

AUGUST 2023

**The Bay Senior Center**

**3643 Nostrand Avenue**

**Brooklyn, New York 11229**

**Tel (718) 648-2053**

**ABILITY is what you're capable of doing. MOTIVATION determines what you do. ATTITUDE determines how well you do it.**



#### **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,

We are during the summer and The Bay Senior Center is heating up. I would like to invite you all to join some of our new classes. On Monday after lunch we have a Mahi Jong class and if you need instruction, we have a lovely lady who will be glad to teach you. On Tuesday morning we have a knitting and crocheting group and Tuesday after lunch we have a jewelry making class. For now, we have a singing group that meets on Friday morning and a computer group that meets on Friday as well this is in addition to all our exercise classes like Zumba, aerobics, chi gong etc.

I would also like to invite you to eat in our dining room with your friends and our delicious home cooked kosher meals.

We are available to bring to the center and back home or to medical appointments. At least once a week we go to a variety of trips such as Gateway, downtown Brooklyn shopping, Red hook shopping and other locations.

Please take advantage of all we have to offer and bring your friends.





# The Bay Senior Center

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

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

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>LIVE@ Center BINGO-</u> 9:30 am</p> <p><u>Coping with Your</u> <u>Feeling-</u> <u>Conference Call at 10 am</u></p> <p>Alert and Alive With Robert - Conference Call 11 am</p> <p>New Chair Yoga Aug 21 @ 10</p> <p>Mahjong 12:30</p> <p>Lunch 11:30 – 1:00</p> <p>Board Games available</p>	<p>NEW Zumba W Gerri at 9:00 am Live at Center &amp; Zoom</p> <p>Aerobics live at center and Zoom 10:00 am</p> <p>Crocheting &amp; Knitting @ 10:00</p> <p>Jewelry Making @ 12:30</p> <p>New TAI CHI FOR ARTHRITIS TUESDAY 12:30 PM STARTS OCT 3, 2023</p> <p>Lunch 11:30:00 – 1:00</p> <p>Board Games available</p>	<p><u>Live: BINGO at CENTER</u> <u>@ 9:30 am</u></p> <p>Current Events Conference Calls, at 10:00 am</p> <p>Movie and discussion at 12:30 pm</p> <p>Lunch 11:30 –1:00</p> <p>Board Games available</p>	<p><u>Zumba with Gerri</u> 9:00 am With Zoom and LIVE at Center</p> <p><u>Moving Meditation</u> (Qi Gong) New time 10:00 am LIVE at CENTER and on Zoom</p> <p>Brooklyn Public Library <u>"Words &amp; Memories"</u> Third Thursday 10:30am</p> <p>Lunch 11:30 –1:00</p> <p>Board Games available</p>	<p><u>Trivia Pursuit</u> Conference Calls 10:00 am</p> <p>Yiddish Hour at 11:00 Conference call</p> <p>NEW : Sing-a-long group @10:00</p> <p><b>new computer workshop @ 10:30</b></p> <p>Lunch 11:30 – 1:00</p> <p>Board Games available</p>



# THE BAY SENIOR CENTER

*'Try to be a Rainbow in Someone's Cloud '*

**(701) 802-5238**     **Access code 3235213 #**

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

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

Catholic Charities Neighborhood Services & NYC Department for the Aging

Zumba Exercise {with Geri} Monday @9:00 am Monday & Thursday Live at Center, Zoom

Aerobics Exercise Class- Tuesday at 10:00 Live at Center & Zoom

Moving Meditation (Qi Gong) Th:30ursday at 10:00 Live at Center & Zoom

Computer Workshop Friday at 10:30

Sing-a- long Group Friday at 10:00

BINGO Monday& Wednesday at 9:30

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

Coping with Your Feeling – Mondays at 10:00 AM

Alert & Alive                      Mondays at 11:00 AM

Current Events -                      Wednesdays at 10:00 AM

Health Lecture                      Special event ( to be announce ) LIVE at 10:00 AM

Trivia Pursuit -                      Fridays at 10:00 AM

Yiddish Hour -                      Fridays at 11:00 AM

Brooklyn Public Library; Words & Memories-    *third* Thursdays of every Month at 10:30 AM



# AGELESS WELLNESS

## NYC DEPARTMENT FOR THE AGING

### BE SUGAR SMART! WITH YOUR BEVERAGES

Source: CDC and NYC Health

What a delight! A cold beverage on a hot summer day. However, it may be a good idea to pay attention to the sugar content of that refreshing drink. Sugary drinks are one of the leading sources of added sugar in the American diet. Sugary drinks include regular soda, fruit drinks, sports drinks, energy and coffee drinks, sweetened waters and teas.

People who drink sugary drinks on a regular basis are more likely to face health problems, such as obesity, type 2 diabetes, heart disease, cavities, and gout (a type of arthritis). The American Dietary Guidelines recommend that people 2 years and older keep their intake of added sugars to less than 10% of their daily calories. This means that someone on a 2,000 calories diet should have no more than **200 calories from added sugar. 200 calories is about 12 teaspoons of sugar** in food and beverages- combined. **One 12 ounce** can of regular soda has more than **10 teaspoons of sugar.**

### STOP. RETHINK YOUR DRINK. GO ON GREEN.



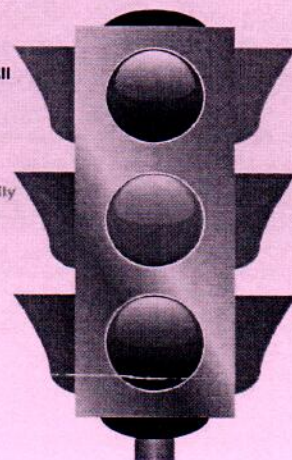
**Red - Drink Rarely, If At All**  
- Regular sodas  
- Energy or sports drinks  
- Fruit drinks



**Yellow - Drink Occasionally**  
- Diet soda  
- Low-calorie, low-sugar drinks  
- 100% juice



**Green - Drink Plenty**  
- Water  
- Seltzer water  
- Skim or 1% milk



### Learning About Energy Drinks

Energy drinks are often advertised as products that can help you increase your energy. In addition to the added sugar, energy drinks often contain large amounts of caffeine, and other legal stimulants. If you are looking for that afternoon burst of energy, consider the following beverage choices which will keep you energized, and hydrated:

#### HEALTHIER DRINK CHOICES

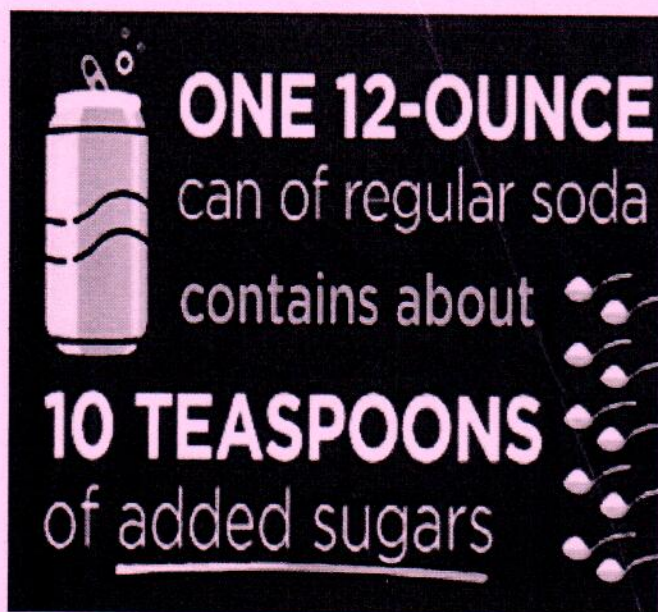
- Plain water or unsweetened flavor water.
- Plain seltzer, or unsweetened flavored seltzer.
- Unsweetened tea or coffee.



## Other Names For Added Sugar

Added sugars include sugars that are added when foods are being processed. If the following appear on the label in the ingredients list of your favorite drink, you are drinking a sugar-sweetened beverage:

- Corn syrup
- Cane juice
- Dextrose
- Fructose
- Fruit nectars
- Sugar cane
- Agave nectar
- Honey
- Malt syrup
- Syrup
- Molasses
- Raw sugar
- Glucose



## Flavor-Infused Water

If you don't like drinking plain water, try adding flavor using the suggestions below:

1. Start with cold water.
2. Choose your flavors:

**Fruits:** Lemon, lime, orange, strawberry, raspberry, watermelon, pineapple, mango, peach, apple.

**Vegetables:** cucumber, ginger, jala peno pepper.

**Herbs:** Mint, or basil.

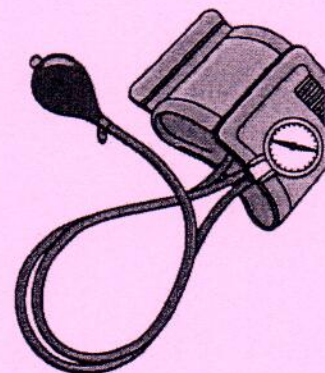
3. Use frozen fruits to keep your water flavored and chilled.
4. Slice or chop your items to get the most flavors.
5. If you crave fizz, use seltzer water instead of plain water.
6. Don't add sugar.
7. Combine your flavors in a pitcher. Shake or let sit for 30 minutes, and enjoy!



# HEALTH TALK – BLOOD PRESSURE

Many of us measure our blood pressure every day to ensure that our health is being monitored adequately. This is a question that often comes up when people notice a difference in the reading of each arm. What does this mean when one arm has a higher reading than the other, and should we be concerned?

The Mayo Clinic has some answers, and, as always, they provide us with the best and most current information.



## Blood pressure: Can it be higher in one arm?

“When I measure my blood pressure at home, I’ve noticed that the reading is always higher in one arm. Should I be concerned?”

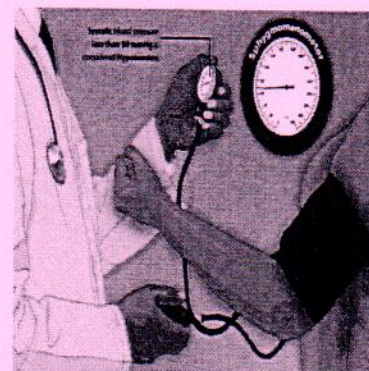
Answer From Sheldon G. Sheps, M.D.

Generally, a small difference in blood pressure readings between arms isn’t a health concern. However, a difference of more than 10 millimeters of mercury (mm Hg) for either your top number (systolic pressure) or bottom number (diastolic) may be a sign of blocked arteries in the arms, diabetes or other health problem.

People who repeatedly have an interarm blood pressure difference of 10 to 15 mm Hg for systolic pressure are more likely to have vascular disease. They also have a greater risk of developing cardiovascular disease and related complications during the next 13 years.

A large difference in blood pressure measurement between your arms may be a sign of a health problem, such as:

- Blocked arteries in your arms (peripheral artery disease)
- Cognitive decline
- Diabetes
- Kidney disease
- Heart defect





If you have a large difference in blood pressure readings between arms, talk to your doctor. If your blood pressure is higher in one arm, your doctor will probably use that arm to measure your blood pressure in the future.

So, let's talk a little about BLOOD PRESSURE.

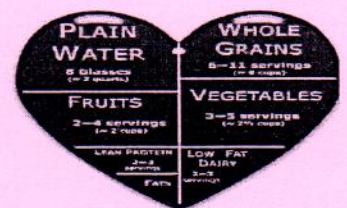
## How your blood pressure and circulatory system work

To function properly, your tissues and organs need oxygenated blood flowing throughout your body. When the heart beats, it creates pressure that pushes blood through a network of tube-shaped blood vessels, which include arteries, veins and capillaries. This network is our bodies'

### Circulatory System.

High blood pressure (**HBP or hypertension**) is when the force of your blood pushing against the walls of your blood vessels, is **consistently too high**, due to **narrowing of those blood vessels**, putting pressure on the heart to pump blood.

**MANAGING YOUR BLOOD PRESSURE KEEPS OUR HEART HEALTHY AND STRONG**, and one of the ways is to have good a good diet and feed your body with plenty of wholegrains, fruits and vegetable.



Hydrate by drinking plenty of water during the day, and exercise, even if it is stretching, and doing a series of chair exercises to address your upper body and your legs.

Take your medications around the same time every day, and stop and BREATHE, nice deep breath, a few times a day.

All these steps will keep your Blood Pressure in check.

So, be informed and have the necessary conversations with your health professionals if you have any concerns.

Stay Well and Stay Strong and Stay Cool

Madhavi





# 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.<sup>1</sup>

#### 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.**





**NOTE:** Always consult with your healthcare professional before using the poses in this booklet

The exercises in this booklet do not substitute for an exercise program provided by your health practitioner.

Stop if you experience any pain or discomfort while performing the poses in this booklet

## 7. Eagle Arms

Banishes shoulder aches. Stretch your arms out to each side, bring one arm under the other at shoulder height and bend your arms at the elbows with palms together

**Hold for 5 breaths, unwind and repeat with opposite arms.**



## 8. Assisted Neck Stretches

The neck is a major stress area. Take your right arm and drape it over your head until your palm reaches your left ear. Let your head fall to your right shoulder, and hold for 5 breaths.

**Repeat on the opposite side.**



## 9. Ankle to Knee

The hip area is also a stress spot. To loosen things up, sit up straight, bend your right knee and place your right ankle over your left knee. For a deeper stretch, lean forward.

**Hold for 5 breaths, then repeat on the opposite side.**



## 10. Goddess with a Twist

Another great hip stretch. Open legs wide and point toes out. Place your right arm inside your right leg, reaching for the floor. Lift your left arm toward the ceiling and look up to the palm

**Hold for 5 breaths, then repeat on the opposite side.**



## 11. Warrior 2

This gives you a full-body stretch. Sit tall at the edge of your seat. Bend your right knee to the side and stretch your left leg out behind you as you press your outer heel down.

**Hold for 5 breaths, then repeat on the opposite side.**



## 12. Forward Fold

To finish, let blood flow to the brain. Sit tall and straight, then fold down over your legs, letting your head, neck and body hang limp.

**Hold for as long as you want before rolling back up to a sitting position.**







# AUGUST



*Named to honor the first Roman emperor (and grandnephew of Julius Caesar),  
Augustus Caesar (63 BC-AD 14).*



## PUZZLE OF THE MONTH

Why is summer like the letter N?  
(\*Answer at bottom right.)

## WATERMELON - THE PERFECT SUMMER TREAT



August 3 is National Watermelon Day and one of our favorite holidays in August! Watermelon is the perfect treat for this early August day!

To quote Mark Twain, "When one has tasted watermelon, he knows what the angels eat." This

American literary hero understood the serious deliciousness of this magical fruit (vegetable?), and, hopefully, on this beautiful day, you do, too.

It's so refreshing and delicious, there's a whole day devoted to it.

### How to tell if a watermelon is ripe.

Muskmelons are easy; they will slip right off the vine at the peak of perfection. However, watermelons remain firmly attached even when they are overripe.

Old-timers swear that they know when a watermelon is ripe just by rapping it with a knuckle. If the sound is low-pitched, hollow, and deep like a drum, it is ready. Johnny's Seed Company explains further to say that it should sound like "punk" rather than "pink"

or "pank" when you flick it with your finger. Once they are detached from the vine watermelons won't continue to ripen. You only get one chance to do this right.

### Tricks to Tell if a Watermelon is Ripe

Here are other subtle cues to look out for:

- The green color becomes dull.
- On a striped melons, the color between the stripes gets darker.
- The rind will get hard.
- The blossom end will soften.
- They will stop getting larger.
- The ground spot will turn from white to yellow.
- The end of the main vine nearest the fruit may start to crack or turn brown.
- The curly tendril on the main vine, closest to the fruit, will turn brown.



## WATERMELON PUNCH

*Our Watermelon Punch is a delicious, refreshing addition to any cookout, BBQ, or get-together.*

If you wish, use the watermelon rind as a creative bowl! To make a watermelon serving bowl, cut the top of the watermelon off about  $\frac{1}{4}$  of the way down. Cut the bottom end enough to make sure the watermelon will stand on it's own. Scoop out flesh.

### INGREDIENTS:

- 6 cups watermelon juice (see note)
- 2 cups pineapple juice
- 1 can (12 ounces) frozen raspberry juice blend
- 1 small can (6 ounces) frozen orange juice concentrate
- $\frac{1}{4}$  cup lemon juice

### INSTRUCTIONS:

Just combine all ingredients in a large jar or pitcher and serve chilled over crushed ice.

Note: To make watermelon juice, pick up one 10-pound oblong watermelon. Process small chunks of watermelon, with seeds removed, in a blender or food processor until they turn to liquid.

Make more than you need for this punch, freeze the extra in ice-cube trays, and use the watermelon cubes to chill the punch. (You can also use watermelon juice instead of water when preparing frozen lemonade or limeade.)





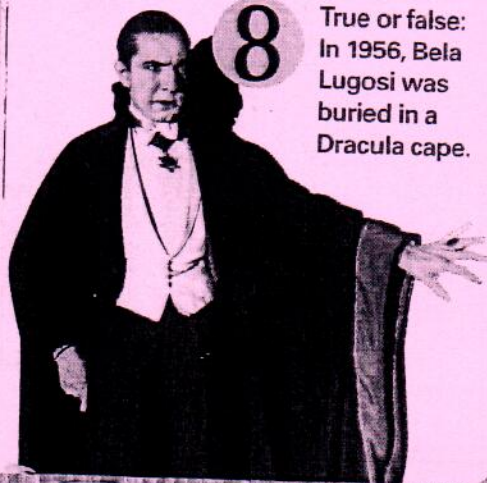


Decades 1950s

## '50s TRIVIA

By Hannah Chester

- 1 Name the two top-billed stars of the musical comedy *The West Point Story* (1950).
- 2 Who sang the 1951 song "On Moonlight Bay," from the movie of the same name?
- 3 In 1952, Kitty Wells became the first woman to have a No. 1 hit on the country charts, with what song?
- 4 Which state created the country's first literature censorship board in 1953?
- 5 This Tennessee Williams play won the 1955 Pulitzer Prize for Drama.
- 6 What tennis player was the first Black female to appear on the cover of *Time*, on Aug. 26, 1957?
- 7 This comedy series starring Dwayne Hickman and Bob Denver premiered in 1959.
- 8 True or false: In 1956, Bela Lugosi was buried in a Dracula cape.



## SINGIN' IN THE RAIN

Your mother always told you to come in out of the rain; she obviously never realized the pure glee that Gene Kelly experienced by both dancing and singing in the rain. There is something about the film's use of dance, song and comedy to tell a story that elicits a smile from even the grumpiest individuals. The combination of veterans Kelly and Donald O'Connor with the fresh-faced 19-year-old (during filming) Debbie Reynolds proves to be the perfect mix for the moves and the magic that the film delivers. Think about it — Kelly had a 103-degree fever while filming the iconic number, and he still had a smile on his face.





Broadway was home to the incomparable Yul Brynner in his role as King Mongkut of Siam, so when it came to a film version of the grand musical release of the era, he was a natural choice for reprising the role he made famous. It would be Deborah Kerr as Anna getting to know the king and his family for the film as Anna travels to Bangkok with the intention of teaching the king's

children English. But more than English is taught in this spectacle of dancing and music. Brynner won an Academy Award for his performance. The film was nominated for nine Oscars, and took home five statues including Brynner's. Marni Nixon not only provided Kerr's singing voice for *The King and I*, but she also did it again later in *An Affair to Remember*.



Depending on who you ask, the 1953 film has long been remembered for Marilyn Monroe's performance as Lorelei Lee. But don't tell the accountants that! Monroe was compensated with her usual contract salary of \$500 a week. The better-known actress was Jane Russell, who delivered the wit in the film and earned around \$200,000 for her performance as Dorothy Shaw. Are diamonds really a girl's best friend? Well, at least in *Gentlemen*, it's the blond locks that are Monroe's best friend when it comes to getting men.

1959 RAMBLER "AMBASSADOR"  
MFD. BY AMERICAN MOTORS CORP.  
117" WHEELBASE  
270 CID V8 ENGINE (4" x 3 1/4" B. x ST.) 9.7 TONN. P.  
270 H.P. @ 4700 RPM  
AVAIL. - OVERDRIVE, AUTO. TRANS., AIR CONDITIONING, ETC.

CUSTOM SEDAN (ILLUSTRATED)  
#2732, F.O.B., FACTORY, AND UP  
MT-3422 LBS.

300 - LONG

MORE 1959 ROMBOS - PL. TRUCKS - COTTA TRUCKS - PL. BLIND WALK - MY BROTHER  
CHARLIE BROWN - IT'S A LOT A MATTER OF TIME - I WANT A SUCCESS STORY - THANKS

During the song "Ain't There Anyone Here for Love?," Jane Russell's fall into the pool was an accident. But director Howard Hawks decided to keep it in the final cut.



7	4	8	4	7	6	2	5	7	8	5	4	7
G	K	E	E	E	N	F	T	T	V	A	E	C
8	7	6	2	3	4	7	3	7	6	3	6	4
E	R	E	O	W	P	G	I	A	W	S	G	Y
7	4	5	2	8	4	8	4	8	6	5	6	2
N	O	K	L	N	U	T	R	F	O	E	A	L
5	3	5	2	3	7	5	4	7	4	5	2	8
A	D	C	O	O	I	T	D	Z	R	I	W	U
4	8	6	4	7	4	7	4	6	8	3	6	3
E	L	L	A	E	M	D	S	S	M	M	S	I
6	8	3	5	2	3	8	2	3	2	8	6	5
E	E	S	O	Y	G	E	O	A	U	T	T	N
8	2	3	8	3	2	3	2	8	2	3	2	2
I	R	I	N	N	H	E	U	G	N	D	C	H

HERE IS A PLEASANT LITTLE GAME that will give you a special message. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.





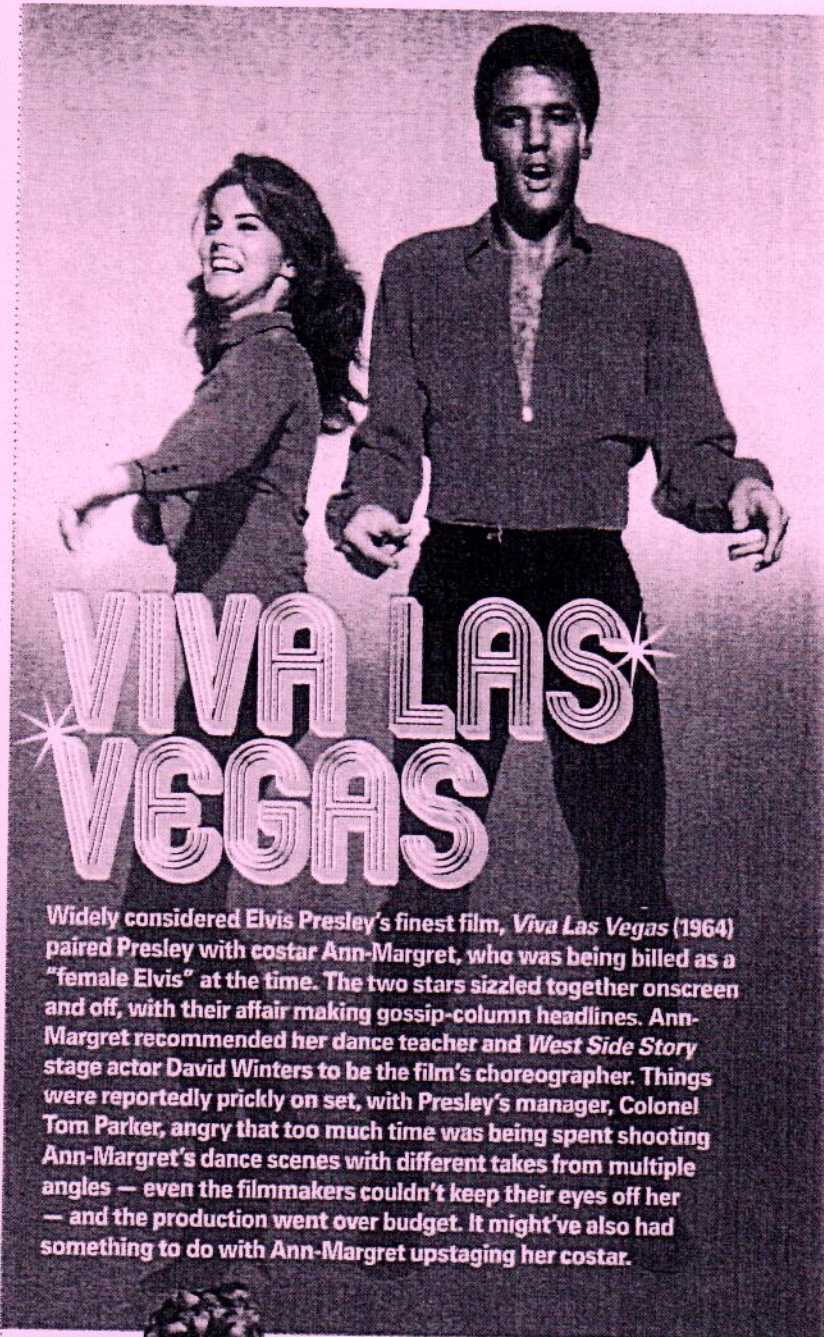
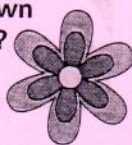
## TRIVIA

By Hannah Chester

- 1 Robert Mitchum played a criminal who targets one of the lawyers who sent him to jail in this 1962 film.
- 2 On Jan. 5, 1963, this Tony-winning Lerner and Loewe musical starring Richard Burton, Julie Andrews and Robert Goulet closed on Broadway.
- 3 Eddie Sachs and Dave MacDonald were killed in a crash during what 1964 auto race?
- 4 True or false: In 1965, Buzz Aldrin became the first American to walk in space.
- 5 Who in 1966 became the highest-paid player in baseball history?
- 6 This candy bar made of caramel, shortbread and chocolate was introduced in 1967.
- 7 Folk singer Roberta Joan Anderson, aka this, released her debut album *Song to a Seagull* in 1968.

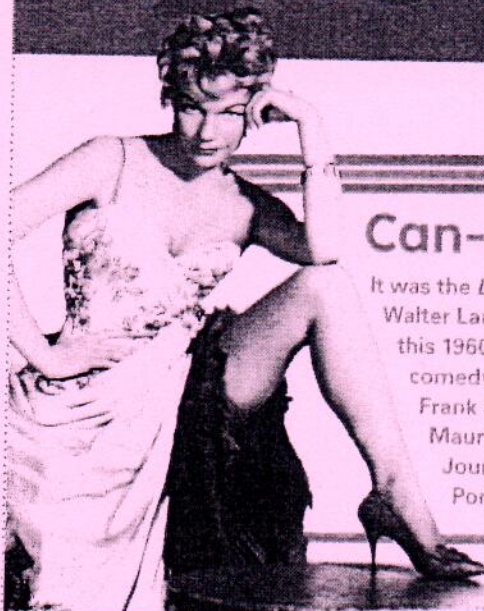


- 8 In 1961, what all-girl group featuring Diana Ross was signed to Motown Records?



## VIVA LAS VEGAS

Widely considered Elvis Presley's finest film, *Viva Las Vegas* (1964) paired Presley with costar Ann-Margret, who was being billed as a "female Elvis" at the time. The two stars sizzled together onscreen and off, with their affair making gossip-column headlines. Ann-Margret recommended her dance teacher and *West Side Story* stage actor David Winters to be the film's choreographer. Things were reportedly prickly on set, with Presley's manager, Colonel Tom Parker, angry that too much time was being spent shooting Ann-Margret's dance scenes with different takes from multiple angles — even the filmmakers couldn't keep their eyes off her — and the production went over budget. It might've also had something to do with Ann-Margret upstaging her costar.



## Can-Can

It was the *Dirty Dancing* of its day. Walter Lang (*The King and I*) directed this 1960 Broadway musical comedy adaptation starring Frank Sinatra, Shirley MacLaine, Maurice Chevalier and Louis Jourdan, and featuring Cole Porter's music and lyrics.



# West Side Story



If only real gang turf wars could be decided with dancing and finger snapping instead of stabbing and shooting. The 1961 film is among the greatest movie musicals of all time, and won 10 Oscars. It also remains a cultural touchstone that just experienced a revival thanks to Steven Spielberg's 2021 remake. Natalie Wood, Richard Beymer, Russ Tamblyn, Rita Moreno and George Chakiris starred in the original film, featuring choreography by Jerome Robbins, who shared directing credit with Robert Wise. The production was plagued by injuries to the dancers, and the film was behind schedule and over budget, leading to Robbins being fired. But *West Side Story* turned out to be a hit with moviegoers and critics, and Robbins shared the Best Director Academy Award with Wise.



Set in 1890s Paris, Simone (MacLaine) owns a dance hall where ladies perform the risqué and outlawed can-can dance. Simone and her girls use their charms to keep the club open and the can-can on the bill, but she has her work cut out for her when a judge (Jourdan) wants to put an end

to it. Dancer Juliet Prowse got her first credited role in this movie, and she became an instant celebrity after Soviet Premier Nikita Khrushchev visited the set and denounced the film as immoral and depraved. Prowse and Sinatra had an affair and were briefly engaged following *Can-Can*.

## BOTH DIRECTIONS

By Julie K. Cohen

Unscramble the letters below to form words. The words you unscramble will appear both across and down. We've given you clues to get you started.

SERT

SAGE

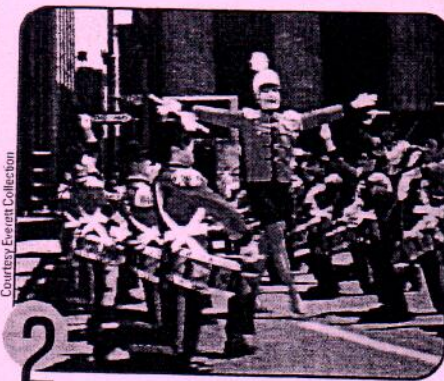
GEED

HARE

	E		
E			

Answer on page 52.

Can you name these other Ann-Margret and Shirley MacLaine musicals?



ANSWERS: 1. Bye Bye Birdie; 2. Sweet Charity



A smile can open a heart  
faster than a key can  
open a door.

Smiles are free  
so don't save them..

Brighten the  
world with your

*smile.*

