



# STARRETT CITY OLDER ADULT CENTER

1540 Van Siclen Ave, Brooklyn, NY 11239, (718) 642-1010

## JUNE 2024- ACTIVITIES

\*Virtual \*\*Hybrid **NEW PROGRAMMING**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> **9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Basic Computer 11:30am-Computer Lab/Advanced Computer Class 12pm-Congregate/Grab and Go Lunch 2pm- Domino Champs	<b>4</b> 9:30am-Jewelry Making <b>10am-Blood Pressure Monitoring</b> **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-Tea Chat with Courtlyn (Weill Cornell)	<b>5</b> <b>9am-Elements of Tie Dye</b> **9:30am-Self Defense for Older Adults **11:00am-Line Dancing 12pm-Congregate/Grab and Go Lunch <b>12pm-Fundraising Raising Committee Meeting</b> <b>12:30pm- Farmers' Market Workshop: Selling Produce &amp; Food Cost Assistance with East New York Farms</b> 2pm-Chess Central	<b>6</b> **9:30am-Meditative Yoga <b>10am-Blood Pressure Monitoring- Sharon</b> **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch <b>12:30pm-Free Dental Screening by Oak Street Health</b> 1pm-Ping Pong	<b>7</b> 9:30am-Acrylic Painting <b>11:30 am-Hooked on Crochet</b> 12pm-Congregate/Grab and Go Lunch 12pm-Library <b>12:00pm-Caribbean Heritage Party</b> 12:30pm- Board Games and Karaoke 1pm-Pool Cues Game
<b>10</b> **9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Mobile Device 11:30am-Computer Lab/Advanced Computer Class 12pm-Congregate/Grab and Go Lunch 2pm- Domino Champs	<b>11</b> 9:30am-Jewelry Making **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-Tea Chat with Courtlyn (Weill Cornell)	<b>12</b> <b>9am-Elements of Tie Dye</b> **9:30am-Self Defense for Older Adults **11:00am-Line Dancing 12pm-Congregate/Grab and Go Lunch 2pm-Chess Central	<b>13</b> **9:30am-Meditative Yoga **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch <b>1pm-All Members' Meeting</b> 1pm-Ping Pong	<b>14</b> 9:30am-Acrylic Painting <b>10:30am- Volunteer Appreciation Brunch</b> <b>11:30 am-Hooked on Crochet</b> 12pm-Congregate/Grab and Go Lunch 12pm-Library 12:30pm- Board Games and Karaoke 1pm-Pool Cues Game
<b>17</b> **9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Basic Computer 11:30am-Computer Lab/Advanced Computer Class 12pm-Congregate/Grab and Go Lunch 2pm- Domino Champs	<b>18</b> 9:30am-Jewelry Making **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-Tea Chat with Courtlyn (Weill Cornell) <b>1:00pm-Juneteenth Movie Screening: The Great Debaters</b>	<b>19</b> <b>Center Closed for Juneteenth</b>	<b>20</b> **9:30am-Meditative Yoga <b>10am-Blood Pressure Monitoring-Renee and Carmen</b> **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 1pm-Ping Pong	<b>21</b> 9:30am-Acrylic Painting <b>11:30 am-Hooked on Crochet</b> 12pm-Congregate/Grab and Go Lunch 12pm-Library 12:30pm- Board Games and Karaoke 1pm-Pool Cues Game

<p><b>24</b></p> <p><b>**9:30am-Tai Chi for Arthritis</b></p> <p>10:30am-Computer Lab/Mobile Device</p> <p>11:30am-Computer Lab/Advanced Computer Class</p> <p>12pm-Congregate/Grab and Go Lunch</p> <p>2pm-Domino Champs</p>	<p><b>25</b></p> <p>9:30am-Jewelry Making</p> <p><b>**11:15am-Total Body Workout-AlwaysFit4Lyfe</b></p> <p>12pm-Congregate/Grab and Go Lunch</p> <p><b>12:30pm- CCMP Presentation on Impacts of Marijuana</b></p> <p>12:30pm-Tea Chat with Courtlyn (Weill Cornell)</p>	<p><b>26</b></p> <p><b>9am- Industry City Trip</b></p> <p><b>**9:30am-Self Defense for Older Adults</b></p> <p><b>**11:00am-Line Dancing</b></p> <p>12pm-Congregate/Grab and Go Lunch</p> <p>2pm-Chess Central</p>	<p><b>27</b></p> <p><b>**9:30am-Meditative Yoga</b></p> <p><b>**11:15am-Total Body Workout-AlwaysFit4Lyfe</b></p> <p>12pm-Congregate/Grab and Go Lunch</p> <p><b>12:30 pm- April-June Quarterly Birthday Celebration</b></p> <p>1pm-Ping Pong</p>	<p><b>28</b></p> <p>9:30am-Acrylic Painting</p> <p><b>11:30 am-Hooked on Crochet</b></p> <p>12pm-Congregate/Grab and Go Lunch</p> <p>12pm-Library</p> <p>12:30pm- Board Games and Karaoke</p> <p>1pm-Pool Cues Game</p>
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## June 2024 – MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Classic Chicken Cacciatore Pasta Steamed Green Beans Whole Wheat Bread Apple 1% low fat Milk	<b>4</b> Crispy Oven Baked Falafel Patties Hummus Rice Pilaf Za'atar Spiced Israeli Salad Whole Wheat Pita Orange 1% low fat Milk	<b>5</b> Shepherd Pie with Turkey Tossed Salad with Dressing Whole Wheat Bread Kiwis 1% low fat Milk	<b>6</b> Salmon Salad Bowtie Pasta Salad Red Cabbage Salad Plain Pita Pear 1% low fat Milk	<b>7</b> Roasted Chicken Carrot Tzimmes Potato Kugel Challah Bread Apple Sauce 1% low fat Milk
<b>10</b> Swedish Meatballs with Turkey Egg Noodles Steamed Sliced Carrots Whole Wheat Bread Apple 1% low fat Milk	<b>11</b> Dairy Free Eggplant Rollatini Pasta Italian Blend Vegetables Whole Wheat Bread Orange 1% low fat Milk	<b>12</b> Beef Pot Roast Sautéed Onions and Peppers Broccoli Kugel Roasted Sweet Potato Slices Whole Wheat Bread Kiwis 1% low fat Milk	<b>13</b> Teriyaki Baked Fish White Rice Steamed Green Beans Whole Wheat Bread Pear 1% low fat Milk	<b>14</b> Chicken Shawarma Jeera Rice Roasted Beets Challah Bread Applesauce 1% low fat Milk
<b>11</b> Turkey Burger w/ Onions and Pepper Whole Wheat Pita California Blend Vegetables Roasted Potatoes Apple 1% low fat Milk	<b>12</b> Beef Meatloaf w/ Mushroom Gravy Mashed Sweet Potatoes Creamy Spinach Whole Wheat Bread Applesauce 1% low fat Milk	<b>13</b> Fish Francaise Rice A Roni Steamed Zucchini Whole Wheat Bread Nectarine 1% low fat Milk	<b>14</b> Eggplant Rollatini Fusilli Pasta w/ Parsley Garlic Bread Steamed Carrots Plums 1% low fat Milk	<b>15</b> Cranberry Chicken Sweet Noodle Kugel Vegetable Mix Challah Bread Applesauce 1% low fat Milk
<b>17</b> Turkey Meatballs Homemade Tomato Sauce Pasta Italian Blend Vegetables Garlic Bread Apple 1% low fat Milk	<b>18</b> Kasha Knish Hummus Chickpeas Israeli Salad Whole Wheat Bread Orange 1% low fat Milk	<b>19</b> Center Closed for Juneteenth	<b>20</b> Fish Francaise Mashed Potatoes Spinach Souffle Whole Wheat Bread Pear 1% low fat Milk	<b>21</b> Hawaiian Chicken Capri Blend Vegetables Roasted Sweet Potato Slices Challah Bread Applesauce 1% low fat Milk

**24**

Chicken Marsala  
White Rice  
Italian Blend Vegetables  
Whole Wheat Bread  
Apple  
1% low fat Milk

**25**

Shepherd Pie with Turkey  
Garden Salad  
Whole Wheat Bread  
Orange  
1% low fat Milk

**26**

Sweet and Sour Beef Meatballs  
Egg Barley  
Spinach Souffle  
Whole Wheat Bread  
Kiwis  
1% low fat Milk

**27**

Vegan Stuffed Bell Peppers  
Brown Rice  
Steamed Green Beans  
Whole Wheat Bread  
Plums  
1% low fat Milk

**28**

Roasted Chicken  
Carrot Tzimmes  
Potato Kugel  
Challah Bread  
Applesauce  
1% low fat Milk



## **JASA Starrett City Older Adult Center**

**1540 Van Siclen Ave**

**Brooklyn, NY 11239**

**718-642-1010**

**Donna Forde, Program Director**

**dforde@jasa.org**

**[www.jasa.org](http://www.jasa.org)**

**Hours**

**8 AM – 4 PM**