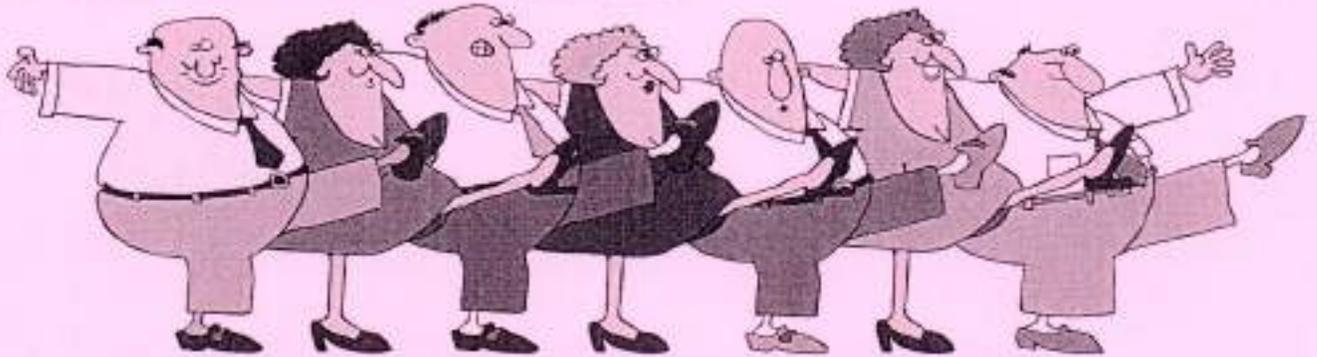


**The best thing about the future  
is that it comes ONE DAY at a time**



This Photo by Unknown Author is licensed under CC BY

**February 2026      Black History Month**

**The Bay Senior Center**

**3643 Nostrand Avenue**

**Brooklyn, New York 11229**

**Tel (718) 648-2053**

Come join us at the center for New Programs, Workshops and Exercises .We service lunch every day . Please join us on a weekly trip. Call Center for more information .

**CATHOLIC CHARITIES MISSION STATEMENT**

Catholic Charities of the Diocese of Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable 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 which promotes justice and embraces human development.

*Catholic Charities Neighborhood Services, Inc. Funded by the New York City Department for the Aging. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order which promotes justice and embraces human development.*

Dear friends,

I apologize in advance for being a downer, but I have to say that this year December and January were disgusting. I suppose there are those who enjoy this weather, but I am not one of them. Where is this global warming everyone is talking about? I would appreciate some of that right now. February will surprise everyone, and it will feel like spring, ha ha.

Here at The Bay, we continue to conduct business as usual. We continue to provide entertaining classes and delicious lunches. We are going to have a trial class of both line and ballroom dancing on Feb. 2 and if you like it, we will produce a day and time that is convenient. In the meantime, do not hesitate to call Alex, our driver, to bring to and from the center. Stay warm and safe and let us hope the ground hog forecasts early spring.

Love always

Sharon Retkinski

Program manager



# \* The Bay Senior Center \*

Schedule Conference Calls (701) 802-5238 enter code 3235213 # if you have T-Mobile 206 451-6064, first id # 7340

Transportation is available to take seniors to Senior Center and back home

## February 2026 Please call Senior Center ( 718) 648-2053 ) for Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*<u>Coping with Your Feeling- Monday@10AM</u> Hybrid</p> <p>*Alert and Alive Monday at 11:00 Hybrid</p> <p><b>Feb 9-Community HELP Workshop @ 10:15 Sponsored by PSS</b></p> <p>Feb 2,2026 Ballroom Dancing @ 9:00 Birthday Party live entertainment @ 10:00</p> <p>Lunch starts at 11:30</p> <p><u>Social Hour 12:30-2:00</u> Board Games CONNECT 4, Age -Tastic, Rummikub,</p>	<p>Blood Pressure @ 10:30</p> <p><u>NEW Musically Stretching exercise at 10:45</u></p> <p><u>Jewelry Making @ 12:30</u></p> <p>Abuse Lecture sponsored by VICTIM SERVICES/ELDER ABUSE UNIT Feb 3 @10:00</p> <p>*<u>Health Lecture workshop 4<sup>th</sup> Tuesday of every month- Feb 27 @11:00 Sponsored By Chateau Adult Home</u></p> <p><b>Local Trip Shopping Lunch .....11:30 Social Hour 12:30-2:00 Board Games available, Age Tastic, Rummikub, Age-Tastic, Bingo</b></p>	<p>&gt;Current Events Discussion @10:00 Hybrid</p> <p>~<u>Cardio Dance Exercise@10:30 am</u></p> <p>BPL Sharing Reflection Feb 25 #@10:30 Phone Class Local: Shopping Trips <u>Green Acres mall / Kings Plaza.....</u></p> <p>* <u>Lunch 11:30</u></p> <p>Movie and discussion @12:30 – [after lunch]</p> <p><u>Social Hour: 12:30-2:00 Age-Tastic! and or Rummikub @ 9:30 am Board Games available</u></p>	<p><u>Moving Meditation Exercise</u> (Qi Gong) 10:00 AM</p> <p>Current Events Discussion 10:00 Hybrid</p> <p><u>Lunch 11:30</u></p> <p>Painting Class @ 12:30 <b>Trip to Brooklyn Museum</b></p> <p><u>Age-Tastic! and or Rummikub @ 9:30 am</u></p> <p><u>Social Hour 1:00-3:00</u> Board Games available Age-Tastic, Rummikub, Bingo</p>	<p>Feb 13 Birthday Party live entertainment Sponsored by ElderPlan @10:30</p> <p>~ <u>Trivia Pursuit</u> Live &amp; Hybrid Calling 10:00</p> <p>~ Yiddish Hour at 11:00 am Hybrid <i>Lunch 11:30 am</i></p> <p>~<u>"Oneg Shabbat Class"</u> (sing-a long class) 12:30</p> <p><u>Social Hour 1:00-3:00</u> Board Games Available Rummikub, Age-Tastic Cards, Apples to Apples Brain Teaser available</p>

# **THE BAY SENIOR CENTER**

3643 Nostrand Avenue, Brooklyn NY 11229 Tel [718] 648-2053 February 2026

Catholic Charities Neighborhood Services & NYC Department for the Aging

Nutrition Lecture Tuesday February 2026@ 11:15 sponsored by Chateau

Musically Stretching exercise Tuesdays at 10:45

Jewelry making Tuesdays at 12:30

Cardio exercise Wednesdays at 10:00

Moving Meditation Exercise -QI Gong      Thursdays at 10:00 AM

Painting Class at Thursdays @ 12:30

Brooklyn Public Library: Words & Memories- (new date) February 24 Hybride

{Third Thursdays of every Month at 10:30 AM}

Ballroom dancing February 2026 @ 9:00

Birthday Party February 2026 @ 10:15

**CONFERENCE CALL** 701) 802-5238 - ACCESS CODE; 3235213 #

Coping with Your Feeling – Mondays at 10:00 AM Hybrid

Alert & Alive      Mondays at 11:00 AM / Hybrid

Blood Pressure      Tuesday at 10:30 AM

Current Events      Wednesdays at 10:00 AM / Hybrid

Trivia Pursuit -      Fridays at 10:00 AM // Hybrid

Yiddish Hour -      Fridays at 11:00 AM / Hybrid

Oneg Shabbat -sing a long Class Friday@ 12:30

# FEBRUARY

*February comes from the Latin word februa, which means "to cleanse." The month was named after the Roman Februalia, which was a monthlong festival of purification and atonement.*

## WAS VALENTINE'S DAY ONCE WARMER?

When Valentine's Day became popular in the Middle Ages, the climate was warmer than it is now. Birds mated. Flowers bloomed. And love blossomed. If it had been wintry weather, would this holiday still be the same today?

Identifying past weather patterns is always somewhat controversial, but history seems to show that a thousand years ago, the weather was very warm in Europe compared to today.

Greenland really had some green pastures, and Vikings ran cattle. During this period, springtime in Italy frequently began in mid-February.

And ever notice that poems describing the weather in England sound like sunny Italy?

Chaucer, widely considered the greatest poet of the Middle Ages, associated the feast of St. Valentine with the mating impulses of birds—which were thought to begin looking for their mates on February 14.

Indeed, the feast of St. Valentine has been associated with love since the Middle Ages.

### THE MEDIEVAL WARM PERIOD

The Medieval Warm Period (MWP), which roughly coincided with the Middle Ages in Europe, lasted from c. 950 to c. 1250. It was a time of relatively warm conditions said to have prevailed in various parts of the world, though predominantly in the Northern Hemisphere from Greenland eastward through Europe and parts of Asia.

Possible causes of the Medieval Warm Period include increased solar activity, decreased volcanic activity, and changes to ocean circulation.

This warm period was followed by a decline in temperature levels. This was called "The Little Ice Age" because it was the coldest phase since the last ice age occurred.

Originally, the Romans had a mid-February fertility festival, Lupercalia, to celebrate the change of seasons. In A.D. 496, Pope Gelasius I replaced the rather raunchy affair with a saint's day: St. Valentine's Day.

That should have ended everything. St. Valentine was a nice guy who was kind to children, helped the early Christians, and was executed on February 14. There was nothing lusty about him. (However, some legends say he healed and befriended his



# Happy Valentine's Day

jailkeeper's daughter and sent her a farewell note ("From your Valentine.")

So, what do you get when you combine a romantic saint and the beginning of spring? A mushy mid-February holiday!

By the Medieval Warm Period, societies from England to Italy cheerfully celebrated this saint's day with villages pairing up young men and women for dances and dalliance.

## WHAT IS SOLAR WINTER?

Technically, solar winter ends on February 5. This is the (darkest) quarter of the year with the least amount of daylight for the Northern Hemisphere. It lasts from November 5 to February.

After the end of solar winter, the Northern Hemisphere enters the time of year when the sun's rays are getting stronger. Until April, day length across the Northern Hemisphere will grow at its quickest rate.

Of course, with both our air and ocean temperatures,

there is always a phenomenon called 'seasonal lag.' The warmth from the summer and fall months carries into the first part of winter, just like the cold from winter will carry into the first part of spring.

Even in the Little Ice Age, people noticed that the days were becoming sunnier. It might have been hard to gather flowers, but romance continued to bloom on February 14.



# FEBRUARY

*February comes from the Latin word februa, which means "to cleanse." The month was named after the Roman Februalia, which was a monthlong festival of purification and atonement.*

## PRESIDENTS' DAY

### IS THIS HOLIDAY CALLED PRESIDENTS' DAY OR WASHINGTON'S BIRTHDAY?

Although the holiday is most often referred to as "Presidents' Day," the observed federal holiday is officially called "Washington's Birthday."

Neither Congress nor the President has ever stipulated that the name of the holiday observed as Washington's Birthday be changed to Presidents' Day. Additionally, Congress has never declared a national holiday that is binding in all states; each state has the freedom to determine its own legal holidays. This is why there are some calendar discrepancies when it comes to this holiday's date.

### SO, WHY IS WASHINGTON'S BIRTHDAY COMMONLY CALLED PRESIDENTS' DAY?

In a sense, calling the holiday Presidents' Day helps us to reflect on not just the first president, but also the founding of our nation, its values, and what Washington calls in his Farewell Address the "beloved Constitution and union, as received from the Founders." Additionally, Abraham Lincoln's birthday is in February (on the 12th), so by calling the holiday "Presidents' Day," we can include another remarkable president in our celebrations as well.

Today, many calendars list the third Monday of February as Presidents' Day, just as quite a few U.S. states do, too. Of course, all of the 3-day retail store sales are called "Presidents' Day" sales, and this vernacular has also been influential in how we reference the holiday.

### WHEN IS PRESIDENTS' DAY?

Presidents' Day is observed annually on the **third Monday in February**. In 2022, Presidents' Day will be celebrated on Monday, February 21.

### PRESIDENTS' DAY HISTORY

Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under President Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.

Washington's birthday was celebrated on February 22 until well into the 20th century. In 1968, Congress passed the Monday Holiday Law to "provide uniform annual observances of certain legal public holidays on Mondays." By creating more 3-day weekends, Congress hoped to "bring substantial benefits to both the spiritual and economic life of the Nation."

Today, George Washington's Birthday is one of only eleven permanent holidays established by Congress. One of the great traditions followed for decades has been the reading by a U.S. senator of George Washington's Farewell Address in a legislative session, which remains an annual event to this day.

## WHEN IS GEORGE WASHINGTON'S REAL BIRTHDAY?

Although the federal holiday is held on a Monday (the third Monday of February), George Washington's birthday is observed on February 22. To complicate matters, Washington was actually born on February 11 in 1731! How can that be?

George Washington was originally born when the Julian calendar was in use. During Washington's lifetime, people in Great Britain and America switched the official calendar system from the Julian to the Gregorian calendar (something that most of Europe had already done in 1582).

As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add one year to be in sync with the new calendar.

By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his year of birth as 1732.

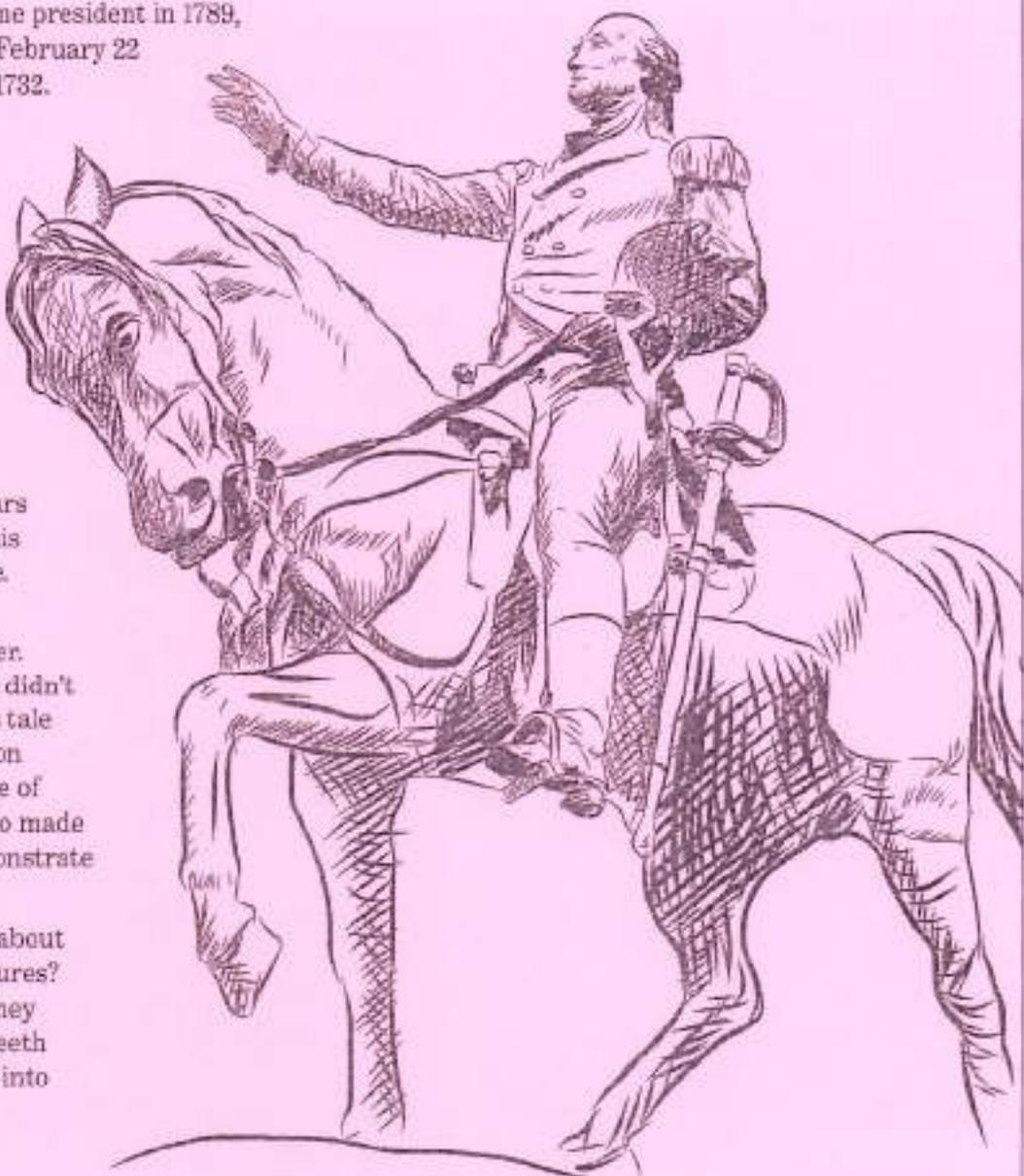
To summarize, Washington's birthday changed from February 11, 1731 (Old-Style Julian calendar), to February 22, 1732 (New-Style Gregorian calendar).

## MYTHS ABOUT WASHINGTON

Legend has it that George Washington chopped down a cherry tree when he was 6 years old and, when confronted by his father, said, "I can not tell a lie. I did it with my hatchet."

Well, we can not tell a lie, either. Washington didn't say this; he didn't even chop down the tree! This tale was in fact concocted by Parson Mason Weems (1759-1825), one of Washington's biographers, who made up the story in hoping to demonstrate Washington's honesty.

This tale is not the only myth about Washington. His wooden dentures? They weren't made of wood; they were made of hippopotamus teeth that had been filed down to fit into Washington's mouth.



# HOW TO SLEEP BETTER AND STOP SNORING

Tired of feeling tired? Take steps to sleep better at night—and also stop snoring. Here are 20 tips for getting a good night's sleep!

It's natural for people to have trouble sleeping from time to time. Some common reasons are stress, a sick child, eating or drinking too close to bedtime, or certain medications. This is usually nothing to worry about, but it slows your thinking, makes it difficult to pay attention, and makes you feel cranky (which affects others)!

## How to Sleep Better and Achieve Deep Sleep

It's normal to take between 10 and 20 minutes to fall asleep. If you're having trouble and this is not a chronic case, here are some common natural sleep remedies that may work better than counting sheep!

- 1 Go to bed and get up at the same time each day.** Humans crave structure and rhythm. Help your body find its natural rhythm.
- 2 Get up and walk around.** If you keep tossing and turning in bed for 20 minutes, try getting up. Take a walk or do something quiet.
- 3 Turn the temperature down.** Many suggest a slightly cooler room is helpful for sleeping at night, so set your temperature down a degree or two. Just don't let your feet get too cold—warm them in a bath or with socks before bedtime.
- 4 Use your bed only for sleeping.** Do not watch TV in your room or use your computer in bed. When you lie down in bed, your body should be conditioned to think of the bed as sleep time, not for wakefulness.
- 5 Don't face the clock.** Try removing clocks from your bedroom. Clock-watching can feed into the pattern of insomnia. If you need an alarm, put one outside your bedroom door.
- 6 Go for a brisk daily walk.** Exercise boosts natural sleep hormones, so you'll have an easier time going to sleep if you exercise. However, exercising within 2 or 3 hours before going to bed will keep you awake. So plan accordingly. Morning exercise is best as it exposes you to sunlight, which aids the natural circadian rhythm.
- 7 Wind yourself down.** In the 30 minutes before bedtime, wind down by doing something relaxing. If you can develop a set bedtime ritual—like listening to music, taking a shower, or deep breathing 20 times in and out—that's another way to condition your body.
- 8 Avoid caffeine, nicotine, beer, wine, and liquor in the 4 to 6 hours before bedtime.** A glass of wine is not a way to wind yourself down right before sleep. Alcohol is a stimulant that disrupts sleep.
- 9 Skip the afternoon nap.** Try not to take naps during the day because this can take away your ability to be able to have a deep sleep. If you do nap, don't nap later than 3 P.M.
- 10 Don't eat large meals within 2 hours of bedtime.** But don't go to bed hungry. Have a few crackers or another small snack.
- 11 Milk and turkey can help.** Though large meals are not advised, try having a glass of milk an hour before going to sleep. If milk upsets your stomach, eat half of a turkey sandwich. The chemical tryptophan in both milk and turkey causes drowsiness.
- 12 Your sleep position can also be important and affect your health.**
- 13 Consult your doctor.** In some cases, taking medicine together with some changes to your routine can help most people with insomnia. Consult your health professional.

## How to Stop Snoring

Do you snore? Snoring is caused by vibrating in the throat. Some people can make changes that will stop snoring. These include:

- 1 Losing weight. Fat tissue in the neck and throat narrows airways.
- 2 Quitting smoking; smokers are more likely to snore for a variety of reasons.
- 3 Not drinking alcohol within 3 hours of bedtime to prevent relaxation of your airways.
- 4 Sleeping on your side instead of on your back.
- 5 Avoiding medications that relax your muscles in the evening.
- 6 Addressing dust mites and pet allergies, which may cause snoring.
- 7 Clearing out your nasal sinuses; use saline solutions, humidifiers, and medication.

If you snore loudly and often and find that you are drowsy during the day, you may have sleep apnea. This is not uncommon, but it is dangerous because your breathing can stop during sleep. If you suspect you have sleep apnea, you should see your doctor.

People with sleep apnea tend to be overweight. It is more common among men than women. In many cases, doctors will recommend a device that pushes air through your airway, but in some cases, you may need surgery.

## Insomnia

Not getting enough sleep for a long time can cause long-term health problems. For example, it can make problems like diabetes and high blood pressure worse. If you have sleep issues that last most nights for 3 to 4 weeks or more, you need to consult a health professional. You may have a chronic case of insomnia; this issue is more common in women, people with depression, and those older than 60. Insomnia can become a habit that your body easily adapts to if you don't try to put a stop to the cycle.

There are also sleep disorders, such as narcolepsy, that can make you sleepy during the day. Certain disorders, like restless legs syndrome, can keep you up all night even though they don't directly impact sleep.

*A good laugh and a long sleep are the best cures in the doctor's book.*

—Irish proverb





**NY Connects**  
Your Link to Long Term  
Services and Supports

# Speak With a Social Worker!

## NY Connects Brooklyn Social Worker Site Visit

### Bay Older Adult Center February 9th 10:15AM–3:45PM

For people of all ages, any disability, and caregivers.

**NY Connects** can work with anyone who needs information on long-term services and supports - children or adults with disabilities, older adults, family members, and caregivers, friends or neighbors, veterans, and helping professionals.

**Connect to long-term services and supports in your community.**

- Personal care services
- Education and counseling
- Health and wellness
- Behavioral health services
- Intellectual/developmental disability services
- Social supports

#### Reach Brooklyn NY Connects

By phone.

(718) 671-6200

Monday 9AM to 7PM

Tuesday–Friday 9AM to 5PM

Online.

[www.nyconnects.ny.gov](http://www.nyconnects.ny.gov)

By email.

[NYConnects@pssusa.org](mailto:NYConnects@pssusa.org)

Outreach.

To schedule a NY Connects Team Member to visit your organization, email Johanna Miller at [jmiller@pssusa.org](mailto:jmiller@pssusa.org)



**NY Connects**  
Your Link to Long Term  
Services and Supports

Funded by NYC  
Department for  
the Aging

**NYC**  
Department for  
the Aging

Starting Posture



Raising Both Hands



A2



A3



Forearm Rolling on Both Sides



B1

B2



B3



Brush Knee and Twist Step on Both sides



C1

C2



C3



Grasp the Bird's Tail-both Side



D1

D2



D3



Cloud Hands



E1

E2



E3



Single Whip



F1

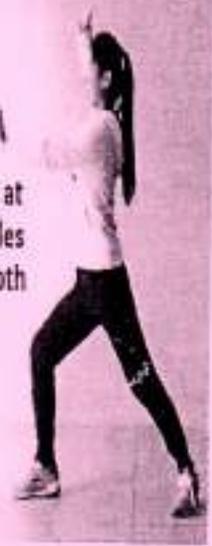
F2



F3



Work at Shuttles on both Sides



G1

G2



G3



Raising Left and then Right Hand



H1

H2



H3



Closing Form





A LIFE IS NOT

*important*

EXCEPT IN THE

**IMPACT**

IT HAS ON

**OTHER LIVES.**

JACKIE ROBINSON

*Jackie Robinson* (1919-1972) became the first African American to join Major League Baseball as a member of the 1947 Brooklyn Dodgers. His skills and courage won him respect and honors as an all-star and member of the National Baseball Hall of Fame.

ALZHEIMER'S  ASSOCIATION™

# BLACK HISTORY MONTH SERIES

These free virtual programs delve into the impact of Alzheimer's and dementia on the Black community, including discussions about caregiving, brain health, improving Alzheimer's care and support for communities of color.

**Feb. 5 | 1-2 p.m.**  
**Understanding Alzheimer's & Dementia**

**Feb. 18 | 1-2 p.m.**  
**Healthy Living for Your Brain & Body**

**Feb. 22 | 4-5:30 p.m.**  
**Faith, Family, Memory: Honoring Black History Through Brain Health**

**Feb. 26 | 6-7 p.m.**  
**New Advances in Alzheimer's Treatment**

**Feb. 28 | 12-3:30 p.m.**  
**Empowering Black and Brown Communities:  
A Brain Health Conference**

How to register:  
Scan the QR code  
[bit.ly/2026AlzBHM](https://bit.ly/2026AlzBHM)  
800.272.3900

