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JUNE 2026 NEWSLETTER

BERKELEY CARROLL SCHOOL INTERGENERATIONAL WEEK - JUNE 1-5, 2026

New York Memory Center is excited to begin a week-long series of intergenerational programming with our members this month! This is the third consecutive year of the collaboration. The Center will welcome a cohort of eighth-grade students who will join us during their capstone community project. *The program begins on Monday, June 1st and is made possible by The Berkeley Carroll School.*

The Berkeley Carroll School is an independent, local pre-K to twelfth-grade school that fosters a passion for learning where students strive for academic excellence, discover their passions, and express and take a personal responsibility for shaping a just and peaceful world. The School is an intellectual, creative, and equitable community where dedicated teachers challenge and support talented students. Through a demanding curriculum and a dynamic civic life, the School prepares its diverse graduates for success in college and for a lifetime of critical, ethical, and global thinking.



The June 2026 program calendar is enclosed!

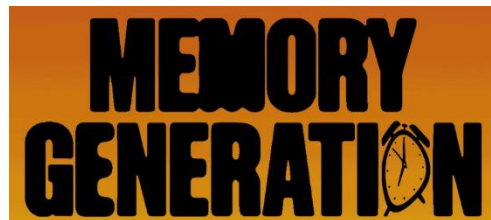
You can also visit us online at nymemorycenter.org for more details about upcoming activities and events at New York Memory Center! We look forward to seeing you soon!

EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



On Saturday, May 9th, I attended a performance of the limited-run production of **Memory Generation** at La Ma Ma Experimental Theatre Club in the East Village. It is co-created two people with lived experience caring for someone with dementia. Hosted in a memory café environment, **Memory Generation** is conceived as an inviting, intergenerational gathering space open to all audiences, regardless of their relationship to memory loss. The performance is inspired by conversations, lived experience, and interviews encompassing a wide range of perspectives and relationships to caregiving and living with or alongside those with memory loss.



As part of the event, I also staffed a resource table to provide valuable information about dementia, caregiver support, and programs like New York Memory Center!

VISIT US ON SOCIAL MEDIA!



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New York Memory Center

New York Memory Center is funded in part by the New York State Office for the Aging (NYSOFA), the New York State Department of Health, New York City Aging (DFTA), and donations large and small from donors of all kinds. Thank you!



Caregiver Topic of the Month: Summer Weather Safety



As summer approaches, it is wise to take a moment to prepare for hot and humid weather ahead. Both can be a risk factor for several serious health concerns, including dehydration, sunburn, heat exhaustion, and heat stroke. Here are some precautions and considerations you can take to reduce the risk of your loved one experiencing a heat-related emergency:

- ✓ *Check that air conditioners are in working order.* Often, dust and debris can accumulate inside window air conditioning units during the winter months, affecting their performance. Take a moment to clean the air filter and any loose debris on the outside of the compressor unit. Demand for air conditioner repair will soar when the first heat wave hits, so act early!
- ✓ *Encourage your loved one to use the air conditioner.* As we age, our bodies can become less aware when we are getting too hot and may not feel the need to use air conditioning or reduce layers.
- ✓ *Stay indoors during the hottest part of the day.* Typically, this is between 11:00 AM and 5:00 PM during the summer months.
- ✓ *Wear loose fitting and light-colored clothing.* Extra layers, tight-fitting, and dark-colored clothing can exacerbate the effects of hot weather. A wide-brimmed hat can also be helpful for keeping sun out of the eyes and face.
- ✓ *Drink plenty of water.* Experts suggest drinking a minimum of 64 ounces per day, or eight 8-ounce glasses. Other fluids, such as coffee, tea, soda, and juices, may have a diuretic or dehydrating effect. If your loved one is reluctant to drink water, you can add a slight flavor by muddling foods such as lemon wedges or cucumber slices in the water and serve over ice.
- ✓ *Use sunscreen if going outdoors.* The impact of sunshine exposure goes beyond heat and humidity. Be sure to apply sunscreen with a minimum sun protection factor (SPF) of 30. Take care to reach areas like the ears, nose, and back of the neck with sunscreen.
- ✓ *Be alert for the signs of heat-related illness.* These include heavy sweating, pale skin, headache, nausea, dizziness, fainting, weakness, and muscle cramps. Other symptoms may include a rapid, weak pulse, thirst, irritability, and a high body temperature. In severe cases, like heatstroke, symptoms can include confusion, disorientation, and even loss of consciousness. **Heat-related illness is a medical emergency. If you suspect heat-related illness, call 911 right away.**

New York Memory Center and its vehicles all have air conditioning. It will be in use during bus rides and in the Center during hot and humid weather. We encourage our members to bring a light sweater or cardigan that is easy to put on or take off, because air conditioning may make some people feel chilled.

Program Spotlight: Time Slips (Creative Storytelling)

Time Slips is a dementia-friendly creative storytelling program developed by Anne Beating in the late 1990's as part of work on a grant around intergenerational storytelling. In a Time Slips program, participants are given an image depicting a scene, such as a family dinner, familiar activity, or humorous situation. Everyone is invited in to tell a story about the scene using open-ended questions. There is no wrong way to participate - non-linear, non-sensical, and non-judgmental contributions are all okay.

New York Memory Center has included Time Slips on the activities calendar for many years. Members delight in stories from serious to silly! Learn more about Time Slips by visiting <https://timeslips.org>

TimeSlips™



Upcoming Community Integration Opportunities and Activities



Most programs listed are tailored for people affected by memory loss and their caregivers. Advance registration is required for all programs - please check websites for details!

Met Memory Cafe - Monday June 1st at 2pm

Enjoy an afternoon of art, activities, and refreshments at the Metropolitan Museum of Art. This event is meant to engage people living with dementia in conversations around art, and holding space for people to socialize and connect.



Lincoln Center Moments: "We'll Be Bach" – Wednesday June 3rd at 11am and 1pm

Find inspiration with the Calidore String Quartet as they return to Lincoln Center Moments to explore innovative works by Benjamin Franklin, Wynton Marsalis and Wolfgang Amadeus Mozart. Featuring Jeffrey Myers, Ryan Meehan, Jeremy Berry and Estelle Choi. This event is part of Lincoln Center Moments, a free performance-based program specially designed for individuals with dementia and their caregivers. This is the final event of the spring 2026 series, Lincoln Center Moments will return in the fall.



Jazz at the American Folk-Art Museum – Wednesday June 10th at 1pm

Enjoy jazz standards from the American Songbook with guitarist Jeff Wurtzel and special guests in The Museum's galleries. This is a popular program so advance registration and arriving early are recommended. Be sure to also check out the Museum's monthly online program "Folk Art Reflections" on the first Thursday of each month.



JM Journeys at the Jewish Museum – Wednesday June 10th at 2pm

Participants with Alzheimer's disease and related dementias and their care partners are invited to join a lively and creative program that encourages personal connections to original works of art and each other. This program will explore Paul Klee: Other Possible Worlds through facilitated discussions, multi-sensory experiences, and gallery activities.



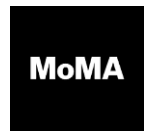
C2Baseball at Caring Kind - Wednesday June 17th at 11am

Join a lively conversation at Caring Kind to discuss and reminisce about America's favorite pastime - Baseball! Share your memories and pride for your favorite team - Yankees, Mets, Dodgers! Advance registration is recommended through Caring Kind's website. There is also a virtual version of this program via Zoom on Tuesday, June 16th at 4pm. PLAY BALL!



Meet Me at MOMA – Thursday June 25th at 2:30pm

Join us at the Museum of Modern Art (MOMA)! The Meet Me at MOMA program is a forum for dialogue through looking at art. Specially trained Museum educators will highlight themes, artists, and exhibitions through an interactive program in the Museum's galleries.



Stay tuned for more community activities!

Are you interested in a community integration opportunity or activity?

Please let us know at New York Memory Center! We can help you learn more about any program or suggestion listed above, and work with you and your caregivers to make arrangements to attend. Call us at 718.499.7701 or ask us in person!

NEW YORK MEMORY CENTER HAPPENINGS

Birthdays, Photos, and Special Occasions

Join us in wishing our members
a Happy Birthday this June!

Mike - 5th



THE HORT
thehort.org



New York Memory Center is excited to kick off its collaboration with the **Horticultural Society of New York** (the Hort) this summer and fall! The first stage of the collaboration involved cleanup of the garden area of the 13th Street side of the building and the construction of two raised planter boxes. Here, the work crew from the Hort poses for a picture after building the boxes. Programming is set to begin with the arrival of plants and the horticultural specialist on **Wednesday June 10th** and run every other week for twelve weeks into November.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
June 1st - 5th, 2026 - INTERGENERATIONAL WEEK WITH THE BERKELEY CARROLL SCHOOL 8TH GRADE CLASS				
<p>1</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 INTERGENERATIONAL WEEK KICKOFF: Icebreaker Activities 12:00 Lunch - PIANO MUSIC 12:30 Would You Rather? 1:00 Music and Movement 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>2</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing - Life Story Interview 12:00 Lunch 12:30 Ball Toss 1:00 Hands-On Activity - 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>3</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Name 10 If We Can 1:00 Time Slips / Creative Storytelling (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>4</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Collaborative Poster 12:00 Lunch 12:30 Pictionary 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>5</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MOMENT WITH MAGDA (LC) 12:00 Lunch 12:30 Basketball 1:00 Trivia 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p>8</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation (LC) 12:00 Lunch - PIANO MUSIC 12:30 Famous Faces 1:00 STORIES IN THE MOMENT WITH MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>9</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Places 12:00 Lunch 12:30 Balloon Volleyball 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>10</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Parachute 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>11</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Fill in the Blank 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>12</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MOMENT WITH MAGDA (LC) 12:00 Lunch 12:30 Rhyme Time 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p>15 <i>Flag Day (14th)</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch - PIANO MUSIC 12:30 Bean Bag Toss 1:00 FOLK ART REFLECTIONS WITH ELIZABETH (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>16</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 20 Questions 12:00 Lunch 12:30 Basketball 1:00 ART CONVERSATIONS 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>17</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>18</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Ball Toss 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>19 <i>Juneteenth</i></p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation (LC) 12:00 Lunch 12:30 Finish the Phrase 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p>22 <i>Father's Day (21st)</i></p> <p>9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch - PIANO MUSIC 12:30 Reminiscing 1:00 STORIES IN THE MOMENT WITH MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>23</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 Charades 1:00 JEOPARDY WITH AUDREY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>24</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Bowling 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>25</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Sing-Along Songbooks 1:30 Bingo 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>26</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 STORIES IN THE MOMENT WITH MAGDA (LC) 12:00 Lunch 12:30 A to Z 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>
<p>29</p> <p>9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch - PIANO MUSIC 12:30 What Would You Do? / You Be The Judge 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<p>30</p> <p>9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Ring Toss 1:00 Art Activity - 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox</p>	<div style="text-align: center;">  <p>EARLY-STAGE LOTUS CLUB Programs marked by "LC"</p> <p><i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i></p> </div>	<p>COMMUNITY ACTIVITIES - New York Memory Center will support you in planning to attend community activities you may enjoy. Please ask us and see our monthly newsletter and postings in the Center.</p> <p>PREFER ANOTHER ACTIVITY? - You may choose your own activities at any time.</p>	<p>PEER SUPPORT - Mondays, Wednesdays, and Thursdays</p> <p>SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays</p>

