

Narrows OAC Newsletter May 2026



May Fun Facts

This May is Observed as: Mother's Day, Memorial Day, Asthma Awareness Month, Stroke Awareness Month, Older Americans Month and Asian Pacific Islander American Heritage Month

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

Birthstone: Emerald



Fruits and Veggies of the Month: Cherries, Okra, Apricots, Spring Peas, Lettuce, and Asparagus

Flower: Lily Of The Valley



May is a great month to celebrate some important holidays. Older Americans, Stroke Awareness, Mother's Day and Memorial Day to name a few. Spring is now fully in bloom as well as allergies for many people. Air purifiers can lessen the symptoms and filter out the pollen that gets into your home. Also, speak to your doctor about antihistamines. Let's use this month to honor all the elderly people who have contributed to society and as well having taken care of family members. Without our older adult community, places like Adult Centers would not exist. So we, at the Narrows OAC, thank every single one of you for your dedication. Some of the elders are also war veterans and this Memorial Day is a good day to honor, thank and remember the fact that these brave soldiers placed their lives at risk to defend this country, to secure our safety for freedom. Although seniors are the most vulnerable to strokes, it can happen to any persons of any age, so make sure to look for the signs of possible strokes, so you can get the medical help as soon as possible to increase a quicker recovery. If we maintain a healthy diet along with some exercises, this can reduce your chances of a stroke as well as promote overall healthy body and mind. Increasing an exercise routine by one minute a day can have a drastic benefit by the end of the month. Our body is our sanctuary and should be well cared for.

Happy Mothers Day to all the wonderful, loving and caring mothers

Funded By The New York City Aging

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 MAY

Older Americans Month

In April 1963 President John F. Kennedy and members of the National Council of Senior Citizens agreed to establish May as "Senior Citizens Month" eventually it changed to "Older Americans Month."

Approximately, a third of older Americans were living in poverty and there were little programs to provide the support that they heavily needed. Many people's interests in older Americans and concerns were intensifying.

Since then, Older Americans Month is celebrated across the country through ceremonies, events, fairs, and other such activities.

Older Americans Month also honors seniors who served to protect our country and coincidentally, it is an overlap holiday with Memorial Day that is also in May.

<http://www.acl.gov/newsroom/observances/oam/index.aspx>

Mother's Day

Mother's Day Holiday was founded by Anna Jarvis, after her mother's death in 1905. She saw this as a way to honor all the mothers that make sacrifices for their children. She got the financial support from John Wanamaker, who was a retail store owner in May 1908 and organized the first mother's day in a church in West Virginia. Since then, mother's day has been celebrated.

<http://www.history.com/topics/holidays/mothers-day>

Memorial Day

Memorial Day on May 30 conjures images of hamburgers, hot dogs, swimming pools, and summertime for many Americans. But the last Monday in May serves, most importantly, as a time to honor those who died while fighting in the U.S. Armed Forces. It's a holiday steeped in somber American history and tradition. The day actually began as "Decoration Day," following the Civil War, when mourners placed flowers on the graves of Union and Confederate soldiers. Yes, Memorial Day has also come to signify the "unofficial" start of summer, but let's remember the heroes who made it all possible.

Stroke Awareness Month

This month is the time to be aware of and be educated about strokes.

Remember the Term FAST (Face Drooping, Arm Weakness, Speech Difficulty, Time to Call 911). A stroke happens, when there is blockage in the veins inside the brain that stops the blood from flowing. Having other illnesses like heart disease, poor diet, lacking physical activities, high blood pressures, high cholesterol and etc. can cause strokes to happen.

http://www.strokeassociation.org/STROKEORG/AboutStroke/AmericanStrokeMonth/American-Stroke-Month_UCM_459942_SubHomePage.jsp

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	1:30pm to 3:00pm Arts & Craft	1:00PM– 2:00PM Plaster and Painting	1PM to 2PM Painting Appreciation	1pm to 2pm Computer /Technology Class with Hau-Yu
Independent Board and Card Games	Independent Board and Card Games	Independent Board and Card Games	Independent Board and Card Games	1:15pm to 2pm Cognitive Exercise Challenge
	2pm to 3:45pm Movies at the Narrows (non-transportation)		2pm to 3:45pm Movies at the Narrows (non-transportation)	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 May 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
<ul style="list-style-type: none"> • Menu Subject to Change sometimes • All Meals Served with 8 oz., 1% Milk • Hot beverages are offered throughout the day • Sugar substitute is available • Funded by NYC Aging 				1 Baked Fish with Lemon Garlic Butter Sauce White Rice Whole Wheat Bread Sauteed Green Beans with Onions * Pear
4 Jerk Chicken Whole Wheat Bread California Blend Vegetables * Homemade Mashed Potatoes Apple	5 Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Caesar Salad Banana	6 Italian Style Pork Loin Tomato Sauce Penne Tomato Sauce Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Orange	7 Beef Stew Whole Wheat Bread Garlic Mashed Potatoes Steamed Carrots Apple	8 Tuna Salad Whole Wheat Bread Basic Pasta Salad Garden Salad Pear
11 Chicken Salad Potato Salad Whole Wheat Bread Cole Slaw Apple	12 Three Bean and Spinach Stew Brown Rice with Black Beans Whole Wheat Bread Caesar Salad Banana	13 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Sauteed Green Beans with Onions Orange	14 Basic Shepherd's Pie Whole Wheat Bread Italian Blend Vegetables * Apple	15 Annes Lemon Garlic Sauce Baked Salmon Whole Wheat Bread Garden Salad Baked Sweet Potato Pear
18 Baked Chicken Thighs BBQ Sauce Baked Sweet Potato Whole Wheat Bread Steamed Carrots Apple	19 Arroz con Gandules (Mexican Style) Brown Rice with Pigeon Peas Whole Wheat Bread California Blend Vegetables * Banana	20 Annes Lemon Garlic Sauce Baked Pork White Rice Whole Wheat Bread Italian Blend Vegetables Orange	21 Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad * Apple	22 Baked Fish Oreganata Whole Wheat Bread Garlic Mashed Potatoes Sauteed Green Beans with Onions * Pear
25 <u>CENTER IS CLOSED</u>	26 Zesty Chickpea Stew Brown Rice Whole Wheat Bread Garden Salad * Banana	27 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Whole Wheat Bread Yellow Rice Prince Edward Blend Vegetables* Orange	28 Homemade Tomato Sauce Italian Meatballs with Beef and Turkey Homemade Tomato Sauce Penne Whole Wheat Bread California Blend Vegetables Apple	29 Cajon Shrimp White Rice Whole Wheat Caesar Salad Pear

May 2026 Presentations

Monday 5/4/2026 10am — Safe Sex Over 60 (English)
Large Dining Room

Monday 5/4/2026 10:15am — Memory Boost Foods (Chinese)
Small Dining Room

Monday 5/11/2026 10am — Home Care Eligibility Standards (English)

Tuesday 5/12/2026 9:30am — Label Reading (English)

Monday 5/18/2026 10am — Financial Scam Prevention (English)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 5/1/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 5/8/2026 10:30am — 11:30am Maurice Zebede's Mother's Day Concert

Friday 5/15/2026 10:30am — 11:30am Mother's Day Party With Joel Pawiak

Friday 5/22/2026 10:30am — 11:30am Maurice Zebede's Mini Concert

Friday 5/29/2026 10:30am—11:30am Estella & Peter Chan's Mini Concert

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

SPOT A STROKE

F.

FACE
DROOPING

A.

ARM
WEAKNESS

S.

SPEECH
DIFFICULTY

T.

TIME
TO CALL 9-1-1



StrokeAssociation.org/warningsigns

©2013, American Heart Association.

STROKE SYMPTOMS: WOMEN VS. MEN

Men and women share a common set of stroke symptoms. But women also can experience more subtle warning signs.

WOMEN

Face drooping



Arm weakness



Speech difficulty



Vision problems



Trouble walking
or lack of
coordination



Severe headache
without a
known cause



General weakness



Disorientation &
confusion or
memory problems



Fatigue



Nausea or
vomiting



MEN

Face drooping



Arm weakness



Speech difficulty



Vision problems



Trouble walking
or lack of
coordination



Severe headache
without a
known cause



American Heart Association.



Sources: American Stroke Association; Gender Medicine; Journal of Neuroscience Nursing
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By American Heart Association News

MEMORIAL DAY FACTS

Each American takes part in the National Moment of Remembrance each year.

The Civil War started on April 12, 1861.

The history of Memorial Day in the U.S. is a little complicated.



Memorial Day was created because of the Civil War.



The National Moment of Remembrance started in the year 2000.

The National Moment of Remembrance symbolizes unity.



Around 655,000 Americans died during the Civil War.

The Memorial Day "evolved".



Memorial Day falls on May partly because of flowers.



People consider General John A. Logan as the founder of Memorial Day.



Canadian poet John McCrae introduced red poppies for Memorial Day.



Some believe that Abraham Lincoln was the founder of Memorial Day.



Waterloo, New York, is the "birthplace" of Memorial Day.



Doylestown, Pennsylvania observed Memorial Day since 1868.



Memorial Day used to be associated with picnics.



Boalsburg, Pennsylvania also claims to be the birthplace of Memorial Day.

Veterans Day and Memorial Day are both patriotic holidays honoring the military.



Some of the states observe the Confederate Memorial Day.



The Women's Relief Corps sponsored the ceremonies during the 1890s.

History of Mother's Day

The majority of countries that celebrate Mother's Day do so on the second Sunday of May. On this day, it is common for Mothers to be celebrated with presents and special attention from their families, friends and loved ones. But it wasn't always this way.

The traditional practice of honoring of Motherhood is rooted in antiquity. Ancient rites had strong symbolic and spiritual overtones, as societies tended to celebrate Goddesses and symbols of motherhood, rather than actual Mothers. From the 6th century B.C. onwards the Ancient Greeks honored Rhea or Rheia as the Magna Mater, the great mother of everything, including the gods. She was the wife of Chronos (Saturn) and the mother of Hestia, Hera, Demeter, Poseidon, Hades, and Zeus. Her father was Uranus or the heavens, her mother Gaia or Gaea, or the earth, with whom she was often identified. In 205 B.C her cult was introduced in Rome, where she was celebrated as Cybele during the Hilaria. Mothers day started out as a day to honour Rhea.

This tradition was brought to England where it is Celebrated In March which was the Roman festival of Hilaria to honour Cybele. No one is quite sure when the celebration became to celebrate all mothers rather than the diety.

In America the first Mother's day was brought about by a woman called Ann Jarvis, who was a suffragette, she wanted a day to celebrate mothers and women in general, having seen Mothering Sunday in Europe. She fought and protested for the day for a long time, but it was finally Granted as a public holiday by then president Woodrow Wilson in 1908 who signed the bill setting aside the second Sunday of May as a special day to celebrate Mothers.

Ann jarvis was disgusted at the comercial way Mothers day was treat and she said she regretted making the day. As florists began to advertise flowers for Mother's Day, and even hold Mother's Day events, Anna Jarvis began to decry the shift into commercialization of such an important day. She protested saying, Mother's Day is to be a day of sentiment, not profit.

Standing idly by was not her way. She took action. Jarvis sued sponsors of a Mother's Day events in an effort to prevent it from taking place. In 1930, she was arrested for disturbing the peace by trying to prevent the sale of flowers at a Mother's Day event. Not to be beaten, in 1938, Jarvis attempted to get a copywrite for Mother's Day, enabling her to control use of both the term and the holiday itself. In her attempts, she failed.



MOTHER'S DAY

Word Search



BOUQUET
BREAKFAST
BRUNCH
CANDY
CELEBRATE
CHERISH

CHILDREN
CHOCOLATES
CORSAGE
DEVOTION
DINNER
FAMILY

FLOWERS
GIFTS
GREETING CARD
HONOR
JEWELRY
MEMORIES

ORCHID
PHONE CALL
PRESENTS
SPECIAL
SPRING
SUNDAY

Memorial Day Word Search Puzzle

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



Brave

Memorial

Sacrifice

Commemorate

National

Soldier

Country

Observe

United

Freedom

Parade

Victorious

Martial

Patriotic

Wreath



5 MINUTE 4 INGREDIENT NO BAKE CHEESECAKE

Ingredients-

- 1 can of sweetened condensed milk
- 1 8 ounce tub of cool whip
- 1/3 cup of lemon or lime juice
- 1 8 ounce package of cream cheese.

Most important part of this recipe, is to leave the cream cheese out for a couple hours at room temperature. The cream cheese will become soft and smooth. The importance of this is to create a smooth texture. Not doing so, will create horrible lumps of cream cheese that will ruin the flavor of this pie.

After your cream cheese is softened enough, I like to see if it will spread easily with a plastic spatula. In a mixing bowl, mix all before mentioned ingredients. Please note: the lemon/lime juice must come last. The reaction of the citrus juice will start to harden your mixture almost immediately.

On the low speed of you hand mixer, blend well. Around 2 minutes of so is plenty, just make sure all ingredients are incorporated. Immediately pour mixture into a waiting graham crust or for those of us that can't have the gluten, I opt for muffin cups. Refrigerate for an hour to and hour and a half and viola.

Easy Ways to... Add More Fruits and Vegetables to Your Meals

Brighten up your plate with colorful fruits and vegetables at every meal.

Breakfast



Mix fruit with yogurt, oatmeal or whole grain cereal.



Include vegetables in an omelet or egg sandwich.



Make a smoothie with leafy greens and frozen fruit.

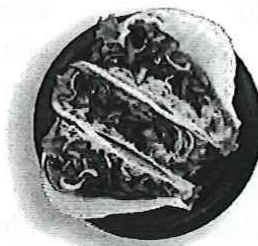
Lunch and Dinner



Add vegetables to soups, stews or casseroles.



Mix vegetables with pasta, rice or couscous



Top tacos, pizzas and pita bread with vegetables.

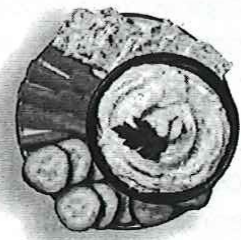
Snacks



Enjoy fruit with peanut butter.



Add vegetables to half of a sandwich.



Serve fresh vegetables with a bean dip.

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

**We're on the
web**
Www.ccbq.org



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

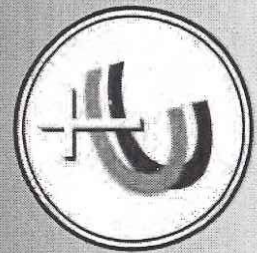




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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.

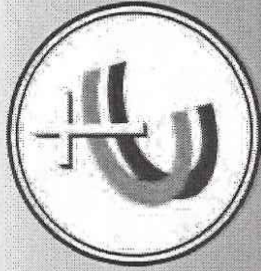
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

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."

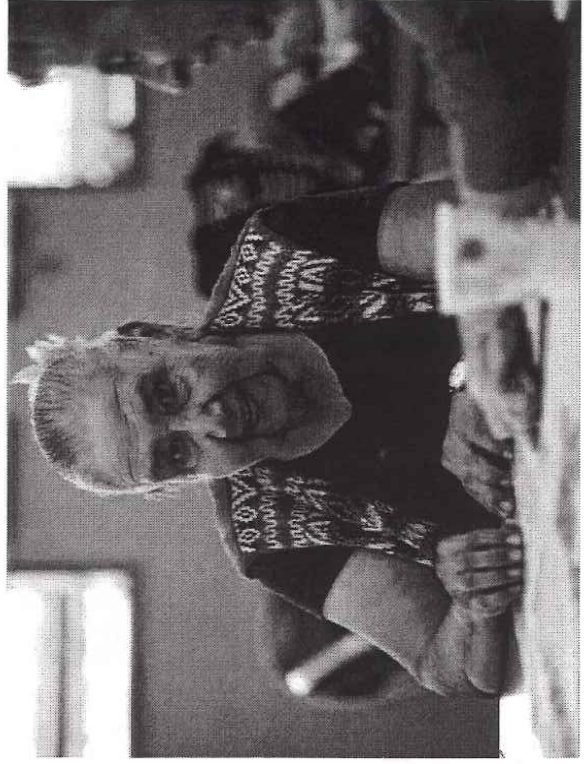
—Garson Kanin

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