

Our Mission

The mission of Catholic Charities Brooklyn and Queens is to promote unity among all persons by developing caring communities. The Catholic Charities The Bay Senior Center carries out this mission by providing a wide range of services that promote dignity, independence and respect. Our goal is to create a warm environment that encourages social, physical and emotional well being for people 60 years and older, ensuring the highest quality of life while living in their community.



Changing Lives...
Building Communities™

Membership is Free!
Come in or call today to find out
about us and our programs

3643 Nostrand Avenue
Brooklyn, NY 11229
Tel.: 718-648-2053
Fax: 718-648-7213

Hours of operation
Monday through Friday
8 a.m. to 4 p.m.
www.ccbq.org



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The Bay Senior Center



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Services

At the Catholic Charities The Bay Senior Center:

- Case Manager On Site!
- Benefits, Entitlement Counseling
- Information & Referral
- Advocacy
- Exercise and Health Education Programs
- Recreational Activities
- Delicious Kosher Lunches
- Transportation Service



Recreational Activities

The Bay Senior Center prides itself on providing activities that will appeal to all seniors in the community. The programs are inviting and helpful to maintain an active and healthy lifestyle while having fun and meeting new people.

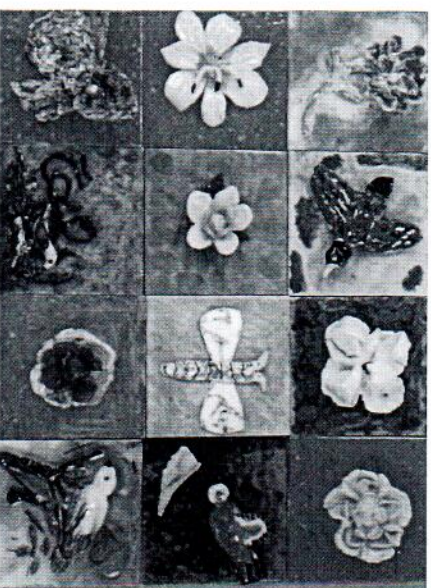
- Blood Pressure screening and lectures
- Computer Classes
- Ping Pong
- Pool Table
- Folk Dancing
- Exercise/Tai Chi/Zumba/Aerobics
- Cultural Events/Trips
- Socials & Parties
- Music and Dance
- Bingo
- Movies
- Arts and Crafts
- Sudoku and much more



Volunteer Opportunities

Contact us to be a part of any of the following:

- Kitchen/Dining Room Service
- Office Support
- Current Events or other Group Leader
- Bingo Caller



THE BAY SENIOR CENTER

3643 NOSTRAND AVENUE

BROOKLYN, NEW YORK 11229 TEL; (718)648-2053

MAY 2023 : Happy Mother's Day & Memorial Day

NEW PROGRAMS, WORKSHOPS AND EXERCISES are available with ZOOM and on Phone Conferences. Please call center for dates and times of these events.



If you would like to become a member of our Center, please come in and register with our Offices.

We welcome seniors ages 60 and up. The Center is wheelchair accessible.

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

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,

It's May and the weather has improved tremendously. The flowers and trees are blooming, and it is probably the nicest time of the year. Here at The Bay we too are getting spring fever. We are increasing all our on site activities such as parties, small trips, and lectures. More and more seniors are eating at the center as opposed to packing their meal as they seem to long for the company of others. Please ask for our driver to pick you up and bring you to and from the center or to bring you to your medical appointments. Hopefully, you will all start to come into the center and utilize the premises as you once did before Covid. We are here to assist, educate and entertain you.

Love always

Sharon Retkinski

Program manager

The Bay Senior Center

Weekly Remote Activity Schedule Conference Calls (701) 802-5238 enter code 3235213 #

If you have T-Mobile 206 451-6064 first id # 7340

May 2023

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>LIVE@ Center BINGO- 9:30 am</p> <p><u>Coping with Your Feeling- Conference Call at 10 am</u></p> <p>Alert and Alive With Robert - Conference Call 11 am</p> <p>Lunch 11:30-1:00</p> <p>Special Events on zoom call Center for details</p> <p>Brain Teaser</p>	<p>NEW Zumba W Gerri at 9:00 am Live at Center & Zoom</p> <p>NEW; Aerobics 10:15 AM Live at center and Zoom 10:00 am</p> <p>Art Painting workshop 12:30</p> <p>Lunch 11:30 – 1:00</p> <p>Special Events on zoom call Center for details</p> <p>Brain Teaser</p>	<p><u>Live: BINGO at CENTER @ 9:30 am</u></p> <p>Current Events Conference Calls, at 10:00 am</p> <p>SAIL Exercise Class 10:30 AM</p> <p>Lunch 11:30 – 1:00</p> <p>Special Events on zoom call Center for details</p> <p>Brain Teaser</p>	<p>Zumba with Gerri 9:00 am LIVE at Center and Zoom</p> <p><u>Moving Meditation (Qi Gong) New time</u> 10:00 am LIVE at CENTER and on Zoom</p> <p>Lunch 11:30 – 1:00</p> <p>Brooklyn Public Library "<u>Words & Memories</u>" Third Thursday of month 10:30 Conference call</p> <p>Brain Teaser</p>	<p><u>Trivia Pursuit</u> Conference Calls 10:00 am</p> <p>Yiddish Hour at 11:00 Conference call</p> <p>SAIL Exercise Class 10:30 AM</p> <p>Lunch 11:30 – 1:00</p> <p>Special Events on zoom call Center for details</p> <p>Brain Teaser</p>

THE BAY SENIOR CENTER

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

Catholic Charities Neighborhood Services & NYC Department for the Aging

BINGO LIVE at Senior Center : Monday & Thursday at 9:30 AM

Zumba with Geri on LIVE & Zoom; Tuesday and Thursday at 9:00 AM

Aerobic Class- Tuesday at 10:00 LIVE AT Senior and on Zoom

Stretching & Balancing exercising LIVE at Center Monday 12:30 PM

BPL; Words & Memories Third Thursdays of every Month at 10:30 AM

SU-CASE WATERCOLOR art workshop TUESDAY @12:30 PM

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

If you have T-Mobil dial this first (206) 451-6064

Coping with Your Feeling – Mondays at 10:00 AM Conference Call

Alert & Alive Mondays at 11:00 AM Conference Call

Zumba LIVE & Zoom Tuesday & Thursday @ 9:00 AM

Aerobics Tuesday at 10:15 AM at Senior Center and Zoom

Current Events Wednesdays at 10:00 AM Conference Call

*New exercise class SAIL Exercise Wednesdays and Friday at 10:30

QI Gong Thursdays at 10:00 AM Live at Center and Zoom

Trivia Pursuit - Fridays at 10:00 AM Conference Call

Yiddish Hour - Fridays at 11:00 AM Conference Call



MAY



*Named for the Roman goddess Maia, who oversaw the growth of plants.
Also from the Latin word maiores, "elders," who were celebrated during this month.*

Name the U.S. state!
The Silver State.
(*Answer at bottom right.)

While the Mother's Day that we celebrate on the second Sunday in May is a fairly recent development, the basic idea goes back to ancient mythology—to the long ago civilizations of the Greeks and Romans.

The Greeks paid annual homage to Cybele, the mother figure of their gods, and the Romans dedicated an annual spring festival to the mother of their gods.

Mothering Sunday

In 16th-century England, a celebration called "Mothering Sunday" was inaugurated—a Sunday set aside for visiting one's mother. The eldest son or daughter would bring a "mothering cake," which would be cut and shared by the entire family. Family reunions were the order of the day, with sons and daughters assuming all household duties and preparing a special dinner in honor of their mother. Sometime during the day, the mother would attend special church services with her family.

Anna M. Jarvis

After her mother died in 1905, Miss Anna Jarvis wished to memorialize her life and started campaigning for a national day to honor all mothers.

Her mother, known as "Mother Jarvis," was a young Appalachian homemaker and lifelong activist who had organized "Mothers' Day Work Clubs" to combat unsanitary living conditions. During the Civil War, Mother Jarvis had also organized women's brigades, encouraging women to help without regard for which side their men had chosen. At the time, there were many special days for men, but none for women.

On May 10, 1908, a Mother's Day service was held at a church in Grafton, West Virginia, where Anna's mother had taught. Thus was born the idea that the second Sunday in May be set aside to honor all mothers, dead or alive.

Mother's Day

In 1914, President Woodrow Wilson signed a bill designating the second Sunday in May as a legal holiday to be called "Mother's Day"—dedicated "to the best mother in the world, your mother."

For the first few years, the day was observed as a legal holiday, but in absolute simplicity and reverence—church services were held in honor of all mothers, living and dead.

*Memorial Day is a poignant reminder of the tenacity of life.
We post the flag on this day; know your American flag rules.*

On June 22, 1942, Congress passed a joint resolution, later amended on December 22, 1942, that encompassed what has come to be known as the U.S. Flag Code. Here are highlights:

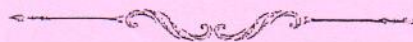
Perhaps the most important rule involves how citizens should behave around the Stars and Stripes: The flag of the United States is the emblem of our identity as a separate nation, which the United States of America has been for more than 200 years. Therefore, citizens should stand at attention and salute when their flag is passing in a parade or being hoisted or lowered.

PROPERLY DISPLAY THE FLAG

- The custom is to display the flag only from sunrise to sunset on flagstaves in the open, but it may be displayed at night upon special occasions to produce a patriotic effect.
- When the flag is hung vertically on a wall, window, or door, the union (blue field) should be to the observer's left. When the flag is hung horizontally against a wall, the union should also be to the observer's left.
- The flag should be hoisted briskly and lowered ceremoniously.
- It should not be displayed on days when the weather is inclement, unless an all-weather flag is used.
- In a procession, the flag is to the right of another flag or, if in a line of other flags, in front of the center of that line.
- The flag should not be displayed on a float except from a staff, nor draped over the hood, top, sides, or back of a vehicle.
- When the flag is displayed on a vehicle, the staff should be fixed firmly to the chassis.
- No other flag should be placed above the flag of the United States or, if on the same level, to its right.
- The United Nations flag may not be displayed above or in a position of superior prominence to the United States flag except at United Nations Headquarters.
- The flag displayed with another against a wall, from crossed staffs, should be on the right (the flag's own right), and its staff should be in front of the other staff.
- It should be at the center and the highest point when displayed with a group of state flags.
- When flags of states, cities, etc., are flown on the same halyard, the United States flag should be at the peak.
- When flags of two or more nations are displayed, they are to be flown from separate staffs of the same height, and the flag of the United States should be hoisted first and lowered last.
- When displayed from a staff projecting from a building, the union (blue field at upper inner corner) should be at the peak of the staff.
- When it is displayed otherwise than by being flown from a staff, it should be displayed flat, whether indoors or out; or so suspended that its folds fall as freely as though the flag were staffed.
- When displayed over a street, it should be suspended vertically with the union to the north in an east and west street, or to the east in a north and south street.
- On a platform, it should be above and behind the speaker, with the union uppermost and to the observer's left.
- When displayed from a staff in a church or auditorium, the flag should occupy the position of honor and be placed at the speaker's right as he faces the audience.
- When flown at half-staff, the flag should be first hoisted to the peak for an instant and then lowered to half-staff position. It should again be raised to the peak before it is lowered for the day. Half-staff is one-half the distance between the top and bottom of the staff.
- When the flag is used to cover a casket, the union should be at the head and over the left shoulder.

MOTHER'S DAY

No matter your age, you always need your mom!



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ULTIMATE TRIVIA ANSWERS:

Trivia quiz is on pages 56-57.

- | | | | | |
|------|-------|-------|-------|-------|
| 1. B | 6. B | 11. D | 16. D | 21. A |
| 2. A | 7. B | 12. C | 17. A | 22. C |
| 3. C | 8. A | 13. B | 18. D | 23. D |
| 4. C | 9. D | 14. C | 19. B | 24. A |
| 5. C | 10. C | 15. A | 20. D | 25. B |

Lifeline

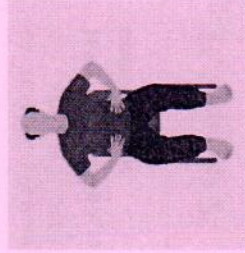
12 Chair Yoga poses for older adults

Making yoga accessible for everyone
Seniors with limited mobility can practice “chair” yoga, either from a seated position or standing behind the chair for support. Chair yoga was also shown in one study to reduce seniors’ fear of falling as well as to decrease their reliance on assistive devices for mobility.¹

1. Ujjayi Breathing

A great starter pose: Sit up tall at the edge of your seat and place your hands on your waist. Take a deep breath in through the nose, expanding through your sides and abdomen, then exhale slowly.

Repeat for 10 breaths.



2. Cat/Cow

This pose helps to relieve back and neck tension. Inhale and arch your back to look up at the ceiling. Exhale, pulling your abdominals in and rounding your back as you bend forward.

Repeat this 5 times.



3. Circles

To release and relax the hip muscles, circle your hips clockwise 5 times while seated without moving your upper body, then counterclockwise 5 times.



4. Sun Salutation Arms

Lengthens the spine, releases tension in the shoulders and neck. Sitting tall, breathe in and lift your arms up, pressing your palms overhead. On an exhale, float the arms back down to your sides.

Repeat 5 times.



5. Sun Salutations with Twists

Repeat the previous exercise, adding a twist as you exhale.

Repeat 5 times on each side, holding the last twist for 5 seconds.



6. High Altar Side Leans

Stretches spine and shoulders. Lift your arms and interlace your fingers in front of you. Turn your palms to the ceiling as you straighten your arms above your head.

Lean to the right for 3 breaths, then to the left for 3 more.

