



Chatterbox

June 2021



Dear Members and Friends of Bay Ridge Center and Bay Ridge Connects:

In June, we look forward to Juneteenth, Father's Day, and the Summer Solstice. Currently, it is looking like we will be able to celebrate these holidays in person, as long as we are all fully vaccinated.

CONNECT TO VAX CONTINUES! According to the CDC, Vaccinated people can...

- Resume activities without wearing masks or physically distancing, except where required by federal, state, or local rules and regulations
- Resume domestic travel and refrain from testing before or after travel or self-quarantine after travel
- Refrain from testing before leaving the United States for international travel (unless required by the destination) and refrain from self-quarantine after arriving back in the United States
- Refrain from testing following a known exposure, if asymptomatic, with some exceptions for specific settings
- Refrain from quarantine following a known exposure if asymptomatic

While a large percentage of us have been vaccinated, we will continue our vaccine outreach in June, in order to provide access to those who might not have been able to book appointments or find transportation. Although we know the process has become easier, we want to make sure all the members in our community have the support they need. We are located at 7609 3rd Avenue where we provide assistance scheduling vaccine appointments as well as arranging FREE door-to-door transportation!

Our Team Cares About Your Well Being!

Within our first couple of weeks, we have been able to provide transportation for many people. In one case, we were able to provide a free Lyft for a second dose appointment. According to the person, the ride to and from the vaccination site "was perfect." He was very appreciative of our team providing him free transportation as well as for checking in with him before, during and after his vaccination.

RE-OPENING IS UPON US!

Although the CDC has loosened restrictions for both indoor and outdoor activities, our centers currently remain closed. We, like you, are excited to open our doors soon. Please consider joining our virtual classes to stay connected and updated with the latest information. See the calendar in this issue.

Stay Safe,


Team Vaccine:

Katarina Bartel, Jirazel Munoz, and Andrew Tivon Orenstein

Bay Ridge Center is a non-sectarian, non-profit agency funded in part through funding from the New York City Department for the Aging and the New York State Office for Aging.
6935 4th Avenue, Brooklyn, NY 11209-1504 Phone: 718-748-0650 Fax: 718-680-5143

Schedule is subject to change! Programs are free. Please see <https://www.bayridgecenter.com/norc-events> to join any session by computer or Smartphone or telephone, or **call the office at 718-748-0650 for help joining any class.**

Our calendar is a little lighter in June, but we have some new offerings: Tai Chi for Life (Mon/Wed); Mindfulness Mondays returns; Dancercise (Wed); Governor's Island virtual tour (6/16). Friday crafts is taking a summer break.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5
HAPPY MEMORIAL DAY! MONDAY, MAY 31 OFFICE CLOSED, NO CLASSES	9:00 am Zoomba Intro 9:30 am Zoomba Gold 10:00 am Walk with Ease 11:00 am Smartphone 12:00 pm Scattergories 1:00 pm Tech How-to 1:00 pm Connect Thru Theatre 2:00 pm Drawing returns June 15 3:30 pm Kwarantime Kitchen	9:00 am Warm Up Your Groove 9:30 am Dancercise 10:00 am Game Day: Yahtzee 11:00 am Meditation 12:00 pm Show Tunes 3:00 pm Tai Chi for Life 3:15 pm Guest Speaker 6:30 pm Art of Listening	9:30 am Chair Yoga 10:00 am Yoga Meditation 11:00 am Smartphone How-tos 12:00 pm Brain Games 1:00 pm Tech How-tos	9:30 am Sitting Stretch 10:00 am Get Fit (Sitting) 3:00 pm Bay Ridge Heroes - Staying Healthy/Getting Involved at BRC	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10:00 am Seeking Safety in Uncertain Time
7	8	9	10	11	12
9:30 am Tai Chi for Life 10:00 am Standing Stretch and Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 1:00 pm Brain Games 4:00 pm Trivia!	9:00 am Zoomba Intro 9:30 am Zoomba Gold 10:00 am Walk with Ease 11:00 am Smartphone 12:00 pm Scattergories 1:00 pm Tech How-to 1:00 pm Connect Thru Theatre 3:30 pm Meet the Author	9:00 am Warm Up Your Groove 9:30 am Dancercise 10:00 am Game: Yahtzee 11:00 am Meditation 12:00 pm Show Tunes 3:00 pm Tai Chi for Life 3:15 pm Guest Speaker 6:30 pm Art of Listening	9:30 am Chair Yoga 10:00 am Yoga Meditation 11:00 am Smartphone How-tos 12:00 pm Brain Games 1:00 pm Tech How-tos	9:30 am Sitting Stretch 10:00 am Get Fit (Sitting) 3:00 pm Bay Ridge Heroes – Navigating Digital Resources	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10:00 am Seeking Safety in Uncertain Time
14	15	16	17	18	19
9:30 am Tai Chi for Life 10:00 am Standing Stretch and Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 1:00 pm Brain Games 4:00 pm Trivia!	9:00 am Zoomba Intro 9:30 am Zoomba Gold 10:00 am Walk with Ease 11:00 am Smartphone 12:00 pm Scattergories 1:00 pm Tech How-to 1:00 pm Connect Thru Theatre 2:00 pm Drawing/Paint 3:30 pm Trips & Travel	9:00 am Warm Up Your Groove 9:30 am Dancercise 10:00 am Game: Yahtzee 11:00 am Meditation 12:00 pm Show Tunes 2:00 pm Nature Talks – Governor's Island 3:00 pm Tai Chi for Life 3:15 pm Guest Speaker 6:30 pm Art of Listening	9:30 am Chair Yoga 10:00 am Yoga Meditation 11:00 am Smartphone How-tos 12:00 pm Brain Games 1:00 pm Tech How-tos 2:00 pm Books on Ridge	9:30 am Sitting Stretch 10:00 am Get Fit (Sitting) 3:00 pm Bay Ridge Heroes – Your Feed-Back/Looking Ahead	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10:00 am Seeking Safety in Uncertain Time
21	22	23	24	25	26
9:30 am Tai Chi for Life 10:00 am Standing Stretch and Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 1:00 pm Brain Games 4:00 pm Trivia!	9:00 am Zoomba Intro 9:30 am Zoomba Gold 10:00 am Walk with Ease 11:00 am Smartphone 12:00 pm Scattergories 1:00 pm Tech How-to 1:00 pm Connect Thru Theatre 2:00 pm Drawing/Paint 3:30 pm Game: We're Not Really Strangers	9:00 am Warm Up Your Groove 9:30 am Dancercise 10:00 am Game: Yahtzee 11:00 am Meditation 12:00 pm Show Tunes 3:00 pm Tai Chi for Life 3:15 pm Guest Speaker 6:30 pm Art of Listening	9:30 am Chair Yoga 10:00 am Yoga Meditation 11:00 am Smartphone How-tos 12:00 pm Brain Games 1:00 pm Tech How-tos	9:30 am Sitting Stretch 10:00 am Get Fit (Sitting) 12:00 pm Nature Talks	9:00 am Zoomba Gold Intro 9:30 am Zoomba Gold 10:00 am Seeking Safety in Uncertain Time
28	29	30	 <p>Please note: A Memorial Mass will be held for Lou Celi on Saturday June 19, 11 am at Our Lady of Angels Church, 7320 4th Avenue, Brooklyn NY. Lou's family would love to see members from the Bay Ridge Center!</p>		
9:30 am Tai Chi for Life 10:00 am Standing Stretch and Tone 10:30 am Stand / Balance 11:00 am Mindfulness Mondays 1:00 pm Brain Games 4:00 pm Trivia!	9:00 am Zoomba Intro 9:30 am Zoomba Gold 11:00 am Smartphone 12:00 pm Scattergories: 1:00 pm Tech How-to 1:00 pm Connect Thru Theatre 2:00 pm Drawing & Watercolor 3:30 pm Game: Taboo	9:00 am Warm Up Your Groove 9:30 am Dancercise 10:00 am Game: Yahtzee 11:00 am Meditation 12:00 pm Show Tunes 3:00 pm Tai Chi for Life 3:15 pm Guest Speaker 6:30 pm Art of Listening			

ARE YOU DRINKING ENOUGH? WATER, THAT IS!

Did you know that our body is 60% water and our blood is 90% water? The cartilage in our joints is 80% water? Our kidneys filter 120 to 150 quarts of water daily? 1-2 quarts of water are removed from the body in urine, and the rest is filtered through our bloodstream?

How do we know when to drink more? Fatigue or brain fog, dry, flaky skin, bad breath, dark colored and/or decrease in urine, sugar cravings, headaches, muscle cramps and joint pain. Of course, not all of these things are a result of not drinking enough water, but it's good place to start. If you are already thirsty you are probably a little bit dehydrated.

Let's add some water to your day. Add flavor: cucumbers, oranges, lemons, basil or mint are a few ways; drink a glass after every bathroom break and before every meal; keep your jug of water in an obvious place so you are reminded every time you walk by; eat water rich foods such as zucchini, watermelon, cucumbers; place reminders on your phone or track how many glasses you drink a day; drink herbal teas or sparkling water for variety. Be creative!

Everyone's needs are different but an average of 8-12 glasses a day is recommended. Be aware of your own needs.

So, drink up and stay healthy!

— Mary Ann Coughlin, PT
Health Management Specialist, Bay Ridge Center

Tai Chi for Life

During the month of June we will focus on learning and practicing Tai Chi for Life (or TFL for those in the know). It is an easy and enjoyable set of forms designed by Dr. Paul Lam, a family practitioner and director of the Tai Chi Institute for Health. TFL is suitable for everyone, even those new to Tai Chi and designed to improve balance, health and strength. We will learn the forms on Wednesday and practice them on Monday. See our calendar for this and all exercise classes.

Thank You! to all these agencies and individuals for supporting our home-delivered meals program through our annual March for Meals fundraiser.

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SAT. JUNE 26 • 1 PM

RAIN DATE Sunday, June 27, 2021

Lutheran School Backyard

440 Ovington Avenue, Bay Ridge

Live
music
by

Outdoors, safe, socially distanced event to
benefit Meals on Wheels/Bay Ridge Center

Whippoorwill • Food / Drinks / Dessert / Raffles / 50-50

Purchase Tickets on Eventbrite: <https://bit.ly/3gcVAog>

QUESTIONS: Please call **718-887-5366**



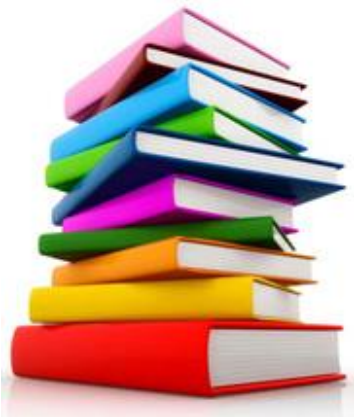
Tickets: \$50

Incl. 1 beer or wine

See you then!

Attention All Readers:

Looking for a good summer book? Do you enjoy fiction, non-fiction, cooking, or craft books?



If your answers are YES, then you are ready for the June launch of “**The Senior Summer Reading Project.**” The bookshelves at Bay Ridge Connects are stocked, and will be visible from outside. Come and window shops, choose a selection, ring the bell, and staff will hand it out the door. After completing a book, readers will have the opportunity to share opinions on “**Book Review Sheets**” that will be in each book. Thanks to all the members who have donated books; we could certainly use more titles for the sunny months of summer! (**Pick-ups and drop-offs during weekday working hours.**)

— Gail Karpf, Facilitator of Books on the Ridge

The **Books on the Ridge** book club meets again on June 17, at 2:00, discussing *The Nature of Fragile Things* by Susan Meissner. The novel highlights the bonds of friendship, motherly love, and female solidarity during the time of the San Francisco Earthquake of 1906. Contact Gail by email details, <mailto:gailkarpf@gmail.com>.



Memorial Day is May 31 and a time for picnics, parades, and remembrances. Bay Ridge Connects member Rosemary Shabouk set up a tribute table in the window at Bay Ridge Connects. Perhaps you have stopped by to look. If not, [you can see the photo here](#) — and faintly a self-portrait of Rosemary too. **Thank you, Rosemary,** for keeping the storefront interesting and timely!