

## APRIL SHOWERS BRING MAY FLOWERS!

Goodbye winter - hello spring! As the days get longer and the flowers begin to bloom, let this season remind us of the importance of new beginnings and starting fresh. We are happy to bring you our April Chatterbox as we enjoy the warmth of spring and celebrate the official grand opening of our new Bay Ridge Center, an event that unfolded with tremendous success on March 11. The air is filled with a sense of renewal, and we are excited to embark on this exciting new chapter and journey with you all.



The grand opening of our Bay Ridge Center was nothing short of remarkable and memorable. The energy, enthusiasm, and support from our members was overwhelming and appreciated. We extend our heartfelt gratitude to everyone who joined us on this momentous day.



We would like to express our sincere appreciation for your unwavering support and patience during the transition from our old Center to the new Bay Ridge location. Your understanding has been invaluable, and we are truly grateful for the continued trust you place in us. Our commitment to providing an enriching and welcoming environment remains true, and we are excited for the new journey ahead.

As we step into April, be prepared for a lineup of exciting upcoming events and activities at both Bay Ridge Center and Bay Ridge Connects NNORC. Stay tuned for updates on our website and through social media. If you would like to be added to our email listing, please contact us at (718) 748-0650.

In closing, we thank you all for being an integral part of the Bay Ridge Center network and family. Together, we have created a community that thrives on shared experiences, kindness, and growth. Here's to the new Bay Ridge Center, the blossoming season of spring, and the wonderful journey ahead!

Warm regards,  
Bay Ridge Center Team

Spring has sprung, and with it comes a bouquet of exciting events and programs at Bay Ridge Connects NNORC! As we move into April, we are thrilled to highlight some of our programming that promises something for everyone.

**SIGN LANGUAGE**

Every Monday at 12:00 pm, join us for our beginner-friendly Sign Language class with the wonderful instructor, Alina D. Whether. If you are looking to learn a new skill, hobby or enhance your communication abilities, this class is perfect for you!

**BAY RIDGE CONNECTS CINEMA**

Our Bay Ridge Connects Cinema program continues to be an enjoyment every Tuesday at 2:00 pm. Join us as we cozy up, complete with popcorn and a projector screen to watch an array of films and movies. It's the perfect opportunity to relax and enjoy a film with friends.

**BENEFITS ASSISTANCE**

Navigating benefits can be intimidating, but don't worry! Our Benefits Assistance program, led by the dedicated Yannerys Castillo. from Fifth Ave Committee, is here to help. Join us on Tuesdays from 10:00 am to 11:00 am and Wednesdays from 1:00 pm to 2:00 pm to receive guidance and support. Spanish-speaking assistance is available, ensuring that everyone can access the resources they need.

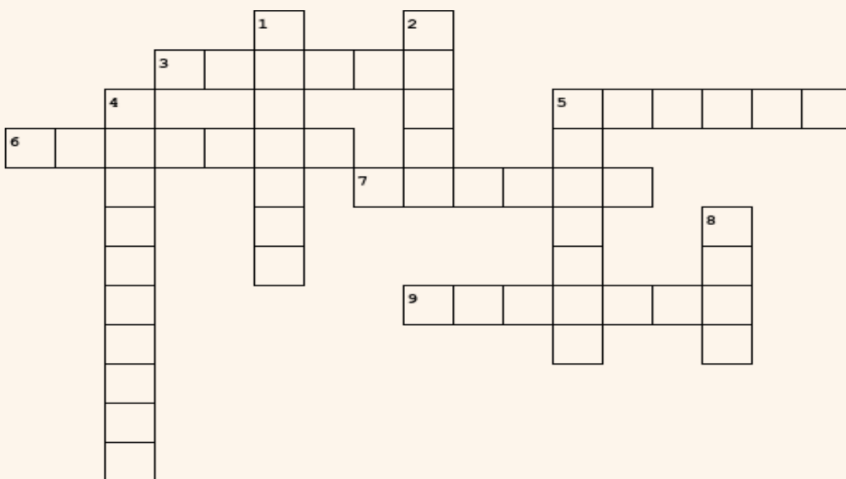
As always, your feedback and suggestions are always appreciated. Together, let's make the month of April great at Bay Ridge Connects NNORC!



**WORKOUT YOUR BRAIN TODAY!**

FIONA HO, HEALTH & WELLNESS COORDINATOR

In the pursuit of overall health and wellness, we often prioritize physical fitness but it is equally important to exercise our minds. Just like a muscle, the brain benefits from regular workouts to maintain its strength and agility. Brain fitness refers to the ability of the brain to function optimally, including cognitive functions such as memory, attention, reasoning, and problem-solving. Just as physical exercise strengthens the body, mental exercises and stimulating activities can enhance brain health and cognitive abilities. Research suggests that engaging in activities that challenge the brain can help prevent cognitive decline and reduce the risk of neurodegenerative diseases such as Alzheimer's. By incorporating regular exercise, mental stimulation, healthy lifestyle habits, and stress management techniques into your daily routine, you can support brain health and enjoy a sharper, more resilient mind for years to come. It is never too late to start investing in your brain fitness!

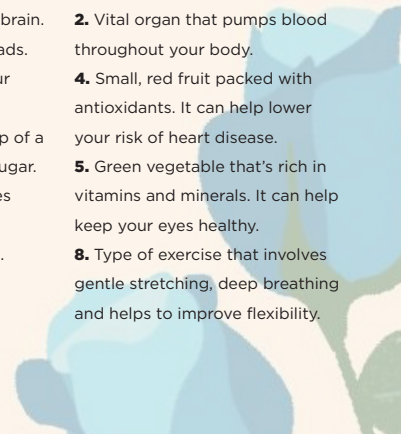


**ACROSS**

- 3.** Delicious fruit that's high in vitamin C. It can help boost your immune system.
- 5.** Type of fish known for omega-3 fatty acids, which are good for your heart & brain.
- 6.** Crunchy vegetable often used in salads. It is high in fiber and can help keep your digestive system healthy.
- 7.** Natural sweetener made from the sap of a plant. Often used as an alternative to sugar.
- 9.** Popular form of exercise that involves moving to music. I can improve your cardiovascular health and coordination.

**DOWN**

- 1.** Mineral found in dairy products like milk and cheese that keeps your bones strong.
- 2.** Vital organ that pumps blood throughout your body.
- 4.** Small, red fruit packed with antioxidants. It can help lower your risk of heart disease.
- 5.** Green vegetable that's rich in vitamins and minerals. It can help keep your eyes healthy.
- 8.** Type of exercise that involves gentle stretching, deep breathing and helps to improve flexibility.



As April approaches, we are gearing up to recognize National Stress Awareness Month at Bay Ridge Center! Our focus is not just on this month alone but on promoting holistic well-being throughout the entire year. It is time to take charge of our health and prioritize self-care.

We extend our heartfelt gratitude to each and every one of you for your unwavering support and active participation since we opened our doors in our new location. Your enthusiasm and dedication have truly enriched our Center, making it thrive!

In April, our calendar is brimming with exciting activities designed to foster wellness and community connection. From nutritional lectures to invigorating walks, lively parties, celebratory birthdays, exercises, there is something for everyone to enjoy.

Stay tuned as we unveil more details about our upcoming events and initiatives. Let's make this April a month of empowerment and well-being together!

## **A WORD FROM YOUR COUNCIL**

SONIA ADAMSKI, SENIOR ADVISORY COUNCIL PRESIDENT

It is so wonderful to finally be walking through the doors of our new Center. Thank you to Todd, the master of it all, and his dedicated team and anyone who played some part no matter how big or small. There is so much to do here and all in one place. You will make friends and have interesting conversations, exercise, learn, be crafty, party, join trips, enjoy a delicious lunch, and so much more. Be sure to pick up your calendar, come, and be a part of it all.

Our monthly Friday night bingo will begin again on Friday, April 5, with doors opening at 3:30 pm. At 4:30 pm, we will begin the bingo games and call with the final pizza count. The price of admission is \$15.00 which covers the price of 4 bingo cards, 2 slices of pizza and soda. We will play 15 games with a winning prize of \$10.00 for each game. Generally, the evening ends around 7:00 pm. Bring your family and friends for an enjoyable time. You need not be a member for this event, but it is required you be at least 18 years of age.

On Wednesday, April 10, we are planning a trip to Trader Joe's and lunch at Li Greci's Staaten in Staten Island. If you are interested, please sign up with Sarah by Friday, April 5, which is the day we will call the lottery. Details to be posted at the Center.

On Wednesday, April 17, we are going to the Hunterdon Hills Playhouse to enjoy the show Beehive. This show is sold out, but you may include yourself on the wait list. We sometimes do have cancellations. Please see Sonia at the Center or call 718-833-3731.

On Tuesday, April 16, we will have our spring fling party at the Center. Decorate and wear your beautiful spring bonnets for our annual parade and win prizes. Save the date and join us for a special lunch, dessert, and music for your listening and dancing pleasure. The cost of the party is \$3.00 in advance with a donation of \$2.00 for lunch on the day of the party. Please remember to purchase your party ticket no later than Friday, April 12.

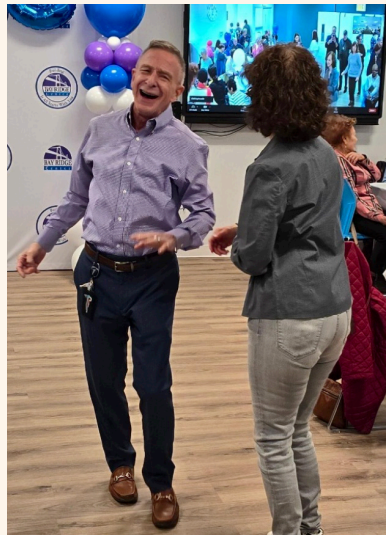
I would like to thank Gerard Coughlin, for graciously offering and baking, as he did last year, the best Irish soda bread I have ever tasted. Thank you Gerard and Mary Ann for your thoughtfulness.

In closing, I would like to welcome our new members & thank our senior members for supporting our Center over the many years in the cozy space in the Church afforded us by Pastor Paul.

**LAST MONTH WAS MONTH WAS FILLED WITH SO MANY MEMORIES!**

**THANK YOU FOR SHOWING UP AND CONTINUING TO MAKE BRC A SPECIAL PLACE!**

CHECK OUT THESE PHOTOS FROM OUR GRAND OPENING PARTY AND ST PATTY'S DAY



**NOTABLE DATES**

April Fool's Day 4/1

World Autism Awareness Day 4/2

World health Day 4/7

Earth Day 4/22

Passover 4/22 - 4/30

Arbor Day 4/26

