

Welcome to The Northside Older Adult Center!



Funded by the NYC Department for the Aging.

Young At Heart

AUGUST 2026

NEWSLETTER

NORTHSIDE IN THE COMMUNITY

Northside Advisory Board hosted its semi-annual flea market in front of the center on Thursday, July 9.



"The board has been hosting the flea market for decades and is one of our favorite ways to fundraise," said Mimi R., advisory board vice president, "It is like a melting pot, it brings the community together and raises funds for our programs."

Members sold handmade arts and crafts, gently used books, clothing, housewares, curios and jewelry from 9:00AM - 3:00PM.

The community support uplifted spirits, neighbors reconnected and new friends were made. People of all ages stopped to chat with members, learning about local history and each others' diverse cultures. Come check us out at the next flea market Friday, August 14!

A "melting pot" is a metaphor for a society where diverse peoples, cultures, and ideas blend together into a single, cohesive whole.



*The term gained global popularity following the success of Israel Zangwill's 1908 play, **The Melting-Pot**, which dramatized immigrants of various European backgrounds fusing into a unified American identity.*

OUR MEMBERS AROUND TOWN

Meet Katrina K., outdoor enthusiast and social butterfly! Her bicycle is her favorite way to enjoy the city sights.

"I rode to Flushing Meadow Park with some friends on the 4th of July," said Katrina, "where we met a group of families from Tibet who invited us to eat and celebrate the holiday with them!"

"We barbequed, played baseball and ran potato sack races. It was a really great way to celebrate July 4th."

Catch up with Katrina at one of the center's activities to hear more!



Inside this issue:

Celebrating America's 250th	2
Director's Message	2
At the Center	3 - 9
Meet The Board	10
Survey	10
Activity Calendar and Menu	11 - 12
Birthdays	13
Dining with the Future	13
Thank You	14-15
What's Next	15
You Are Invited	16

CELEBRATING AMERICA'S 250TH

Giving back to our neighbors and communities has been part of America since its founding. Our volunteers at Northside are the backbone of the center. They contribute their time, heart, and compassion, and the community benefits from their remarkable acts of service.



With the country celebrating its 250th anniversary, volunteering at Northside Older Adult Center gives us a once-in-a-generation opportunity to contribute something meaningful.

Please see the front desk or call (718) 387-2316 for volunteer opportunities. Read more about celebrating America's birthday and volunteerism at

<https://www.volunteer.gov/s/article/Celebrating-America-s-250th-Birthday>

DIRECTOR'S MESSAGE

It has been an exceptionally hot month, with the city issuing multiple Heat Emergencies. As always, our Center proudly participates in the Cooling Center program, providing a safe, welcoming place for everyone during the hottest days.

Usually, during Cooling Center announcements, in addition to our regular hours, we stay open later in the evenings and on weekends to help our community stay cool and comfortable. Visitors can enjoy refreshing lemonade, iced coffee and delicious cookies while taking a break from the heat.



Spending time together during these extreme temperatures is more than just a way to cool off—it is an opportunity to socialize, build connections, and support one another. We are grateful to be a place where our community can come together, stay safe, and enjoy each other's company.

~ Marta K.



HAPPY 4TH OF JULY!

Thank you to the members who raised the flag on Saturday, July 4th, to commemorate America's Semiquincentennial!

Join us in celebrating the 250th anniversary of the signing of the Declaration of Independence.

The Declaration of Independence is the nation's most cherished symbol of liberty and is celebrated each year on July 4th, a national holiday that is considered America's birthday.



COOL SPACES AND WARM HEARTS



NORTHSIDE COOLING CENTER DAYS



Center will be open:

Wed. July 1, 8am - 7 pm

Thurs. July 2nd, 8am - 7pm

Frid. July 3rd, 10 am - 6pm (NO LUNCH)

Sat. July 4th, 10am - 6pm

Sun. July 5th, 10 am - 6 pm

Thank you to staff who kept the center open during the holiday to help vulnerable members of our community cope with the heat emergency.

Thank you to the members who opened their hearts and welcomed everyone who stopped in to beat the heat.

AUGUST IS NATIONAL WELLNESS MONTH



Celebrate National Wellness Month during the entire month of August. It's time to prioritize your self-care, reduce stress, and create healthier habits to feel like your best self!

Make a promise to yourself to practice one small daily habit, such as drinking 64 ounces of water daily or walking 10,000 steps. Research has shown self-care can help increase happiness by up to 71% when we manage our stress and maintain a healthy lifestyle.

Taking small steps to improve your personal wellness will lead to healthy habits in your lifestyle. Wellness changes don't have to be life changing, but the long-term results will be. You can improve your overall health by:

1. Increasing your water intake.
2. Adding more fruits and veggies to your meals.
3. Monitoring your sleep and making adjustments for better sleep habits
4. Joining a yoga, walking, or aerobics class.
5. Learning to meditate.

Let us know what your favorite self care tip is!

GARDEN CLUB

The gardens at our center are lovingly tended to by the members of our Garden Club, a group of avid gardeners of all skill levels who are passionate about plants and our environment.

Take a short walk around to the back of the building and have a seat on the bench in our memorial garden. This lush, living tribute honors and celebrates the lives of members who have passed away, it is a serene spot for quiet reflection and contemplation.

Roses are in glorious full bloom during the months of May and June in the front garden, followed by a fireworks-like cascade of petunias throughout the summer. Sunflowers along the curb cheerfully greet our neighbors as they walk by the center.

Gardening offers profound, scientifically validated benefits for your **mind, body, and overall well-being**. Tending to plants serves as a holistic lifestyle intervention that enhances physical fitness, lowers stress, provides fresh nutrition, and builds community connections.

Calling all local plant lovers! Do you have a green thumb? Come share your gardening secrets, learn new skills, trade plants and potting tips among good company. Donations are appreciated! See the front desk or call (718) 387-2316 for more information.



GAMES PEOPLE PLAY



Every day at 1:00pm in the Library and Auditorium

- ☐ Cards
- ☐ Scrabble
- ☐ Mah Jong
- ☐ Dominos



Monday and Tuesday at 10:00am in the Auditorium

- ☐ Bingo

Games and crafts are vital for senior mental health. They stimulate the brain to prevent cognitive decline, alleviate anxiety and depression through creative expression, maintain fine motor skills, and foster social connections that combat loneliness

STUDIO TIME IN THE SUMMER

Our center provides structured spaces to collaborate and communicate with peers who share common creative interests.

The art room is open! Members can work on their projects during the summer break. "We are happy to keep the studio spaces open for our members even when classes are not in session," said Paulina S., case manager, "These spaces are like a home away from home for our members."

Come create at the center! Studies have shown that making art forces your brain into the present moment, acting as a natural mental break from daily professional or personal worries.

The following classes will resume in September:

- ☐ **ART** - Please see the office to reserve your seat
- ☐ **CROCHET** - Auditorium is open for crafting on Wed
- ☐ **SINGING** - Auditorium is open for practice on Tue



Come join us, we'll save a seat for you! Getting your heart rate up and challenging your muscles benefits virtually every system in your body, and improves your physical and mental health.

YOGA

Every **Thursday at 10:30am** in the Auditorium

Yoga is a form of low-impact exercise, meaning that you can enjoy its benefits without putting strain on your body.

Yoga can help the body move healthily and reduce pains from chronic bone and muscle conditions by improving strength, flexibility, and mobility.

For seniors, practicing yoga can help maintain greater balance and prevent the likelihood of a dangerous fall.

You can practice yoga at home with a follow-along DVD or get fit and flexible with us every Wednesday in a group setting with other adults here at Northside.



AEROBICS

Every **Wednesday and Friday at 11:15am** in the Auditorium



Aerobic exercise supports endurance and heart health. Older adults should aim for at least 150 minutes of moderate aerobic activity each week, but it's okay to build up slowly using 10 to 15-minute sessions.

Moderate physical activity can improve sleep quality and lower blood pressure, while also reducing your risk of dementia, heart disease, stroke, and type 2 diabetes. It also strengthens bones, improves balance, and can lower fall risk if you're over 65.

A well-rounded senior workout plan also includes strengthening, flexibility, and balance activities like abdominal contractions, wall pushups, daily stretches, and single-leg balance holds. If you have an underlying

health condition or are new to physical activity, talk with your doctor before starting.

LINE DANCING

Every **Monday at 1:00pm** in the Auditorium

Our line dancing class hosted young adults from the NYPD's Summer Youth Employment Program with Brooklyn's 94th Precinct.

"We all had a lot of fun. The young people learned some of our dances and then they showed us some of their dances," said Theresa P., "I am excited to learn more dances when they come back!"

Dancing across generations connects people of different ages through shared movement, cultural traditions and joyful expression. Come check out next Monday's dance class!



SINGING CLASS

Every **Tuesday at 1:00pm** in the Auditorium

Add your voice to the symphony! Next class starts in September, all skill levels welcome.

Singing as part of a group has been found to promote a powerful sense of social cohesion, with even among the most reluctant of vocalists becoming united in song.

Studies suggest that singing, along with various vocal exercises used by trained singers to hone pitch and rhythm, is a comparable workout for the heart and lungs to walking at a moderate pace on a treadmill.



LIBRARY AND COMPUTER ROOM



Do you need to send an email? Check social media for the latest photos of the grandkids? Work on your biography? Print tickets to a game or show?

Take the ELEVATOR or stairs up to the 2nd floor to use our computer lab where there are four (4) desktop computers and a printer.

The desktops have Word, Excel, PowerPoint and internet access. Even though it is called the "computer lab," it looks and feels more like a cozy home office. Please bring your own office supplies.

Our library on the main floor has a large collection of books in Polish and English as well as newspapers, magazines and puzzles.

Reading is a powerful workout for your brain. Just 30 minutes of daily reading can lower cortisol and heart rate, actively boost your empathy, help you fall asleep faster, and may even significantly increase your overall lifespan.

Share what you are currently reading, maybe even your first or favorite book with us!

COFFEE & COMMUNITY

Start your day with friendship, fresh brewed coffee, continental pastries and international news.

Caffeine is the first thing that comes to mind when you think about coffee. But 2 to 5 cups of coffee daily also contains antioxidants and other active substances that may reduce internal inflammation and protect against disease, say nutrition experts from Johns Hopkins University School of Medicine.

According to the Mayo Clinic, good friends are good for your health. Adults with strong social connections have a lower risk of many health problems. Studies have found that older adults who have close friends and healthy social supports are likely to live longer than do their peers who have fewer friends.



40 YEARS AND COUNTING

Exploring Italy with Judy D. - a 3 part travel series

I have been visiting Italy for 40 years. I remember my first trip with my Mom on a Perillo tour. I said "Buon giorno" to the tour leader waiting outside the bus that would take us from the airport in Rome to our hotel. I think he was a little surprised as he answered me with a nod.



The tour leader of my first tour became a dear friend who would share his knowledge of places to visit and especially share places in his native city Rome.

Maybe that is one reason Rome is my favorite place to visit in Italy because I spent time learning about the city with an insider. It is like my second home. Once my friend's wife said "She knows Rome better than we do," after I had told them about a church or museum I had visited.

That's all for now. Stay tuned for Part 2: ***Speaking Italian with Italians***

CROCHET

Every **Wednesday at 1:00pm** in the Auditorium

Here at Northside, our Crochet circle meets each week to share their skills, patterns and stories with people who have the same interests.

Research suggests that crochet can play a role in promoting positive wellbeing once you get beyond the initial learning curve.

"I wanted to learn how to crochet and I appreciate how Krystyna and the other members took me under their wings and showed me what they know," said Cheng Y., "I enjoy seeing my projects take shape. I especially enjoy the exchange of ideas and encouragement between the members."

Crochet is a relatively low-cost, portable activity that can be easily learnt and result in tangible and often useful products that can enhance self-esteem. The repetitive action of needlework can induce a relaxed state like that associated with meditation and yoga.

Come craft and create with us, bring your latest project or start a new one. All skill levels welcome!



MEET THE ADVISORY BOARD

Your fellow members who volunteer their time and provide direct feedback to center's staff that shape programming, address member concerns, and advocate for center needs.

Executive Board Members:

President - Christine M.
Vice President - Mimi R.
Secretary - Judy D.
Treasurer - John L.

Advisory Board Members:

Teddy F.
Barbara M.
May L.
Diana V.
Michael H. Cheng Y. Daniel A. Ada M. Nelson D.



Check out what the board has been up to for you! You can find meeting minutes and our latest updates posted on the bulletin board outside of the library.

Our August meeting is Wednesday August 5th.

Our next meeting will be posted on the bulletin board.

Say “Hi” to the board members when you see them at the center, they would love to hear from you!

SURVEY

Tell us which programs you enjoy and let us know if there are any other programs you would like to participate or volunteer in:

- | | | |
|--------------------------------------|-----------------------------------|---------------------------------------|
| ☐ MUSIC/ART | ☐ EXERCISE | ☐ TRIPS/EVENTS |
| ☐ FUNDRAISING | ☐ SOCIAL | ☐ HEALTH |
| ☐ GAMES | ☐ CRAFTS | ☐ TECHNOLOGY |

May we include your comments in a future newsletter YES NO



Northside Older Adult Center Activity Schedule



Monday	Tuesday	Wednesday	Thursday	Friday
3 Coffee at the library Gardening BINGO Lunch Dancing Class Mahjong/Domino	4 Coffee at the library BINGO Lunch Scrabble/Domino Mahjong/Cards	5 Coffee at the library AEROBICS Lunch Scrabble/Domino Computer Lab	6 Coffee at the library YOGA Lunch THURSDAY MIX THURSDAY MOVIE Computer Lab	7 Coffee at the library AEROBICS Lunch Social Friday Computer Lab
10 Coffee at the library Gardening BINGO Lunch Dancing Class Mahjong/Domino	11 Coffee at the library BINGO EPIC presentation Lunch Scrabble/Domino Mahjong/Cards	12 Coffee at the library AEROBICS Lunch Scrabble/Domino Computer Lab	13 Coffee at the library YOGA Lunch THURSDAY MIX THURSDAY MOVIE Computer Lab	14 Coffee at the library NORTHSIDE FLEA MARKET AEROBICS Lunch Social Friday Computer Lab
17 Coffee at the library Gardening BINGO Lunch Dancing Class Mahjong/Domino	18 Coffee at the library BINGO Lunch Scrabble/Domino Mahjong/Cards	19 Coffee at the library AEROBICS Lunch Scrabble/Domino Computer Lab	20 Coffee at the library YOGA Lunch THURSDAY MIX THURSDAY MOVIE Computer Lab	21 Coffee at the library AEROBICS Lunch Social Friday Computer Lab
24 Coffee at the library Gardening BINGO Lunch Dancing Class Mahjong/Domino	25 Coffee at the library BINGO Lunch Scrabble/Domino Mahjong/Cards	26 Coffee at the library AEROBICS Lunch Scrabble/Domino Computer Lab	27 Coffee at the library YOGA Lunch THURSDAY MIX THURSDAY MOVIE Computer Lab	28 Coffee at the library AEROBICS Lunch BIRTHDAY PARTY with live music Computer Lab
31 Coffee at the library Gardening BINGO Lunch Dancing Class Mahjong/Domino				

Funded by:
NYC
Department for
the Aging

Schedule subject to change at Staff discretion. Please see the bulletin board for updates or call us at (718) 387-2316

NORTHSIDE SENIOR CENTER MENU

AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Vegetable Soup Pork Spare Ribs Yellow Rice Mixed Salad Banana	4 Split Pea Soup Stuffed Cabbage w/pork Baked Potato Green Salad Strawberries	5 Broccoli Soup Veggie Burger Mixed Green Salad Apple	6 Cabbage Soup Apricot Glazed Pork Chops Kasha Cucumber Salad Orange	7 White Bean Soup Baked Fish Brown Rice Cooked Cabbage Salad Blueberries
10 Chicken Barley Soup Pork Loin w/Mashroom White Rice Garden Salad Banana	11 Noodle Soup Baked Breaded Chicken Whole Wheat Pasta w/Pesto Green Salad Watermelon	12 Ukrainian Borscht Vegetable Lasagna Mixed Green Salad Blueberries	13 Cauliflower Soup Ginger Garlic Beef Stew Brown Rice Green Salad Peach	14 Garden Bounty Soup Pierogi Mixed Salad Applesauce
17 Lentil Soup BBQ Chicken Legs Yellow Rice Spinach, Apple & Red Onion Salad Applesauce	18 Lemon-Thyme Soup Bigos (Hunter Stew) Baked Potato Iceberg Salad Kiwi	19 Mashroom Soup Lazanki Garden Salad Peach	20 Pickle Soup Tuna Salad Potato Salad Green Salad Applesauce	21 Split Pea Soup Eggplant Parmesan Argula Salad Blueberries
24 Garden Bounty Soup Chilli Con Carne Yellow Rice Garden Salad Banana	25 Cabbage Soup Italian Style Pork Loin Mashed Potatoes Green Salad Apple	26 Lentil Soup Vegetable Stuffed Peppers Garden Salad Strawberries	27 Chicken Barley Soup Baked Breaded Chicken Cutlet Whole Wheat Pasta w/Pesto Green Salad Watermelon	28 Broccoli Soup Baked Fish Brown Rice Cooked Cabbage Salad Orange
31 White Borscht Chicken Stir Fry White Rice Mixed Green Salad/ Apple				WHOLE WHEAT & MILK 1% SERVED DAILY

Menu subject to change at Staff discretion. Please see the bulletin board for updates or call us at (718) 387-2316

LUNCH, BIRTHDAYS AND HOLIDAYS

Help us celebrate birthdays every month!



JULY: Ewa L., Bogdan D., Marco R., Michael H., Hui Li H.



Come practice conversational Polish, Spanish, French and Chinese in a family style dining atmosphere. Our members hail from around the globe and several languages are spoken at our center. We celebrate each other and our diverse cultures through friendship, food and music.

Join us for lunch, conversation and camaraderie in our seasonally decorated dining room. "I've been doing decorations for a long time in the center," said Teddy F., "I put them away every year and I save them for next year. Some of the decorations are decades old!"

Birthdays are jointly celebrated on the last Friday of each month with a live DJ, dancing, cake and good will. All are welcome! Please see the front desk for more information and your table assignment.

MEMBER	Monday - Thursday: \$2.00	Friday: \$3.00
GUEST	Monday - Thursday: \$4.00	Friday: \$5.00

Monday - Friday from 12:00PM - 1:00PM.

Vegetarian options every Wednesday and Friday.

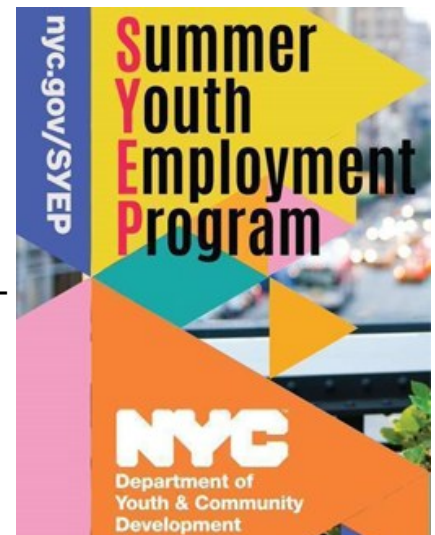
DINING WITH THE FUTURE

Thank you to the Summer Youth Employment Program (SYEP) participants at Brooklyn's 94th Precinct for their help serving lunch in the dining room this July.

"It really feels like a family atmosphere when there are different ages in the center," said Diana V., "like having the grandkids over to visit."

Family members and guests are welcomed to join us for lunch! No need to cook or go out to an expensive restaurant when you have visitors. Enjoy a nutritious home-cooked meal right here at Northside.

Research shows that interactions between younger and older adults promotes health, well-being, and skill-building among the two groups. Intergenerational interactions also teach patience, active listening, and the ability to communicate with people whose experiences and communication styles differ from their own.



THANK YOU TO OUR SPONSORS



Thank you to **Sophia**, “a restaurant on wheels” for supporting *Young At Heart!* Get your steps in and take a walk to Marsha P. Johnson and Bushwick Inlet Parks and present this for

\$1.00 off a purchase of \$10.00 or more

Check out the seasonal menu of Mediterranean inspired street food by Michelin trained chefs. Vegetarian options available.

86 Kent Av corner of N9 St
Wed 11:00AM - 8:30PM Thu 2:00PM - 10:00PM Fri - Sun 8:00AM - 8:00PM

Bushwick Inlet Park has a multipurpose field for soccer, football and other sports, a viewing platform and public access to the waterfront. Take a stroll on a cool evening and enjoy sunset views of the city skyline.

LOVE FROM TRADER JOE'S

Many thanks to **Trader Joe's of Williamsburg** for their ongoing donation of gorgeous flowers! “The neighbors always stop by when the flowers arrive,” said Richard G., “Flowers make everybody happy.”

Science shows that flowers are more than just pretty; they are a powerful, natural way to boost your mental and physical health. Studies from Rutgers and Harvard reveal that keeping fresh blooms in your space reduces stress (lowering cortisol), elevates your mood by triggering dopamine, improves sleep, and even accelerates healing.



YOUNG AT HEART EDITORIAL TEAM

Thank you to our members who contribute time and energy to proofread, edit and translate this newsletter for our community:

Paulina S., Chief Editor

Dominga G., Creative Editor

Judy D.

Mimi R.

May L.

John L.

Michael H.

Cheng Y.

Ada M.

Barbara M.

Therese T.

Thank you to everyone who participated in our activities and provided feedback, you make our center fun! Do you have a story, photo and or video about the center to share? Send them to NSCYoungAtHeart11211@gmail.com and we may add them to a future newsletter.

This newsletter is made possible by IamHealthyandFree.Herbalife.com

AFTERNOON MATINEE WATCH PARTY

Every **Thursday at 1:00pm** in the Auditorium

What better way to spend an afternoon than watching a matinee with friends?



Members and history buffs have been watching season 1 of *Downton Abbey* every Thursday from 1:00PM - 3:30PM during the month of July.

Historical attire is optional while watching this British drama series that is set against major historical events like the sinking of the Titanic and World War I (1912 through the 1920s).

Come have a cup of tea with us as we follow the lives of the Crawley family and their servants in the family's Edwardian country house.

Come as a glamorous and fabulous rock star for the premier showings of *Bohemian Rhapsody* and *Some Like It Hot*, in August. See you at the movies!

WHAT'S NEXT IN AUGUST

Save the dates for these extraordinary events coming up in August. Bring a friend or maybe two!

- ☐ **Tue 8/11 - Presentation: Urgent Way Medical**
11:00AM - 12:00PM
Hypertension awareness and management. Wellness gifts.
- ☐ **Fri 8/14 - NSC Flea Market**
9:00AM - 3:00PM
Get ready for Fall! See the office for more information.
- ☐ **Thu 8/20 - Movie Screening: *Bohemian Rhapsody***
1:00PM - 3:30PM
Rock out with Freddy Mercury and the band Queen!
- ☐ **Fri 8/28 - August Birthday Party**
1:30PM - 3:00PM
Get your dancing shoes on!



Northside Older Adult Center is a designated New York City Cooling Center and will be open to offer people relief from the heat when the National Weather Service issues a heat advisory with a forecasted index of 95°F or higher for 2 or more days or 100°F for any period of time. Please call (718) 387-2316 for hours of operation.



The Northside Older Adult Center

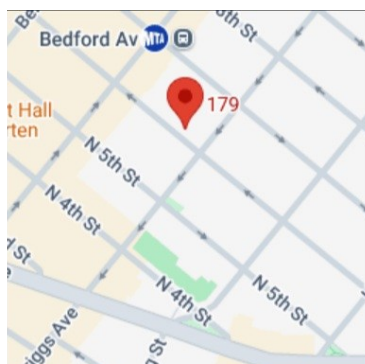
Funded by the NYC Department for the Aging.

179 N 6th Street
Brooklyn, New York, 11211
Open Monday – Friday: 8:00 am – 4:00 pm
(718) 387-2316.



"Please recycle this newsletter by sharing it with a friend, family member or neighbor."

YOU ARE INVITED



Come and check us out, we'd love to meet you! Northside Older Adult Center is conveniently located at 179 N 6th St, Brooklyn, New York, 11211, and is open Monday – Friday 8:00 am – 4:00 pm. If you have any questions, please feel free to call us at (718) 387-2316. We're happy to help.

Our center offers a range of activities and services, including lunch, social services, educational workshops, exercise classes, discussion groups, games, art classes, lectures, workshops, health screenings, organized outings, special events and parties. Volunteer opportunities are available to participants and community members, and transportation is provided to eligible participants.

Scan the QR code for our full photo gallery and the Spanish, Polish, and French translations of our newsletter.