



Chatterbox

November 2020



We asked some of our members:

“What are you thankful for this Thanksgiving Season?”

This holiday season is unlike no other, and I have never been more thankful for my devoted family and friends, good health, and the comforts of home. I would be remiss if I did not express my gratitude for Zoom, which provided me with daily Zumba classes, two Book Clubs, Meditation Classes, and bi-monthly reunions with college friends living in places near and far. -Gail K

I am so thankful that my family and friends are well and safe. I am thankful and very blessed to have my family all around me. Thanking the Bay Ridge Center and Connect for all the wonderful classes that they run. It has kept me very busy during COVID 19. -Elaine A.

Continued health and safety of family and friends during this pandemic; Freedom to practice our Faith during shut-down via social media and now again in person; New friends we've made through Bay Ridge Connects ZOOM classes. - Rosemary S

I am grateful to Bay Right Center, for your kindness, patience & good cheer as we go through these days. -Barbara A

I am grateful for my family, friends and health and for this pandemic teaching about what is really important - human contact. I will never take the little things for granted anymore. -Eletra

I am grateful that God has opened my eyes today and for all the good things and not-so-good things I have been given. I am grateful for my wonderful husband, children, grandchildren, family and friends and for our health. I am grateful that my injuries from falling on the sidewalk are healing and for the medical professionals, family and friends who helped us. I am grateful for birds that sing, flowers that grow, leaves on trees, blue skies and grey- beautiful, daylight when it dawns and long quiet nights. I am grateful for a roof over our heads and food to eat. I am grateful to our clergy. I am grateful to hear from friends and family during this long separation. I am grateful for new friends, on the screen, for the chance to share time and brighten each other's day and our teachers (David, Rachael, Mary Ann, Braden, Annamarie). I am grateful for opportunities for new knowledge; a chance to read anything; listen to music and ideas. I am grateful for chances to help someone and be helped throughout this time. I am grateful to remember this today and hope we get another chance tomorrow. -Barbara A

I am thankful for having the most caring and loving husband. Since April, ever night at 7pm I, my husband and neighbors stand in front of our doors and clap. We are thanking those who are keeping us save from medical workers, to the postal worker, the sanitation worker and the cashier in the supermarket. I am thankful for having great neighbors, who check in on each other. I am thankful for my zoom group connecting with crafts, allowing me to share my love of knitting with some wonderful ladies. It is a crazy time, but I do have a lot to be thankful, but I still can't wait for 2020 to be over. -Loretta

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

Thanksgiving Dinner Delivered!

Skinflints will prepare and deliver Thanksgiving Dinners to
100 Bay Ridge Center and Bay Ridge Connects members
on Thursday, November 26.

Please contact Kathleen Boyle at
718-748-0650, extension 113 for further information.



🔗 SHARE YOUR STORY! 🔗

Our histories are linked in profound ways, but it is the differences between our experiences that enrich our culture, and ultimately contribute to our future. While we experience life together, our individual histories are extremely important for shaping our collective culture. Community and culture are co-created through storytelling.

The Bay Ridge Center invites you to participate in a story sharing project! You'll be able to express yourself through video and written storytelling. This will be an interactive series of classes, centered around filmmaking, recording, and expression.

Feel free to share anything you want about yourself. It can also honestly be about how you feel right now. This project is about *you*, and it can be a great way to connect with family, friends, and other Bay Ridge residents.

Classes Begin Monday, November 2 at 3:00 pm

See the calendar on our website to join: www.bayridgecenter.org

Instructor: Andrew Tivon Orenstein

Andrew Tivon Orenstein is a Social Work student with a filmmaking background. His goal is to use the creative arts to build community and deconstruct hierarchical systems.

Calling Veterans 60+ of Bay Ridge!



Bay Ridge Center is launching this program in November to honor Veterans Day and to empower our veteran community with essential resources and services. Join us for a series of informative meetings. All sessions will be held remotely on Zoom:

Fridays at 3:00 pm

To join by computer or device, please use this link:

<https://zoom.us/j/7525007881>

By telephone: Call **646 558 8656** and Enter: **752 500 7881**

November 6: **Maximizing your VA Benefits**

November 13: **Navigating Civilian Resources**

November 20: **Staying Healthy at BRC**

December 4: **Joining Bay Ridge Village**

December 11: **Your Feedback**

We encourage you to attend all five sessions!

To register, email BRC's Director of Strategic Initiatives Michael Schumer at mschumer@bayridgecenter.org

For questions, please call us at 718.748.0650 ext. 115



Bay Ridge Center, 411 Ovington Avenue, Brooklyn, NY 11209
718-748-0650 • <https://www.bayridgecenter.com/>

Bay Ridge Center programming is made possible through funding from the New York State Office for the Aging and the New York City Department for the Aging.

Friends ... Fun ... Socializing ... Learning Just a phone call away!

BAY RIDGE CENTER offers a variety of **virtual programs** that you can join with a simple phone call. Dial the telephone number shown with each program and, when prompted, **enter the Meeting #**. ***You're in!***



GOOD MORNING, BAY RIDGE

with Aura Blanco Buitrago

MONDAYS • 9:30 - 10:00 AM

Dial **646-558-8656** Meeting #: **449 630 8335**

Join a morning chat on a variety of topics. Reconnect or make new connections and share a mindful quote.

TRIVIA *with Charley Eichler*

MONDAYS • 4:00 - 5:00 PM

Dial **646-558-8656** Meeting #: **449 630 8335**

Answer questions, get a good laugh, work your brain! (Don't be scared. Charley's willing to give clues too.)

MORNING HEALTH CHAT

with St. Francis nursing students

TUES / THURS • 9:00 - 10:00 AM

Dial **646-558-8656**, Meeting #: **710 132 0879**

Topics covered include: Advocating for Yourself; Bowel & Bladder health; Sleep Well; Bad Habits; Forgetfulness; Cholesterol; Oral Hygiene.

GAME DAY

with Kristal Greenlea

WEDNESDAYS • 10:00 - 11:00 AM

Dial **646-558-8656**, Meeting #: **718 333 5782**

Join us to relax and enjoy each others' company while adding a little competition to the mix!

MEDITATION & MINDFULNESS

with Lorraine Perricone-Dazzo

WEDNESDAYS • 11:00 - 11:30 AM

Dial **646-558-8656**, Meeting #: **347 123 4321**

Achieving a greater sense of mindfulness. Each session includes a 20-minute guided meditation.

BROADWAY STANDARDS

CONCERT

with Concerts In Motion

WEDNESDAYS • 12:00 - 1:00 PM

Dial **301-715-8592** Meeting #: **835 6035 3700**

Performed by professional and student musicians. Note that 301 is a long distance number.

SITTING STRETCH & TONE

with Mary Ann Coughlin

FRIDAYS • 10:00 - 11:00 PM

Dial **646-558-8656** Meeting #: **347 1234 321**

Seated Tai Chi warm up and upper body strengthening exercises using light weights.

HEALTH MATTERS!

with Long Island University nursing students

FRIDAYS • 11:00 AM - 12:00 PM

Dial **646-558-8656**, Meeting #: **710 132 0879**

LIU Nurses present a series of weekly presentations and discussions on health and wellness issues including Fight the Flu; Forms & Management of Arthritis; Signs of a Stroke – B.E.F.A.S.T.

CONNECTING WITH CRAFTS

with Rosemary Shabouk

FRIDAYS • 1:30 - 3:30 PM

Dial **646-558-8656** Meeting #: **347 1234 321**

Knit, crochet, macrame, make jewelry — whatever your passion is, share it with others. Join us for a relaxing afternoon as we keep our fingers busy, share tips, and socialize too.

Schedule is subject to change! Please see <https://www.bayridgecenter.com/norc-events> to join any session by phone or computer, **or** see the page in this Chatterbox for some phone numbers. Call the office to join other classes by phone.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|---|---|--|
| 2 | ELECTION DAY!! 3 | 4 | 5 | 6 | 7 |
| <p>9:30 am Good Morning, Bay Ridge 10:00 am Standing Stretch and Tone 10:30 am Standing Balance 11:00 am Mindfulness Mondays 1:00 pm Art Explorers 3:00 pm Capturing Stories on Video 4:00 pm Trivia!</p> | <p>9:00 am Health Chat 11:00 am Smartphone How-tos 12:00 pm Game Day - Scattergories 1:00 pm Tech How-to 1:00 pm Connect Through Creativity 2:00 pm Draw & Paint 3:30 pm Kwarantime Kitchen</p> | <p>9:00 am Strengthen Through Movement 9:30 am Cardio Class 10:00 am Game Day 11:00 am Meditation and Mindfulness 12:00 pm Broadway Standards Concert 1:00 pm Virtual Bingo 3:00 pm Tai Chi for Energy</p> | <p>9:00 am Health Chat 9:30 am Chair Yoga 10:00 am Age of Resilience 11:00 am Smartphone How-tos 12:00 pm Improv for Srs 1:00 pm Tech How-tos 2:00 pm Emerging Artists 3:00 pm Aging Mastery 4:00 pm What's Driving You Crazy?</p> | <p>9:45 am Shibashi-qigong 10:00 am Sitting Stretch 10:30 am Get Fit in Your Chair 11:00 am Health Matters 1:30 pm Connecting with Crafts 3:00 pm Bay Ridge Heroes</p> | <p>11:00 am Yoga Relaxation</p> |
| 9 | 10 | VETERANS DAY 11 | 12 | 13 | 14 |
| <p>9:30 am Good Morning, Bay Ridge 10:00 am Standing Stretch and Tone 10:30 am Standing Balance 11:00 am Mindfulness Mondays 3:00 pm Capturing Stories on Video 4:00 pm Trivia!</p> | <p>9:00 am Health Chat 11:00 am Smartphone How-tos 12:00 pm Tell Me A Story 1:00 pm Tech How-to 1:00 pm Connect Through Creativity 2:00 pm Draw & Paint 3:00 pm Aging Mastery (final session) 4:00 pm Meet the Author - Gilbert Gordon</p> | <p>Bay Ridge Center office closed.</p> <p>No classes today, for the holiday and day of remembrance.</p> | <p>9:00 am Health Chat 9:30 am Chair Yoga 10:00 am Age of Resilience 11:00 am Smartphone How-tos 12:00 pm Improv for Srs 1:00 pm Tech How-tos 2:00 pm Emerging Artists 4:00 pm What's Driving You Crazy?</p> | <p>9:45 am Shibashi-qigong 10:00 am Sitting Stretch 10:30 am Get Fit in Your Chair 11:00 am Health Matters 1:30 pm Connecting with Crafts 3:00 pm Bay Ridge Heroes</p> | <p>11:00 am Yoga Relaxation</p> |
| 16 | 17 | 18 | 19 | 20 | 21 |
| <p>9:30 am Good Morning, Bay Ridge 10:00 am Standing Stretch and Tone 10:30 am Standing Balance 11:00 am Mindfulness Mondays 1:00 pm Art Explorers 3:00 pm Capturing Stories on Video 4:00 pm Trivia!</p> | <p>9:00 am Health Chat 11:00 am Smartphone How-tos 12:00 pm Trips & Travel 1:00 pm Tech How-to 1:00 pm Connect Through Creativity 2:00 pm Draw & Paint 3:30 pm Exploring Arts and Culture with guest Nicole Maure</p> | <p>9:00 am Strengthen Through Movement 9:30 am Cardio Class 10:00 am Game Day 11:00 am Meditation and Mindfulness 12:00 pm Broadway Standards Concert 1:00 pm Virtual Bingo 3:00 pm Tai Chi for Energy</p> | <p>9:00 am Health Chat 9:30 am Chair Yoga 10:00 am Age of Resilience 11:00 am Smartphone How-tos 12:00 pm Improv for Srs 1:00 pm Tech How-tos 2:00 pm Emerging Artists 4:00 pm What's Driving You Crazy?</p> | <p>9:45 am Shibashi-qigong 10:00 am Sitting Stretch 10:30 am Get Fit in Your Chair 11:00 am Health Matters (last Nov. class) 1:30 pm Connecting with Crafts 3:00 pm Bay Ridge Heroes</p> | <p>11:00 am Yoga Relaxation</p> |
| 23 | 24 | 25 | 26 | 27 | 28 |
| <p>9:30 am Good Morning, Bay Ridge 10:00 am Standing Stretch and Tone 10:30 am Standing Balance 11:00 am Mindfulness Mondays 3:00 pm Capturing Stories on Video 4:00 pm Trivia!</p> | <p>9:00 am Health Chat 11:00 am Smartphone How-tos 12:00 pm Kwarantime Kitchen 1:00 pm Tech How-to 1:00 pm Connect Through Creativity 2:00 pm Draw & Paint 3:30 pm Tell Me A Story</p> | <p>9:00 am Strengthen Through Movement 9:30 am Cardio Class 10:00 am Game Day 11:00 am Meditation and Mindfulness 12:00 pm Broadway Standards Concert 1:00 pm Virtual Bingo 3:00 pm Tai Chi for Energy</p> | <p>HAPPY THANKSGIVING!</p> <p>Bay Ridge Center office closed today and Friday.</p> | <p>9:45 am Shibashi-qigong 10:00 am Sitting Stretch 10:30 am Get Fit in Your Chair 1:30 pm Connecting with Crafts</p> <p>(other programs return next week)</p> | <p>11:00 am Yoga Relaxation</p> |
| 30 | <p>All programs are free and virtual – join by telephone, computer, laptop, or other device. Watch our website for updates and new classes. You <i>can</i> connect by telephone, see the flyer in this issue of Chatterbox or call the office for the class phone number.</p> <p>Partnerships with St. Francis College and LIU Nursing Programs. Join the students for their presentations full of healthy tips and bring your questions and experience to them!</p> <p>Morning Health Chat with St. Francis Nursing Students - Tuesdays and Thursdays at 9 a.m. Topics include: Advocating for Yourself; Bowel & Bladder health; Sleep Well; Bad Habits; Forgetfulness; Cholesterol; Oral Hygiene</p> <p>Health Matters weekly webinars with LIU Nursing Students - Fridays at 11 am. Topics include: Fight the Flu; Forms & Management of Arthritis; Signs of a Stroke – B.E.F.A.S.T.</p> <p>Books on the Ridge, Nov. 12 discussion of <i>Anxious People</i> by Fredrik Backman</p> | | | | |

Just for The Health of It!

If you know me, you know that I am a big fan of exercise. I love talking about it, teaching it and doing it. And I drag anyone I can along with me! Staying mobile and healthy throughout my life is my main goal. It takes a lot of work. But the rewards are abundant.

One of the ways that I am staying healthy these days is working with the nursing students from St Francis College on Tuesday and Thursday mornings and Long Island University on Friday mornings. They give a presentation on a variety of health topics, not all related to the diseases and conditions that we may or may not have. It can cover topics such as how to communicate with your health care provider, are you taking your medicines correctly or how to advocate for ourselves. Knowledge is power, right? Well, I am definitely feeling more knowledgeable these days and more in control of my health and the ones around me. Speaking to the members that have been attending these presentations, they have agreed that the presentations have been thorough, informative and thought provoking.

On Tuesday and Thursday mornings, once the presentation is over, members who wish to speak to the nurses go off in a private room on zoom with two nurses to ask questions, discuss any medical conditions they wish to share or even have a friendly conversation to learn more about each other. The goal of the nursing students is to improve their communication skills so when they graduate in 2021, they feel comfortable communicating with their patients. You can join in on these presentations and helpful discussions by phone or computer. No special device is required. Even a landline phone works. Volunteers for the conversations with the nurses are always needed.

Now, let me just mention-exercise! As you know we have a variety of exercise classes on zoom, which you can join with any device. Some of our members have been attending the classes since April when we first started going virtual. Some joined yesterday. Some come for an hour, others stay for fifteen minutes. Some come to all the classes, some come when they can. You can use weights or don't use weights. You can sit or stand. It's up to you. This is your class. You can control what you do and how much you do. Do what feels good for you. You will definitely feel better after the class, emotionally and physically.

I am looking forward to seeing or speaking to you in any of our classes. Please contact me if you have any questions.

Mary Ann Coughlin, PT, CEEAA

Mcoughlin@bayridgecenter.org

718-306-2924

Bay Ridge Center announces

The Paw Pantry Raffle



Thanks to the support of Meals on Wheels America and Pet Smart Charities, Bay Ridge Center is raffling off gift cards worth \$50 each to 50 lucky winners to My Natural Pet Shop right here in Bay Ridge!



**BAY RIDGE
CENTER IS
LAUNCHING**

A NEW INITIATIVE

called the Paw Pantry to feed and enrich your pets! We recognize how much support our furry friends can provide during the time of isolation. Our goal is to continue to support our older adults at Bay Ridge by keeping each individual and their pets healthy and secure, together at home.



**Winners
receive a \$50 gift
card for My Natural Pet
in Bay Ridge**

When you order pet food with your gift card, My Natural Pet will include a gift bag with free food samples, toys, and accessories. My Natural Pet offers free delivery to the following zip codes: 11209, 11220, 11228.

TO ENTER

CONTACT Michael Schumer
Director of Strategic Initiatives at Bay Ridge Center
email: mschumer@bayridgecenter.org
or call (718) 748-0650 x113

INCLUDE Your name, phone number, and address

DEADLINE Friday, November 20, 2020

You must be a 60+ member of Bay Ridge Center or Bay Ridge Connects to enter, and you may only enter your name in the raffle once.



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Gratitude

By Kristal Greenlea

Even when it's been darkest, there has been light.
I've always done a morning prayer
I don't ask for anything
I give thanks for what I've got
And I've got a market list
Saying thank you keeps things at a distance

If I acknowledge the gifts
I begin the day pretty well
Even if nothing happens, I feel pretty good
DOUBLE DOWN
Give thanks and get through the day

I've always tried to look around and say
I'm grateful for what I have
It's never about what I want
I have what I need

I've been invited to Thanksgiving
I'm shocked and amazed
Something I never thought would happen
Reminds me of something my mother said
She said I would always be happy
You could be happy living in a shack
As long as you have love

I've been like this since I was a kid
Trusting in god that things
will be taken care of
Instead of focusing on what is bad in the world

I'd rather focus on what is good in my world
Everyday above ground is a good day
I sometimes wonder if I'm the crazy one
To focus on the good

It's awfully easy to take what life hands you
personally
Throwing the gratitude out
I use it to keep from sinking into the pit
Because even when it's been darkest,
there has been light.



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