

Our Mission

The mission of Catholic Charities Brooklyn and Queens is to promote unity among all persons by developing caring communities. The Northside Older Adult Center carries out this mission by providing a wide range of services that promote dignity, independence and respect. Our goal is to create an environment that encourages physical and emotional stability to assist older adults 60 years and older to attain quality of life while living in their community.

**Come and
join our center!**

Contact Us

**Northside Older
Adult Center**
179 North 6th Street
(Between Driggs
and Bedford Ave.)
Brooklyn, NY 11211

Monday - Friday
8 AM - 4 PM
718-387-2316

Our staff speaks English, Polish, Spanish, and Russian



**CATHOLIC
CHARITIES**
Brooklyn &
Queens

ESTABLISHED 1899

Northside Older Adult Center



www.ccbq.org

Funded by NYC Aging

Who We Are

The Northside Older Adult Center provides programs and services that enrich the lives of many older adults.

- Free of charge
- Must be 60 years or older to be eligible for membership

At our center we:

- Initiate projects to improve the quality of life of older adults
- Facilitate access to information and help to obtain various benefits for older adults offered by the city
- Support and promote older adult initiatives
- Counteract exclusion, isolation and marginalization of older adults

Our diverse members speak English, Polish and Spanish.

Activities

- Morning coffee at 9 AM and a special breakfast once a month
- Homemade daily lunches at 12 PM for a \$1 suggested contribution (free lunch if you bring a friend)
- Information and assistance on social services
- Computer lab, internet access, computer training and assistance
- Monthly birthday parties
- Health educational presentations
- Movie days



Services

Physical Activities

Regular exercise provides a myriad of health benefits, including improvements in blood pressure and blood sugar management, better bone and joint health, and more.

We offer:

- Yoga, Zumba, aerobics, Tai-Chi
- Matter of Balance classes and workshops for arthritis and more

Recreational & Educational Activities

- Gardening, painting and jewelry-making workshops
- Alert & Alive meetings
- Bingo, Scrabble, dominos, chess, cards and additional games
- Free Wi-Fi and TVs
- Free snacks and refreshments
- Field trips to the Botanic Garden, Museum of Natural History, Metropolitan Museum, Coney Island and more