

*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.*



## ~ The Bay Senior Center ~

Our Center provides you with many exciting programs and events. This is the place for meet old friends and meet new ones. Join us and participate in all our activities.

It is the place to enjoy hot kosher lunches, Zumba exercise, Aerobics, Moving Meditation, (Qi Gong Exercise) current events, arts and crafts, nutrition lectures, movies & discussion, parties entertainments live, bingo, trips and much more. Some fees apply.

If you have trouble getting to and from the Center, we can provide transportation. We are also handicapped accessible. Please call the center for transportation.

We are non-denominational. Members of our staff speak a variety of languages: English, Russian, Spanish, Yiddish, and Hebrew. Come in and look around. See what interests you. . . .

If you wish to play a board and card games, please ask staff for access to these games.

Stay Safe and Peace on Earth

Robert

Case Manager





# The Bay Senior Center

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

**July 2025 Independence Day Happy 4<sup>th</sup> of July**  
**Please call Senior Center ( 718) 648-2053 ) for Special Events**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Yoga &amp; Dance exercise@ 9:20 AM</p> <p><u>*Coping with Your Feeling- Monday@10AM</u></p> <p>*Alert and Alive Monday at 11:00 Conference Calling</p> <p><u>Nutrition Lecture by Food Bank Workshop July 14 &amp; 28 @ 10:30</u></p> <p>Social Hour 12:30-2:00 Board Games available, Brain Teaser</p> <p>Special Events live at Senior Center</p>	<p>Blood Pressure @ 10:30</p> <p>NEW Painting Class at 10:30</p> <p><u>Jewelry Making @ 12:30</u></p> <p><u>*Health Lecture workshop July 22, 2025 at 11:00 By Chateau Adult Home</u></p> <p>Lunch 11:30 – 12:45</p> <p>Social Hour 12:30-2:00 Board Games available, Brain Teaser</p> <p>Special Events live and zoom</p> <p>Trip to Brooklyn Botanic Gardens July 8, 2025 @ 9:30</p>	<p>&gt;Current Events Live &amp; Conference Call, @ 10 am</p> <p><u>~*Cardio Dance Exercise@10:30 am</u></p> <p><u>* Lunch 11:30 –12:4</u></p> <p>Movie and discussion @12:30 – [after lunch]</p> <p><u>Age-Tastic! and or Rummikub @ 9:30 am</u></p> <p><u>Social Hour 12:30-2:00 Board Games &amp; Brain Teaser available</u></p> <p>Special Events-live</p> <p>Board Games</p>	<p><u>Moving Meditation Exercise (Qi Gong) 10:00 AM</u></p> <p>Current Events Discussion 10:00</p> <p><u>Lunch 11:30 –12:30</u></p> <p><u>Age-Tastic! and or Rummikub @ 9:30 am</u></p> <p><u>Trip to Green Acres Mall / Kings Plaza Mall</u></p> <p>Social Hour 1:00-3:00 Board Games available</p> <p>Board Games</p>	<p>CHAIR YOGA @ 9:30</p> <p><u>~ Trivia Pursuit</u></p> <p>Live &amp; Conference Calling 10:00</p> <p>~ Yiddish Hour at 11:00 am live &amp; Conference call <u>Lunch 11:30-1:00</u></p> <p><u>~"Oneg Shabbat Class" (sing-a long class)</u></p> <p>Social Hour 1:00-3:00 Special Events live</p> <p>Board Games ,Brain Teaser available</p> <p>Board Games available</p>
<p>Special Events on zoom or at Senior center</p> <p>Brain Teaser</p>	<p>Special Events live and zoom</p> <p>Brain Teaser</p>	<p>Special Events on zoom and at Senior Center</p> <p>Brain Teaser</p>	<p>Special Events live and Zoom</p> <p>Brain Teaser</p>	<p>Special Events live and Zoom</p> <p>Brain Teaser</p>



July 2025 Happy 4<sup>th</sup> July

# THE BAY SENIOR CENTER

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

Catholic Charities Neighborhood Services & NYC Department for the Aging

Nutrition Workshop Monday July 14 at 10:30 AM sponsored By Food bank

Nutrition Lecture Tuesday July 22,2025 at 11:00 AM sponsored by Chateau

Yoga & Dance Monday at 9:20 AM

Painting Class Tuesdays at 10:30 AM

Jewelry Making Workshop Tuesday at 12:30 PM

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

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

Alert & Alive Mondays at 11:00 AM Conference Call

Blood Pressure Tuesday at 10:30 AM //

Current Events Wednesdays at 10:00 AM Conference Call

Cardio Dance Exercise Wednesdays at 10:30

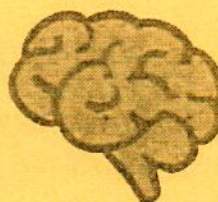
QI Gong Thursdays at 10:00 AM

// Friday Chair Yoga Exercises @ 9:30

Trivia Pursuit - Fridays at 10:00 AM //Yiddish Hour - Fridays at 11:00 AM  
Conference Call



# Fun Nutrition Facts for Memory & Cognitive Function

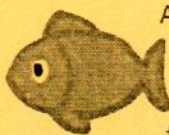


## 1 Blueberries are Brain Berries



They've been nicknamed "brain berries" because studies show they may delay brain aging and improve memory by boosting communication between brain cells.

## 2 Your Brain Is Nearly 60% Fat



And a big chunk of that fat is made from omega-3 fatty acids—the kind found in fatty fish. These fats are essential for learning and memory.

## 3 Chocolate Can Boost Brain Power



Dark chocolate (70%+ cocoa) contains flavonoids that increase blood flow to the brain—leading to improved attention and problem-solving skills.

## 4 Spinach Can Make You Mentally Stronger



Leafy greens like spinach are rich in vitamin K, folate, and antioxidants. One study found that people who ate more greens had brains 11 years younger than those who ate the least.

## 5 Eggs Help You Remember Better



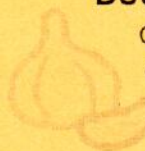
Eggs are high in choline, a nutrient that helps your brain make acetylcholine—a neurotransmitter linked to memory and mood.

## 6 Coffee Helps You Focus (But Timing Matters!)



Caffeine can enhance focus and alertness, but it's most effective if consumed 90 minutes after waking up—not right away.

## 7 Garlic Might Boost Memory



Garlic contains antioxidants and a compound called allicin, which may help reduce inflammation and support brain health.

## 10 Dehydration Shrinks Your Brain




Even mild dehydration (just 1–2% of body weight lost) can temporarily shrink brain tissue and make it harder to concentrate or remember things.



## Fun Food Trivia to Improve Memory


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1. What food is often called "brain berries"?

 Answer: Blueberries – They're rich in antioxidants that improve brain cell communication and memory.


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2. Which type of fat makes up much of your brain?

 Answer: Omega-3 fatty acids – Especially DHA, found in fatty fish like salmon and mackerel.


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3. What common spice can cross the blood-brain barrier and may help improve memory?

 Answer: Turmeric – Its active compound, curcumin, has anti-inflammatory effects on the brain.


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4. True or False: Eating dark chocolate can boost brain function.

 Answer: True! Flavonoids in dark chocolate increase blood flow to the brain and may improve focus.


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5. What nutrient found in eggs is crucial for creating memory-boosting neurotransmitters?

 Answer: Choline – Essential for producing acetylcholine, a chemical involved in memory.


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6. Which green veggie might help keep your brain 11 years younger?

 Answer: Spinach – And other leafy greens high in vitamin K and folate.


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7. What drink contains both caffeine and L-theanine, a combo that helps you focus calmly?

 Answer: Green tea – It provides smoother, sustained concentration.


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8. What kitchen staple contains allicin, a compound that may help brain health?

 Answer: Garlic – It's packed with antioxidants that fight inflammation.

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9. Dehydration can affect memory. How much water loss can shrink brain tissue?

 Answer: Just 1–2% – Even mild dehydration can reduce cognitive performance



# JULY

*Named to honor Roman dictator Julius Caesar (100 B.C.–44 B.C.). In 46 B.C., Julius Caesar made one of his greatest contributions to history: With the help of Sosigenes, he developed the Julian calendar, the precursor to the Gregorian calendar that we use today.*

## FOURTH OF JULY

Learn the meaning behind the **4th of July** and a brief history of the day, then see if you know some fun facts and trivia.

### WHEN IS INDEPENDENCE DAY?

On the 4th of July, the United States observes a federal holiday in honor of the Declaration of Independence. This holiday commemorates the adoption of the Declaration of Independence on July 4, 1776, by delegates from the 13 colonies.

*Note: If the Fourth of July falls on a Sunday, the federal observed holiday is the following Monday, July 5. If the Fourth of July falls on a Saturday, the observed holiday for most (but not all) federal employees is Friday, July 3.*

### A BRIEF HISTORY OF INDEPENDENCE DAY

The Declaration of Independence is America's revolutionary Charter of Freedom and the document upon which the nation's founding principles were established.

The Declaration of Independence is one of the most important documents in the history of the United States. It was an official act taken by all 13 American colonies in declaring independence from British rule.

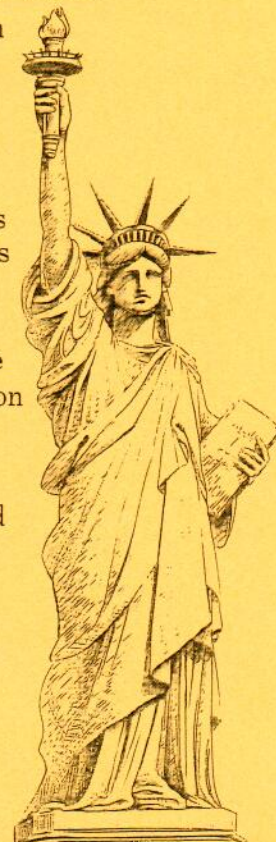
The document was originally written by Thomas Jefferson, but Benjamin Franklin and John Adams, along with Jefferson, then worked together to make changes.

Here is an excerpt from the Declaration of Independence (U.S., 1776):

**We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.**

### MORE FOURTH OF JULY HISTORY

- **July 4, 1776:** Thomas Jefferson noted in his "Weather Memorandum Book" that the weather was cloudy, the temperature 76°F.
- **July 4, 1826:** Both John Adams and Thomas Jefferson—signers of the Declaration of Independence who each later became president—died on the 50th anniversary of the adoption of the declaration.
- **July 4, 1884:** The Statue of Liberty was formally presented to the United States by the people of France.





## 4TH OF JULY TRIVIA

While we celebrate with fireworks, let's not forget the freedom that our founding fathers declared to the world over two centuries ago. Here are some fun facts you may not know about the holiday:

**Q. Why is the name "John Hancock" synonymous with "your signature"?**

**A.** Hancock's bold signature on the Declaration of Independence dwarfed the signatures of the other signers. Legend says that Hancock wanted the king of England to see the rebellious signature without having to wear his spectacles!

**Q. How many people signed the Declaration of Independence on July 4?**

**A.** Only two men signed the Declaration of Independence on July 4, 1776—John Hancock, president of the Congress, and Charles Thompson, secretary of the Congress.

**Q. On what day did most people sign the Declaration of Independence?**

**A.** August 2, 1776.

**Q. When did Independence Day become a national holiday?**

**A.** The Fourth of July was not declared a federal holiday until 1938!

**Q. Is anything written on the back of the Declaration of Independence?**

**A.** Yes, but not a treasure map like a certain favorite film suggests! The message "Original Declaration of Independence dated 4th July 1776" is written upside down on the back of the Declaration of Independence.

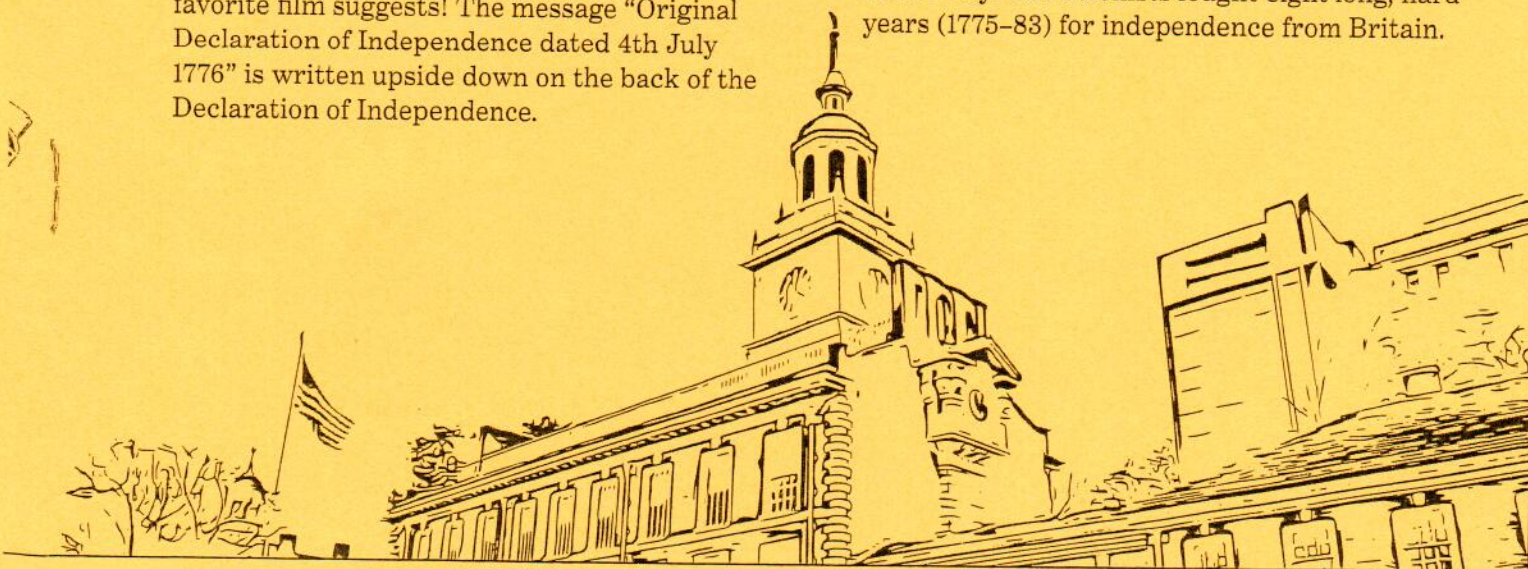
**Q. Where is the Declaration of Independence document today?**

**A.** Thomas Jefferson's original draft was lost and the one eventually signed is the "engrossed" document. It is kept at the National Archives in Washington, D.C., for all to see.

Of the 200 printed copies of the Declaration made by John Dunlap (the Dunlap Broadside), only 27 are accounted for. One of these was found in the back of a picture frame at a tag sale and sold at auction for \$8.14 million to television producer Norman Lear in 2000. It traveled the country on display to the public for ten years.

**Q. Where was George Washington when the Declaration of Independence was written?**

**A.** In July 1776, Washington was in New York with his troops. On July 9, he received his copy of the Declaration with a note from John Hancock telling Washington to share the news with his soldiers. The men were so excited that they rushed over to the Bowling Green and tore down the statue of King George III. Shortly after this, the British, as Washington expected, attacked the colonists and the American Revolution was under way. The colonists fought eight long, hard years (1775–83) for independence from Britain.





# Eat Smart for a Sharper Mind

## Nutrition Tips to Support Memory and Cognitive Function

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
### Top Brain-Boosting Nutrients

Nutrient	Why It Matters	Best Sources
<b>Omega-3s</b>	Build brain cells, reduce inflammation	Salmon, flaxseed, walnuts
<b>Antioxidants</b>	Protect against brain cell damage	Blueberries, spinach, green tea
<b>B Vitamins</b> (B6, B12, folate)	Support memory and mental clarity	Leafy greens, eggs, beans
<b>Vitamin D</b>	Linked to better cognitive performance	Sunlight, fortified milk, salmon
<b>Healthy Fats</b>	Improve brain blood flow	Olive oil, avocado, nuts






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### Brain-Healthy Eating Pattern: The MIND Diet

Eat more of these:

-  Leafy greens (6+ servings/week)
-  Berries (especially blueberries)
-  Whole grains (3/day)
-  Fish (1x/week)
-  Nuts & legumes
-  Olive oil as your main fat

Limit these:

-  Butter and margarine
  -  Cheese (1 serving/week max)
  -  Sweets and pastries
  -  Fried and fast food
  -  Red meat (less than 4 servings/week)
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## ⊗ Foods That Can Fog Your Brain

- Sugary snacks and drinks
  - Processed meats and packaged foods
  - Fried and greasy items
  - Too much alcohol
  - High-sodium frozen or canned meals
- 

## 👉 Simple Daily Tips for Brain Health

- Add berries to breakfast cereal or yogurt
  - Choose whole grain bread or oatmeal
  - Swap butter for olive oil
  - Snack on nuts instead of chips
  - Stay hydrated – aim for 6–8 cups of fluids daily
  - Move your body – even a daily walk helps the brain!
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## 💬 Remember:

Healthy food isn't just good for your body—it keeps your brain strong, sharp, and active.

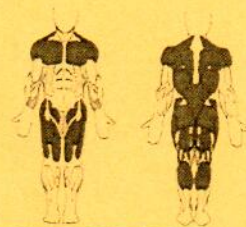
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✦ **BONUS TIP:** Combine good nutrition with daily movement, enough sleep, social time, and mental challenges like puzzles, reading, or learning something new.



# STRETCHING

## OLDER ADULTS



**⚠** Consult a physician before starting any stretching regime. This chart is for informational purposes only.



**GLUTES & LOW BACK**



**GLUTES & ADDUCTORS**



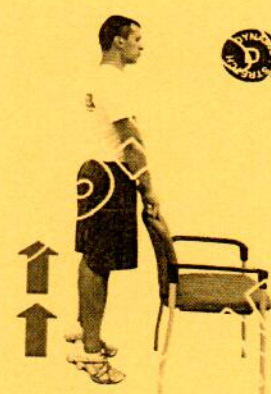
**BACK & HAMSTRINGS**



**ADDUCTORS**



**QUADRICEPS**



**CALVES**



**NECK**



**SHOULDERS & UPPER BACK**



**SHOULDERS & CHEST**



**FULL BODY**

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain



Hello, My Friends,

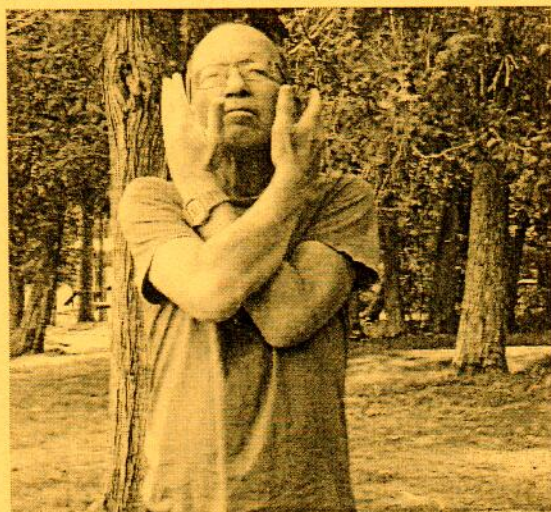
A reminder that our Moving Meditation session every Thursday at 10:00 . Enjoy the ease and healing of gentle movement, evocative of the beauty of nature. It is also a wonderful contrast to the energy and vigor of Zumba.

Come join me as we make Ripples and Waves, and create the Sun and Rainbows. We will also practice organ healing. NO EXPERIENCE IS NEEDED.

Peace, Joy, Love

Robert (Qigong

teacher)





# WHAT IS HEPATITIS?

July 17, 2025 10:00 AM - 11:00 AM

Hepatitis is inflammation of the liver. Learn more about management and treatment options.



**CLICK HERE TO JOIN THE MEETING**

[HTTPS://US02WEB.ZOOM.US/J/85893650586?PWD=WOYFTWEMJ77CDBS7FCFW1GCTVVYO5N.1](https://us02web.zoom.us/j/85893650586?pwd=WOYFTWEMJ77CDBS7FCFW1GCTVVYO5N.1)

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**PASSCODE: 571737**

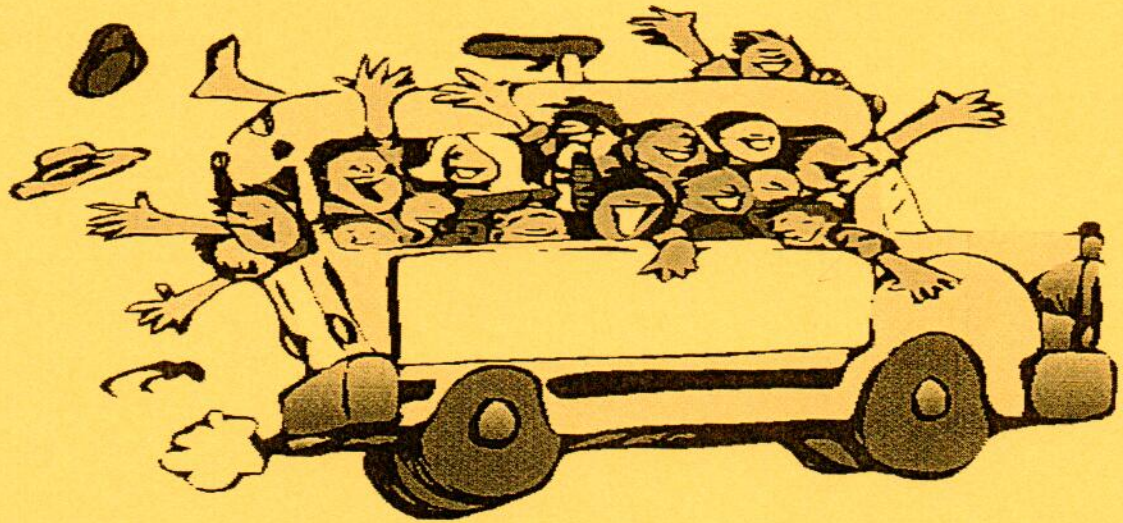
**CALL-IN NUMBER: +1 929 436 2866**



HOSTED BY STUDENTS AND FACULTY FROM  
ST. JOHN'S UNIVERSITY  
COLLEGE OF PHARMACY AND HEALTH SCIENCES







## TRANSPORTATION

### SERVICES

TO: SENIOR CENTERS, MEDICAL, DENTAL

AND CLINIC APPOINTMENTS

SUGGESTED DONATIONS REQUESTED

SPONSORED BY:  
CCNS/ The Bay Senior Center

THIS SERVICE IS PROVIDED FOR SENIORS 60 YEARS  
AND OLDER WHO HAVE DIFFICULTY with Buses

FOR FURTHER INFORMATION PLEASE CALL  
CCNS The Bay Senior Center at 718 648-2053  
And Ask for Alex



# Five Myths About Aging

## Myth 1

### The older you get, the less sleep you need.

We might wish this were the case, but older adults still need 7 to 9 hours of sleep each night. Adequate sleep can help reduce your risk of falls, improve your overall mental well-being, and help reduce your risk for certain health conditions.



## Myth 2

### Depression is normal in older adults.

Although depression is a common mood disorder, it is not a normal part of aging. Talk with your doctor if you begin showing signs of depression, such as irritability or decreased energy.



## Myth 3

### Older adults can't learn new things.

Not true! Older adults can still learn new things, create new memories, and improve their performance on a variety of skills.



## Myth 4

### Memory problems always mean Alzheimer's disease.

Not all memory problems are a sign of Alzheimer's disease. Talk with your doctor to determine whether the memory changes you're noticing are normal or whether they may be a sign of something more serious.



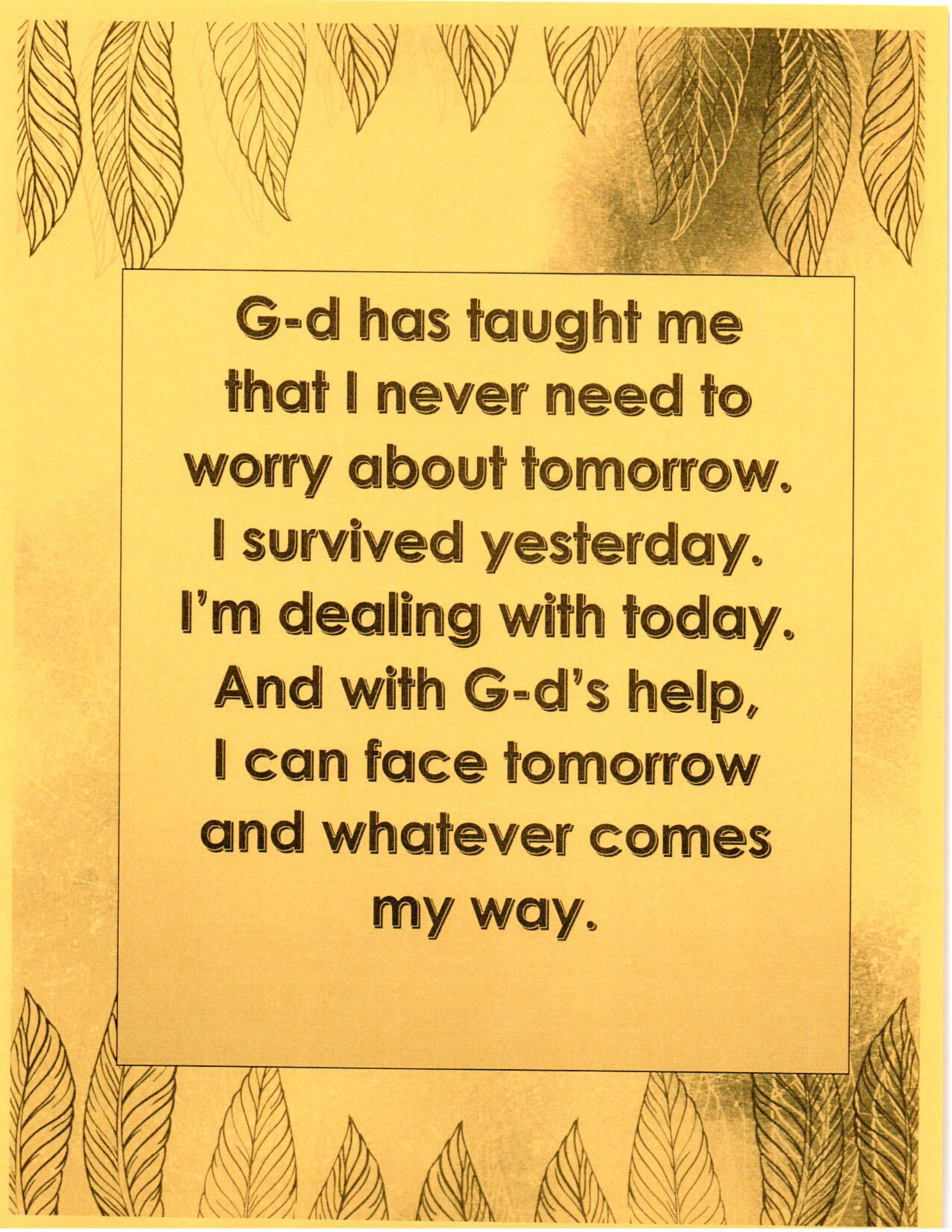
## Myth 5

### Older adults do not need to exercise.

Older adults have a lot to gain by being active — and a lot to lose by sitting too much. Exercise and physical activity can help manage some chronic conditions, improve mental and physical health, and maintain independence as you age.







**G-d has taught me  
that I never need to  
worry about tomorrow.  
I survived yesterday.  
I'm dealing with today.  
And with G-d's help,  
I can face tomorrow  
and whatever comes  
my way.**