

CELEBRATING
125
YEARS



Our Voices



CATHOLIC CHARITIES BAYSIDE ELDER ADULT CENTER

221-15 Horace Harding Expressway, Bayside, New York 11364

Phone #: (718) 225 - 1144



Bayside Older Adult Center Menu for October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Rasta Pasta Whole Wheat Bread Garden Salad Prince Edward Blend Vegetables Banana 1% Low Fat Milk	2 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Baked Sweet Potato Orange 1% Low Fat Milk	3 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes 1% Low Fat Milk	4 Baked Fish Oreganata White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk
7 Baked Chicken Thighs Brown Gravy Brown Rice (1 cup) California Blend Vegetables Apple 1% Low Fat Milk	8 Chili-Spiced Pinto Bean Ragout Whole Wheat Bread Garden Salad Potato Salad Banana: 1% Low Fat Milk	9 Italian Style Pork Loin Tomato Sauce (Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange; 1% Low Fat Milk	10 Spanish Style Beef Stew Garlic Mashed Potatoes Whole Wheat Bread Apple 1% Low Fat Milk	11 Annes Lemon Garlic Sauce Baked Salmon Cous Cous Whole Wheat Bread Sautéed Green Beans Pear; 1% Low Fat Milk
14 Chicken Piccata Whole Wheat Bread Garlic Mashed Potatoes Italian Blend Vegetables Apple 1% Low Fat Milk	15 Orange and Soy Glazed Tofu Brown Rice with Black Beans Whole Wheat Bread Prince Edward Blend Vegetables Banana 1% Low Fat Milk	16 Baked Pork Ginger Sauce Whole Wheat Bread Yellow Rice Oriental Blend Vegetables Orange 1% Low Fat Milk	17 Basic Shepherd's Pie Whole Wheat Bread California Blend Vegetables Apple 1% Low Fat Milk	18 Tuna Fish Salaf Whole Wheat Bread Basic Pasta Salad Garden Salad Pear 1% Low Fat Milk
21 Baked Chicken Thighs BBQ Sauce Whole Wheat Bread Baked Sweet Potato Prince Edward Blend Vegetables Apple 1% Low Fat Milk	22 Arroz con Gandules (Mexican Style Brown Rice With Pigeon Peas 1 cup) California Blend Vegetables Banana 1% Low Fat Milk	23 Pork Tenderloin with Zesty Cilantro Sauce Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange; 1% Low Fat Milk	24 Steak Pizzaiola White Rice (1/2 cup) Garden Salad Apple 1% Low Fat Milk	25 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Sautéed Green Beans with onions Pear; 1% Low Fat Milk
28 Chicken Sald Whole Wheat Bread Health Slaw; Potato Salad Apple 1% Low Fat Milk	29 Zesty Chickpea Stew Quinoa (1/2 cup) Whole Wheat Bread Garden Salad Banana 1% Low Fat Milk	30 Chumbre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Prince Edward Blend Vegetables	31 Homemade Tomato Sauce (1/2 cup) Italian Meatballs w/ Beef and Turkey; Penne (1/2 cup) California Blend Vegetables Apple; 1% Low Fat Milk	

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YEARS



Welcome

Glad you're here!



Hello, everyone! My name is Kris and I am a nurse volunteer from the City University of New York School of Professional Studies. I will be at the senior center every Friday. Please feel free to approach me for any health-related questions and for assistance with taking your vital signs. I would love to hear from you and get your suggestions on health topics that you want more information about. If you don't find me taking someone's blood pressure measurement and chatting, you can find me in the computer room.



Hello, my name is Eva and I am a registered nurse. I am hoping to conduct health management workshops such as meditation exercise and stress management classes in the upcoming month at Bayside OAC.

In addition, if you have any health related questions such as blood pressure and about medications, please feel free to reach out. I would love to hear from you. You can find me at the front of the main cafeteria area.



Bayside Older Adult Center Activities for October 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat Walton 12:30pm Line Dance w/ Rose (1:30pm) Mah Jong (1:00-3:30pm)</p>	<p>1 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11:00am) Bingo w/ Pat Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>2 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>3 Painting Group (9am-3pm) Wing Chun w/ David (10am) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>4 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Tastics (10am-11am) Live DJ & Social Dancing (1pm-3pm) Mah Jong (1:00-3:30pm)</p>
<p>14 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat Walton (12:30pm-1:30pm) Line Dance w/ Rose (1:30pm) Mah Jong (1:00-3:30pm)</p>	<p>8 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11:00am) Bingo w/ Pat Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>9 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) 11:00am Presentation Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>10 Painting Group (9am-3pm) Wing Chun (10am) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>11 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Tastics (10am-11am) Live DJ and Social Dancing (1pm-3pm) Mah Jong (1:00-3:30pm)</p>
<p>14 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat Walton (12:30pm-1:30pm) Line Dance w/ Rose (1:30pm) Mah Jong (1:00-3:30pm)</p>	<p>15 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11:00am) Bingo w/ Pat Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>16 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>17 Painting Group (9am-3pm) Wing Chun (10am) 11:00am Presentation Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>18 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Tastics (10am-11am) Live DJ and Social Dancing (1pm-3pm) Mah Jong (1:00-3:30pm)</p>
<p>21 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat Walton 12:30pm Line Dance w/ Rose (1:30pm) Mah Jong (1:00-3:30pm)</p>	<p>22 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11:00am) Bingo w/ Pat Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>23 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30am) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>24 Painting Group (9am-3pm) Wing Chun (10am) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>25 Painting Group (9am-3pm) Ballroom & Latin Dance (9am-10am) Age-Tastics (10am-11am) Live DJ and Social Dancing (1pm-3pm) Mah Jong (1:00-3:30pm)</p>
<p>28 Painting Group (9am-3pm) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat Walton 12:30pm Line Dance w/ Rose (1:30pm) Mah Jong (1:00-3:30pm)</p>	<p>29 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11:00am) Bingo w/ Pat Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>30 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30am) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>31 Painting Group (9am-3pm) Wing Chun (10am) 11:00am Presentation (Ann Sadofsky) Line Dance w/ Harrison (1:00-3:00pm)</p>	



Eulalia Choi - Case Manager

Social Work Assistance

Please schedule an appointment to get screened for benefits and entitlements.

Please inquire about all our services including translation assistance and the required eligibility for application.

UNDERSTANDING AND OVERCOMING DEPRESSION

October 31, 2024

10:00AM – 11:00PM

Learn more about common signs and symptoms of depression and how to overcome it.



CLICK HERE TO JOIN THE MEETING

**[https://us02web.zoom.us/j/87680810658?
pwd=BE5njwfSo2wd7WpYtp9W31IJbpmWWb.1](https://us02web.zoom.us/j/87680810658?pwd=BE5njwfSo2wd7WpYtp9W31IJbpmWWb.1)**

Meeting ID: 876 8081 0658

Passcode: 117646

Call-In Number: +1 646 931 3860

Hosted by Students and Faculty from
St. John's University
College of Pharmacy and Health
Sciences



HALLOWEEN WORD SEARCH

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



Bat
 Pumpkin
 Halloween
 Mummy
 Vampire
 Witch
 Spooky
 Trick or Treat

Fun
 Ghost
 Costume
 Skeleton
 Candy
 Scary
 Monster
 Haunted House



BEST TYPES OF EXERCISES FOR SENIORS?

BALANCE

Balance activities are crucial for adults 65 and older as balance naturally declines with age.



Balance training includes **walking heel-to-toe, practicing standing from sitting, and using a wobble board.** The **CDC recommends** regular balance exercises three times a week to maintain balance over time and reduce the risk of falls.

These kinds of activities reduce the risk of injury, such as bone fractures, if a fall does occur.

STRENGTH TRAINING

Luckily, different types of activities often work together. For example, strengthening the back, abdomen, and leg muscles also improves balance. So, when you strengthen certain muscles, your balance also improves.



Muscle strength training for seniors can include bodyweight exercises such as **wall push-ups, calf raises, shoulder blade squeezes,** and smaller repeated movements that can be accomplished without additional equipment.

LOW IMPACT

It's time to explore low-impact activities such as swimming, cycling, or yoga—which also applies as a strength exercise since you're supporting your own body weight and building both the body and bones.

CARDIO

With a [fifteen-minute walk](#) a few mornings a week, or a game of pickleball on Wednesday afternoons, or a couple of water aerobics classes, you'll hit that cardio goal in no time.

MADHAVI MENON STROHL
COMMUNITY WELLNESS SPECIALIST FOR BROOKLYN
AND QUEENS
 Catholic Charities Brooklyn and Queens

MOBILITY

Perhaps the most important forms of exercise for seniors are those that help maintain mobility. Maintaining mobility is key to enjoying an active and independent lifestyle as you age.



Here are some extremely effective mobility exercises for seniors:

- **Neck Stretches:** Gently tilt your head to the left, right, forward, and backward. Hold each stretch for 15-30 seconds to relieve tension in your neck and upper back.
- **Shoulder Rolls:** Roll your shoulders backward and forward in a slow, controlled motion. This exercise helps improve shoulder mobility and reduces stiffness.
- **Ankle Circles:** Sit in a chair with your feet flat on the floor. Lift one foot slightly and rotate your ankle in a circular motion, clockwise and counterclockwise. Repeat with the other foot. This exercise promotes ankle flexibility and strength.
- **Hip Rotations:** While seated or standing, hold onto a stable surface for support if needed. Rotate your hips in a circular motion, first clockwise and then counterclockwise. This exercise enhances hip mobility and eases lower back discomfort.
- **Knee Extensions:** Sit upright in a chair with your feet flat on the floor. Extend one leg fully, hold for a few seconds, and lower it back down. Repeat with the other leg. Knee extensions strengthen your quadriceps and improve knee joint flexibility.
- **Wrist Flexor and Extensor Stretch:** Extend one arm in front of you with the palm facing up and gently pull the fingers back with your opposite hand. Then, flip your hand so the palm faces down and gently press the fingers toward your body. Switch arms and repeat. These stretches promote wrist mobility and alleviate wrist discomfort.
- **Seated Leg Lifts:** Sit in a sturdy chair with your feet flat on the floor. Slowly lift one leg as high as comfortable while keeping it straight. Hold for a moment, then lower it back down. Repeat with the other leg. This exercise enhances hip and thigh mobility.
- **Remember to consult with a healthcare professional or a fitness expert before starting any new exercise program, especially if you have any pre-existing physical health conditions or concerns.**

MADHAVI MENON STROHL
COMMUNITY WELLNESS SPECIALIST FOR BROOKLYN
AND QUEENS
Catholic Charities Brooklyn and Queens

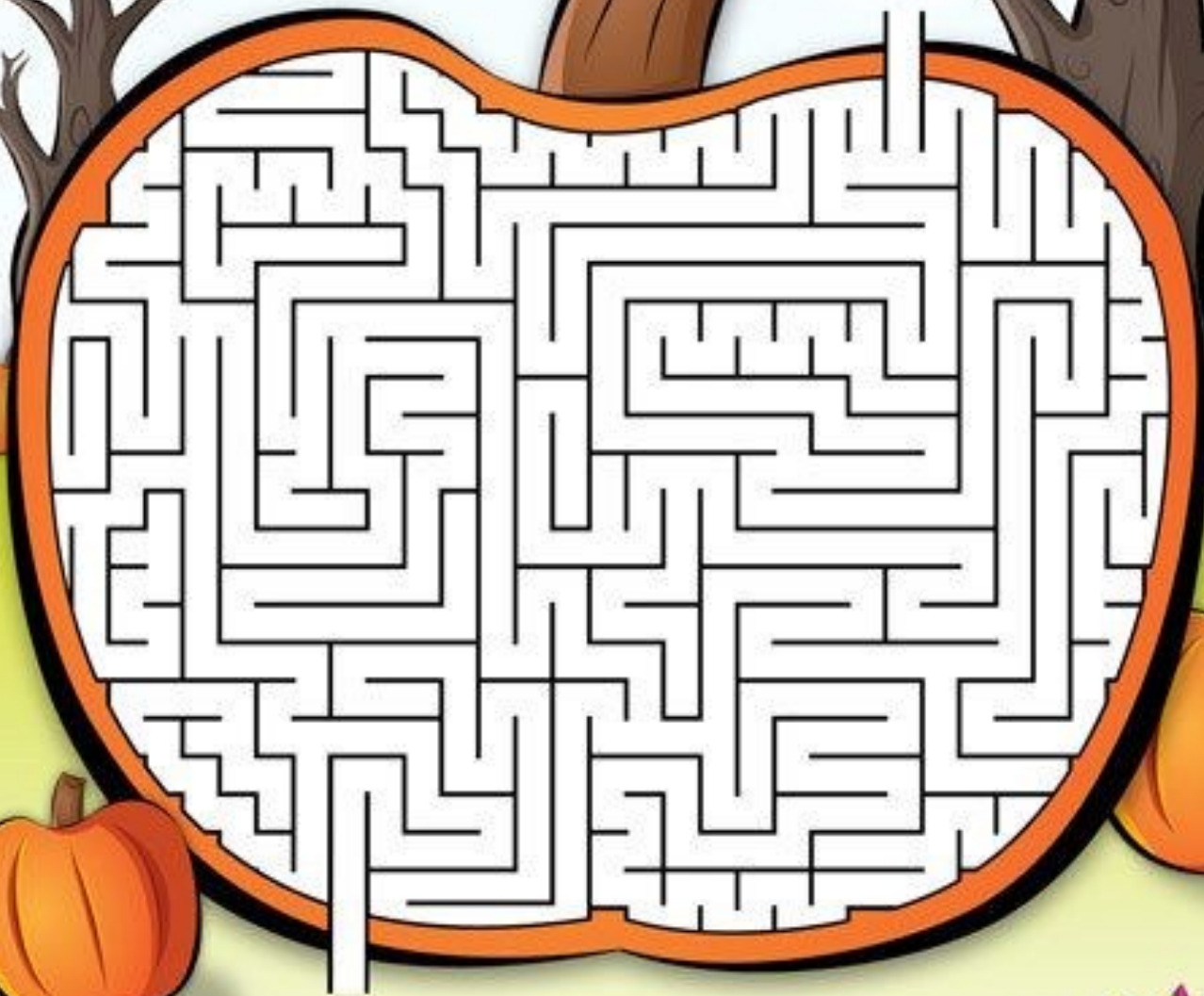
NAME: _____

DATE: _____

HALLOWEEN PUMPKIN

M A Z E

START



FINISH



INQUIRING MINDS WANT TO KNOW

What do you like about the month of October?

David Chan - after the harvest, the Germans will traditionally celebrate the Oktoberfest for the entire month.

Siu Chan - the color of the leaves change.

Kruawan Chownwai - Halloween parties with people wearing scary or beautiful masks and the planting of trees and flowers for the world to enjoy.

Josefina Esguerra - the weather is not too hot.

Roger Leung - having a sausage sandwich at the Oktoberfest in German Town, Pennsylvania.

Connie Mallillin - birthday month of her youngest brother, who lives in the Philippines.

Dora Thong - the weather is better as it's not too hot nor too cold.

Bill Tsui - weather is cooler which will enable him to come and participate in more activities at our Center.

Bill Wong - likes to rake up the leaves and celebrate Halloween.

October is my daughter's birthday month and was my father's birthday month and my parent's anniversary on that same day. Also, the weather starts to cool down.



**Advisory Council VP
Susan Hall**





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TRANSPORTATION SERVICES

TO: LOCAL SENIOR SERVICES, MEDICAL, DENTAL

AND CLINICAL APPOINTMENTS

*SUGGESTED DONATIONS REQUESTED
SPONSORED BY:*

**CCNS/BAYSIDE OLDER ADULT CENTER
THIS SERVICE IS PROVIDED FOR OLDER ADULTS 60 YEARS
AND OLDER WHO HAVE DIFFICULTY TAKING PUBLIC
TRANSPORTATION AND RESIDE IN BAYSIDE AND FLUSHING
AREAS FOR FURTHER
INFORMATION PLEASE CALL
CCNS BAYSIDE OLDER ADULT CENTER
221-15 HORACE HARDING EXPRESSWAY
OAKLAND GARDENS, NY 11364
718-225-1144**

ANNMARIE PAYNE, TRANSPORTATION COORDINATOR

FUNDED BY NYC AGING

***Please contact the transportation office
for additional shopping trips for the
month of **October 2024*****





FALL

WORD SEARCH PUZZLE

BIRDS
BRISK
CHANGING
CLOUDS
COAT
COLD
COLORS
CORN
CROPS
FOOTBALL
FROST
GOURD
HARVEST
HEATER
JACKET
LEAVES
MIGRATE
NOVEMBER
OCTOBER
PUMPKINS
RAKE
SCARECROW
SEASON
SWEATER
TREES
WIND

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

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.



Understanding Osteoarthritis: Treatment Options & Self-Care Tips

Session #1 of four sessions of the arthritis webinar series

Sponsored by the Arthritis Foundation
and the NYC Department for the Aging

Tuesday, October 22nd, 2024
10:30-11:30 A.M.

Lisa Mandl, M.D., M.P.H
Rheumatologist
Hospital for Special Surgery

Join Zoom Meeting at:

<https://arthritisfoundation.zoom.us/j/84250676998>

Enter Meeting ID: 842 5067 6998

Call: 1 646 558 8656

Enter code: 842 5067 6998#





WELCOME



1. Yolanda De Martinez

21. Grazia Seripierri



2. Yingji Jin

22. Sue Cheung



3. Ngan H. Lee

23. William Ming



4. Farida Sayid

24. Ann Layean Le Chai



5. Vicky Maggiore



25. Carine Lay Chin Tan

6. Grace C. Yhun

26. Denia G. Meneses



7. Chong H. Yhun

27. Maryanne Marron



8. Soon Young (Emily) Park

28. Tae Ok Chang



9. Lilian R. Pasag

29. Hyo Keun Chang

10. Amy J. Yieh

30. David Sung



11. Hua Han



31. Gloria Ting



12. Ping Xiong

32. Ti F Lin



13. Hongjun Xiang

33. Archee Ch Kuo



14. Janet F. Labra

34. Lanny Wang



15. Alice S. Shy



35. David H. Wang



16. PN B. Feraren

36. Hung Hung Tong

17. Barbara Lau

37. Soon Im Kang



18. Chin Ko

38. Xue Qing Dai



19. Rong Ji

39. Alpha B. Ganga



20. Lianghui Wan

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WHAT SO GREAT ABOUT THE TOMATO???



1. Tomatoes contain lycopene, which has the highest antioxidant activity of all the carotenoids. Carotenoids are vegetables and fruits with red and orange colorings.
2. Tomatoes have synergy that may help reduce the risk of [prostate cancer](#).
3. A diet rich in tomato-based products may help reduce the risk of [pancreatic cancer](#), according to a study from The University of Montreal.
4. Tomatoes contain all three high-powered antioxidants: beta-carotene (which has [vitamin A](#) activity in the body), [vitamin E](#), and [vitamin C](#).
5. Tomatoes are rich in [potassium](#), a mineral most of us don't get enough of. A cup of tomato juice contains 534 milligrams of potassium, and 1/2 cup of tomato sauce has 454 milligrams.
6. Tomatoes are a big part of the healthy Mediterranean diet. Some recent studies, have found that people who most closely follow the [Mediterranean diet](#) have lower death rates from [heart disease](#) and [cancer](#). Researchers from the Harvard School of Public Health, who followed more than 39,000 women for seven years, found that consumption of oil- and tomato-based products -- particularly tomato and pizza sauce -- was associated with cardiovascular benefits.
7. Tomato peels contribute a high concentration of the carotenoids found in tomatoes. So, to maximize the health properties of tomatoes, don't peel them if you can help it!

MADHAVI MENON STROHL
COMMUNITY WELLNESS SPECIALIST FOR
BROOKLYN AND QUEENS
Catholic Charities Brooklyn and Queens

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A SIMPLE TOMATO SAUCE

1T OLIVE OIL

2 CLOVES GARLIC MINCED

**4 LARGE TOMATOES CHOPPED IN QUARTERS OR 1
CAN TOMATOES**

1t THYME

1t OREGANO

SALT AND PEPPER



Place all the ingredients in a blender or a food processor and blend to desired consistency. Keep it in the fridge until you use it for a meal.

Tomato Smoothie

Ingredients

4 tomatoes (medium size)

1 carrot (medium size, peeled and chopped)

1 celery stalk (chopped)

1/4 teaspoon ground black pepper

6 ice cubes

2 teaspoons lemon juice

Salt



Add ingredients listed above to a blender.

Simply pulse blend for about 1 minute to ensure you remove any chunks, then blend until smooth.

ENJOY AND STAY HEALTHY EVERYONE.

Managing Arthritis Pain To Live Life to the Fullest

Sponsored by the Arthritis Foundation
and the NYC Department for the Aging

Session #2 of four sessions of the arthritis webinar series

Tuesday, October 29th, 2024
10:30-11:30 A.M.

Fay Rim, M.D.

**Physiatrist, Pain Management Physician
Hospital for Special Surgery**

Join Zoom Meeting at:

<https://arthritisfoundation.zoom.us/j/84250676998>

Enter Meeting ID: 842 5067 6998

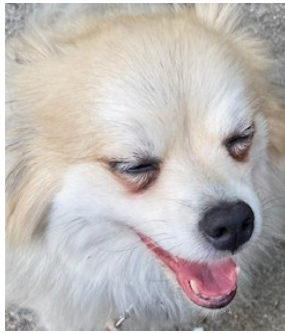
Call: 1 646 558 8656

Enter code: 842 5067 6998#





BLOOMING HEALTH Bayside Senior Center
Older Adults Survey

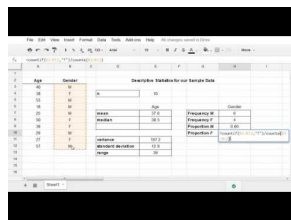
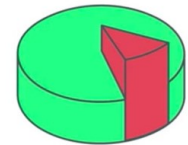


How often do you do your laundry?

Once a week =40 %

Once every two weeks = 9%

More than twice per month=90%



Did you live most of your life in New York City?

Yes= 74%

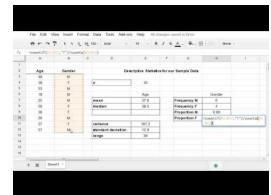
No= 24%



Do you have a LAN line at home?

Yes = 36%

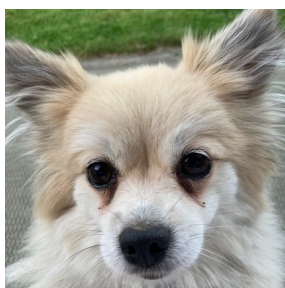
No= 64 %



Do you know anyone in your age group still working?

Yes =22%

No= 75%



Do you celebrate Halloween?

Yes =73%

No= 27%





Happy Recap!



SEPTEMBER 2024

