

# Narrows OAC Newsletter April 2026

## April Fun Facts

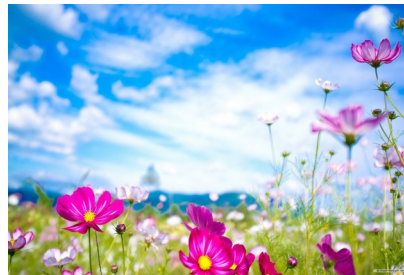
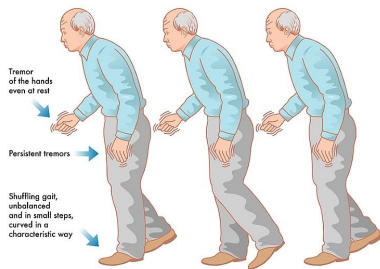
This April is Observed as: April's Fools Days, Parkinson's Awareness Month, National Poetry Month

Birthstone: Diamond

Fruits and Veggies of the Month: Strawberries, Cilantro, Mango, Avocado

Flower: Sweet pea

Astrological Sign: Aries and Taurus



Spring is here! When outside, we can already see nature waking up from a long cold winter. After all the snow and week upon weeks of single digit temperatures, spring is more than welcomed. With much anticipation and appreciation, we welcome the next 12 weeks of blooms, longer days, outing, social interactions and a fresh new start. Spring offers numerous benefits, including increased daylight leading to better moods and productivity, opportunities for outdoor activities and exercise, access to fresh, nutrient-rich foods, all contributing to improved physical and mental well-being. However, allergy season comes hand in hand with all the plants and flowers emerging from a long hibernation. Be careful and check in with your doctor before taking new allergy medication as there maybe be interactions and side effects. This month is the time to celebrate Easter and April Fool's Day as well as it is a time to be aware of those who are suffering with Parkinson's Disease. If you or any loved ones you know suffer with this disease, check with your doctors as needed to help manage your independence in the community. The Narrows Older Adult Center provides activities that promote health and education. Our goal is to empower older adults to live active, healthy lives and to improve all aspects of well-being. With our open door policy, you are welcome to meet with our office staff for assistance with case management, information and referrals, as well as supportive listening. We are here for you.

Funded By The New York City Aging



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

## Happy Easter



### Staff Members

Tselita McBride  
Program Manager

Tommy Lee  
Case Manager

Meng Zhou  
Administrative Assistant

Vacant  
Driver

Samuel Robertson  
Driver

Gek Poh Lim  
Kitchen Aide

Joshua Rodriguez  
Maintenance

# CELEBRATING APRIL

## April's Fools Day

April Fool's day is a day where people play pranks and tricks on people for the fun of it. However, when doing this, you must be do it in a way that will not hurt someone. Please use your best judgment or just say a simple joke that will not be offensive or just do not do it at all if you are not sure how.

There are too many theories as to where April's Fools day originated from. One theory has it that when France switched from Julian calendar to the Gregorian calendar, a lot of people did not catch up on the news and still celebrated the New Years on certain days they became very accustomed to and they became a target of jokes and pranks. There are also theories linked to April Fool's Day that there was a day mother nature suddenly changed the weather and another one is in the early days of Rome people dressed up in silly disguises at the end of March.

<http://www.history.com/this-day-in-history/april-fools-tradition-popularized>

## Parkinson's Disease Month

Parkinson's Disease is when there is a chemical malfunction in the brain. The nerve cells are often affected. Symptoms include muscle tremors, speech problems, rigidity and more. Michael J. Fox, a famous celebrity was diagnosed with this disease during the 1990s-2000s. Let's use this time to provide support to those that have this disease.

<http://www.webmd.com/parkinsons-disease/>

## Easter

Easter is the celebration of the resurrection of Jesus Christ who sacrificed his life for everybody's sins. According to Christian religion, when Jesus was getting ready to be buried after his passing, there was not enough time to prepare his body for a proper burial as according the Jewish religion, especially since that it happened to be on a Sabbath day, the proper preparation had to be waited until Sunday. One Sunday morning, Mary Magdalene and other women were getting ready to prepare Jesus' body for burial, the tomb that Jesus was supposed to be in was empty. Suddenly, there were two angels that appeared and told the women that Jesus was risen and long story short, Jesus supposedly appeared as a spirit to a lot of people in different forms, but eventually it was time for him to go to heaven. Since then, Easter is celebrated as Jesus coming back to life.

[http://www.christianbiblereference.org/story\\_Easter.htm](http://www.christianbiblereference.org/story_Easter.htm)

## 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 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.**

# Narrows Older Adult Center Menu for April 2026

930 53<sup>rd</sup> Street Brooklyn, NY 11219 Tel: (718) 232-3211 Fax (718) 232-0512

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> <li>• Menu Subject to Change sometimes</li> <li>• All Meals Served with 8 oz., 1% Milk</li> <li>• Hot beverages are offered throughout the day</li> <li>• Sugar substitute is available</li> <li>• Funded by NYC Aging</li> </ul>		<b>1</b> Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Sauteed Green Beans with Onions Orange	<b>2</b> Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables * Apple	<b>3</b> Baked Salmon with Cilantro Citrus Sauce California Blend Vegetables Roasted Potatoes Whole Wheat Bread Pear
<b>6</b> Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Whole Wheat Bread Steamed Carrots Apple	<b>7</b> Arroz con Gandules (Mexican Style Brown Rice with Pigeon Peas) Whole Wheat Bread California Blend Vegetables * Banana	<b>8</b> Annes Lemon Garlic Sauce Baked Pork White Rice Whole Wheat Bread Italian Blend Vegetables Orange	<b>9</b> Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad * Apple	<b>10</b> Baked Fish Oreganata Brown Rice Whole Wheat Bread Sauteed Green Beans with Onions * Pear
<b>13</b> Egg Salad Basic Pasta Salad Simple Potato Salad Whole Wheat Bread Apple	<b>14</b> Zesty Chickpea Stew Brown Rice Whole Wheat Bread Garden Salad * Banana	<b>15</b> Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Prince Edward Blend Vegetables* Orange	<b>16</b> Homemade Tomato Sauce Italian Meatballs with Beef and Turkey Homemade Tomato Sauce Penne Whole Wheat Bread California Blend Vegetables Apple	<b>17</b> Cajon Shrimp White Rice Whole Wheat Caesar Salad Pear
<b>20</b> Italian Meatballs with Chicken Roasted Broccoli Whole Wheat Pasta Primavera Whole Wheat Bread Apple	<b>21</b> Tofu in Garlic Soy Sesame Sauce Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette White Rice Whole Wheat Bread Banana	<b>22</b> Baked Pork Mushroom Gravy Whole Wheat Bread Yellow Rice Sauteed String Beans * Orange	<b>23</b> Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple	<b>24</b> Tuna Salad Basic Pasta Salad Whole Wheat Bread Garden Salad Pear
<b>27</b> Chicken Salad Coleslaw Simple Potato Salad Whole Wheat Bread Apple	<b>28</b> Chickpeas Rasta Pasta Whole Wheat Bread Garden Salad Italian Blend Vegetables Banana	<b>29</b> BBQ Pulled Pork Whole Wheat Bread Yellow Rice Steamed Carrots Orange	<b>30</b> Beef Salisbury Steak with Mushroom Gravy Whole Wheat Bread California Blend Vegetables Garlic Mashed Potatoes Apple	

# April 2026 Presentations

Monday 4/6/2026 9am — Heart Health (English)

Monday 4/13/2026 9:30am — Budgeting & Cash Flow (English)

Monday 4/20/2026 — Dementia  
(English 10am Large Dining Room / Chinese 10:30am Small Dining Room)

Wednesday 4/22/2026 9:30am — Vitamins & Sugar (English)

Monday 4/27/2026 10am— Fraud Protection (English)

Please note these presentation dates are subject to changes.

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## Entertainment Events

Friday 4/3/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 4/10/2026 10:30am — 11:30am Maurice Zebede's Mini Concert

Friday 4/17/2026 10:30am — 11:30am Easter Party With Joel Pawiak

Friday 4/24/2026 10:30am—11:30am Estella & Peter Chan's Mini Concert

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Please Note They Are Subject To Changes At Any Time

## SU-CASA ARTIST-IN-RESIDENCE Teaching Artist: Chia-Ying Kao World Rhythms in Motion



From late March to June, Su Casa will be hosting an instructor to teach traditional Chinese art dances.

### Time Schedule:

Fri, 3/27 — 1:00–3:00 PM

Fri, 5/8 — 1:00–3:00 PM

Fri, 4/3 — 1:00–3:00 PM

Wed, 5/13 — 1:00–3:00 PM

Fri, 4/24 — 1:00–3:00 PM

Fri, 5/15 — 1:00–3:00 PM

Fri, 5/1 — 1:00–3:00 PM

Tues, 5/26 — 1:00–3:00 PM

Wed, 5/27 — 1:00–3:00 PM

Tues, June 2 Final Session: 1:00–3:00 PM

Showing: 3:00–3:30 PM

# Early Warning Signs of Parkinson's Disease

## Tremor



Slight shaking in hand, finger, or chin while at rest

## Loss of Smell



Inability to smell certain foods, such as bananas, pickles, and licorice

## Small Handwriting

A B C  
ABC

May include smaller letters and/or words crowded together

## Sleep Problems



Sudden movements during sleep, acting out dreams

## Trouble Moving



Stiffness in limbs, body, or shoulders; feet feeling "stuck to the floor"

## Constipation



Difficulty moving bowels without straining

## Voice Changes



Voice may sound soft or hoarse

## Masked Face



Face looks angry, serious, or depressed even when happy

## Dizziness



Feel dizzy or faint upon standing

## Stooping



Change in posture when you stand, such as stooping or slouching

Quotes Yatra



April  
**FOOL'S**  
Day



“

**HAPPY APRIL FOOLS' DAY!  
TODAY IS THE ONE DAY  
WHERE I CAN TELL YOU  
THAT YOU ARE MY  
ABSOLUTE FAVORITE  
PERSON AND BLAME THE  
SINCERITY ENTIRELY ON  
THE DATE.**



# How to **Get Rid** of **LIP LINES** Naturally

## Exercise #1 Pouting Lip Pull



do **5**  
reps

Pout your lips. With your thumb and index finger of both hands press the pouted lips together. Now pull your hands away from the center in opposite direction. Hold... Hold...Hold... Hold...Hold...Release

## Exercise #2 Lip Lock



do **5**  
reps

Wrap the lips around your lower and upper teeth. Place the middle knuckle of your index finger between your lips. Press your lips over the knuckle. Take a deep breath and squeeze the knuckle with both lips. Try to pull the knuckle out, as if you want to break free from the grip. Hold your grip tight. Feel the burn. Hold... Hold...Hold... Hold...Hold...Release

## Exercise #3 Upper Lip Stretch



do **5**  
reps

With the forefinger and middle finger of both hands, press on your top lip. Two fingers on each side of your mouth, just below your nose. Push up with your fingers. Simultaneously pull down with your upper lip's own muscles, covering your upper teeth with your lip. Hold... Hold...Hold... Hold...Hold...Release

# NATURAL VEGETABLE-DYED EASTER EGGS (made easy!)



**BLUE**

**1/2 red cabbage**

+

**2 cups water**

soak egg in  
prepared natural  
dye for

**20 minutes**



**YELLOW**

**2 t. turmeric**

+

**2 cups water**

soak egg in  
prepared natural  
dye for

**30 minutes**



**PINK**

**1 med. beet**

+

**2 cups water**

soak egg in  
prepared natural  
dye for

**2 minutes**



For complete instructions, visit  
[kitchentreaty.com/easter-eggs](http://kitchentreaty.com/easter-eggs)

# THE HISTORY OF EASTER

Easter is celebrated on the first Sunday following the first full moon after March 21. Christians celebrate the time when Jesus Christ rose from the dead after he had been put to death on the cross by the Romans. The Christian churches teach that because of Christ's resurrection, all people who believe in Christ will have everlasting life.

For Jewish people, the observance of the Passover is also a joyous and important holy occasion. It is a family festival commemorating the freeing of the Jews from slavery in Egypt.

Although Easter is nowadays one of the most important religious celebrations, it owes its origin to the old Teutonic mythology. The name Easter was originally derived from the word Eostre. Eostre was the ancient Greek goddess of spring. It was believed that every year, Eostre returned to Earth after a long, cold winter and brought along with her the light and warmth of Spring. Thus, ancient Greeks held pagan festivals to welcome Eostre and herald the onset of spring.

The Pagan festivals always coincided with the vernal Equinox on the 21st of March every year. The Greeks believed that Eostre must be pleased with celebrations and sacrifices to ensure that she returns year after year. The festivals were feasts that celebrated the booming of new flowers, the chirping of birds, butterflies, and sunshine and in general the feeling of rejuvenation that is inherent of spring.

Eggs have been involved in the celebration of Spring for thousands of years. Coloured eggs were used in Spring celebrations of the ancient Persians, Egyptians, Greeks and Romans. They made the eggs look as bright and colourful as the earth looks in the spring. Eggs stood for new life; it is still appropriate to use them at Easter in celebration of God's promise of everlasting life.



## Answer the questions

1. In what way is the Christian Easter similar to the Pagan's festival?
2. Where does the name Ester come from?
3. What did the spring festival celebrate?
4. Why did the ancient Persians and Egyptians use eggs during their celebrations?



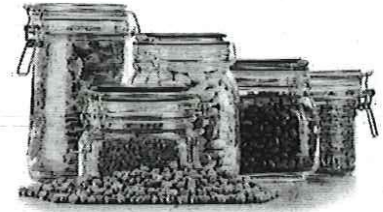
# Easter Word Search



EASTER  
HOLIDAY  
BUNNY  
RABBIT  
BASKET  
EGGS  
EGG HUNT  
SPRING  
MARCH  
APRIL  
TULIP  
CHRISTIAN  
GOOD FRIDAY  
PALM SUNDAY  
RESURRECTION

N L T U L I P S M O R E S W E  
H I A B M E L E S C E R W D G  
T O B M A R C H K P L A E S G  
R M L A Y D T E K S A B R M H  
O E I I C R R G Q L I B I K U  
U A R E D O O D S T O I F C N  
T G O O F A I A S D G T R E T  
V W C A P E Y J T W N E E X L  
E A P A L M S U N D A Y S P E  
R L M E A B O A T I S O U T E  
R E G G S C I T N N P I R C P  
A C A N T E E N O T R E R R I  
Y A D I R F D O O G I A E N R  
U Y S W L I V E R W N P C E E  
C H R I S T I A N O G E T E T  
X J R O V Z I C O J B A I N S  
F P B U N N Y P O L E P O E A  
A J D O F Z I C B J T N N T E

# Stock up with... Staple Foods



Store these basic foods in your pantry to make quick and easy meals and snacks.

## Fruits and Veggies



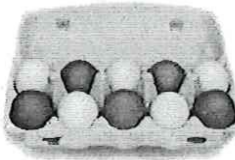
Fresh, frozen, canned and dried fruits and vegetables are all great choices. Select fresh produce when in season.

## Whole Grains



Oats, bulgur, 100 percent whole grain pasta and cornmeal are quick cooking whole grains. Make brown rice when you have more time. Use 100 percent whole grain breads, tortillas and crackers.

## Protein Foods



Add lean proteins to your meals. Choose:

- ✓ eggs
- ✓ canned fish, such as tuna or salmon
- ✓ nut butters, such as peanut butter
- ✓ dried, low-sodium or no salt added canned beans
- ✓ nuts and seeds
- ✓ legumes, such as lentils

## Low-Fat Dairy



Keep low-fat string cheese, low-fat plain yogurt and low fat milk in the refrigerator. With fresh fruit, all make great snacks.

## Herbs and Spices



Store a variety of dried herbs and spices in a cool, dark place so they last longer.

## Other Ingredients



Keep vegetable oils, vinegars, low-sodium soy sauce, low-sodium or no salt added broths, and low-sodium or no salt added canned tomatoes on hand to make meals in a hurry.

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](http://nyc.gov) and search for "farmers markets."

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

**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

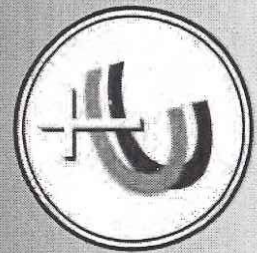




**Benson Ridge Senior Services** is funded through a grant from the New York City Department for the Aging.

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.

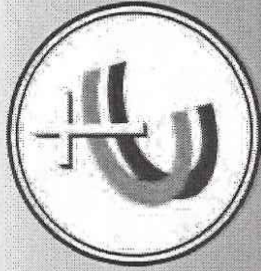
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

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."*

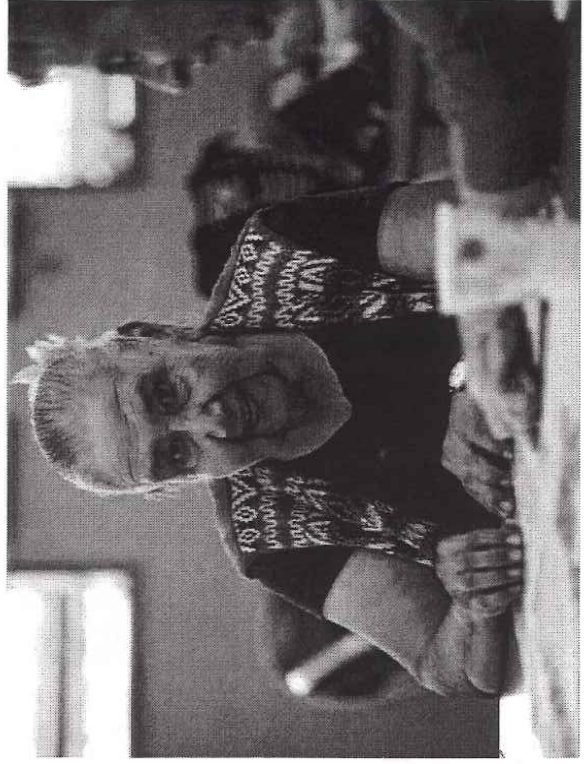
—Garson Kanin

## 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](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