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SEPTEMBER 2026 NEWSLETTER

STAFF CHANGES AT THE CENTER

Hello to September and farewell to summer! On September 22nd fall will arrive and the cooler weather should be coming with it. Sadly, we have to say goodbye to Audrey Swanson our former Executive Director who has moved to a new position at a different agency. At the same time, we say a big HELLO and WELCOME to two new program assistants, Whitney Morrell and Jabali Butler. They are already getting to know each member and ably helping with the daily activities.

Chief Executive Officer Susan Ramos will continue to provide leadership with guidance from the Board of Directors. Susan has worked at the Center for more than ten years and stepped in as Interim Executive Director for two years before Audrey was hired.

Later in September we'll also be welcoming Occupational Therapy students from SUNY Downstate and Columbia University who help with programs and contribute new ideas and energy as they fulfill their internship requirements.

TAKING TIME TO REMEMBER

This September the city marks 25 years since the terrible loss of lives in New York City, Pennsylvania, and Washington DC on 9/11. Our hearts are with all those who lost loved ones. For visitors to the 9/11 Memorial in lower Manhattan there is information on their website about accessibility and free admission for care partners. Follow the link for accessibility resources on this page: 911memorial.org/visit.



September is a busy month. Rosh Hashanah begins at sundown September 12th, Yom Kippur September 21st, and Sukkot September 26th. The autumn equinox is September 22nd, and with the start of fall remember that doctors especially recommend a flu vaccine, and COVID-19 boosters for older adults. Health plans like Medicare usually cover these vaccines, but *speak with your doctor for specific guidance*. Thank you for your ongoing vigilance and to keep our community healthy and safe!

Please note that we will be closed on Labor Day, Monday, Sept. 7, and Tuesday, Sept. 8.

You can also visit us online at nymemorycenter.org for more details about upcoming activities at New York Memory Center!

We look forward to seeing you soon!

VISIT US ON SOCIAL MEDIA!

-  facebook.com/nymcbrooklyn
-  instagram.com/nymc199
-  YouTube.com/@newyorkmemorycenter7961
-  Caregiver tips: nymemorycenter.org/blog

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!

NEW YORK MEMORY CENTER HAPPENINGS

Birthdays, Photos, and Community Events

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

Doris H.
Marcia C.

Joyce C.
Bernice L



We're harvesting! Thanks to The Horticultural Society for this great program!



Upcoming Community Integration Opportunities and Activities

*All programs listed are tailored for people affected by memory loss and their caregivers.
Free but advance registration is required for all programs - please check websites for details!*

Jewish Museum Journeys - Wednesday September 9th at 2 – 3:30 pm

"Modernity and Opulence", facilitated discussions, multi-sensory experiences, and an art workshop. In person and on Zoom. Visit: thejewishmuseum.org/programs/ thejewishmuseum.org/programs

Brooklyn Botanic Garden Memory Programs – Friday September 11th at 11 am – 1:00 pm

Harvest herbs and vegetables; Create a flower bouquet to take home; Explore seasonal highlights in the Garden; Savor a peaceful stroll along our scenic paths. Garden entry and program participation is free, but space is limited and preregistration is required. Visit: bbg.org/visit/event/memory_programs_september_2026

Met Escapes Musical Bodies, Metropolitan Museum of Art - Tuesday September 22nd at 2 – 3:30 pm

"Musical Bodies" will resonate with visitors of all ages, whether you are a musician, a devoted listener, or simply curious about human expression. Visit: metmuseum.org/events



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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 individualized activities at any time.	1 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Would You Rather? 12:00 Lunch 12:30 Balloon Volleyball 1:00 Table Games and Puzzles 2:00 Gentle Stretching 2:30 Afternoon Snack	2 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 20 Questions 1:00 HORTICULTURE (LC) 1:00 Fill in the blanks 2:00 Gentle Stretching 2:30 Afternoon Snack	3 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Name 10 If We Can 12:00 Lunch 12:30 Bean Bag Golf 1:00 Art Activity 2:00 Gentle Stretching 2:30 Afternoon Snack	4 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Anagrams 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack
7 CENTER CLOSED LABOR DAY 	8 CENTER CLOSED	9 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 ART WORKSHOP WITH THE JEWISH MUSEUM (LC) 12:00 Lunch 12:30 Word Grid 1:00 Mini Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack	10 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Trivia 12:00 Lunch 12:30 Ball Toss 1:00 Poetry appreciation 2:00 Gentle Stretching 2:30 Afternoon Snack	11 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Famous Places 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack
14 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch + PIANO MUSIC 12:30 Finish the Phrase 1:00 BINGO 2:00 Gentle Stretching 2:30 Afternoon Snack	15 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 POETRY APPRECIATION (LC) 12:00 Lunch 12:30 Parachute 1:00 Art Activity 2:00 Gentle Stretching 2:30 Afternoon Snack	16 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Famous Symbols 12:00 Lunch 12:30 Opposites 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack	17 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Reminiscing 12:00 Lunch 12:30 Basketball 1:00 ACCORDION WITH ISMAIL 2:00 Gentle Stretching 2:30 Afternoon Snack	18 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 SUNY DOWNSTATE OT 12:00 Lunch 12:30 Fill in the Blank 1:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 2:00 Gentle Stretching 2:30 Afternoon Stretch
21 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch + PIANO MUSIC 12:30 Balloon Volleyball 1:00 Art Activity 2:00 Gentle Stretching 2:30 Afternoon Snack	22 9:30 Coffee and Conversation 10:30 PERCUSSION WITH DAVID 11:30 Stretch and Move Exercise 12:00 Lunch 12:30 Charades 1:00 Family Feud 2:00 Gentle Stretching 2:30 Afternoon Snack	23 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Creative Storytelling / Time Slips (LC) 12:00 Lunch 12:30 A to Z 1:00 Name That Tune 2:00 Gentle Stretching 2:30 Afternoon Snack	24 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 What Would You Do? 12:00 Lunch 12:30 Rhyme Time 1:00 Staff Karaoke 2:00 Gentle Stretching 2:30 Afternoon Snack	25 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch 12:30 Trivia 1:00 GUITAR WITH DEBBY 2:00 Gentle Stretching 2:30 Afternoon Snack
28 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 RAISING OUR VOICES PROJECT W/ MAGDA (LC) 12:00 Lunch + PIANO MUSIC 12:30 Ring Toss 1:00 Sing Along Songbooks 2:00 Gentle Stretching 2:30 Afternoon Snack	29 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 Conversation Cards 12:00 Lunch 12:30 Finish the Phrase 1:00 Bowling 2:00 Gentle Stretching 2:30 Afternoon Snack	30 9:30 Coffee and Conversation 10:30 Stretch and Move Exercise 11:00 COLUMBIA OT Students 12:00 Lunch 12:30 Balloon Volleyball 1:00 HORTICULTURE (LC) 2:00 Gentle Stretching 2:30 Afternoon Snack	 EARLY-STAGE LOTUS CLUB Programs marked by "LC" <i>Made possible by grant support from the Fan Fox and Leslie R. Samuels Foundation</i>	PEER SUPPORT - Mondays, Wednesdays, and Thursdays SPANISH LANGUAGE PROGRAM - Wednesdays and Fridays

