

# CENTER ACTIVITIES SEPTEMBER 2022

## DAILY REMINDER:

**\*IT'S IMPORTANT TO CALL DAILY TO RESERVE YOUR MEAL.**

**\*\*\*IT IS VERY IMPORTANT TO CALL DAILY FROM 8:30 AM – 9:30 AM\*\*\***

**\*PLEASE WEAR YOUR MASK PROPERLY BEFORE ENTERING THE FACILITY AND KEEP IT ON AT ALL TIMES EXCEPT WHEN EATING ONSITE. \***

**Do you have questions about your current health insurance?  
Would you like additional information on HIICAP/Health insurance  
information and assistance?**

**Help is available Monday-Friday 8:30-3:30 PM.**

**Please contact Annette or Patricia 718-365-3725.**

## DAILY/WEEKLY SERVICES:

**Lunch–12:30 PM (\$2.00 voluntary donation) Transportation, Case Assistance – Information & Referrals, Nutrition Education & Health Promotion Lectures, Blood Pressure Monitoring, Physical Health & Exercise, Cultural Activities and Other Activities such as: Computer Lab with WIFI, Brain Teasers (Memory Quizzes), Group Discussions, Movies & Billiards**

## SAVE THE DATE

**\*WORLD ALZHEIMER'S DAY PRESENTATION 9/20 11:30 AM~**

**\*NYC OLDER ADULT FALLS PREVENTION SYMPOSIUM 2022 9/22 9:00 AM~**

**\*FALLS PREVENTION FRIDAY 9/23 1:00 PM~**

**\*OLDER ADULT MONTH CELEBRATION W/ GERARD CORBETT 9/27 11AM~**

**\*BREAST CANCER AWARENESS PRESENTATION 10/4 12:30 PM~**

**\*OCTOBER BIRTHDAYS CELEBRATION 10/6 12:30 PM~**

**\*DIFFICULT CONVERSATION & ADVANCED CARE PLANNING  
PRESENTATION 10/11 12:30 PM~**

**\*ACCESSING HEALTHCARE WHEN FACING SERIOUS ILLNESS  
PRESENTATION 10/18 12:30 PM~**

**\*REFRESHMENTS WILL BE SERVED DURING EVERY EVENT\***

**REMINDER: NO FOOD REMOVAL FROM THE CENTER. REMOVAL OF FOOD NOT PROPERLY WRAPPED MAY CAUSE BACTERIAL OR FOOD BORNE ILLNESSES. REMOVE AT YOUR OWN RISK.**

**Fresh Fruits on the weekly menu are subject to change due to the quality of the fruit when delivered**