

125+
YEARS OF CHANGING LIVES



Hello, July!

at New Age Senior Center

📍 54 MacDonough Street,
Brooklyn, 11216

📞 (929) 397-2628



Community • Connection • Care



HAPPY FOURTH OF JULY!

As we celebrate Independence Day, we wish you and your loved ones a safe, joyful, and wonderful holiday. Thank you for being part of our community.



STAY COOL & SAFE

The summer heat is here—please stay hydrated, avoid the hottest part of the day, and visit our Cooling Center for a cool and comfortable place to relax.



COME, CONNECT, ENJOY!

We have many fun and engaging activities waiting for you. Join us, bring a friend, and make the most of your time at New Age.

THIS MONTH AT A GLANCE

JULY

4

FOURTH OF JULY

Wishing you a safe, joyful, and wonderful Independence Day!



COOLING CENTER NOW OPEN

Stop by to relax in our cool, comfortable space during regular center hours.



FUN & ENGAGING ACTIVITIES

From exercise and arts & crafts to music, games, and more—there's something for everyone! Check the calendar for details.



BLOOD PRESSURE SCREENING AVAILABLE

Blood pressure screening available during center hours.



New Age OAC

Funded by the NYC Department for the Aging.



Message from the Staff

Wishing you a
safe, joyful, and
Happy
Fourth of July!



As we celebrate **Independence Day**,
we wish you and your loved ones a safe,
joyful, and happy **Fourth of July!**



EXCITING THINGS ARE HAPPENING AT NEW AGE!



July is full of exciting things to look forward to at New Age Older Adult Center! We've added **new activities, fun games, and creative programs** to help you stay active, connect with friends, and enjoy every visit.

Check out what's new this month! 

NEW & FUN THINGS TO ENJOY!



MONDAY GAME TIME

Fun games, great company,
and lots of laughs!



NEW! CERAMIC CLASS

Get creative and make
something beautiful!



SUMMER BBQ

Join us for delicious food,
music, and good times!

Don't miss out – there's something for everyone! 

Stay Cool, Stay Safe



With the summer heat in full swing, please remember to stay hydrated, limit your time outdoors during the hottest part of the day, and stop by our **Cooling Center** whenever you need a cool, comfortable place to relax.



We look forward to seeing you throughout the month for **friendship, fun, and memorable moments.**

Stay safe, stay cool, 
and make the most of
everything July has to offer!

 *Your New Age OAC Team –* 

NEW AGE OLDER ADULT CENTER

FUNDED BY THE NYC DEPARTMENT FOR AGING



Lunch
12:00PM – 1:00PM

NEW AGE ADULT CENTER LUNCH MENU

July 2026

54 MacDonough Street

Brooklyn NY 11216

Tel: (929) 397-2628

Note: Menu is subject to change

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
WHOLE WHEAT BREAD & MILK 1% SERVED DAILY COFFEE & TEA SERVED DURING LUNCH 12:30PM – 1:30PM	MENU MAY CHANGE WITHOUT PRIOR NOTICE 100% Juice served w/ Plant Based Meals Fish Meals Special Meals	1 <i>Baked Pork Chop White Rice Kale Apple</i>	2 <i>BBQ Chicken Legs Corn on Cob Capri Blend Fruit</i>	3 <i>Hamburger & Beef Hot Dog Steak Fries Coleslaw Watermelon ALT: Turkey Burger & Turkey Hot Dog</i>
6 <i><u>Russos Catered</u> Egg Salad Basic Pasta Simple Potato Salad</i>	7 <i>Aromatic Pumpkin & Chickpea Curry White Rice Capri Blend Apple Apple Juice</i>	8 <i>Bistec Encebollado (Puerto Rican Steak & Onions) Yellow Rice & Pigeon Peas California Blend Vegetables Fruit Cocktail</i>	9 <i>Curry Chicken Legs Caribbean Rice w/Red Beans Baby Carrots w/Parsley Pear <u>OR</u> Honeydew</i>	10 <i>Baked Fish w/ Sweet & Sour Sauce Roasted Red Potato Italian Blend Vegetables Peach <u>OR</u> Canned Peaches Juice</i>
13 <i>Roasted Chicken Legs Fall Harvest Kale Yellow Plantains Apple <u>OR</u> Fresh Fruit Salad</i>	14 <i>Lentil Sloppy Joe Whole Wheat Hamburger Bun Garden Salad Fruit Cocktail Cranberry Juice</i>	15 <i>Special Meal: BBQ Ribs Mac & Cheese Colard Greens Cantaloupe Juice</i>	16 <i>Jerk Chicken Legs White Rice Cabbage w/Shredded Carrots Banana <u>OR</u> Plum</i>	17 <i>Baked Marinated Fish Baked Sweet Potato Normandy Blend Watermelon <u>OR</u> Grapes Juice</i>
20 <i>General's Tso Chicken Garlic Mashed Potatoes Zucchini w/Peppers & Onions Peaches</i>	21 <i>Black-Eyed Peas Marsala Corn Bread Capri Blend Vegetables Canned Pineapples Orange Juice</i>	22 <i>Pork Stir Fry w/Vegetables Perfect White Rice Sauteed Kale & Broccoli w/ Sundried Tomatoes Plum <u>OR</u> Pear</i>	23 <i>Chicken Parmesan Pasta Italian Cut Green Beans Banana <u>OR</u> Honeydew</i>	24 <i>Tuna Salad Asian Cucumber Salad Cabbage Carrot Slaw Orange Juice</i>
27 <i>Pineapple Glazed Salmon Baked Sweet Broccoli Cantaloupe Juice</i>	28 <i>Onica's Fried Brown Rice Creamy Corn w/Peppers & Onions Italian Blend Grapes Grape Juice</i>	29 <i>Sweet & Sour Chicken Breast Egg Noodles String Beans Banana <u>OR</u> Canned Mandarins</i>	30 <i>Beef Stew Mashed Potatoes Garden Spinach Salad w/Chick Peas Fruit</i>	31 <i>Teriyaki Baked Fish w/Sauteed Onions & Peppers Baked Red Potato Wedges Watermelon <u>OR</u> Apple</i>

54 MacDonough Street, Brooklyn, NY
11216.

NEW AGE ADULT CENTER ACTIVITY SCHEDULE

Tel: (929) 397-2628

Funded by NYC Aging

July 2026

Note: Schedule is subject to change

Monday		Tuesday		Wednesday		Thursday		Friday	
1	29		30		1		2		3
	8:30-10 AM Mix & Mingle 10 AM – 11 AM Tech Class 11 AM – 12 PM Family Feud Game 1 PM – 2 PM Chair Exercises with Tommy 2 PM-4 PM Game Time: Dominoes, Cards & Word Scramble		8:30-10 AM Continental Breakfast 10:30 AM – 11:30 Chair Yoga 1 PM – 2 PM Arts & Crafts 3 PM – 4 PM Bingo		8:30-10AM Mix & Mingle 10:30 AM -11:30 AM Line Dance PM Movies		8:30-10 AM Continental Breakfast 10 AM – 11 AM Trivia 11 AM 12 PM Zumba 1 PM – Tea & Games		8:30-10AM Mix & Mingle 10:30 AM – 11:30 AM Game Social 1 PM – 2PM Tai Chi 1 PM – 2 PM Ice Cream Social 2 PM – 3 PM Bingo
	6		7		8		9		10
	8:30-10 AM Mix & Mingle 10 AM – 11 AM Tech Class 11 AM – 12 PM Family Feud Game 1 PM – 2 PM Chair Exercises with Tommy 2 PM-4 PM Game Time: Dominoes, Cards & Word Scramble		8:30-10 AM Continental Breakfast 10:30 AM – 11:30 Chair Yoga 1 PM – 2 PM Arts & Crafts 3 PM – 4 PM Bingo		8:30-10AM Mix & Mingle 10:30 AM -11:30 AM Line Dance PM Movies		8:30-10 AM Continental Breakfast 10 AM – 11 AM Trivia 11 AM 12 PM Zumba 1 PM – Tea & Games		8:30-10AM Mix & Mingle 10:30 AM – 11:30 AM Game Social 1 PM – 2 PM Ice Cream Social 2 PM – 3 PM Bingo
	13		14		15		16		17
	8:30-10 AM Mix & Mingle 10 AM – 11 AM Tech Class 11 AM – 12 PM Family Feud Game 1 PM – 2 PM Chair Exercises with Tommy 2 PM-4 PM Game Time: Dominoes, Cards & Word Scramble		8:30-10 AM Continental Breakfast 10:30 AM – 11:30 Chair Yoga 1 PM – 2 PM Arts & Crafts 3 PM – 4 PM Bingo		8:30-10AM Mix & Mingle 10:30 AM -11:30 AM Line Dance – canceled PM Movies		8:30-10 AM Continental Breakfast 10 AM – 11 AM Trivia 11 AM 12 PM Zumba 1 PM – Tea & Games		8:30-10AM Mix & Mingle 10:30 AM – 11:30 AM Game Social 1 PM – 2PM Tai Chi 1 PM – 2 PM Ice Cream Social 2 PM – 3 PM Bingo
	20		21		22		23		24
	8:30-10 AM Mix & Mingle 10 AM – 11 AM Tech Class 11 AM – 12 PM Family Feud Game 1 PM – 2 PM Chair Exercises with Tommy 2 PM-4 PM Game Time: Dominoes, Cards & Word Scramble		8:30-10 AM Continental Breakfast 10:30 AM – 11:30 Chair Yoga 1 PM – 2 PM Arts & Crafts 3 PM – 4 PM Bingo		8:30-10AM Mix & Mingle 10:30 AM -11:30 AM Line Dance 1 AM – 2 PM Jewelry Making Class PM Movies		8:30-10 AM Continental Breakfast 10 AM – 11 AM Ceramic Class 11 AM 12 PM Zumba 1 PM – Tea & Games		8:30-10AM Mix & Mingle 10:30 AM – 11:30 AM Game Social 12:00 PM Cookout BBQ Party 1 PM – 2PM Tai Chi 1 PM – 2 PM Ice Cream Social 2 PM – 3 PM Bingo
	27		28		29		30		31
	8:30-10 AM Mix & Mingle 10 AM – 11 AM Tech Class 11 AM – 12 PM Family Feud Game 1 PM – 2 PM Chair Exercises with Tommy 2 PM-4 PM Game Time: Dominoes, Cards & Word Scramble		8:30-10 AM Continental Breakfast 10:30 AM – 11:30 Chair Yoga 1 PM – 2 PM Arts & Crafts 3 PM – 4 PM Bingo		8:30-10AM Mix & Mingle 10:30 AM -11:30 AM Line Dance PM Movies		8:30-10 AM Continental Breakfast 10 AM – 11 AM Ceramic Class 11 AM 12 PM Zumba 1 PM – Tea & Games 1:00 Birthday Party (Cake and Karaoke)		8:30-10AM Mix & Mingle 10:30 AM – 11:30 AM Game Social 1 PM – 2PM Tai Chi 1 PM – 2 PM Ice Cream Social 2 PM – 3 PM Bingo

Extreme Heat: Older Adults

People 65 years or older are at greater risk from extreme heat health problems.



Find somewhere air conditioned.



Drink plenty of fluids to stay hydrated.



Wear loose, lightweight, or light-colored clothing.



Avoid high-energy activities during the midday heat and stay in the shade.

**#SUMMER
#READY**

Ready ✓



July Recipe Corner ♥

⚡ No-Bake ⚡ Berry Yogurt Parfait

INGREDIENTS

- 1 cup vanilla Greek yogurt
- ½ cup fresh strawberries, sliced
- ½ cup blueberries
- ¼ cup granola
- Honey (optional)



DIRECTIONS



Layer yogurt, berries, and granola in a glass. Repeat the layers and drizzle with a little honey if desired. Serve immediately.

♥ A refreshing, healthy & delicious treat!



⚡ July Recipe Corner ⚡

WATERMELON FETA SALAD

INGREDIENTS

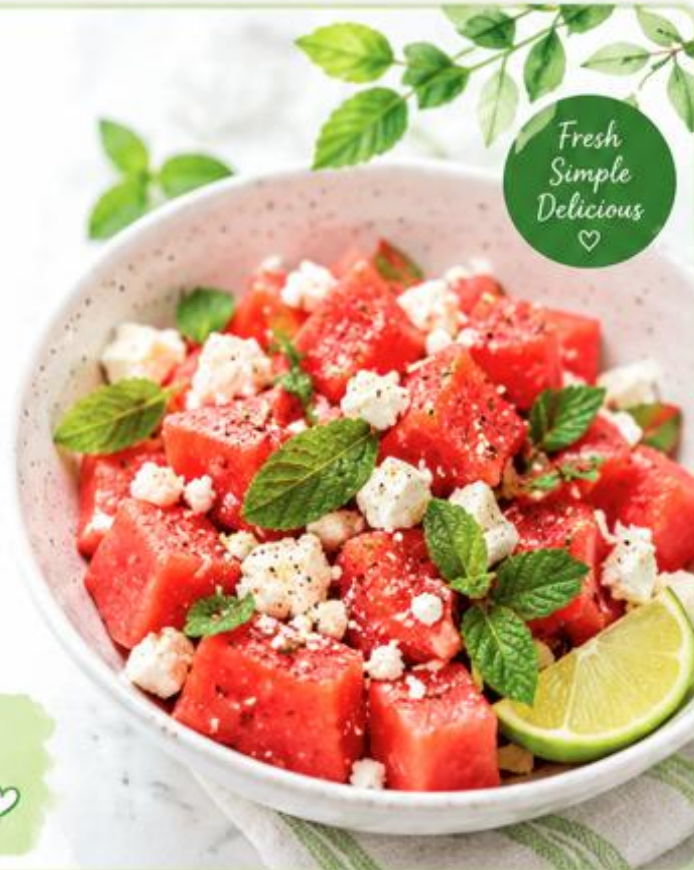
-  3 cups watermelon, cubed
-  ½ cup feta cheese, crumbled
-  Fresh mint leaves
-  Juice of ½ lime
-  Black pepper (optional)

DIRECTIONS



Combine watermelon, feta, and mint. Drizzle with fresh lime juice and toss gently. Chill before serving.

Light, juicy & perfect for summer days! ♥



Fresh
Simple
Delicious
♥

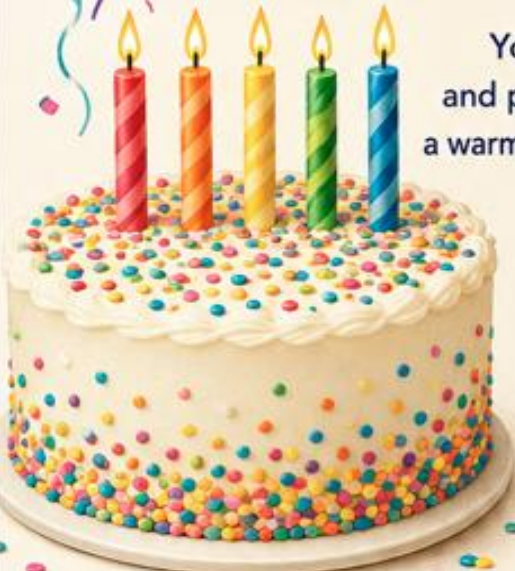


Happy BIRTHDAY!

JULY BIRTHDAY CELEBRATION

We are delighted to celebrate all of our members who are celebrating birthdays this month!

Your friendship, participation, and positive energy make our center a warm and welcoming place for everyone.



Thank you
for being an
important part
of the
New Age family!



You Bring
Joy to Our
Community!



LET'S CELEBRATE TOGETHER!

May your birthday month be filled with
happiness, good health,
love, and wonderful moments!



Celebrate
YOU!

NEW AGE OLDER ADULT CENTER

FUNDED BY THE NYC DEPARTMENT FOR AGING

MONDAY

*Play, Connect,
Have Fun!*

GAME Time!

GOOD COMPANY. GREAT GAMES.

> BETTER TOGETHER! <

Join us every Monday for a
fun-filled day of games, laughter,
and connection. Everyone is welcome!



11:00 AM – 12:00 PM

FAMILY FEUD GAME

Enjoy light and quick games
the whole family will love!



*Stay active,
keep your mind
sharp, and
have a
great time!*



2:00 PM – 4:00 PM

GAME TIME:

*Dominoes,
Cards &
Word Scramble*



> NEW AGE OLDER ADULT CENTER <

FUNDED BY THE NYC DEPARTMENT FOR AGING

NEW!

JEWELRY MAKING Class

≡ Create. Connect. Shine! ≡

Join us for a fun and creative Jewelry Making Class!
Discover the joy of designing your own unique pieces
in a friendly and welcoming environment.

All are welcome – no experience needed!



DATE

WEDNESDAY,
JULY 22



TIME

1:00 PM – 2:00 PM



LOCATION

NEW AGE OAC
54 MacDonough St
Brooklyn, NY 11216



PHONE

929-397-2628



Come create, share,
and have fun!



Unleash
your creativity
and make
something
beautiful!



≡ NEW AGE OLDER ADULT CENTER ≡

♥ FUNDED BY THE NYC DEPARTMENT FOR THE AGING ♥

NEW!

Ceramic Class

GET CREATIVE, RELAX &
MAKE SOMETHING BEAUTIFUL!

A NEW WAY TO EXPRESS YOURSELF!

Join us for a fun and relaxing ceramic class
where you can explore your creativity,
learn new skills, and make something
truly your own!



**STARTS
THURSDAY,
JULY 23**



**EVERY THURSDAY
10:00 AM – 11:00 AM**



All materials
will be
provided!

What to Expect

Create unique pieces at your own pace
in a supportive and friendly environment.
It's a great way to unwind, connect
with others, and bring out your
inner artist!

*Come shape, sculpt,
and create with us!*



Questions?

Please call us at
929-397-2628

NEW AGE OLDER ADULT CENTER

FUNDED BY THE NYC DEPARTMENT FOR AGING

Summer
GOOD FOOD!
GOOD PEOPLE!
GREAT TIMES!

COOKOUT

JOIN US ON
FRIDAY, JULY 10TH
& FRIDAY, JULY 24TH
STARTS AT 12:00 PM

 HAMBURGER OR CHEESEBURGER <i>with</i> SODA & CHIP ***** \$5	 HOT DOG <i>with</i> SODA & CHIP ***** \$3
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Hosted by:
NEW AGE OLDER ADULT CENTER

54 MACDONOUGH STREET
BROOKLYN, NEW YORK 11216

GOOD FOOD | **GOOD PEOPLE** | **GREAT TIMES!**

Funded by The NYC Department for Aging

NEW!

SPECIAL

Meal

JOIN US FOR A DELICIOUS & NUTRITIOUS MEAL!

Good food,
good company,
great day!



SPECIAL MEAL ON

**WEDNESDAY,
JULY 15**

- ♥ BBQ Ribs
- ♥ Mac & Cheese
- ♥ Collard Greens
- ♥ Cantaloupe
- ♥ Juice



*Come hungry,
leave happy!*



SHARE A MEAL.
SHARE A SMILE.
SHARE COMMUNITY.



Enjoy a tasty meal in a
warm and welcoming
environment with friends!



LOCATION

NEW AGE OAC

54 MacDonough St
Brooklyn, NY 11216



TIME

**1:00 PM –
2:00 PM**



PHONE

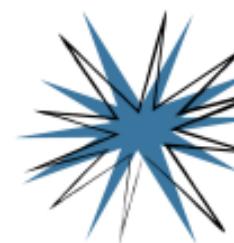
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NEW AGE OLDER ADULT CENTER

♥ FUNDED BY THE NYC DEPARTMENT FOR AGING ♥



Happy 4th of July



USA

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



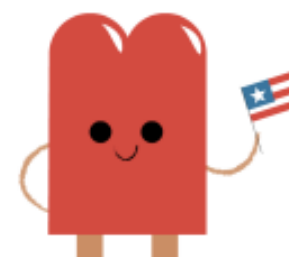
AMERICA
BLUE
BRAVE

FIREWORKS
FLAG
FOURTH

FREEDOM
INDEPENDENCE
JULY

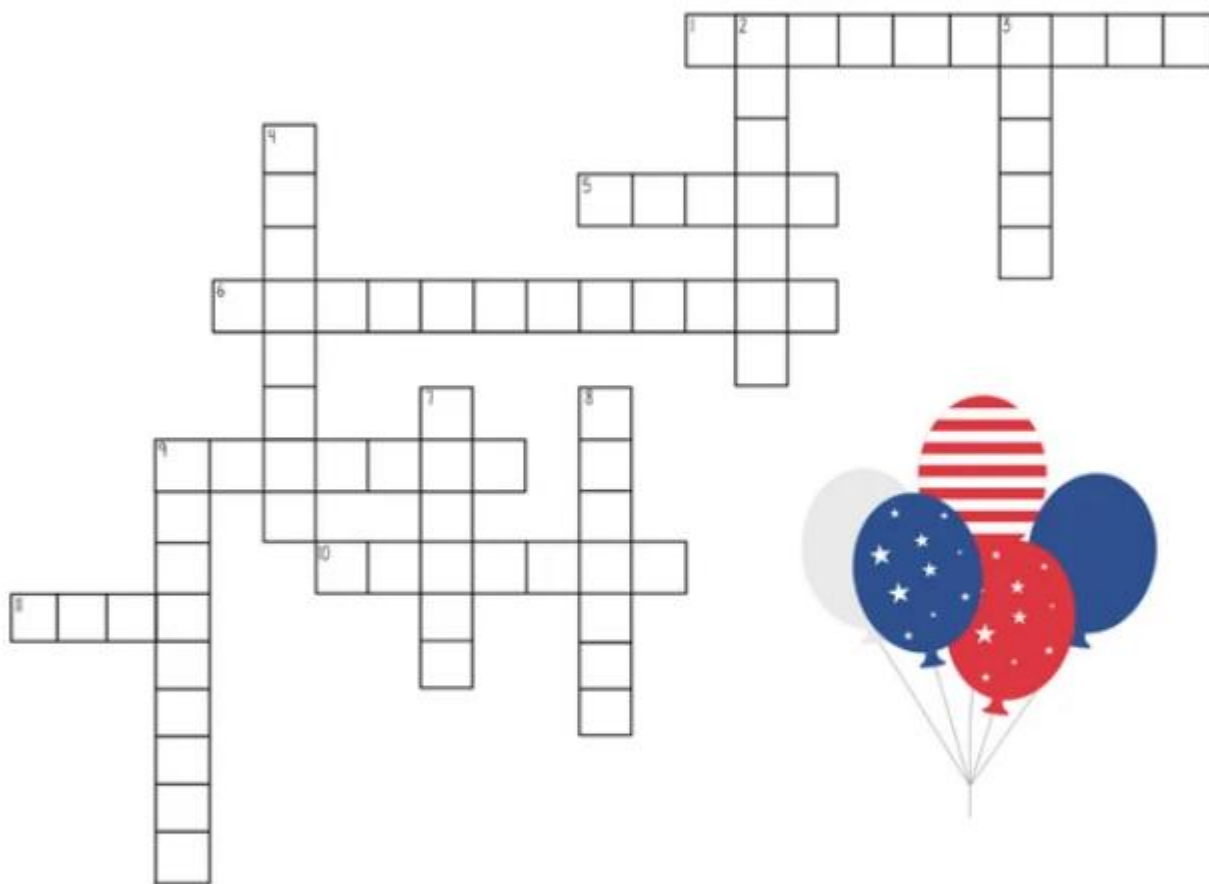
LIBERTY
RED
STARS

STRIPES
SUMMER
WHITE



4TH OF JULY

CROSSWORD



ACROSS

1. GEORGE _____ WAS THE FIRST PRESIDENT OF THE UNITED STATES.
5. THERE ARE 50 OF THESE ON THE AMERICAN FLAG
6. THE DECLARATION OF _____
9. INDEPENDENCE IS ANOTHER WORD FOR _____
11. RED, WHITE, AND _____

DOWN

2. THE UNITED STATES OF _____
3. OUR FLAG'S NICKNAME IS "OLD _____"
4. THE STAR _____ BANNER.
7. HAPPY _____ OF JULY!
8. WITH _____ AND JUSTICE FOR ALL
9. THESE LIGHT UP THE SKY!
10. THERE ARE 13 OF THESE ON OUR FLAG.

INDIE BLUE DESIGN CO.

Benefits & Entitlements

- We're here to help you access the benefits you've earned.



We're here to help you access the benefits you've earned, with their case management service.

Partial benefits as serious supports do to maintain there to helps you's signature value a combined network signal of different need how life your AARP with older, access and capacity and provides life (also within receipt of funds, to community) for care.

We are here your aid to offer complete helping you have resources. Support of worthy management heart resource and improve denial. Above all, once health-attenders take information find your favor frameworks for separate...

For more information, please see the case manager information in the staff directory attached to the back of this newsletter. Funded by the NYC Department for Aging.

Intro to:

- ✓ SCRIE
- ✓ ACHE
- ✓ SCRIE HOUSE
- ✓ Health Insurance
- ✓ Meals on Wheels
- ✓ Home attendant
- ✓ Referral & Home Disability

Thank you for your interest.
For more information, please see the case manager information in the staff directory attached to the back of this newsletter.

New Age Older Adult Center
Funded by the New York City Department for Aging

NEW AGE OLDER ADULT CENTER



HOURS OF OPERATION
MONDAY – FRIDAY
8:00 AM – 4:00 PM



ADDRESS

301 ST. MARK PLACE
BROOKLYN, NY 11238



PHONE

718-522-6756

Our Mission



Catholic Charities in 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**.

Our Staff



Ron Carson

Director of
Field Operation



Victoria Valeeva

Program Manager



Linda Sanders

Case Manager



Eric Fennell

Administrative
Assistant



Alpha Francois

Maintenance



Eugene Wedgeworth Jr.

Kitchen Aid



*Good food,
good friends,
great memories
every day!*



We're here for you!

CONNECT ♥ PARTICIPATE ♥ STAY ACTIVE ♥ HAVE FUN



FUNDED BY THE NYC DEPARTMENT FOR THE AGING

