

NEW AGE OLDER ADULT CENTER PRESENTS ...

MAY 2023

THE SENIOR SCOOP

54 MACDONOUGH ST. BROOKLYN, NY 11216 PHONE# (929) 397-2628

HOURS OF OPERATION: MONDAY - FRIDAY 8 A.M. - 4 P.M.



**Aging
UNBOUND**

**OLDER
AMERICANS
MONTH**



AGING UNBOUND: MAY 2023

acl.gov/oam



NEW AGE HIGHLIGHTS

Important Dates:

Always check activities calendar for other activities/events

- May 3rd **Nutrition Education Presentation w| Claudia - In Person @ 1:30 p.m.**
- May 4th **New Age Member's Meeting w| Staff @ 1 p.m.**
- May 5th **Cinco De Mayo Ice Cream Social @ 12:30 p.m.**
- May 8th **Oak Street Health Presentation w| Donus @ 11 a.m. - In Person**
- May 10th **Cognitive Health Presentation w| Charlotte, Geriatric Care Manager @ 11 a.m. - In Person**
- May 11th **Sip & Paint @ 1 p.m.**
- May 12th **Mother's Day Celebration @ 12 p.m.**
- May 15th & May 17th **Gardening w| Jailene @ 11 a.m.**
- May 15th **Nutrition Education Presentation w| Claudia - In Person @ 1:30 p.m.**
- May 18th **Last Day of Tai Chi**
- May 23rd & May 25th **Karaoke**
- May 26th **Birthday Celebrations @ 12 p.m.**

Center Closed Date/s:

- May 29th **Memorial Day**

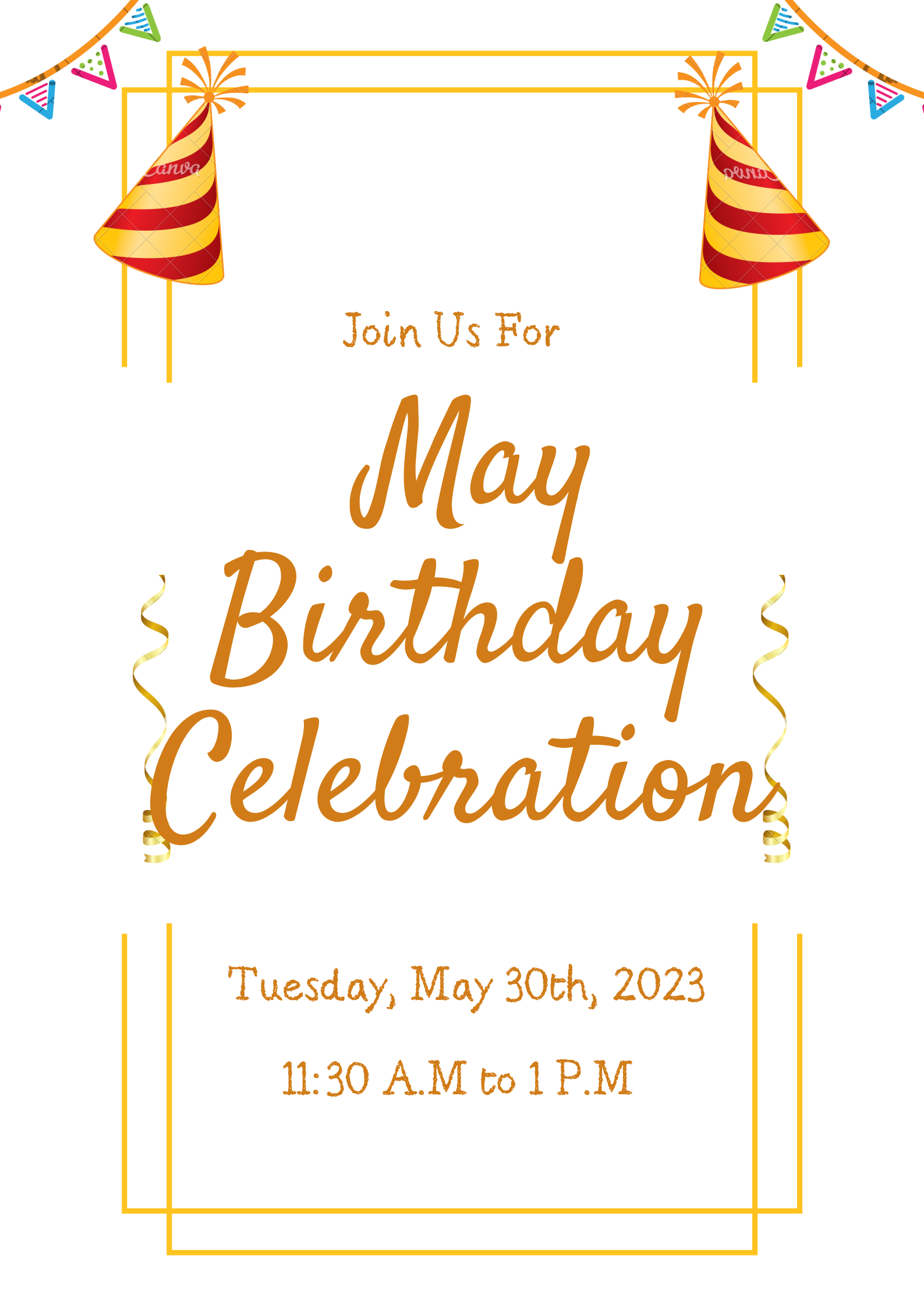
YOU'RE INVITED TO



MOTHER'S DAY CELEBRATION

FRIDAY, MAY 12, 2023
12 P.M. - 2 P.M.





Join Us For

May Birthday Celebration

Tuesday, May 30th, 2023

11:30 A.M to 1 P.M

HAPPY BIRTHDAY

NEW AGE BIRTHDAYS

Theoria Archer ...	May 8th
Victoria Robertson ...	May 8th
Juana Cirilo ...	May 11th
Jack Britton ...	May 11th
Stephanie Clouden ...	May 14th
Marva Trotman ...	May 15th
Glinda Clark ...	May 21st
Michael Staton ...	May 23rd

If you have a birthday in May, please stop by
the office and let us know

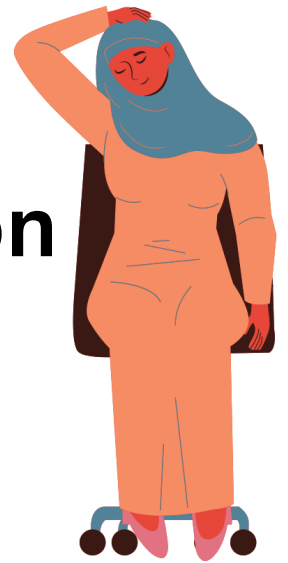
Continuing Classes/Activities:

**Chair Exercise w/ Tommy the
Experience**

**Every Monday &
Wednesday @ 1 p.m.**



Chair Yoga Stretch w/ Avion
Every Tuesday @ 1 p.m.



Formal Tea Hour w/ Ms. Lucille
Every Tuesday @ 10 a.m.

**Tai Chi for Arthritis Evidence
Based 10 week Program**
**Every Tuesday & Thursday @
11 a.m. Last Day is May 18th**



Upcoming Classes & Presentations:

(FYI: ALWAYS CHECK ACTIVITY CALENDAR FOR PRESENTATIONS THAT DOES NOT HAVE A FLYER)

OSTEOARTHRITIS 101



Join us for a presentation that will review the basics of osteoarthritis and common treatment options.

May 3, 2023

10 AM-11AM

Click Here to Join:

[https://uso2web.zoom.us/j/85472514216?
pwd=NohrejN6MVhjQk8ybnZjVm1CNGtqZzo9](https://uso2web.zoom.us/j/85472514216?pwd=NohrejN6MVhjQk8ybnZjVm1CNGtqZzo9)

Meeting ID: 854.7251.4216

Passcode: 389619

Call In: 646 931 3860

FUNDED BY NYC AGING

Upcoming Classes & Presentations:

(FYI: ALWAYS CHECK ACTIVITY CALENDAR FOR PRESENTATIONS THAT DOES NOT HAVE A FLYER)

May is Better Hearing Month!



JOIN US FOR A 3 PART SERIES ON HEARING LOSS

Hearing Loss - Thursday, May 4th at 10 a.m.

- Facts about hearing loss
- What to expect from a hearing test

Hearing Aids - Thursday, May 11th at 10 a.m.

- Intro to over-the-counter and prescription hearing aids
- What to expect from a hearing aid fitting

Tinnitus - Thursday, May 18th at 10 a.m.

- What is tinnitus (ringing/buzzing sounds in the ear)
- Tips for managing tinnitus

Series Speaker: Lauren Capua, BA, Audiology Resident at
Center for Hearing and Communication

USE **THIS** ZOOM LINK TO JOIN **EACH** OF THESE WEBINARS:

<https://us02web.zoom.us/j/89256769317>

PHONE: 929-205-6099 AND ENTER MEETING ID: 892 5676 9317



www.chchearing.org

This session is provided in collaboration

FUNDED BY NYC AGING

Upcoming Classes & Presentations:

(FYI: ALWAYS CHECK ACTIVITY CALENDAR FOR PRESENTATIONS THAT DOES NOT HAVE A FLYER)



Smarter choices. Better health.

Healthy lifestyle habits can help you maintain and improve your health. Join us as we discuss everyday health and share tools to help you live life to the fullest. Light refreshments will be served.

With special guest Tiffany Williams & Donus Smith .

Event details

New Age Older Adult Center Monday, 05/08
54 MacDonough Street
Brooklyn, NY 11216

11:00 AM - 2:00 PM

RSVP today by calling **917-657-0205**

*Oak Street Health limits one \$2 prize per person with the value not exceeding \$25, while supplies last, one time use only. Doctor's authorization may be required to participate in select events. We are not affiliated with and do not endorse other parties' services or products. Sales agents may be present with plan specific information and enrollment options. Oak Street Health provides a community service to help seniors understand Medicare facts. Please note that we are not insurance agents or Medicare employees nor does Medicare in any manner endorse our educational assistance. The assistance is provided as a service to the community by Oak Street Health.

Upcoming Classes & Presentations:

(FYI: ALWAYS CHECK ACTIVITY CALENDAR FOR PRESENTATIONS THAT DOES NOT HAVE A FLYER)



Photo Credit: AlSubarasiki from Pixabay



Photo Credit: MyPlate



Photo Credit: MyPlate

Cooking Live with NYC Aging!

Who said healthy food can't be tasty?

Mark down these 3 dates in your calendars for our next few cooking demos of 2023:

Date: Wednesday, April 19th, at 11:00am
Recipe: Kimbap (Korean Sushi)
Language: English + Korean

Date: Wednesday, May 10th, at 11:00am
Recipe: Pineapple Zucchini Cake
In honor of Mother's Day!
Language: English + Spanish

Date: Wednesday, June 14th at 11:00am
Recipe: Garden Frittata
Language: English

Upcoming Classes & Presentations:

The zoom information will be the same for all the cooking demos.

Link:

<https://us02web.zoom.us/j/84599309153?pwd=bFErdmJlUTA3bzRtTXN5U0hPa29YUT09>

Meeting ID: 845 9930 9153

Passcode: 123

Dial-In Number: +1 929-436-2866 US (New York)

Please cook along with us! A list of ingredients for the recipes will be sent closer to the dates of the cooking demos.

For any questions, comments, or recipe suggestions, please email us at: virtualsmartliving@aging.nyc.gov.

Get your aprons ready, see you soon in the kitchen!

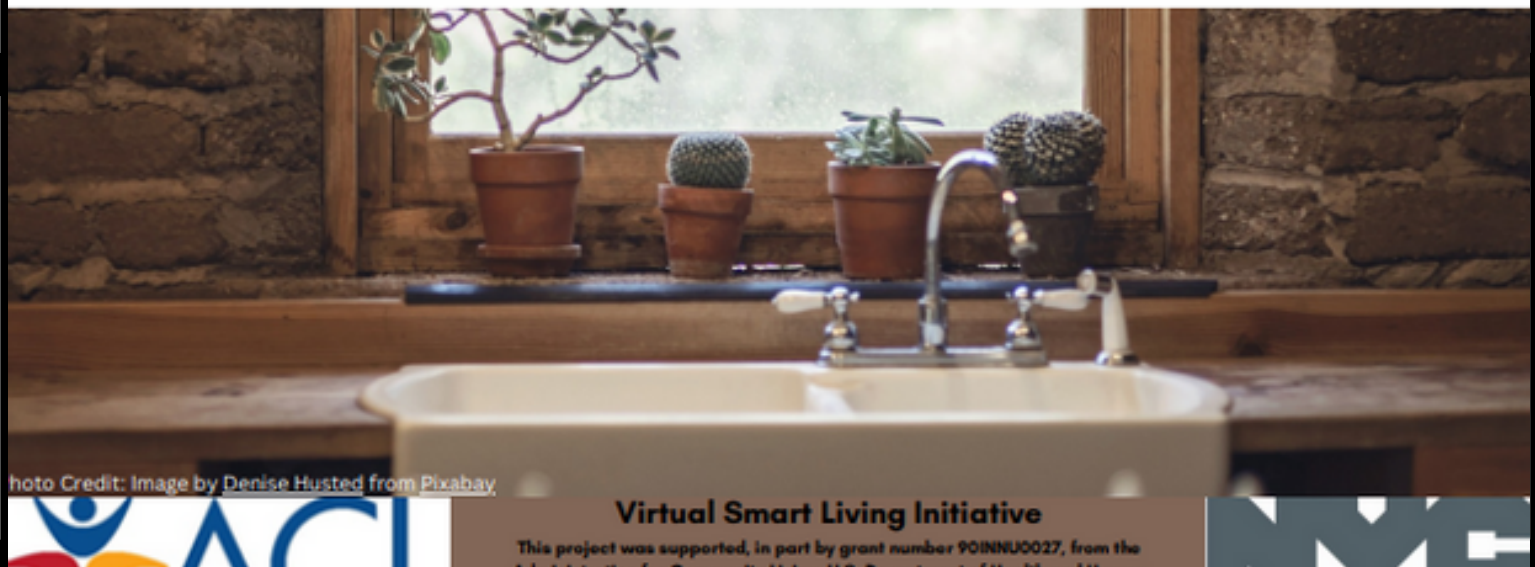


Photo Credit: Image by Denise Husted from Pixabay

Virtual Smart Living Initiative

This project was supported, in part by grant number 90INN00027, from the

FUNDED BY NYC AGING

Upcoming Trips:

SPIRIT OF NY (ALL WHITE PARTY)



DATE: WEDNESDAY, JULY 12, 2023

PICKUP: ST. LOUIS OLDER ADULT CENTER 230 KINGSTON AVE BKLYN, NY 11213 9:00AM

DEPARTURE: SPIRIT OF NY: 2:30PM

PRICE: \$150.00

DJ, DANCING BEAUTIFUL VIEW OF THE CITY SKYLINE

ALL YOU CAN EAT BUFFET LUNCHEON

PAYMENT INSTALLMENTS

1ST – APRIL 12TH \$50.00

2ND - MAY 12TH \$50.00

3RD - JUNE 12TH \$50.00

CONTACT:

MS. FRANCES LANGLEY OR MS. BARBARA VICKERIE OR HELLEN DENMAN

(718) 771 -7945

THIS EVENT IS ALL WHITE ONLY!!!!

WHEN CALLING PLEASE LET THEM KNOW THAT YOU ATTEND NEW AGE CENTER.

Upcoming Trips:



DATE: WEDNESDAY, AUGUST 16, 2023

PICKUP: ST. LOUIS OLDER ADULT CENTER 230 KINGSTON AVE BKLYN, NY 11213
AT 7:45AM

DEPART FROM SIGHT & SOUND THEATRE: 5:45PM

PRICE: \$175.00

LUNCH BUFFET AT GOLDEN CORRAL
SHOPPING AT TANGER OUTLETS

PAYMENT INSTALLMENTS

1ST - MARCH 10TH \$50.00

2ND - APRIL 10TH \$50.00

3RD - MAY 10TH \$50.00

FINAL - JUNE 9TH \$25.00

CONTACT:

HELEN DENMAN OR ESSIE SPIVEY OR MARY WILLIAMS
(718) 771 -7945

**WHEN CALLING PLEASE LET THEM KNOW THAT YOU ATTEND NEW AGE
CENTER.**



MAY IS SENIOR HEALTH AWARENESS MONTH

SENIOR HEALTH AND WELLBEING ARE WORLDWIDE CONCERNS, AND PROGRAMS AND INITIATIVES ARE BEING DEVELOPED TO IMPROVE AND ADDRESS THE HEALTH OF ALL COMMUNITIES BY SUPPORTING SENIOR HEALTH CARE THROUGH EFFECTIVE POLICIES.

AGEING AND HEALTH

THE UNITED NATIONS (UN) GENERAL ASSEMBLY DECLARED 2021–2030 THE UN DECADE OF HEALTHY AGEING AND ASKED THE WORLD HEALTH ORGANIZATION (WHO) TO LEAD THE IMPLEMENTATION.

- **THE UN DECADE OF HEALTHY AGEING (2021–2030)** SEEKS TO REDUCE HEALTH INEQUITIES AND IMPROVE THE LIVES OF OLDER PEOPLE, THEIR FAMILIES AND COMMUNITIES THROUGH COLLECTIVE ACTION IN FOUR AREAS: CHANGING HOW WE THINK, FEEL AND ACT TOWARDS AGE AND AGEISM; DEVELOPING COMMUNITIES IN WAYS THAT FOSTER THE ABILITIES OF OLDER PEOPLE; DELIVERING PERSON-CENTERED INTEGRATED CARE AND PRIMARY HEALTH SERVICES RESPONSIVE TO OLDER PEOPLE; AND PROVIDING OLDER PEOPLE WHO NEED IT WITH ACCESS TO QUALITY LONG-TERM CARE.

PEOPLE WORLDWIDE ARE LIVING LONGER. TODAY MOST PEOPLE CAN EXPECT TO LIVE INTO THEIR SIXTIES AND BEYOND. EVERY COUNTRY IN THE WORLD IS EXPERIENCING GROWTH IN BOTH THE SIZE AND THE PROPORTION OF OLDER PERSONS IN THE POPULATION.

COMMON HEALTH CONDITIONS ASSOCIATED WITH AGEING

COMMON CONDITIONS IN OLDER AGE INCLUDE HEARING LOSS, CATARACTS AND REFRACTIVE ERRORS, BACK AND NECK PAIN AND OSTEOARTHRITIS, CHRONIC OBSTRUCTIVE PULMONARY DISEASE, DIABETES, DEPRESSION AND DEMENTIA. AS PEOPLE AGE, THEY ARE MORE LIKELY TO EXPERIENCE SEVERAL CONDITIONS AT THE SAME TIME.

OLDER AGE IS ALSO CHARACTERIZED BY THE EMERGENCE OF SEVERAL COMPLEX HEALTH STATES COMMONLY CALLED **GERIATRIC SYNDROMES**. THEY INCLUDE FRAILTY, URINARY INCONTINENCE, FALLS, DELIRIUM AND PRESSURE ULCERS.



MAY IS SENIOR HEALTH AWARENESS MONTH (CONT.)

FACTORS INFLUENCING HEALTHY AGEING

A LONGER LIFE BRINGS WITH IT OPPORTUNITIES, NOT ONLY FOR OLDER PEOPLE AND THEIR FAMILIES, BUT ALSO FOR SOCIETIES AS A WHOLE. ADDITIONAL YEARS PROVIDE THE CHANCE TO PURSUE NEW ACTIVITIES SUCH AS FURTHER EDUCATION, A NEW CAREER OR A LONG-NEGLECTED PASSION. OLDER PEOPLE ALSO CONTRIBUTE IN MANY WAYS TO THEIR FAMILIES AND COMMUNITIES. YET THE EXTENT OF THESE OPPORTUNITIES AND CONTRIBUTIONS DEPENDS HEAVILY ON ONE FACTOR: **HEALTH**

IF PEOPLE CAN EXPERIENCE THESE EXTRA YEARS OF LIFE IN GOOD HEALTH AND IF THEY LIVE IN A SUPPORTIVE ENVIRONMENT, THEIR ABILITY TO DO THE THINGS THEY VALUE WILL BE LITTLE DIFFERENT FROM THAT OF A YOUNGER PERSON. IF THESE ADDED YEARS ARE DOMINATED BY DECLINES IN PHYSICAL AND MENTAL CAPACITY, THE IMPLICATIONS FOR OLDER PEOPLE AND FOR SOCIETY ARE MORE NEGATIVE.

ALTHOUGH SOME OF THE VARIATIONS IN OLDER PEOPLE'S HEALTH ARE GENETIC, **MOST IS DUE TO PEOPLE'S PHYSICAL AND SOCIAL ENVIRONMENTS** – INCLUDING THEIR HOMES, NEIGHBORHOODS, AND COMMUNITIES, AS WELL AS THEIR PERSONAL CHARACTERISTICS – SUCH AS THEIR SEX, ETHNICITY, OR SOCIOECONOMIC STATUS. THE ENVIRONMENTS THAT PEOPLE LIVE IN AS CHILDREN – OR EVEN AS DEVELOPING FETUSES – COMBINED WITH THEIR PERSONAL CHARACTERISTICS, HAVE LONG-TERM EFFECTS ON HOW THEY AGE.

PHYSICAL AND SOCIAL ENVIRONMENTS CAN AFFECT HEALTH DIRECTLY OR THROUGH BARRIERS OR INCENTIVES THAT AFFECT OPPORTUNITIES, DECISIONS AND HEALTH BEHAVIOR. MAINTAINING HEALTHY BEHAVIORS THROUGHOUT LIFE, PARTICULARLY EATING A BALANCED DIET, ENGAGING IN REGULAR PHYSICAL ACTIVITY AND REFRAINING FROM TOBACCO USE, ALL CONTRIBUTE TO REDUCING THE RISK OF NON-COMMUNICABLE DISEASES, IMPROVING PHYSICAL AND MENTAL CAPACITY AND DELAYING CARE DEPENDENCY.



MAY IS SENIOR HEALTH AWARENESS MONTH (CONT.)

SUPPORTIVE PHYSICAL AND SOCIAL ENVIRONMENTS ALSO ENABLE PEOPLE TO DO WHAT IS IMPORTANT TO THEM, DESPITE LOSSES IN CAPACITY. **THE AVAILABILITY OF SAFE AND ACCESSIBLE PUBLIC BUILDINGS AND TRANSPORT, AND PLACES THAT ARE EASY TO WALK AROUND, ARE EXAMPLES OF SUPPORTIVE ENVIRONMENTS.** IN DEVELOPING A PUBLIC-HEALTH RESPONSE TO AGEING, IT IS IMPORTANT NOT JUST TO CONSIDER INDIVIDUAL AND ENVIRONMENTAL APPROACHES BUT, ALSO THOSE THAT MAY REINFORCE RECOVERY, ADAPTATION AND PSYCHOSOCIAL GROWTH.

KEY FACTS

- ·ALL COUNTRIES FACE MAJOR CHALLENGES TO ENSURE THAT THEIR HEALTH AND SOCIAL SYSTEMS ARE READY TO MAKE THE MOST OF THIS DEMOGRAPHIC SHIFT.
- ·IN 2050, 80% OF OLDER PEOPLE WILL BE LIVING IN LOW- AND MIDDLE-INCOME COUNTRIES.
- ·THE PACE OF POPULATION AGEING IS MUCH FASTER THAN IN THE PAST.
- ·IN 2020, THE NUMBER OF PEOPLE AGED 60 YEARS AND OLDER OUTNUMBERED CHILDREN YOUNGER THAN 5 YEARS.
- ·BETWEEN 2015 AND 2050, THE PROPORTION OF THE WORLD'S POPULATION OVER 60 YEARS WILL NEARLY DOUBLE FROM 12% TO 22%.

CHALLENGES IN RESPONDING TO POPULATION AGEING

OLDER PEOPLE ARE OFTEN ASSUMED TO BE FRAIL OR DEPENDENT AND A BURDEN TO SOCIETY. **PUBLIC HEALTH PROFESSIONALS, AND SOCIETY, NEED TO ADDRESS THESE AND OTHER AGEIST ATTITUDES,** WHICH CAN LEAD TO DISCRIMINATION, AFFECT THE WAY POLICIES ARE DEVELOPED AND PREVENT OPPORTUNITIES OLDER PEOPLE MAY HAVE TO EXPERIENCE HEALTHY AGING.

WE ARE ALL IN THIS TOGETHER TO MAKE A BETTER LIFE FOR ALL, AND IT WILL IMPACT OUR COMMUNITIES, OUR FAMILIES AND OUR FUTURE.



Mother's Day Word Search

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



CARD	HOLIDAY
CARING	LOVING
CELEBRATE	MAY
CHILDREN	MOM
FAMILY	MOTHER
FLOWERS	PARENT



CRAYONSANDCRAVINGS.COM



CINCO DE MAYO

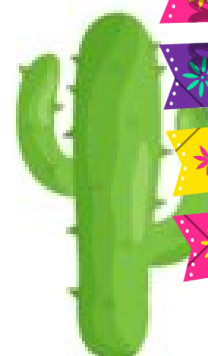


MUSIC
FESTIVAL
PUEBLA
MARIACHI
BURRITOS

PINATA
FIESTA
MEXICO
CELEBRATION
PARADE

SOMBRERO
AMIGO
TACOS
MAY
MAYO

HOLIDAY
VICTORY
MARACAS
PRIDE
FOOD



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MEMORIAL DAY

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

HEROS
MARINES
MILITARY
CEMETERY
IRAG
BATTLE

VOLOR
DEFEND
MEMORIAL
TROOPS
MONUMENT
GRAVE

PEACE
AIR
FLOWERS
TRIBUTE
HONOR
BASE

MONDAY
WWII
CEREMONY
PARADE
FREEDOM
NAVY

MEMORY
SOLDIER
COUNTRY
KOREA
GUARD
FLAG





Resources

NEED HELP?
Catholic Charities
Call Center
718-722-6001



Monday - Friday, 9AM - 6PM

- Behavioral Health Services
- Care Coordination
- Early Childhood and Head Start Programs
- Emergency Food Pantry
- Family Stabilization Programs
- Housing Information
- Immigration Services
- Limited Financial Assistance
- Senior Services
- Information & Referrals to Other Services

A Catholic Charities Walk-In Center may also be located in your area.

Integrated Health & Wellness Services
Catholic Charities Brooklyn and Queens



Resources Cont.



Geriatric Mental Health Initiative **Program**

Providing awareness, screenings and referrals for seniors 55 and older in the area of brain function, depression, anxiety, alcohol and substance abuse.

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Contact or visit us at:

718-514-8035/929-409-5410

6823 Fifth Ave Brooklyn, NY 11220 2nd Fl.

Available Monday thru Friday

9 a.m. – 5 p.m.



Funded by the Office of Mental Health and Hygiene



Resources Cont.

COMMUNITY-BASED SERVICES AVAILABLE TO OLDER ADULTS: ZIP CODE 11216

MENTAL HEALTH CLINICS/HOSPITALS

*ADVANTAGE CARE PHYSICIANS - BEDFORD MEDICAL OFFICE • 233 NOSTRAND AVE., BROOKLYN, NY 11205
(718) 826-5900*

DOWNSTATE MENTAL HEALTH • 450 CLARKSON AVE, BROOKLYN, NY 11203 (718) 270-2003

*INTERFAITH MEDICAL CENTER • 1545 ATLANTIC AVE, BROOKLYN, NY 11213
(718) 613-4195*

MEDICAL CLINICS/HOSPITALS

24 HOUR URGENT CARE BEDSTUY • 391 EASTERN PKWY (347) 428-0686

BEDFORD-STUYVESANT FAMILY HEALTH CENTER MEDICAL • 1456 FULTON ST (718) 858-1571

CITYMD BED-STUY URGENT CARE - • 1243 FULTON ST (646) 647-1257

DENTIST

BED-STUY DENTAL ARTS DENTAL • 1154 FULTON ST (718) 622-8950

DR. CHARLES T. BEARD, DDS DENTAL • 1456 FULTON ST (718) 636-4500

DR. LUZMARINA COFFEY, DDS DENTAL • 1413 FULTON ST (718) 636-4500

REHABILITATION & THERAPY SERVICES

*BROOKLYN GARDENS NURSING AND REHABILITATION CENTER • 835 HERKIMER ST, BROOKLYN, NY 11233
(718) 221-2600*

*CROWN HEIGHTS CENTER FOR NURSING AND REHABILITATION • 810 ST MARKS AVE, BROOKLYN, NY 11213
(718) 467-7300*

*DOWNTOWN BROOKLYN NURSING AND REHABILITATION CENTER • 727 CLASSON AVE, BROOKLYN, NY 11238
(718) 636-1000*

*INTERFAITH MEDICAL CENTER (SUBSTANCE ABUSE) • 1545 ATLANTIC AVE, BROOKLYN, NY 11213
(718) 613-4195*

KINGS COUNTY HOSPITAL (SUBSTANCE ABUSE) • 400 WINTHROP ST, BROOKLYN, NY 11203 (718) 245-2310

PHOENIX HOUSE - BROOKLYN COMMUNITY RECOVERY CENTER • 20 NEW YORK AVE (347) 382-9995



Resources Cont.

HEMOCARE SERVICES

ANCHOR HEALTH HOME CARE HOME CARE SERVICES • 958 NOSTRAND AVE., BROOKLYN, NY 11225
(718) 537-2000

BLUE RIDGE HOME CARE, INC. HOME CARE SERVICES • 1059 FULTON ST, BROOKLYN, NY 11238
(212) 470-1944

KINGSBRIDGE HOME HEALTHCARE • 569 GRAND AVE. BROOKLYN, NY 11238 (718) 495-6282

ALZHEIMER'S & DEMENTIA SERVICES

CARING KIND PROGRAM CENTER & CARE SERVICES • 360 LEXINGTON AVENUE, 3RD FLOOR
NEW YORK, NY 10017 (646) 744-2900

COBBLE HILL HEALTH CENTER PROGRAM CENTER • 380 HENRY STREET BROOKLYN, NY 11201
(718) 855-6789

CNR ALZHEIMER'S ADULT DAY PROGRAM CENTER & CARE SERVICES • 596 PROSPECT PL, BROOKLYN, NY
11238 (718) 362-1440

NEW YORK MEMORY CENTER PROGRAM CENTER • 199 14TH STREET BROOKLYN, NEW YORK 11215
718-499-7701

LEGAL SERVICES

AILEGAL LAW IMMIGRATION SERVICES • 1000 DEAN ST SUITE 101, BROOKLYN, NY 11238 (347) 535-5180

BEDFORD-STUYVESANT COMMUNITY LEGAL SERVICES LEGAL SERVICES • 1360 FULTON ST (718) 636-1155

BROOKLYN LEGAL SERVICES LEGAL ASSISTANCE • 105 COURT ST 4TH FLOOR, BROOKLYN, NY 11201
(718) 237-5500

BROOKLYN LEGAL SERVICES LEGAL ASSISTANCE • 900 FULTON ST, BROOKLYN, NY 11238 (718) 237-5500

BEREAVEMENT SERVICES

BCS COUNSELING GROUP • 7706 13TH AVENUE, SUITE #2 BROOKLYN NY 11228 (718) 313-4357

CROWN HEIGHTS COUNSELING CENTER • 1055 ST JOHNS PL, BROOKLYN, NY 11213 (718) 773-2080

MJHS HEALTH SYSTEM • 212-844-5754

OUT FROM UNDER • 101 STERLING PLACE BROOKLYN, NEW YORK 11217 (215) 240-7231



Resources Cont.

FINANCIAL & FOOD ASSISTANCE

AGAPE SOCIAL SERVICES BEULAH MINISTRY - FOOD DISTRIBUTION CENTER • 929 MARCY AVE

*CATHOLIC CHARITIES BROOKLYN AND QUEENS • 191 JORALEMON ST, BROOKLYN, NY 11201
(718) 722-6000*

EMMANUEL PENTECOSTAL CHURCH OF LOVE - FOOD DISTRIBUTION CENTER • 549 GATES AVE

MACEDONIA CHURCH OF CHRIST - FOOD DISTRIBUTION CENTER • 289 QUINCY ST

*SALVATION ARMY BEDFORD TEMPLE FOOD PANTRY & SOUP KITCHEN • 110 KOSCIUSZKO ST
(718) 622-9020*

*SILOAM PRESBYTERIAN CHURCH FOOD PANTRY - FOOD DISTRIBUTION CENTER • 260 JEFFERSON AVE
(718) 789-7050*

*STUYVESANT HEIGHTS CHRISTIAN CHURCH - FOOD DISTRIBUTION CENTER • 69 MACDONOUGH ST
(347) 663-4408*

FINANCIAL ASSISTANCE

BROOKLYN BUSINESS CENTER • 1360 FULTON ST (718) 636-6973

IMPACCT BROOKLYN • 1000 DEAN ST #420, BROOKLYN, NY 11238 (718) 522-2613

LIBERTY TAX • 485 NOSTRAND AVE. SUITE B (718) 619-4320

US SOCIAL SECURITY ADMINISTRATION • 1540 FULTON ST (800) 772-1213

Older Adult Center Staff

Ron Carson	Director of Field Operations
Jailene Mayers	Program Manager
Vacant	Case Manager
Lucille Knowles	Administrative Assistant
Pending	Kitchen Aide
Pending	Kitchen Aide
Pending	Maintenance

New Age Advisory Counsel


Pending

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.

***FUNDED BY NYC
AGING***

May 2023 Presentations and Classes - Calendar // Mayo 2023 Presentaciones y Clases - Calendario				
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<u>10:00 - 11:00 Scrabble. Dominoes, Cards etc.</u> <u>11:00 - 12:00 Current Events Group</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 p.m. Chair Exercise with Tommy the Experience</u> <u>1:30 - 2:30 Bingo</u>	<u>10:00 - 10:45 Formal Tea Hour w/ Lucille</u> <u>11:00 - 11:45 Tai Chi w/ Madhavi</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Chair Yoga Stretch</u>	<u>10:00 - 11:00 OSTEOARTHRITIS 101</u> <u>Presentation via Zoom</u> <u>11:00 - 12:00 Social Engagement Presentation w/ OT Specialist</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 Chair Exercise with Tommy the Experience</u> <u>1:30 - 2:30 Nutrition Education Presentation w/ Claudia - In person</u>	<u>10:00 Hearing Loss Presentation via Zoom</u> <u>11:00 - 12:00 Tai Chi</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 New Age Members Meeting</u>	<u>10:00 - 10:45 Mental Wellness Presentation</u> <u>11:00 - 12:00 Creative Arts Group w/ Jailene</u> <u>12:00 - 1:00 Lunch</u> <u>12:30 - 2:00 Cinco De Mayo Ice Cream Social</u> <u>1:30 - 2:30 Bingo (Cinco de Mayo Edition)</u>
8	9	10	11	12
<u>10:00 - 11:00 Current Events Group</u> <u>11:00 - 12:00 Oak Street Health Presentation w/ Donus - In Person</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 p.m. Chair Exercise with Tommy the Experience</u> <u>1:30 - 2:30 Bingo</u>	<u>10:00 - 10:45 Formal Tea Hour w/ Lucille</u> <u>11:00 - 11:45 Tai Chi w/ Madhavi</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Chair Yoga Stretch</u>	<u>10:00 - 10:45 Word Puzzles, etc.</u> <u>11:00 - 12:00 Cooking Live w/ DFTA via Zoom</u> <u>11:00 - 12:00 Leisure Activities Presentation w/ OT Specialist</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 Chair Exercise with Tommy the Experience</u> <u>1:00 - 2:00 Cognitive Health Presentation</u>	<u>10:00 - 11:00 Hearing Aids Presentation via Zoom</u> <u>11:00 - 12:00 Tai Chi</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Sip & Paint w/ Senior Whole Health</u> <u>2:00 - 3:00 Bingo</u>	<u>10:00 - 10:45 Mental Wellness Presentation</u> <u>11:00 - 12:00 Creative Arts Group w/ Jailene</u> <u>12:00 - 1:00 Lunch</u> <u>12:00 - 2:00 Mother's Day Celebration</u> <u>1:30 - 2:30 Bingo</u>
15	16	17	18	19
<u>10:00 - 11:00 Current Events Group</u> <u>11:00 - 12:00 Gardening</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 p.m. Chair Exercise with Tommy the Experience</u> <u>1:30 - 2:30 Nutrition Education Presentation w/ Claudia - In Person</u>	<u>10:00 - 10:45 Formal Tea Hour w/ Lucille</u> <u>11:00 - 11:45 Tai Chi w/ Madhavi</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Chair Yoga Stretch</u>	<u>10:00 - 10:45 Game Day: Jeopardy Live</u> <u>11:00 - 12:00 Gardening</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 Chair Exercise with Tommy the Experience</u> <u>2:00 - 3:00 BINGO</u>	<u>10:00 - 11:00 Tinnitus Presentation via Zoom</u> <u>11:00 - 11:45 Tai Chi w/ Madhavi (Last Day)</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Bingo</u>	<u>10:00 - 10:45 Mental Wellness Presentation</u> <u>11:00 - 12:00 Creative Arts Group w/ Jailene</u> <u>12:00 - 1:00 Lunch</u> <u>12:30 - 1:30 Cognitive Exercises</u> <u>1:30 - 2:30 Bingo</u>
22	23	24	25	26
<u>10:00 - 11:00 Scrabble. Dominoes, Cards etc.</u> <u>11:00 - 12:00 Current Events Group</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 p.m. Chair Exercise with Tommy the Experience</u> <u>1:30 - 2:30 Bingo</u>	<u>10:00 - 10:45 Formal Tea Hour w/ Lucille</u> <u>11:00 - 11:45 Karaoke</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Chair Yoga Stretch</u>	<u>10:00 - 10:45 Coloring, Word Puzzles, etc.</u> <u>11:00 - 12:00 Game Day: Jeopardy Live</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 Chair Exercise with Tommy the Experience</u> <u>2:00 - 3:00 BINGO</u>	<u>9:00 - 10:30 Documentary</u> <u>Thursday's: SUMMER OF SOUL (...OR, WHEN THE REVOLUTION COULD NOT BE TELEVISED)</u> <u>11:00 - 11:45 Karaoke</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Bingo</u>	<u>10:00 - 10:45 Mental Wellness Presentation</u> <u>11:00 - 12:00 Creative Arts Group w/ Jailene</u> <u>12:00 - 1:00 Lunch</u> <u>12:30 - 1:30 Cognitive Exercise</u> <u>1:30 - 2:30 Bingo</u>
29	30	31		
Center Closed MEMORIAL DAY ★★★ Remember and Honor	<u>10:00 - 10:45 Formal Tea Hour w/ Lucille</u> <u>11:30 - 1:00 May Birthday Celebrations</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 2:00 Chair Yoga Stretch</u>	<u>10:00 - 10:45 Coloring, Word Puzzles, etc.</u> <u>11:00 - 12:00 Game Day: Jeopardy Live</u> <u>12:00 - 1:00 Lunch</u> <u>1:00 - 1:45 Chair Exercise with Tommy the Experience</u>		If there is a change in activities you will be informed via Blooming Health <i>FUNDED BY NYC AGING</i>

LUNCH SERVED 12 p.m. - 1 p.m.		New Age Older Adult Center		All lunches include Low-fat 1% Milk and a slice of Whole Wheat Bread.
SUGGESTED CONTRIBUTION: \$1		LUNCH MENU		
SPECIAL MEALS: \$2		May 2023/Mayo 2023		
Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
Baked Ziti Garden Salad Pineapple Juice Cantaloupe	Catfish Corn California Blend Vegetables Orange Juice Cantaloupe	Apricot Glazed Porkchop Yellow Rice & Pigeon Peas Green Cabbage Apple Juice Baked Apple Crumble Topping Alt: Apricot Glazed Chicken	Baked Mushroom Chicken Yellow Rice Zucchini & Yellow Squash Orange Juice Fruited Jello	Baked Salmon w/ Cilantro Citrus Sauce Capri Blend Vegetables Yellow Plantains Apple Juice Honeydew Melon
8	9	10	11	12
Honey Mustard Chicken Leg Baked Potato California Blend Vegetables Pineapple Juice Fruit Cocktail	Eggplant Parmesan Spaghetti Baby Spinach Apple Juice Cantaloupe	Baked Chicken Legs Yellow Rice String Beans Apple Juice Grapes	Beef Ribs Baked Potato Broccoli Spear Orange Juice Apple Pie w/ Ice Cream	Catfish Succotash Broccoli Spears Pineapple Juice Pears
15	16	17	18	19
Brown Stewed Chicken White Rice California Blend Vegetables Apple Juice Pineapple Chunks	Vegetable Lasagna Garden Salad Apple Juice Cantaloupe	BBQ Spare Ribs Baked Mac & Cheese Collard Greens Apple Juice Peach Cobbler	Beef Meatloaf Garlic Mashed Potatoes Creamed Spinach Orange Juice Honeydew Melons	Lemon Garlic Flounder Corn Capri Blend Vegetables Pineapple Juice Banana
22	23	24	25	26
Smothered Porkchops Kale Greens Seasoned Rice Orange Juice Apple Sauce Alt: Smothered Chicken	Beef Pot Roast Roasted Potato Cabbage Apple Juice Orange	Baked Flounder Corn California Blend Vegetables Orange Juice Cantaloupe	Vegetable Lasagna Baby Spinach Salad Apple Juice Fruited Jello	Baked Salmon Broccoli Yellow Plantains Pineapple Juice Honeydew Melons
29	30	31		
Center Closed MEMORIAL ★★★ DAY Remember and Honor Located at: 54 Macdonough St. Brooklyn, NY 11216	Grilled Maple Chipotle Porkchops Baked Red Potato Yellow Squash & Zuchinni Orange Juice Peaches	Baked Salmon Mexican Corn Capri Blend Vegetables Apple Juice Honeydew Melon	MENU SUBJECT TO CHANGE WITHOUT NOTICE	NO GRAB & GO. IF YOU DECIDE TO TAKE YOUR FOOD HOME, IT WILL BE AT YOUR OWN RISK. 
Phone: 929-397-2628		FUNDED BY NYC AGING		