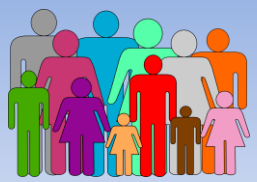
NEW YORK MEMORY CENTER

199 14th Street • Brooklyn, NY 11215
718-499-7701 • nymemorycenter.org



Spring 2023
PROGRAM CALENDAR NEWSLETTER

Dear Caregivers and Friends:

To all who celebrate we would like to wish you and the Moms in your family a HAPPY MOTHER'S DAY. With that in mind May flowers are blooming and so are things at the Center. We continue to have our artists in residence engaging the members and more new members every day. If you cannot be here we offer virtual programs. For our virtual programs we offer a free link for those who cannot make it to join us in person with the artists. If you would like to join us virtually please feel free to call the office and give us your email address to be added to the list.

Although NYMC continues to be diligent in our safety protocols and sanitizing the Center, masks are no longer mandatory. We will continue to take clients temperatures before boarding the bus and at the door before entering the program space.

Be on the lookout for the next email inviting you to our next Nature Walk

Being together and socializing is an important part of every person's life and brings joy to those who are otherwise isolated, so join us if you can.

A friendly reminder to all caregivers, if we do not have extra clothing for your loved one please send it in with the bus or bring it in. A sweater and a change of clothing is recommended to keep at the Center to assist with ADL needs. Please put their initials on the inside label. Please no jewelry or cell phones. If you have any questions, please call Susan Ramos @ 718-499-7701 ext. 313 or by email @ sramos@nymemorycenter.org.

You can go to the following websites to donate Networkforgood.com or call the office directly and we can take the information over the phone. Please help us to continue raising funds and spread the word. Your donations go a long way to help those who attend.

Please visit our website at www.nymemorycenter.org for more information about the Center and our activities schedule

Visit our Facebook page for great information @nymcbrooklyn or search New York Memory Center; via twitter @nymemorycenter and our You Tube page is NewYorkMemoryCenter.

THE LOTUS CLUB · MEMORY LIFE SERVICES · FAMILY RESOURCE PROGRAM · TRANSPORTATION · EVENING RESPITE · MEMORY ARTS CAFE

Caregiver Wellness Programs
Memory Arts Café
May \ June

May 2023

May 7: Brooklyn Botanic Garden Nature Walk
May 8: Mother's Day
May 15: International Day of Families
May 21: Armed Forces Day
May 29: **The Center is closed for Memorial Day**

May is Lupus and ALS awareness month

June 2023

June 3: Prospect Park Nature Walk

June 8th and 9th The Center is closed

ARTISTS IN RESIDENCE *Programming*
David Azarch *Percussionist*
Ismail Butera *Musician*
Sara Sisco *Karaoke*
Deborah Karpel Guitar Musician
Brooklyn Music School through June
Staff *Dance and Movement Therapy*
Staff *Multi Media Art Works*

Family Resource Center @ NYMC
Caregiver Wellness Program

NYMC & PSS Circle of Care will be collaborating to bring a hybrid joint enrichment program to all caregivers and anyone who wishes to attend. The program will be every 4th Thursday of the month. For the registration link, please check our website www.nymemorycenter.org

For the caregiver Wellness and Educational meetings, Support Groups and Memory Arts Café please visit our website below, for all updates or you can call us at 718-499-7701

To all caregivers who would like their loved ones to join any of our virtual activities please call the office at 718-499-7701 for additional information. All sessions are free

NEW YORK
MEMORY CENTER ACTIVITIES CALENDAR
MAY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
1. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Brooklyn Music School 10:30-11:30 Lunch 12:00-12:30 Dance therapy 12:30 – 1:30 Game Day 1:30-2:45 Spanish Language Program Peer Support	2. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair exercise 10:30 – 10:45 Roll the dice 10:45 - 11:30 Percussion 11:30 - 12 Lunch 12:00-12:30 Games and Arts & Crafts 12:30 – 2:30 Peer Support	3. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –11 Trivia 11:15 - 12 Lunch 12:00-12:30 Accordion tunes 1-2 Fill in the blanks 2-2:30 Spanish Language Program	4. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Make Space 10:45 – 11:45 Lunch 12-12:30 Roll the dice 12:30-1 Poetry 1-2pm Fill in the blanks 2-2:30 Peer Support	5. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Jewish Museum 10:45 – 11:45 Lunch 12:00-12:30 Bingo 1-2 Spanish Language Program Peer Support
8. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Brooklyn Music School 10:30-11:30 Lunch 12:00-12:30 Dance therapy 12:30 – 1:30 Game Day 1:30-2:45 Spanish Language Program Peer Support	9. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair exercise 10:30-10:45 Power-Ball 10:45-11 Percussion 11-11:45 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Arts & Crafts 1 – 2:30 Games 1-2:30 Peer Support	10. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 – 11 Trivia 11:15 - 12 Lunch 12:00-12:30 Todays' Buzz 12:30-1:00 Time slips 2-2:30 Spanish Language Program	11. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Make Space 10:45 – 11:45 Lunch 12-12:30 Roll the dice 12:30-1 Bingo 1-2pm Fill in the blanks 2-2:30 Peer Support	12. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Jewish Museum 10:45 – 11:45 Lunch 12:00-12:30 Poetry 12:30 – 1:30 Roll the dice 2 – 2:45 Spanish Language Program Peer Support
15. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Brooklyn Music School 10:30-11:30 Lunch 12:00-12:30 Dance therapy 12:30 – 1:30 Game Day 1:30-2:45 Spanish Language Program Peer Support	**16.** Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair exercise 10:30-10:45 Power-Ball 10:45-11 Percussion 11-11:45 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Arts & Crafts and games 1 – 2:30 Peer Support	17. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –11 Trivia 11:15 - 12 Lunch 12:00-12:30 Accordion tunes 1-2 Fill in the blanks 2-2:30 Spanish Language Program	18. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Make Space 10:45 – 11:45 Lunch 12-12:30 Roll the dice 12:30-1 Poetry 1-2pm Fill in the blanks 2-2:30 Peer Support	19. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Trivia 10:45 – 11:45 Lunch 12:00-12:30 Guitar w/Debby 1:15 -2:15 Roll the dice 2 – 2:30 Spanish Language Program Peer Support
22. Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Brooklyn Music School 10:30-11:30 Lunch 12:00-12:30 Dance therapy 12:30 – 1:30 Game Day 1:30-2:45 Spanish Language Program Peer Support	**23.** Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Chair exercise 10:30-10:45 Power-Ball 10:45-11 Percussion 11-11:45 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Arts & Crafts or games 1-2:30 Peer Support	**24**. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –10:50 Parachute 11-11:15 Trivia 11:15 - 12 Lunch 12:00-12:30 Memory Lane 12:30-1:00 Guess What I Am 1- 2 Time slips 2-2:30 Spanish Language Program	25. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Make Space 10:45 – 11:45 Lunch 12-12:30 Roll the dice 12:30-1 Bingo 1-2pm Fill in the blanks 2-2:30 Peer Support	26. Snack 9:30-10:15 Hello It's Me 10:15-10:30 Chair Exercise 10:30-10:45 Jewish Museum 10:45 – 11:45 Lunch 12:00-12:30 Poetry 12:30 - 1 Guitar w/Debby 1:15 -2:15 Spanish Language Program Peer Support
29. 	**30.** . Snack 9:30-10:15 Hello it's me 10:15 – 10:30 Percussion therapy with David 10:30-11:30 Lunch 12:00-12:30 Roll the dice 12:30-1:00 Games or Arts & Crafts 1 – 2:30 Peer Support	31. Snack 9:30-10:15 Hello It's me 10:15-10:30 Chair Exercise 10:30 –11 Trivia 11:15 - 12 Lunch 12:00-12:30 Accordion tunes 1-2 Fill in the blanks 2-2:30 Spanish Language Program	**HAPPY SPRING!**	

NY MEMORY CENTER HAPPENINGS

Birthdays, Poetry, Photos, Special Occasions

Betty S.

WE WILL BE CLOSED ON MAY 29TH IN CELEBRATION OF MEMORIAL DAY

WE WILL ALSO BE CLOSED JUNE 8TH AND JUNE 9TH