125+ YEARS OF CHANGING LIVES

Grateful People Happier Lives

The DellaMonica Times

Good Food Good Friends Brighter Days

CCNS PETER J. DELLAMONICA OLDER ADULT CENTER NOVEMBER 2026

Funded by NYC Aging

November 2026 Highlights

National Family Caregivers Month
- We appreciate and support our caregivers!

National Diabetes Month
- Learn. Prevent. Manage. Thrive.

Alzheimer's Disease Awareness Month
- Support. Educate. Remember.

Native American Heritage Month
- Celebrate culture, traditions & history.

Veterans Month
- We honor and thank our veterans for their service.



"Gratitude turns what we have into enough."

Inside This Issue

Discover November highlights, important dates to remember, wellness tips, programs, classes, trips, and special events. Celebrate the season with Thanksgiving activities, creative costumes, delicious treats, and plenty of fall fun! We'll also recognize Veterans Day, World Kindness Day, Native American Heritage Day, and the Great American Smokeout, along with other important November dates.

Wishing you and your loved ones a joyful Thanksgiving filled with gratitude, good health, friendship, and cherished moments!

Grateful Thankful Blessed Together

Nov. 26
Thanksgiving Day
Center Closed

November is a time to give thanks, honor our veterans, and care for our bodies, minds, and spirits. Let's continue to support one another and make our center a warm, safe, and welcoming place for all.

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

Nov. 27
Black Friday
Center Closed

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November Events & Celebrations

Join Us for a Month of Gratitude, Community and Fun!



World Kindness Day

Monday, November 2
1:00 PM •

Let's come together to spread kindness, build friendships, and make a positive difference—one small act at a time!

"In a world where you can be anything, be kind."



Native American Heritage Month

Monday, November 16
1:00 PM •

Join us as we celebrate the rich cultures, traditions, histories, and contributions of Native American peoples.

"Honoring the past, celebrating the present, inspiring the future."



Thanksgiving Bash

Monday, November 23
1:00 PM •

Let's gather for an afternoon of good food, great music, friendship, and gratitude as we celebrate the season together!

"Grateful hearts make the happiest places."



November Birthday Celebration

Monday, November 30
1:00 PM •

Join us as we celebrate all our November birthdays with music, joy, and lots of smiles! You make our center brighter!

"Aging is a gift — let's celebrate you!"

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It's Never Too Late to Learn Something New!

Learn. Create. Connect.

Classes & Creative Learning

Stay active, try something new, and enjoy time with friends!

Good Friends Brighter Days!



Self Defense

Mondays • 11:00 AM

Build confidence, learn safety skills, and stay active.



Creative Corner

Fridays • 11:00 AM

Enjoy seasonal crafts, creative projects, and friendly conversation.

"Creativity keeps the mind active, the heart happy, and life meaningful at every age."



Watercolor Painting

Tuesdays & Fridays
1:00 PM – 2:30 PM

Explore your creativity with step-by-step guidance. All skill levels are welcome!



Beginner Painting

Wednesdays
1:00 PM – 2:30 PM

Learn new techniques, express yourself, and enjoy the beauty of the season.



Handicrafts

Tuesdays • 11:00 AM

Create handmade projects and enjoy crafting with friends.

All skill levels are welcome!

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Together, We Shine

Celebrating Friendship, Creativity & Community



At DellaMonica, everyday moments bring us closer.

A smile, a dance, a colorful painting and a walk with friends remind us how much we can share together.



Moving with Joy

Members filled the room with energy and smiles, enjoying movement and the company of friends.



Creativity in Bloom

Colorful paintings celebrate imagination, self-expression and the talents of our members.









Walking Together

Dressed in pink, members stepped outside together, sharing encouragement and friendship along the way.

This November, we are thankful for the people who make our center feel like family.

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Healthy People Stronger Community

Health, Wellness & Safety

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

Wellness at Every Age!

NOVEMBER EXERCISE CLASS SCHEDULE

Move Well. Feel Better. Live Brighter!

IN-PERSON CLASSES At the Center

HYBRID CLASSES In-Person & Virtual

VIRTUAL CLASSES Join from Home

MONDAY

Line Dancing
10:00 AM



In-Person

Fun • Fitness • Social
All Levels Welcome!

TUESDAY

Aerofitness
10:00 AM



In-Person

Low Impact • Fun
All Levels Welcome!

WEDNESDAY

Tai Chi
10:00 AM



In-Person

Balance • Flexibility
Calm Mind

THURSDAY

Move & Groove
10:00 AM



In-Person

Cardio • Strength • Energy
All Levels Welcome!

FRIDAY

Dance Cardio / Zumba
10:00 AM



In-Person

Music • Movement • Fun
All Levels Welcome!

HYBRID & VIRTUAL CLASSES

Participate from Anywhere!

- **Morning Stretch** – Monday–Friday, 10:00 AM (Virtual)
- **Chair Yoga** – Thursday, 12:00 PM (Hybrid)
- **Easy-to-Follow Tai Chi** – Monday & Wednesday, 2:00 PM (Virtual)
- **Afternoon Stretch** – Tuesday & Thursday, 4:00 PM (Virtual)
- **Senior Planet Virtual Classes** – Various Topics



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

Need help? Ask the front desk!

Remember to Health & Wellness

- **Eat Nutritious Meals** — Fruits, vegetables, and whole grains.
- **Stay Hydrated** — Drink water throughout the day.
- **Be Active** — Keep moving in ways that feel good.
- **Get Enough Rest** — A good night's sleep supports your health.
- **Stay Connected** — Friends and social activities boost well-being.
- **Keep Up with Your Health Care** — Take your medications and attend appointments.

Small Steps Big Results!

A Healthier You A Brighter Tomorrow

Be Kind to Your Mind.
Be Good to Your Body.
Be Proud of the Progress You Make.

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Healthy Holidays

Eating Well & Food Safety



Build a Balanced Plate



Fill half your plate with vegetables.



Choose reasonable portions.



Eat slowly and enjoy every bite.



Limit excess salt and added sugar.



Drink water throughout the day.

Thanksgiving Food Safety



Thaw turkey safely in the refrigerator.



Cook turkey to 165°F.



Refrigerate food within 2 hours.



Use leftovers within 3-4 days.

Celebrate good food, good health, and good company.

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Smart Choices, Stronger Health

Refreshing Drinks, Healthy Snacks & Healthy Portions



Refreshing Drinks

- Fruit-infused water
- Unsweetened tea

Healthy Snack Ideas

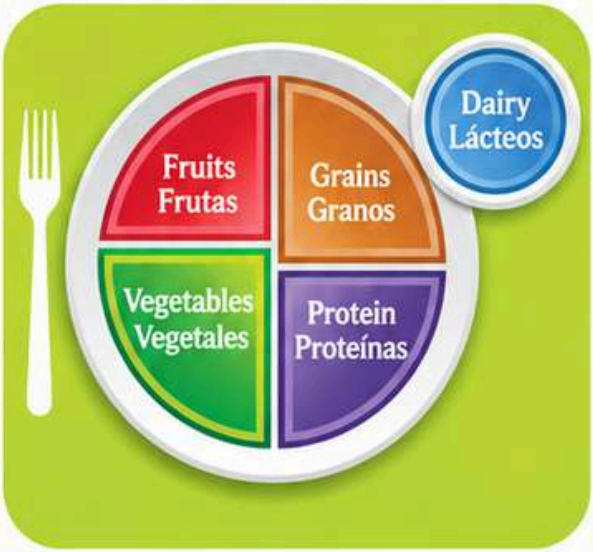
- Fruit with low-fat yogurt
- Vegetables with hummus
- Whole-grain crackers with cheese
- A small portion of unsalted nuts



Choose Healthy Portions / Elija Porciones Saludables

Choose Healthy Portions

1. Start with a 9-inch plate.
2. Fill half your plate with fruits and vegetables.
3. Fill one quarter with lean protein.
4. Fill one quarter with whole grains.
5. Use your hand to help measure portions.



Elija Porciones Saludables

1. Comience con un plato de 9 pulgadas.
2. Llene la mitad de su plato con frutas y vegetales.
3. Llene un cuarto con proteína magra.
4. Llene un cuarto con granos integrales.
5. Use su mano para medir las porciones.

Small choices can support better health.

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Stop. Check. Protect.

Scam Prevention for Older Adults

Medicare Scams

Be cautious of unexpected calls asking for your Medicare number or personal information.



Never share your Social Security number, Medicare number, passwords, or verification codes.

Charity Scams

Research the charity. Never donate by gift card, wire transfer, or cryptocurrency.



Grandparent & Family-Emergency Scams

Hang up and call your family member directly using a number you already know.



Scammers create urgency. Pause before you act.

Report suspected fraud
ReportFraud.ftc.gov
1-877-FTC-HELP (1-877-382-4357)

Questions?
Speak with center staff.

Small choices can support better health.

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Warm. Safe. Steady.

Winter Preparedness & Fall Prevention

Prepare for Cold Weather

- Dress in warm layers.
- Check the weather before going out.
- Keep flashlights, water, and needed medications available.
- Use space heaters safely and keep them away from anything that can burn.
- Stay connected with family, friends, and neighbors.

Look out for one another.



Prevent Falls

- Wear supportive, non-slip shoes.
- Keep floors and walkways clear.
- Use handrails on stairs.
- Turn on lights before walking.
- Move slowly when surfaces are wet or icy.

Steady Steps Brighter Tomorrows



Take your time. Ask for help when you need it.

For city information and non-emergencies, **call 311.**

In an emergency, **call 911.**

Stay warm. Stay safe. Stay connected.

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Help, Benefits & Community Resources

Connecting Older Adults and Families With Support



Catholic Charities Call Center

718-722-6001

Monday–Friday • 9 AM–6 PM

English and Spanish assistance available.

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

Food Pantry Network

Call 718-722-6001

Help locating emergency food resources in Brooklyn and Queens.

Southwest Queens Senior Services

718-217-0126

For homebound adults age 60+: case management, home-delivered meals, home care, housekeeping, transportation, long-term care planning, benefits assistance, referrals, and caregiver support.

Benefits & Entitlements

SNAP
Help paying for groceries.

Medicare
Health coverage for eligible older adults.

Medicaid
Health coverage and long-term care support for eligible New Yorkers.

NYC Rent Freeze
SCRIE and DRIE may help eligible renters keep their rent from increasing.

Need Help Applying?

Jennifer Deror, Case Manager
718-626-1500

Compassion
Today
Stronger Tomorrows

You do not have to navigate services alone. We are here to help.

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Our Mission & Your Center

Working together with compassion, dignity, and respect.

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.

At DellaMonica, we support the physical, emotional, and social well-being of adults age 60 and older through nutritious meals, wellness, education, recreation, supportive services, and meaningful community connections.

Center Information

CCNS Peter J. DellaMonica Older Adult Center
23-11 31st Road, Astoria, NY 11106
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Serving adults age 60 and older.

Meet Our Team

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

Advisory Committee

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

Representing member ideas, concerns, and suggestions.

Case Management Support

Jennifer Deror, Case Manager
718-626-1500

Confidential help with benefits, housing, health insurance, food assistance, referrals, forms, and other concerns.

Please ask for an appointment.

Together, we make our center a warm and welcoming place for all.

The DellaMonica Times

KIND PEOPLE STRONGER COMMUNITIES

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GOOD FRIENDS BRIGHTER DAYS

November Puzzle Corner

Thanksgiving • Gratitude • Kindness • Community

Grateful Together

November-Themed Word Search

Find all 13 words. They may appear across, down, backward, or diagonally.



Gratitude Turns Ordinary Days into Special Ones

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

Tip: Circle each word when you find it, then check it off the list.

Words to Find

- THANKSGIVING
- GRATITUDE
- THANKFUL
- CAREGIVER
- KINDNESS
- VETERAN
- HERITAGE
- FRIENDSHIP
- COMMUNITY
- HARVEST
- AUTUMN
- FAMILY
- HEALTH

SMALL WORDS MAKE A BRIGHTER TOMORROW

Thanksgiving & Autumn Word Scramble

Unscramble each November word and write the answer on the line.

1. NIKPUMP _____
2. YEKRUT _____
3. VESTHAR _____
4. MUNAUT _____
5. TSEAF _____
6. MALYFI _____
7. LUFKNATH _____
8. SATVENER _____
9. SNKDIENS _____
10. TUDRIGATE _____

Answers: PUMPKIN • TURKEY • HARVEST • AUTUMN • FEAST • FAMILY • THANKFUL • VETERANS • KINDNESS • GRATITUDE

A little challenge keeps the mind active and the November spirit bright!

Good Friends Brighter Days

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Hello November
Grateful People
Happier Lives

NOVEMBER 2026 ACTIVITY CALENDAR

MONDAY Strength & Celebration	TUESDAY Movement & Handicrafts	WEDNESDAY Mind & Body	THURSDAY Community Connections	FRIDAY Rhythm & Creativity
2 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Self-Defense (Hope) 11:00 Computer Classes (Hope) – Computer Room 12:00 Lunch 1:00 Kindness Day Celebration DJ Valentine	**3** 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Handicrafts (Ahmed) – Art Room 11:00 Aerodance (Elaine) 12:00 Lunch 1:00 Afternoon Social Club (M) 1:30 Watercolor Painting (Helen)	**4** 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Nutrition Lecture (Neron) 11:00 Yoga (Tayfun)–Activity Room 12:00 Lunch 1:00 Leisure Games (Michael J.) 1:30 Beginner Painting (Helen)	**5** 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Belly Dance (Elaine) 12:00 Lunch 1:00 Leisure Games (Michael J.)	**6** 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Zumba (Natasha) 11:00 Creative Corner (Hope) 12:00 Lunch 1:00 Aging Well Together (M) 1:30 Watercolor Painting (Helen)
9 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Self-Defense (Hope) 11:00 Computer Classes (Hope) – Computer Room 12:00 Lunch 1:00 Alzheimer's Awareness Celebration – DJ Woody	**10** 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 CCBQ's Behavioral Health Presentation 12:00 Lunch 1:00 Afternoon Social Club (M) 1:30 Watercolor Painting (Helen)	**11** Veterans Day 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Yoga (Tayfun)–Activity Room 12:00 Lunch 1:00 Leisure Games (Michael J.) 1:30 Beginner Painting (Helen)	**12** 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 Medicare/Medicaid Changes 2027 – Gary Talis 12:00 Lunch 1:00 Leisure Games (M)	**13** 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Zumba (Natasha) 11:00 Creative Corner (Hope) 12:00 Lunch 1:00 Aging Well Together (M) 1:30 Watercolor Painting (Helen)
16 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Self-Defense (Hope) 11:00 Computer Classes (Hope) – Computer Room 12:00 Lunch 1:00 Native American Heritage Month Bash – DJ Valentine	**17** 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Handicrafts (Ahmed) – Art Room 11:00 Aerodance (Elaine) 12:00 Lunch 1:00 Afternoon Social Club (M) 1:30 Watercolor Painting (Helen)	**18** 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Homecare Services – Allu Home Care 11:00 Yoga (Tayfun)–Activity Room 12:00 Lunch 1:00 Leisure Games (Michael J.) 1:30 Beginner Painting (Helen)	**19** 9:00 Word Scramble (Ahmed) 10:00 Move & Groove (Elaine) 11:00 General Membership Meeting 12:00 Lunch 1:00 Leisure Games (M)	**20** 9:00 Sudoku (Ahmed) 10:00 Dance Cardio (Elaine) 11:00 Zumba (Natasha) 11:00 Creative Corner (Hope) 12:00 Lunch 1:00 Aging Well Together (M) 1:30 Watercolor Painting (Helen)
23 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Self-Defense (Hope) 11:00 Computer Classes (Hope) – Computer Room 12:00 Lunch 1:00 Thanksgiving Bash DJ Woody	**24** 9:00 Word Search (Ahmed) 10:00 Aerofitness (Elaine) 11:00 Handicrafts (Ahmed) – Art Room 11:00 Aerodance (Elaine) 12:00 Lunch 1:00 Afternoon Social Club (M) 1:30 Watercolor Painting (Helen)	**25** 9:00 Word Puzzle (Ahmed) 10:00 Tai Chi (Harrison) 11:00 Yoga (Tayfun)–Activity Room 12:00 Lunch 1:00 Leisure Games (Michael J.) 1:30 Beginner Painting (Helen)	**26** Thanksgiving Day CENTER CLOSED	**27** Black Friday Holiday Closure CENTER CLOSED
30 9:00 Brain Teaser (Ahmed) 10:00 Line Dancing (Harrison) 11:00 Self-Defense (Hope) 11:00 Computer Classes (Hope) – Computer Room 12:00 Lunch 1:00 November Birthday Party DJ Valentine				

A Season of Gratitude
Together we give thanks for friendship, community, and cherished moments.

Kind People
Brighter Communities
Stronger Together

Good Food Good Friends Brighter Days

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Hello November

Grateful People Happier Lives

NOVEMBER 2026 LUNCH MENU

Sharing Meals ♥ Giving Thanks ♥ Building Community

Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Starts	*Global Flavors*	*Wholesome Choices*	*Comfort Favorites*	*Fresh & Flavorful*
2 **Hawaiian Chicken Legs** Baked Macaroni & Cheese Steamed Broccoli Orange	**3** **Italian Style Pork Loin** Roasted Red Potatoes Steamed Green Beans Banana	**4** **Caribbean Stuffed Eggplant** Garlicky Tomato Soup Smashed White Beans Peach	**5** **Beef and Lentil Stew** Mixed Green Salad with Dressing Apple	**6** **Baked Fish with Garlic** Parmesan Crust Roasted Zucchini Smashed Red Potatoes Watermelon
9 **Oven Fried Chicken Wings** Capri Blend Vegetables Garlic Mashed Potatoes Orange	**10** **Southwest Turkey Meatloaf** White Rice Steamed Green Beans Pear	**11** *Honoring Our Veterans* **Black Bean Soup** Vegetable Cutlet Cabbage Carrot Slaw Apple	**12** **Sofrito Steak with Peppers and Onions** Ultimate Stewed Black Beans Vegetable Mix Yuca with Garlic & Lemon Banana	**13** **Fillet of Sole Florentine** Polenta Steamed Carrots & Green Beans Frozen Mixed Berries
16 **Caribbean Style BBQ Chicken** Rice with Corn Steamed Green Beans Apple	**17** **Pork Spare Ribs** Creamed Spinach Mashed Sweet Potatoes Pear	**18** **Eggplant Parmesan** Homemade Lentil Soup Steamed Carrots Kiwi	**19** **Black Beans and Rice** Spanish Style Beef Stew Sautéed Asparagus Banana	**20** **Baked Salmon with Lemon Tarragon and Thyme** Cucumber & Tomato Salad with Balsamic Vinaigrette Cantaloupe
23 **Teriyaki Chicken Thighs** Roasted Red Potatoes Steamed Zucchini Honeydew	**24** *Thanksgiving Special* **Whole Turkey with Gravy** Cranberry Sauce Italian Blend Vegetables Mashed Sweet Potatoes Peach	**25** **Spring Vegetable Lasagna** White Bean Soup Steamed Broccoli Apple	**26** *Happy Thanksgiving!* CENTER CLOSED *With gratitude for our center family.*	**27** *Black Friday* *Holiday Closure* CENTER CLOSED *Enjoy the holiday weekend! We'll see you Monday!*
30 **Chicken Fricassee** Brown Rice Steamed Green Beans Orange				

Good Food. Good Friends. Great Days.

Lunch is served Monday–Friday from 12:00 PM to 1:00 PM.

Nutritious meals ♥ Great company ♥ Stronger together

MENU DISCLAIMER:
Menu items are subject to change without notice due to availability or unforeseen circumstances.

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

The DellaMonica Times

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Autumn Reflections & Connections

Look, remember, and share what these scenes bring to mind



01 A FAMILIAR ROAD

What road, neighborhood, or familiar place holds a special memory for you? Who comes to mind when you picture it?



02 SIGNS OF AUTUMN

Which colors, sounds, or scents tell you fall has arrived? Does one remind you of a person or a time in your life?



03 HARVEST MEMORIES

What fall food, celebration, or community tradition do you remember? What made it meaningful to you?



04 A WARM WELCOME

Think of a place where you felt welcome. What did someone do to help you feel at home? How can we offer that feeling to others?



05 A QUIET MOMENT

What view or activity helps you feel peaceful? Is there someone you enjoy sharing a quiet moment with?



06 LIGHTS WE SHARE

What story, lesson, or tradition would you like to pass along? Who helped you learn it?

Share a memory, listen, or simply enjoy the pictures.

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OLDER ADULT CENTER

NOVEMBER 2026

The DellaMonica Times

Community
Wellness
Friendship
Belonging

Together We Make a Brighter Tomorrow ♥

A DellaMonica Thanksgiving Story

A Journey of Gratitude

People ♥ Friendship ♥ Kindness ♥ Community ♥ A Brighter Tomorrow

The Grateful Gatherer's Thanksgiving Journey

A Heartfelt Adventure, Friendship, and Golden Moments

Different Paths
Same Beautiful Destination...
TOGETHER



THE GRATEFUL GATHERERS

"The greatest treasure is each other."

In this Thanksgiving tale, six friends from the Peter J. DellaMonica Older Adult Center boarded the Grateful Gatherers for a special adventure. Their mission: follow a mysterious map and find the legendary Golden Turkey.

At Friendship Harbor, they discovered that every journey is better with good friends. On Kindness Island, a thoughtful act helped guide the way. At Gratitude Grove, they paused to appreciate their health, friendships, and community.

When a mischievous turkey flew away with their compass, they worked together and followed a trail of feathers to Community Cove. A treasure chest awaited them.

But the greatest discovery was not gold. It was the laughter, kindness, friendship, and memories they shared. Different journeys had brought them together—and made their community brighter.

THE TRUE TREASURE

Friendship makes every adventure better.
Kindness leads the way.
Gratitude brings us home.

Thankful Hearts Stronger Together ♥

THANK YOU, DELLAMONICA FAMILY

With heartfelt gratitude to our members, staff, volunteers, instructors, community partners, families, and friends who make our center so special.

Good People
Brighter Days
Stronger Communities ♥

Happy Thanksgiving! ♥

From our DellaMonica family to yours.