

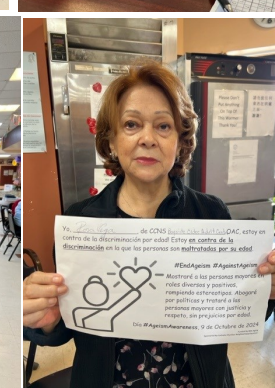
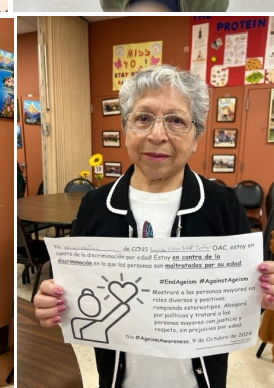
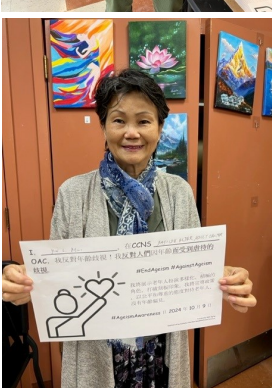
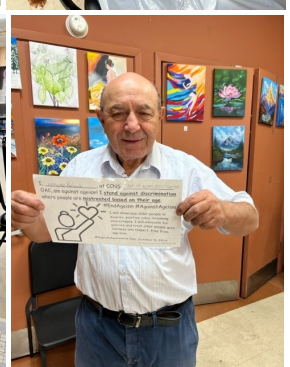
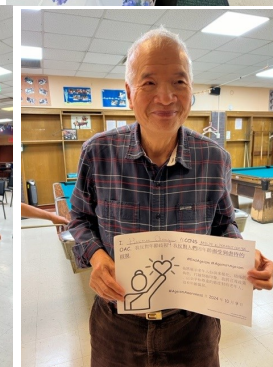
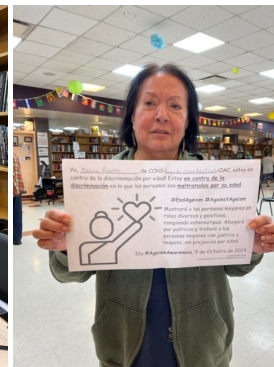
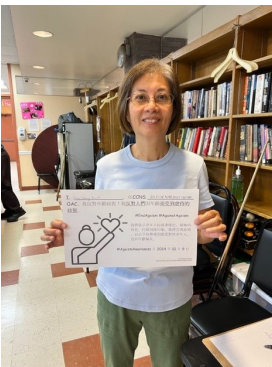
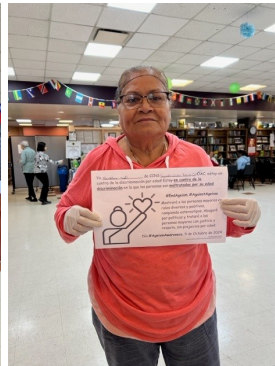
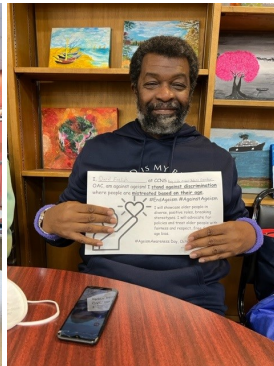
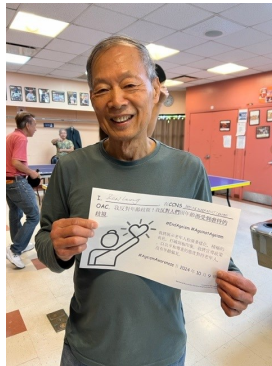
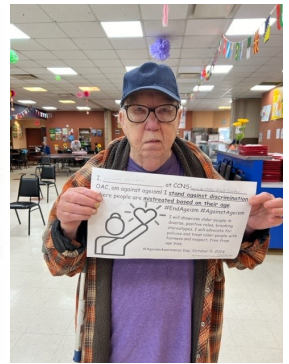
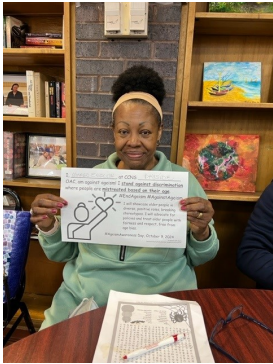
Our Voices



CATHOLIC CHARITIES BAYSIDE OLDER ADULT CENTER

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

Phone #: (718) 225 - 1144





HONORING AND REMEMBERING
ALL OUR HEROS

HAPPY VETERANS DAY!

THANK YOU FOR YOUR BRAVE
SERVICE AND THE SACRAFICES
YOU'VE MADE FOR US AND OUR
COUNTRY!



**Honoring all who
have served and who
are serving**

**Thank you to all
Veterans**

All gave some, Some gave all



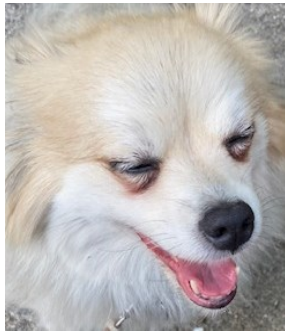
Bayside Older Adult Center Menu for November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 Egg Salad (3 oz) Basic Pasta Salad Whole Wheat Bread Garden Salad Apple 1% Low Fat Milk</p>	<p>5 Mediterranean Lentil Stew (pre-prepared) Cous Cous Whole Wheat Bread Italian Blend Vegetables Banana 1% Low Fat Milk</p>	<p>6 Baked Pork Brown Gravy Black Beans and Rice Whole Wheat Bread Steamed Carrots Orange 1% Low Fat Milk</p>	<p>7 Beef Stew Brown Gravy Mashed Sweet Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>1 Citrus Sesame Crusted Salmon White Rice (1/2 cup) Whole Wheat Bread Oriental Blend Vegetables Pear; 1% Low Fat Milk</p>
<p>11 Classic Chicken Cacciatore Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Whole Wheat Bread Italian Blend Vegetables Apple 1% Low Fat Milk</p>	<p>12 Rasta Pasta Whole Wheat Bread Garden Salad Prince Edward Blend Vegetables Banana 1% Low Fat Milk</p>	<p>13 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Baked Sweet Potato Orange 1% Low Fat Milk</p>	<p>14 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple 1% Low Fat Milk</p>	<p>15 Baked Fish White Rice (1/2 cup) Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>18 Baked Chicken Thighs Brown Gravy Brown Rice (1 cup) California Blend Vegetables Apple 1% Low Fat Milk</p>	<p>19 Chili-Spiced Pinto Bean Ragout Whole Wheat Bread Garden Salad Potato Salad Banana; 1% Low Fat Milk</p>	<p>20 Italian Style Pork Loin Tomato Sauce (pre-prepared 1/2 cup) Whole Wheat Bread Yellow Rice Italian Blend Vegetables Orange; 1% Low Fat Milk</p>	<p>21 Spanish Style Beef Stew Garlic Mashed Potatoes Whole Wheat Bread Prince Edward Blend Vegetables Apple 1% Low Fat Milk</p>	<p>22 Annes Lemon Garlic Sauce Baked Salmon Cous Cous Whole Wheat Bread Sautéed Green Beans with Onions Pear 1% Low Fat Milk</p>
<p>25 Chicken Piccata Whole Wheat Bread Garlic Mashed Potatoes Italian Blend Vegetables Apple 1% Low Fat Milk</p>	<p>26 Orange and Soy Glazed Tofu Brown Rice with Black Beans Whole Wheat bread Prince Edward Blend Vegetables Banana 1% Low Fat Milk</p>	<p>27 Baked Pork Ginger Sauce Whole Wheat Bread Yellow Rice Oriental Blend Vegetables Orange 1% Low Fat Milk</p>	<p>28 Center Closed "Thanksgiving Day"</p>	<p>29 Center Closed "Day after Thanksgiving"</p>



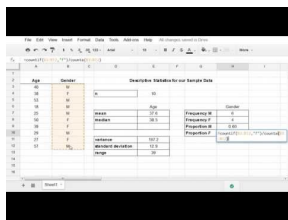
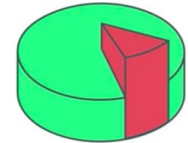
BLOOMING HEALTH Bayside Senior Center
Older Adults Survey



I have fallen, in the past year?

Yes= 24%

No=76%



I use or have been advised to use a cane or walker to get around safely?

Yes= 21%

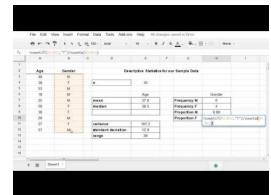
No= 79%



Sometimes I feel unsteady when I am walking

Yes = 35%

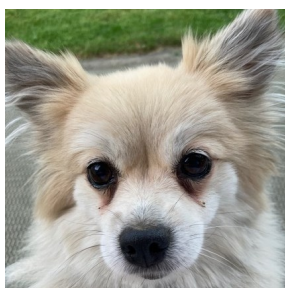
No= 65%



I steady myself by holding onto furniture when walking at home

Yes =34%

No= 66%



I am worried about falling

Yes =38%

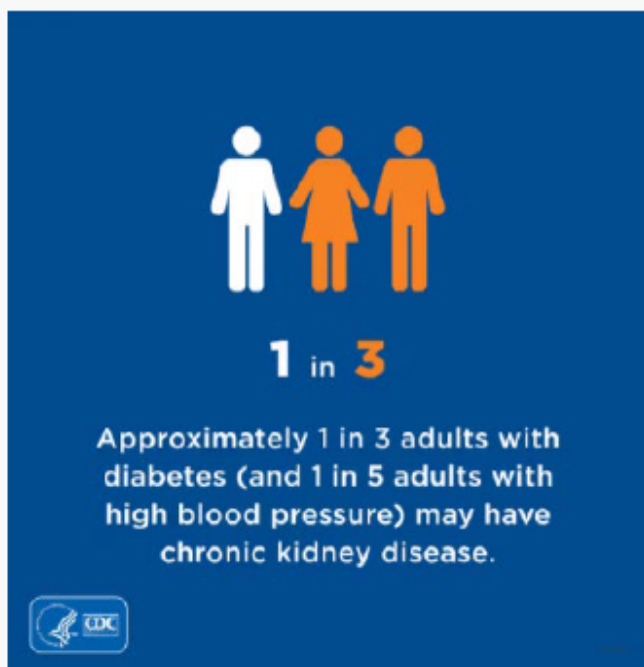
No= 62%



AGELESS WELLNESS NYC AGING

CONNECTING Hypertension, Diabetes, & Chronic Kidney Disease (CKD)

Source: NIDDK and CDC



If you have high blood pressure or diabetes, you are at increased risk of chronic kidney disease. Early chronic kidney disease (CKD) has no signs, or symptoms. Get tested for chronic kidney disease, if you have diabetes or high blood pressure. Ask your doctor how often you should get tested for CKD. Getting tested for CKD gives you the best chance for finding and treating chronic kidney disease early.

1 in 3 adults with diabetes, and **1 in 5** adults with high blood pressure may have CKD. Other problems that put you at greater chance of kidney disease include:

- Heart disease.
- Overweight or obesity.
- Family history of CKD.

TESTING FOR KIDNEY DISEASE

BLOOD TESTS

Because your kidneys remove waste, toxins and extra fluid from the blood, blood tests can check your kidney function. The following are some blood tests your doctor may recommend:

Serum creatinine

This blood test measures the amount of creatinine in your blood. Creatinine is a waste product produced by the normal activity of the body. If your kidneys aren't working well, your creatinine level goes up. Normal levels will depend on sex, age, and muscle mass. Usually creatinine levels of more than **1.2 for women and 1.4 for men** may mean the kidneys aren't working well.

AGELESS WELLNESS NYC AGING

Glomerular Filtration Rate (GFR)

The GFR is a blood test that measures how well your kidneys remove waste, toxins, and extra fluid from your blood. Like other kidney tests, a normal GFR number will depend on your age and sex.

Blood Urea Nitrogen (BUN)

A BUN is a blood test that measures the amount of urea nitrogen in your blood. Urea nitrogen is a waste product your body makes from the breakdown of protein in the food you eat. Healthy kidneys filter nitrogen out of your blood, which then leaves your body through urine. **Normal BUN levels are between 7 to 20** depending on your age and other health conditions. If your BUN levels are higher than normal, it may be a sign that your kidneys are not working well.

URINE TEST

A urine test to check for **albumin** can also be used to check for kidney disease. Albumin is a protein that can pass into the urine when the kidneys are damaged. A urine albumin test result of **30 or above** may mean kidney disease.

TIPS FOR HEALTHY KIDNEYS

Anyone with diabetes, and/ or high blood pressure can take steps to try and prevent or delay kidney disease. Those who already have kidney disease can try and slow its progression. There are some steps that you can take to prevent or delay chronic kidney disease:

- Lose weight, if you are overweight.

- Physical activity helps you control blood sugar levels, and can help you manage your high blood pressure as well. Engaging in **150 minutes a week**, or **30 minutes** of daily physical activity, like walking, biking, or swimming, are good ways to stay active.
- If you smoke, get help to quit smoking.
- Take all of your medicines as prescribed.
- Eat foods lower in salt/sodium.
- Get help to manage the stress in your life.
- Eat more fruits and vegetables.
- Limit how much alcohol you drink. Alcohol can increase your risk of high blood pressure.

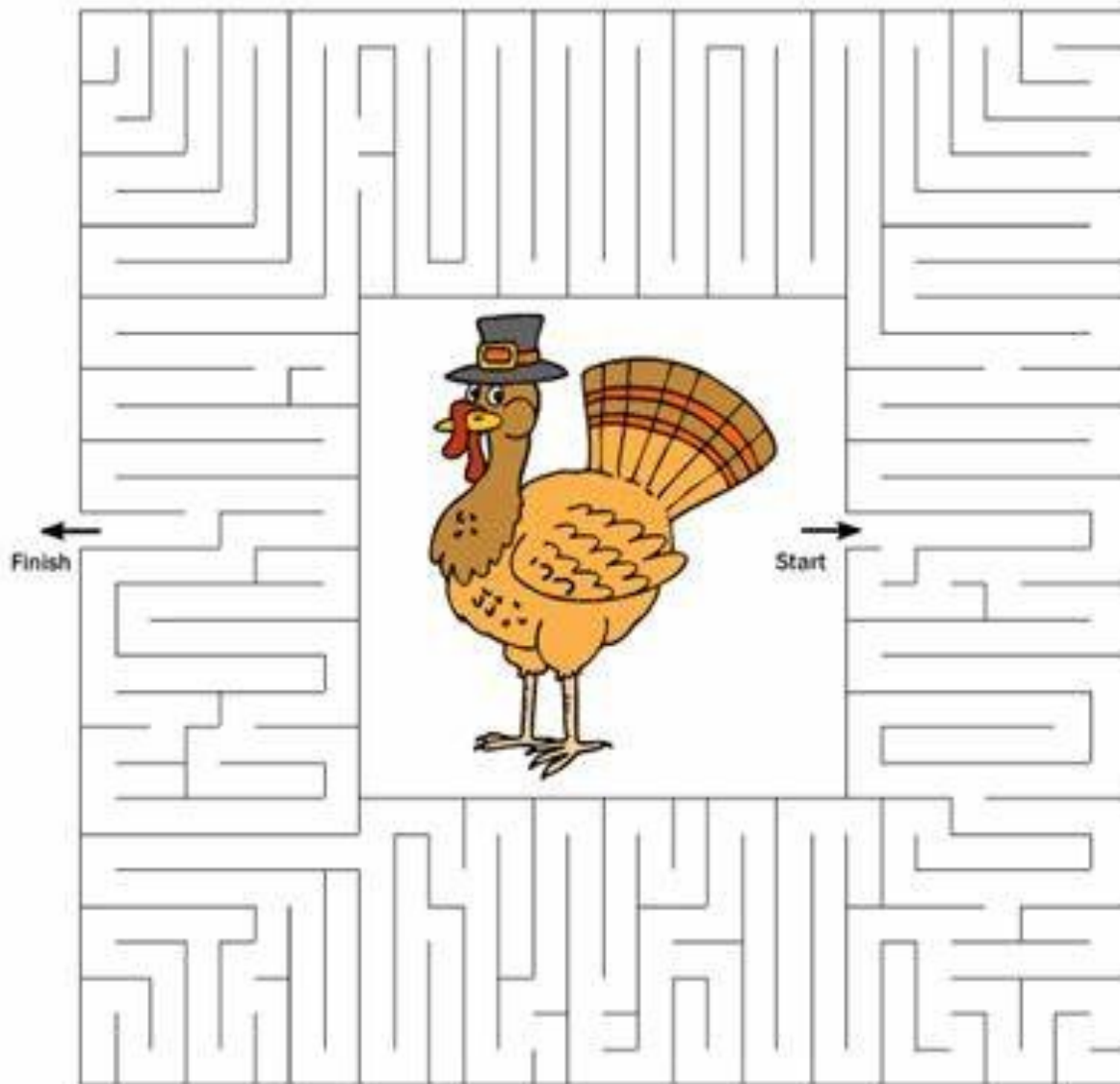
If you have diabetes:

- Meet blood sugar (A1C) targets as often as you can.
- Get **your A1C level tested** at least twice a year, but ideally 4 times a year.

If you have high blood pressure:

- Check it regularly, and get it under control to protect your kidneys.
- Hypertension medication can also significantly slow the progression of kidney disease.

NOVEMBER



RESOURCES

Here are some tips and techniques that can reduce our anxiety and aid in maintaining a healthy lifestyle.

10 Stress Management Techniques

1. Organize Yourself.

Take better control of the way you're spending your time and energy, so you can handle stress more effectively.

2. Control Your Environment

Control who and what is surrounding you.

3. Love Yourself by giving yourself positive feedback.

Remember, you are a unique individual who is doing the best you can.

4. Reward Yourself by planning leisure activities into your life.

It really helps to have something to look forward to.

5. Exercise Your Body

Your health and productivity depend upon your body's ability to bring oxygen and food to its cells. Therefore, exercise your heart and lungs regularly, a minimum of three days per week for 15-30 minutes. This includes such activities as walking, cycling, swimming, aerobics, etc.

6. Relax Yourself by taking your mind off your stress and concentrating on breathing and positive thoughts.

Dreaming counts, along with meditation, exercise, listening to relaxing music, communicating with [friends](#) and loved ones, etc.

7. Rest Yourself as regularly as possible.

Sleep 7-8 hours a night. Rest your eyes as well as your mind.

8. Be Aware of Yourself.

Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc. These can be signs of potentially more serious disorders (i.e., ulcers, hypertension, heart disease).

9. Feed Yourself / Do Not Poison Your Body.

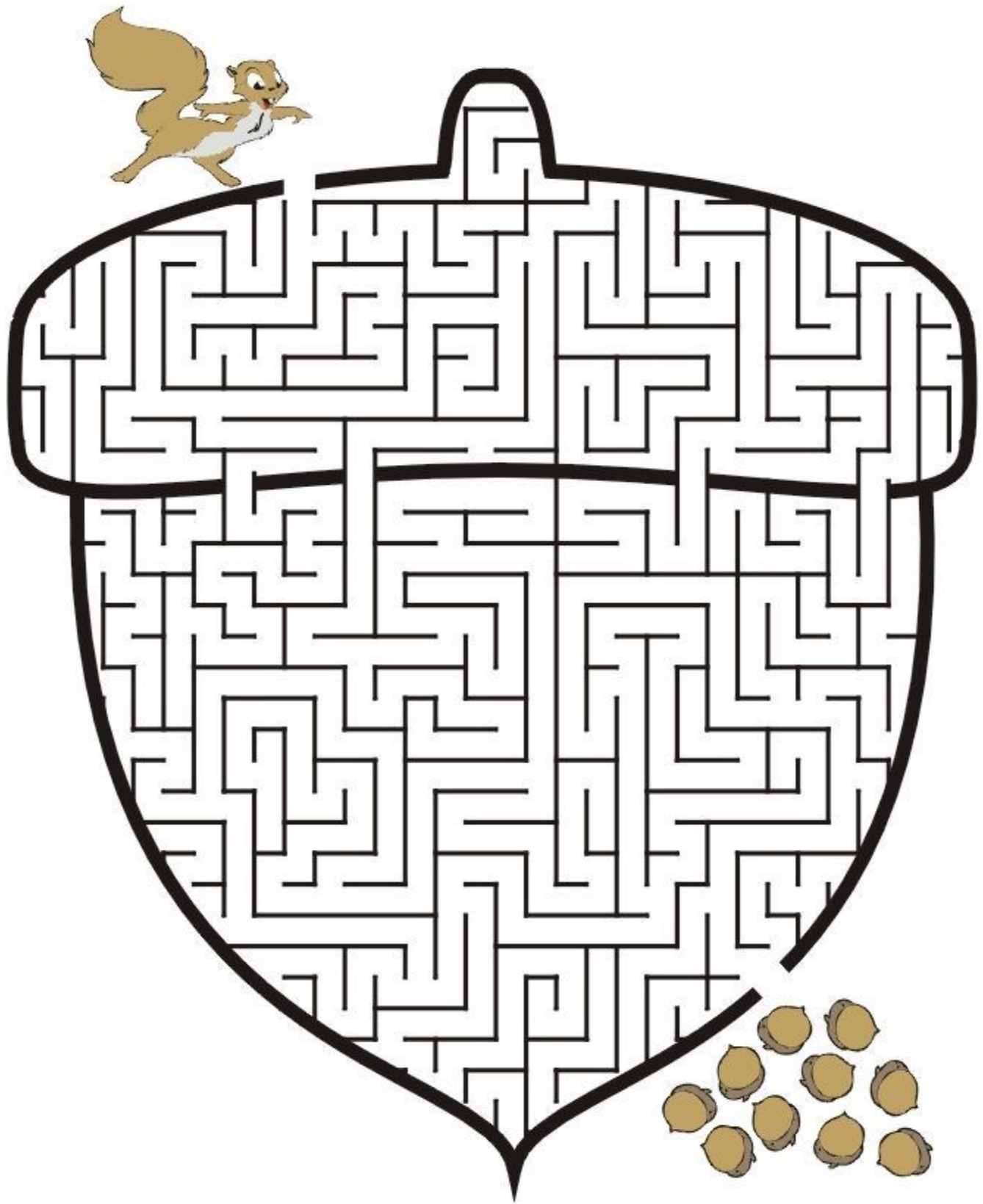
Eat a balanced diet. Avoid high calorie foods that are high in fats and sugar. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. Remember, a twenty-minute walk has been proven to be a better tranquilizer than some prescription drugs.

10. Enjoy Yourself.

It has been shown that happier people tend to live longer, have fewer physical problems, and are more productive. Look for the humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.



Help the squirrel through the maze to find its acorns



Bayside Older Adult Center Activities for November 2024



Monday	Tuesday	Wednesday	Thursday	Friday
<p>4 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>5 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/David(10:30am-3:30pm) Bingo w/ Pat (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>6 Painting Group (9am-3pm) Low Impact Aerobics w/ Ira (9:30am-10:30pm) "Ten Warning Signs Alzheimer's (Stefany Martinez) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>7 Painting Group (9am-3pm) Wing Chun (10-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>1 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>11 Center Closed "Veterans' Day"</p>	<p>12 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/David(10:30am-3:30pm) Bingo w/ Pat. Walton (12:30pm) Yoga w/ Sharon (1:30-2:30pm)</p>	<p>13 Painting Group (9am-3pm) Computer Class (9:00am; 10:30am) Low Impact Aerobics w/ Ira (9:30am-10:30pm) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>14 Painting Group (9am-3pm) Wing Chun (10-11am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>15 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>18 Painting Group (9am-3pm) Computer Class (9:00; 10:30am) Belly Dance w/ Amira (10am) Zumba Dance w/ Amira (11am) Bingo w/ Pat (12:30pm) Line Dance w/ Rose (1:30pm) Mah Jong (1:00-3:30pm)</p>	<p>19 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/ David (10:30am-3:30pm) Bingo w/ Pat. Walton (12:30pm) Yoga w/ Sharon ((1:30-2:30pm)</p>	<p>20 Painting Group (9am-3pm) Computer Class (9:00am; 10:30am) Low Impact Aerobics w/Ira 9:30am-10:30am "Quintet of the Americas" Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>21 Painting Group (9am-3pm) Wing Chun (10am) Karaoke w/ David (12:30-3:30pm) Line Dance w/ Harrison (1:00-3:00pm)</p>	<p>22 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>25 Painting Group (9am-3pm) Computer Class (9:00; 10:30am) Belly; Zumba Dance w/ Amira Bingo w/ Pat (12:30pm) Line Dance w/ Rose (1:30pm) Mah Jong (1:00-3:30pm)</p>	<p>26 Painting Group (9am-3pm) Line Dance w/ Jennifer (9-10am) Yoga w/ Sharon (10am-11am) Karaoke w/ David (10:30am-3:30pm) Yoga w/ Sharon ((1:30-2:30pm)</p>	<p>27 Painting Group (9am-3pm) Computer Class (9:00am; 10:30am) Low Impact Aerobics w/Ira (9:30am-10:30am) Latin Dance w/ Yukari (1-2pm) Mah Jong (1:00-3:30pm)</p>	<p>28 Center Closed "Thanksgiving Day"</p>	<p>29 Center Closed "Day after thanksgiving"</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.

The Diabetic Foot in Older Adults

Wednesday, November 20, 2024 at 11:00 a.m.

Join us to learn about:

General effects of diabetes on the foot, and common signs and symptoms associated with diabetic foot disease. Common diabetic foot ailments, diabetic foot wounds/ulcerations, circulatory disorders, and bony abnormalities.

Ryan Minara, D.PM, FACFAS

Chief of Podiatric Medicine and Surgery, Division of Orthopedics
ABPS Board Certified in Foot Surgery,
and in Reconstructive Rearfoot/Ankle Surgery at Mount Sinai Hospital



Please Click on the Link Below to Join the ZOOM Meeting:

<https://us02web.zoom.us/j/85412341929?pwd=TE44YWVpWllrbkFycXhCTlg5Y1ppdz09>

Enter Meeting ID: 854 1234 1929

Call: 1-929-436-2866

Enter Code: 778886



Skillet Lemon Chicken & Potatoes with Kale

This easy one-pan skillet-roasted lemon chicken is perfect for weeknight dinners. Juicy chicken thighs are cooked in the same pan as baby potatoes and kale for a satisfying meal minimal cleanup.

AND IT IS DIABETIC FRIENDLY, LOW CALORIE AND DELICIOUS

Servings: 4

Ingredients

3 tablespoons extra-virgin olive oil, divided.

- 1-pound chicken legs and thighs, trimmed
- ½ teaspoon salt, divided
- ½ teaspoon ground pepper, divided
- 1-pound baby Yukon Gold potatoes, halved lengthwise
- 1 cup low-sodium chicken broth



Directions

• Step 1

Preheat oven to 400 degrees F.

• Step 2

Heat 1 tablespoon oil in a large cast-iron skillet over medium-high heat. Sprinkle chicken with 1/4 teaspoon each salt and pepper. Cook, turning once, until browned on both sides, about 5 minutes total. Transfer to a plate.

• Step 3

Add the remaining 2 tablespoons oil, potatoes and the remaining 1/4 teaspoon each salt and pepper to the pan. Cook the potatoes, cut side down, until browned, about 3 minutes. Stir in broth, lemon, garlic, and parsley. Return the chicken to the pan.

• Step 4

Transfer the pan to the oven. Roast until the chicken is cooked through and the potatoes are tender, about 15 minutes. Stir kale into the mixture and roast until it has wilted, 15 more minutes. Toss the vegetables in the pan juices and serve.

ENJOY!





INQUIRING MINDS WANT TO KNOW

What's your favorite reasons for coming to our Older Adult Center?

Louise Spinella - wants to mingle with the members and to play bingo.

Tina Shih - wants to dance and to paint.

Ram Sharma - wants to exercise and to socialize with members by meeting, talking and listening to them.

Farida Sayid - wants to talk with members and participate in various activities such as yoga, low impact aerobics and zumba dancing.

Jyoti Ramchandani - likes that everyone is very friendly, activities are excellent, and her husband enjoys the food.

Diana Howrilka - enjoys the comradery of the members as they come together - also likes playing bingo.

Rosita Cooks - likes the exercises and lunches and the convenience of coming here via one bus ride.

Maria Carneo - enjoys mingling with the seniors and getting out of her house.

Estrella Albento - comes to socialize by meeting friends, dancing and exercising.

I enjoy meeting various members at lunch time, social dancing and preparing this monthly article. This is my 150th article - in the eleven months of this year, I was happy to meet 94 members, of course, some more than once.



**Advisory Council VP
Susan Hall**



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 older adult 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.



I will have a lecture on Fractures on November 8th, 2024 at 11am and another lecture on Home Safety-Assessment/ Home Hazard removal planning on November 15th at 11am. Hope to see everyone.



CELEBRATING
125
YEARS



TRANSPORTATION SERVICES

TO: LOCAL SENIOR SERVICES, MEDICAL, DENTAL

AND CLINICAL APPOINTMENTS

*SUGGESTED DONATIONS REQUESTED
SPONSORED BY:*

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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 **November 2024*****





THANKSGIVING

P R E E D S L J K W T W Z H U N T I N G I V Y P
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THANKFUL

GRAVY

FRIENDS

HAM

STUFFING

CRANBERRY

GREENBEANS

TRAVEL

FAMILY

FALL

SQUASH

MASHEDPOTATO

SWEETPOTATO

FOOTBALL

PIE

DINNER

DEER

TURKEY

Turkey Talk

Wild Turkey Terminology

Snood

A fleshy bump that male turkeys can lengthen for display.

Caruncles

Fleshy lumps on the head and neck that change color if a turkey is excited.

Beard

Stiff modified feathers on male turkeys (and some female turkeys).

Poults

Turkey chicks. They can forage for themselves within a day of hatching.

Jakes/Jennies

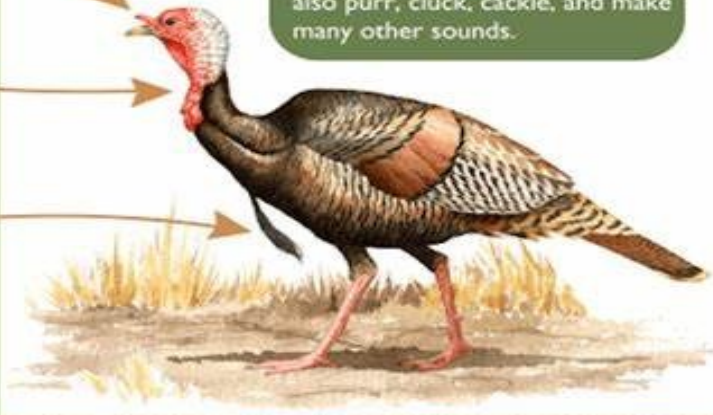
Young male and female turkeys.

Toms/Hens

Adult male and female turkeys.

Gobble

A sound male turkeys make to advertise their presence. Turkeys also purr, cluck, cackle, and make many other sounds.



Return of the Turkey

Overharvesting wiped out wild turkeys from Massachusetts by about 1850. They were successfully reintroduced from other states in the 1970s, and numbers have skyrocketed. Learn more about turkeys at massaudubon.org/wildlife.

NYC Department for the Aging



Fun facts about turkeys:

Turkeys are known to exhibit over 20 unique vocalizations including a distinctive gobble, produced by males, which can be heard a mile away.

Wild turkeys can be found in every US state except Alaska (even Hawaii) and also southern Canada, most of Mexico and many other parts of the world.

Wild turkeys can run 25 miles per hour and fly at 55 mph.

The skin that hangs over the beak (snood) and on their neck (wattle) change color with their emotions.

Turkeys are able to recognize each other by each turkey's individual voice.

Baby turkeys stay with their mothers for the first year of their lives.

Turkeys were worshipped by the ancient Mayans, Aztecs and Toltecs who referred to them as Jewelled Birds.



No turkey wants to be eaten. There are many wonderful plant-based options for Thanksgiving and all the rest of the year.

NYC Department for the Aging

om



WELCOME



1. Shieh-Hung Ho

15. Amelia F. Piguerra



2. Geok Siew Goh

16. Sang C. Kim



3. Yong Joo Sim

17. Rowena Genoveva M. Arcilla

4. Hsio Yu Huy Ho

18. Sophia Li



5. Chiu Yun Yu

19. Margaret Seales



6. Robert S. London

20. Gary J. Buschini



7. Catherine T. Siolas

21. Hwei-Lin Chen



8. Chen-Hsin Tung Wang

22. Chien-Pin Yang



9. Tu Cuu Banh

23. Lydia M. M Clayton



10. Shiu Yuen Ng

24. Amilian R. Lemos



11. Libby R. Chavez

25. Bac H. Nguyen



12. Mei Y. Tam

26. Lenore J. Richardson



13. Marlen Moran

27. Virginia Tessinari

14. Jane Baylosis

28. Maria Cecilia C. Pineda





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Transportation
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Kitchen Aide
Kitchen Aide

Catholic Charities Mission Statement

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.

All Bayside Older Adults have authorized the use of their photographs for the purposes of Agency marketing, fundraising and publication.

Name: _____ Date: _____

DIRECTIONS:
Find and circle the
vocabulary words
in the grid. Look
for them in all
directions including
backwards and
diagonally.

Thanksgiving Day

Word Search

AMERICA
CANOE
COLONY
CORNUCOPIA
ENGLAND
FALL
FAMILY
FEAST
FREEDOM
GRATITUDE
HARVEST
HOLIDAY
INDIANS
MAIZE
MAYFLOWER
MILES STANDISH
NEW WORLD
NOVEMBER
PILGRIMS
PLYMOUTH
PUMPKIN PIE
PURITANS
SQUASH
STUFFING
THANKSGIVING
TURKEY
YAMS





Happy Recap!



OCTOBER 2024

