Hillcrest Older Adult Center
91-34 182nd Place, 2nd Floor
Jamaica, NY 11423
(718) 297-7171

THE HILLCREST OLDER ADULT CENTER

NEWSLETTER FOR THE MONTH OF NOVEMBER 2026





FUNDED BY THE NYC DEPARTMENT FOR THE AGING

our mission

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.

Meet our wonderful staff!!

Annie Liu	Director of Field Operations
Clelia Ramos	Program Manager
Case Manager	Vacant
Venita Karupen	Administrative Assistant
Maria Rodriguez	Kitchen Aide
Vere Guri	Custodian
Sam Williams	Kitchen Aide

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CCNS HILLCREST OLDER ADULT CENTER PRESENTATIONS AND CLASSES – NOVEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 *10:00 Today in the News* *11:00 Zumba W/Feteness LLC* *12:00 Lunch* *1:00 Music & Memories w/Clelia*	***3*** *10:00 Chair Aerobics w/ Gerard* *12:00 Lunch* *11:00 Leisure Games W /Beth* *1:00 - 3:00 Art and Craft w/Ahmed* *1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago*	***4*** *10:00 Today in the News* *11:00 Leisure Games w/Olivia* *12:00 Lunch* *1:00 – 3:00 Dance Club w/ Luis*	***5*** *10:30 Strength Training w/Gerard* *12:00 Lunch* *1:00 Movie: " Nyad" w/Clelia* *1:00 -3:00 Terpsichorean Dance W/Dancers*	***6*** *10:20-11:00 Puppet Inspiration w/Daryl* *11:00 Leisure Games w/Beth* *12:00 Lunch* *1:00-3:00 All White Party w/ DJ Valentin*
9 *10:00 Today in the News* *11:00 Zumba W/Feteness LLC* *12:00 Lunch* *1:00 Let the Music Play w/Clelia*	***10*** *10:00 Chair Aerobics w/ Gerard* *11:00 Leisure Games W /Beth* *12:00 Lunch* *1:00 - 3:00 Art and Craft w/Ahmed* *1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago*	***11*** *9:30 General Membership Meeting* *10:00 Today in the News* *11:00 Leisure Games W/Olivia* *12:00 Lunch* *1:00 – 3:00 Veteran's Day Celebration w/DJ Woody*	***12*** *10:30 Strength Training w/Gerard* *12:00 Lunch* *1:00 -3:00 Terpsichorean Dance W/Dancers*	***13*** *10:00 Multicultural Line Dance w/Dancers* *11:00 Leisure Games w/Beth* *12:00 Lunch* *1:00-3:00 Friday Social w/ DJ Valentin*
16 *10:00 Today in the News* *11:00 Zumba W/Feteness LLC* *12:00 Lunch* *1:00 Feel-Good Music Time w/Clelia*	***17*** *10:00 Chair Aerobics w/ Gerard* *11:00 Leisure Games W /Beth* *12:00 Lunch* *1:00 - 3:00 Art and Craft w/Ahmed* *1:00 – 3:00 Hillcrest Line Dancing w/Bong Santiago*	***18*** *10:00 Today in the News* *11:00 Leisure Games w/Olivia* *12:00 Lunch* *1:00 – 3:00 Dance Club w/ Luis*	***19*** *10:30 Strength Training w/Gerard* *12:00 Lunch* *1:00 Movie: " The Magic of Belle Isle" w/Clelia* *1:00 -3:00 Terpsichorean Dance W/Dancers*	***20*** *10:00 Multicultural Line Dance w/Dancers* *11:00 Leisure Games W/Beth* *12:00 Lunch* *1:00-3:00 Friday Social w/ Luis*
23 *10:00 Today in the News* *11:00 Zumba W/Feteness LLC* *12:00 Lunch* *1:00 Music & Memories w/Clelia*	***24*** *10:00 Chair Aerobics w/Gerard* *11:00 Leisure Games w/Olivia* *12:00 Lunch* *1:00 - 3:00 Thanksgiving & Birthday Celebration w/DJ Woody*	***25*** *10:00 Today in the News* *11:00 Leisure Games w/Olivia* *12:00 Lunch* *1:00 –3:00 Dance Club w/Luis*	***26*** **Thanksgiving Day Center Closed**	***27*** **Day After Thanksgiving Center Closed**
30 *10:00 Today in the News* *11:00 Zumba W/Feteness LLC* *12:00 Lunch* *1:00 Let the Music Play w/Clelia*				***PLEASE NOTE: ACTIVITIES SUBJECT TO CHANGE LAST MINUTE***

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CCNS HILLCREST OLDER ADULT CENTER: LUNCH MENU NOVEMBER 2026

Monday	*Tuesday*	*Wednesday*	*Thursday*	*Friday*
2 BBQ Pulled Pork Roasted Potatoes Whole Wheat Bread Steamed Green Beans Apple 1% Low Fat Milk	**3** Arroz con Gandules Rice with Pigeon Peas Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	**4** Oven Fried Chicken Black Beans and Rice Whole Wheat Bread Cooked Cabbage with Shredded Carrots Orange 1% Low Fat Milk	**5** Mushroom gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad with Chickpeas (no dressing) Apple 1% Low Fat Milk	**6** Fish with Fresh Salsa Relish Home Fries Whole Wheat Bread Normandy Blend Banana 1% Low Fat Milk
9 Pork Spare Ribs Homemade Mashed Potatoes Whole Wheat Bread Steamed Carrots and Green Beans Apple 1% Low Fat Milk	**10** Zesty Chickpeas Stew Brown Rice Whole Wheat Bread California Blend Vegetables Banana 1% Low Fat Milk	**11** Chicken Fajitas Steamed Corn on the Cob Whole Wheat Bread Steamed Broccoli Orange 1% Low Fat Milk	**12** Homemade Tomato Sauce Italian Meatballs with Beef and Turkey Whole Wheat Bread Garden Salad with chickpeas Apple 1% Low Fat Milk	**13** Baked Fish Marsala with Mushrooms Pasta Whole Wheat Bread Normandy Blend Banana 1% Low Fat Milk
16 Citrus Braised Pernil Homemade Mashed Potatoes Whole Wheat Bread Steamed Kale Apple 1 % Low Fat Milk	**17** Mama's Pasta Faggioli Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Italian Blend Vegetables Banana 1% Low Fat Milk	**18** Curry Chicken Brown Rice with Kidney Beans Whole Wheat Bread California Blend Vegetables Orange 1% Low Fat Milk	**19** Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetable Apple 1% Low Fat Milk	**20** Spanish Style Baked Fish Baked Red Potato Wedges Whole Wheat Bread Cooked Cabbage with Shredded Carrots Banana 1 % Low Fat Milk
23 Pork Loin with Oyster Sauce Half White Rice Half Quinoa Whole Wheat Bread Steamed Broccoli Apple 1% Low Fat Milk	**24** Roasted Turkey Sweet Yams String Beans & Carrots Cornbread Stuffing 1% Low Fat Milk	**25** Brown Stew Chicken Black Beans and Rice Whole Wheat Bread Cooked Cabbage with Shredded Carrots Orange 1 % Low Fat Milk	***26*** **Thanksgiving Day Center Closed**	***27*** **Day After Thanksgiving Center Closed**
30 Homemade Italian Pork Sausage Patties Sautéed Onions and Peppers Pasta Whole Wheat Bread Steamed Broccoli Apple 1 % Low Fat Milk				**PLEASE NOTE: LUNCH MENU SUBJECT TO CHANGE LAST MINUTE**

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Natalie P.
William R.
Alejandra C.
Lilian P.
Milagros C.
Jose A.
Norma S.
Nicanor A.
Zenaida G.
Moises B.
Luzviminda E.
Kamlawatie S.
Remedios N.
Savitri S.

Ameroon A.
Gloria V.
Michael S.
Carmen P.
Bisram R.
Felicitas D.
Arnel Q.
Prampatter S.
Elma L.
Marie L.
Aurelia R.
Jose R.
Bernice J.
Leone S-J.

Join Us on Tuesday, November 24, 2026, at 1:00 PM - 3:00 PM, For Multicultural Music and Birthday Celebration

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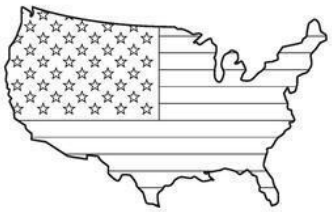
Veterans Day Word Finder

Find the hidden words in the grid

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





Honor
Parade
Heroes
Soldier
Liberty
Camaraderie
Veterans
Valor
Army
America
Navy
Memorial
Service
Republic
Deployment
Support
Democracy
Combat
Freedom
Hero

USA

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THE HISTORY OF VETERANS DAY

★ HONORING ALL WHO SERVED

www.history.navy.mil

ORIGINS

1918 — **11th Hour - 11th Day - 11th Month**

On November 11, 1918, fighting ceases during World War I when an armistice goes into effect on the eleventh hour of the eleventh day of the eleventh month. This day is celebrated worldwide and comes to be known as the end of "the war to end all wars."

1919 — **Armistice Day**

President Woodrow Wilson proclaims November 11, 1919 as the first commemoration of Armistice Day.

> "...the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service and with gratitude for the victory..."
>
> – President Woodrow Wilson, 1919

1938 — **Armistice Day: A Federal Holiday**

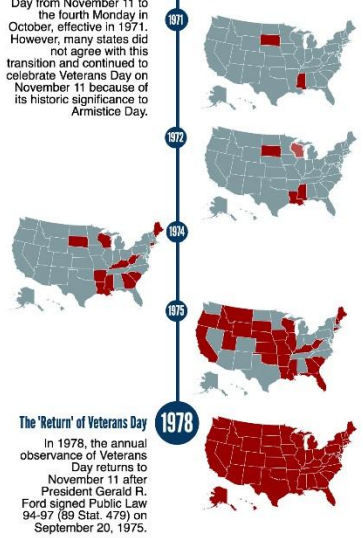
On May 13, 1938, Congress passes legislation making Armistice Day, November 11, a legal Federal holiday.

1954 — **Armistice Day Becomes Veterans Day**

Veterans of World War II and the Korean War, in addition to veterans of World War I, are now being honored on Armistice Day. So, on June 1, 1954 President Dwight D. Eisenhower signs legislation changing the name of Armistice Day to Veterans Day.

1968 — **The Uniform Holiday Bill**

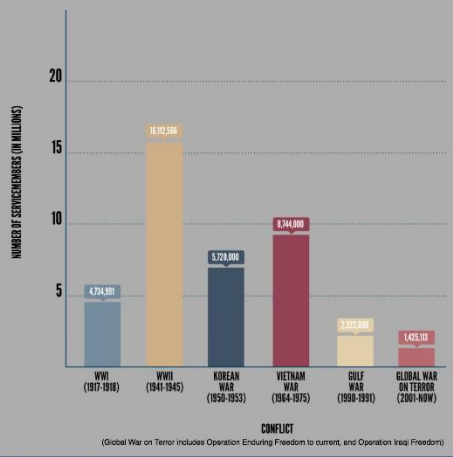
On June 28, 1968, the Uniform Holiday Bill is signed, moving the observance of Veterans Day from November 11 to the fourth Monday in October, effective in 1971. However, many states did not agree with this transition and continued to celebrate Veterans Day on November 11 because of its historic significance to Armistice Day.



1978 — **The 'Return' of Veterans Day**

In 1978, the annual observance of Veterans Day returns to November 11 after President Gerald R. Ford signed Public Law 94-97 (89 Stat. 479) on September 20, 1975.

TOTAL U.S. SERVICE MEMBERS BY WAR (WORLDWIDE) *





THE FLOWER OF REMEMBRANCE

The red poppy became a symbol of remembrance among the allied countries after Col. John McCrae, a surgeon with Canada's First Brigade Artillery, wrote a poem expressing his grief over the rows and rows of poppies among the graves of soldiers who had died on Flanders' battlefields during World War I. Today, veterans organizations around the U.S. distribute poppies as a tribute to those who gave their lives in service of our country.

VETERAN STATISTICS

22 MILLION+
Number of veterans who have served in the U.S. Armed Forces.

2.1 MILLION
Approximate number of veterans in California, the most of any U.S. state.

2.2 MILLION+
Number of World War II veterans who went to college on the G.I. Bill.

1 MILLION+
Number of veterans who are currently receiving education benefits from the U.S. Department of Veterans Affairs.

1,000+
Number of hospitals and medical centers the U.S. Department of Veterans Affairs operates worldwide.



144
Number of veterans and military service organizations in the U.S.

1930
Year the U.S. Department of Veterans Affairs was created.

* Total Servicemembers By War (Worldwide) graph figures as of May 2015. Sources: U.S. Department of Veterans Affairs; Department of Defense; Defense Manpower Data Center; U.S World War I Centennial Commission; U.S. Army Center of Military History. Photo Sources: Official U.S. Navy file photo, www.navy.mil. Infographic by Amalisa Underwood, Naval History and Heritage Command Communication and Outreach Division.

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PUZZLE TIME

THANKSGIVING

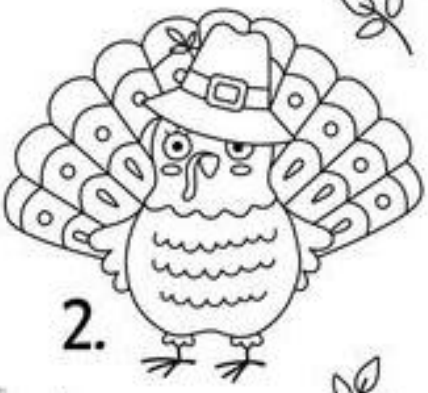
crossword puzzle



1.



5.



2.



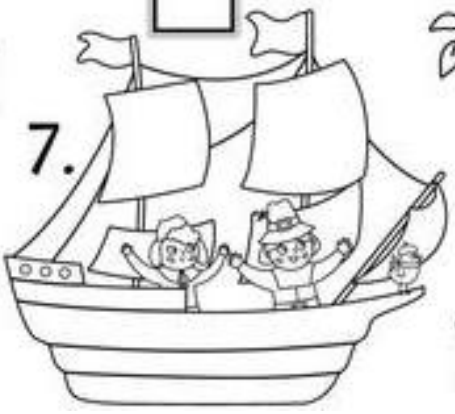
4.



3.



6.



7.



8.

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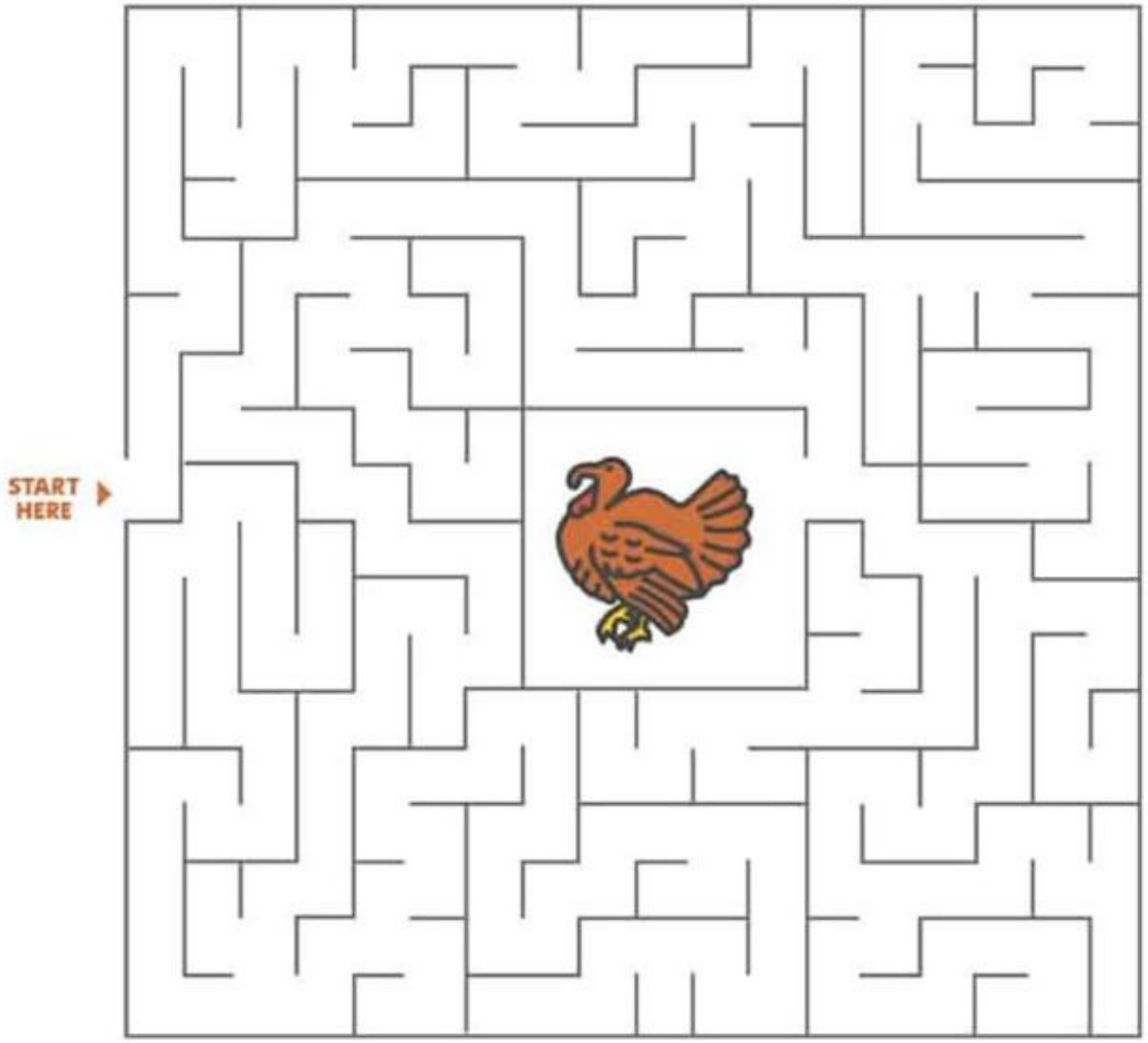
THANKSGIVING MAZE

Find your way through the maze to reach the turkey in the center.

Happy Thanksgiving!



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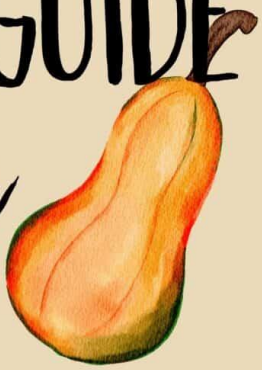
NOVEMBER PRODUCE GUIDE

what's in season





APPLE
AVOCADO
BANANA
BEETS
BOC CHOY
BROCCOLI
BRUSSELS
CABBAGE
CARROT
CAULIFLOWER
CELERY
CHARD
CHICKORY
CITRUS
COLLARDS
CRANBERRIES
FAVA BEANS
FENNEL
FIGS
GINGER
GRAPES
GREENS
KALE
KIWI
LEEKS
MUSHROOMS
NUTS
ONION

@SHELIKESFOOD

PARSNIPS
PEARS
PERSIMMON
POMEGRANATE
POTATO
PUMPKIN
QUINCE
RADISH
RUDABAGA
SPINACH
SWEET POTATO
SWISS CHARD
WINTER
SQUASH

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Self Kindness Daily Checklist



HAVE I DRANK ENOUGH WATER TODAY?



HAVE I GOT UP AND MOVED MY BODY?



HAVE I BEEN OUTSIDE?



HAVE I TAKEN A MOMENT TO PAUSE AND BREATHE?



HAVE I EATEN THREE GOOD MEALS TODAY?



DID I GET ENOUGH SLEEP LAST NIGHT?



HAVE I LAUGHED OUT LOUD TODAY?



HOW LONG HAVE I SPENT ON MY PHONE?



HAVE I DONE SOMETHING TO MAKE SOMEONE ELSE FEEL GOOD?

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