Sheridan Connections

CCNS Catherine Sheridan Older Adult Center
35-24 83rd Street Jackson Heights, NY 11372
Ph:718-458-4600 / Fx: 718-458-5665
FUNDED BY NYC AGING



Warm November Greetings!

As we welcome the crisp beauty of November, we are delighted to introduce our new Program Manager, Sr. Gretta Fernandes. We look forward to sharing many wonderful moments together as she joins our Catherine Sheridan Older Adult Center family.

Surrounded by the colors of autumn and the warmth of friendship, let us enjoy all the activities, laughter, and companionship this season brings.

"Gratitude turns what we have into enough."

As Thanksgiving approaches, we are especially thankful for each of you who makes our center such a caring and vibrant community. Wishing you and your loved ones a Happy Thanksgiving filled with joy, good health, and many blessings.

🍂 **Happy November!** 🍁🦃

The Team

UPCOMING EVENTS

- EMBRIDORY CLUB
- FREE BLOOD PRESSURE SCREENING
- TAI-CHI
  YOGA
  ZUMBA
- [illegible] FASHION SHOW
- BIRTHDAY CELEBRATIONS
- OPEN MIC THURSDAYS MUSIC TRIVIA

Aging is a journey filled with wisdom, experience and continued growth. Let us honor celebrate our seniors not just today but every day!

SPONSORED BY:
CCNS CATHERINE SHERIDAN OAC
35-24 83RD STREET, JACKSON HEIGHTS,
NY 11372
MONDAY-FRIDAY

CCNS CATHERINE SHERIDAN OAC ACTIVITIES NOVEMBER 2026

FUNDED BY
NYC Department for the Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
ESL CLASSES-10:30-11:30 SIT &FIT EXERCISE CLASS@10:30-11:30 **SOCIAL DANCING-DJ WOODY** **1:00-3:00**	**ARTS & CRAFTS WITH DORA** **10:00-11:00** **YOGA WITH MIMI** **11:30-12:30** **TAI-CHI WITH HARRISON** **1:30-2:30** **LEISURE GAMES-11:00-4:00**	**EXERCISE W/MARIA VERONICA** **11:00-12:00** **SOCIAL DANCING** **D/I VALENTIN-1:00PM-3:00PM** **BINGO 1:00 TO 3:00** **FREE BLOOD PRESSURE SCREENING 10-3**	**COUNSELING WITH VICTORIA** **8:30-4:30** SIT &FIT EXERCISE CLASS@10:30-11:30 **KAROKE WITH JANETH** **1:00-4:00**	EMERGENCY PREPARDNESS -NY NATIONAL GUARD 10:00AM-11:00AM SIT &FIT EXERCISE CLASS@10:30-11:30 **LEISURE GAMES** **11:00-4:00** **BINGO 1:00 TO 3:00**
9	10	11	12	13
COUNSELING WITH VICTORIA **8:30-4:30** **GRIEF AND ISOLATION GROUP-10:00** SIT &FIT EXERCISE CLASS@10:30-11:30 ESL CLASSES-10:30-11:30 **SOCIAL DANCING** **1:00-3:00**	**ARTS & CRAFTS WITH DORA** **10:00-11:00** **YOGA WITH MIMI** **11:30-12:30** **TAI-CHI WITH HARRISON** **1:30-2:30** **LEISURE GAMES-11:00-4:00**	 **CLOSED**	**COUNSELING WITH VICTORIA** **8:30-4:30** SIT &FIT EXERCISE CLASS@10:30-11:30 **KARAOKE WITH JANETH** **1:00-4:00**	**FREE BLOOD PRESSURE SCREENING 10-3** SIT &FIT EXERCISE CLASS@10:30-11:30 **LEISURE GAMES** **11:00-4:00** **BINGO 1:00 TO 3:00**
16	17	18	19	20
COUNSELING WITH VICTORIA **8:30-4:30** **GRIEF AND ISOLATION GROUP-10:00** SIT &FIT EXERCISE CLASS@10:30-11:30 ESL CLASSES-10:30-11:30 **SOCIAL DANCING-DJ WOODY** **1:00-3:00**	**ARTS & CRAFTS WITH DORA** **YOGA WITH MIMI** **11:30-12:30** **TAI-CHI WITH HARRISON** **1:30-2:30** **LEISURE GAMES-11:00-4:00**	**EXERCISE W/MARIA VERONICA** **11:00-12:00** **SOCIAL DANCING** **D/I VALENTIN-1:00PM-3:00PM** **BINGO 1:00 TO 3:00** **FREE BLOOD PRESSURE SCREENING 10-3**	**COUNSELING WITH VICTORIA** **8:30-4:30** SIT &FIT EXERCISE CLASS@10:30-11:30 HEALTH PRESENTATION-VICTORIA @1:00PM **KARAOKE WITH JANETH** **1:00-4:00**	**FREE BLOOD PRESSURE SCREENING 10-3** **WITH NURSE** SIT &FIT EXERCISE CLASS@10:30-11:30 **LEISURE GAMES** **11:00-4:00** **BINGO 1:00 TO 3:00**
23	24	25	26	27
COUNSELING WITH VICTORIA **8:30-4:30** **GRIEF AND ISOLATION GROUP-10:00** ESL CLASSES-10:30-11:30 SIT &FIT EXERCISE CLASS@10:30-11:30 **SOCIAL DANCING** **1:00-3:00**	**ARTS & CRAFTS WITH DORA** **10:00-11:00** **YOGA WITH MIMI** **11:30-12:30** **TAI-CHI WITH HARRISON** **1:30-2:30** **LEISURE GAMES-11:00-4:00**	**EXERCISE W/MARIA VERONICA** **11:00-12:00** **SOCIAL DANCING** **D/I VALENTIN-1:00PM-3:00PM** **BINGO 1:00 TO 3:00** **FREE BLOOD PRESSURE SCREENING 10-3**	**CLOSED** HAPPY THANKS GIVING 	**CLOSED** **HAPPY THANKSGIVING**
30				
COUNSELING WITH VICTORIA **8:30-4:30** **GRIEF AND ISOLATION GROUP-10:00** ESL CLASSES-10:30-11:30 SIT &FIT EXERCISE CLASS@10:30-11:30 **SOCIAL DANCING** **1:00-3:00**				

MENU TO CHANGE WITHOUT PRIOR NOTICE

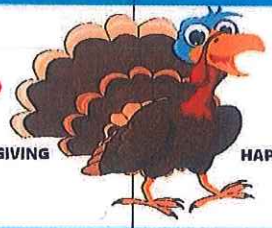
CCNS CATHERINE SHERIDAN OAC
35-24 83RD STREET, JACKSON HEIGHTS
NY 11372
718-458-4600
MONDAY -FRIDAY
8:30AM to 4:30PM

CCNS CATHERINE SHERIDAN -NOVEMBER 2026 LUNCH MENU

FUNDED BY
NYC Department for the Aging

VOLUNTARY DONATION-$1.25



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
JERK CHICKEN BROWN RICE STEAM CAULIFOWER BREAD/ 1% MILK/ FRUIT	VEGETARIAN THREE BEAN CHILI WHITE RICE STEAM GREEN BEANS BREAD/ 1% MILK/ FRUIT	BASIC SHEPHEARD'S PIE VEGETABLE MIX BREAD/ 1% MILK/ FRUIT	EGG SALAD ITALIAN CHICKPEA PASTA SALAD COLE SLAW BREAD/ 1% MILK/ FRUIT	BAKED SALMON CITRUS SAUCE ROASTED POTATOES TOSSED SALAD BREAD/ 1% MILK/ FRUIT
9	10	11	12	13
CHICKEN FAJITAS YELLOW RICE SAUTEED SPINACH BREAD/ 1% MILK/ FRUIT	COLOMBIAN RED BEAN STEW WHITE RICE STEAMED CARROTS BREAD/ 1% MILK/ FRUIT	 CLOSED	CHEESE LASAGNA ROLLUPS STEAMED CARROTS BREAD/ 1% MILK/ FRUIT	FISH WITH TOMATOES AND HERBS ROASTED POTATOES STEAMED GREEN BEANS BREAD/ 1% MILK/ FRUIT
16	17	18	19	20
CLASSIC CHICKEN CACCIATORE PASTA & GREEN BEANS BREAD/ 1% MILK/ FRUIT	ZESTY CHICKPEA STEW WHITE RICE VEGETABLE MIX BREAD/ 1% MILK/ FRUIT	BEEF MEATLOAF ROASTED POTATOES STEAMED CARROTS & GREEN BEANS BREAD/ 1% MILK/ FRUIT	TUNA SALAD CUCUMBER AND CHICKPEA SALAD POTATO SALAD BREAD/ 1% MILK/ FRUIT	LEMON GARLIC BAKED FISH WHITE RICE TOSSED SALAD BREAD/ 1% MILK/ FRUIT
23	24	25	26	27
ARROZ CON POLLO CHICKEN BREAST BROWN RICE WITH KIDNEY BEANS BREAD/ 1% MILK/ FRUIT	CLASSIC BLACK BEAN STEW YELLOW RICE STEAMED CARROTS BREAD/ 1% MILK/ FRUIT	BAKED PORK MUSHROOM GRAVY SAUTEED SPINACH SAUTEED SWEET POTATOES BREAD/ 1% MILK/ FRUIT	CLOSED HAPPY THANKSGIVING 	CLOSED HAPPY THANKSGIVING
30				
BAKED CHICKEN THIGHS SAUTEED SWEET POTATOES BROCCOLI BREAD/ 1% MILK/ FRUIT				

Know Your Numbers Live a Healthier Tomorrow!

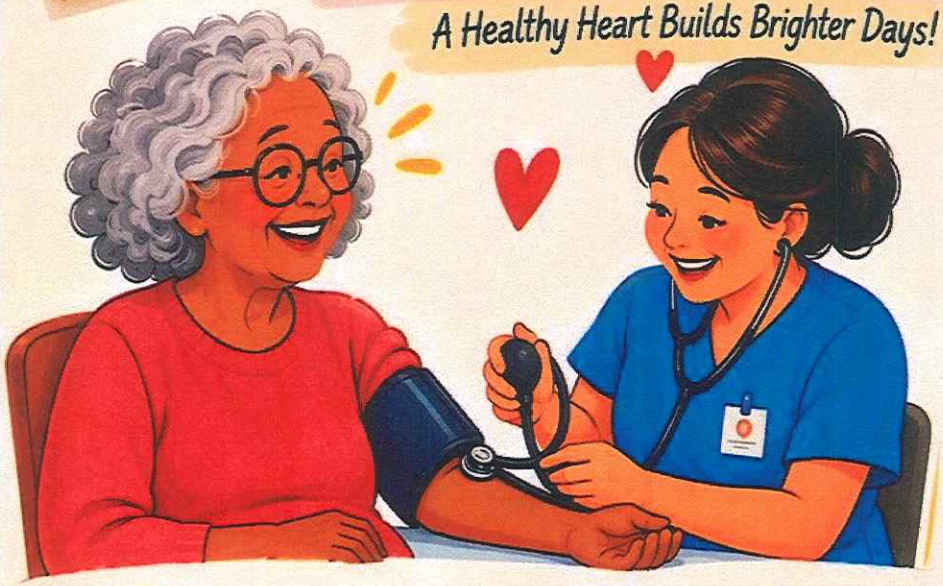
BLOOD PRESSURE SCREENING

FREE HEALTH & WELLNESS SUPPORT FOR MEMBERS

KNOW YOUR NUMBERS. PROTECT YOUR HEART.

A Healthy Heart Builds Brighter Days!

Small Check. A Big Difference!



QUICK · EASY · INFORMATIVE

- Blood Pressure Screening
- Know Your Numbers
- Take Control of Your Health
- Heart Health Education
- Health & Wellness Support

Healthy People Stronger Communities

FOR MEMBERS ONLY

PREVENT HEART DISEASE | **SUPPORT BRAIN HEALTH** | **STAY ACTIVE LONGER** | **LIVE A HEALTHIER, HAPPIER LIFE**

DATE: Every Monday & Friday

TIME: Starting at 10:00 AM

LOCATION: 2nd Floor

STOP BY, SAY HELLO AND HAVE A CHAT WITH THE RN

Take a few minutes to learn more about your heart health, ask questions, and receive helpful wellness information.

FREE SERVICES:

- Blood Pressure Screening
- Heart Health Education
- Health & Wellness Support
- Healthy Lifestyle Tips
- Community Resource Information



Caring People Healthier Lives

YOUR HEALTH MATTERS

Healthy Individuals • Stronger Communities

FUNDED BY NYC AGING

NEW YORK NATIONAL GUARD

CITIZEN PREPAREDNESS CORPS — NEW YORK STATE — PREPARE • RESPOND • RECOVER

THE NEW YORK STATE CITIZEN PREPAREDNESS CORPS TRAINING PROGRAM

Invites you to participate in a private event at:

Catherine Sheridan Older Adult Center

35-24 83rd Street, Jackson Heights, NY 11372

Nov 13, 2026 10:00 am

Max Capacity =

Seating will be on a first come, first serve basis

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.

NATIONAL ALZHEIMER'S DISEASE AWARENESS MONTH

ALZHEIMER'S DISEASE

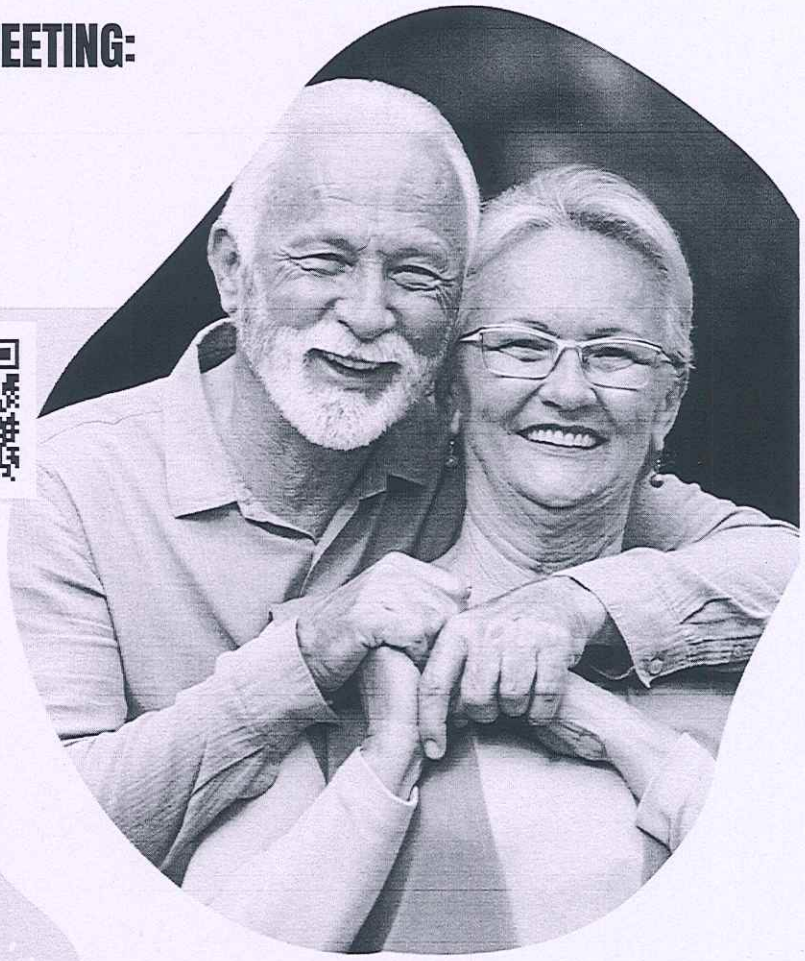
NOVEMBER 13, 2026
10 - 11 AM

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

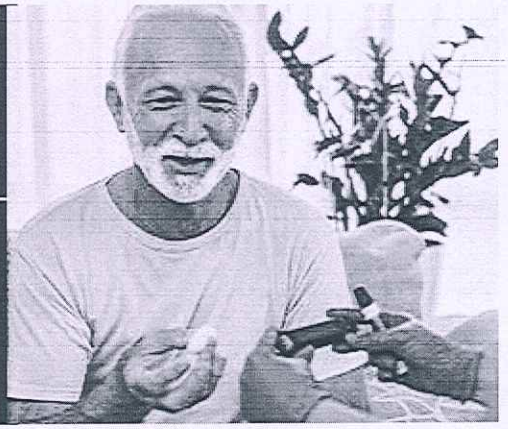
Lighthouse Guild

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.

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!

Tips for Prescription Preparedness

Disasters can prevent you from getting your medications. Follow these tips to make sure you are prepared.

1. Create a Personal Health Summary to keep track of your medical information. To create one, visit **nyc.gov/health/healthsummary**. Keep copies in your wallet and go-bag. (A go-bag has personal items you need to take with you if you have to evacuate. Visit nyc.gov and search **go-bag** to learn more.)

2. Make copies or take pictures of your prescription labels, health insurance card and prescription cards. Keep copies of these records in your go-bag and/or save the pictures to your phone.

3. Always have enough medication to last for at least seven days. Contact your pharmacy to get a refill if you have less than seven days' worth of medication left. If you get your medications through a mail-order pharmacy and you cannot get refills by mail in an emergency, take your medication label or a picture of the label to a local pharmacy; the pharmacist may be able to help you get a limited supply.

4. If you evacuate, take all your medications with you. Pack the original, labeled medication bottles or boxes with your name printed on them in your go-bag.



NYC Health

To learn more about how to prepare for public health emergencies, visit nyc.gov/health and search emergency prep.

ABOUT JASA

Founded over 50 years ago, JASA honors older New Yorkers as vital members of society, providing services that support aging with purpose and partnering to build strong communities.

JASA assists over 40,000 older New Yorkers and their families each year. Our continuum of services include affordable housing, home care, meals, senior centers, mental health assistance, legal support, and elder abuse prevention and intervention.

JASA is proud to be the go-to agency for older New Yorkers.

UNDERSTANDING ELDER ABUSE

Elder abuse, neglect, and exploitation are under-reported and widespread.

TYPES OF ELDER ABUSE

- Financial
- Physical
- Emotional
- Neglect
- Psychological
- Verbal
- Sexual

FACTS

- The abuser is often a family member
- Survivors may be vulnerable due to compromised physical or mental health
- The most common form of elder abuse is financial
- 76 out of every 1,000 older New Yorkers are survivors of elder abuse each year
- 9% of all New York City residents age 60+ have been victimized

Estimates based on "Under the Radar," New York State Elder Abuse Prevalence Study (2011)

WARNING SIGNS

A SURVIVOR OF ABUSE MAY BE:

- Fearful
- Depressed
- Over-medicated
- Unkempt
- Isolated
- Living in unsafe conditions
- Bruised or scratched
- In danger of losing personal assets or their home
- Missing glasses, hearing aid, dentures, or cane without explanation
- Unaware of their financial situation

125+ YEARS OF CHANGING LIVES

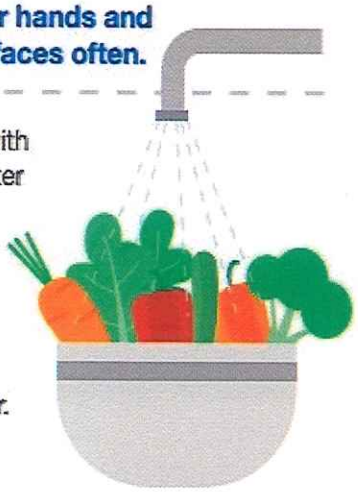
CATHOLIC CHARITIES Brooklyn & Queens

Resources!

50 YEARS NYC Department for the Aging

Easy Ways to...
Keep Food Safe

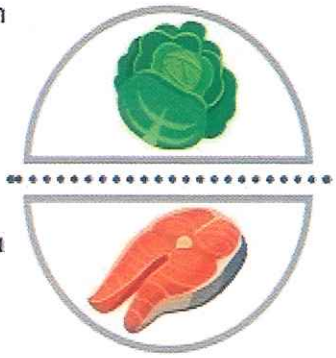
CLEAN your hands and surfaces often.



- 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.



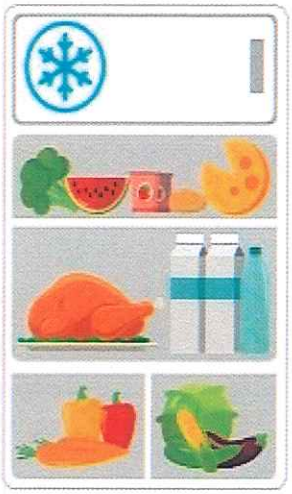
- Heat foods to kill germs that can make you sick.
- Use a food thermometer to check internal food temperatures when cooking.

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.



125+ YEARS OF CHANGING LIVES

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.

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

Care That Feels Like Family.

Compassionate, professional home care for the people you love.



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
- 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

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.

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

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?

Liy 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?

纽约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?

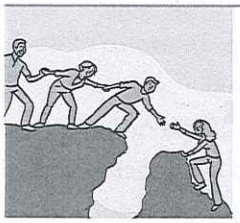
Bezpłatna Infolinia Pomocy Prawnej Miasta Nowego Jorku jest poufna i w Twoim języku.

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

YOUR HEALTHIEST SELF

Emotional Wellness Checklist

Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. Here are tips for improving your emotional health:

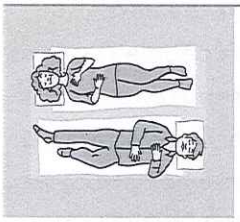


BUILD RESILIENCE

People who are emotionally well, experts say, have fewer negative emotions and are able to bounce back from difficulties faster. This quality is called resilience. Learning healthy ways to cope and how to draw from resources in your community can help you build resilience.

To build resilience:

- ☐ Develop healthy physical habits.
- ☐ Take time for yourself each day.
- ☐ Look at problems from different angles. Learn from your mistakes.
- ☐ Practice gratitude.
- ☐ Explore your beliefs about the meaning and purpose of life.
- ☐ Tap into social connections and community.

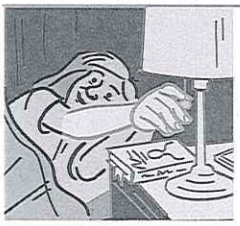


REDUCE STRESS

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most. But if stress lasts a long time–a condition known as chronic stress–those "high alert" changes become harmful rather than helpful. Learning healthy ways to cope with stress can also boost your resilience.

To help manage your stress:

- ☐ Get enough sleep.
- ☐ Exercise regularly.
- ☐ Build a social support network.
- ☐ Set priorities.
- ☐ Show compassion for yourself.
- ☐ Try relaxation methods.
- ☐ Seek help.



GET QUALITY SLEEP

To fit in everything we want to do in our day, we often sacrifice sleep. But sleep affects both mental and physical health. It's vital to your well-being. When you're tired, you can't function at your best. Sleep helps you think more clearly, have quicker reflexes and focus better. Take steps to make sure you regularly get a good night's sleep.

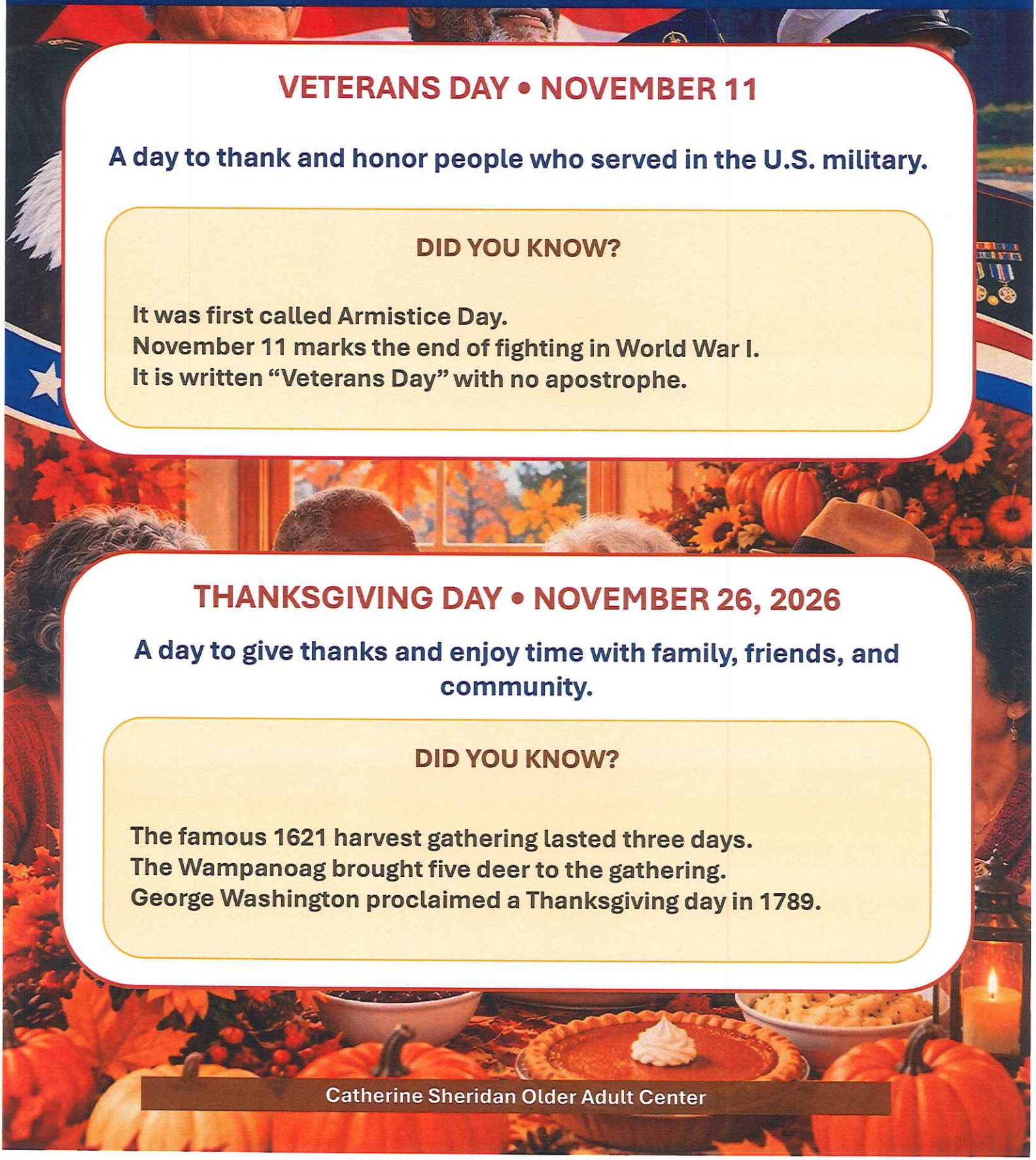
To get better quality sleep:

- ☐ Go to bed and get up each day at the same time.
- ☐ Sleep in a dark, quiet place.
- ☐ Exercise daily.
- ☐ Limit the use of electronics.
- ☐ Relax before bedtime.
- ☐ Avoid alcohol before bedtime and stimulants like caffeine or nicotine.
- ☐ Consult a health care professional if you have ongoing sleep problems.

continued on next page

Two Significant Holidays in November

Remember • Give Thanks • Celebrate Together



VETERANS DAY • NOVEMBER 11

A day to thank and honor people who served in the U.S. military.

DID YOU KNOW?

It was first called Armistice Day.
November 11 marks the end of fighting in World War I.
It is written "Veterans Day" with no apostrophe.

THANKSGIVING DAY • NOVEMBER 26, 2026

A day to give thanks and enjoy time with family, friends, and community.

DID YOU KNOW?

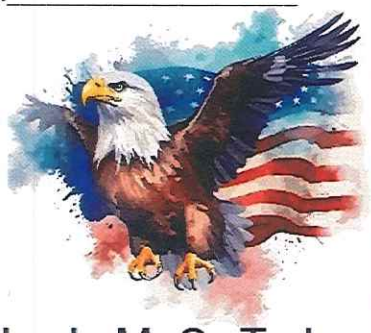
The famous 1621 harvest gathering lasted three days.
The Wampanoag brought five deer to the gathering.
George Washington proclaimed a Thanksgiving day in 1789.

Catherine Sheridan Older Adult Center

Name:_____ Date:_____

In honor of Veterans Day, some special words are hidden in this puzzle to celebrate our heroes. Can you find them by searching in all directions? Circle each word as you find it and cross it off the list to complete this tribute to those who served.

Veterans Day
Word Search



AIR FORCE	B	V	A	L	O	R	Y	R	A	T	I	L	I	M	S	T	L
AMERICA	R	R	V	S	T	P	V	N	D	L	X	L	R	A	Z	K	M
ARMY	N	E	A	K	T	M	R	K	N	K	J	O	L	R	N	D	O
BRAVERY	M	W	I	V	M	R	D	O	Y	X	F	U	K	I	N	R	D
COAST GUARD	K	G	R	D	E	H	E	J	T	I	T	M	F	N	T	Z	E
COURAGE	K	C	C	D	L	R	X	N	N	E	E	N	A	E	R	T	E
DUTY	B	H	R	G	S	O	Y	U	G	D	C	C	T	S	O	Z	R
FLAG	R	C	T	C	A	W	S	L	A	T	I	T	K	I	P	B	F
FREEDOM	E	X	Q	O	C	L	D	L	O	R	H	C	R	H	P	N	Y
HERO	S	R	E	A	R	F	F	J	E	Y	O	T	B	T	U	W	Y
HONOR	P	E	C	S	I	F	X	M	R	U	A	K	W	Q	S	M	F
LOYALTY	E	B	R	T	F	T	A	K	R	P	O	L	Z	A	R	M	Y
MARINES	C	M	O	G	I	H	V	A	N	R	V	E	T	E	R	A	N
MEDAL	T	E	F	U	C	Y	G	C	E	W	X	Q	V	Y	N	G	W
MILITARY	X	V	R	A	E	E	V	H	F	E	C	I	V	R	E	S	M
NAVY	K	O	I	R	L	B	M	A	Q	W	Y	T	U	D	K	B	P
NOVEMBER	H	N	A	D	X	F	H	O	N	O	R	V	P	E	A	C	E

PATRIOT
PEACE
PROTECT
RESPECT
SACRIFICE
SALUTE
SERVICE
SOLDIER
STRENGTH
SUPPORT
UNIFORM
VALOR
VETERAN





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