

December 2024



The Bay Senior Center

3643 Nostrand Avenue

Brooklyn, New York 11229

Tel (718) 648-2053

Trips, Programs , Classes and EXERCISES Workshops at the Senior Center

Please call center for dates and times of these events.

Catholic Charities Mission Statement

Catholic Charities of the Diocese of Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable of our diverse society. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order which promotes justice and embraces human development.
Catholic Charities Neighborhood Services, Inc. Funded by the New York City Department for the Aging. Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order which promotes justice and embraces human development.

Hi friends,

The good news is that with the arrival of December, we look forward to holiday celebrations with family, friends and at the senior center. The not so good news is that the weather is getting cold, and we all worry about that terrible word, SNOW. We want to see you at the center but please dress warm, use boots with traction especially in icy weather and be extra careful.

I want to remind you of our weekly trips to various locations, Walmart, Cost Co., Target, and much more. If there is some place that you would like to go, please let us know and we will see if we can accommodate you. Our driver is also available to take you to doctor's appointments, beauty parlor appointments.

Please join us for our holiday party on Dec. 16. Have a Merry Christmas, Happy Chanukah, and a healthy New Year.

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

Weekly Trips please sign up at the office.

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>*Coping with Your Feeling-</u> <u>Conference Call at 10 am</u> *Alert and Alive at 11:00 Conference Calling</p> <p><u>Young at heart musical entertainment LIVE</u> <u>Holiday Party</u> <u>Get your Beat On</u> <u>December 16,2024</u></p> <p>Lunch 11:30 – 12:45 Social Hour 12:30-2:00 Board Games available, Brain Teaser Special Events live at Senior Center</p>	<p>Blood Pressure @ 10:30</p> <p>NEW Zumba W Gerri at 9:00 am Live at Center & Zoom</p> <p>Crocheting & Knitting @ 10:00 <u>Jewelry Making @ 12:30</u></p> <p>nutrition workshop – *<u>Health Lecture workshop Dec 9,2024 at 12:30</u> <u>By Chateau Adult Home</u></p> <p>Lunch 11:30 – 12:45 Social Hour 12:30-2:00 Board Games available, Brain Teaser Special Events live and zoom</p>	<p><u>Age-Tastic! and or Rummikub @ 9:30 am</u></p> <p>>Current Events Live & Conference Call, @ 10 am</p> <p><u>Cardio Dance Exercise@10:30 am</u></p> <p><u>BINGO 12:30</u> 2ND Wednesday of every month</p> <p>Movie and discussion @12:30 – [after lunch] * <u>Lunch 11:30 –12:45</u></p> <p><u>Social Hour 12:30-2:00</u> <u>Board Games & Brain Teaser available</u> Special Events-live</p>	<p><u>Age-Tastic! and or Rummikub @ 9:30 am</u></p> <p><u>Moving Meditation Exercise (Qi Gong)</u> 10:00 am LIVE at CENTER and on Zoom <u>Lunch 11:30 –12:30</u> CAB chair exercise 12:30</p> <p>Sharing Reflection workshop Sponsored by Bklyn Public Lib Dec 19 (3rd Thursday of every month) Phone # 701 802-5218 meeting number 3235213#</p> <p>Social Hour 1:00-3:00 Board Games available Special Events- live</p>	<p>CHAIR YOGA @ 9:30</p> <p>~ <u>Trivia Pursuit</u> Live & Conference Calling 10:00</p> <p>~ <u>Yiddish Hour at 11:00 am</u> live & Conference call</p> <p>~<u>"Oneg Shabbat Class"</u> (sing-a long class) <u>after lunch at 12:30 am</u></p> <p>Lunch 11:30 – 1:00</p> <p>Social Hour 1:00-3:00 Special Events live Board Games ,Brain Teaser available</p>

THE BAY SENIOR

3643 Nostrand Avenue, Brooklyn NY

11229 Tel [718] 648-2053

Catholic Charities Neighborhood Services & NYC Department for the Aging

NEW – Chair Yoga Friday exercise 9:30 am

Zumba with Geri on LIVE at Center & Zoom; Tuesday at 9:00 AM

Cardio Dance exercise Wednesday @ 10:30

Moving Meditation Exercise QI Gong Thursdays at 10:00 AM LIVE at Center

Cardio Dance exercise Wednesday @ 10:30

Jewelry MakingTuesday at 12:30 PM

Sing-a-longTuesday at 12:30 PM

^ Holiday Party Monday December 16 ,2024 live entertainment

Blood Pressure Tuesday 10:30 am

CONFERENCE CALL 701) 802-5238 - ACCESS CODE; 3235213 #

If you have T-Mobil dial this first (206) 451-6064

Coping with Your Feeling – Mondays at 10:00 AM Live & Conference Call

Alert & Alive Mondays at 11:00 AM Live & Conference Call

Current Events Wednesdays at 10:00 AM Live & Conference Call

Movie & Discussion Wednesdays at 12:30 PM

Trivia Pursuit - Fridays at 10:00 AM Live & Conference Call

Yiddish Hour - Fridays at 11:00 AM Live

Social Hour Every Day After Lunch , Board Games, Brain Teaser available



DECEMBER



From the Latin word decem, "ten," because this had been the tenth month of the early Roman calendar.



PUZZLE OF THE MONTH

Often we are covered with wisdom and wit, and oft with a cloth where the dinner guests sit; In beauty around you and over your head, we are countless, though numbered when bound to be read.

(*Answer at bottom right.)

WINTER TRIVIA AND TIPS

What Is the Winter Solstice?

Winter solstice is the day with the fewest hours of sunlight during the whole year. In the Northern Hemisphere, it always occurs around December 21 or 22. (In the Southern Hemisphere, it is around June 20 or 21.)

The word solstice comes from the Latin words for "sun" and "to stand still." In the Northern Hemisphere, as summer advances to winter, the points on the horizon where the Sun rises and sets advance southward each day; the high point in the Sun's daily path across the sky, which occurs at local noon, also moves southward each day.

At the winter solstice, the Sun's path has reached its southernmost position. The next day, the path will advance northward. However, a few days before and after the winter solstice, the change is so slight that the Sun's path seems to stay the same, or stand still. The Sun is directly overhead at "local noon" on winter solstice at the latitude called the Tropic of Capricorn.

Winter Driving Tips for Car Safety

Keep your gas tank filled above halfway to avoid emergencies in bad weather.

Stuck on the ice without sand or cat litter? In a pinch, you can take the mats out of your car, place them next to the tires, and slowly inch the car onto and across the mats.

Gently rub a small, moistened, cloth bag of iodized salt on the outside of your windshield to prevent the ice and snow from sticking.

Fog-proof your mirrors and the inside of your windshields with shaving cream. Spray and wipe it off with paper towels.

Avoid driving when you have the flu, which can reduce your reaction time almost six times as much as moderate alcohol intake.

CHRISTMAS TRADITIONS

Here is a little bit about the history of Christmas traditions in America, from Christmas trees to greeting cards, that we all know and love today.

Christmas Trees

- The first American Christmas tree can be credited to a Hessian soldier by the name of Henrick Roddmore, who was captured at the Battle of Bennington in 1776. He then went to work on the farm of Samuel Denslow in Windsor Locks, Connecticut, where for the next 14 years he put up and decorated Christmas trees in the Denslow family home.
- The first retail Christmas tree lot was established in 1851 by a Pennsylvanian named Mark Carr, who hauled two ox sleds loaded with Christmas trees from the Catskill Mountains to the sidewalks of New York City.
- The first president to set up a Christmas tree in the White House was Franklin Pierce, and the first president to establish the National Christmas Tree Lighting Ceremony on the White House lawn was Calvin Coolidge.
- In 1882, the first tree lights were sold in New York City.

Christmas Cards

- The first American to print and sell Christmas cards was Louis Prang of Roxbury, Massachusetts, who began publishing cards in 1875.
- President Dwight D. Eisenhower is given credit for sending the first "official" Christmas card from the White House. An art print also became the standard Christmas gift for the president's staff, a practice continued to this day.

Here Comes Santa Claus . . .

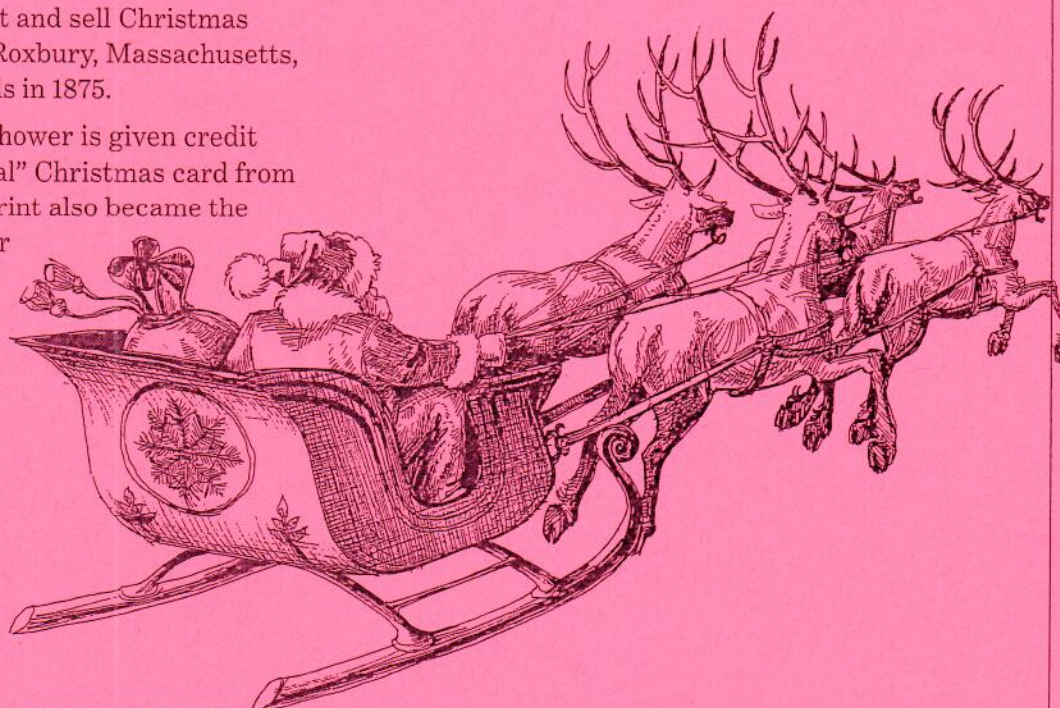
- The first department store Santa was James Edgar, who, during Christmas seasons beginning in 1890, would wander about his store (the Boston Store) in Brockton, Massachusetts, dressed as Santa Claus, talking to the children of customers.

Other Christmas Customs

Ever wonder how the custom of giving Christmas gifts originated?

- The ancient Romans gave each other gifts on the calends (first day) of January, and the practice spread throughout the Roman Empire.
- Eventually, Christians moved the custom to December 25, although many Christians still give gifts on January 6, the feast of the Epiphany, commemorating the manifestation of Jesus' divine nature to the Magi.

As many mince pies as you taste at Christmas, so many happy months will you have.



CARING FOR HOLIDAY PLANTS

HOLIDAY PLANTS

Holiday plants such as poinsettias, amaryllises, and Christmas cacti are traditional gifts that can be enjoyed long after the Christmas season is over. How do we care for them so that they thrive now—and later?

These longtime favorites require similar care and can be coaxed into blooming for future holiday seasons.

How to Care for Poinsettias

To rejuvenate your poinsettia for next year's holiday season, move it outside when night temperatures are not apt to fall much below 50°F (10°C) and prune to keep it bushy and compact. To initiate flowering, the poinsettia needs long nights in complete darkness starting in early October. Cover the plant with a cardboard box or keep it in a closet from about 5:00 P.M. to 8:00 A.M. and water sparingly. When buds form in early December, stop the dark treatment.

How to Care for Christmas Cacti

Like poinsettias, Christmas cacti are available in a kaleidoscope of colors including red, white, pink, cream, and fuchsia. Long-lived, they may produce bountiful blooms for 20 to 30 Christmases to come. You can force a Christmas cactus into bloom in much the same way as a poinsettia, by providing long nights starting around October 1. You can also persuade it to flower by subjecting it to cool night temperatures of 50°F to 55°F (10°C to 13°C) starting in early November.

How to Care for Amaryllis

Although the amaryllis can be purchased at any stage of development, for many the real fun is growing their own plant from a bulb. Most amaryllis bulbs are sold already potted and with complete growing instructions. Once watering is started, you can expect magnificent lily-like blooms of red, pink, white, or orange in 4 to 6 weeks. After flowering, grow the amaryllis as a foliage plant until the leaves turn yellow. Then store the potted bulb on its side in a cool, dark room or basement to rest for 8 to 10 weeks. When new growth appears, repot the bulb and return it to the light to start the cycle again.

Once your holiday plants are back on track, display them away from drafts in a bright room, but not in direct sunlight; they all prefer 60°F to 70°F (16°C to 21°C) temperatures and like moist but not soggy soil. As with many of us, these colorful plants are already looking forward to next year's holiday season.



THE WINDCHILL EFFECT

As the wind speed increases, the body is cooled at a faster rate, causing the skin temperature to drop. The Windchill Table was designed by the National Weather Service to accurately calculate how cold air feels on human skin. The chart is based on heat loss from exposed skin and was tested on human subjects. For example, when the temperature is 15°F and the wind speed is 30 miles per hour, the windchill, or how cold it feels, is -5°F.

WINDCHILL TABLE

		TEMPERATURE (°F)														
		35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35
WIND SPEED (mph)	Calm															
	5	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52
	10	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59
	15	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64
	20	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68
	25	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71
	30	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73
	35	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76
	40	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78
	45	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79
	50	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81
	55	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82
	60	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84

FROSTBITE OCCURS IN 30 MINUTES 10 MINUTES 5 MINUTES

How Windchill Can Lead to Frostbite

The combination of cold temperature and high wind could cause your flesh to freeze—be frostbitten. The chart has a frostbite indicator: the points where temperature, wind speed, and exposure time will produce frostbite on humans. Each of the shaded areas shows how long a person can be exposed before frostbite develops. For example, a temperature of 0°F and a wind speed of 15 mph will produce a windchill temperature of -19°F. In this case, exposed skin could freeze in 30 minutes.

The Dangers of Windchill

Frostbite usually starts with the fingers, toes, tip of the nose, and earlobes. If you lose feeling in these areas or they are turning pale or

white, immediately get indoors and get medical attention.

Hypothermia occurs when your body's temperature drops too low. Symptoms include uncontrollable shivering, disorientation, and incoherence. Seek medical attention immediately.

In both cases, rewarm the body very slowly.

Be Smart About Windchill

Dress for cold weather! Wear layers of loose-fitting, warm clothing; the layers will trap air and provide insulation. Your outer shell should be water-repellent and hooded. Always wear a hat. Consider a balaclava to cover your mouth and protect your lungs. Be aware that mittens are better than gloves.

Here are some tips and techniques that can reduce our anxiety and aid in maintaining a healthy lifestyle.

Madhavi Menon Strohl

10 Stress Management Techniques

1. Organize Yourself.

Take better control of the way you're spending your time and energy, so you can handle stress more effectively.

2. Control Your Environment

Control who and what is surrounding you.

3. Love Yourself by giving yourself positive feedback.

Remember, you are a unique individual who is doing the best you can.

4. Reward Yourself by planning leisure activities into your life.

It really helps to have something to look forward to.

5. Exercise Your Body

Your health and productivity depend upon your body's ability to bring oxygen and food to its cells. Therefore, exercise your heart and lungs regularly, a minimum of three days per week for 15-30 minutes. This includes such activities as walking, cycling, swimming, aerobics, etc.

6. Relax Yourself by taking your mind off your stress and concentrating on breathing and positive thoughts.

Dreaming counts, along with meditation, exercise, listening to relaxing music, communicating with friends and loved ones, etc.

7. Rest Yourself as regularly as possible.

Sleep 7-8 hours a night. Rest your eyes as well as your mind.

8. Be Aware of Yourself.

Be aware of distress signals such as insomnia, headaches, anxiety, upset stomach, lack of concentration, colds/flu, excessive tiredness, etc. These can be signs of potentially more serious disorders (i.e., ulcers, hypertension, heart disease).

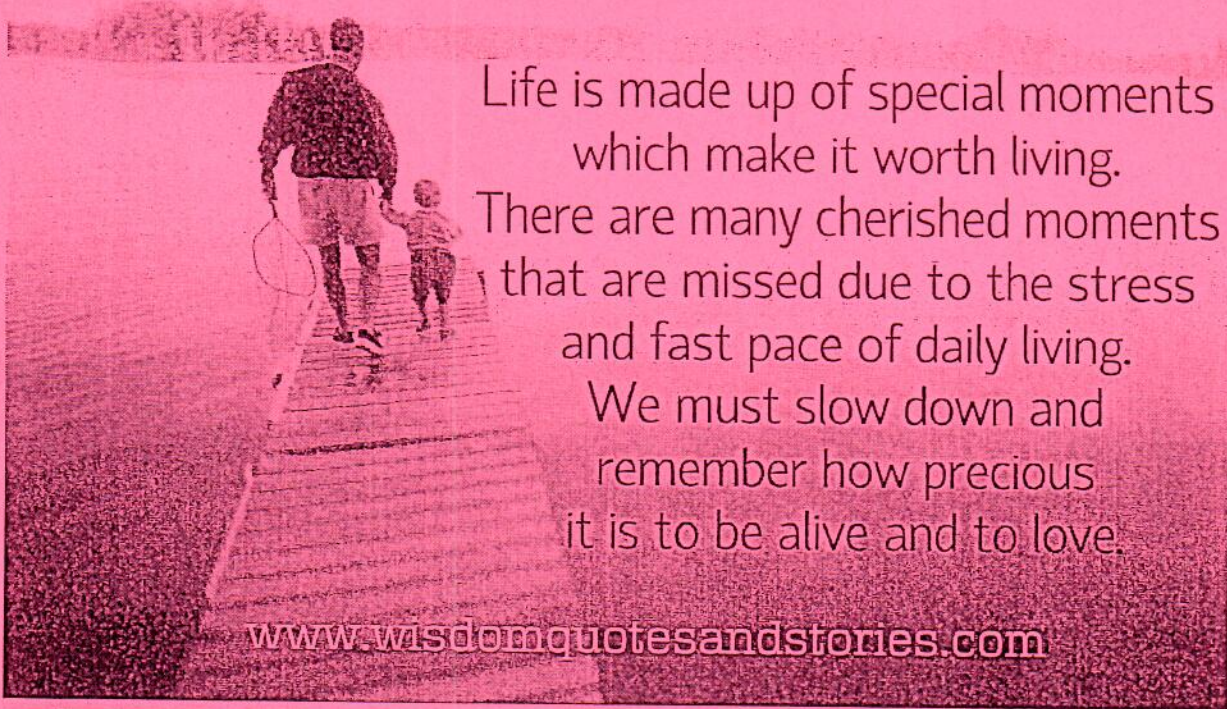
9. Feed Yourself / Do Not Poison Your Body.

Eat a balanced diet. Avoid high calorie foods that are high in fats and sugar. Don't depend on drugs and/or alcohol. Caffeine will keep you awake, but it also makes it harder for some to concentrate. Remember, a twenty-minute walk has been proven to be a better tranquilizer than some prescription drugs.

10. Enjoy Yourself.

It has been shown that happier people tend to live longer, have less physical problems, and are more productive. Look for the humor in life when things don't make sense. Remember, you are very special and deserve only the best treatment from yourself.

*Sharing Reflections



Life is made up of special moments
which make it worth living.
There are many cherished moments
that are missed due to the stress
and fast pace of daily living.
We must slow down and
remember how precious
it is to be alive and to love.

www.wisdomquotesandstories.com

3rd Thursday of every month at 10:30 AM
Phone Conference call 701 802-5218
Meeting number 3235213#

FREE Monthly Library Program for The Bay Senior Centers, The Words and Memories program stimulates memory in the older adult in a cheerful and edifying way. The idea is to include all in a program relevant to seasons, current events, holidays or any other way the discussion goes pursuant to jogging the memory of the participants. Come and share your life experiences in a group setting in which you will enjoy and enhance the process of remembering. It's a great opportunity to share your earlier memories while meeting new people and hearing other community members as they share their life experience. **Good humor and fun are integral ingredients of our program.**

Winning the Breast Cancer Battle In Your Golden Years

A webinar presented by NYC AGING in partnership with Mount Sinai Hospital

Tuesday, December 17, 2024 at 11:00 a.m.

Borna Mohabbatizadeh, M.D.
Breast Surgical Oncologist, Mount Sinai Hospital
Dubin Breast Center

Join us to learn more about:

How early detection of breast cancer saves lives; when to get mammograms; treatment modifications for older women-- less intervention with similar outcomes; what does a breast cancer diagnosis mean for your children and relatives.

WHAT TO KNOW ABOUT BREAST CANCER



1 in 8 women will be diagnosed with breast cancer



Breast cancer affects women of all races



85% of those with breast cancer have no family history of the disease.

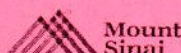
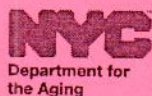
Please Click on the Link Below to Join the ZOOM Meeting:

<https://us02web.zoom.us/j/85412341929?pwd=TE44YWRRpWllrbkFycXhCTlg5Y1ppdz09>

Enter Meeting ID: 854 1234 1929

Call: 1-929-436-2866

Enter Code: 778886



Sponsored by the Brookdale Department of Geriatrics and Palliative Medicine with funding from the UJA.

THE RIGHT

ATTITUDE

MAKES EACH DAY A

Celebration