

Narrows OAC Newsletter September 2026

September Fun Facts

September is Observed as : National Honey Month
National Preparedness Month, National Prostate
Awareness Month, Labor Day, and Mid-Autumn Festival

Birthstone: Sapphire

Fruits and Veggies of the Month: Apples, Blueberries,
Broccoli, Spinach, Tomatoes

Flower: Asters

Astrological Sign: Libra and Virgo



CCNS
Narrows Senior Center
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Brooklyn, NY 11219
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Labor Day



Staff Members

Tselita McBride
Program Manager

Tommy Lee
Case Manager

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Shakyem Bembury
Driver

Samuel Robertson
Driver

Gek Poh Lim
Kitchen Aide

Joshua Rodriguez
Maintenance

Hello September and hello to all the members of the Narrows Older Adult Center. I hope you have all enjoyed your summer, were able to bear the heat and made wonderful memories with your family and friends. This is a very exciting month and full of activities.

September is also National Senior Center Month! Although everyday should be "senior center day", it is wonderful to focus on how important senior centers are for our older population to experience, join and take part in.

September is also a time to notice weather shifts. The temperatures will begin to drop slowly. Try to bring a sweater with you if taking a walk in the evening. We still have a lot of sunny days ahead but it is wise to be prepared. Soon, if not already, we will notice earthy decorations of foliage and the scent of pumpkin spice in many places including our center.

No complaints here, autumn foliage is one of nature's most breathtaking scenery for all to enjoy. Whether you are traveling or walking in the neighborhood, the color of trees are bright and fiery reminding us that shortly the sun will set sooner and things just slow down a bit. As we celebrate senior center month, it is a time to update your vision of what Older Adult Center are! Center's are not what they used to be. Stigmas surrounding senior centers often portray them as unstimulating, which couldn't be further from the truth. A well run center, like the Narrows offers an activity packed Monday through Friday—everything from trips and special events to arts and crafts, music and dance, lifelong learning experiences, as well as fitness and health programs.

Whether you're a senior center member, a caregiver who depends on a senior center for a loved one's health care, or an older adult volunteer who relies on the vital community services that senior centers offer, we are here to help keep you healthy, informed and independent.

Funded By The New York City Aging

CELEBRATING SEPTEMBER

National Senior Center Month

Each September we celebrate National Senior Center through out the entire month. This year's theme "Strengthening Community Connections" is to highlight how important senior centers are to the health and well-being of each community by providing support and opportunities to our older adults.

During September, we encourage individuals to visit their local Center and learn more about the activities, programs, classes, and meals offered. Mark your calendar today to give us a call at (718) 232-3211 to get more information on who we are and what we do. Reserve a lunch as all new members get a free lunch certificate and an introduction to the rest of the members. To know us, is to love us.

National Preparedness Month

September is National Preparedness Month. This is sponsored by FEMA and it is to promote the steps to be prepared when a disaster arrives such as tornado outbreaks, river floods and flash floods, earthquakes, tsunamis, and even water main breaks and power outages. When weather related storms are coming, use your judgment and watch/listen the news on TV or radio or even go online to find out if you need to take action and how. Make an emergency plan for your family and friends and as well as an emergency kit. You should have a backpack filled with important items you want to have such as money (loose change like 1 dollar bills and coins), dried food that will not spoil easily, several or more bottles of water, flashlight, batteries, portable radio, first aid kit, sufficient amount of clothing, napkins, cloths/towel, toothbrush/paste, hand sanitizer, important documents and etc. in the event if a disaster should happen. Use your best judgment to figure out the most important items you would need if you had to leave your home. Look around your house carefully to see what kind of items you would need and can carry in the event of an emergency. Make a list as well.

<http://www.nws.noaa.gov/com/weatherreadynation/prep.html#.VcthPrVxiig>

Labor Day

The first Monday of every September is Labor Day. It is to appreciate the workers that work very hard to achieve the social/economic goals. The first Labor Day was celebrated on Tuesday, 9/5/1882 in NYC. Later it would spread to other cities. In earlier years, there would be a parade to show appreciation to hard working men and women. Union officials, industrialists, educators, clerics and government officials highly support this.

<http://www.dol.gov/laborday/history.htm>

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 Assistance Independent	8am to 10:30am Coffee and Current Events Technology Assistance Independent	8am to 10:30am Coffee and Current Events Technology Assistance Independent	8am 10:30am Coffee and Current Events Technology Assistance Independent	8am to 10:30am Coffee and Current Events Technology Assistance Independent
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

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.

Monday	Tuesday	Wednesday	Thursday	Friday
31 Arroz con Pollo Chicken Breast and Rice Brown Rice with Kidney Beans Vegetable Mix (non-starchy) (1 svg)	1 Classic Black Bean Stew (pre- prepared) Yellow Rice Steamed Carrots (1 svg)	2 Baked Pork Mushroom Gravy Sauteed Spinach (1/2 svg) Sauteed Sweet Potatoes (1/2 svg)	3 Eggplant Parmesan with Ricotta Pasta (1/2 cup) Tomato Sauce (pre-prepared, 1/2 cup) Steamed Green Beans (1 svg)	4 Baked Fish Oreganata Caesar Salad (1 svg) Roasted Potatoes
7 Baked Chicken Thighs BBQ Sauce Sauteed Sweet Potatoes (1/2 svg) Steamed Broccoli (1/2 svg)	8 Mediterranean Black Bean Stew White Rice (1/2 cup) Vegetable Mix (non-starchy) (1 svg)	9 Pasta (1 cup) Meat Sauce Steamed Green Beans (1 svg)	10 Turkey Bean Chili Brown Rice (1/2 cup) Steamed Carrots (1/2 svg)	11 Chickpea of the Sea Tuna Salad Potato Salad Tossed Salad with Dressing (1 svg)
14 Chicken Parmesan Homemade Tomato Sauce (1/2 cup) Pasta (1/2 cup) Steamed Broccoli & Cauliflower (1 svg)	15 Colombian Red Bean Stew (pre- prepared) White Rice (1/2 cup) Vegetable Mix (non-starchy) (1 svg)	16 Baked Pork Mushroom Gravy Rice and Beans Steamed Carrots (1 svg)	17 Italian Meatballs with Chicken Homemade Tomato Sauce (1/2 cup) Pasta (1/2 cup) Steamed Green Beans (1 svg)	18 Baked White Fish with Garlic Crumb Crust Roasted Potatoes Sauteed Spinach (1 svg)
21 Jerk Chicken Brown Rice (1/2 cup) Steamed Cauliflower (1 svg)	22 Vegetarian Three Bean Chili (pre- prepared) White Rice (1/2 cup) Steamed Green Beans (1 svg)	23 Basic Shepherd's Pie Vegetable Mix (non-starchy) (1 svg)	24 Egg Salad (3oz) Italian Chickpea Pasta Salad Cole Slaw	25 Baked Salmon with Cilantro Citrus Sauce Roasted Potatoes Tossed Salad with Dressing (1 svg)
28 Chicken Fajitas Yellow Rice Sauteed Spinach (1 svg)	29 Colombian Red Bean Stew (pre- prepared) Steamed Carrots (1 svg)	30 Baked Pork Mushroom Gravy Brown Rice with Kidney Beans Tossed Salad with Dressing (1 svg)	1 Cheese Lasagna Rollups (pre- prepared) Vegetable Mix (non- starchy) (1/2svg) Garden Salad with Chickpeas (1/2svg)	2 Fish with Tomatoes and Herbs Roasted Potatoes Steamed Green Beans (1 svg)

ALL Meals are served with: Whole Grain Bread, Margarine, Milk and A Piece of Fresh Fruit. Banana, Apple, Pear or Orange.

September 2026 Presentations

Tuesday 9/15/2026 10:30am — Healthy Weight Management (English)

Monday 9/21/2026 10am — Estate Planning (Chinese)

Monday 9/28/2026 — Live On NY Presentation
(English 9:30am / Chinese 10:30am)

Please note these presentation dates are subject to changes.

Entertainment Events

Friday 9/4/2026 10am — 11:30am DJ Music With Joel Pawiak

Friday 9/11/2026 10:30am — 11:30am Maurice Zebede Mini Concert

Friday 9/18/2026 10:30am — 11:30am Celebration With Joel Pawiak

Friday 9/25/2026 10:30am—11:30am Estella & Peter Chan's Mooncake
Concert
(Aetna Will Come Sponsor Mini Mooncakes)

Please Note: Events Are Subject To Changes At Any Time

65 SEPTEMBER

HOLIDAYS

- | | | | |
|----|---------------------------------|----|--------------------------------------|
| 1 | National Cherry Popover Day | 15 | Make a Hat Day |
| 2 | International Bacon Day | 16 | American Legion Day |
| 2 | VJ Day, WWII | 16 | Collect Rocks Day |
| 3 | Skyscraper Day | 16 | Step Family Day |
| 4 | Labor Day First Monday of month | 16 | Mayflower Day |
| 4 | Newspaper Carrier Day | 16 | Mexican Independence Day |
| 5 | Be Late for Something Day | 16 | National Play Doh Day |
| 5 | Cheese Pizza Day | 16 | Working Parents Day |
| 6 | Fight Procrastination Day | 17 | Citizenship Day |
| 6 | Read a Book Day | 17 | Constitution Day |
| 7 | National Salami Day | 17 | National Apple Dumpling Day |
| 7 | Neither Rain nor Snow Day | 17 | National Women's Friendship Day |
| 8 | International Literacy Day | 18 | National Cheeseburger Day |
| 8 | Pardon Day | 19 | International Talk Like A Pirate Day |
| 9 | Teddy Bear Day | 19 | National Butterscotch Pudding Day |
| 10 | Grandparent's Day | 20 | National Pepperoni Pizza Day |
| 10 | Sewing Machine Day | 20 | National Punch Day |
| 10 | Swap Ideas Day | 21 | International Peace Day |
| 11 | 911 Remembrance | 21 | Miniature Golf Day |
| 11 | Make Your Bed Day | 21 | World Gratitude Day |
| 11 | No News is Good News Day | 22 | Business Women's Day |
| 12 | Chocolate Milk Shake Day | 22 | Elephant Appreciation Day |
| 12 | National Video Games Day | 22 | Hobbit Day |
| 13 | Defy Superstition Day | 22 | Native American Day |
| 13 | Fortune Cookie Day | 23 | Checkers Day |
| 13 | National Peanut Day | 23 | Dog in Politics Day |
| 13 | Positive Thinking Day | 23 | Oktoberfest begins in Germany |
| 13 | Uncle Sam Day | 24 | National Cherries Jubilee Day |
| 14 | National Cream-Filled Donut Day | 25 | National Comic Book Day |
| | | 26 | Johnny Appleseed Day |
| | | 27 | Crush a Can Day |
| | | 28 | Ask a Stupid Question Day |
| | | 28 | Good Neighbor Day |
| | | 29 | Confucius Day |
| | | 30 | National Mud Pack Day |

TINSELBOX ✨

What is Labor Day?

THE READER'S DIGEST VERSION

Canada celebrates its first Labor Day a full decade ahead of the United States.

Protestors rallying in support of an 8-hour workday clash with Chicago police during the Haymarket Riot.

More than 300,000 people protest at a May Day rally in London.

In May, workers at the Pullman Palace Car Company in Chicago go on strike, sparking a nationwide railroad strike.

1872

1882

1886

1887

1890

1894

The first Labor Day parade in the U.S. is held in New York City to show support for unions and workers.

Oregon recognizes Labor Day as an official holiday. Several states, including CO, MA, NJ and NY, soon follow.

On June 28, President Grover Cleveland makes Labor Day a legal holiday in the United States.

\$17/hr

D.C.'s minimum wage, the highest in the country. WA is second at \$15.74/hr.¹

Many consider Labor Day the unofficial end of the summer.

166 million

Estimated number of Americans in the civilian workforce.²

16.2 million

Americans in labor unions in 2023.³

\$7.25/hr

Federal minimum wage in 2024. In 1938, it was 25¢.⁴

Tied with Memorial Day for the 2nd most popular holiday for grilling.

7 billion

Hot dogs eaten by Americans yearly between Memorial Day and Labor Day.⁵

Sources: ¹ Statista. ² Statista. ³ U.S. Bureau of Labor Statistics. ⁴ U.S. Department of Labor. ⁵ NHDSC

RD



SEPTMBER

*September
national days
word search
printable
from Always
the Holidays*

S	G	U	A	C	Y	A	D	T	O	I	R	T	A	P
T	E	R	Y	A	D	R	E	N	N	I	D	V	T	I
Y	A	H	A	D	E	Y	A	D	Y	L	I	M	A	F
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K	O	Y	A	D	E	C	A	E	P	N	E	E	R	G
S	C	A	R	F	D	A	Y	K	U	R	F	I	P	Y

**PATRIOT DAY
PROPOSAL DAY
GRATITUDE DAY
DEAF DAY
BATMAN DAY
SOBER DAY
ALZHEIMERS DAY**

**PEANUT DAY
GYRO DAY
CHAI DAY
SALAMI DAY
FAMILY DAY
GREENPEACE DAY
SCARF DAY**

**VFW DAY
RHINO DAY
RESPECT DAY
SKYSCRAPER DAY
TV DINNER DAY
SUDOKU DAY
COFFEE DAY**

celebrate with us

National Senior



Center Month

this year's theme:
powering connections



nco national council on aging | Connect

B

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G

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ATTEND MONDAY AFTERNOON DANCE CLUB	ATTEND THE HEALTH & WELLNESS FAIR	ATTEND THE TALENT SHOW	SIGNED UP FOR LUNCH BUNCH	WANNA DANCE?
GO ON THE SUPPER CLUB TRIP	WORKOUT IN THE FITNESS ROOM	PLAY MEXICAN TRAIN	GO ON THE DAY TRIP	TRY CHAIR VOLLEYBALL
VISIT THE AQUATIC CENTER SIDE	ATTEND BUNCO	Free!	VISIT BILLIARDS ROOM	BRING A FRIEND
PICKLEBALL	ATTEND A SEMINAR	SIGN UP FOR YOU CAN PAINT	FIND THE BUSINESS CENTER	PARTICIPATED IN SPIRIT WEEK
TAKE A FITNESS CLASS	COME 3 TIMES IN ONE WEEK	ATTEND MAH JONG GAME TIME	TRY OUT PING PONG	ATTEND AN EVENING CLASS

16 Seated Upper Body Exercises



SEATED SHOULDER PRESS

Sit tall and press your arms straight up overhead, then lower back to shoulder height. Reps: 12-15



SEATED BICEP CURLS

Keep elbows close to your sides and curl both arms up, squeezing the biceps. Reps: 12-15



SEATED TRICEP EXTENSIONS

Raise one or both arms overhead and bend at the elbows, lowering the hands behind your head, then extend. Reps: 12-15



SEATED LATERAL RAISES

Lift both arms out to the sides until shoulder height, then slowly lower. Reps: 12-15



SEATED FRONT RAISES

Raise both arms straight forward to shoulder level, then lower with control. Reps: 10-12



SEATED CHEST PRESS

Push your arms forward from chest level as if performing a bench press, then bring them back. Reps: 12-15



SEATED ROW PULLS

Pull your elbows back, squeezing your shoulder blades together, then return to start. Reps: 12-15



SEATED SHOULDER SHRUGS

Lift your shoulders up toward your ears and gently lower. Reps: 15-20





Key Lime Pie

Ingredients:

Crust:

- 1 ½ cups (150g) graham cracker crumbs
- ⅓ cup (75g) granulated sugar
- 6 tbsp (85g) unsalted butter, melted

Filling:

- 3 large egg yolks
- 1 can (14 oz / 396g) sweetened condensed milk
- ½ cup (120ml) key lime juice
- 1 tbsp lime zest

Topping:

- Whipped cream

Instructions:

- Preheat oven to 350°F (175°C). Combine crust ingredients and press into a 9-inch pie dish. Bake 8–10 minutes. Cool slightly.
- Whisk yolks, condensed milk, lime juice, and zest until smooth.
- Pour into crust and bake for 15 minutes.
- Cool completely, then chill at least 4 hours.
- Top with whipped cream before serving.

Servings: 8

Total time: 40 minutes + 4 hours chilling

Easy Ways to ... Cook with Beans

	Store	Prepare	Cook
 Dried	Place dry beans in a container with a tight lid and store in a cool, dry place for up to one year.	Sort beans to remove any shriveled beans. Quick Soak: Cover dry beans with hot water; boil for two to three minutes. Remove from heat and cover for one to two hours. or Overnight Soak: Cover dry beans with cold water; soak overnight or for at least eight hours. Rinse and replace water; cook until tender.	When cooking beans, add acidic foods (like tomatoes, lemon juice or vinegar) at the end. Acidic foods will toughen bean skins. Cook one big pot of beans and use for multiple meals.
 Cooked	Refrigerate cooked beans for four to five days or freeze for up to six months.	Thaw frozen beans overnight in the fridge for cold recipes. Add cooked beans directly to hot or cold recipes. When using beans in hot recipes, make sure they are thoroughly reheated.	Flavor with salt-free spices and fresh herbs. Add to sautéed veggies or cooked greens and garlic. Add to soups, stews, casseroles, salads and pasta dishes. Blend for dips.
 Canned	Store leftover beans in a glass or plastic container (<u>not</u> in the can). Do not use dented or rusted cans.	Drain and rinse beans with water to reduce sodium.	Use canned beans the same way as cooked beans.

For healthy eating tips, like Eat Healthy, Be Active NYC on Facebook at facebook.com/eatinghealthynyc

For more information about Stellar Farmers Markets, visit nyc.gov and search for "farmers markets."

For healthy recipes, visit jsyfruitveggies.org.



Just Say Yes to Fruits and Vegetables

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).

**Narrows Senior
Center
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11219
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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.

**Sign up for weekly
art classes every
Thursday with
Olga or Tselita.
Main dining room
1pm to 2pm
Supplies included**



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

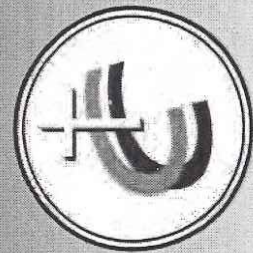




Benson Ridge Senior Services is funded through a grant from the New York City Department for the Aging.

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.

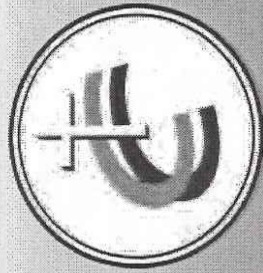
One of our friendly and experienced Case Managers would be happy to pay you a visit to discuss options for aging comfortably, with dignity, in your own home.

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