

Narrows OAC Newsletter March 2026



March Fun Facts

This March is Observed as: Women's History Month, Easter, National Nutrition Month, National Kidney Month, St. Patrick's Day.

Birthstone: Aquamarine

Fruits and Veggies of the Month: Mandarins, Onions, Spinach, Garlic, Limes

Flower: Daffodil

Astrological Sign: Pisces and Aries

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



Women's History Month



For the month of March, there are a handful of important acknowledgments such as Kidney Health Month, Women's History Month, and St. Patrick's Day. Your kidneys are very important to your health as they help with filtering out waste from your body and to circulate healthy blood cells. Keep them healthy and if needed, check with your doctor for any kidney health concerns. Staying hydrated is key to healthier organ function. We are now slowly leaving winter and going into spring. The sun will begin to set at 6:00pm. But do not rush to put away your winter coats, as we will still continue to get some cold days well into end of April. Hopefully, the snow is behind us and we will begin to see spring blossoms peeping out of the ground. Spring is also a beautiful time to visit the Botanical Gardens. Please see program manager for free tickets. Its time to push the winter blues aside and set forth for longer days, longer sun, more outdoor events and less layers of clothing. Join the Narrows for fun activities and weekly parties
Happy March everyone!

Funded By The New York City Aging

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

CELEBRATING MARCH

SOCIAL WORK MONTH

THANK YOU SOCIAL WORKERS for being the wings to the most vulnerable people in our society. The guidance you provide empowers people to stand strongly independent, brave, while confidently tackling the unimaginable, knowing that someone is by your side. Thank you for being the cushion and the catapult.

March Women's History Month

March is Women's History Month. It is time to celebrate the struggles and achievement of women. No matter if famous, women, are all part of the importance of women hood and what they go through. They are our mothers, grandmothers, sisters, aunts, friends, cousins, wives and life.

National Nutrition Month

March is nutrition month. Let's use this month to make an awareness of choosing healthy nutritional foods that are good for our bodies. There is a saying, an apple a day keeps the doctor away but also lemon helps kill bacteria and toxins in your body. Raw and semi cooked vegetables help with digestion. Instead of eating white bread, choose whole wheat bread, which contain fibers to ease digestion. Last but not least drink lots of water.

National Kidney Month

March is National Kidney Month. Every single day, Kidneys filter 200 liters of blood helping to regulate blood pressure and red blood cell production. But they are also an easy target for disease; 1/3 of Americans are at risk for kidney disease due to illnesses such as diabetes, high blood pressure or a family history of kidney health issues. There are more than 30 million Americans who already have kidney disease, and most are unaware. Too often symptoms do not appear until the disease has advanced. All people are encouraged to do Kidney screenings especially people with diabetes, high blood pressure, or if there is a history of family members having kidney health issues. The body is strong just as it is fragile. It is up to us to maintain healthy habits and preventative measurements.

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 <u>LUNCH</u> Congregate	12:00 PM <u>LUNCH</u> Congregate	12:00 PM <u>LUNCH</u> Congregate	12:00 PM <u>LUNCH</u> Congregate	12:00 PM <u>LUNCH</u> Congregate
1pm to 2pm Ballroom Dancing With Valerii Radionov 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.

March 2026 CALENDAR

Monday		Tuesday		Wednesday		Thursday		Friday	
2		3		4		5		6	
<p>Baked Chicken Thighs Brown Gravy (1PC) Mashed Sweet Potatoes Prince Edward Blend Vegetables</p>		<p>Zesty Chickpea Stew (6oz) Brown Rice (1/2 cup) Garden Salad *</p>		<p>Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (6oz) Yellow Rice Prince Edward Blend Vegetables *</p>		<p>Italian Meatballs with Beef and Turkey (6PC) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) California Blend Vegetables</p>		<p>Cajon Shrimp (15pc) White Rice (1/2 cup) Caesar Salad Ocean Bay: Lasagna Roll (1pc)</p>	
9		10		11		12		13	
<p>Italian Meatballs with Chicken (4pc) Whole Wheat Pasta Primavera Roasted Broccoli</p>		<p>Mama's Pasta Fagioli (6oz) Italian Blend Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Narrows & Bayside Tofu in Garlic Soy Sesame Sauce (6oz) White Rice (1/2 cup) Baby Spinach Salad</p>		<p>Baked Pork Mushroom Gravy (3pc) Yellow Rice Sauteed String Beans*</p>		<p>Spanish Style Beef Stew (6oz) Mashed Sweet Potatoes Prince Edward Blend Vegetables Brooks Beef Empanada (1pc) Same Sides</p>		<p>Baked Salmon Oreganata (1pc) Garden Salad * Roasted Potatoes</p>	
16		17		18		19		20	
<p>Classic Chicken Cacciatore (1pc) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Prince Edward Blend Vegetables</p>		<p>Beef Salisbury Mushroom Gravy (1pc) California Blend Vegetables Garlic Mashed Potatoes</p>		<p>BBQ Pulled Pork (3oz) Yellow Rice Steamed Carrots</p>		<p>Chickpeas (1/2 cup) Rasta Pasta (6oz) Garden Salad Italian Blend Vegetables</p>		<p>Baked Fish with Lemon Garlic Butter Sauce (1pc) White Rice (1/2 cup) Sauteed Green Beans with Onions *</p>	
23		24		25		26		27	
<p>Jerk Chicken (1pc) California Blend Vegetables * Homemade Mashed Potatoes</p>		<p>Chili-Spiced Pinto Bean Ragout (6oz) Brown Rice (1/2 cup) Caesar Salad</p>		<p>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</p>		<p>Beef Stew (6oz) Garlic Mashed Potatoes Steamed Carrots</p>		<p>Shrimp Scampi (12pc) Baked Sweet Potato Sauteed Green Beans with Onions * Ocean Bay: Lasagna Roll (1pc)</p>	
30		31		1		2		3	
<p>Classic Chicken Cacciatore (1pc) Homemade Tomato Sauce (1/2 cup) Penne (1/2 cup) Prince Edward Blend Vegetables</p>		<p>Three Bean and Spinach Stew (6oz) Brown Rice with Black Beans Caesar Salad</p>		<p>Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) (6oz) Yellow Rice Sauteed Green Beans with Onions</p>		<p>Shephard's Pie (1 pc) Italian Blend Vegetables *</p>		<p>Baked Salmon with Cilantro Citrus Sauce (1pc) California Blend Vegetables Roasted Potatoes</p>	

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

March 2026 Presentations

Monday 3/9/2026 — Self Care (English 9:30am / Chinese 10:30am)

Wednesday 3/11/2026 9:30am — Easy Eating (English)

Monday 3/16/2026 10am — Fire Safety

Monday 3/23/2026 — Consumer Protection (English 9:30am / Chinese 10:15am)

Monday 3/30/2026 9:30am— Identity Theft Protection (English)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 3/6/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 3/13/2026 10:30am — 11:30am Maurice Zebede's Mini Concert

Friday 3/20/2026 10:30am — 11:30am St. Patrick's Party With Joel Pawiak

Friday 3/27/2026 10:30am—11:30am Estella & Peter Chan's Mini Concert

Please Note They Are Subject To Changes At Any Time



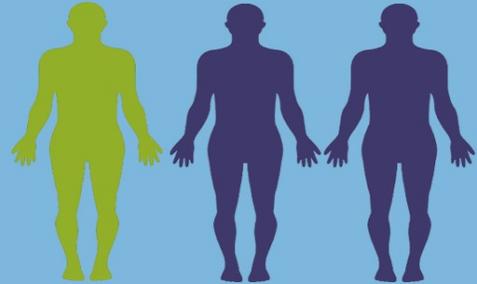
National Kidney Month



FACTS



Over 70% of kidney failure cases caused by *diabetes and/or high blood pressure* could have been prevented or delayed.



1 in 3 American adults is at high risk for developing kidney disease.

6 Problems Kidney Disease Causes



Cardiovascular Disease



Weak Bones



High Blood Pressure



Kidney Failure



Heart Attack



Stroke

6 Ways Kidneys Keep Your Healthy



Regular Fluid Levels



Activate Vitamin D For Healthy Bones



Filter Waste From The Blood



Direct Production Of Red Blood Cells



Regulate Blood Pressure

Blood Minerals In Balance



WELLNESS FOR LIFE
HEALTHCARE REDEFINED

Women's HISTORY MONTH



AMELIA EARHART



SUSAN B. ANTHONY



ELEANOR ROOSEVELT



HARRIET TUBMAN



HELEN KELLER



ROSA PARKS



SALLY RIDE



RUBY BRIDGES

Stand for something or you will fall for anything. Today's mighty oak is yesterday's nut that held its ground.

- Rosa Parks

I had rather make history than write it.

- Susan B. Anthony

No one can make you feel inferior without your consent.

-Eleanor Roosevelt

Alone we can do so little, together we can do so much.

- Helen Keller

Don't follow the path. Go where there is no path and begin the trail.

- Ruby Bridges

But what do dreams know of boundaries?

- Amelia Earhart

I had reasoned this out in my mind; there was one of two things I had a right to, liberty or death; if I could not have one, I would have the other.

- Harriet Tubman

All adventures, especially into new territory, are scary.

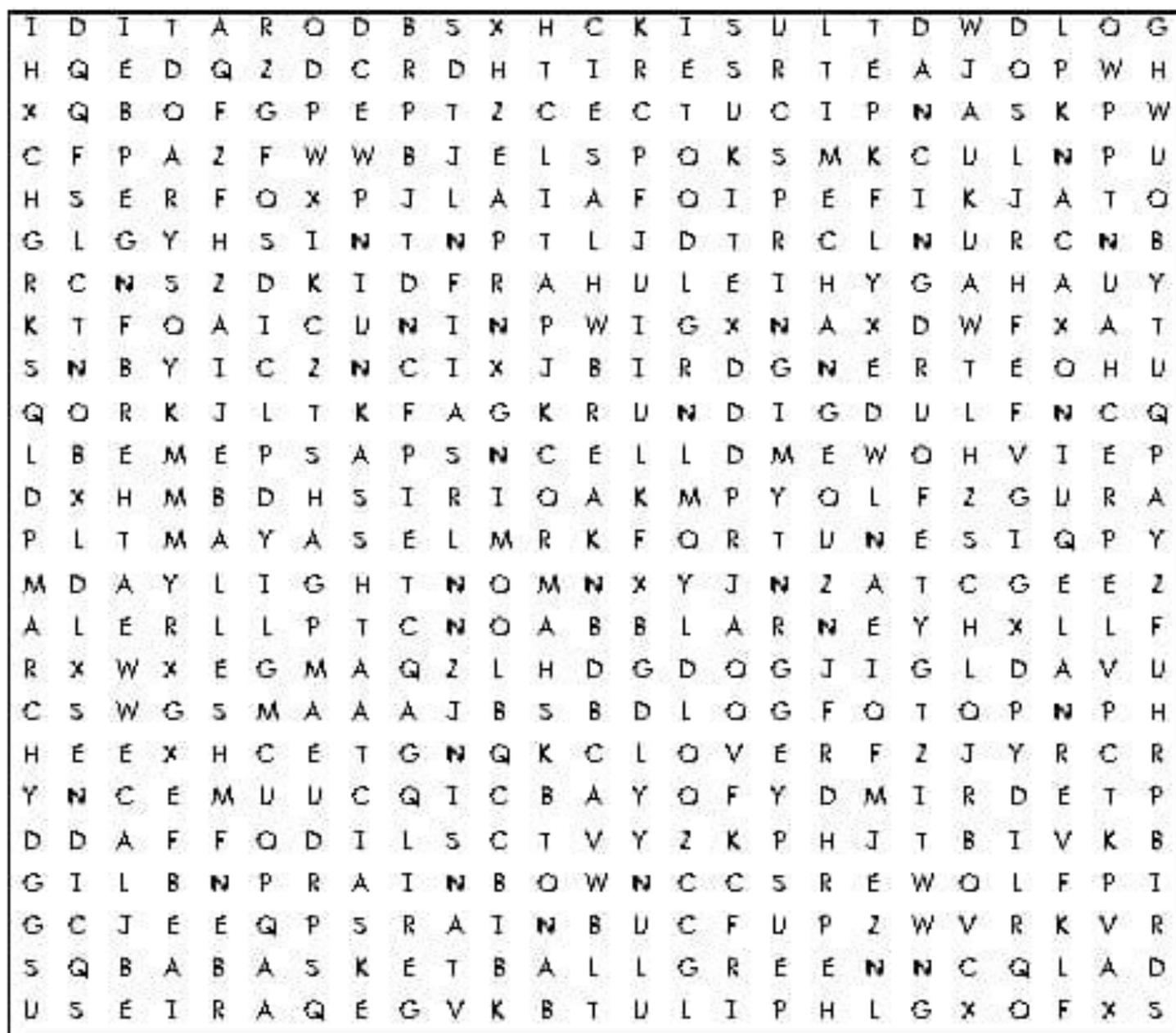
- Sally Ride



March Word Search



Find all 50 HIDDEN WORDS in the word search puzzle below. Good luck!



ARIES
 BASKETBALL
 BIRDS
 BLARNEY
 BLOOMING
 BREAK
 CELTIC
 CLOVER
 DAFFODILS
 DANCING

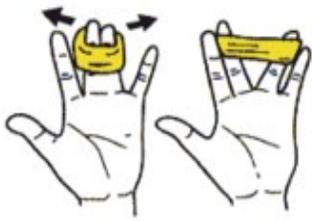
DAYLIGHT
 EMERALD
 FINALFOUR
 FLOWERS
 FORTUNE
 FOUR
 FRESH
 GOLD
 GREEN
 IDITAROD

IRELAND
 IRISH
 JIG
 KITE
 LAMB
 LEAF
 LEGEND
 LEPRECHAUN
 LION
 LUCK

LUCKY
 MAGIC
 MARCH
 NCAA
 PARADE
 PIDAY
 PISCES
 POTOFGOLD
 RAIN
 RAINBOW

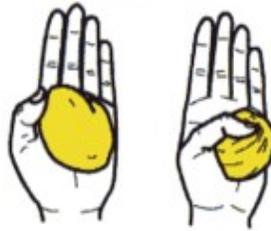
SHAMROCK
 SHOWERS
 SPRING
 STPATRICKSDAY
 THIRDMONTH
 TIMECHANGE
 TULIP
 VERNALEQUINOX
 WEATHER
 WINDY

Scissor Spread



Wrap the Thinking Putty around two fingers and try to spread them apart.

Thumb Press



Put Thinking Putty in the palm of your hand. Push it with your thumb towards your small finger.

Thumb Extension



Bend your thumb and loop Thinking Putty around it. Try to straighten your thumb.

Thumb Pinch Strengthening



Squeeze the Thinking Putty between your thumb and the side of your index finger.

Thumb Adduction



Keep your fingers and thumb straight as you press Thinking Putty between your thumb and index finger.

Three Jaw Chuck Pinch



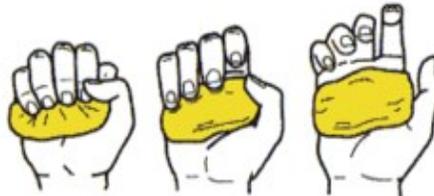
Using your thumb, index and middle finger, pull Thinking Putty upwards.

Finger Hook



Create a hook as you press your fingers into the Thinking Putty.

Full Grip



Make a fist while squeezing your fingers into the Thinking Putty.

Finger Pinch



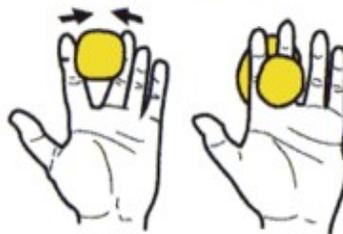
Pinch the Thinking Putty between each finger and your thumb.

Finger Extension



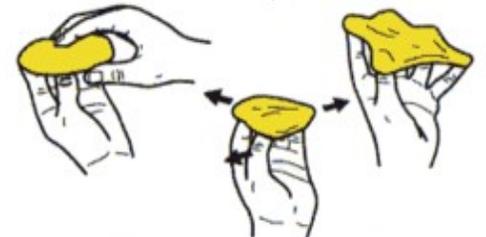
Bend your finger and loop Thinking Putty around it. Try to straighten your finger.

Finger Scissor



Take a one inch diameter ball of Thinking Putty and place it between your fingers. Squeeze it.

Finger Spread



Spread a pancake of Thinking Putty over your fingers. Try to spread your fingers apart.



ST. PATRICK'S DAY HISTORY

St. Patrick's Day (March 17) is a feast day in celebration for St. Patrick, who was a patron saint of Ireland. He was born in Roman Britain late 4th century, and was kidnapped at the age of 16 and taken to Ireland as a slave. When he escaped he started converting the Irish to Christianity. He died on March 17, 461 CE. During his life Patrick had established monasteries, churches, and schools. Later, many legends grew up around him—for example, that he drove snakes out of Ireland and used the shamrock to explain the Trinity. Ireland came to celebrate his day with religious services and feasts. Then, when Irish immigrants came to American they brought that celebration with them.

Source: Britannica (St. Patrick's Day)

Narrows Older Adult Center Would Like To Thank VNS Health For Sponsoring Tote Bags For Our Friday 2/20/2026 Chinese New Year Party.

Also special thanks to the Advisory Board For Sponsoring Cupcakes and Gek Po Lim For Making Fancy Chinese New Year Lantern Decorations.



Traditional White Irish Soda Bread

INGREDIENTS



**½ teaspoon
unsalted butter
and 1-2 tablespoons
flour for
preparing pan**



**4 cups
unbleached
all-purpose
flour**



**1 teaspoon
baking soda**



**1 teaspoon
kosher salt**



**1¾ cup
buttermilk**

INSTRUCTIONS

- 1 Preheat oven to 425 degrees.
- 2 Lightly butter and flour a round cake pan.
- 3 Using a large bowl, combine the flour, soda, salt and buttermilk. Turn out onto a floured surface and lightly knead, just for a minute or two.
- 4 Shape the dough into a round, flat shape, place in prepared pan and cut a cross into the top of the dough.
- 5 Cover the pan of dough with another round cake pan.
- 6 Bake for 30 minutes covered, then remove top pan and bake for an additional 15 minutes.
- 7 Enjoy warm, toasted or at room temperature with some good Irish butter.



Find more recipes at
www.homemaderecipes.com/unusual-bread-recipes

Homemade
RECIPES

How much sugar is in your drink?

Sugary drinks—such as soda, sweetened iced tea, juice, and energy and sports drinks—are linked to weight gain, cavities, heart disease and type 2 diabetes.



Make better beverage choices:

- ✓ Drink and serve healthier beverages, like water or plain low-fat or fat-free milk.
- ✓ Add fresh fruit to your water.
- ✓ Check the amount of sugar in your drink by reading the Nutrition Facts label.

**65 grams of sugar =
16 teaspoons of sugar!**



**The average adult should have
no more than 12 teaspoons
of added sugars per day.
This bottle of soda has
too much sugar!**

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 and search for **farmers markets**.

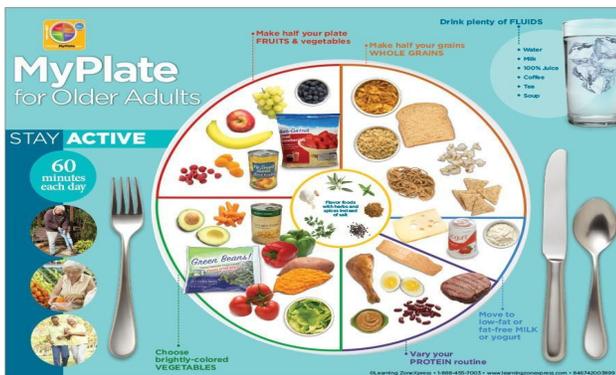
For healthy recipes, visit jsyfruitveggies.org.

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. 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

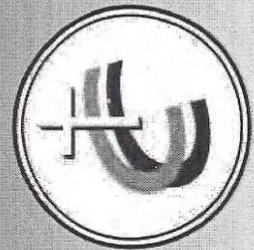




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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.

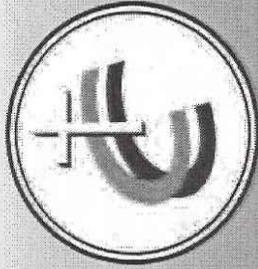
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

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*



CATHOLIC CHARITIES
Brooklyn &
Queens

ESTABLISHED 1899

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."

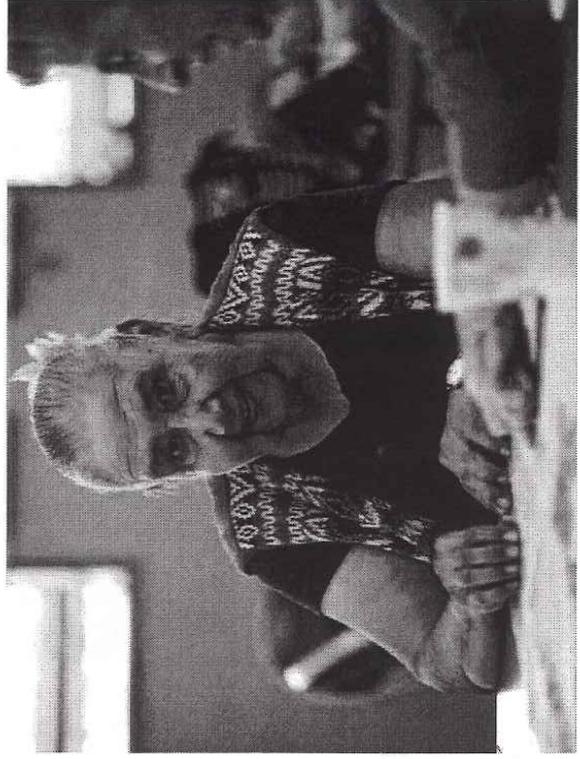
—Garson Kanin

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

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

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

RiseBoro
COMMUNITY PARTNERSHIP