

125+
YEARS OF CHANGING LIVES



Senior Voices

CATHOLIC CHARITIES
NEIGHBORHOOD SERVICES
THE BAY OLDER ADULT CENTER

3643 Nostrand Avenue,
Brooklyn, NY 11229
Phone (718) 648-2053



August: A Time for Wellness, Prevention & Healthy Aging

August is the perfect time to focus on healthy routines that help us feel our best as summer begins to wind down. It's a wonderful opportunity to stay active, enjoy seasonal foods, spend time outdoors, and take positive steps toward maintaining long-term health and independence. This month highlights important wellness observances, including **National Wellness Month**, **National Immunization Awareness Month**, and **National Eye Exam Month**. These observances remind us of the importance of preventive healthcare, healthy lifestyle choices, and regular screenings to support overall well-being and healthy aging.

Let's make the most of August by:

-  Prioritizing overall wellness through healthy daily habits and self-care
-  Staying informed about recommended vaccinations and preventive healthcare
-  Protecting your vision by scheduling routine eye exams and wearing UV-protective sunglasses
-  Remaining physically active with walking, stretching, balance exercises, or fitness classes
-  Enjoying fresh seasonal fruits and vegetables to support heart health and immune function
-  Staying hydrated and practicing heat safety during warm summer days
-  Strengthening friendships by participating in community programs, educational activities, and social events

Healthy aging begins with prevention. Every positive choice you make today helps protect your health, maintain your independence, and improve your quality of life for years to come. Let's enjoy a healthy, active, and rewarding August together! 🌻 ❤️

Dear friends,

Is it my imagination or is the summer going quickly? Here we are in August, and it seems like we just started the summer. In any event it has been quite eventful with heat waves and storms and as usual only a handful of lovely weather days. Let us hope August is better.

I want to remind everyone that we have a brand-new yoga class on Fridays, and it is very well received. Please try it. Additionally, we have a trip to the Staten on Aug. 6 for lunch and a show. If you are interested, please inquire in the office. We also have short trips to Walmart, trader joe's, Brooklyn Museum Gateway mall and other destinations. Please inquire.

Stay cool and hydrated and if you are outside do not forget to apply sunscreen.

Love always

Sharon Retkinski

Program manager



* The Bay Senior Center *

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

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

Please call Senior Center (718) 648-2053) for Special Events

Monday	Tuesday	Wednesday	Thursday	Friday
<u>*Coping with Your Feeling- Monday@10AM Hybrid</u> <u>*Alert and Alive Monday at 11:00 Hybrid</u> <u>Ballroom Dancing @ 9:00</u> <u>Fire Safety workshop August 10 @ 10:30</u> <u>Medicare Lecture August 24 @ 10:45</u> <u>Lunch starts at 11:30</u> <u>Social Hour 12:30-2:00</u> <u>Board Games -Sudoka CONNECT 4 ,</u> <u>Age -Tastic, Rummikub, Connect 4, Apples to Apple</u>	<u>Blood Pressure @ 10:30</u> <u>Current events 9:00</u> <u>NEW Musically Stretching exercise at 10:45</u> <u>Jewelry Making @ 12:30</u> <u>*Health Lecture workshop 4rd Tuesday of every month- August 25 @11:00</u> <u>Sponsored By Chateau Adult Home</u> <u>Local Trip - Shopping Lunch11:30</u> <u>Social Hour 12:30-2:00</u> <u>Board Games available, Age Tastic. Rummikub, Bingo ,Sudoka</u>	>Current Events Discussion Hybrid @ 10 <u>~Cardio Dance Exercise@10:30 am</u> Special Events Trips on requests <u>Local Trip Scheduled</u> <u>* Lunch 11:30</u> <u>Movie and discussion @12:30 – [after lunch]</u> <u>Social Hour: 12:30-2:00</u> <u>Age-Tastic! Rummikub</u> <u>Board Games available</u> <u>Sudoka , Rummikub, BINGO</u>	<u>Moving Meditation Exercise (Qi Gong) 10:00 AM</u> <u>Current Events Discussion 10:00</u> <u>Local Trip - arrange with office</u> <u>Sharing Reflection discussion</u> <u>Lunch 11:30</u> <u>Social Hour 1:00-3:00</u> <u>Board Games available</u> <u>Rummikub, Age-Tastic</u> <u>Cards, Apples to Apples</u> <u>Brain Teaser, Sudoka</u> <u>are available</u>	<u>NEW Chair Yoga class at 10:00</u> <u>~ Trivia Pursuit</u> <u>Live & Hybrid Calling 10:00</u> <u>~ Yiddish Hour at 11:00 am</u> <u>Live & Hybrid</u> <u>Lunch 11:30 am</u> <u>~"Oneg Shabbat Class" (sing-a long class) 12:30</u> <u>Social Hour 1:00-3:00</u> <u>Board Games Available</u> <u>Rummikub, Age-Tastic</u> <u>Cards, Apples to Apples</u> <u>Brain Teaser, Sudoka</u> <u>are available</u>

THE BAY SENIOR CENTER STAFF

Sharon Program Manager
Svetlana Administrative assistant
Robert Case Manager
Larysa Cook
Maryna Kitchen Aide
Fasmin Assistant Cook
Gennadiy Maintenance

3643 Nostrand Avenue,

Brooklyn, NY 11229

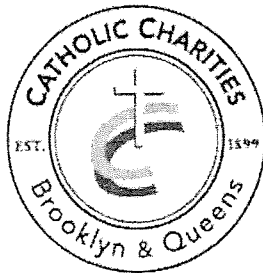
Phone (718) 648-2053

WORK HOURS:

MON- FRI

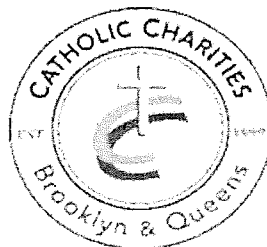
8AM-4PM

125⁺
YEARS OF CHANGING LIVES



NYC
Department for
the Aging

**Wishing everyone will have a happy, healthy
and prosperous August!**



July 2026

Funded by NYC Dept of Aging

Message from the Center:

**Live Long
Live Well
Live Happy**

Dear CCNS The Bay OAC Members,

Welcome to August!

As summer begins to wind down, August offers a wonderful opportunity to continue enjoying the season while focusing on wellness, prevention, and healthy aging. The warm days provide the perfect setting to stay active, spend time with family and friends, and participate in activities that promote both physical and emotional well-being.

August is especially meaningful as we recognize **National Wellness Month**, **National Immunization Awareness Month**, and **National Eye Exam Month**. These observances remind us of the importance of preventive healthcare, maintaining healthy daily habits, protecting our vision, and staying up to date with recommended health screenings and vaccinations.

We encourage everyone to make the most of the remaining summer days—whether it's taking a morning walk, joining a fitness or educational program at the center, enjoying seasonal fruits and vegetables, or connecting with loved ones and friends. Remember to stay hydrated, practice sun safety, and prioritize both your physical and mental well-being as we continue enjoying the summer season.

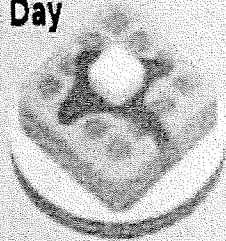
Thank you for being a valued part of our community. We look forward to another month filled with wellness, friendship, learning, and meaningful experiences together.

Wishing everyone a happy, healthy, active, and wonderful August! 🌻❤️

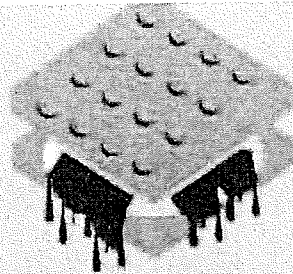




National Waffle Day

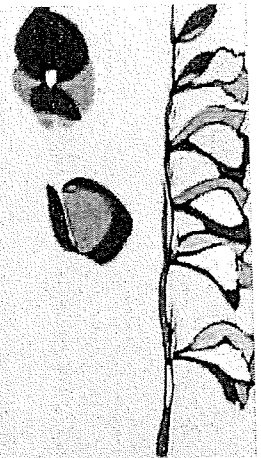


Women's Equality Day



National S'mores Day

Llama Day

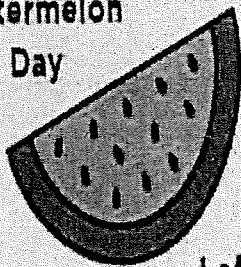


Poppy & Gladiolus August Flowers

AUGUST

FUN FACTS

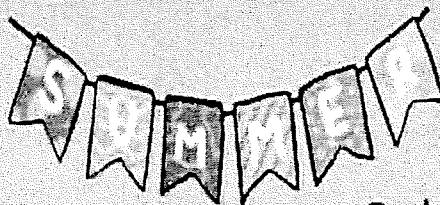
National Watermelon Day



Left Handed Day



8th Month of The Year



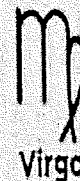
Back to School Month



Astrology Signs

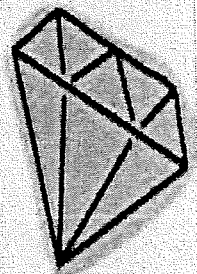


Leo

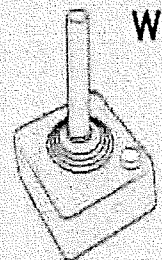


Virgo

Peridot Birthstone



National Video Game Week



MADEWITHHAPPY.COM

Name: _____

Date: _____

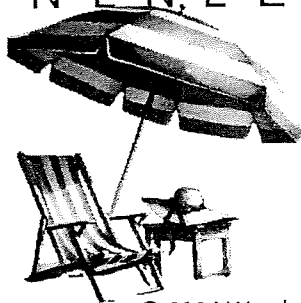
It's time to uncover some summertime words in this word search! Imagine diving into a jumble of letters that captures the spirit of the season. Can you find all the hidden words related to August? Words may lurk in any direction—forward, backward, up, down, or diagonally. When you spot a word, circle it and check it off the list.



AUGUST

- BBQ
- BEACH
- BOATING
- CAMPFIRE
- CAMPING
- FISHING
- FLIP-FLOPS
- FOREST
- HEAT
- HIKING
- ICE CREAM
- LEMONADE
- OCEAN
- PICNIC
- RELAXATION
- ROAD TRIP
- SAND
- SEASHELLS
- SUMMER
- SUN
- SUNGLASSES

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



- SUNSHINE
- SURFING
- SWIM
- TANNING



- TRAVEL
- VACATION
- WATERMELON
- WILDLIFE

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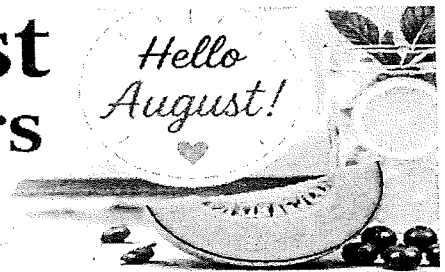




Healthy August Recipes for Seniors

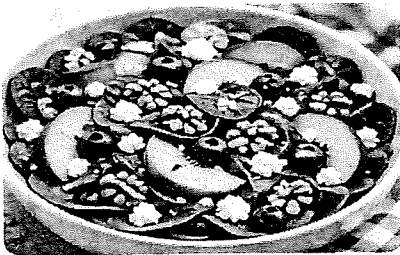
Fresh • Seasonal • Easy • Delicious

Hello August!



1 Peach & Blueberry Spinach Salad

Sweet, colorful, and packed with nutrients!



INGREDIENTS

- 3 cups baby spinach
- 1 ripe peach, sliced
- ½ cup fresh blueberries
- ¼ cup walnuts, chopped
- ¼ cup crumbled feta cheese
- 1 tbsp olive oil
- 1 tbsp balsamic vinegar

DIRECTIONS

1. Combine spinach, peaches, blueberries, walnuts, and feta.
2. Drizzle with olive oil and balsamic vinegar.
3. Toss gently and serve immediately.



♥ **BENEFITS:** Rich in antioxidants, fiber, calcium, and heart-healthy fats.

3 Peach Yogurt Parfait

A refreshing breakfast or healthy dessert.



INGREDIENTS

- 1 cup Greek yogurt
- 1 ripe peach, diced
- ¼ cup low-sugar granola
- 1 tbsp chopped almonds
- Cinnamon (optional)

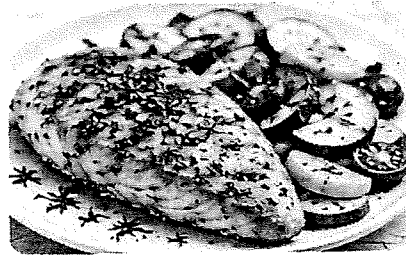
DIRECTIONS

1. Layer yogurt, peaches, granola, and almonds.
2. Sprinkle with cinnamon if desired.
3. Serve chilled.

♥ **BENEFITS:** High in calcium, protein, probiotics, and vitamins for bone and digestive health.

2 Herb-Roasted Chicken with Summer Vegetables

A satisfying and colorful summer dinner.



INGREDIENTS

- 2 boneless chicken breasts
- 1 zucchini, sliced
- 1 yellow squash, sliced
- 1 cup cherry tomatoes
- 2 tbsp olive oil
- 1 tsp Italian herbs
- Garlic powder
- Salt & pepper

DIRECTIONS

1. Toss vegetables with olive oil and seasonings.
2. Season chicken with herbs.
3. Bake everything at 400°F for 30–35 minutes, until chicken reaches 165°F.

♥ **BENEFITS:** Lean protein supports muscle health while colorful vegetables provide vitamins A and C.



4 Fresh Corn & Avocado Salad

Light, refreshing, and perfect for warm days.



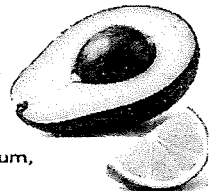
INGREDIENTS

- 2 ears cooked corn (kernels removed)
- 1 avocado, diced
- 1 cup cherry tomatoes
- ¼ cup cucumber, diced
- Fresh cilantro or parsley
- Juice of 1 lime
- 1 tbsp olive oil
- Salt & pepper

DIRECTIONS

1. Combine all ingredients in a bowl.
2. Toss with lime juice and olive oil.
3. Chill for 20 minutes before serving.

♥ **BENEFITS:** Rich in healthy fats, fiber, potassium, and hydration-supporting vegetables.

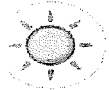


AUGUST WELLNESS TIPS



STAY HYDRATED

Drink 6–8 glasses of water daily, especially during hot weather.



EAT SEASONAL

Enjoy peaches, tomatoes, corn, cucumbers, zucchini, melons, and berries.



STAY ACTIVE

Take morning walks, join exercise classes, or enjoy gentle stretching before the hottest part of the day.



STAY CONNECTED

Spend time with family, friends, and community programs to support emotional well-being.



BEAT THE HEAT

Wear sunscreen, sunglasses, and a wide-brimmed hat, and seek shade during 10 AM–4 PM.



KEEP YOUR MIND ACTIVE

Read, do crossword puzzles, play games, or learn a new hobby to support brain health.

*Good food. Good health.
Enjoy every sunny August day!*



GEOHONEY
PURE CURE EXQUISITE

FUN FACTS ABOUT

HONEY BEEES



One beehive contains more than
60,000 bees including workers,
drones & queen bees



Worker bees are non-
reproducing females



A queen bee is the largest bee
which can lay **3000** eggs during
spring season



The queen bee release chemicals
to keep the hive in order and
regulate the behavior of others



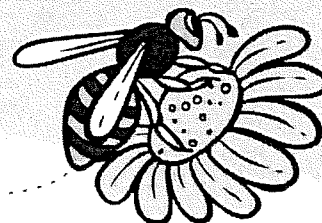
Lighter colored honey are
mild taste in flavor while dark
colored honey are robust



There are **300** unique kinds of honey
in the United States of America



A beehive collectively
travels **55,000** miles for
nectar & pollen collection



geohoney.com



SUMMER WELLNESS & HEALTHY AGING

Why It Matters

Healthy aging involves maintaining physical function, cognitive health, emotional well-being, and independence. During August, continued exposure to high temperatures increases the risk of **dehydration, electrolyte imbalance, heat exhaustion, and cardiovascular stress**, particularly among older adults and individuals living with chronic medical conditions.

Adopting healthy lifestyle behaviors helps reduce the risk of chronic disease progression while supporting mobility, immune function, and overall quality of life.



Healthy August Recommendations

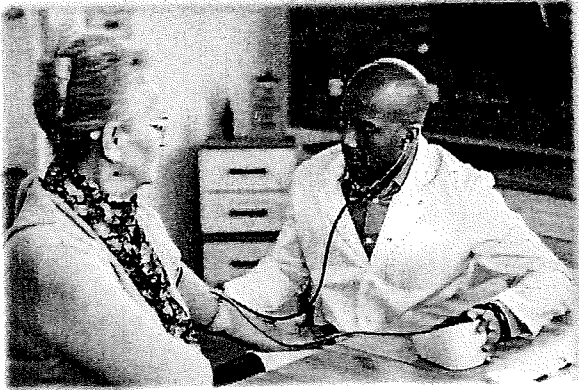
- 💧 Consume **6–8 glasses of water daily** (unless otherwise directed by your healthcare provider).
- 🥗 Choose nutrient-dense foods rich in **fiber, antioxidants, vitamins, and minerals**, including seasonal fruits and vegetables.
- 🚶 Engage in **at least 150 minutes of moderate physical activity each week**, as tolerated.
- ☂️ Prevent heat-related illness by wearing lightweight clothing, limiting outdoor activities during peak heat, and resting in shaded or air-conditioned areas.

♥️ **Wellness Program:** Healthy Aging & Summer Wellness Education



PREVENTIVE HEALTH & CHRONIC DISEASE MANAGEMENT

Why It Matters



Preventive healthcare plays an essential role in reducing morbidity and maintaining independence. Routine medical evaluations allow for the early detection and management of conditions such as:

- Hypertension
- Type 2 Diabetes Mellitus
- Hyperlipidemia
- Osteoporosis
- Cardiovascular Disease
- Chronic Kidney Disease

Effective management of these conditions can significantly reduce the risk of heart attack, stroke, kidney failure, and disability.

Prevention Tips

- Schedule annual wellness examinations.
- Monitor blood pressure, blood glucose, and cholesterol levels.
- Take medications exactly as prescribed.
- Follow a heart-healthy, low-sodium diet.
- Remain physically active and maintain a healthy body weight.

 **Program Highlight:** Preventive Health Screening & Chronic Disease Education



COGNITIVE HEALTH & BRAIN WELLNESS

Why It Matters

Normal aging can affect memory and processing speed; however, regular cognitive stimulation may help preserve **executive function, attention, learning, and memory.**

Research suggests that mentally stimulating activities, lifelong learning, and social engagement may reduce the risk of cognitive decline and dementia.



Brain-Healthy Habits

- Read books, newspapers, or educational materials.
- Complete crossword puzzles, Sudoku, and word searches.

- Learn a new hobby or technology skill.
- Participate in group discussions and educational programs.
- Maintain regular social interaction.

❁ **Program Highlight:** Brain Fitness & Memory Enhancement Workshop

♥ CARDIOVASCULAR HEALTH & ACTIVE LIVING

Why It Matters

Regular physical activity improves:

- Cardiovascular endurance
- Blood pressure control
- Blood glucose regulation
- Muscle strength
- Bone density
- Balance and coordination



Exercise also reduces the risk of falls, depression, and functional decline.

Daily Recommendations

- Walk during cooler morning or evening hours.
- Participate in chair aerobics or resistance exercises.
- Perform stretching and balance exercises.
- Drink water before, during, and after exercise.
- Stop activity immediately if you experience dizziness, chest pain, or shortness of breath.

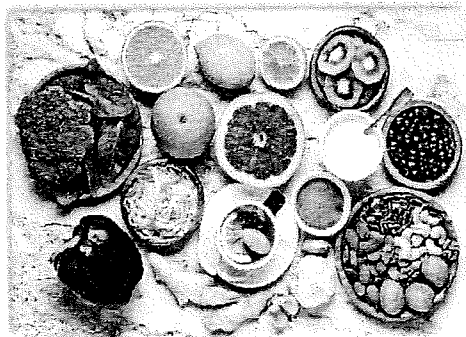
❁ **Wellness Program:** Senior Fitness & Fall Prevention Class

♥ IMMUNE HEALTH & INFECTION PREVENTION

Why It Matters

As we age, the immune system undergoes changes (**immunosenescence**) that increase susceptibility to infections and delay recovery.

Simple preventive measures help reduce the transmission of respiratory and gastrointestinal illnesses.



Ways to Strengthen Immune Health

- Wash hands frequently.
- Stay current with recommended vaccinations.
- Get **7–8 hours of quality sleep** each night.
- Eat foods rich in **Vitamin C, Vitamin D, zinc, and protein.**
- Stay hydrated and physically active.

✿ **Wellness Program:** Infection Prevention & Healthy Immune System Education

✿ INTERACTIVE PROGRAMMING & ENGAGEMENT

Weekly Programming

- **Mindful Monday** – Stress management, guided meditation, and breathing exercises.
- **Wellness Wednesday** – Exercise, balance training, and healthy aging education.
- **Friendship Friday** – Socialization, music, games, and community engagement.

✿ Creative & Social Engagement

- Arts and crafts
- Gardening therapy
- Music appreciation and reminiscence therapy
- Group discussions

✿ Cognitive Wellness

- Crossword puzzles
- Word searches
- Memory games
- Trivia
- Problem-solving activities



FINAL MESSAGE

Healthy aging is supported through **preventive healthcare, regular physical activity, balanced nutrition, cognitive stimulation, adequate hydration, and meaningful social interaction.** Even small lifestyle changes can improve cardiovascular health, reduce chronic disease risk, preserve cognitive function, and enhance overall quality of life.

We encourage everyone to stay engaged in our wellness programs and continue making healthy choices every day.

♥ **Stay healthy. Stay active. Stay connected. Age well.**



125+
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**CATHOLIC
CHARITIES**
Brooklyn &
Queens

FOOD PANTRY Locations and Hours

Our Lady of Angels

330 73rd Street, Brooklyn, NY 11209
Wednesdays, 9:30 AM - 12 PM and 1:30 PM - 3 PM

Our Lady of Miracles

757 East 86th Street, Brooklyn, NY 11236
Saturdays, 10 AM - 11:30 AM

Our Lady of Solace

2866 West 17th Street, Brooklyn, NY 11224
Mondays, 9:30 AM - 1:30 PM

St. Marks

2609 East 19th Street, Brooklyn, NY 11235
1st and 3rd Thursday of the month, 9 AM - 11 AM

St. Gregory the Great

224 Brooklyn Ave., Brooklyn, NY 11213
Every other Wednesday, 12 PM - 1 PM

Church of the Holy Spirit

1712 45th Street, Brooklyn, NY 11204
Every other Friday, 9 AM - 11 AM

St. Michael/St. Malachy

Beginning September 26, 2025
286 Warwick Street, Brooklyn 11207
Every Friday, 9:30 AM - 11:30 AM

St. Rose of Lima

130 Beach 84th Street, Rockaway Beach, NY 11693
Tuesdays, 10 AM - 12 PM

St. Teresa

50-20 45th Street, Woodside, NY 11377
Tuesdays, 4 PM - 6 PM

BVM St. Mary-Winfield

70-31 48th Ave., Woodside, NY 11377
Thursdays, 9:30 AM - 12 PM

Our Lady of the Angelus

63-63 98th Street, Rego Park, NY 11374
1st and 3rd Saturday of every month, 10 AM - 11:30 AM

St. Raphael

35-20 Greenpoint Ave., Long Island City, NY 11101
Thursdays, 10:30 AM - 12 PM, Saturdays, 1:30 PM - 3 PM

St. Patrick

39-38 29th Street, Long Island City, NY 11106
3rd Saturday of every month, 10 AM - 12 PM

Church of the Incarnation

89-28 207th Street, Queens Village, NY 11427
Fridays, 12 PM - 2 PM

St. Benedict the Moor

171-17 110th Ave., Jamaica, NY 11434
2nd and 4th Tuesday of the month, 10 AM - 11:30 AM

Presentation of the Blessed Virgin Mary

88-19 Parsons Blvd., Jamaica, NY 11432
1st and 3rd Wednesday of every month, 5 PM - 6 PM

Ocean Bay

411 Beach 54th Street, Arverne, NY 11692
1st and 3rd Thursday of every month, 12 PM - 2 PM

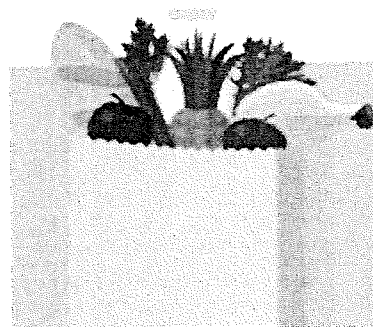
St. Michael

136-76 41st Ave., Flushing, NY 11355
Tuesdays and Wednesdays, 9 AM - 11 AM

Our Lady of Sorrows Church

35-34 105th Street, Corona, NY 11368 (Church Parking Lot)
Beginning May 9, 2024: 2nd Thursday of the month,
2 PM - 5 PM

For the full list of affiliate locations, visit:
www.ccbq.org/service/food-pantry-network



If you are struggling to put food on the table, you can get help paying for groceries with the Supplemental Nutrition Assistance Program. SNAP benefits are sometimes called food stamps, and come on an EBT debit card that you can use at many grocery stores and farmers markets. For more information and to apply visit access.nyc.gov. To find out if you are eligible, text FOOD to 74544. For more information, call 718-722-6001 or visit www.ccbq.org.

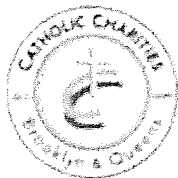
Medicaid & Medicare Educational Presentations

the New York Legal Assistance Group (NYLAG).

Monday August 24 at 10:45

- . Medicaid eligibility and enrollment
- . Medicaid Home Care services
- . How to qualify for home care benefits
- . Increasing home attendant hours and other home care services
- . Physical therapy and other covered services
- . General guidance on Medicaid benefits and available resources

125+
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Geriatric Mental Health Initiative **Program**

*Providing awareness, screenings and referrals
for seniors 55 and older in the area of
depression, anxiety, alcohol and substance
abuse.*

FREE Services Provided

- Intervention
- Screening
- Assessment and Referral
- 6 weeks counseling

Convenient Appointment at Your OAC

Feel Free to Call at:

718-514-8035/929-895-2080

**Office Location: 191 Joralemon Street 13FL Brooklyn
NY 11201**

Available Monday thru Friday

9 a.m. – 5 p.m.

Funded by the Office of Mental Health and Hygiene

