

## **The Bay Senior Center**

**3643 Nostrand Avenue, Brooklyn N.Y. 11229**

**Brooklyn, New York 11229**

**Tel (718) 648-2053**

**June 2026**

**ABILITY is what you're capable of doing. MOTIVATION determines what you do. ATTITUDE determines how well you do it.**

**'It does not matter how slowly you go, as long as you do not stop'**



### **CATHOLIC CHARITIES MISSION STATEMENT**

Catholic Charities of the Diocese of Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order which promotes justice and embraces human development.



# \* The Bay Senior Center \*

Schedule Conference Calls (701) 802-5238 enter code 3235213 # if you have T-Mobile 206 451-6064, first id # 7340

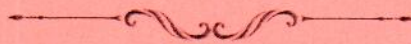
Transportation is available to take seniors to Senior Center and back home

## June 2026 Father's Day Please call Senior Center ( 718) 648-2053 ) for Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>*Coping with Your Feeling- Monday@10AM Hybrid</u></p> <p>*Alert and Alive Monday at 11:00 Hybrid</p> <p>Ballroom Dancing @ 9:00</p> <p>Father's Day Party June 22, 2026 @ 10:15 Live entertainment sponsored</p> <p>Tenant Rights June 29 at 10:00 lecture</p> <p>Lunch starts at 11:30</p> <p>Social Hour 12:30-2:00</p> <p>Board Games -Sudoka CONNECT 4 , Age -Tastic, Rummikub,</p>	<p>Blood Pressure @ 10:30</p> <p><u>NEW Musically Stretching exercise at 10:45</u></p> <p><u>Jewelry Making @ 12:30</u></p> <p>*Health Lecture workshop 4<sup>rd</sup> Tuesday of every month- @11:00 Sponsored By Chateau Adult Home</p> <p>Local Trip Shopping</p> <p>Lunch .....11:30</p> <p><b>Social Hour 12:30-2:00</b></p> <p><b>Board Games available, Age Tastic. Rummikub, Bingo ,Sudoka</b></p> <p>Special Events</p>	<p>&gt;Current Events Discussion Hybrid @ 10</p> <p>~<u>Cardio Dance Exercise@10:30 am</u></p> <p>SuCasa ART Class (Collage/Mural Art )@ 12:30</p> <p>Trip to Green Acres Mall</p> <p>* Lunch 11:30</p> <p>Movie and discussion @12:30 – [after lunch]</p> <p>Social Hour:<u>12:30-2:00</u></p> <p><u>Age-Tastic! Rummikub Board Games available Sudoka</u></p> <p>Trips on requests</p>	<p><u>Moving Meditation Exercise</u> (Qi Gong) 10:00 AM</p> <p>Current Discussion 10:00</p> <p><u>Local Trip arrange with office</u></p> <p>BPL Sharing Reflection</p> <p>June 18 workshop</p> <p><u>Phone Class -Hybrid @10:30</u></p> <p>Lunch 11:30</p> <p>Social Hour 1:00-3:00</p> <p>Board Games available</p> <p>Age-Tastic, Rummikub, Bingo Sudoka</p>	<p>NEW Yoga class at 10:00</p> <p>~ <u>Trivia Pursuit</u></p> <p>Live &amp; Hybrid Calling 10:00</p> <p>~ Yiddish Hour at 11:00 am Live &amp; Hybrid</p> <p><u>Lunch 11:30 am</u></p> <p>~<u>"Oneg Shabbat Class"</u> (sing-a long class) 12:30</p> <p>Social Hour 1:00-3:00</p> <p>Board Games Available</p> <p>Rummikub, Age-Tastic Cards, Apples to Apples</p> <p>Brain Teaser, Sudoka are available</p>

# JUNE

*Named for the Roman goddess Juno, patroness of marriage and the well-being of women.  
Also from the Latin word juvenis, "young people."*

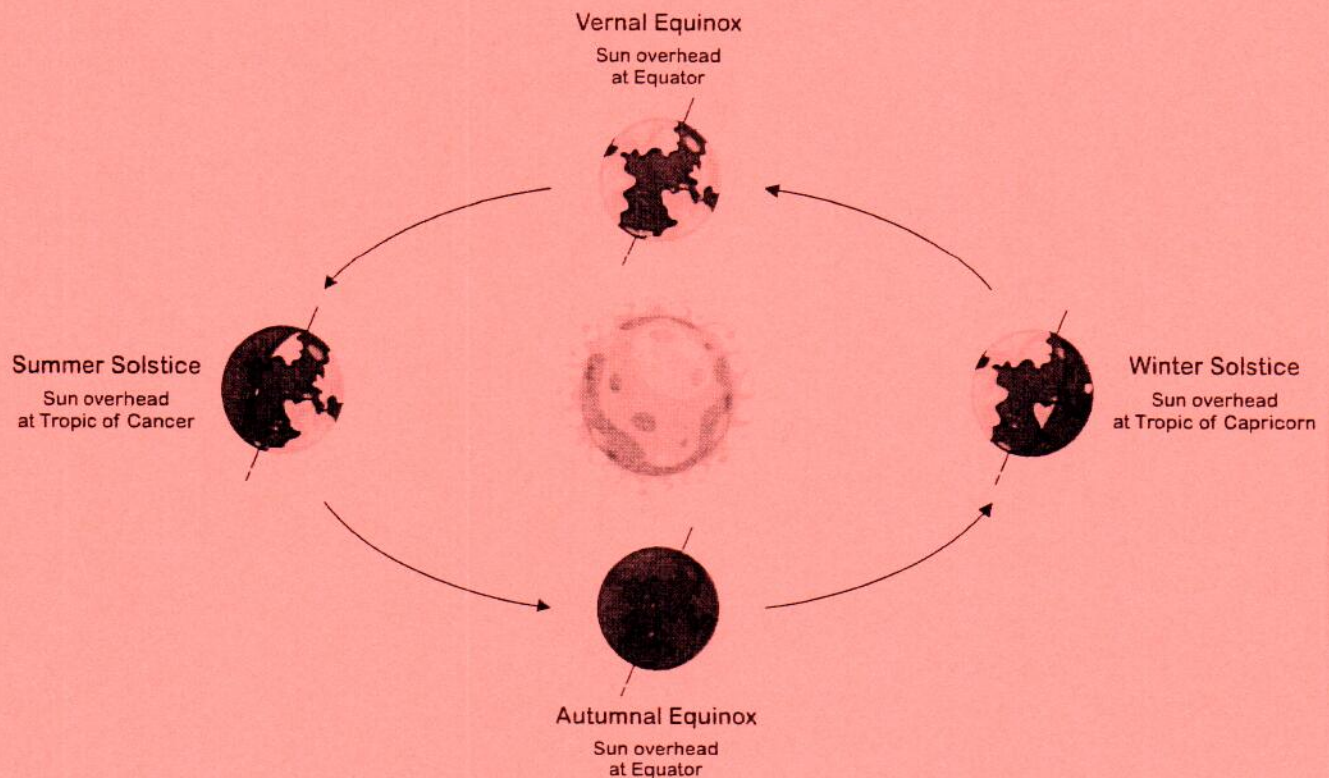


## 7 FACTS ABOUT THE JUNE SOLSTICE—PLUS, A SOLSTICE QUIZ!

The solstice on Thursday, June 20, 2024, happens at the same instant for all of us, everywhere on Earth; only our clocks are different. In the eastern United States, the solstice occurs at 4:51 P.M. EDT.

Sure, you may know that the summer solstice is the "longest" day of the year in the Northern Hemisphere. (And let's not quibble: "Longest day" is shorthand for the day with the longest period of daylight.) But that's a tired factoid—let's learn something new!

But, first, let's do a fun quiz to see how much you know already (and how much you can learn)!



constellation Canis Major, meaning "Greater Dog." It's no surprise, then, that the nickname of this big, bold star became "the Dog Star."

Given that Sirius is the brightest star in the sky, it's not hard to find.

In ancient Egypt, the Nile River flooded each year, usually beginning in late June. The people welcomed this event, called the Inundation, because the floodwaters brought rich soil needed to grow crops in what was otherwise a desert.

No one in Egypt knew exactly when the flooding would start, but they noticed a coincidence that gave them a clue: The water began to rise on the days when Sirius began to rise before the Sun. Sothis and the Inundation became so important to the Egyptians' survival that they began their new year with the new Moon that followed the star's first appearance on the eastern horizon.

### A TIME OF ILL FORTUNE?

Unlike the Egyptians, the ancient Greeks and

Romans were not as pleased by Sirius's appearance. For them, Sirius signaled a time when evil was brought to their lands in the form of drought, disease, or discomfort.

Virgil, the Roman poet, wrote in the *Aeneid* that "fiery Sirius, bringer of drought and plague to frail mortals, rises and saddens the sky with sinister light."

Is this just superstition? A 2009 Finnish study tested the traditional claim that the rate of infections is higher during Dog Days. The authors wrote, "This study was conducted in order to challenge the myth that the rate of infections is higher during the dog days. To our surprise, the myth was found to be true."

### DOG DAYS OF SUMMER FOLKLORE

Old-timers believed that rainfall on the Dog Days was a bad omen, as foretold in this verse:

*Dog Days bright and clear  
Indicate a happy year;  
But when accompanied by rain,  
For better times, our hopes are vain.*



"Dog Days are approaching; you must, therefore, make both hay and haste while the Sun shines, for when old Sirius takes command of the weather, he is such an unsteady, crazy dog, there is no dependence upon him."

-The Old Farmer's Almanac, 1817

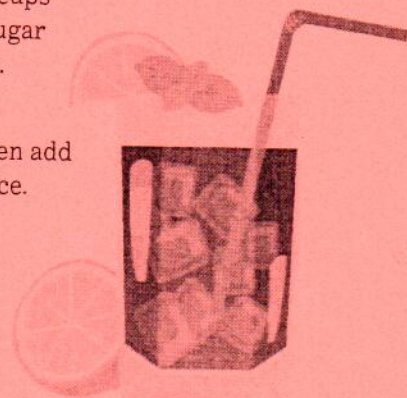
### Recipe: DOG DAYS ICED TEA

#### Ingredients

- 7 bags black tea (English, Earl Grey, etc.)
- 2 tablespoons sugar
- ½ cup mint leaves and sprigs, divided
- 2 cups chilled orange juice
- 1 orange, sliced crosswise
- 1 lemon, sliced crosswise
- ice cubes


#### Directions

1. Brew a strong tea in about 10 cups of water. While still hot, add sugar and about a dozen mint leaves. Let cool.
2. Remove tea bags and mint; then add orange juice, fruit slices, and ice.
3. Serve over more ice, garnish with fresh mint sprigs, and add a fruit slice or two to each glass.



# **JUNE HEALTH & WELLNESS NEWSLETTER**

Wellness • Prevention • Cognitive Health • Healthy Aging

 **Dear Members,**

As we welcome the month of June and the beginning of the summer season, we are reminded of the importance of maintaining overall physical, cognitive, and emotional wellness. Warmer weather and increased daylight provide excellent opportunities to improve physical activity, social engagement, cardiovascular health, and emotional well-being.



This month, we recognize several important health observances, including Men's Health Month, Alzheimer's & Brain Awareness Month, and National Safety Month. These observances emphasize the importance of preventive healthcare, chronic disease management, cognitive wellness, and injury prevention among older adults.

## **MEN'S HEALTH MONTH**

### Clinical Importance

Men's Health Month promotes awareness regarding preventable medical conditions and encourages routine screenings, early intervention, and healthy lifestyle modifications.

### Preventive Health Recommendations

- Schedule annual physical examinations and preventive screenings
- Monitor blood pressure, blood glucose, and cholesterol levels regularly
- Maintain healthy body weight and nutritional intake
- Engage in routine physical activity to support cardiovascular and musculoskeletal health
- Follow prescribed medication regimens consistently

### Common Chronic Conditions in Older Adults

- Hypertension (high blood pressure)
- Type 2 Diabetes Mellitus
- Hyperlipidemia (high cholesterol)
- Coronary Artery Disease
- Congestive Heart Failure
- Osteoarthritis and joint degeneration

### Potential Symptoms That Should Not Be Ignored

- Chest discomfort or shortness of breath
- Dizziness or episodes of syncope (fainting)
- Persistent fatigue or weakness



- Lower extremity edema (swelling)
- Sudden changes in vision or speech

🗂️ Wellness Program: Preventive Health Education & Blood Pressure Monitoring

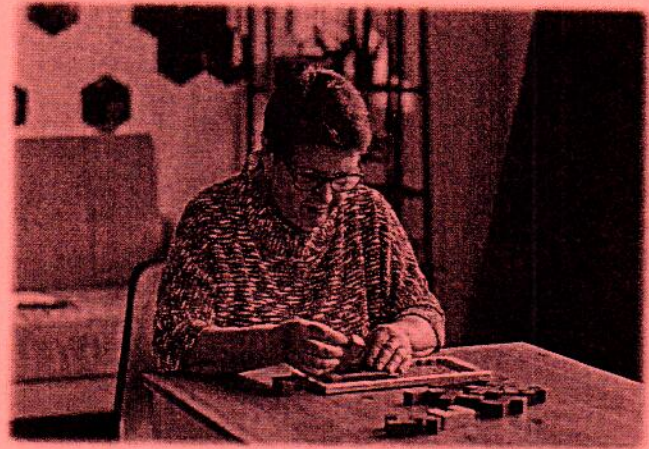
## 🗂️ ALZHEIMER'S & BRAIN AWARENESS MONTH

### Understanding Cognitive Health

Cognitive health refers to the ability to think, remember, learn, and maintain executive functioning. Aging adults may experience mild cognitive changes; however, significant memory impairment should be evaluated by a healthcare provider.

### Possible Early Signs of Cognitive Decline

- Short-term memory impairment
- Difficulty following conversations or instructions
- Increased confusion or disorientation
- Changes in mood, behavior, or personality
- Difficulty performing familiar daily tasks



### Brain Health & Neurocognitive Support Strategies

- Participate in cognitive stimulation activities
- Maintain regular social interaction
- Follow heart-healthy nutrition and hydration practices
- Prioritize adequate sleep and stress management
- Engage in routine physical exercise to improve cerebral circulation

Research indicates that physical activity, cognitive stimulation, and social engagement may help reduce the risk of cognitive decline and improve quality of life.

🌸 Program Highlight: Cognitive Wellness & Memory Support Activities

## 🗂️ NATIONAL SAFETY MONTH

### Summer Health & Injury Prevention

Older adults may be at increased risk for dehydration, falls, and heat-related illness during the summer months. Preventive safety practices are essential for maintaining health and independence.

## ● SUMMER SAFETY



### Be Active Without Falling

#### BEFORE YOU GO TO THE BEACH OR POOL:

##### Prevent a fall with these tips:

- Wear supportive shoes or sandals with tread – Avoid flip-flops or slick soles that slide on wet surfaces or loose sand.
- Pack a walking aid if you use one – Canes or walkers with wide, rubber tips can provide extra stability.
- Bring a friend or family member – Having someone by your side can offer support and peace of mind.
- Stay hydrated – Dehydration can lead to dizziness and unsteadiness.
- Apply sunscreen while seated – Avoid balancing on one foot while applying.



#### MORE TIPS:

[www.aquacarephysicaltherapy.com/health\\_articles/be-prepared-not-to-fall](http://www.aquacarephysicaltherapy.com/health_articles/be-prepared-not-to-fall)

#### Heat-Related Illness Prevention

- Increase fluid intake throughout the day
- Avoid prolonged exposure to high temperatures
- Wear lightweight and breathable clothing
- Monitor for signs of dehydration or heat exhaustion

#### Signs of Heat Exhaustion May Include:

- Excessive sweating
- Dizziness or headache
- Muscle cramps
- Nausea or weakness
- Rapid pulse

#### Fall Prevention Recommendations

- Wear supportive and non-slip footwear
- Utilize assistive devices when necessary
- Maintain adequate lighting in the home
- Avoid clutter and fall hazards
- Participate in balance and strengthening exercises

🚶 Safety Program: Fall Prevention & Summer Safety Education Workshop

### 🌿 ACTIVE LIVING & HEALTHY AGING

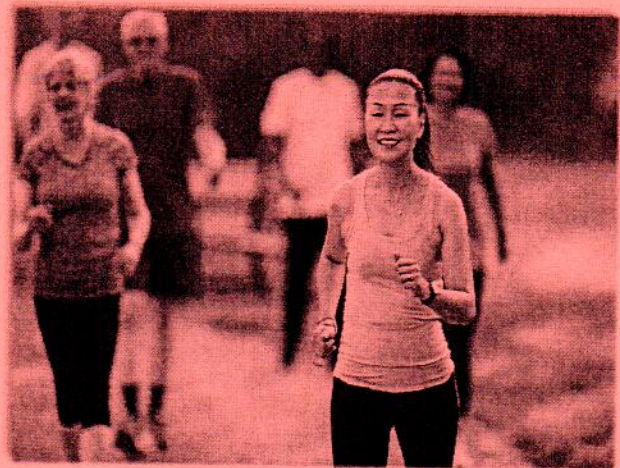
#### Benefits of Routine Physical Activity

Regular physical activity can improve:

- Cardiovascular endurance
- Joint mobility and flexibility
- Muscular strength and balance
- Bone density and fall prevention
- Stress reduction and emotional wellness

#### Recommended Activities for Older Adults

- Walking programs
- Chair-based exercise classes
- Stretching and flexibility routines
- Low-impact aerobics and movement sessions
- Social dance and recreational fitness activities



## Hydration Reminder

Older adults may experience reduced thirst sensation, increasing the risk of dehydration. Adequate fluid intake is important for circulation, temperature regulation, and kidney function.

🧘 Wellness Activity: Summer Fitness & Functional Movement Class

## 🌀 INTERACTIVE PROGRAMMING & ENGAGEMENT

### Weekly Programming:

- Mindful Monday – guided breathing and stress-reduction techniques
- Wellness Wednesday – therapeutic movement and strengthening activities
- Social Friday – recreational engagement and peer socialization



### 🧘 Therapeutic & Social Engagement:

- Summer arts and crafts
- Gardening and sensory stimulation activities
- Music therapy and reminiscence programs

### 🌀 Cognitive Wellness Activities:

- Crossword puzzles and word-search exercises
- Trivia and memory stimulation games
- Attention and concentration-building activities

### 🏆 FINAL MESSAGE

As we begin the summer season, we encourage all members to prioritize preventive healthcare, physical activity, cognitive wellness, hydration, and meaningful social connection. Small daily

wellness practices can support functional independence, emotional health, and improved quality of life.

💖 Stay healthy. Stay active. Stay connected.



## MINDFULNESS AND EMOTIONAL WELLBEING



# Healthy June Recipes for Seniors



Fresh • Flavorful • Good for You



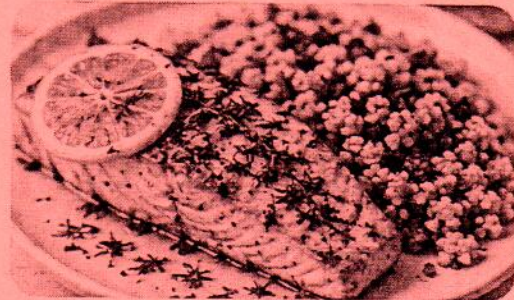
## 1 Grilled Lemon Salmon with Herb Quinoa



- Salmon fillets
- Lemon juice, olive oil
- Garlic, dill, parsley
- Quinoa

Directions: Brush salmon with lemon juice, olive oil, garlic and herbs. Grill over medium heat for 4–5 minutes per side. Serve with cooked quinoa.

♥ High in omega-3s, protein and heart-healthy nutrients



## 2 Summer Vegetable & Chickpea Stir-Fry



- Chickpeas
- Zucchini, bell pepper, carrots
- Olive oil, garlic, ginger
- Low-sodium soy sauce

Directions: Sauté garlic and ginger in olive oil. Add vegetables and chickpeas. Stir-fry until tender. Add soy sauce and cook for 2 more minutes.

♥ Full of fiber, vitamins and plant-based protein



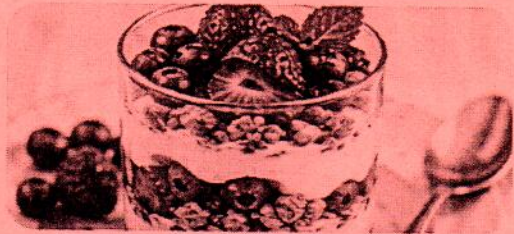
## 3 Berry & Yogurt Parfait



- Greek yogurt
- Blueberries, strawberries
- Granola (low sugar)
- Chia seeds (optional)

Directions: Layer yogurt with berries and granola in a cup or bowl. Sprinkle with chia seeds if desired.

♥ Great source of calcium, antioxidants and probiotics



## 4 Cucumber & Avocado Salad



- Cucumber
- Avocado
- Cherry tomatoes
- Olive oil, lemon juice, herbs
- Salt, pepper

Directions: Combine all ingredients in a bowl. Drizzle with olive oil and lemon juice. Toss gently and enjoy!

♥ Hydrating, heart-healthy and packed with nutrients



### → JUNE WELLNESS TIPS FOR SENIORS ←



Stay hydrated each day



Enjoy morning sunshine



Eat seasonal fruits & vegetables



Take short walks outdoors



Spend time with family & friends



Practice gratitude daily



Good food. Good mood. Good days ahead! ♥

