

The Howard Beach Gazette & OAC Chronicle

JULY 2026 EDITION

HOWARD BEACH OLDER ADULT CENTER

A Program of Catholic Charities Neighborhood Services

CENTER INFORMATION

Address: 155-55 Cross Bay Blvd., Howard Beach, NY 11414

Phone: (718) 738-8100

Hours: Monday - Friday | 8:30 A.M. - 4:30 P.M.



July 2026 Howard Beach
OAC Newsletter

125⁺
YEARS OF CHANGING LIVES



Our 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 members 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.



For more info, visit: www.ccbq.org | Howard Beach OAC Front Desk

MONTHLY PROCLAMATION: TRIUMPH OVER THE SUMMER HEAT

HYDRATION IS KEY

Drink water frequently; don't wait for thirst, and utilize our cool space during heatwaves.

INDOOR MOVEMENT

Maintain your activity level with safe, gentle exercise and stretching in our air-conditioned rooms.

JULY HIGHLIGHTS

Celebrate the spirit of independence and enjoy our special summer-themed games and parties.

COMMUNITY ENGAGEMENT

Keep your spirits high by connecting with friends and enjoying our summer classes.

INTERNATIONAL CUISINE MONTH

Explore global flavors with special meal themes and recipes throughout July.

A COMMUNIQUÉ FROM YOUR STEWARDS

Salutations for the month of July! As the sun reaches its zenith, our collective efforts are directed toward a healthful season. We shall celebrate the culinary arts of foreign lands and emphasize the importance of indoor movement. It is our noble aim to ensure you remain independent and socially tethered despite the elements.

Refreshing Diversions and Global Gastronomy: A Summer of Fellowship Commences Within These Walls!

- The Howard Beach OAC Team

CENTER DIRECTORY & ADVISORY COUNCIL

Center Staff

Annie

Director of Operations

Oleksandr (Alex)

Program Manager

Wendy

Case Manager

Kamani

Admin Assistant

Tracy

Cook

Shamel

Cook Assistant

Maria

Kitchen Aid

Jeremy

Maintenance

Howard Beach Advisory Council

Executive Board

- **President:** Joyce Taraby
- **Vice President:** Grace Denza
- **Treasurer:** Pat Mckeever
- **Secretary:** Elaine Anderson

Councilmembers

- Florence Carbone, Yvonne Whittingham, Matilde Diaz, Dee Martins, Nancy Lopez, Nieves Gonzalez, Hilda Spinner, Richard Tabakoff, Connie Pionegro, Lorraine Trotta, Linda Mastrangelo

**We wish our patrons a July of robust health,
vigorous activity, and grand merriment.**

FESTIVITIES & OBSERVANCES

July 4	us Independence Day (Center Closed)
July 6	 World Kiss Day
July 7	 World Chocolate Day
July 20	 Space Exploration Day
July 21	 National Ice Cream Day
July 24	 International Self-Care Day
July 26	 Parent's Day
July 30	 International Friendship Day
All Month	 International Cuisine Month
All Month	 National Watermelon Month

MAY RETROSPECTIVE



Our community kicked off the season with great energy by visiting the 33rd Annual National Older Adult Health & Fitness Day on May 27. Everyone had a lot of fun and participated in various activities, demonstrating our commitment to active living.

JUNE RETROSPECTIVE



June's Musical Review

What a fantastic month for our musical community! It truly showed how many talents Howard Beach has. We celebrated the wonderful guitar performance by our senior students. This wonderful show was a true testament to their hard work, mastery, and dedication. Congratulations to all our talented graduates on their amazing achievement - thank you for sharing your gift with us and providing such a memorable performance!

Pen Pal Event Retrospective



We were delighted to welcome 45 wonderful students to our center, filling the room with youthful energy and genuine joy. More than just the activities and treats, the true highlight was watching our cherished seniors and these bright young students sit together, sharing stories, laughter, and wisdom. Witnessing such meaningful connections and heartwarming bonds reminded us all of the beautiful, enduring spirit of community that defines our center. These precious moments of friendship truly make our center feel like a home, leaving us with smiles that linger long after the students have departed. We eagerly look forward to seeing these budding relationships grow even stronger as we continue this beautiful journey together.

🌟 THE JULY EXPOSITION: A GRAND CHRONICLE OF FORTHCOMING AFFAIRS 🌟

🎭 CLASS SPOTLIGHT: INSIDE BROADWAY

Every Wednesday at 10:30 AM, experience the magic of theater with our 'Inside Broadway' class - a collaborative look at performing arts and storytelling.

🌍 PASSPORT TO FLAVOR & THEMED VIDEO TOURS

Join our 'Passport to Flavor' culinary journey, featuring global themed lunches. Enhance your experience with 'Themed Video Tours' at 11:15 AM on Tuesdays, screening visual journeys to the week's featured destination.

💪 FITNESS & WELLNESS

Energize your mornings with 'IntenSati', 'Disco Torso', 'Heart & Muscles', and 'S.A.I.L.' - we offer movement classes for every fitness level.

🎨 ARTS & HOBBIES

Unleash your creativity with embroidery, crochet (beginner/intermediate), and rock painting. Musical enthusiasts can join Karaoke, and book lovers can participate in our Book Club on July 23rd at 1:30 PM. For those who enjoy brain games, join our Brain Teasers every Monday morning.

🎉 SOCIAL & SPECIAL EVENTS

Tis a season for merriment! Join our spirited gatherings for Bingo on Mondays, Mahjong on Fridays, and lively Friday afternoon soirees featuring an array of musical guests. Be sure to attend our grand Birthday Celebration on July 31st!

JULY HIGHLIGHTS

Themed Video Tours (11:15 AM):

- **July 2:** Wonders of America - The Most Amazing Places in the USA
- **July 7:** 50 Best Places in Asia
- **July 9:** Wonders of Greece: The Most Amazing Places in Greece
- **July 14:** Capri and the Amalfi Coast
- **July 16:** Wonders of Jamaica - Secret Places
- **July 21:** Most Amazing Places and Fun Facts in Mexico
- **July 23:** The Most Incredible Places in China
- **July 28:** New Orleans
- **July 30:** The Most Amazing Places in Spain
- **Inside Broadway:** Every Wednesday @ 10:30 AM.
- **Passport of Flavor / International Cuisine Month:** Themed lunches throughout July.
- **Will & Legacy Guide lecture:** July 10th @ 10:45 AM.
- **Hearing loss, its impact on everyday life:** July 17 @ 10:45 AM
- **Let's Talk and Eat Vegetables:** July 21 @ 10:15 AM
- **Monthly Birthday Party:** July 31st @ 1:00 PM.
- **Computer Classes:** "Privacy & Security" and "Safe Online Shopping" every Tuesday and Thursday @ 1:00 PM

We eagerly await your presence at our communal hearth. Pray, consult the master calendar for the appointed hours and designated chambers of activity.

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YEARS OF CHANGING LIVES



COMPUTER CLASSES at Howard Beach OAC

Privacy & Security AND Safe Online Shopping

WHEN:

Every Tuesday
and Thursday



TIME:

1:00 PM -
2:15 PM



WHERE:

The Computer Room
at Howard Beach OAC



Privacy & Security

- Protect your data
- Identify scams
- Strong passwords
- Secure surfing

Safe Online Shopping

- Recognized retailer
- Secure payment methods
- Product review verification



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PASSPORT OF FLAVOR: INTERNATIONAL CUISINE MONTH

This July, pack your taste buds and join us for a culinary adventure around the globe! We're transforming the OAC into a world-class bistro to celebrate International Cuisine Month. Forget the plane tickets - each week, our talented kitchen team will craft special menu items inspired by a different nation, allowing you to savor authentic global flavors right here in Howard Beach. Beyond our special meals, look forward to: Fuel your adventure! Attend our immersive themed lunches and earn stamps for your Passport of Flavor - the member with the most stamps will be crowned the **King or Queen of Global Travel!**

A Global Excursion from the Comfort of One's Own Chair! Transport your senses to far-flung climes with our cinematographic presentations of global wonders, accompanied by authentic melodies. Each day offers a new stamp in your passport to culinary and cultural delight!

Calendar of Upcoming Global Expeditions

- **July 2:** The United States of America
- **July 7:** The Mystic Orient (Asia)
- **July 9:** The Ancient Cradle of Civilization (Greece)
- **July 14:** The Romantic Italian Peninsula (Italy)
- **July 16:** The Exotic Island of Jamaica
- **July 21:** The Republic of Mexico
- **July 23:** The Dynastic Realm of China
- **July 28:** The Southern States of the Union (USA)
- **July 30:** The Kingdom of Spain

Don't miss this opportunity to connect over delicious food and celebrate the rich diversity of our community through the universal language of cuisine!

JULY FUN FACTS: A GLOBAL GRAB BAG

Did you know these interesting tidbits about July, summer, and the world's favorite foods?

International Cuisine Corner

- **Pasta Power:** There are estimated to be over 600 different shapes of pasta enjoyed worldwide.
- **Tomato's Journey:** The tomato, a staple in Italian cuisine, originated in the Andes Mountains of South America, not Italy.
- **The Spice of Life:** Saffron, the world's most expensive spice by weight, requires harvesting the tiny stigma from over 75,000 crocus flowers to produce a single pound.
- **Watermelon Wonder:** Watermelons are botanically classified as berries and are actually part of the same family as pumpkins, cucumbers, and squash!



US PATRIOTIC LORE: THE GENESIS OF OUR INDEPENDENCE

- **The True Date of the Great Resolve:** The Continental Congress officially voted to adopt the resolution for independence on July 2, 1776 - not the 4th. John Adams believed July 2nd would be celebrated forevermore.
- **First Public Reading:** The Declaration of Independence was first publicly read on July 8, 1776, in Philadelphia, accompanied by the ringing of the Liberty Bell.
- **A Most Singular Presidential Coincidence:** Both Thomas Jefferson and John Adams (the two signers who became presidents) died on the exact same day: July 4, 1826, exactly 50 years after the Declaration was adopted.
- **A Modern Holiday Status:** Independence Day wasn't declared a paid federal holiday until 1941.

To our most venerable seniors: May your Independence Day be graced with the joys of liberty, the warmth of communal fellowship, and the pride of a grateful heart! us





A FROZEN DELIGHT: OBSERVING THE NATIONAL DAY OF THE ICE CREAM (JULY 21)

National Ice Cream Day stands as a most delightful occasion of the summer season. Whilst enjoyed as a treat, this chilled confection may be taken as part of a balanced regimen for our esteemed seniors when consumed with due moderation.

Why It's a Delight:

- **Nutritional Benefits:** Ice cream can be a source of calcium, essential for maintaining strong bones and teeth, and it often contains protein.
- **The Joy Factor:** Food is about more than just nutrients; it's about pleasure and social connection. Sharing a scoop with friends at the center is a wonderful way to boost morale.
- **Mindful Enjoyment:** We encourage savoring smaller portions slowly to enjoy the flavor and temperature.

Curiosities Regarding This Chilly Indulgence:

- **An American Genesis:** The first ice cream parlors in America opened in New York City in the 1770s.
- **Popularity:** Vanilla remains the most popular flavor globally, beloved for its versatility.
- **Did you know?** It takes roughly 3 gallons of milk to make just 1 gallon of ice cream!





PRESENTATION FOR SENIORS & FAMILIES

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EVENT DETAILS

DATE: July 10

TIME: 10:45 AM - 11:45 AM

LOCATION: Howard Beach OAC - Dining Room

TOPIC: ESTATE PLANNING & LEGACY

- Estate Planning & Wills: What Happens Without One
- Protecting Family Assets & Wealth
- Beneficiary Designations &
- Beneficiary Designations & Common Mistakes
- Living Benefits & Life Insurance
- Long-Term Care and Final Expenses



Our goal: Your future is prepared. No registration.

INTERNATIONAL SELF-CARE DAY (JULY 24TH): PRIORITIZING WELL-BEING

International Self-Care Day on July 24th is a vital reminder to prioritize our physical and emotional health, especially as we age. Self-care isn't selfish; it's essential for maintaining independence and vitality.

The Moral Imperative of Personal Upkeep

- **Mental Clarity:** Taking time for yourself reduces stress, improves mood, and keeps your mind sharp.
- **Physical Maintenance:** Gentle movement, nutritious eating, and adequate rest are the cornerstones of long-term health.
- **Social Tethering:** Engaging in refined hobbies and communal fellowship serves as a bulwark against the shadows of isolation, ensuring a joyous heart.

How to Practice Self-Care at the OAC

Take this day to celebrate yourself and commit to small, consistent acts of self-care. Your well-being is the foundation for everything you do!

- **Listen to Your Body:** Whether it's taking a break during exercise or choosing healthy, balanced meal options at lunch, prioritize what makes you feel best.
- **Cultivate the Intellect:** Avail yourselves of our "Brain Teasers" and "Themed Video Tours" to keep your cognitive faculties in peak condition.
- **Seek Noble Connection:** Join our "Inside Broadway" classes or festive gatherings to nurture the spirit through social harmony.
- **Pursue Harmonious Joys:** Dedicate time daily to your favored pursuits, be it reading, sketching, or our circles of arts and hobbies.

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LET'S TALK AND EAT VEGETABLES



DATE:
TUESDAY 7/21/2026

TIME:
10:15A-11:15A

LOCATION:
HOWARD BEACH OAC

WORKSHOP HIGHLIGHTS:

- Celebrating Seasonal Vegetables
- Understanding Ultra-Processed Foods
- Meal Planning for Healthy Living



FUNDED BY:



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JULY SUMMER TRIVIA



We cordially invite all patrons to partake in this month's grand trivia challenge. As the Howard Beach summer sun reaches its zenith, pray, take respite and engage your faculties with these curious chronicles of history and legend that define this most sweltering of months.

July Historical Milestones

Test your knowledge on the events that shaped the world during this month.

1. **A Giant Leap:** On July 20, 1969, which mission successfully landed the first two humans on the Moon?
2. **Statue of Liberty:** On July 4, 1884, this iconic monument was formally presented to the United States in Paris. Which country gave it to us?
3. **US Post Office:** On July 26, 1775, the Second Continental Congress established the

United States Post Office. Who was the first Postmaster General?

4. **The Big Apple:** On July 26, 1788, New York became the 11th state to ratify the Constitution. In which New York city was the first capital of the United States located?
 5. **Turning Point:** On July 1, 1863, the Battle of Gettysburg began, a pivotal conflict in the Civil War. In which state did this battle occur?
-

Famous July Birthdays

Can you identify these legendary figures born in July?

- **July 1, 1934:** This award-winning director and choreographer is famous for his "jazz hands" and films like *Cabaret*. (Hint: Bob Fosse).
- **July 6, 1946:** This actor became a massive action star in the 70s and 80s, best known for playing Rocky Balboa and John Rambo.
- **July 7, 1940:** This legendary drummer and member of The Beatles is still touring and spreading "Peace and Love" today.
- **July 12, 1917:** This famous artist and painter is known for his detailed landscapes and nature scenes, often seen on "The Joy of Painting."
- **July 24, 1897:** This aviation pioneer was the first female aviator to fly solo across the Atlantic Ocean.

Did you know? The month of July is named after **Julius Caesar**, who was born in this month. Before it was renamed in his honor, it was known as "Quintilis," the fifth month of the Roman calendar.

 **Note, consult the final page of this gazette for the solutions to our summer diversions.**



HONORING PARENTS: PARENT'S DAY (JULY 26)

This Parent's Day, we encourage you to cherish the bonds that make your family strong. Whether it's a phone call, a video chat, or an in-person visit, make this day special by connecting with your children.

1. **Sharing Your Wisdom:** As keepers of family history, your life stories are a precious legacy. Sharing these experiences with your children and grandchildren creates a bond that preserves your heritage forever.
2. **The Gift of Connection:** Your time is the most valuable treasure you can give. Sitting down to share a cup of tea or a heartfelt conversation with your loved ones creates memories that enrich everyone's lives.
3. **The Family Bedrock:** Your lifelong love, resilience, and guidance are the foundations of your family. Celebrating Parent's Day is a wonderful way to reflect on the deep, enduring influence you have on your children's lives.
4. **Guiding Lights:** Even as your children grow, they continue to look to you for perspective. Your life lessons, gained through years of experiences, remain an invaluable gift of guidance for the next generation.
5. **The Joy of Being Together:** Research shows that staying connected with your adult children is a powerful boost to your own emotional well-being. This bond is a true investment in your happiness and vitality.

Call your kin and invite them to spend this day together - their presence is the greatest gift you could ever receive.

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IMPROVE YOUR LIFE: A PRESENTATION ON HEARING LOSS

A FREE SENIOR PRESENTATION

What We Will Discuss:

- Common Signs and Symptoms of Hearing Loss
- How Untreated Hearing Loss Affects Communication, Independence, and Quality of Life
- Practical Strategies and Technologies for Easier, Less Frustrating Phone Conversations
- The Importance of Seeking Appropriate Hearing Care and Available Support



**EXPERTISE |
SUPPORT |
RESOURCES**

Event Details:

Date: July 17

Time: 10:45 AM

Location: Dining Room
at Howard Beach OAC

Funded by Dept for the Aging

A HEALTHY CELEBRATION DISH: LEMON-HERB ROASTED FISH & ASPARAGUS

This light, nutritious, and heart-healthy meal is a perfect choice for a Parent's Day celebration, providing a delicious way to enjoy fresh summer flavors while staying energized.



Ingredients

- 2 white fish fillets (cod, tilapia, or halibut)
- 1 bunch thin asparagus (woody ends trimmed)
- 1 lemon (thinly sliced)
- 2 tablespoons olive oil
- 2 cloves garlic (minced)
- 1 teaspoon dried oregano or parsley
- Salt and pepper to taste

Instructions

1. **Prep:** Preheat your oven to 400°F and line a baking sheet with parchment paper.
2. **Season:** Arrange the fish and asparagus on the sheet, drizzle with olive oil, then sprinkle with garlic, herbs, salt, and pepper; top the fish with lemon slices.
3. **Bake:** Bake for 12-15 minutes, until the fish flakes easily with a fork and the asparagus is tender.

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

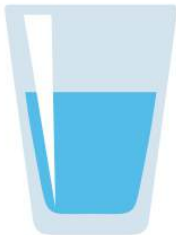


220 calories

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 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).



Just Say Yes to Fruits and Vegetables

Cada sorbo se acumula

Las bebidas azucaradas están asociadas con caries dental, aumento de peso, diabetes tipo 2 y enfermedad del corazón.

**20 onzas
de refresco**



Aproximadamente **16**
cucharaditas de azúcar



240 calorías

Tendría que dar unos 4,500
pasos para quemar las
calorías de esta bebida.*

**20 onzas de bebida
deportiva**



Aproximadamente **9**
cucharaditas de azúcar



140 calorías

Tendría que dar unos 2,500
pasos para quemar las
calorías de esta bebida.*

**16 onzas de bebida
energética**



Aproximadamente **14**
cucharaditas de azúcar



220 calorías

Tendría que dar unos 4,000
pasos para quemar las
calorías de esta bebida.*

*Las cantidades podrían variar según el peso, la estatura y la cantidad de energía consumida.

¡Elija el agua potable de la Ciudad de Nueva York!



- ✓ **0** cucharaditas de azúcar
- ✓ **0** calorías
- ✓ **Saludable**
- ✓ **Limpia**
- ✓ **Sin costo**
- ✓ **Refrescante**



Puede obtener consejos de alimentación saludable, como los de Eat Healthy, Be Active NYC en Facebook, en [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).

Para obtener más información acerca de Stellar Farmers Markets, visite nyc.gov y busque **farmers markets** (mercados de agricultores).

Para obtener recetas saludables, visite jsyfruitveggies.org.

El Programa de Asistencia Nutricional Suplementaria (Supplemental Assistance Nutrition Program, SNAP) del Departamento de Agricultura de Estados Unidos (United States Department of Agriculture, USDA) financió este material. El SNAP, anteriormente conocido como Programa de Cupones para Alimentos (Food Stamp Program, FSP) en Nueva York, proporciona asistencia nutricional a personas con bajos recursos. Puede ayudarle a comprar alimentos nutritivos para tener una mejor dieta. Para obtener más información, llame al 800-342-3009 o ingrese a myBenefits.ny.gov. El USDA es un proveedor y empleador que ofrece igualdad de oportunidades. De conformidad con la ley federal y la política del USDA, esta institución prohíbe la discriminación por raza, color, origen nacional, sexo, edad, religión, opiniones políticas o incapacidad. Para presentar una queja sobre discriminación, escriba a: USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 o llame al 202-720-5964 (voz y TDD).

Spanish

NYC
Health

Just Say Yes to Fruits and Vegetables

MONTHLY BRAIN TEASER: THE LOCAL "WHAT AM I?" CHALLENGE



How to Play: Read the clues below and see if you can guess the neighborhood places, city landmarks, and center items being described!

Riddle 1: The Neighborhood Lifeline

I am a single letter of the alphabet, but I carry thousands of people every day.
I stretch all the way from Manhattan, rumble right through **Howard Beach**,
and take sunseekers out to the Rockaways.

What am I? > Answer: The _____ (_____)

Riddle 2: Your All-Access Pass

I am a small piece of paper that holds a lot of power. You can't eat lunch or

join a morning exercise class without showing me first. I carry your name and your membership details, and all you have to do is show me to the front desk every time you walk into the **Older Adult Center**.

What am I? > Answer: A _ _ _ _ _

Riddle 3: The Blue Gateway

I span across the water right in **Howard Beach's** backyard, painted in a bright Atlantic blue. I connect Queens to Brooklyn, watching over the boats in Jamaica Bay while drivers cross over me to get to the beach.

What am I? > Answer: The _ _ _ _ _

Riddle 4: The Heart of the Neighborhood

I am a lively building in **Howard Beach** where the coffee is always hot, the pool table is always busy, and friends gather daily for lunch, music, and classic games. I am a second home to the neighborhood's finest generation.

What am I? > Answer: The _ _ _ _ _

Riddle 5: The Neighborhood Oasis

I am a sprawling green space right here in **Howard Beach**, bordered by the water and perfect for a peaceful walk or watching the planes overhead. I have paths, tennis courts, and baseball fields, and I share my name with the avenue right alongside me.

What am I? > Answer: _ _ _ _ _

JULY HEALTH & WELLNESS HIGHLIGHTS

Stay Cool • Stay Hydrated • Stay Active • Stay Connected

Dear Members, July is here! As we hit the peak of summer, please adjust your routines to stay healthy, active, and connected throughout the warmer season.

BEAT THE HEAT: SUN & SKIN SMART

Top Tips for July

-  **Hat & Shade:** Whenever you're outdoors, wear a wide-brimmed hat and seek shade.
-  **Breathable Fabrics:** Choose loose, light-colored cotton or linen clothing to stay cool.
-  **Midday Mission:** Avoid the strongest sun hours between 11 AM and 3 PM.
-  **Smart Protection:** Apply SPF 30+ sunscreen 15 minutes before going out - don't forget your ears and the backs of your hands.

HYDRATION: FUEL YOUR ENERGY

Prevention Focus

-  **Consistency Counts:** Sip water throughout the day, even if you don't feel thirsty.
-  **Water-Rich Snacks:** Snack on refreshing, hydrating foods like cucumbers, berries, and watermelon.
-  **Listen to Your Body:** If you feel dizzy, lightheaded, or unusually

tired, move to a cool area immediately.

- 🍋 **Flavor Infusion:** Make hydration fun by adding cucumber slices, fresh mint, or a squeeze of lemon to your water.

🏃 **ACTIVE & SAFE IN JULY**

Expert Advice

- 🚶 **Early & Late Movement:** Plan your outdoor walks for the early morning or cooler evening hours.
- 🧘 **Indoor Energy:** When it's too hot, take advantage of our climate-controlled center for exercise like Tai-Chi or stretching.
- 🦶 **Check Your Feet:** Ensure your summer footwear is supportive and breathable to prevent slips and blisters.
- 📞 **Buddy System:** Check in with a friend or neighbor daily during the hottest weeks - it's good for both health and morale.

💛 **YOUR SUMMER MINDSET**

Stay Engaged, Stay Mentally Sharp

Socializing is the secret ingredient to long-term vitality.

- 📖 **Summer Reads:** Join a book chat - it keeps the mind nimble and provides great conversation.
- 🎨 **Creative Calm:** Dedicate time to a hobby like sketching or rock painting; it's a wonderful way to lower stress.
- 🗣️ **Keep it Social:** Whether it's Bingo or our 'Inside Broadway' sessions, staying involved with friends is the best defense against summer isolation.



A FINAL PROCLAMATION FOR THE AGES

Once upon this golden July, let it be known throughout the land that joy, health, and true kinship shall reign within the enchanted walls of the Howard Beach OAC. Whether we gather to share a bountiful feast, raise a chorus of laughter over the mystical tiles of Bingo, or stand as shields for one another against the summer's fiery breath, 'tis your noble presence that weaves the magic of this realm. Let us watch over our neighbors as brothers and sisters of old, keeping cool beneath the shade of fellowship, and making every passing sun a grand celebration of our most wondrous community. And so, may we live ever happily and vibrantly together.



JULY TRIVIA CHALLENGE ANSWERS

Historical Milestones:

1. Apollo 11
2. France
3. Benjamin Franklin
4. New York City
5. Pennsylvania

Famous July Birthdays:

1. Bob Fosse
2. Sylvester Stallone
3. Ringo Starr
4. Bob Ross
5. Amelia Earhart

Answer Key to "What Am I?" Challenge:

1. **The Subway (A Train)**
2. **A Membership Card**
3. **The Cross Bay Bridge** (Cross Bay Veterans Memorial Bridge)
4. **The Howard Beach Older Adult Center**
5. **Frank Charles Park**