125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES EST. 1899 Brooklyn & Queens

Best Life Older Adult Center
118-35 Farmers Blvd
Saint Albans, NY 11412
(929) 268-3326

BEST LIFE OLDER ADULT CENTER

NEWSLETTER NOVEMBER 2026







FUNDED BY THE NYC DEPARTMENT FOR THE AGING

CELEBRATING 125 YEARS

CATHOLIC CHARITIES Brooklyn & Queens

CCNS BEST LIFE OAC - ACTIVITIES CALENDER

(929) 268-3326

November CALENDER

NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
9:00-10:00 Leisure Games 10:00- 2:00 Sewing w/ Dianne 12:00-1:00 Lunch 1:00-2:00 Bingo w/Denise & Kathy 2:30-3:30 Zumba w/Shell	9:00-10:00 Leisure Games 10:30-12:00 Photography w/ Audley 12:00-1:00 Lunch 1:00-2:30 Sharpening of your Mind	9:00-11:00 Leisure Games 10:00-2:00 Sewing w/ Dianne 11:00-12:00 Chair Fitness/Tommy 12:00-1:00 Lunch 1:00-2:30 Joy of Painting w/ Kyle	9:00 - 10:00 Leisure Games 9:30-12:00 Drama w/ Charotte **10:00-12:00 Sewing w/ Wiloma** 12:00-1:00 Lunch 1:00- 2:00 Line Dancing w/ Anthony	10:00-2:00 Sewing w/ Dianne 10:00- 12:00 Crochet w/ Celestie 11:00-12:00 Line Dancing w/ Shirley 12:00-1:00 Lunch 1:30- 2:30 Chair Fitness w/ Tommy
9	10	11	12	13
9:00 -10:00 Leisure Games 10:00-2:00 Sewing/w Dianne 12:00-1:00 Lunch 1:00-2:00 Home Care Presentation 2:30-3:30 Zumba w/Shell	9:00 -10:00 Leisure Games 10:30-12:00 Photography w/ Audley 12:00 - 1:00 Lunch 1:00- 2:30 Sharpening of the Mind	9:00 - 10:00 Leisure Games 10:00-2:00 Sewing w/ Dianne 11:00 -12:00 Chair Fitness/Tommy 12:00- 1:00 Lunch 1:00 - 2:30 Joy of Painting w/ Kyle	9:00 - 10:00 Leisure Games 9:30-12:00 Drama w/ Charotte 10:00-2:00 w/Dianne 12:00-1:00 Lunch 1:00- 2:00 Line Dancing w/ Anthony	10:00 -2:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie 11:00 - 12:00 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:30 - 2:30 Chair Fitness /Tommy
16	17	18	19	20
9:00 - 10:00 Leisure Games 11:00-12:00 Virtual Excersice 12:00-1:00 Lunch 1:00-2:00 Bingo w Denise & Kathy 2:30-3:30 Zumba w/Shell	9:00 - 10:00 Leisure Games 10:30-12:00 Photography w/ Audley 12:00 - 1:00 Lunch 1:00- 2:30 Sharpening of the Mind	9:00 - 10:00 Leisure Games 10:00-2:00 Sewing w/Dianne 11:00-12:00 Chair Fitness/Tommy 12:00 - 1:00 Lunch 1:00 - 2:30 Joy of Painting w/ Kyle	9:00 - 10:00 Leisure Games 9:30-12:00 Drama w/ Charotte **10:00-12:00 Sewing w/ Wiloma** 12:00-1:00 Lunch 1:00- 2:00 Line Dancing w/ Anthony	9:00 - 10:00 Poetry Reading w/Corraine 10:00 -2:00 Sewing/ w Dianne 10:00 -12:00 Crochet w/Celestie 11:00 - 12:00 Line Dancing w/Shirley 12:00- 1:00 Lunch 1:30 - 2:30 Chair Fitness /Tommy
23	24	25	26	27
9:00 - 10:00 Leisure Games 10:00-2:00 Sewing/ w Dianne 11:00-12:00 Virtual Exercise 12:00-1:00 Lunch 2:30-3:30 Zumba w/Shell	9:00-10:00 Leisure Games 10:30-12:00 Photography w/ Audley 12:00 - 1:00 Lunch 1:00-3:00 Movie	9:00 - 10:00 Leisure Games 10:00-2:00 Sewing w/Dianne 11:00 -12:00 Chair Fitness /Tommy 12:00- 1:00 Lunch 1:00- 2:30 Joy of Painting w/ Kyle	CLOSED	CLOSED
30				
9:00 - 10:00 Leisure Games 10:00-11:00 Sewing/ w Dianne 11:00-12:00 Virtual Exercise 12:00- 1:00 Lunch 1:00-1:45 Advisory board open meeting 2:30-3:30 Zumba w/Shell				

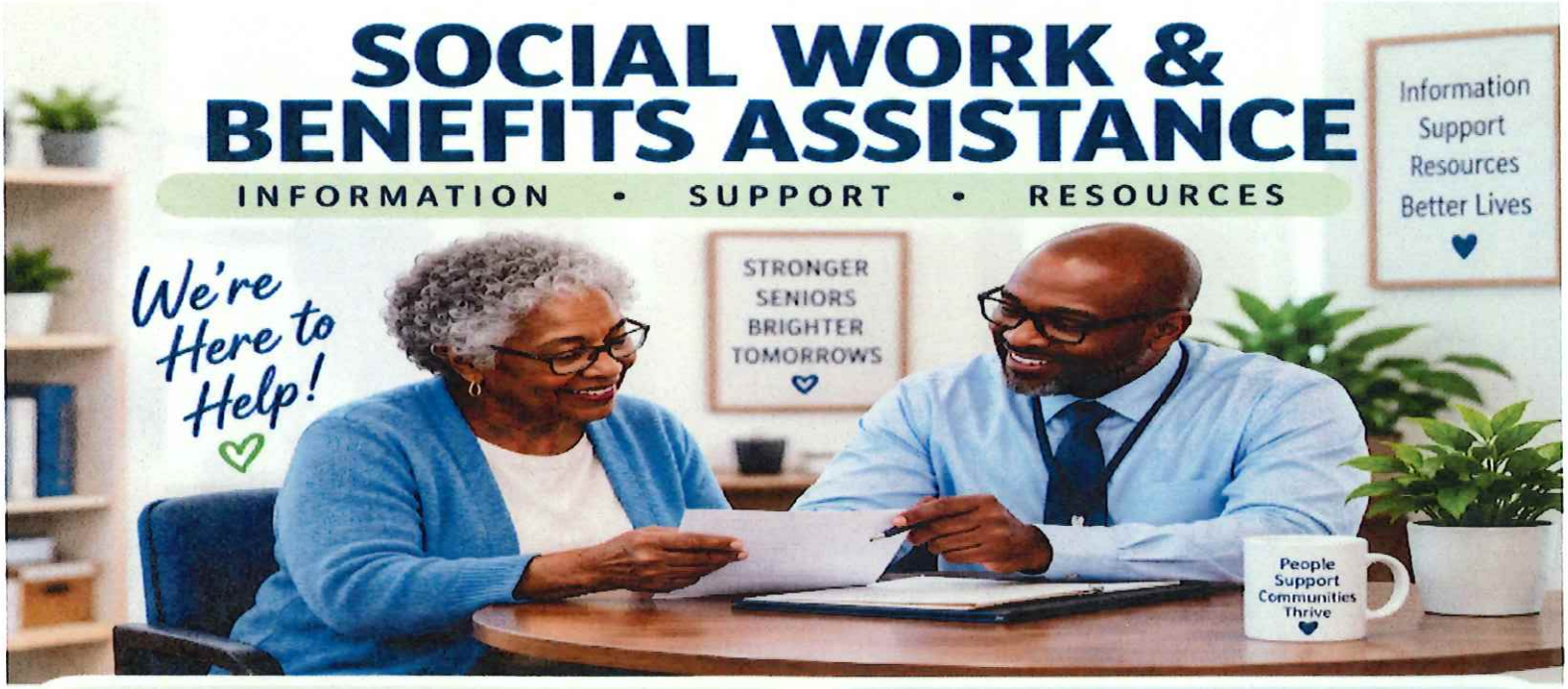
BEST LIFE OLDER ADULT CENTER Lunch Begins 12:00 - 1:00PM

Funded by the NYC Aging MENU November (929) 268-3326

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
BBQ Pulled Pork **Roasted Potatoes** Steamed Green Beans Bread/Milk/Fruit	**Vegetarian Three Bean Chili** White Rice Steeamed Green Beans Bread/Milk/Fruit	**Oven Fried Chicken** Black Beans and Rice Cooked Cabbage w/ Shredded Carrots Bread/Milk/Fruit	**Egg Salad** Italian Chickpea Pasta Salad Cole Slaw Bread/Milk/Fruit	**Fish w/Fresh Salsa Relish** Home Fries Normandy Blend Bread/Milk/Fruit
9	10	11	12	13
Pork Spare Ribs **Mashed Potatoes** Steamed Carrots and Green Beans Bread/Milk/Fruit	**Colombian Red Bean Stew** White Rice Steamed Carrots Bread/Milk/ Fruit	**Chicken Fajitas** Steamed Corn on the Cob Steamed Broccolic Bread / Milk / Fruit	**Cheese Lasagna Rollups** Steamed Carrots Bread/Milk/Fruit	**Baked Fish Marsala w/ Mushrooms** Pasta Normandy Blend Bread/Milk/Fruit
16	17	18	19	20
Citrus Braised Pernil Mashed Potatoes Steamed Kale Bread / Milk /Fruit	**Zesty Chickpeas Stew** White Rice Vegetable Mix Bread/Milk/ Fruit	**Curry Chicken** Brown Rice w/ Kidney Beans California Blend Veg. Bread / Milk /Fruit	**Tuna Salad** Cucumber & Chickpeas Salad Potato Salad Bread/Milk/Fruit	**Spanish Style Baked Fish** Red Potatoes Wedges Cooked Cabbage w/ Shredded Carrots Bread / Milk /Fruit
23	24	25	26	27
Pork Loin w/ Oyster Sauce White Rice & Quinoa Steamed Broccoli Bread/Milk/ Fruit	**Black Bean Stew** **Yellow Rice** **Steamed Carrots** Bread/Milk/ Fruit	**Brown Stew Chicken** Black Beans & Rice Cooked Cabbage w/ Shredded Carrots Bread / Milk / Fruit	**Eggplant Parmesan** with Ricotta Pasta/Tomato Sauce Steamed Green Beans Bread/Milk/Fruit	**Apricot Glazed Fish** Pasta Baby Carrots and Parsley Bread/Milk/Fruit
30				
Italian Pork Sausage Patties Pasta Steamed Broccoli Bread / Milk /Fruit				

SOCIAL WORK & BENEFITS ASSISTANCE

INFORMATION • SUPPORT • RESOURCES



BENEFITS & ENTITLEMENTS

Schedule an appointment to get screened for benefits and entitlements.

- **SNAP** (Food Assistance)
- **HEAP** (Home Energy Assistance)
- Benefits Screening
- Information & Referrals

ASSISTANCE AVAILABLE

If you need help, we can assist with:

- Service Referrals
- Housing Applications
- Benefits Applications
- Organizing Important Paperwork
- Community Resources
- And More

IMPORTANT MEMBER REMINDER

Please notify the office if there are changes to your:

- Address
- Phone Number(s)
- Emergency Contacts
- Doctor Information
- Medications
- Other Important Information

Keeping your records current helps us ensure your safety and allows us to reach you or your emergency contacts when necessary.

CONTACT

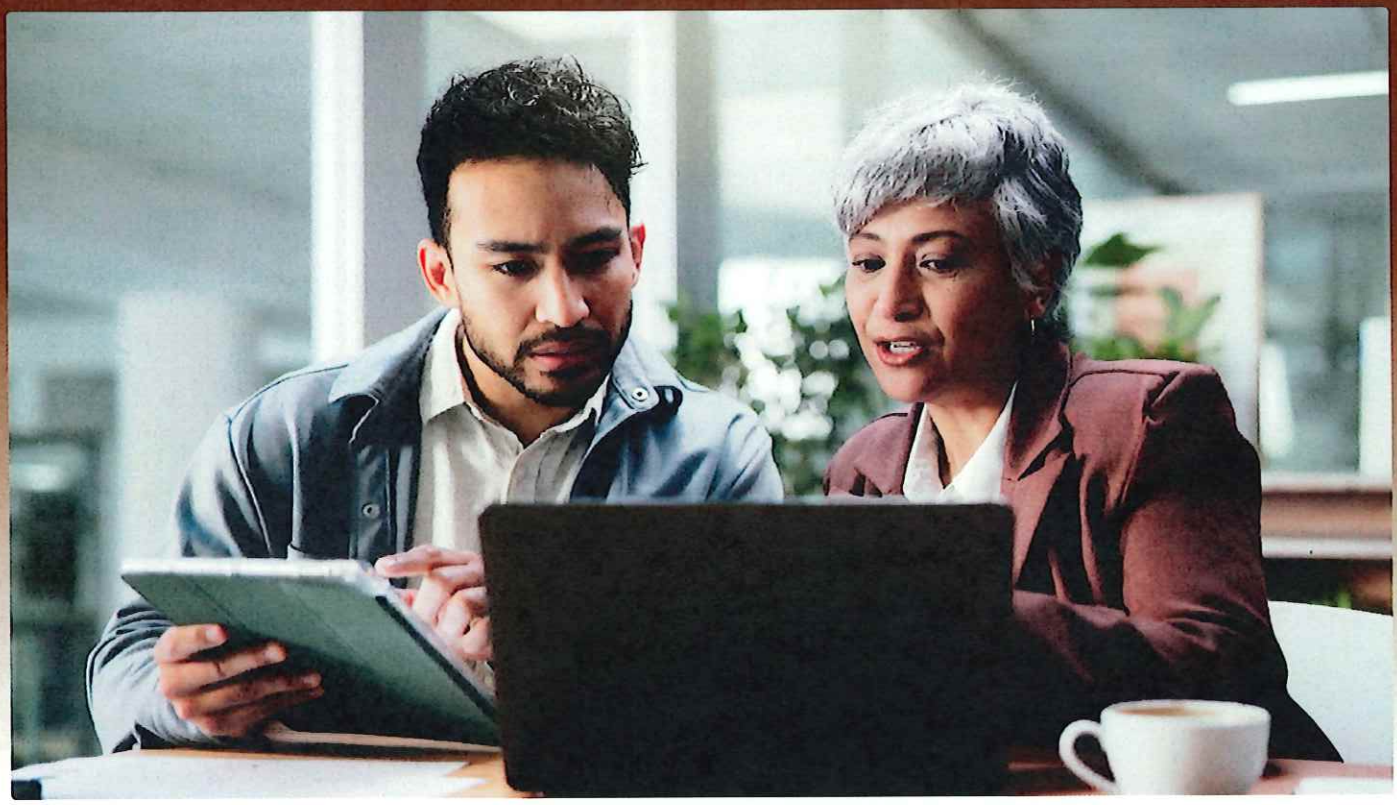
RON FITZPATRICK
Case Manager

Schedule an appointment today.
We're here to help!

Helping You Stay Connected, Independent & Informed.



DONOVAN RICHARDS JR.
QUEENS BOROUGH PRESIDENT



Immigration Legal Screening Clinic

If you're in need of immigration-related legal services, come to the Queens Borough President's Office to meet with an immigration attorney. Services will be available in languages such as Spanish, Chinese, Punjabi, Hindi and Urdu. Please bring all relevant documents. *This clinic is offered in partnership with Kaurage, Inc.*

Tuesday, November 17, 5:30–7:30pm

Queens Borough Hall, Room 200
120-55 Queens Boulevard, Kew Gardens, NY

RSVP at queensbp.nyc.gov/rsvp
RSVP required

KAURAGE

125+ YEARS OF CHANGING LIVES

CATHOLIC CHARITIES Brooklyn & Queens EST. 1899

amazon wishlist

Christmas Toy Drive

This holiday season, join us in spreading Christmas joy to families in need. Catholic Charities Brooklyn and Queens is collecting new toys for children (ages 0–17) and gift cards for teens for our annual Santa's Toy Shops, happening on December 10–11 and 17-18, 2026.

SCAN TO START SHOPPING!





DONOVAN RICHARDS JR.
QUEENS BOROUGH PRESIDENT



Know Your Rights:
As an Immigrant in New York

Join the Queens Borough President's Office for an informative panel discussion on the importance of knowing your rights as an immigrant New Yorker. Our panelists will discuss immigrants' rights, discuss ways to handle encounters with immigration enforcement and provide trusted resources for neighbors to access. *This event will be held both in-person and virtually.*

PRESENTATIONS BY:
Caribbean American Lawyers Association
Project New Yorker
Queens County Bar Association
South Asian and Indo-Caribbean Bar Association of Queens

Refreshments will be provided.

Monday, November 23, 5:30–7:30pm

Queens Borough Hall, Room 200
120-55 Queens Boulevard, Kew Gardens, NY

RSVP at queensbp.nyc.gov/rsvp
RSVP required

Please RSVP for in-person attendance or scan the QR code to join virtually.

CALA Caribbean American Lawyers Association

PROJECT —NEW YORKER—

150 QUEENS COUNTY BAR ASSOCIATION 1876-2026

SAICBA-Q South Asian and Indo-Caribbean Bar Association of Queens

NYC Mayor's Office of Immigrant Affairs

Need Immigration Legal Help?

NYC's Free Legal Hotline is confidential, and in your language.

800-354-0365

Spanish
Español

¿Necesita ayuda legal de inmigración?

La línea de asistencia legal de la Ciudad de Nueva York es gratuita, confidencial y está disponible en su idioma.

Arabic
العربية

هل تحتاج إلى مساعدة قانونية في الهجرة؟

الخط الساخن للمساعدة القانونية في مدينة نيويورك مجاني، وسري، وبلغتك.

Bangla
বাংলা

অভিবাসন-সংক্রান্ত আইনি সহায়তা দরকার?

নিউ ইয়র্ক সিটির বিনামূল্যের হটলাইনটি গোপনীয়তা রক্ষা করে এবং আপনার নিজ ভাষায় সেবা প্রদান করে।

Haitian Creole
Kreyòl Ayisyen

Èske ou bezwen èd legal pou imigrasyon?

Lily Dirèk Legal Gratis Vil Nouyòk la konfidansyèl epi li disponib nan lang ou.

Chinese (Simplified)
简化字

需要移民法律帮助?

紐約市免费法律热线是保密的并用您的语言提供。

French
Français

Besoin d'aide juridique à l'immigration ?

La ligne d'assistance juridique gratuite de New York est confidentielle et disponible dans votre langue.

Chinese (Traditional)
正體字

需要移民法律援助?

紐約市免費法律熱線是保密的並用您的語言提供。

Korean
한국어

이민 법률 도움이 필요하세요?

뉴욕시의 무료 법률 핫라인은 비밀이 보장되며, 여러분의 언어로 제공됩니다.

Polish
Polski

Potrzebujesz pomocy prawnej w sprawach imigracyjnych?

Bezpłatna Infolinia Pomocy Prawnej Miasta Nowego Jorku jest poufna i w Twoim języku.

Learn more on our website or scan our QR
www.nyc.gov/knowyourrights

125+

CATHOLIC CHARITIES Brooklyn & Queens

FOOD PANTRY
Locations and Hours

Our Lady of Angels
330 73rd Street, Brooklyn, NY 11209
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

Our Lady of Miracles
757 East 86th Street, Brooklyn, NY 11236
Saturdays, 10 AM - 11:30 AM

Our Lady of Solace
2866 West 17th Street, Brooklyn, NY 11224
Mondays, 9:30 AM - 1:30 PM

St. Marks
2609 East 19th Street, Brooklyn, NY 11235
1st and 3rd Thursday of the month, 9 AM - 11 AM

St. Gregory the Great
224 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Church of the Holy Spirit
1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Michael/St. Malachy
Beginning September 26, 2025
286 Warwick Street, Brooklyn 11207
Every Friday, 9:30 AM - 11:30 AM

St. Rose of Lima
130 Beach 84th Street, Rockaway Beach, NY 11693
Tuesdays, 10 AM - 12 PM

St. Teresa
50-20 45th Street, Woodside, NY 11377
Tuesdays, 4 PM - 6 PM

BVM St. Mary-Winfield
70-31 48th Ave., Woodside, NY 11377
Thursdays, 9:30 AM - 12 PM

Our Lady of the Angelus
63-63 98th Street, Rego Park, NY 11374
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael
35-20 Greenpoint Ave., Long Island City, NY 11101
Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick
39-38 29th Street, Long Island City, NY 11106
3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation
89-28 207th Street, Queens Village, NY 11427
Fridays, 12 PM - 2 PM

St. Benedict the Moor
171-17 110th Ave., Jamaica, NY 11434
2nd and 4th Tuesday of the month, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary
88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay
411 Beach 54th Street, Arverne, NY 11692
1st and 3rd Thursday of every month, 12 PM - 2 PM

St. Michael
136-76 41st Ave., Flushing, NY 11355
Tuesdays and Wednesdays, 9 AM - 11 AM

Our Lady of Sorrows Church
35-34 105th Street, Corona, NY 11368 (Church Parking Lot)
Beginning May 9, 2024: 2nd Thursday of the month,
2 PM - 5 PM

For the full list of affiliate locations, visit: www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.nyc.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.

STAFF

Best Life Older Adult Center

118-35 Farmer Blvd
Saint Albans, NY
11412
929-268-3326

Open Monday – Friday
8:00 am – 4:00 pm
Lunch 12:00 am – 1:00 pm

Ron Carson, Director of Field Operation

Carmen Rojas, Project Manager

Corraine Lashley, Administrative Assistant

Ron Fitzpatrick, Case Manager

John Moy, Kitchen Aide

Roderick Delph Maintenance Worker