

# Narrows OAC Newsletter February 2026



## February Fun Facts

This February is Observed as: Valentine's Day, Heart Health Month, Black History Month

Birthstone: Amethyst

Fruits and Veggies of the Month: Broccoli, Citrus Fruits, Brussels Sprouts, Winter Squash

Flower: Violet

Astrological Sign: Aquarius and Pisces

**CCNS**

**Narrows Senior Center**  
933 54th Street  
Brooklyn, NY 11219  
Tel: 718.232.3211  
Fax: 718.232.0512



February is a short month, but also a sweet one! We will be celebrating Valentine's Day, recognizing Black History Month, educate ourselves about our Heart Health, and let's not forget that little groundhog. Will he see his shadow? Will there be six more weeks of winter? We will also celebrate Presidents Day to honor present and past administrations. This year, the official Chinese New Year will be on Feb. 17th, 2026, the year of horse. Narrows Older Adult Center will host the Chinese New Year/Valentine's Day Party on Fri. 2/20/2026 at 10am.

Time is zooming by and it feels like yesterday that we welcomed the New Year. I extend my heartfelt gratitude to the Seniors of the Narrows OAC. Your wisdom and friendship have enriched our lives and brought many moments of joy throughout the past year. Socialization and friendship play crucial roles in everyone's well-being, especially in the New Year. Maintaining social connections helps combat loneliness, contributes to mental and emotional health, and provides a support system. Engaging in activities with friends fosters a sense of belonging and purpose, contributing to a fulfilling and enriched life. As we step into the second month of 2026, let's prioritize these connections, recognizing the value they bring to our overall happiness and quality of life.

Quick reminder that at the Narrows we have an open door policy with confidentiality. You are welcome to see the program manager or case manager to assist with supportive listening, benefits and entitlements as well as any other concerns.

Please see the rest of the newsletter for additional information.

### Staff Members

Tselita McBride  
Program Manager

Tommy Lee  
Case Manager

Meng Zhou  
Administrative Assistant

Madeline Sbano  
Driver

Samuel Robertson  
Driver

Gek Poh Lim  
Kitchen Aide

Joshua Rodriguez  
Maintenance

Funded By The New York City Aging

# CELEBRATING February

## February 16th Presidents day

Well, according to the federal government, the holiday observed on the third Monday in February is officially **Washington's Birthday**. But many Americans believe that this holiday is now called "Presidents' Day," in honor of both Presidents Washington and Lincoln, whose birthdays are Feb. 22 and Feb. 12, respectively. It turns out that whether you honor one or the other or both of these presidents may depend on where you live.

## February 2nd Ground Hog Day

On Groundhog Day, a groundhog, named Punxsutawney Phil, in the small town of Punxsutawney, emerges in the morning to a large crowd. If Phil, sees his shadow, there will be 6 more weeks of frigid weather. If Phil looks down, and does not see his shadow, the Spring is on the way and we are given hope for sunshine and warmth.

## February 9th National Bagel Day ...YUMMMMMY!!!!

Great bagels are crispy on the outside, chewy on the inside, and totally stuffed to the brim with your favorite fixings. If you're lucky enough to live near a New York-style deli, get there immediately and order your favorite bagel or bagel sandwich. Or try making your own bagels at home.

## February 14th Valentines Day

When I think of all the **February Holidays**, or February in general, I think of **Valentine's Day**, a day set aside, where you can express your LOVE to your spouse, or your significant other, your family members and kids, and even your friends with a card, gift, or flowers. It's a great day to get engaged, or married, and many people use the holiday as an excuse to take a mini-vacation and reconnect!

## Daily Activity Calendar

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
8am to 10:30am Coffee and Current Events  Technology Class	8am to 10:30am Coffee and Current Events  Technology Class	8am to 10:30am Coffee and Current Events  Technology Class	8am 10:30am Coffee and Current Events  Technology Class	8am to 10:30am Coffee and Current Events  Technology Class
9am to 11am Ping Pong	9am to 11am Mah Jong / Ping Pong	9am to 11am Ping Pong	9am to 11am Mah Jong/ Ping Pong	9am to 11am Ping Pong
10am to 11am Jewelry Making Class	10:30 11:15am Yoga Class	10:30 to 11:15am Meditation & Somatic Movements	10:30 to 11:15am Strengthening Class	10:30am to 11:30am Music Entertainment
11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	11:15am to 12pm Cognitive Exercise Challenge	
12:00 PM	12:00 PM	12:00 PM	12:00 PM	12:00 PM
<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate	<u>LUNCH</u> Congregate
1pm to 2pm Art and Crafts Class  Independent Board and Card Games	1:30pm to 3:00pm Collage Crafting Class With Chris Deng Ends December 16th  Independent Board and Card Games  2pm to 3:45pm Movies at the Narrows (non-transportation)	1:00PM– 2:00PM Plaster and Painting  Independent Board and Card Games	1PM to 2PM Painting Appreciation  Independent Board and Card Games  2pm to 3:45pm Movies at the Narrows (non-transportation)	1pm to 2pm Computer /Technology Class with Hau-Yu  1:15pm to 2pm Cognitive Exercise Challenge  BINGO  Cognitive Excercise

**Karaoke is per request. Please see staff to set up the equipment.**

**Please speak to staff before making a donation of household items or clothing as we have to follow safety guidelines.**

**As this center belongs to you, the members, please see staff for activity suggestions**

**Please call (718) 232-3211 for updates or changes.**

**February 2026 CALENDAR**

Monday	Tuesday	Wednesday	Thursday	Friday
2 Classic Chicken Cacciatore (1pc) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Prince Edward Blend Vegetables	3 Chickpeas (1/2 cup) Rasta Pasta (6oz) Garden Salad Italian Blend Vegetables	4 BBQ Pulled Pork (3oz) Yellow Rice Steamed Carrots	5 Beef Salisbury Steak Mushroom Gravy (1pc) California Blend Vegetables Garlic Mashed Potatoes	6 Baked Fish with Lemon Garlic Butter Sauce (1pc) White Rice (1/2 cup) Sauteed Green Beans with Onions *
9 Jerk Chicken (1pc) California Blend Vegetables * Homemade Mashed Potatoes	10 Chili-Spiced Pinto Bean Ragout (6oz) Brown Rice (1/2 cup) Caesar Salad	11 Italian Style Pork Loin Tomato Sauce (pre-prepared, 1/2 cup) (3oz) Penne (1/2 cup) Tomato Sauce (pre-prepared, 1/2 cup) Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette	12 Beef Stew (6oz) Garlic Mashed Potatoes Steamed Carrots	13 Shrimp Scampi (12pc) Baked Sweet Potato Sauteed Green Beans with Onions *
16 Classic Chicken Cacciatore (1pc) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Prince Edward Blend Vegetables	17 Three Bean and Spinach Stew (6oz) Brown Rice with Black Beans Caesar Salad	18 Cajon Shrimp (15pc) Yellow Rice Sauteed Green Beans with Onions	19 Shephard's Pie (1 pc) Italian Blend Vegetables *	20 Baked Salmon with Cilantro Citrus Sauce (1pc) California Blend Vegetables Roasted Potatoes
23 Baked Chicken Thighs BBQ Sauce (1pc) Baked Sweet Potato Steamed Carrots	24 Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas, 1 cup) (6oz) California Blend Vegetables *	25 Annes Lemon Garlic Sauce Baked Pork (3pc) White Rice (1/2 cup) Italian Blend Vegetables	26 Mushroom Gravy Roast Beef (6oz) Homemade Mashed Potatoes Garden Salad *	27 Baked Fish Oreganata (1pc) Brown Rice Green Beans with Onions
2 Baked Chicken Thighs Brown Gravy (1PC) Mashed Sweet Potatoes Prince Edward Blend Vegetables	3 Zesty Chickpea Stew (6oz) Brown Rice (1/2 cup) Garden Salad *	4 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (6oz) Yellow Rice Prince Edward Blend Vegetables *	5 Italian Meatballs with Beef and Turkey (6PC) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) California Blend Vegetables	6 Cajon Shrimp (15pc) White Rice (1/2 cup) Caesar Salad

**ALL Meals are served with: Whole Grain Bread, Margarine, Milk and A Piece of Fresh Fruit. Banana, Apple, Pear or Orange.**

# February 2026 Presentations

Monday 2/2/2026 10am — NY Connects Presentation (English)

Monday 2/9/2026 10am — Medicaid & Pooled Trusts (English)

Monday 2/23/2026 10am — Final Expenses (English)

Please note these presentation dates are subject to changes.

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## Entertainment Events

Friday 2/6/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 2/13/2026 10:30am — 11:30am Maurice Zebede's Valentine's Day  
Mini Concert

Friday 2/20/2026 10:30am — 11:30am Chinese New Year/Valentine's Day  
Celebration With Joel Pawiak

VNS & True Care will come sponsor giveaways and desserts

Friday 2/27/2026 10:30am—11:30am Estella & Peter Chan  
Chinese New Year Concert

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Please Note They Are Subject To Changes At Any Time



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# 7 STEPS TO A HEALTHIER HEART

1

## Live Smoke Free

If you smoke, quit. **Smoking** damages the lining of your arteries, leading to a build up of fatty material (atheroma) which narrows the artery. This can cause angina, a **heart attack** or a stroke.



2

## Monitor Your Blood Pressure

Keep your number below 120/80 mm Hg. You should try to lower it. Make healthy changes to your lifestyle. Regularly check your blood pressure



3

## Maintain a Healthy Weight

Target a body mass index (BMI) of less than 25. BMI is a useful measure of overweight and obesity. It is calculated from your height and weight. Keep BMI between 18.5 - 25.



4

## Watch Your Cholesterol

Strive to manage your cholesterol level. It should be less than 200 mg/dL. The average cholesterol level among American adults is 200 mg/dL, which is borderline high risk.



5

## Control Your Blood Sugar

Aim for a fasting blood glucose less than 100 mg/dL. By following healthy routine (Carbs intake, regular exercise, Increase your fiber intakes etc. ) you can manage healthy blood sugar level.



6

## Getting Active Can Reduce Your Risk

Getting – and staying – active can reduce your risk of developing heart disease. It can also be a great mood booster and stress buster. One way to achieve this target is by doing 30 minutes of activity on 5 days a week



7

## Cut Down on Salt

If you eat too much salt, the extra water stored in your body raises your blood pressure. So, the more salt you eat, the higher your blood pressure. Adults should eat less than 6g of salt a day in total – that's about 1 teaspoon.



www.offshorecheapmeds.com | 8 Mount Pleasant Douglas, Isle of Man, IM12PU, British Isles  
Toll-free: 1888 414 6679 | Fax: 1888 455 5677 | Email: info@offshorecheapmeds.com

*Happy  
Valentine's Day.*

My Love.  
I'm So Grateful  
To Have You by  
My Side.



*Happy Valentine Day*



# Valentine's Day Word Search

c g f l o w e r s i p  
j s w e e t h e a r t  
e f p a c u p i d a e  
v h o i k a c p s r t  
a o g u y h e a r t s  
l o v e r r d e g o f  
e k r a p t r r o w r  
n r i r o s e s p x i  
t o h s d r d e i r e  
i s u h s p i n n h n  
n r g a r e l l k t d  
e o s c h o s r o s h  
s w e e r t s f r i e  
v c h o c o l a t e k

valentine  
arrow  
cupid  
hearts  
love

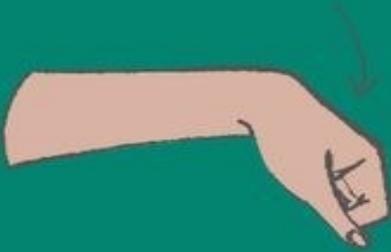
red  
fourteenth  
hugs  
chocolate  
pink

roses  
friend  
flowers  
sweetheart  
kisses





# Exercise for wrist Pain



Wrist curl



Tilt back



Hammer



Resistance press



Fist rotation



Wrist stretch

# Spring Roll (Lumpia)

## Ingredients

### For the Filling:

- 3 cloves garlic, minced
- 1/2 head of cabbage, cut into 2-inch strips
- 2 medium carrots, cut into 2-inch thin strips
- 2 celery stalks, cut into 2-inch thin strips
- 2 tablespoons vegetable oil
- 1 tablespoon sugar
- 1 teaspoon salt
- 1/2 teaspoon white pepper powder
- 1 tablespoon sesame oil
- 1/4 cup corn starch
- 1/4 cup water

### For Wrapping:

- 12-15 spring roll wrappers

### Flour paste (for sealing):

- 1/4 cup all-purpose flour
- 1/4 cup water

### For Frying:

- Vegetable oil (for deep frying)



save for later

# Every Sip Adds Up

Sugary drinks are linked to cavities, weight gain, type 2 diabetes and heart disease.

## 20-ounce soda



About **16** teaspoons of sugar



**240** calories

It would take 4,500 steps to burn off this drink.\*

## 20-ounce sports drink



About **9** teaspoons of sugar



**140** calories

It would take 2,500 steps to burn off this drink.\*

## 16-ounce energy drink



About **14** teaspoons of sugar

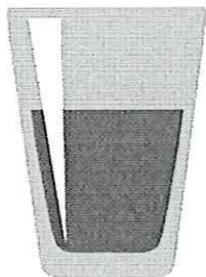


**220** calories

It would take 4,000 steps to burn off this drink.\*

\*Numbers may vary based on weight, height and the amount of energy expended.

## Choose New York City tap water!



- ✓ **0** teaspoons of sugar
- ✓ **0** calories
- ✓ **Healthy**
- ✓ **Clean**
- ✓ **Free**
- ✓ **Refreshing**



For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

For more information about Stellar Farmers Markets, visit [nyc.gov](https://www.nyc.gov) and search for farmers markets.

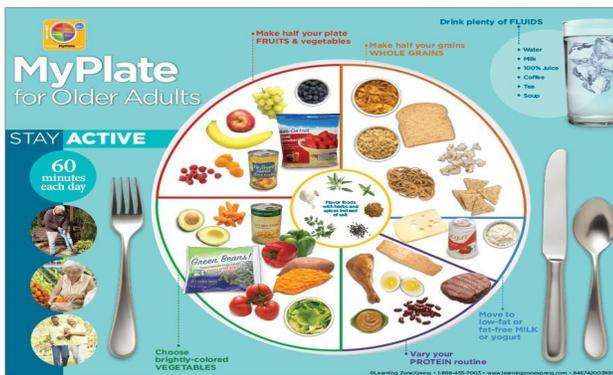
For healthy recipes, visit [jsyfruitveggies.org](https://www.jsyfruitveggies.org).

This material was funded by United States Department of Agriculture's (USDA) Supplemental Assistance Program (SNAP). SNAP, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact 800-342-3009 or go to [myBenefits.ny.gov](https://www.myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call 202-720-5964 (voice and TDD).

**NYC**  
Health

*Just Say Yes* to Fruits and Vegetables

**Narrows Senior  
Center**  
933 54th Street  
Brooklyn, NY  
11219  
Tel: 718-232-3211  
Fax: 718.232.0512



## *Social Work Corner*

*Please schedule an appointment to get screened for benefits and entitlements. Please inquire about our transportation service and the required eligibility for application.*

*We have SNAP, HEAP and EPIC on site Information and referrals are available upon request*

*Apply for Internship, volunteer and community service.*

*We are currently accepting volunteers for workshops and provide full college credit towards internship hours*

*Call today!!!*

Health managements starts from the inside out. Nutritional intake is the primary key to preventative medicine. What you eat on the inside is what you wear on the outside. Call the Narrows OAC and speak with staff on our Nutrition Information and scheduled presentation.



**PAINTING AND CRAFT CLASSES EVERY  
TUESDAY, WEDNESDAY AND THURSDAY  
1PM TO 2PM**

# Kind Reminder To Narrows Members

Please remember to make sure your information with the center's office such as address, phone number(s), emergency contacts, doctor contacts, medications and etc. are all up to date and notify the Case Manager or other office staff of any changes to update your records as this is important to allow us to be able to reach out to you or your contacts for very important reasons or if there is an emergency and ultimately it is all about ensuring your safety.

Please also note if you need any assistance such as service referrals, managing/organizing/filling out important paperwork, applying for benefit programs & housing, and more, do not ever hesitate to look for Case Manager.

## Thank You

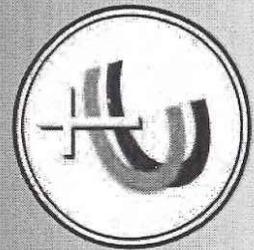




**Benson Ridge Senior Services** is funded through a grant from the New York City Department for the Aging.

The program is sponsored by Catholic Charities Neighborhood Services Diocese of Brooklyn and Queens.

Accredited by the Council on Accreditation for Children and Family Services



**CATHOLIC CHARITIES**  
Brooklyn &  
Queens

ESTABLISHED 1899

Are you or a loved one confined to the house due to failing health?

Do you worry about how long you will be able to live independently?

**Catholic Charities**  
**Benson Ridge Senior Services**  
**can help.**

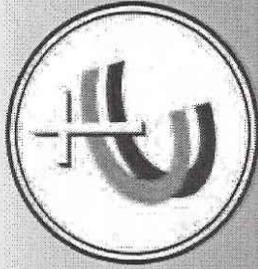
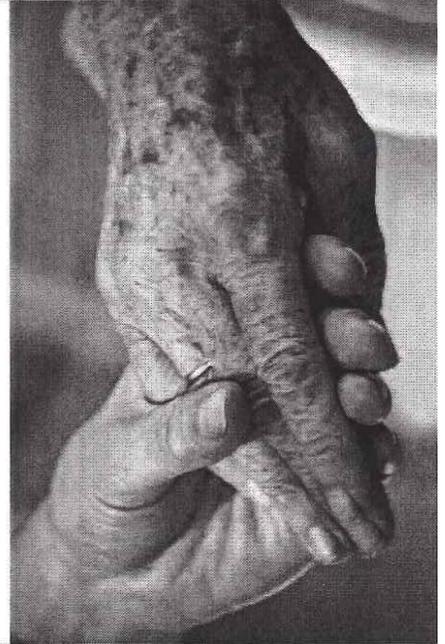
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

Call today for a free consultation.

**718-680-3530**

**We care! You are not alone!**

*Program funded by the  
New York City Department for the Aging*



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Queens

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**Benson Ridge**  
**Senior Services**

6823 Fifth Avenue  
Brooklyn, NY 11220

**718-680-3530 (Tel)**  
**718-680-3654 (Fax)**



**Serving Homebound Older Adults**  
**in Bay Ridge and Bensonhurst**

# BENSON RIDGE SENIOR SERVICES

## Who are we?

Benson Ridge Senior Services is a government-funded, not-for-profit affiliate of Catholic Charities Brooklyn and Queens. For more than thirty years, it has been our privilege to meet the needs of Brooklyn seniors. Our dedicated, multi-cultural team consists of 16 experienced social service professionals. The goal of our program is to improve the quality of life for older adults and their caregivers by maximizing independent living and preserving human dignity. Recognizing the benefits of a holistic approach, we provide support and encouragement, coupled with concrete solutions, to address the problems associated with advanced age.

## Who is eligible to receive services?

The program is open to older adults, over age 60, who are homebound and live in the Bensonhurst or Bay Ridge sections of Brooklyn. While we are sponsored by Catholic Charities, Benson Ridge Senior Services is a non-sectarian agency, serving all seniors regardless of religion, race, national origin, ethnicity, sexual orientation, gender or immigration status.

## How is homebound defined?

Homebound does not mean bed-bound. Individuals who can walk outside for a few blocks, but cannot travel greater distances by themselves meet the criteria.

*"Youth is a gift of nature, but age is a work of art."*

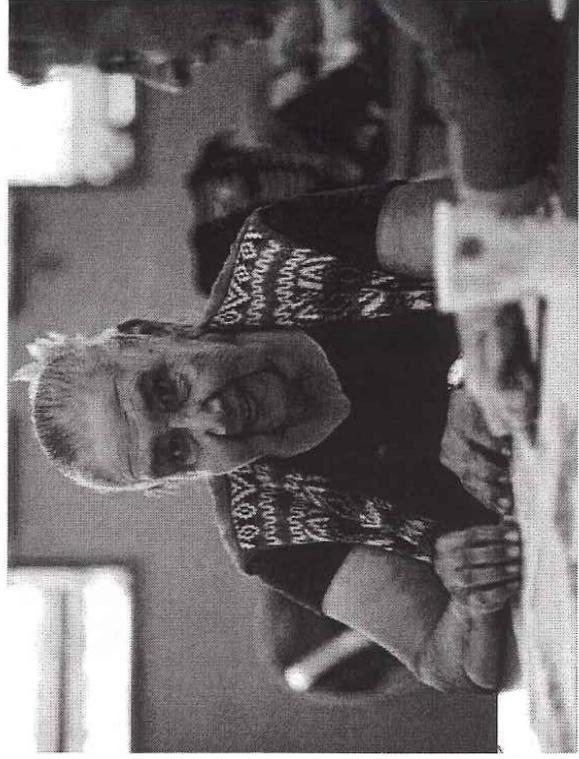
—Garson Kanin

## What services are available?

- Case management
- Home-delivered meals
- Homecare
- Housekeeping
- Transportation
- Friendly visiting
- Long-term care planning
- Benefits and entitlements
- Information and referral
- Caregiver support

## What languages are spoken?

- English
- Russian
- Spanish



## What are the hours of operation?

Monday – Friday  
9:00 AM – 5:00 PM



# Friendly Visiting Program



Volunteer your time  
and make a new  
Senior Citizen friend!

Presented by  
RiseBoro Community  
Partnership

FUNDED BY  
NYC DEPARTMENT FOR THE AGING

[riseboro.org](http://riseboro.org)

Seniors in **North and South Brooklyn's Community Districts 1, 2, 3, 4, 6, 7, 10, and 11** are seeking a compassionate individual to spend one hour per week visiting them and keeping them company.

We are looking for compassionate and caring individuals who would like to make friends with an older person in their neighborhood.

For more information or to volunteer, contact:

**Biviana Coyomani**

email: [bcoyomani@riseboro.org](mailto:bcoyomani@riseboro.org)

phone: **929-563-5596 ext. 2231**

**RiseBoro**  
COMMUNITY PARTNERSHIP