November 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 highest daily congregate meals served in one day on October was **191.**









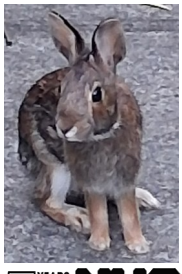












Lighthouse Guild

lighthouseguild.org
800-284-4422

NYC Department for the Aging

Join Us for a Free Educational Program
September is Diabetes Prevention Month!

Managing Diabetes to Save Sight



When: Tuesday, November 17, 2026 • 10 AM -11 AM

Where: via Zoom
Meeting ID: **952 3851 4377**
One tap mobile
+16469313860,,95238514377# US
++16465588656,,95238514377# US (NYC)

Click Here To Join The Webinar

Learn to Manage Diabetes to protect vision and health:

- Diabetes and Vision
- Managing diabetes to stay healthy and prevent vision loss: nutrition, exercise, and health tips
- Low vision rehabilitation services to help you make the most of your vision in daily activities
- How to get connected with services

Lighthouse Guild Outreach and Referral Coordinator and Behavioral Health Clinician, Lisa Beth Miller, LCSW-R, BCD, will provide tips to help people with vision problems develop the skills to stay healthy and develop habits that protect against vision loss, to help people adapt to vision changes with new skills and technologies.

Bayside Older Adult Center Menu for November, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Whole Wheat Bread Steamed Carrots (1/2 svg) Apple 1% Low Fat Milk	**3** Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) Whole Wheat Bread California Bread Vegetables (1 svg) Banana, 1% Low Fat Milk	**4** Annes Lemon Garlic Sauce Baked Pork White Rice (1/2 cup) Whole Wheat Bread Italian Blend Vegetables (1/2 svg) Orange; 1% Low Fat Milk	**5** Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad with Chickpeas (no dressing) (1 svg) Apples 15 Low Fat Milk	**6** Baked Fish Oreganata Brown Rice (1/2 cup) Whole Wheat Bread Sauteed Green Beans with Onions (1 svg) Pear 1% Low Fat Milk
9 Egg Salad (3 oz) Whole Whear Bread Basic Pasta Salad Simple Potato Salad Apple 1% Low Fat Milk	**10** Zesty Chickpea Stew Brown Rice (1/2 cup) Whole Wheat Bread California Blend Vegetables (1/2 svg) Banana 1% Low Fat Milk	**11** Chambre de Gandules (Dominican Stew with Pork, Pigeon Peas and Brown Rice) Whole Wheat Bread Yellow Rice Prince Edward Blend Vegetables (1 svg) Orange; 1% Low Fat	**12** Homemade Tomato Sauce (1/2 cup) Italian Meatballs with Beef and Turkey Penne (1/2 cup) Whole Wheat Bread Garden Salad with Chickpeas (no dressing)(1 svg) Apple; 1% Low Fat Milk	**13** Cajun Shrimp White Rice (1/2 cup) Whole Wheat Bread Caesar Salad (1/2 svg) Pear 1% Low fat Milk
16 Italian Meatballs with Chicken Whole Wheat Bread Whole Wheat Pasta Primavera Roasted Broccoli (1/2 svg) Apple 1% Low Fat Milk	**17** Mama's Pasta Fagioli Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette; Italian Blend Vegetables (1/2 svg) Banana; 1% Low Fat Milk	**18** Baked Pork Mushroom Gravy Whole Wheat Bread Yellow Rice Sauteed String Blend Vegetables (1/2 svg) Banana; 1% Low Fat Milk	**19** Spanish Style Beef Stew Whole Wheat Bread Mashed Sweer Potatoes (1/2 svg) Prince Edward Blend Vegetables (1/2 svg) Apple; 1% Low Fat Milk	**20** Tuna Salad Whole Wheat Bread Basic Pasta Salad Garden Salad with Chickpeas (no dressing) (1 svg) Pear; 1% Low Fat Milk
23 Chicken Salad Whole Wheat Bread Cole Slaw Simple Potato Salad Apple 1% Low Fat Milk	**24** Chickpeas (1/2 cup) Rasta Pasta Whole Wheat Bread Italian Blend Vegetables (1svg) Banana 1% Low Fat Milk	**25** BBQ Pulled Pork Whole Wheat Bread Yellow Rice Steamed Carrots (1/2 svg) Orange 1% Low Fat Milk	**26** **Center Closed** **"Thanksgiving Day"**	**27** **Center Closed** **"Day after Thanksgiving"**
30 Jerk Chicken Whole Wheat Bread California Blend Vegetables (1 svg) Homemade Mashed Potatoes Apple 1% Low Fat Milk				

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

November 2026

125+ YEARS OF CHANGING LIVES

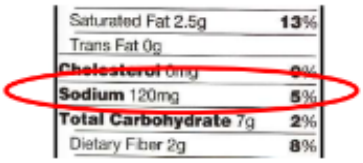
CATHOLIC CHARITIES Brooklyn & Queens

Resources!

50 YEARS NYC Department for the Aging

Easy Ways to…

Cut the Salt

At the Store	At Home
• Choose foods with less than 5 percent Daily Value of sodium (salt) per serving.  Saturated Fat 2.5g 13% Trans Fat 0g **Cholesterol** 0mg 0% **Sodium** 120mg 5% **Total Carbohydrate** 7g 2% Dietary Fiber 2g 8%	• Make homemade soups and broths.
	• Rinse canned beans and vegetables with water to reduce the amount of sodium. 
• Buy whole foods as often as possible.	• Create salt-free spice blends using your favorite spices.
• Fill your cart with fruits and vegetables.	
• If buying packaged foods, choose those labeled: ✓ "Low-sodium" ✓ "Sodium free" ✓ "No salt added"	• Add vinegar, lemon or orange zest and/or juice to foods. 
• Instead of processed or cured meats, choose: ✓ Lean cuts of meat and poultry ✓ Fish ✓ Beans and legumes	• Flavor foods with fresh and dried herbs, spices and low sodium soy sauce.
• Instead of quick-cooking rice mixes and noodles, choose: ✓ Brown rice ✓ Whole wheat noodles and pasta ✓ Whole cornmeal	• Avoid adding salt to the water when cooking beans, rice, pasta and vegetables. 
• Instead of salty snack foods, choose: ✓ Fresh vegetables with a bean dip ✓ Whole grain crackers ✓ Plain, lightly salted popcorn	• Slowly cut back on the amount of salt you add to food, until you are using little to no salt.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc

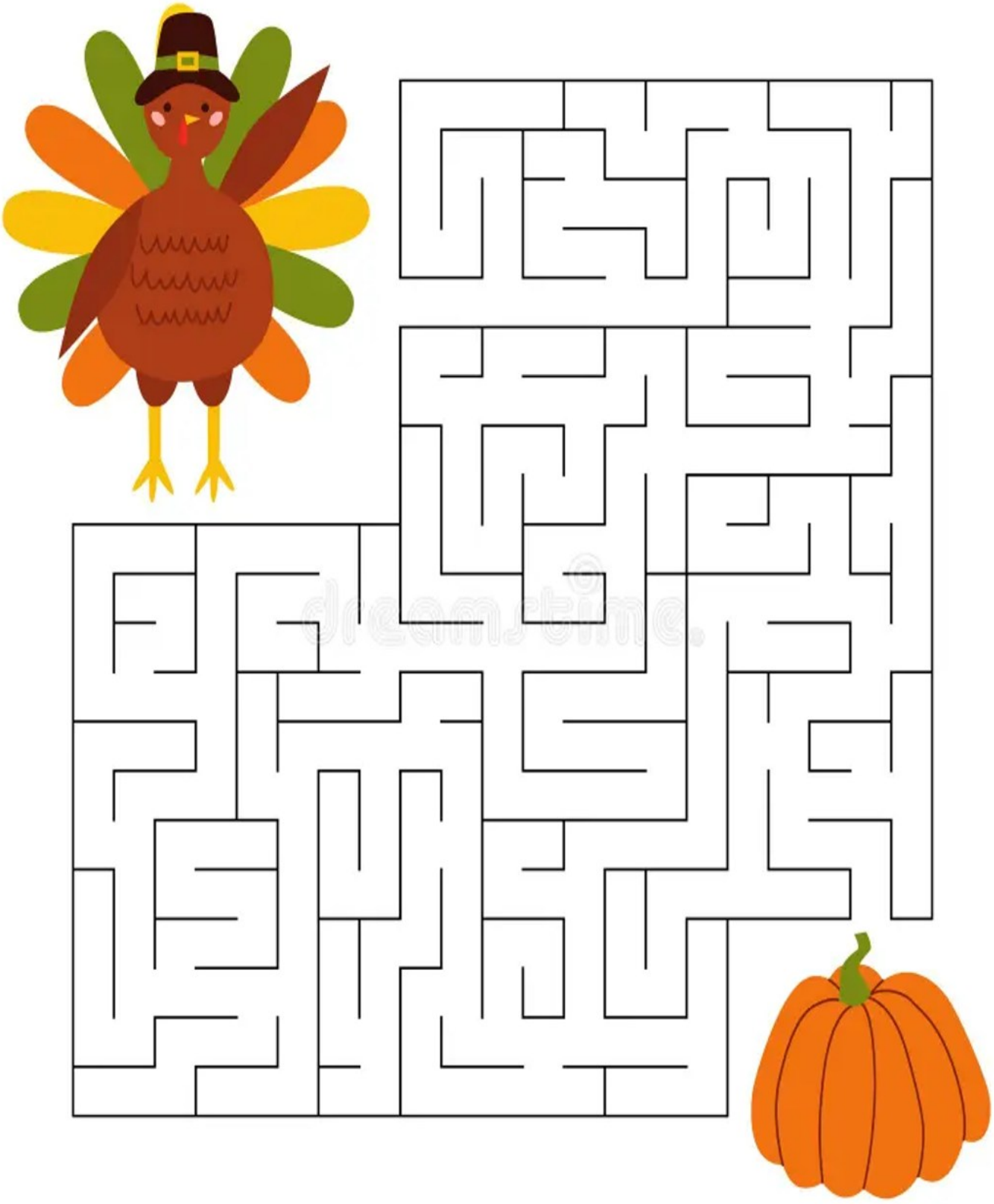
For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

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).



NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

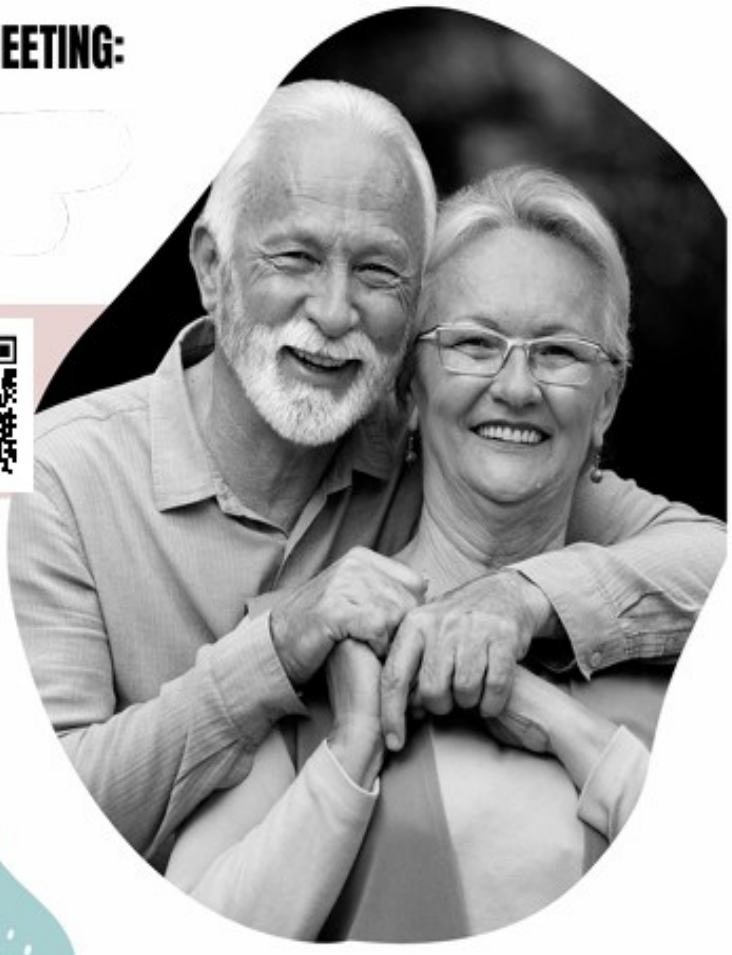
ALZHEIMER'S DISEASE

NOVEMBER 13, 2026
10 - 11 AM

Alzheimer's disease is the most common form of dementia, a brain disorder that slowly destroys a person's memory and thinking skills.

CLICK HERE TO JOIN THE MEETING:

Link to Webinar



Meeting ID: 890 8334 4017
Passcode: 172922

NYC Department for the Aging

ST. JOHN'S UNIVERSITY

Hosted by Students and Faculty from St. John's University College of Pharmacy and Health Sciences



NOVEMBER

WORD SEARCH



Solve the following puzzle by finding all the hidden words!

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

NOVEMBER
GRATITUDE
FAMILY
FIREPLACE
SCARF
FEAST
AUTUMN
PUMPKIN
LEAVES
ACORN
THANKFUL
FROST
HARVEST
CRANBERRY
COZY
BONFIRE
TURKEY
GATHER





LetsDoPuzzles.com - For personal use only

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Resources!

50 YEARS NYC Department for the Aging

CARE AT HOME OF NEW YORK

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LANGUAGES

English
Spanish
Russian
Mandarin
Cantonese



40+ years in business

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Our services

- Personal Care
- Assistance with Mobility
- Escorting to Appointments
- Companionship
- Meal Preparation and Feeding
- Medication Reminders
- Laundry and Light Housekeeping
- Geriatric Care
- Care for Those with Alzheimer's or Dementia
- Private Duty in a Facility
- Respite Care

SPEAK WITH A CARE SPECIALIST

718-832-0550

84 14th St, 3rd Floor, Brooklyn, NY 11215



TURKEY MEATBALL "WONTON" SOUP WITH BOK CHOY & CARROTS

This diabetes-friendly Asian fusion recipe is a flavorful and comforting dish. Featuring tender turkey meatballs, fresh veggies, and fragrant herbs, this hearty soup is an excellent option for lunch or dinner. The turkey provides a lean source of protein, while bok choy and carrots offer fiber, vitamins A and C, and antioxidants that support overall health and immune function. Perfect for cooler weather, the rich, savory broth and vibrant ingredients create a satisfying meal that will warm you up on chilly days.

PREP TIME **10 MIN**

COOK TIME **15 MIN**

SERVINGS **6**

Ingredients

- 8 cup low sodium chicken broth
- 4 tsp toasted sesame oil
- 1 1/2 tbsp lower sodium soy sauce
- 2 tsp Thai style chili garlic sauce
- 1 tsp fish sauce
- 4 clove of garlic (minced)
- 1 tbsp fresh ginger paste
- 1 bunch of fresh cilantro (minced)
- 1 bunch of green onion (scallion) (minced)
- 1 lbs lean ground turkey
- 1 cup panko bread crumbs
- 1 tsp lower sodium soy sauce
- 2 eggs
- 1/2 tsp Chinese five-spice powder
- 8 baby bok choy (roots trimmed and roughly chopped)
- 1 cup carrots (shredded)

Instructions

Make

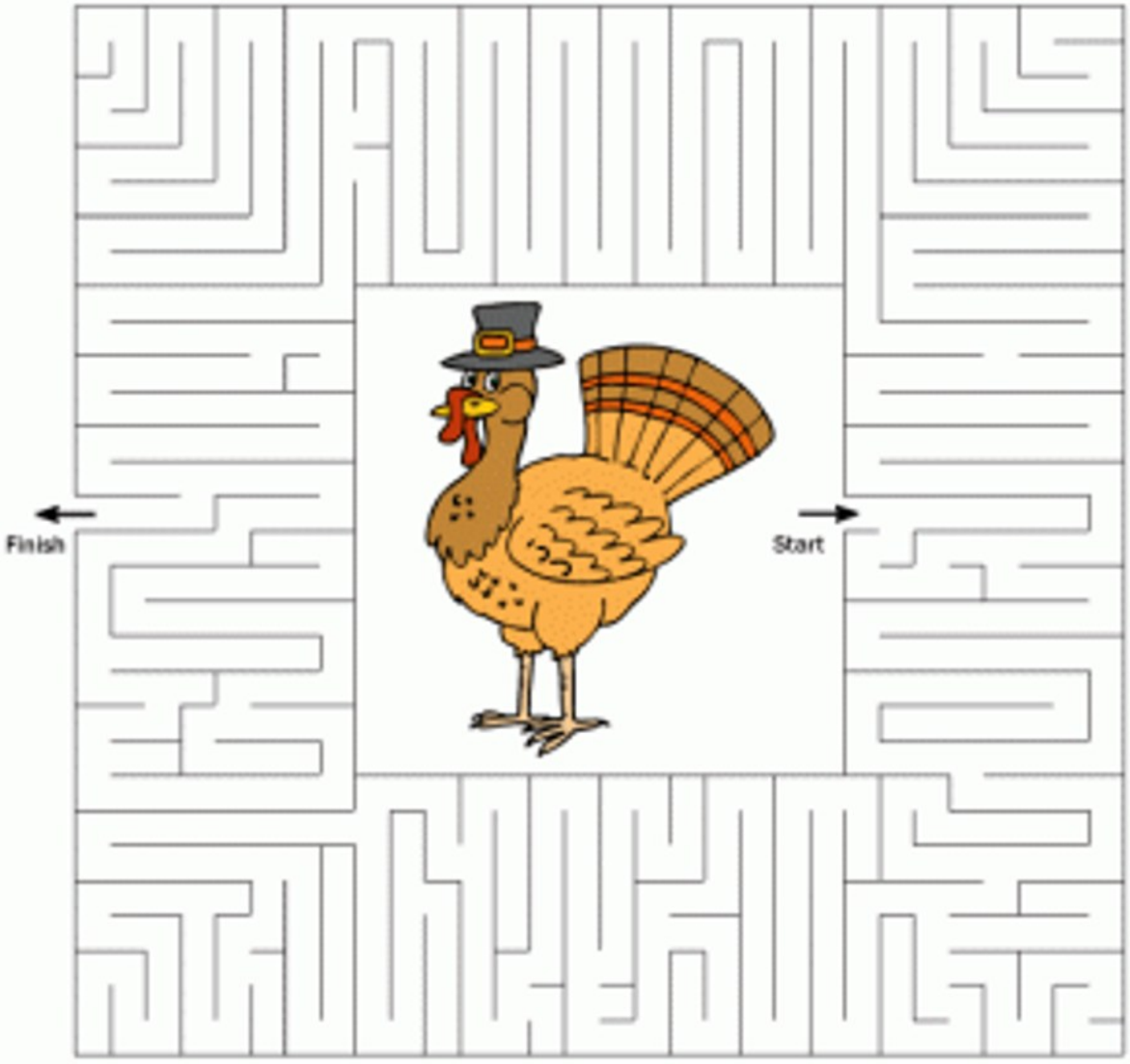
1. Heat a large pot over medium-high heat. Add broth, sesame oil, soy sauce, chili-garlic sauce, and fish sauce.
2. Add half of the garlic, ginger, cilantro, and green onions to the pot. Transfer remaining garlic, ginger, cilantro, and green onions to a medium bowl.
3. Add turkey, breadcrumbs, soy sauce, eggs, and 5 spice powder to the bowl. Mix with your hands until well combined.
4. Form rounded meatballs with a tablespoon measure and drop into the pot. Simmer for 5-6 minutes, until the meatballs are cooked through.
5. Add bok choy and carrots to the pot and cook for another 4-5 minutes.

Per serving

- 280 calories
- 20g carbohydrates
- 11g total fat
- 4g fiber
- 26g protein

NUTRI ALL

NOVEMBER



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LIU Pharmacy

NYC Department for the Aging

LIU PHARMACY
IN COLLABORATION WITH
THE NYC DEPARTMENT OF AGING
PRESENTS

DIABETES AWARENESS:

The Latest on Drug Treatment and Lifestyle Management

Monday, November 9TH
10-11 AM

Please Click Here To Join the Webinar

Meeting ID: 848 9683 1244
Passcode: 367085
1 929-436-2866

Program Description: This program will talk about the basics of diabetes, with a focus on Type 2 Diabetes. The program will review the signs and symptoms of hypoglycemia, hyperglycemia and other complications of uncontrolled diabetes. You will learn about the different medications to manage diabetes as well as lifestyle changes to prevent complications. Please join us and learn how to better control your diabetes!

125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens

Resources!

50 YEARS NYC Department for the Aging

Family HOME CARE SERVICES OF BROOKLYN & QUEENS, INC

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40+ years in business

Non-Profit licensed in all NYC boroughs

Our Own Care Team Home Health Aides, Personal Care Aides & Registered Nurses

How we help

- Personal Care
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- Companionship
- Meal Preparation and Feeding
- Medication Reminders
- Laundry and Light Housekeeping
- Geriatric Care
- Care for Those with Alzheimer's or Dementia
- Private Duty in a Facility
- Respite Care

LANGUAGES English · Spanish · Russian · Mandarin · Cantonese

SPEAK WITH A CARE SPECIALIST

718-832-0550

84 14th St, 3rd Floor, Brooklyn, NY 11215

We work with several MCOs. Call us to ask about your plan.



CHICKEN SALAD COLLARD WRAPS

This dish is a nutritious, low-carb option packed with lean protein, vitamins, and fiber, making it ideal for individuals looking to maintain a healthy weight or manage blood sugar levels. They are great for those following gluten-free, paleo, or keto diets but may not be suitable for individuals with allergies to chicken, nuts (if included), or certain raw vegetables. Pregnant individuals or those with weakened immune systems should ensure the chicken is fully cooked to avoid foodborne illness.

PREP TIME **15 MIN**

COOK TIME **5 MIN**

SERVINGS **2**

Ingredients

- 4 collards, leaves, trimmed
- 2 cups chicken breast, pre-cooked
- 1/4 cup mayonnaise, unsweetened
- 2 scallions, chopped
- 2 Tbs parsley, chopped
- 1/3 cup walnuts, raw, chopped
- salt, to taste
- black pepper, to taste
- 1/2 avocado, sliced

Per serving

- 638 calories
- 9g carbohydrates
- 52g total fat
- 5g fiber
- 40g protein

Instructions

Prep

1. Shred the cooked chicken and place it in a large bowl.
2. Remove stems of collards. Place each leaf on a flat surface and, using a sharp knife or vegetable peeler, shave off some of the spines to make it more flexible. Blanch in very hot water to soften and set aside.
3. Chop scallions, parsley, and walnuts. Slice avocado.

Make

1. To the chicken, add chopped ingredients and mayonnaise and toss well. Season with salt and pepper to taste.
2. Place collard leaf vertically on a flat surface with the stem side toward you.
3. Place 1/4 of the mixture on the front third of one of the collard leaves, add avocado, and roll to create a wrap. Repeat with remaining collard leaves.
4. Other vehicles for this salad include endive spears and romaine lettuce leaves. Of course, you can enjoy it as a sandwich or on top of a pile of greens.

NUTRI ALL

Bayside Older Adult Center Activities for November, 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm	**3** Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:pm3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	**4** Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) (1:00-2:00pm)	**5** Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) 1:00-3:00pm	**6** Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Live DJ and Social Dancing (1:00-3:00pm
9 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance 1:30pm-3:00pm	**10** Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12:pm3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	**11** Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) (1:00pm	**12** Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) 1:00-3:00pm	**13** Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)
16 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance (1:30pm-3:00pm)	**17** Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	**18** Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) **11:00am "Senior Services of North America" (Ann)** Latin Dance (Yukari) (1:00-2:00pm)	**19** Painting Group (9am-3pm) Wing Chun (David) 9:30am Karaoke (David) 12:00-3:45pm Line Dance (Harrison) 1:00-3:00pm	**20** Painting Group (9am-3pm) Ballroom/Latin Dance (Jennifer) (9:00-10:00am) **11:00am Quintet Group (Barb)** Origami (Rose) 12:00-1:15pm Live DJ and Social Dancing (1:00-3:00pm)
23 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance (1:30-3:00pm)	**24** Painting Group (9am-3pm) Line Dance (Jennifer) 9am-10am Yoga (Sharon) 10am-11am Karaoke (David) 12pm-3:45pm Bingo (Pat) 12:30pm-1:30pm Latin Dance (Yukari) 1:30pm	**25** Painting Group (9am-3pm) Low Impact Aerobics (Ira) (9:30-10:30am) Latin Dance (Yukari) (1:00-2:00pm)	**26** **Center Closed** **"Thanksgiving Day"**	**27** **Center Closed** **"Day after Thanksgiving"**
30 Painting Group (9am-3pm) Belly Dance (Amira) 10am-11am Zumba Dance (Amira) 11am-12pm Bingo (Pat) 12:30pm-1:30pm Line Dance (1:30pm-3:00pm)				

November 2026

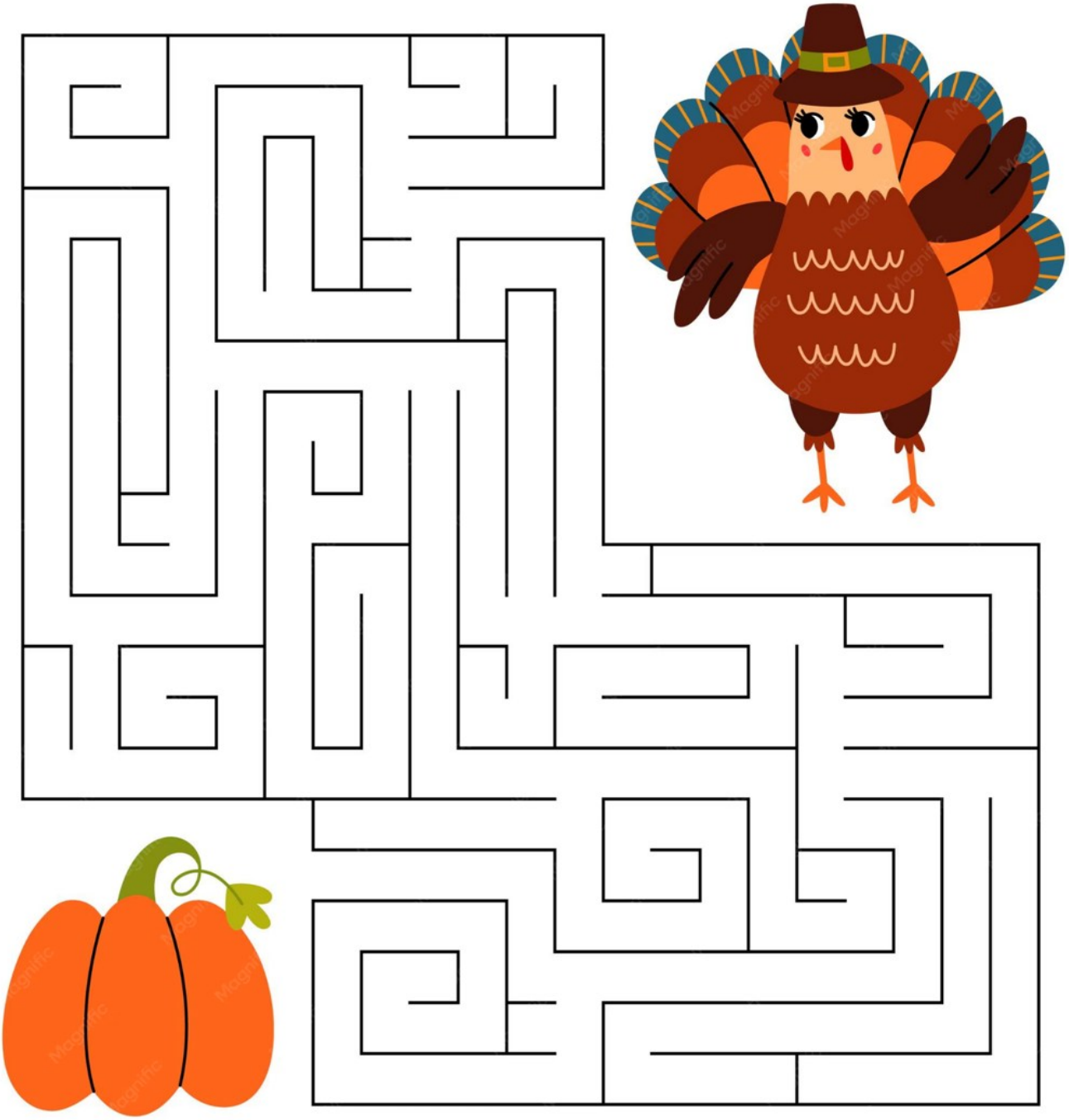


Eulalia Choi - Case Manager

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.



BAYSIDE OLDER ADULT CENTER

221-15 Horace Harding Expressway
Bayside, New York 11364
Phone: (718) 225-1144 Fax: (718) 229-7320



ADVISORY COUNCIL

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

Members:
Carmela P
Carl D
Fraternidad S
Jane C



BAYSIDE OLDER ADULT CENTER STAFF

Pang	Program Manager	Henry C	Transportation
Kathy L	Office Manager	Shawn W	Transportation
Eulalia C	Case Manager	Laura M	Kitchen Aide
Yolanda D	Custodian	Yung P T	Kitchen Aide
Annmarie P	Transportation Coordinator	Michael M	Kitchen Aide
Elizabeth M.....	Recreational Coordinator		

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.

125+ YEARS OF CHANGING LIVES — Catholic Charities Brooklyn & Queens

Resources!

50 YEARS NYC Department for the Aging

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)

NYC Department for the Aging

New York State Office for the Aging

AoA Administration on Aging

DATA DRIVEN page

BLOOMING HEALTH Bayside Senior Center

Older Adults Survey

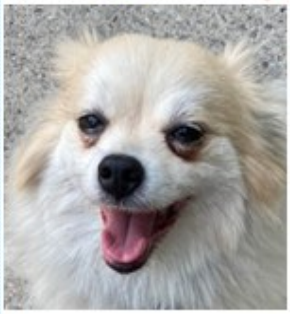


1. Eating too much salt can increase your blood pressure.
   89% - Yes
   11% - No

2. Canned soup is usually a low-sodium food.
   30% - Yes
   70% - No



3. Fresh chicken without added salt can be a healthier choice than processed meat.
   91% - Yes
   9% - No



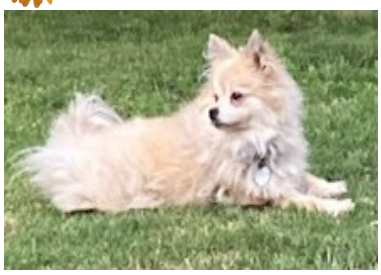
4. Adding extra salt at the table can help control high blood pressure.
   28% - Yes
   72% - No



5. The Nutrition Facts label can tell you how much sodium is in a food.
   89% - Yes
   11% - No



6. Healthy eating and regular physical activity can help manage high blood pressure.
   94% - Yes
   5% - No



Thanksgiving Trivia Quiz



1. Thanksgiving occurs on the:
   a. Fourth Thursday in November
   b. Third Thursday in November
   c. November 26 each year

2. The first Thanksgiving lasted:
   a. One day
   b. Two days
   c. Three days

3. Which of the following was NOT served at the Pilgrims' Thanksgiving meal?
   a. Cranberries, corn and mashed potatoes
   b. Rabbit, chicken, wild turkey and dried fruit
   c. Venison (deer meat), fish goose

4. Which Indian tribe taught the Pilgrims how to cultivate the land and were invited to the Thanksgiving meal?
   a. Apache
   b. Wampanoag
   c. Cherokee

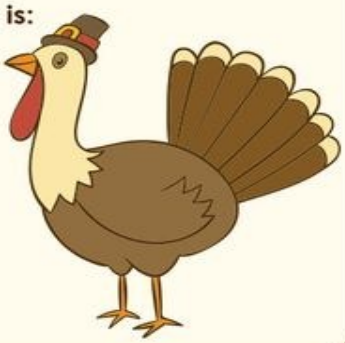
5. Approximately how many turkeys are eaten each year on Thanksgiving in the United States?
   a. 100 million
   b. 280 million
   c. 500 million

6. Which southern state was the first to adopt a Thanksgiving Day in 1855?
   a. South Carolina
   b. Virginia
   c. Georgia

7. What is a snood?
   a. The loose skin under a male turkey's neck.
   b. A hat worn by a Pilgrim
   c. A hot cider drink served at Thanksgiving.

8. What utensil was not used by the Pilgrims to eat Thanksgiving dinner?
   a. Knife
   b. Fork
   c. Spoon

9. The best place to put the meat thermometer in the turkey is:
   a. The breast
   b. The middle of the back
   c. The thigh



10. Which president is believed to be the first to pardon a turkey and start this annual tradition?
    a. President Lincoln in 1863
    b. President Roosevelt in 1939
    c. President Harry Truman in 1947

November 2026

125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens

Happy Recap!

OCTOBER 2026

50 YEARS NYC Department for the Aging



















50 YEARS NYC Department for the Aging

50 YEARS NYC Department for the Aging