



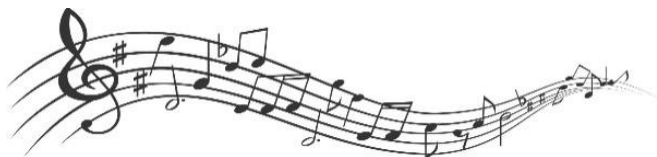
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DECEMBER 2025 NEWSLETTER

NEW YORK MEMORY CENTER TO HOST TWO SPECIAL EVENTS THIS HOLIDAY SEASON

On **Monday December 8th at 11am**, PS 124's 5th graders are taking an active hand in shaping a special holiday-themed program for New York Memory Center. They are all excited to share what we come up with! The music program at PS 124 (Silas Dutcher School) is dedicated to harnessing youthful imagination to instill tools for lifelong music making, and then plugging the live musical current into all the outlets of New York City.



Then, on **Thursday December 11th at 6pm**, join us for a very special Memory Arts Cafe this holiday season! Members of the Phi Mu Alpha Sinfonia fraternity chorus invite you to a festive evening of song and celebration. Food and refreshments will be served. Register at: <https://tinyurl.com/27k63etn>



PHI MU ALPHA
SINFONIA
AMONG MEN
HARMONY



EXECUTIVE DIRECTOR'S CORNER

Audrey Swanson, LMSW



Giving Tuesday is on December 2nd, 2025!

Our campaign theme this year is "Moments That Matter." Your support helps make the Center's programs accessible and affordable to families throughout Brooklyn, and create more Moments That Matter every single day. Make your gift and an impact today via our website. THANK YOU!

<https://nymemorycenter.org/give>



During this season of gratitude, I also want to take a moment to extend a profound thank you to our volunteers, interns, and consultants who have brought countless hours of joy and enrichment to our community. From Kayka Filipowicz's sonorous piano music during our Monday lunch hours, to the dedication and enthusiasm of our students from Columbia University and SUNY Downstate, we are lucky to have all of you as part of our Center!

The December 2025 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! **The Center will be CLOSED for Christmas on Thursday, December 25th, 2025.**

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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: Seasonal Stress

What is "seasonal stress"?

The holiday season - Thanksgiving, Hanukkah, Christmas, Kwanzaa, and New Years - is often a time of joy, connection, and celebration with the people most important to us. But it can also be a stressful time, especially for someone who is also balancing the responsibility of caring for a loved one affected by dementia. The added demands of planning and preparing for a holiday gathering, seeing family and friends, and gift-giving can feel overwhelming and lead to exhaustion and burnout.

What are some ways to cope with stress?

Here are a few ideas that may help you reduce your stress this holiday season, suggested by the Alzheimer's Foundation of America (AFA):

- Ask for help - support is essential! Family, friends, professional caregivers, and support programs can all offer help. *Be sure to ask for and share what you need.*
- Get a good night's sleep - sleep is one of the most important ways to recharge and renew our mind and body each day. Lack of sleep can lead to irritability, low mood, and have unintended physical consequences.
- Get a little exercise - taking a short brisk walk, practicing gentle yoga, or other ways to get your muscles moving can help refocus your mind.
- Eat a healthful diet - fruits, vegetables, whole grains, proteins, and especially water nourish the body best. Alcohol, sweets, and processed foods tend to do the opposite.
- Take things one day at a time - if it is not an emergency, do not make it into one! Prioritize what is most important, and take care to set reasonable goals.
- Make time for yourself - this may be the most important suggestion of all!



***From all of us at New York Memory Center,
We wish you a safe, joyous, and festive winter holiday season!***

Program Spotlight: Sing-Along / Staff Karaoke

Among the most cherished programs among our members at New York Memory Center is our staff-led music activities! Music has a way of connecting generations and transcending the limits of traditional verbal communication. This is particularly powerful for people impacted by dementia, for whom verbal communication may be challenging due to symptoms such as aphasia or apraxia of speech. Holiday season music is especially evocative of memories of seasons past, inspiring reminiscing conversations, spontaneous singing and dancing, and bringing people together in shared joy.





Upcoming Community Integration Opportunities and Activities

*All 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 December 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.



Arts & Minds Interactive Gallery Tour at Studio Museum in Harlem - Tuesday December 9th at 2pm

Arts & Minds is an NYC-based nonprofit dedicated to providing meaningful art-focused programs for people with memory loss, Alzheimer's disease, and other dementias. This special program invites you to join Arts & Minds at Harlem's Studio Museum - a nexus for artists of African descent locally, nationally, and internationally - for an afternoon of conversation, connection, and creativity.



JM Journeys at the Jewish Museum - Wednesday December 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 The Jewish Museum's Hanukkah Lamps Collections through facilitated discussions and multi-sensory experiences, and a printmaking workshop.



Lincoln Center Moments - Wednesday December 10th at 11am and 1pm

Join us for "Roots and Routes" with the New York Philharmonic this holiday season! This Performance is a celebration of the influences and sounds that have shaped 250 years of America's Musical history and 400 years of New York City as a global crossroads.



Brooklyn Botanic Garden - Thursday December 11th at 1pm (NEW DATE AND TIME)

Join us for a holiday season guided tour of the Brooklyn Botanic Garden, followed by a hands-on Horticultural activity. Delight in seasonal highlights, connect with nature, and enjoy a sensory experience. This is a leisurely stroll with plenty of stopping opportunities and is accessibility friendly.



CaringKind and Museum at Eldridge Street Holiday Celebration! - Thursday December 18th at 2pm

Join us in person at CaringKind as the Museum at Eldridge Street explores how the Jewish and Christian communities influenced each other's holidays at the turn of the century. From presents, festivities, music, and more! Learn how immigration 100 years ago has shaped the holidays we celebrate today. Those attending in person will enjoy holiday snack, including donuts and buñuelos!



Meet Me at MOMA - Thursday December 18th 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.



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 December!**

Sydni - 3rd
Marion - 11th

Hillela - 4th
Eddie - 28th



To mark National Family Caregivers Month this past November, NYMC partnered with PSS Circle of Care to offer a delicious Thanksgiving themed luncheon from Brooklyn restaurant Cornbread Farm to Soul, and a joyful Painting with Friends class with teaching artist Katherine Konstantinidis. A dozen caregivers joined us for an afternoon of community, conversation, and connection. Special thanks to Medge Adam and PSS for sponsoring the event!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 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 What Would You Do? 1:00 Art Activity - Snowflakes 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	2 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Name 10 If We Can 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	3 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Ring Toss / Bean Bag Toss 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	4 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 You Be The Judge 12:00 Lunch 12:30 Basketball 1:00 Sing-Along - Holidays 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	5 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Conversation Cards 1:30 GUITAR WITH DEBBY 2:30 Afternoon Snack and Stretch
8 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 SILAS DUTCHER SCHOOL 5TH GRADE RECITAL (LC) 12:00 Lunch 12:30 Rhyme Time 1:00 Name That Tune - Holiday Edition 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	9 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Ball Toss 1:00 Art - Painting 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox 1:00 ADVANCE DIRECTIVES SEMINAR	10 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Balloon Volleyball 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	11 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Art Activity - Gingerbread Cottages (LC) 12:00 Lunch 12:30 20 Questions 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox 6:00 MEMORY ARTS CAFE - PHI MU ALPHA CHORUS	12 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 Word Grid 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
15 Hanukkah begins (14th) 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips 12:00 Lunch 12:30 Anagrams 1:00 Sing-Along - Holidays 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	16 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Table Games - Dreidel 1:00 HORTICULTURE PROGRAM Holiday Arrangements (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	17 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 BROOKLYN MUSIC SCHOOL (LC) 12:00 Lunch 12:30 Charades 1:00 PENNY AUCTION (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	18 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Finish the Phrase 1:00 ART WORKSHOP WITH FOLK ART MUSEUM (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	19 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 A to Z 12:00 Lunch 12:30 MAD LIBS WITH AUDREY 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
22 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Would You Rather? 1:30 GUITAR WITH DEBBY 2:30 Afternoon Snack and Stretch	23 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 PERCUSSION WITH DAVID 12:00 Lunch 12:30 ART CONVERSATIONS - Holiday Edition (LC) 1:00 Art - Mixed Media 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	24 Christmas Eve 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Poetry Appreciation (LC) 12:00 Lunch 12:30 Hangman / Fill in the Blank 1:00 Sing-Along - Holidays 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	25 CENTER CLOSED CHRISTMAS HAPPY Holidays!	26 Kwanzaa begins 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Faces 12:00 Lunch 12:30 Opposites 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox
29 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Conversation Cards 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	30 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Places 12:00 Lunch 12:30 Balloon Volleyball 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	31 New Year's Eve 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Basketball 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack and Jukebox	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. PREFER ANOTHER ACTIVITY? - You may choose your own activities at any time.	EARLY-STAGE LOTUS CLUB Programs marked by "LC" Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation  PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Mondays, Wednesdays, and Fridays

