



199 14th Street • Brooklyn, NY 11215  
718-499-7701 • [nymemorycenter.org](http://nymemorycenter.org)



## Summer 2022 PROGRAM CALENDAR NEWSLETTER

Dear Friends:

New York Memory Center continues to have our staff wear masks indoors. We are delighted that members have returned to be with us for in person programming at the Center and we hope that many more will join us soon. We remain diligent in cleaning and keeping everyone safe.

Being together and socializing is an important part of every person's life and brings joy to those who are otherwise isolated.

**PS: New York Memory Center will be closed,  
Monday September 5, 2022 Labor Day.**



With July newsletter, we had enclosed a form that needs to be completed and return to us as soon as possible, if you have not please do so. The N.Y.S. Office for the Aging, which helps our Center with funding, is collecting this information. Please mail it back to us, email it to [mdiaz@nymemorycenter.org](mailto:mdiaz@nymemorycenter.org), or give it to the driver. Your cooperation is greatly appreciated.

Margarita will be reaching out with updated information and any notifications of all fundraisers and Memory Arts Cafés.

If you buy products from Amazon.com, please log in using [smile.amazon.com](http://smile.amazon.com) and Amazon will donate .05% of eligible purchases to New York Memory Center, just choose us as the charity.

You can go to the following website: [Networkforgood.com](http://Networkforgood.com), for any donations, So please spread the word.

Please visit our website [@NYMemoryCenter.org](http://@NYMemoryCenter.org) or our Facebook page [@NewYorkMemoryCenter](http://@NewYorkMemoryCenter), or our twitter account [@nymemorycenter](http://@nymemorycenter) or our You Tube page [NewYorkMemoryCenter](http://NewYorkMemoryCenter).

*Margarita Diaz  
Adult Day Manager*



# Caregiver Wellness Programs Memory Arts Café

August / September



## August 2022

Sunday August 7<sup>th</sup> Friendship Day

Friday August 19<sup>th</sup> National Aviation Day

Sunday August 21<sup>st</sup> Senior Citizen Day

## September 2022

Monday September 5<sup>th</sup> **Labor Day (Closed)**

Monday September 26<sup>th</sup> Rosh Hashanah

## Family Resource Center @ NYMC Caregiver Wellness Program

NYMC & PSS Circle of Care will be collaborating to bring a hybrid joint enrichment program to all caregiver and all those who wish to attend, more details to follow please check our website @ [www.nymemorycenter.org](http://www.nymemorycenter.org)

For the caregiver Wellness and Educational meetings, Support Groups and Memory Arts Café via Zoom please visit our website below, for all updates or you can contact Margarita Diaz @718-499-7701 or via email at [mdiaz@nymemorycenter.org](mailto:mdiaz@nymemorycenter.org)

Visit our website @ [www.nymemorycenter.org](http://www.nymemorycenter.org) or check us out on Facebook.

## **ARTISTS IN RESIDENCE** *Programming*

**David Azarch** *Percussionist*

**Ismail Butera** *Musician*

**Gary Glazner** *Creator of the Alzheimer's Poetry Project*

**Sara Sisco** *Karaoke*

**Deborah Karpel** *Guitar Musician*

**Staff** *Dance and Movement Therapy*

**Staff** *Multi Media Art Works*

For caregiver Assessment (TCARE) please contact Edith Vizcarrondo at 718-499-7701 or via email [evizcarrondo@nymemorycenter.org](mailto:evizcarrondo@nymemorycenter.org)



# LOTUS CLUB & MEMORY LIFE SERVICES

## Daily Activities on Site/Virtual

### August 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Trivia 11:00-12:00 Lunch 12:00-12:30 Dance-A-Thon 12:30-1:00 Game Day 1:00-2:00 Spanish Language Program</p>	<p><b>2. Breakfast Snack</b> 9:45-10:15 Percussion Therapy (David) 10:30-11:30 Chair Exercise 11:30-12:00 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>3. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Poetry 10:45-11:15 Power Ball 11:15-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Bingo 1-2 Spanish Language Program</p>	<p><b>4. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Ball Toss 10:45-11:00 Sing-A-Long (Staff) 11:15-12:00 Lunch 12-12:30 Today's Buzz 12:30-1:00 Arts &amp; Crafts 1-2 Peer Support</p>	<p><b>5. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Guitar Sing-A-Long 1:00-2:00 Spanish Language Program Peer Support</p>
<p><b>8. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Karaoke 1:00-2:30 Spanish Language Program</p>	<p><b>9. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power-Ball 10:45-11:00 Playing To The Beat 11:00-12:00 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>10. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Sing-A-Long 10:45-11:00 Dance-A-Thon 11:00-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Arts &amp; Crafts 1-2 Spanish Language Program</p>	<p><b>11. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12-12:30 Today's Buzz 12:30-1:00 Accordion Music 1:00-2 Peer Support</p>	<p><b>12. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Today's Buzz 11:30-12:00 Lunch 12:00-12:30 Sing-A-Long 12:30-1:00 Bingo 1:00-2:00 Spanish Language Program Peer Support</p>
<p><b>15. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Game Day 1:00-2:00 Spanish Language Program</p>	<p><b>16. Breakfast Snack</b> 9:45-10:15 Percussion Therapy (David) 10:30-11:30 Chair Exercise 11:30-12:00 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>17. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 11:00-11:30 Playing To The Beat 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Arts &amp; Crafts 1-2 Spanish Language Program</p>	<p><b>18. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Sing-A-Long (Staff) 1:00-1:30 Dance-A-Thon 1:30-2:00 Peer Support</p>	<p><b>19. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Play To The Beat 11:00-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Guitar Sing-A-Long 1:00-2:00 Spanish Language Program</p>
<p><b>22. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Game Day 12:30-1:00 Karaoke 1:00-2:30 Spanish Language Program</p>	<p><b>23. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power - Ball 10:45-11:00 Playing To The Beat 11:00-11:30 Dance Therapy 11:30-12 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>24. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Poetry 10:45-11:15 Trivia 11:15-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Power Ball 12:30-1:00 Arts &amp; Crafts 1:00-2:00 Spanish Language Program</p>	<p><b>25. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Playing To The Beat 10:45-11:15 Dance-A-Thon 11:15-11:30 Trivia 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1 Bingo 1-2 Peer Support</p>	<p><b>26. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power Ball 10:45-11:00 Trivia 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Arts &amp; Crafts 1:00-2:00 Spanish Language Program Peer Support</p>
<p><b>29. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power- Ball 10:45-11:00 Group Sing-A-Long 11:00-11:30 Dance-A-Thon 11:30-12:00 Lunch 12:00-12:30 Today's Buzz 12:30-1:00 Game Day 1:00-2:00 Spanish Language Program</p>	<p><b>30. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Power-Ball 10:45-11:00 Playing To The Beat 11:00-11:30 Dance Therapy 11:30-12 Lunch 12:00-12:30 Going Down Memory Lane 12:30-1:00 Time Slips 1:00-2:00 Peer Support</p>	<p><b>31. Breakfast Snack</b> 9:45-10:15 Chair Exercise 10:15-10:45 Playing To The Beat 10:45-11:15 Trivia 11:15-12:00 Lunch 12:00-12:30 Power- Ball 12:30-1:00 Accordion Music 1:00-2:00 Spanish Language Program</p>		



## NY MEMORY CENTER HAPPENINGS

*Birthdays, Poetry, Photos, Special Occasions*

### HAPPY BIRTHDAY

To the following members:



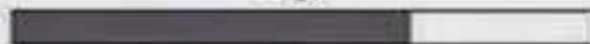
Ola H. August 2nd

Esther W. August 9th

Marge L. August 10th

To all our caregivers and loved ones that we don't get to see in person.

Sending virtual hug...





## Lunch Menu AUGUST 2022

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**2**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**3**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**4**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**5**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**6**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**9**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**10**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**11**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**12**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**13**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**16**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**17**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**18**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**19**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**20**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**23**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**24**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**25**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**26**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**27**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**30**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**31**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**31**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**31**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

**31**  
Nutritional Meal  
Whole wheat bread  
Juice  
1% low fat Milk  
Juice  
  
Snack @2pm

#### MEALS PROVIDED BY RUSSO'S FRESH GOURMET (DFTA CERTIFIED)

Stuffed shells  
Carrots & corn

Vegetable Lasagna  
String Beans

Italian meatballs  
Pasta & vegetables

Eggplant Parm  
Carrots & peas

Meatloaf with gravy  
Potatoes & vegetables

Seasonal Fish  
Rice & vegetables

Chicken fajitas  
Rice & vegetables

Pork Stir Fry  
Rice & vegetables

Ravioli  
Pasta & vegetables

Baked Fish  
Pasta & vegetables