian

Marlene Michael Bella Vincent

***Feliz Cumpleaños a todos nuestros
celebrantes de octubre!***

October
Be present.
Let the day flow with grace.
Expect nothing. Give thanks.
Surrender. Be open.
Speak only kindness.
Impart only love.
Never forget you're not alone.
Give so you may receive.
See goodness in others. mary davis

Funded by The NYC Aging



SEASIDE OCTOBER ANNOUNCEMENTS

A message from staff/ Un Mensaje de Personal – It's fall y'all! Crisp air and cozy vibes are here! The leaves are changing color and we are wearing our sweaters and jackets. As we have just witnessed over the weekend, potent storms can happen, and we are in hurricane season. Please stay calm but be very vigilant and be prepared ([read more on page 13](#)).

Come with your friends to enjoy activities at Seaside OAC. It is always good to socialize. Seaside OAC offers numerous benefits, including combating social isolation, promoting physical and mental well-being, health and wellness, fostering a sense of purpose, and providing access to valuable resources and activities, getting help with paperwork in a supportive community. Our goal here at Seaside OAC is to enhance your life in your retirement years. Catered by Russo's, our breakfast is served from 8:30-10:00AM and lunch is from 12-1PM

Exercise classes: Aerobics, Tai- Chi, Strength Exercise and Chair Yoga

Games: Cards, Dominoes, Pool, Bingo, Pokeno, Air Hockey, Name that Tune

Activities: Health Presentations, Workshops, Arts and Crafts, Blood pressure monitoring, Guest entertainers, Movies, Trips, Trivia, Transportation, Cultural, Holiday and Birthday Celebrations, Popcorn and treats throughout the month!

Confidential Case Assistance, Information and Referrals and Community Resources on site.

Seaside OAC is a Free Program for individuals aged 60 and older - Joining take less than 30 minutes! We are here for you!

HALLOWEEN PARADE: Seaside will be having our annual **Halloween Parade** on Friday, October 30 directly after lunch and before our October birthday party! Prizes!, so let's get spookily creative!



Nurse Rachel will be at Seaside every Friday in October to keep us healthy and informed on a range of relevant topics such as fall prevention tips, aging well, managing stress, cholesterol and much more.



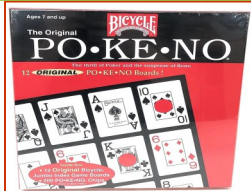
OCTOBER TRIP TO A FARMER'S MARKET

Our trips are handled by staff and volunteers. William McKenzie, our front desk host is helping us to plan trips! So, let's all come together to gather fun trip ideas. It is important to keep in mind the following factors: Location, cost, if a senior discount is offered and we must always ensure the trip venue has disability access. Once the trip has been finalized and approved, please make sure you sign the sheet at the front desk. A trip to the Long Beach Farmer's Market is up next so you can spend your coupons. We can go to Long Beach a few times in Oct./Nov – stay tuned for announcements.

Trip #1: Wednesday October 7th at 9:30am

****Please do not forget to redeem your Farmer's Market coupons before November 30.**

Coupons can be also be used locally at Rock Farm on Beach 45th street on Saturdays as well as select Farmers' Markets across NYC. *



Pokeno will take place in October, we will confirm the date shortly.

A snack will be provided. We will have two tables for this game.

Fall Word Search

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



CORN
 AUTUMN
 BONFIRE
 BOOTS
 OCTOBER
 RAKE

THANKSGIVING
 HARVEST
 LEAVES
 CARNIVAL
 APPLES
 APPLE CIDER

PUMPKIN
 FOOTBALL
 SWEATER
 NOVEMBER
 SEPTEMBER
 SUNFLOWER



SEPTEMBER HIGHLIGHTS AT SEASIDE



↑ A very Happy Birthday to our September Babies. Cheers and here's to many more! L-R: James, Sandra, Shakti, Cindy, Teresa, Melba and Cheryl



↑ Another masterpiece from our talented artist, Grazyna.

↑ Coincidence much! Cindy and Teresa were seated beside each other, they discovered they have the same birthday and they are the same age!! Only at Seaside!



↑ Trip to Tribute Park #Never Forget



↑ Having laughs with Howard the Jokeman, he had some great new material .



↑ Thank you to Moshe from OHEL who gave a great talk on improving mental health. Moshe will present talks on a variety of mental health topics every Thursday in October from 10am-11am



MORE SEPTEMBER HIGHLIGHTS FASHION SHOW IN HONOR OF SENIORS MONTH



CASE MANAGER'S CORNER: Examples of programs you may be entitled to are: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, LIFELINE, ACESSS-A-RIDE, REDUCED FARE METROCARD (OMNY).

Be assured we are here to screen you and help you with programs you are entitled to.

****We can also help with REAL ID. U.S. Passport Applications. NYC Ferry. ****

GOT YOUR REAL ID? Please ask your case manager for help with getting a REAL ID.
So far New York does not require ID to vote but that rule could change.

IMPORTANT REVIEW YOUR HEALTH INSURANCE PLAN Are you satisfied with your health care plan? Open enrollment for a new health insurance plan will begin on October 15 through December 7, 2026 with any changes taking effect January 1, 2027. There are changes in 2017 so read mail super carefully Changing health insurance can be very beneficial but it can be stressful because there are many variables to consider, such as Will my doctors still be in network?; Will I have a higher co-pay, What enhanced benefits can I expect? Will I limit my out-of-pocket expenses if I chose a Medicare Advantage Plan instead of Original Medicare? How good is my dental plan? New Medicaid laws also require persons below the age of 64 to do 80 hours of voluntary work per month. Educate yourself on your benefits as much as you can. Seaside OAC s here to help you review your current plan carefully to see if you are eligible for enhanced plan benefits. Alternatively, if you have a family member, ask he or she for help. **Communicate** in good time if you are not happy with your plan or if you need clarity. You deserve a plan that matches your personal preferences and health needs. Feel free to make an appointment with your Case Manager.

****Please be aware of SCAM calls during open enrollment.****



****PLEASE SAVE THE DATE COMING DECEMBER 2026****
MTA/OMNY Mobile Sales Van will be at Seaside OAC on TUESDAY, DECEMBER 29, 2026 (time tba) . Bring ID and sign right up in minutes for a REDUCED PRICE OMNY CARD

Get help with a Reduced-Fare application; Transfer balances (Full fare and Reduced-Fare); Exchange a damaged OMNY Card for a temporary replacement; Report a lost/stolen Reduced-Fare OMNY card and Ask our team about any OMNY related issues.



OCTOBER IS BREAST HEALTH AWARENESS MONTH

National Breast Cancer Awareness Month dates back to October 1985. Do your part to help raise awareness about the importance of detecting breast cancer early. Spread the word about mammograms, encourage communities, organizations, families, and individuals to get involved.

Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body. Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body doesn't need them and old or damaged cells do not die as they should. When this occurs, a build up of cells often forms a mass of tissue called a **lump, growth or tumor**. Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which branch into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis. It is important to get your annual Mammogram and do a breast exam regularly to check for lumps. ****ARRANGE YOUR MAMMOGRAM****

OCTOBER IS NATIONAL LUNG AWARENESS

BREATHE FOR STRONG LUNGS: Your **lung capacity** is the total amount of air that your lungs can hold. Over time, our lung capacity and lung function typically decrease slowly as we age after our mid-20s.

Tips for keeping your lungs healthy: Prevention is the best medicine and working to keep your lungs healthy is much more efficient than trying to repair them after something goes wrong. To keep your lungs healthy, do the following:

Stop smoking, and avoid secondhand smoke or environmental irritants.

Eat foods rich in **antioxidants**.

Get vaccinations like the flu vaccine and the pneumonia vaccine. This can help prevent lung infections and promote lung health.

Exercise more frequently, which can help your lungs function properly.

Improve indoor air quality. Use tools like indoor air filters and reduce pollutants like artificial fragrances, mold, and dust.

Some conditions like chronic obstructive pulmonary disease (COPD) can rapidly reduce lung capacity and functioning. This leads to difficulty in breathing and shortness of breath. Fortunately, there are exercises that can help maintain and increase lung capacity, making it easier to keep your lungs healthy and get your body the oxygen it needs.

TYPES OF BREATHING EXERCISES

Diaphragmatic breathing Diaphragmatic breathing, or “belly breathing,” engages the diaphragm, which is supposed to do most of the heavy lifting when it comes to breathing. This technique is particularly helpful in people with **COPD**, as the diaphragm isn’t as effective in these individuals and could be strengthened. The technique is best used when feeling rested. According to the **COPD Foundation**, you should do the following to practice diaphragmatic breathing:

Relax your shoulders and sit back or lie down.

Place one hand on your belly and one on your chest.

Inhale through your nose for two seconds, feeling the air move into your abdomen and feeling your stomach move out. Your stomach should move more than your chest does.

Breathe out for two seconds through pursed lips while pressing on your abdomen.

Repeat.

Pursed-lips breathing Pursed-lips breathing can slow down your breathing, reducing the work of breathing by keeping your airways open longer. This makes it easier for the lungs to function and improves the exchange of oxygen and carbon dioxide. This breathing exercise is often easier for beginners than diaphragmatic breathing, and you can do it at home even if no one has showed you how. It can be practiced at any time. To practice the pursed-lips breathing technique: Inhale slowly through your nostrils.

Purse your lips, as if pouting or about to blow on something.

Breathe out as slowly as possible through pursed lips. This should take at least twice as long as it did to breathe in.

Repeat.

TAKE THE TIME TO PRACTICE THESE EXERCISES AND MAKE IT YOUR DAILY ROUTINE. STRENGTHENING YOUR LUNGS IS KEY TO LOWERING BLOOD PRESSURE, REDUCING STRESS, AND OVERALL WELLBEING.

STAY HEALTHY AND STAY STRONG.

MADHAVI MENON STROHL

SEASIDE MEMBERS SECTION



Welcome to our Spotlight on Seniors Section

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**Hometown:** Checa, Ecuador.

**Occupation:** Library Aide.

**Favorite color:** Yellow.

**Zodiac sign:** Virgo.

**Favorite Movie:** Titanic.

**Favorite Book:** *The Book Thief*  
by **Marcus Zusak**, a wonderful

fictional novel set in World War II.

**Advice for the youth of today:** You can be everything you want to be if you put your mind to it. Hard work always pays off.

**Person you most admire:** *Michelle Obama*. She is very intelligent and had a career of her own, making her a wonderful role model. I admired her hard work on better nutrition in our schools.

**May we ask how you met your husband Fausto?**  
Of course! He was a friend of my late brother; I met him in New York and the rest is history!

**Life mantra:** "Haz el bien y no mires a quien."  
"Do good things but don't look for people to acknowledge it."

**Hobbies and Pastimes:** Gardening, I have my own allotment, reading, playing Rummikub and Bingo, walking on the boardwalk, looming and socializing with family and friends.

**What important lesson have you learned in life?**  
Gardening, like all good things in life takes a lot of patience and hard work.

**Fun facts about you:** I was born and raised in Ecuador. I'm the fifth child of eight siblings. I met my husband and we raised our two wonderful kids out in Long Island. We moved to Rockaway Beach in 2016.

**Favorite thing about Seaside OAC:** So many things! Our morning routine starts with breakfast at Seaside. We enjoy the exercise classes, playing bingo and dominoes and meeting my friends. The staff is always friendly and welcoming.

*Thank you Lucy!*

*We are praying for strength and a return to good health for the following members:*

Alice Dorethea Beverly James  
Cookie John Julia Maria Frances  
Lunetta Sylvia Berton John



## MAINTAIN YOUR HEALTH and FITNESS GOALS AT SEASIDE OAC:

**In person Aerobics every  
Monday at 11AM with Anna**  
**In person Strength Exercise/  
Movement class with Tommy**  
every Tuesday and Thursday at  
11:15AM

**NEW!! In-person Golden QIGong  
with Alexandra every Wednesday  
at 11AM**

**Chair Yoga with Janelle every  
Friday at 11AM**

## OCTOBER 2026 EVENTS

**Bingo** every Monday, Wednesday  
and Thursday at 12:45pm Joyce,  
Barbara, Liz, William & Brenda  
Nurse Rachel will be at Seaside on  
Friday mornings

**Blood Pressure** screening with  
**Luis** on October 2 16 and 30.

**Pokeno** Wednesday October 14 at  
1PM Kathy and friends.

**Halloween Parade**, Friday  
October 30. Prizes for the best cos-  
tumes. Let's be creative spooky  
**October Birthday Party** on the 25th  
@ 12:30PM, special cake from  
Russo's, speeches, dancing & a DJ!

*Please see our October  
Activities Calendar*

*\*\*schedule subject to change\*\**

**125+**  
YEARS OF CHANGING LIVES



**CATHOLIC  
CHARITIES**  
Brooklyn &  
Queens



## **St. Mary Star of the Sea Church**

19-20 New Haven Ave., Far Rockaway 11691

October 6, 2026

Begins at 10:30 AM —items available while supplies last

## **What will be there?**

### **Interactive Health & Wellness Stations featuring:**

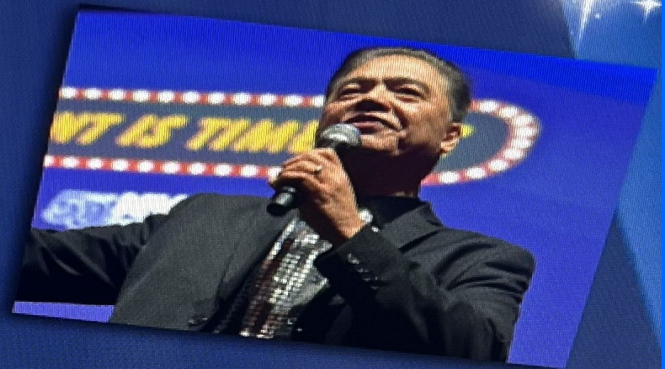
- Fresh produce
- Catholic Charities Mobile Outreach: SNAP information
- Catholic Charities Health & Wellness — Help Before Crisis: A Preventative Mindset
- NYC DOT's Safety Education
- Riseboro Homecare Program
- JASA Queens South Elder Justice Program
- Wellcare
- Public Partnerships LLC (PPL)
- Queens Public Library Peninsula
- Administration of Children Services/Safe Sleep
- ClearCaptions
- Catholic Charities Care Coordination
- Healthfirst
- United Healthcare
- NYS EPIC (Elderly Pharmaceutical Insurance Coverage Program)
- Weill Cornell CTSC
- New York Life Insurance
- Aetna Medicare
- NYC Emergency Management
- VillageCareMax
- Catholic Charities Moving Forward Program
- Catholic Charities Ocean Bay Community Services
- Prep for Prep
- Emblem Health
- NYC Bureau of Early Intervention
- Oak Street Health
- Free giveaways and more!

**Visit <https://www.ccbq.org/liveitup/> for more details.**

**Rain or shine. Outdoor event. Dress appropriately for weather conditions.  
Space is limited; timely arrival is required. Hosted by Catholic Charities  
Brooklyn and Queens Community Health & Wellness Services.**

# TALENT IS TIMELESS

## Grand Finale



**United Palace Theater**  
4140 Broadway,  
New York, NY 10033

**Thursday,**  
**October 15, 2026**  
**10:00am - 12:00pm**

**Scan QR Code for tickets:**



**Questions? Call Aging Connect 212-AGING-NYC (212-244-6469)**



Ponce Bank



Juilliard

Extension

**WHITNEY**

jetBlue



*We are getting ready to cheers on our talented older adults at the Grand  
Finale of Talent is Timeless.*

*Briege's Word Scramble Theme: Talents!*

- |                |                  |                |                  |
|----------------|------------------|----------------|------------------|
| 1. mdecaion    | 2. nnsgigi       | 3. gujergl     | 4. ekospn dwro   |
| 5. nndacgi     | 6. iqotrenstiulv | 7. lahu pohore | 8. igxtebabon    |
| 9. cdra kctirs | 10. ueprpypt     | 11. oengydli   | 12. tlritstluaor |

*(Answers on Page 15)*

## OCTOBER COLOR PAGE



# OCTOBER



# TEST YOUR HALLOWEEN TRIVIA

1. Where did Halloween derive from?
2. When did Halloween start?
3. Why did people start dressing up in Halloween costumes?
4. When was Halloween first celebrated in the United States?
5. Which first lady was the first to decorate the White House for Halloween?
6. Which U.S. city hosts the world's largest Halloween parade?
7. Why do some people wear their clothes inside out on Halloween?
8. What is the name of the classic American horror film starring Jamie Lee Curtis?
9. Who wrote the 1818 classic book "Frankenstein?"
10. Which actor said that "Hocus Pocus" was one of her favorite movie roles of all time? (Answers on page 14)



**RECIPE FOR ROASTED VEGETABLES WITH GARLIC AND HERBS PERFECT DEFENSE IN FLU SEASON AND FOR COZY EVENINGS AT HOME**  
**OVEN ROASTED VEGETABLES ALSO HELP TO HEAT UP YOUR HOME, AND YOU GET A LOVELY AROMA!**

## INGREDIENTS:

1 ¼ lbs. baby red potatoes, halved or larger ones quartered  
6 medium carrots, scrubbed clean, cut into 2-inch pieces and thicker portions halved

12 Brussel sprouts washed and halved

3 tbsp. olive oil

1 tbsp. minced fresh thyme

1tbsp minced fresh rosemary salt and freshly ground black pepper

1 ½ tbsp. minced garlic (4. cloves)

## DIRECTIONS:

1. Preheat oven to 400 degrees. In a large bowl toss together potatoes, carrots and sprouts with 2 ½ tbsp. olive oil, thyme, rosemary and season with salt and pepper to taste. Spread onto a rimmed 18 by 13-inch baking sheet.
2. Roast in preheated oven 20 minutes
3. Remove from oven and add garlic and toss everything and spread into an even layer. Return to oven and roast until all most of the veggies are tender and slightly browned, about 20 minutes longer. Serve warm and store leftovers in snap tupperware.

*Enjoy!*

**EMERGENCY PREPARADNESS:** Like it or not, it's hurricane season and because we are living in a coastal town, we want to make sure you are all prepared! We want you all to be aware of best practices for a natural disaster or a weather event that can cause flash flooding such as a hurricane or a nor'easter #be prepared.

**TIPS:**

- If you park in a coastal area that frequently floods, move your car to higher ground before Thursday evening's high tide.
- Secure outdoor items such as furniture, decorations, grills and garbage containers, including anything on balconies, rooftops and patios.
- Clear debris from drains, gutters and stairwells around your home so water can flow freely.
- If you live in a basement or ground-floor apartment in a low-lying area, know more than one way out and make sure exits are clear. If water begins to enter, move to a higher floor.
- Never remain in or re-enter a flooded basement.
- Never walk or drive through floodwater, no matter how shallow it looks. Six inches of moving water can knock a person off their feet, and one foot of water can sweep away a car.
- Never drive around traffic barricades. They are there for your safety.
- Avoid touching floodwater, which may contain sewage, chemicals or debris.
- Report nonemergency issues to 311 and call 911 if you are in immediate danger.
- If you rely on powered medical equipment, register with your utility provider and keep backup batteries charged.
- Check on neighbors who may need extra help, especially older adults, people with disabilities and anyone in a basement or low-lying home that is prone to flooding.

Sign up for Notify NYC, the City's free emergency alert system, by texting NOTIFYNYC to 692-692 or visiting [nyc.gov/notifynyc](https://nyc.gov/notifynyc). For more coastal storm preparedness tips, visit

[nyc.gov/beready](https://nyc.gov/beready)



**AI** promises to change the way we live and work, but what is it exactly, and what does it mean for older adults? We have to think about the facts about this new technology: the benefits, the risks, and how it can help our lives. AI degrees now exist! Jobs are being replaced, our labor market is being affected. So what is AI Artificial Intelligence (AI): This refers to the field of computer science that focuses on creating machines capable of performing tasks that typically require human intelligence. Lately, media has really been saturated with the term "AI." We also get warnings as AI technology has been behind data breaches. Just recently, Australia's Medicare system was breached and AI is being blamed. **AI tools are not objective:** They are subject to the biases of the humans who make them, and any biases in the data may show up when they are used. AI tools can be credible, but they can also be inaccurate. Students can be heavily penalized for plagiarism for using ChatGPT, a form of generative AI to help write their assignments. Please warn your grandchildren!

AI tools do have positives. For example, they can boost scientific research and make difficult tasks easier such as writing computer code and creating E-commerce websites. You can also find out information get reviews with the touch of a button.

**Content is easier than ever to create and it can be fake!** AI chatbots and image generators create words and images all day, every day. The inevitable spread of misinformation is a reality.

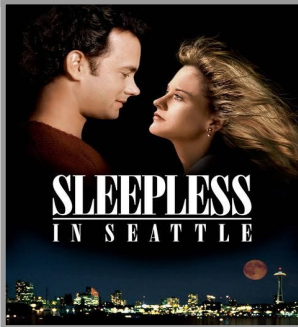
Be ready to encounter even more information with less transparency about its origin. Be careful!

The rise of convincing fake photos and videos is very confusing. Reputable newspapers and websites are important as **they have to do their due diligence** to verify information before sharing photos and news stories. We all have to be very careful. We can't believe everything we read or see and we need to make sure we are taking to a REAL person. We must protect our security.

# IT'S OCTOBER!



*ATTN. Seaside Brainiacs – How many words can you make from Spooktacular*



## BRIEGE'S OCTOBER MOVIE SUGGESTIONS

1. Arsenic and Old Lace
2. The Addams Family
3. Beetlejuice
4. The Ghost and Mrs Muir
5. Rear Window
6. Knives Out
7. Murder on the Orient Express
8. October Sky
9. Hocus Pocus
10. Sleepless in Seattle

**\*\*Sleepless in Seattle will be screened at Seaside OAC on Tuesday, October 20 after lunch\*\* Popcorn!**

**What is your favorite movie? Is it cozy or spooky? \_\_\_\_\_**

# WELCOME TO OCTOBER

8

## WHAT'S IN A NAME?

The month of October was derived from the word 'octo', the Latin for **eight** - its placement in the old calendar



## HOW MANY DAYS?

The month of October is comprised of **31 calendar days**



## THE MONTH OF TRANSITION

October is when the southwest monsoon (habagat) generally wanes and the **northeast monsoon (amihan)** arrives in the Philippines.

## WHAT TO OBSERVE THIS MONTH?



National Indigenous Peoples Month



Museum and Galleries Month



World Animal Day



World Food Day



## OCTOBER'S BIRTHSTONES

This month's birthstones are the mineraloid **Opal** and mineral **Tourmaline**.



## THE SIGNATURE ORANGE COLOR

The color often attributed to this month is inspired by **autumn foliage**



## LONGER NIGHTS

From October onwards, the nights are already **generally longer in the Philippines**, peaking at December Solstice.



## STORMS AHEAD

Tropical cyclones also have increasing chance of **landfall** in the Philippines

REFERENCE: Boeckman, C. (2024). The Month of October 2024: Holidays, Fun Facts, Folklore. Almanac. <https://www.almanac.com/content/month-october-holidays-fun-facts-folklore>

f X YouTube ScienceKonek

## Halloween Trivia Answers from page 11

1. Halloween was known as "All Hallows' Eve" until 1773, when the Scots began referring to it as Hallow-e'en. Celtic folklore says it could be a blend of Holy and Evening.
2. Halloween is thought to have started around 600 AD with the ancient Celtic festival of Samhain
3. Many Europeans, including the Celts, dressed in costumes to repel spirits that they believed came back to Earth on what we now know as Halloween.
4. Around the 1840s when there was a flood of Irish immigrants fleeing from the potato famine.
5. In 1958, Mamie Eisenhower decorated the White House for a Halloween luncheon.
6. New York City
7. Superstitious folks believe they'll see a witch at midnight
8. Halloween, which then inspired other horror movies such as "Scream" and "Nightmare on Elm Street."
9. Mary Shelley
10. Bette Midler

## October



October's the Month  
When the smallest breeze  
Gives us a shower  
of autumn leaves.



Bonfires and pumpkins,  
Leaves sailing down -  
October is red  
And golden and brown.



October leaves are lovely  
They rustle when I run  
Sometimes I make a heap  
And jump in them for fun.

Autumn leaves float quietly down  
And form a carpet on the ground  
But when those leaves are stepped upon,  
Listen for the crackling sound.

Author Unknown

## ANSWERS

1. Comedian 2. Singing 3. Juggler
4. Spoken Word 5. Dancing
6. Ventriloquist 7. Hula Hooper
8. Beatboxing 9. Card tricks
10. Puppetry 11. Yodeling
12. Illustrator



SEASIDE OAC will be closed on  
Columbus Day, Monday **October 12**

October is **Italian Heritage** Month

## SEASIDE OAC STAFF

Jurate Jones — Program Manager  
Briege McGarrity — Case Manager  
Theresa Murgolo — Administrative Assistant  
Wallace Martin — Full Time Driver  
Melba Romero — Part Time Kitchen Aide  
William McKenzie — Front Desk

## SEASIDE ADVISORY BOARD

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