

Narrows OAC Newsletter July 2026

JULY FUN FACTS

July is Observed as : Independence Day, National Ice Cream Month, UV Safety Month, National Picnic Month, National Parks Month

Birthstone: Ruby

Fruits and Veggies of the Month: Cucumbers, Tomatoes, Watermelon, Strawberries.

Flower: Larkspur

Astrological Sign: Cancer and Leo

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



Summer is officially here. A great time to get some natural vitamin D and enjoy the great outdoors . The daytime is now longer so take the opportunity to enjoy the beautiful weather. However, keep in mind of how much time you spend in the heat, especially in very humid hot weather. Try to stay in air conditioned environments as much as possible during peak hours very high heat waves. It is important drink plenty of water to stay hydrated. The Narrows OAC is a cooling center for when both the temperature and humidity levels reach a danger zone. All members will receive a phone call notification with information on cooling center days and hours of operation.

A few health suggestions: be sure to wear sunglasses when it is sunny to protect your eyes (especially light colored eyes) and put on some sun screen lotion to protect your skin from damaging sun rays.

Do not let your eyes stare straight into the sun, which can cause vision damage, cataracts and headaches. The sun is vital to our health but too much can be risky.

It is a perfect time to check and see what free events are taking place in nearby recreational parks. We have some local events posted on the bulletin board.

It is the month to celebrate America's 250th Independence Day or July 4th to honor our country's liberation from England.

Enjoy the warm weather and come into the center to participate in a variety of activities that are created to be fun, healthy and educational.

Please give us a call for special events and request an appointment to get screened for benefits and entitlements. We also provide door to door transportation to older adults that live within the catchment area of the center.

Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

Meng Zhou
Administrative Assistant

Shakyem Bembury
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

Joshua Rodriguez
Maintenance

Funded By The New York City Aging

CELEBRATING July

Independence Day

July 4th is Independence Day. This holiday is to celebrate America's independence from England. America was once made up of 13 British colonies. However, America was tired of the unfair British treatments including imposing unfair taxes. Long story short, the American colonies finally declared independence on July 4th, 1776 and battles occurred between the England and American colonies and eventually the American colonies won and became its own country.

<http://www.history.com/topics/holidays/july-4th>
<http://www.digitalhistory.uh.edu/era.cfm?eraID=3>

Ultraviolet Safety Month

July is Ultraviolet Safety month. Please remember if you plan to be outdoors for a long period of time, put plenty of sun tan lotion on your skin to prevent sunburn and prevent skin cancer. UV rays can cause skin wrinkles as well. Please be well aware of the Sun's Rays when the sun is at its highest UV level and usually that is during very clear sunny days and during noon time.

<http://www.crh.noaa.gov/Image/dtx/uvsafety.pdf>

National Ice Cream Month

Since 1984, July has become recognized as a month to celebrate ice cream thanks to President Ronald Reagan making this an official celebration. Due to recognizing this food product being so enjoyed by 90% of the American population, this is celebrated by businesses that sell ice cream and events are also created. The third Sunday of each July is known

National Ice Cream Day. <http://www.idfa.org/news-views/media-kits/ice-cream/july-is-national-ice-cream-month>

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 Exercise

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 July 2026

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

Monday	Tuesday	Wednesday	Thursday	Friday
- 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 Annes Lemon Garlic Sauce Baked Pork White Rice Whole Wheat Bread Italian Blend Vegetables Orange	2 Mushroom Gravy Roast Beef Homemade Mashed Potatoes Whole Wheat Bread Garden Salad with Chickpeas Apple	3 Baked Fish Oreganata Brown Rice Whole Wheat Bread Sauteed Green Beans with Onions Pear
6 Egg Salad Whole Wheat Bread Basic Pasta Salad Simple Potato Salad Apple	7 Zesty Chickpea Stew Brown Rice Whole Wheat Bread California Blend Vegetable Banana	8 Chambre de Gandules (Dominican Stew with Pork, Vegetables, and Brown Rice) Yellow Rice Whole Wheat Bread Prince Edward Blend Vegetables Orange	9 Homemade Tomato Sauce Italian Meatballs with Beef and Turkey Homemade Tomato Sauce Penne Whole Wheat Bread Garden Salad with Chickpeas Apple	10 Cajun Shrimp White Rice Whole Wheat Bread Caesar Salad Pear
13 Italian Meatballs with Chicken Whole Wheat Bread Whole Wheat Pasta Primavera Roasted Broccoli Apple	14 Mama's Pasta Fagioli Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Italian Blend Vegetables Banana	15 Baked Pork /w Mushroom Gravy Whole Wheat Bread Yellow Rice Sauteed String Beans Orange	16 Spanish Style Beef Stew Whole Wheat Bread Mashed Sweet Potatoes Prince Edward Blend Vegetables Apple	17 Tuna Salad Whole Wheat Bread Basic Pasta Salad Garden Salad with Chickpeas Pear
20 Chicken Salad Whole Wheat Bread Cole Slaw Simple Potato Salad Apple	21 Chickpeas Rasta Pasta Whole Wheat Bread Italian Blend Vegetables Banana	22 BBQ Pulled Pork Whole Wheat Bread Yellow Rice Steamed Carrots Orange	23 Beef Salisbury Steak Mushroom Gravy Whole Wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple	24 Baked Fish with Lemon Garlic Butter Sauce White Rice Whole Wheat Bread Sauteed Green Beans with Onions Pear
27 Jerk Chicken Whole Wheat Bread California Blend Vegetable Homemade Mashed Potatoes Apple	28 Chili-Spiced Pinto Bean Ragout Brown Rice Whole Wheat Bread Steamed Carrots Banana	29 Italian Style Pork Loin Tomato Sauce Penne with Tomato Sauce Whole Wheat Bread Baby Spinach Salad with Mushrooms and Balsamic Vinaigrette Orange	30 Beef Stew Whole Wheat Bread Garden Salad with Chickpeas Garlic Mashed Potatoes Apple	31 Tuna Salad Whole Wheat Bread Basic Pasta Salad Caesar Salad Pear

July 2026 Presentations

Monday 7/6/2026 9:30am— Home Health Care (English)

Tuesday 7/7/2026 10:30am — Cooked Vs. Raw Vegetables (Chinese)
Small Dining Room

Monday 7/13/2026 10am — Harmony Road Meet & Greet
(English/Chinese)

Thursday 7/16/2026 10:15am — Wills & Health Proxy (Chinese)

Monday 7/20/2026 10am — Cluster Care (English)

Monday 7/27/2026 10am— Estate Planning (English)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 7/3/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 7/10/2026 10:30am — 11:30am Maurice Zebede Mini Concert

Friday 7/17/2026 10:30am — 11:30am July 4th Party With Joel Pawiak

Friday 7/31/2026 10:30am—11:30am Estella & Peter Chan's Mini Concert

Please Note They Are Subject To Changes At Any Time

STAY HEALTHY IN THE HEAT

Drink water

Fill a bottle with cold water and take it with you when you're out and about.



Plan your day

Avoid going out in the heat.



Stay cool

Make use of fans or air-conditioners set to cool. Draw your blinds or curtains.



Help others

Check on friends, family and neighbours most at risk like the sick, elderly and young.



Dress down

Wear lightweight, long sleeved, light coloured, loose fitting clothes made from natural fibres, like cotton or linen.



Hot cars can be deadly

Don't leave children or animals in cars. The temperature inside parked cars can double within minutes.



Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.



- > Know the signs and symptoms of heat related illness
- > See your GP if you are unwell
- > In an emergency call 000



To learn more visit:
www.sahealth.sa.gov.au/healthyintheheat



Government of South Australia
SA Health

PROTECT

ALL THE SKIN YOU'RE IN





U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

Use a Layered Approach for Sun Protection.



Sunscreen works best when used with shade or clothes, and it must be re-applied every 2 hours and after swimming, sweating, or toweling off.



Use broad spectrum sunscreen with at least SPF 15 to protect exposed skin.



Wear a hat, sunglasses, and protective clothing to shield skin.



Seek shade, especially during midday hours.

Summer Preparation Tips for Seniors

Living at Home



- 

Stay Hydrated
Drink water throughout the day and eat hydrating fruits and vegetables.
- 

Avoid Extreme Heat
Stay indoors during peak hours, wear light clothing, and use fans or air conditioning.
- 

Be Mindful of Outdoor Safety
Wear sunscreen and hats, use supportive shoes, and take breaks when outdoors.
- 

Keep Meals Light and Nutritious
Choose fresh, easy-to-prepare meals to stay strong and energized.
- 

Stay Socially Connected
Enjoy time with family, friends, and community activities.



A little preparation goes a long way in helping seniors stay safe, healthy, and happy all summer long.



How to Make Ice Cream in a Bag in Only 10 Minutes

Ingredients:

- 1/2 cup whole milk
- 1 tbsp sugar
- 1/4 tsp vanilla extract
- 1/4 cup rock salt
- Ice
- 1 small zip-top bag
- 1 large zip-top bag

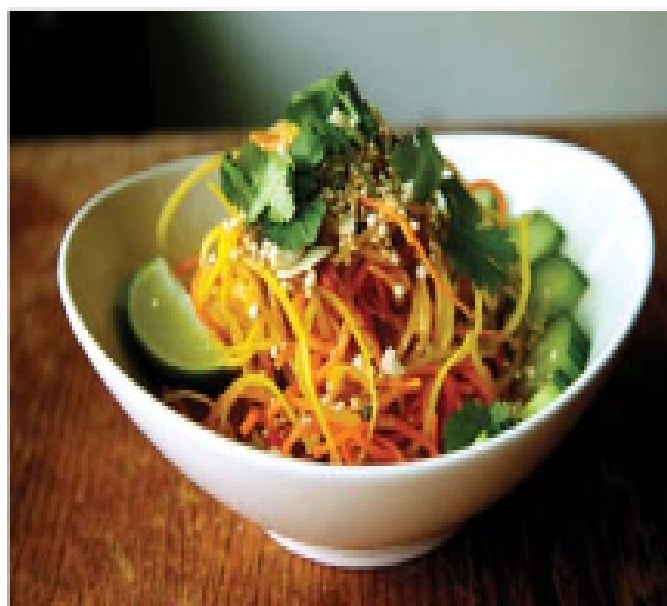
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bites
.com

Directions:

- Add milk, sugar, and vanilla to the small bag and seal it tight.
- Fill the large bag halfway with ice. Add the rock salt.
- Put the small bag inside the large one and seal it.

Shake for 5–10 minutes until it thickens into ice cream.





Tangled Thai Salad

SERVES 1

- 1 cup chopped napa cabbage
- $\frac{1}{3}$ cup jicama, cut into small sticks
- $\frac{2}{3}$ cup peeled raw carrot, spiralized
- $\frac{2}{3}$ cup peeled raw yellow beets, spiralized
- 4 tbsp Peanut Lime Dressing (recipe follows)
- 3 slices cucumber, halved
- 2 tsp chopped raw peanuts
- 2 tbsp Fresh Salad Topper (recipe follows)
- $\frac{1}{4}$ lime
- Cilantro to taste

1. Put cabbage into a large bowl and top with jicama. Pile the carrot and beet strands on top and drizzle with Peanut Lime Dressing.
2. Garnish with cucumber, peanuts, Fresh Salad Topper, lime and cilantro.

Peanut Lime Dressing

MAKES 1 CUP, ENOUGH FOR 4 SALADS

- 1 tbsp ginger, peeled and chopped
- 3 cloves garlic, peeled and minced
- $\frac{3}{4}$ tsp sambal oelek (a South Asian chili sauce)
- 2 tbsp cilantro, densely packed
- 2 tbsp natural peanut butter
- 2 tbsp plus 2 tsp lime juice
- 1 tbsp rice vinegar
- 1 tbsp plus $\frac{1}{2}$ tsp tamari (a type of soy sauce)
- $1\frac{1}{2}$ tsp organic sugar
- 2 tsp coconut milk
- $\frac{3}{4}$ tsp sesame oil
- $\frac{1}{2}$ cup sunflower oil

In a blender, purée all but sunflower oil. With blender running, add oil in a thin stream.

Fresh Salad Topper

MAKES APPROX. $1\frac{1}{4}$ CUPS; REFRIGERATE UNUSED PORTION

- 1 cup puffed quinoa
- $\frac{1}{4}$ cup goji berries
- $\frac{1}{4}$ cup currants
- 2 tbsp sliced almonds
- 2 tbsp hazelnuts, chopped
- 2 tbsp pistachios, chopped
- $\frac{1}{4}$ tsp sea salt

Put all ingredients into a bowl and mix.

SEE SOURCE GUIDE

SUMMER WORKOUT

SAFETY TIPS



Do not work out on an empty stomach



Exercise in the morning or evening



Work out in a cool place



Drink water in between



Take electrolyte drinks



Wear light/breathable clothes



Avoid high-intensity workouts



Take breaks in between



Stop if you feel uncomfortable

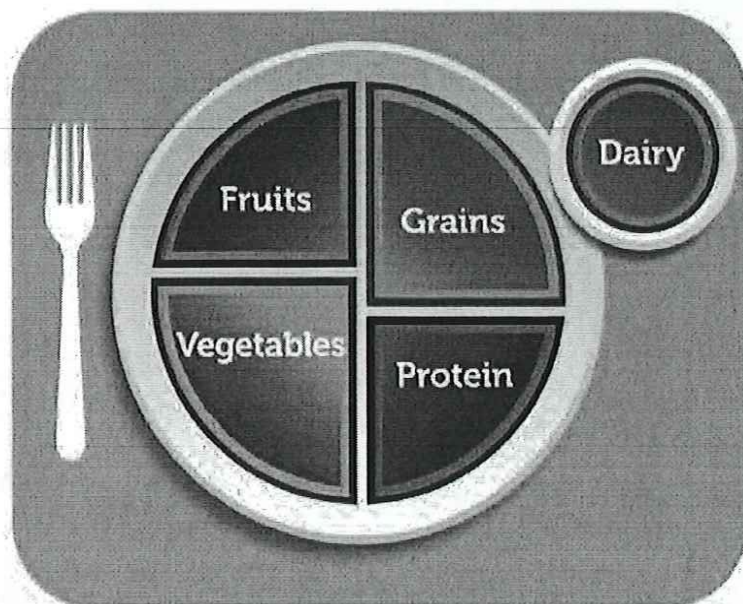


4th of July Word Search

INDEPENDENCE
STARS
STRIPES
EAGLE
FREEDOM
PATRIOTIC
FIREWORKS
JULY
FLAG
AMERICA
PARADE
BELL
RED
WHITE
BLUE

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A	J	D	O	F	Z	I	C	B	J	W	H	I	T	E

Easy Ways to... Choose Healthy Portions



1. Start with a 9-inch plate.
2. Use your hand to measure your portions.
3. Fill half of your plate with fruits and vegetables.
4. Fill a quarter of your plate with lean protein.
5. Fill a quarter of your plate with whole grains.



For **fruits, vegetables and grains**, a portion is the size of your fist. This equals:

- 1 cup of chopped vegetables
- 1 medium apple
- 1 cup of brown rice or pasta

Try to eat **five portions** a day.



For **lean protein**, a portion is the size of your palm. This equals:

- 3 ounces of fish
- 3 ounces chicken

Try to eat **three portions** a day.

For more information, visit chooseMyPlate.gov.

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



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.



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

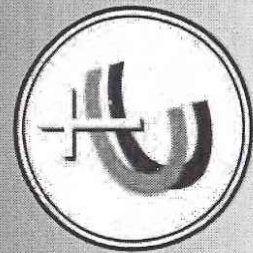




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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.

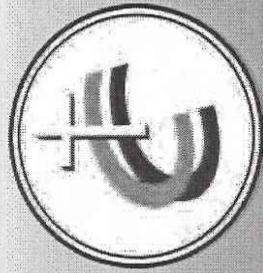
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

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