

The DellaMonica Times

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER

OCTOBER 2026



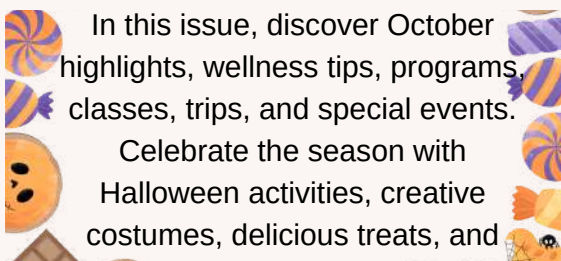
Funded by NYC Aging

October 2026 Highlights

- **Breast Cancer Awareness Month** — early detection saves lives.
- **Emotional Wellness Month** — care for your mind, body, and spirit.
- **Blindness Awareness Month** — protect your eye health.
- **Halloween Safety Month** — enjoy Halloween activities while staying safe.
- **Live Well This Fall** — stay active, eat well, remain connected, practice mindfulness, and prioritize safety.
- **Halloween Celebration** — costumes, seasonal activities, spooky fun, and treats.



“Together, we celebrate community, embrace wellness, cherish friendship, and enjoy the spirit of fall!”



In this issue, discover October highlights, wellness tips, programs, classes, trips, and special events.

Celebrate the season with Halloween activities, creative costumes, delicious treats, and plenty of fall fun!

Embrace the season by staying active, eating well, and caring for your health. Stay connected, be mindful, and enjoy all that fall has to offer!

October is a month of awareness, wellness, and celebration. From honoring our health and well-being to embracing the beauty of fall, we are grateful for this wonderful community and all that we share.

Thank you for being part of our center family. Together we thrive!



October Events & Celebrations



Join us for learning, wellness, creativity, and fun throughout October.

INTERGENERATIONAL TRIVIA CONTEST

Thursday, October 1, 2026 • 11:00 AM

Hosted by Ms. Kleiner & Students



Test your knowledge of history, cultures, and traditions while enjoying teamwork, prizes, new friendships, and plenty of laughter. All members are welcome.

OCTOBER BIRTHDAY CELEBRATION

Monday, October 26, 2026 • 1:00 PM – 3:00 PM



Celebrate members with October birthdays. Enjoy music and entertainment with a live DJ, cake, refreshments, games, prizes, and birthday wishes.

WEAR PINK

Breast Cancer Awareness Walk

Thursday, October 8, 2026 • 11:00 AM



Walk around the block with Elaine. Wear your favorite pink outfit as we raise awareness, support survivors, honor loved ones, and promote healthy, active living.

HALLOWEEN COSTUME CONTEST

Thursday, October 29, 2026 • 11:00 AM



Wear your best costume and celebrate with us. Prizes will be awarded and refreshments will be served. Members may participate or cheer on the contestants.



Healthy People • Vibrant Community • Brighter Tomorrows





Health, Wellness & Safety

Care for your mind, strengthen your body, and stay prepared.



MINDFULNESS & MEDITATION

with FitWell Hydro



Friday, October 9, 2026

11:00 AM

Join us for guided breathing, meditation, stress management, positive affirmations, and connection. All are welcome. No experience is needed.



*Breathe. Relax.
Reconnect.*



STRENGTH TRAINING



Wednesdays at 1:00 PM

Zoom Meeting ID: 831 2781 3758

Stay active and build strength at your own pace.



WORLD MENTAL HEALTH DAY • OCTOBER 10



Stay connected.



Eat well.



Stay active.



Manage stress.



Get enough sleep.



Seek help when needed.

Be kind to your mind. You are not alone.

VIRTUAL & HYBRID EXERCISE



Monday–Friday
Morning Stretch

10:00 AM



Tuesday & Thursday
Chair Yoga

12:00 PM



Monday & Wednesday
Easy-to-Follow Tai Chi

2:00 PM



Tuesday & Thursday
Afternoon Stretch

4:00 PM



Join Online: Senior Planet Zoom
Meeting ID: 170 361 931

EMERGENCY PREPAREDNESS SPOTLIGHT



Members worked together to assemble emergency kits and strengthen community readiness.



Plan ahead. Keep essential supplies available.
Stay informed.

Healthy People • Stronger Community • Brighter Tomorrows

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Community Services & Resources

Connecting older adults and families with helpful programs and support.



CATHOLIC CHARITIES CALL CENTER

Need Help? **¿Necesitas ayuda?**

 **718-722-6001**

Monday–Friday • 9:00 AM–6:00 PM

Services may include behavioral health, care coordination, emergency food, housing information, immigration services, limited financial assistance, senior services, and information and referrals.

English and Spanish assistance is available.

FOOD PANTRY NETWORK

Food pantry locations and hours are available throughout Brooklyn and Queens.



For locations, schedules, or food-assistance information:

 **Call 718-722-6001**

Visit: www.ccbq.org/service/food-pantry-network

SOUTHWEST QUEENS SENIOR SERVICES

Helping homebound adults age 60 and older remain safely and independently in their homes.



Services may include care management, home-delivered meals, home care, housekeeping, transportation, long-term care planning, benefits and entitlements, information and referral, and caregiver support.

Call for a free consultation:

 **718-217-0126**



NOT SURE WHERE TO START?

Call **718-722-6001** and ask to be connected with the appropriate service.

Connecting People • Strengthening Families • Building Community

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Benefits & Entitlements Information and Assistance



You may qualify for programs that can help with food, healthcare, prescription costs, and rent.



SNAP

Food Assistance

SNAP helps eligible households purchase groceries. Eligibility is generally based on household income, expenses, resources, and household size.



MEDICARE

Health Coverage

Medicare provides health insurance for adults age 65 and older and certain people with disabilities. Coverage may include hospital, medical, Medicare Advantage, and prescription drug benefits.



MEDICAID

Free or Low-Cost Coverage

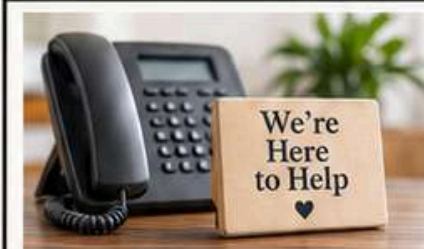
Medicaid provides health coverage for eligible people with limited income and resources. Benefits may include doctor visits, hospital care, prescriptions, dental care, vision care, home care, and long-term care.



NYC RENT FREEZE

SCRIE and DRIE

Eligible older adults and people with disabilities living in certain rent-regulated apartments may qualify to have their rent frozen.



NEED HELP?

Make an appointment with:
Jennifer Deror, Case Manager
718-626-1500, ext. 7375

We can assist with eligibility screenings, applications, renewals, required documents, and referrals.

Eligibility varies by program. Final decisions are made by the administering government agency.

Information • Assistance • Advocacy • Support

23-11 31st Road, Astoria, NY 11106 • 718-626-1500

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Nutrition & Healthy Eating Nutrición y Alimentación Saludable

Healthy Fall Ideas • Ideas Saludables para el Otoño

REFRESHING DRINKS • BEBIDAS REFRESCANTES

- **Citrus-infused water**
Agua con cítricos
- **Apple-cinnamon water**
Agua con manzana y canela
- **Unsweetened pear-ginger tea**
Té de pera y jengibre sin azúcar
- **Warm apple-cinnamon tea**
Té caliente de manzana y canela
- **Golden turmeric milk**
Leche dorada con cúrcuma



Stay hydrated throughout the day.
Mantente hidratado durante todo el día.

HEALTHY SNACKS • BOCADILLOS SALUDABLES

- **Apple slices with cinnamon**
Rodajas de manzana con canela
- **Low-fat cheese and whole-grain crackers**
Queso bajo en grasa con galletas integrales
- **Baby carrots with hummus**
Zanahorias bebé con hummus
- **Fresh fruit cups**
Tazas de fruta fresca
- **Unsalted mixed nuts**
Mezcla de nueces sin sal
- **Baked sweet potato wedges**
Gajos de camote al horno



USE THE NUTRITION FACTS LABEL LEA LA ETIQUETA DE INFORMACIÓN NUTRICIONAL

- 1 Check the serving size.**
Verifique el tamaño de la porción.
- 2 Consider your daily calorie needs.**
Considere sus necesidades calóricas diarias.
- 3 Limit saturated fat, trans fat, cholesterol, sodium, and added sugars.**
Limite las grasas saturadas, las grasas trans, el colesterol, el sodio y los azúcares añadidos.
- 4 Get enough fiber, vitamin D, calcium, iron, and potassium.**
Consuma suficiente fibra, vitamina D, calcio, hierro y potasio.
- 5 Use % Daily Value: 5% or less is LOW; 20% or more is HIGH.**
Use el % del valor diario: 5% o menos es BAJO; 20% o más es ALTO.

Nutrition Facts Información nutricional

Serving size / Tamaño de la porción	2/3 cup (55g)
Amount per serving / Cantidad por porción	
Calories / Calorías	230
% Daily Value* % del valor diario*	
Total Fat / Grasa total 8g	10%
Saturated Fat / Grasa saturada 1g	5%
Trans Fat / Grasa trans 0g	
Cholesterol / Colesterol 0mg	0%
Sodium / Sodio 160mg	7%
Total Carbohydrate / Carbohidratos totales 37g	13%
Dietary Fiber / Fibra dietética 4g	14%
Total Sugars / Azúcares totales 12g	
Includes 10g Added Sugars / Incluye 10g de azúcares añadidos	20%
Protein / Proteína 3g	6%
Vitamin D / Vitamina D 2mcg	10%
Calcium / Calcio 260mg	20%
Iron / Hierro 8mg	45%
Potassium / Potasio 235mg	6%

*"Healthy choices support a strong community."
Las opciones saludables apoyan una comunidad fuerte."*

AWARENESS ACTIVITIES & GAMES

Learn • Reflect • Exercise Your Mind • Have Fun

BREAST CANCER AWARENESS MONTH

Word Search

Find all 10 words — across, down, diagonally, forward, or backward.

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

WORD LIST

AWARENESS	MAMMOGRAM
COURAGE	PREVENTION
DETECTION	STRENGTH
HEALTH	SUPPORT
HOPE	WELLNESS

Knowledge. Strength. Hope.

Early detection saves lives.

Talk with your healthcare provider
about screening.

EMOTIONAL WELLNESS & MENTAL HEALTH

Word Scramble — Unscramble each wellness word.

- | | | | |
|---------------|-------|----------------|-------|
| 1. MLAC | _____ | 6. FULMINDNESS | _____ |
| 2. SSNDEKNI | _____ | 7. FLESCERA | _____ |
| 3. TUDIGATER | _____ | 8. SIEENLIREC | _____ |
| 4. CETACPENAC | _____ | 9. TROSPUP | _____ |
| 5. PIRFESHIDN | _____ | 10. PEOH | _____ |

Take care of your mind. You matter.

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OCTOBER 2026



CENTER INFORMATION & COMMUNITY DIRECTORY

— Serving Our Older Adult Community With Care, Connection & Support —

*A Stronger
Community
at Every Age*



CENTER HOURS & CONTACT



Monday-Friday
8:00 AM-4:00 PM



718-626-1500



23-11 31st Road, Astoria, NY 11106

CASE ASSISTANCE



Our Case Manager provides case assistance, information and referrals for benefits, entitlements, housing, healthcare access, and other needs. Please stop by or call 718-626-1500 to schedule an appointment.

OLDER ADULT CENTER STAFF

Michael S.	Program Manager
Jennifer D.	Case Manager
Miriam C.	Administrative Assistant
M. Ahmed	Recreation Coordinator
Val Y.	Cook
Vadym S.	Assistant Cook
Cristelia C.	Kitchen Aide
Ram P.	Custodian
Consuelo G.	Transportation

ADVISORY COMMITTEE

Seelia B.	President
Michael J.	Vice President
Maria E.	Treasurer
Norma A.	Secretary
Vilma L.	Head Councilmember



*"Together We Make
a Stronger Community"*



OUR COMMITMENT

We honor the dignity and value of every person, regardless of social or economic circumstances. Through innovative, advocacy and problem-solving services, we help older adults experience the fullness of life and remain connected members of their communities.



*Hello,
October!*

Stay Cool • Stay Safe • Stay Connected

STAY WELL THIS FALL

- Stay hydrated
- Eat fresh fruits and vegetables
- Wear layers
- Get your flu shot
- Stay active
- Check on friends and neighbors



23-11 31ST ROAD, ASTORIA, NY 11106

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OCTOBER 2026 ACTIVITY CALENDAR



23-11 31st Road • Astoria, NY 11106 • 718-626-1500

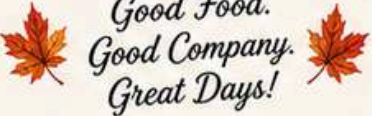
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mental Health/Wellness Vibe	Relaxation/Social	Educational/Recreation	Movement/Recreation	Wellness/Creative Programming
 <i>Happy Halloween</i>			1 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	2 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Hope) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
5 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Computer Classes-Hope 12-1 Lunch 1:00 Breast Cancer Awareness Celebration (DJ Woody)	6 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	7 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Nutrition (Neron francis) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	8 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 AM ~ Wear Pink for Breast Cancer Awareness Walk (Elaine) 12-1 Lunch 1:00 Leisure Games (MJ) 1:00-2:30 Enhanced Coloring (Donna)	9 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 World Mental Health Day: Mindfulness & Meditation with FitWell Hydro 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
12 CLOSED Columbus Day Indigenous Peoples' Day	13 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	14 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Chair Yoga (Tayfun) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	15 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 General Membership Meeting 12-1 Lunch 1:00 Leisure Games (MJ) 1:00-2:30 Enhanced Coloring (Donna)	16 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Hope) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
19 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Computer Classes-Hope 12-1 Lunch 1:00 Halloween Bash (DJ Woody)	20 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	21 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Vocal Singing (Kharenko Valentina) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	22 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Leisure Games (Michael J.) 12-1 Lunch 1:00 Singing DJ Halloween Celebration (Susan Agin) 1:00-2:30 Enhanced Coloring (Donna)	23 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Hope) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)
26 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Computer Classes-Hope 12-1 Lunch 1:00 October Birthday Party (DJ Woody)	27 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Aerodance-Gentle (Elaine) 12-1 Lunch 1:00 Afternoon Social Club (MJ) 1-2:30 Watercolor Painting (Helen)	28 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Benefits Screening (Kim Learner) 12-1 Lunch 1:00 Leisure Games (Michael J.) 1-2:30 Beginner Painting (Helen)	29 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Halloween Costume Contest 12-1 Lunch 1:00 Leisure Games (Michael J.) 1:00-2:30 Enhanced Coloring (Donna)	30 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Arts & Craft (Hope) 12:00 Lunch 1:00 Aging Well Together (MJ) 1-2:30 Watercolor Painting (Helen)



OCTOBER 2026 LUNCH MENU

— Nourishing Meals • Warm Hearts • Stronger Together —



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	 <i>Hello October!</i>	 <i>Good Food. Good Company. Great Days!</i>	1 Sofrito Steak with Peppers and Onions Ultimate Stewed Black Beans Vegetable Mix Yuca with Garlic and Lemon Banana	2 Fillet of Sole Florentine Polenta Steamed Carrots and Green Beans Frozen Mixed Berries
5 Caribbean Style BBQ Chicken Rice with Corn Steamed Green Beans Apple	6 Pork Spare Ribs Creamed Spinach Mashed Sweet Potatoes Pear	7 Eggplant Parmesan Homemade Lentil Soup Whole Wheat Bread Steamed Carrots Kiwis Grape Juice, Unsweetened	8 Black Beans and Rice Spanish Style Beef Stew Sauteed Asparagus Banana	9 Baked Salmon with Lemon, Tarragon and Thyme Quinoa Cucumber and Tomato Salad with Balsamic Vinaigrette Cantaloupe
12  CLOSED Columbus Day / Indigenous Peoples' Day	13 Turkey Bean Chili Rice Pilaf Italian Blend Vegetables Peach	14 Spring Vegetable Lasagna White Bean Soup Steamed Broccoli Apple Orange Juice	15 Braised Beef Capri Blend Vegetables Homemade Mashed Potatoes Banana	16 Lemon Garlic Baked Fish Orzo Baby Carrots and Parsley Pear
19 Chicken Fricassee Brown Rice Steamed Green Beans Orange	20 Pernil (Roasted Pork Shoulder) Steamed Sliced Carrots Yellow Plantains Apple	21 Cuban Style Split Pea Soup Breaded Chicken Style Cutlet French Fries Italian Blend Vegetables Peach Orange Juice	22 Chili con Carne Egg Noodles Steamed Zucchini Banana	23 Baked Sundried Tomato Fish Polenta Tomato and Cucumber Salad with Dressing Nectarine
26 Baked Asian Style Honey Chicken Chinese Style Spaghetti Steamed Green Beans Apple	27 Turkey with Gravy Cole Slaw Sauteed Sweet Potatoes Banana	28 Homestyle Mac and Cheese Zesty Chickpea Stew Steamed Spinach Orange Grape Juice, Unsweetened	29 Beef and Pepper Pasta Four Bean Salad Fresh Pineapple	30 Parmesan Baked Fish Orzo Steamed Carrots Fruit Salad


LUNCH SERVED
12:00 PM - 1:00 PM

 Menu items are subject to change without
 prior notice based on product availability,
 deliveries, and center operations.

 23-11 31st Road
 Astoria, NY 11106
 718-626-1500

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NYC Aging


Della Monica Times

AN OLDER ADULT CENTER

FALL HALLOWEEN THANK YOU

Friendship • Laughter • Community • Fall Fun



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SEASONS OF LIFE

A Story Told Through Art



REFLECTION



COMPANIONSHIP



CONNECTION



HOPE

EVERY SEASON HOLDS BEAUTY

Autumn reminds us that every season of life holds beauty and meaning.
A quiet moment offers time for reflection, while companionship makes
the journey warmer and brighter.

The covered bridge connects where we have been with where we are going.
Beyond it, a sunlit path invites us to keep moving forward—with hope,
courage, and appreciation for the people beside us.

Like a painting, our community is made richer by every person,
every experience, and every story.

"Together, we continue creating a beautiful story."