November 2026

SEASIDE NEWS

Seaside Older Adult Center: 320 Beach 94th Street, Rockaway Beach, NY 11693
(347) 926-4119 www.ccbq.org

Funded by The NYC Aging

Jurate Jones, Program Manager

A message from Jurate

Thanksgiving is more than just festivities and food. It gives us an opportunity to think about what lessons we have learned and how we can share and spread kindness and love. We can also reflect on fond memories and celebrate all the good people who came into our lives over the past year.

Happy Thanksgiving to you and your loved ones!

May you wake up every morning with renewed hopes and great values.

Please stay strong and stay healthy! Congregate at Seaside OAC.

Enjoy our food and events! We are looking forward to serving you in November.

Happy Birthday to:

Dmytro Marva Anastazia Edward Joyce
Jeanette Andres Gregorio Ruth Claudia Patricia
Maureen Beatriz Ronald Donald Irina Bertha
Linda Patrick Gustavo Sheila Vincent Angelo
Maria Theodora Jan Brenda Urszula





SEASIDE NOVEMBER ANNOUNCEMENTS

A message from staff/ Un Mensaje de Personal— It's still fall y'all and we have been enjoying some lovely weather -This Wednesday is going to be beautiful! Soon it will be crispier air and cozy vibes! Daylight savings times ended on Sunday November 1! We hope you enjoyed an extra hour's sleep but of course the downside is the shorter evenings. Time to go out for a walk earlier in the day and stock up on herbal teas and hot chocolate! Even more reason to come with your friends to enjoy activities at Seaside OAC - it is always good to socialize. Seaside OAC offers numerous benefits, including combating social isolation, promoting physical and mental well-being, health and wellness, fostering a sense of purpose, and providing access to valuable resources and activities and getting help with paperwork. Our goal at Seaside OAC is to enhance your life in your retirement years. Catered by Russo's, breakfast is from 8:30-10:00am and lunch is from 12-1pm.

Exercise classes: Aerobics, Tai- Chi, Qi-Gong, Strength Exercise and Chair Yoga

Games: Cards, Dominoes, Pool, Bingo, Pokeno, Air Hockey, Name that Tune & Word Searches and Scrambles

Activities: Health Presentations, Workshops, Arts and Crafts, Blood pressure monitoring, Guest entertainers, Movies, Trips, Trivia, Cultural, Holiday and Birthday Celebrations, Popcorn and treats throughout the month! Seaside OAC is a Free Program for individuals aged 60 and older – Joining take less than 30 minutes and is done in the mornings as far as possible – Bring a friend! Transportation available! **Case Assistance, Information & Referrals and Community Resources available.**

VETERANS DAY PARADE: WEDNESDAY NOVEMBER 11 AT 12:30PM - PATRIOTIC ATTIRE ENCOURAGED – THANK YOU FOR YOUR SERVICE.



On Tuesday November 24, we will have our annual Thanksgiving Lunch from 12-2pm Menu: Fresh turkey breast, stuffing, sweet potatoes, string beans, gravy, cranberry sauce, and a dinner roll. Pies and ice cream for dessert.
We will have plenty of food. Come early, festive attire for our group photo!



Caoibhe's Word Scramble: Theme = Thanksgiving *(Answers on Page 11)*

1. fteulgra 2. ailfmy 3. iesvsftiti 4. ligpmir 5. asetf 6. lfktahun
7.lrvtae 8. daprae 9. selesaroc 10. ciorapuonc 11. etahrg 12. ianirtdto

NOVEMBER

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

NOVEMBER	PIES	THANKSGIVING
THANKFUL	DINNER	TURKEY
YAMS	CRANBERRY	STUFFING
PARADE	FALL	AUTUMN
PILGRIMS	PUMPKINS	MAYFLOWER
LEAVES	FAMILY	FRIENDS

OCTOBER HIGHLIGHTS AT SEASIDE

Happy October Birthdays!



Boo! - *Happy Halloween!*



Thank you to Aethetic Realism consultants Devroah and Jeffrey for a meaningful talk



Congratulations to Barbra for winning our particpation award -enjoy the T-shirt!





Thank you to Hector for a useful talk on Emergency Preparedness



Some of our members enjoyed the trip to Talent is Timeless 2026



REMINDERS

Midterm! Election Day is Tuesday November 3. Polls open at 6am and close at 9pm — Your vote counts! On the ballot this year is the governor race, congressional matchups, State Assembly and State Senate races, and judges across both the Queens County Civil Court and New York Supreme Court.

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Last call - Redeem your Farmers' Market coupons before November 30. Coupons can be used locally at Rock Farm on Beach 45th street on Saturdays between 10am and 2pm as well as select Farmer's Markets in Brooklyn and Queens. Our members enjoyed a trip to Queens County Farm to use coupons and walk around the grounds (see photo on page 7)
Did you know? When using an EBT/SNAP card at participating NYC farmers' markets, you receive **$2 in Health Bucks for every $2 spent**, up to a maximum of **$10 per day**.

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Review your Health Insurance Plan and read your Annual Notice of Change. Annual Open Enrollment (AOE) runs through December 7th, 2026. If you are not happy with your health insurance plan, or if your plan is not being offered in 2027, NOW is the time to act. There are over 40 Medicare Advantage plans offered to Queens County residents. Please review your plan benefits and check your coverage for 2027. Compare plans BEFORE you make a selection. Ask a family member or our case manager for help. Enrolling in a new plan can take well over an hour over the phone. **You deserve health insurance that meets your needs!**

COLA (Cost of Living Increase): The COLA increase in Social Security benefits is set at 3.6% which calculates to about $75.00 per month and will start in January 2027. Please keep your annual social security benefit letter (1099) in a very safe place.

NOVEMBER CALENDAR EVENTS:

SOMETHING NEW! Special pop-up Zumba class on 11/2 at 10:30am
In person Aerobics Monday at 11am with Anna
In person Strength Exercise with Tommy on Tuesdays and Thursdays at 11:15am
Qi Gong on Wednesdays at 11am (Alex)
Virtual Exercise and health workshops at select times throughout the month
Bingo every Monday, Wednesday and Thursday (snack on Thursdays only)
Shalma's Mental Health Workshop, Monday November 2 at 12:15pm.
Virginia's Crochet and Art Class on Tuesdays from 1-3pm - Let's get creative.
Nurse Rachel will be at Seaside OAC every Friday at 10am.
Mental Health presentation with MOSHE from OHEL every Thursday at 10am.
Veterans Day Parade, Wednesday November 11 at 12:30pm – Thank you for your service.
Pokeno with snack, Wednesday November 18 at 12:30pm (please sign up to call!)
Our November Birthday Party will take place on Friday November 20 at 12:30pm.
Seaside's Thanksgiving Lunch will be on Tuesday November 24 - Do Not Miss!
Lunchtime laughs with *Howard the Jokeman* Wednesday November 25 at 12:15pm.

SEASIDE MEMBERS SECTION



We are praying for strength and a good health for the following members:

Dorethea Hayja Alice Cookie James John Hector Maria
Frances Lunetta Sylvia Berton Sheila Julia

Spotlight on Judea

Hometown: **Bridgetown, Barbados.**

Occupation: **Retired nurse's aide.**

Favorite color: **Beige**

Zodiac sign: **Capricorn.**

Advice for the youth of today: **Get an education so you can get a good job.**

Person you most admire: **My mother.**

Life mantra: **Laughter is good for the soul.**

Hobbies and Pastimes: **Travelling, local center trips, dancing, and socializing**

What important lesson(s) have you learned in life? **Treat people well. Race or religion should never matter.**

Fun facts about you: **I was born and raised in Barbados.**

Favorite thing about Seaside OAC: **I love the members; they are friendly and like to have fun!**



Thank you, Judea!



NOVEMBER IS DIABETES AWARENESS MONTH

November 14th is a significant date in the diabetes calendar because it marks the birthday **of** the man who co-discovered insulin, Dr. Frederick Banting. Banting was a distinguished Canadian surgeon who discovered insulin in 1921, alongside Charles Best, a medical student.

Diabetes 1 is a chronic condition in which the pancreas produces little or no insulin. Insulin is a hormone needed to allow sugar (glucose) to enter cells to produce energy. Living with diabetes, while it can be effectively managed, can be tough and you must be vigilant.

We can all lower our risk for **Type 2** diabetes by making healthy lifestyle changes. These changes include: eating healthy, getting as much safe physical activity as possible, and by losing some weight. Use the rest of this year to make healthy changes to your diet and lifestyle and you will feel and look even better than you do now! Please join us at Seaside OAC for nutritious food and plenty of exercise classes that can be modified to your level. Chair Exercise is always encouraged.

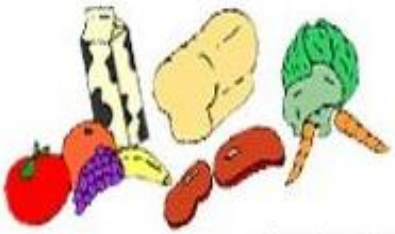
****Reminder We also serve soup Monday – Wednesday**** **#soupseason :** Who doesn't enjoy a savory and soothing soup. Healthy and cost effective, a good soup is good for the soul. Good news! soup is almost impossible to mess up. Just get good ingredients think: onion, garlic, cubed carrots and potatoes, celery and leaks. Toss the veggies in some olive oil to soften for about ten minutes, add a healthy low sodium stock. Bring to boil and simmer for about an hour or until the root veggies are soft - Enjoy! Why not drop a couple of cups of raw spinach in for the last minute? Your writer recommends Trader Joe's Organic Low Sodium Chicken Broth - delicious!

Riddles (Answers on page 12)

Q: I can be hot or cold. I can be made with fruit, vegetables or meat. Either way you see it, on a Thanksgiving table, I am always a treat. What am I?
Q. What is hard, oddly shaped, and brings you good fortune on Thanksgiving?
Q. I have ears but can't hear, and flakes but no hair. What am I?



Seaside enjoyed a trip to the historic Queens County Farm. Members also got to spend their coupons at the Farm Stand. L-R Anastazia, Joe, Russ, Anaisa, Winston, William, Jackie, Barbara, Judea and Marva!



Healthy Food

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

MILK	AVOCADO	ARTICHOLES
YOGURT	CANTALOUPE	GINGER
APPLE	RASPBERRY	SPINACH
BANANA	TOMATO	SQUASH
BROCOLLI	CRANBERRY	GARLIC
CHERRY	LEMON	PEANUTS
CHEESE	LIME	SHELLFISH
BREAD	FIG	SALMON
APRICOTS	ONION	CRAB




NOVEMBER


30
DAYS IN THE MONTH
National Fun with Fondue Month
National Play Monopoly Day
Day of the Dead
Turtle Adoption Day
Chrysanthemum Flowers
National French Toast Day
NOVEMBER
FUN FACTS
Topaz Birthstone
Veterans Day
World Kindness Day
National Pickle Day
National Mason Jar Day
Astrology Signs
Scorpio
Sagittarus
Fall Season
11
th Month of The Year
Thanksgiving
MADEWITHHAPPY.COM

CASE MANAGER'S CORNER: Examples of programs you may be entitled to are: SNAP, SCRIE, DRIE, STAR, ENHANCED STAR, SCHE, MEDICAID, MEDICARE SAVINGS PROGRAM, HEAP, LIFELINE, ACESSS-A-RIDE and REDUCED FARE METROCARD (OMNY).

**We can also help with REAL ID. U.S. Passport Applications. NYC Ferry. **

Be assured we are here to screen you and help you with programs you are entitled to.

Confidential Case Assistance

☎ Case Manager Office Phone: (347) 929-4119 EXT. 7925

HEAP 2026/2027. Inflation has caused utility bills to surge across America. The much-needed HEAP credit for 2026/2027 opens on **November 2, 2026**. **HEAP** stands for Home Energy Assistance Program. This important program can help with winter heating costs and eligibility and amounts are based on income, household size, and primary heating source. **HEAP** helps low-income people pay towards the cost of heating their homes. If you are eligible, you may receive one regular HEAP benefit per season and could also be eligible for an emergency HEAP benefit you are in danger of running out of fuel or having your utility service shut off. Eligibility and benefits for HEAP credit are based on the following factors:

Income household size the primary heating source
The presence of a household member who is under age 6, age 60 or older or disabled.

Please note that SNAP recipients who have heat included in their rent or maintenance will get an automatic HEAP payment in an amount between $25.00 and $50.00**.**
****Check your EBT card later in the month****



** Do not delay - this is a benefit and funds usually run out quickly** HEAP in New York City is administered by the New York City Human Resources Administration (HRA)

Word Scramble answers: 1. Grateful 2. Family 3. Festivities 4. Pilgrim 5. Feast

6. Thankful 7. Travel 8. Parade 9. Casserole 10. Cornucopia 11. Gather 12. Tradition



SEASIDE OAC will be open on Veterans Day November 11. We will be closed on November 26 and 27 for Thanksgiving. We wish you all a safe, happy and blessed Thanksgiving. We will post all community Thanksgiving celebrations. Please make sure to RSVP if required. We are thankful and grateful to you all.

Riddle Answers:

1. A Pie 2. A wishbone 3. Corn

SEASIDE OAC STAFF:

Jurate Jones — Program Manager
Briege McGarrity — Case Manager
Theresa Murgolo — Administrative Assistant
Wallace Martin—Full Time Driver
Melba Romero — Part Time Kitchen Aide
William McKenizie — Front Desk

SEASIDE ADVISORY BOARD

Cyprian J. Grant - President Advisory Council
Barbara Daniels -Treasurer Russell Hauk - Secretary
Katherine Brent – Member Brenda Thomas - Member
Dolores Koo – Member Edward Johnson - Member
James Murray – Member John Sperling - Member
Kimati Chadda – Member Doris Knowles – Member
Jackie Ali – Member

The mission of Catholic Charities Brooklyn and Queens is to translate 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.