

CCNS CATHERINE SHERIDAN
OLDER ADULT CENTER
35-24 83 RD STREET
JACKSON HEIGHTS, NY 11372
718-458-4600

FUNDED BY THE NYC DEPT. FOR THE AGING

HAPPY THANKSGIVING!



National housewife's day

November 3rd to recognize the millions of hardworking housewives.



WONDERSLATE

super mom

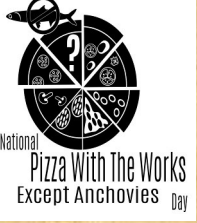

hardworking women

INTERNATIONAL DAY FOR THE
ELIMINATION
OF VIOLENCE
AGAINST WOMEN

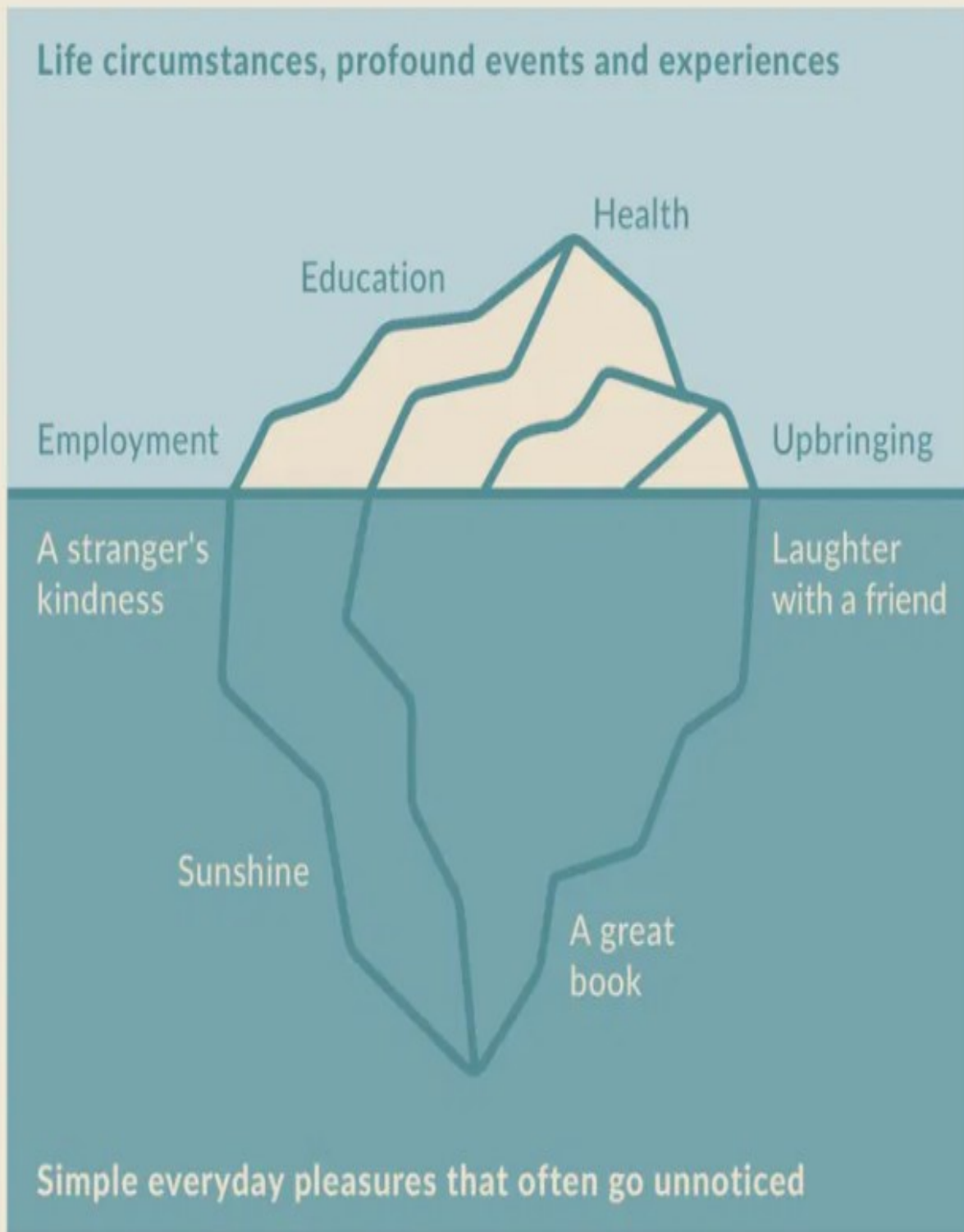
NOVEMBER 25



November 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p>Happy Thanksgiving!</p>					1  <p>NATIONAL FRENCH FRY DAY</p>	2  <p>DEVILED EGG DAY</p>
3  <p>peanut butter lovers day</p>	4  <p>National Candy Day!!!</p>	5  <p>HAPPY NATIONAL DONUT DAY</p>	6  <p>NATIONAL NACHOS DAY NOVEMBER 6</p>	7  <p>INTERNATIONAL MERLOT DAY</p>	8  <p>NATIONAL CAPPUCCINO DAY</p>	9  <p>Frozen Yogurt Day</p>
10  <p>National Sundaes Day November 14th</p>	11  <p>National Pizza With The Works Except Anchovies Day</p>	12  <p>NATIONAL INDIAN PUDDING DAY</p>	13  <p>National Spicy Guacamole Day</p>	14  <p>CLEAN YOUR REFRIGERATOR DAY</p>	15  <p>National Button Day</p>	16  <p>Homemade Bread Day</p>
17  <p>APPLE CIDER DAY Nov 18th</p>	18  <p>MEN MAKE DINNER DAY</p>	19  <p>damn good ROAST Turkey</p>	20  <p>NATIONAL CRANBERRY RELISH DAY</p>	21  <p>Happy FIBONACCI DAY</p>	22  <p>NATIONAL SARDINES DAY NOVEMBER 24</p>	23  <p>NATIONAL PARFAIT DAY</p>
24  <p>NATIONAL CAKE DAY</p>	25  <p>PINS AND NEEDLES DAY</p>	26  <p>HAPPY THANKSGIVING</p>	27  <p>WORLD CHOCOLATE DAY</p>	28  <p>National Mason Jar Day</p>	29	30

THE ICEBERG OF GRATITUDE



FACTS ABOUT ALZHEIMER'S DISEASE

Alzheimer's is a
progressive brain disorder,
NOT a normal part of aging



**MORE
THAN**

**6 MILLION
AMERICANS**
are living with Alzheimer's



The number of Americans with
Alzheimer's is projected to surpass
14 MILLION by 2060



MORE THAN 16 MILLION
American caregivers provide
OVER 17 BILLION
hours of unpaid care

Connect with information and support.

Contact AFA's Helpline

Phone: 866-232-8484 • **Text:** 646-586-5283 • **Web:** alzfdn.org



HEALTH LITERACY MONTH

Building Awareness Through Action

October 1-31, 2024

What Is Health Literacy?

Studies consistently show that a significant number of people have problems **reading, understanding, and acting** on health information. This impacts personal health and healthcare resources.

Personal health literacy is the degree to which individuals have the ability to find, understand, and use information and services to inform health-related decisions and actions for themselves and others.

Promoting health literacy improves health outcomes, as well as healthcare safety and quality. At the same time, it reduces health disparities and healthcare costs.

(Source: U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion. [Healthy People 2030: Health Literacy in Healthy People.](#))

Building Health Literacy Awareness Through Action

October is Health Literacy Month! It's a time for health organizations, literacy programs, libraries, social service agencies, business, professional associations, government agencies and other groups to work together to integrate and expand the mission of health literacy - to connect people needing health care or services with organizations and providers that promote optimal wellness. Our collective efforts will lead to health equity where all people can attain positive health outcomes.

2024
October

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Visit healthliteracymonth.org to learn more about how to shift from awareness to action today!

#healthliteracymonth



CELEBRATING LIFE WITH FRIENDS



Special Events

LECTURES OR PRESENTATIONS

Thurs. 11/07/24 “Food for the Brain” Mr. Capps from
Sunnyside
Fri. 11/08/24 Movie: “My Big Fat Greek Wedding”
Tues. 11/12/24 Elder Fraud Prevention – Alia Agency
Thurs. 11/14/24 “Thanksgiving Celebration” – Oak St.
Tues. 11/19/24 Tenant’s Rights/Protection – QCSW
Thurs. 11/21/24 Caregivers Guide to Alzheimer’s – Mr. Capps
Fri. 11/22/24 Movie: “Bruce Almighty”
Tues. 11/26/24 Nutrition: Pre Diabetes – DFTA: A.
Sinclare

SOCIAL DANCE EVERY MONDAY AND WEDNESDAY

SHOPPING AND RECREATIONAL TRIPS



Monday, 11/04/24	@ 9:30 a.m.	Trader Joe’s
Monday, 11/11/24	@ 9:30 a.m.	BJ’s
Tuesday, 11/12/24	@ 9:30 a.m.	Jamaica Mall
Monday, 11/18/24	@ 9:30 a.m.	Queens Center Mall-ALDI
Monday, 11/25/24	@ 9:30 a.m.	COSTCO
Tuesday, 11/26/24	@ 9:30 a.m.	Jamaica Mall

For more information call JANETH: 718-779-8305



Birthday Corner

To all the members Born in November

Please see Mariana

Each registered member will receive a free

lunch ticket and a sweet treat

Thank You!!!!!!



Happy Birthday

Aguirre, M.
Alcivar, B.
Alejo, O.
Arce, R.
Arias, A.
Baguyo, B.
Barbosa, O.
Barragan, M.
Barrenechea, R.
Bautista, M.
Bermeo, G.
Biro, E.
Cabrera, A.
Cahill, K.
Calle, c.
Calsin, R.
Cano, M. O.
Cardenas, M.
Casallo, J.
Castano, G.
Castro, A.
Chavero, J.
Chen, J.
Colon, A.
Cunningham, C.
DaSilva, M. A.
Dacanay, C.
DeMerin, T.
Demerin, T.
Dietz, S.
Diodonet, S.
Duarte, S.
Erickson, M.
Espinosa, M.
Espinosa, L.
Espinosa, S.
Franco, M.
Gonzalez, C.
Gonzalez,, J.
Gonzalez P., G.
Gregory, C.
Guarin, M.

Gutierrez, A.
Heeja, K.
Hernandez, E.
Hurtado, G.
Iriarte, L.
Jaramillo, M.
Kippes, C.
Kirkos, T.
Ko, S J.
Koh, Y M.
Kong, Y-V.
Lee, F L.
Lemes, H.
Londono, M.
Lopez, G.
Lopez, M.
Lopez, N.
Lukito, P.
Malanco, M.
Manzano, E.
Marin, B.
Marin, A.
Marquinez, R.
Martinez, M.
Mattos, G.
McCall, M.
Medina, M.
Melendez, A.
Melton, F.
Meneses, A.
Mercado, M.
Merchan, M.
Modesto, D.
Montano, J.
Montoya, D.
Moreno, W.
Munera, M.
Ocampo, B.
O'Connor, J.
Ortiz, C.
Ortiz, M.
Ortiz, M.

Ortiz, M.
Oviedo, L.
Panagiotopoulos, J.
Pastrana, R.
Pavon, D.
Perez, A.
Perez, L.
Perez, R.
Perez E.,A.
Perlegis, C.
Pineda, L.
Pires, O.
Rabelo, D.
Ramirez, V.
Ramirez, E.
Reyes, L.
Rivera, I.
Rodriguez, I.
Rodriguez, R.
Roldan, M.
Rua, M.
Russi, M.
Salamanca, L.
Sanchez, E.
Sanchez, G.
Saneaux, N.
Sie, H.
Solis, M.
Sun, T K.
Tabares, N.
Toro-Orrego, M.
Torres, S.
Troudt, E.
UrbinaP., A.
Uselton, I.
Vergara, S.
Wang Eng, L.
Wong, L N.
Xu, S.
Yuan, H.

Congratulations!!

Catherine Sheridan Older Adult Center

35-24 83rd Street
Jackson Heights, NY 11372
Phone: (718) 458-4600
Fax: (718) 458-5665

Open Monday—Friday
8:30am—4:30pm
Lunch starts: 11:30— 1pm

SENIOR CENTER STAFF

Mariana Ortiz, Program Manager
Candida Fitzpatrick, Administrative Assistant
Janet Ospino, Transportation Coordinator
Marcia Jijón, Recreation Coordinator
Maria Rua, Kitchen Aide
Sandra Mejia, Kitchen Aide
Ana Judith Villa Osorio, Driver
Maryann Ubaldo, Driver
William Clark, Maintenance



TRANSPORTATION SERVICES

**TO: LOCAL SENIOR CENTERS, MEDICAL, DENTAL
AND CLINIC APPOINTMENTS**

SUGGESTED DONATIONS REQUESTED

**SPONSORED BY:
CCNS/CATHERINE SHERIDAN O.A.S.**

**THIS SERVICE IS PROVIDED FOR SENIORS 60 YEARS
AND OLDER WHO HAVE DIFFICULTY TAKING PUBLIC
TRANSPORTATION AND RESIDE IN MASPETH, WOODSIDE,
MIDDLE VILLAGE, SUNNYSIDE, JACKSON HGTS, ELMHURST
AND EAST ELMHURST**

**FOR FURTHER INFORMATION PLEASE CALL CCNS CATHERINE
SHERIDAN SC 35-24 83 STREET JACKSON HGTS N.Y.**

718-458-4600

JANETH OSPINO, TRANSPORTATION COORDINATOR

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