

STARRETT CITY OLDER ADULT CENTER

1540 Van Sicken Ave, Brooklyn, NY 11239, (718) 642-1010
July 2022 – ACTIVITIES

*Virtual **Hybrid

Monday	Tuesday	Wednesday	Thursday	Friday
				1 9:30am-Acrylic Painting 11am-Congregate Lunch 11am-Grab and Go Lunch 12pm- Library
4 CENTER IS CLOSED FOR INDEPENDENCE DAY 	5 9 am-Computer Class 10am-Jewelry Making **11:15am-AlwaysFit4Lyfe 11am-Congregate Lunch 11am-Grab and Go Lunch 1pm- Let's Play Bingocize	6 **9:30am-Tai Chi **11am- Cardio Dance Party *11am-Concerts in Motion 11am-Elements of Tie Dye 11am-Congregate Lunch 11am-Grab and Go Lunch *12pm-Concerts in Motion 1 pm-Pool Cue Game 2 pm-Chess Central	7 **9:30am-Meditative Yoga 10:30 am-Age-Tastic/JASA Health Program 11am- Congregate Lunch 11am-Grab and Go Lunch 1 pm-Ping Pong	8 9:30am-Acrylic Painting 11am-Congregate Lunch 11am-Grab and Go Lunch 12pm-Library
11 **9:30am-Tai Chi for Arthritis 10am-Computer Class *11am-Concerts in Motion 11am-Congregate Lunch 11am-Grab and Go Lunch 1 pm- Domino Champs	12 9am-Computer Class 10am-Jewelry Making **11:15am-AlwaysFit4Lyfe **12pm- Nutrition Education Lecture 11am-Congregate Lunch 11am-Grab and Go Lunch 1pm- Let's Play Bingocize	13 **9:30am-Tai Chi **11 am- Cardio Dance Party *11am-Concerts in Motion 11am-Elements of Tie Dye 11am-Congregate Lunch 11am-Grab and Go Lunch *12pm-Concerts in Motion 1pm-Pool Cue Game 2pm-Chess Central	14 **9:30am-Meditative Yoga 10:30am-Age-Tastic/JASA Health Program 11am- Congregate Lunch 11am-Grab and Go Lunch 1 pm-Ping Pong	15 9:30am-Acrylic Painting 11am-Congregate Lunch 11am-Grab and Go Lunch 12pm-Library
18 **9:30 am-Tai Chi for Arthritis 10am-Computer Class *11am-Concerts in Motion 11am-Congregate Lunch 11am-Grab and Go Lunch 1pm- Domino Champs	19 9 am-Computer Class 10am-Jewelry Making **11:15am-AlwaysFit4Lyfe **12pm-Health Discussion Cholesterol/CAREMAX 11am-Congregate Lunch 11am-Grab and Go Lunch 1pm- Let's Play Bingocize	20 **9:30am-Tai Chi **11 am- Cardio Dance Party *11am-Concerts in Motion 11am-Congregate Lunch 11am-Grab and Go Lunch *12pm-Concerts in Motion 1pm-Pool Cue Game 2pm-Chess Central	21 **9:30am-Meditative Yoga 10:30am-Age-Tastic/JASA Health Program 11am- Celebrating July Birthdays 11am- Congregate Lunch 11am-Grab and Go Lunch 1pm-Ping Pong	22 9:30am-Acrylic Painting 11am-Congregate Lunch 11am-Grab and Go Lunch 12pm-Library
25 **9:30 am-Tai Chi for Arthritis 10am-Computer Class *11am-Concerts in Motion 11am-Congregate Lunch 11am-Grab and Go Lunch 1 pm- Domino Champs	26 9am-Computer Class 10am-Jewelry Making **11:15am-AlwaysFit4Lyfe **12pm-Health Discussion: Arthritis/CAREMAX 11am-Congregate Lunch 11am-Grab and Go Lunch 1pm- Let's Play Bingocize	27 **9:30am-Tai Chi **11 am- Cardio Dance Party *11am-Concerts in Motion 11am-Congregate Lunch 11am-Grab and Go Lunch *12pm-Concerts in Motion 1pm-Pool Cue Game 2pm-Chess Central	28 **9:30am-Meditative Yoga 10:30am-Age-Tastic/JASA Health Program 11am- Congregate Lunch 11am-Grab and Go Lunch 1pm-Ping Pong	29 9:30am-Acrylic Painting 11am-Congregate Lunch 11am-Grab and Go Lunch 12pm-Library

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July 2022 – MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Tuna/Turkey/Egg Salad Potato Salad Coleslaw Challah Bread Orange Apple Juice Milk, low fat, 1%
4 Beef & Turkey Italian Meatballs Pasta Green Beans Garlic Bread Apple Orange Juice Milk, low fat, 1%	5 Veggie Burgers Homemade Mashed Potatoes Braised Red Cabbage Vegetable Mix Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	6 Beef Stuffed Cabbage Noodles & Cabbage Capri Blend Vegetables Whole Wheat Bread Pear Orange Juice Milk, low fat, 1%	7 Hawaiian Chicken with Vegetables Mauzone Toasted Barley & Onion Steamed Carrots Whole Wheat Bread Banana Apple Juice Milk, low fat, 1%	8 Salmon/Tuna/Egg Salad Tricolor Pasta Salad Beet Salad Challah Bread Healthy Strawberry & Applesauce Orange Juice Milk, low, 1%
11 Turkey Meat Sauce Pasta Sauteed Zucchini Yellow Squash Whole Wheat Bread Apple Orange Juice Milk, low fat, 1%	12 Chicken Marsala Roasted Beets Smashed Red Potatoes Green Bean Salad Applesauce Orange Pineapple Juice Milk, low fat, 1%	13 Vegan Stuffed Peppers Mauzone Toasted Barley & Onion Green Beans Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	14 Brown Gravy Roasted Chicken Potato Kugel Carrot Tzimmes Whole Wheat Bread Banana Orange Juice Milk, low fat, 1%	15 Tuna/Turkey/Egg Salad Roasted Red Potato Salad Kosher Coleslaw Challah Bread Kiwi Apple Juice Milk, low fat, 1%
18 Fish Francaise Rice A Roni Steamed Carrots Whole Wheat Bread Kiwi Apple Juice Milk, low fat, 1%	19 Baked Turkey Breast w/ Brown Gravy Mashed Sweet Potatoes Whole Grain Stuffing Vegetable Mix Whole Wheat Bread Apple Orange Juice Milk, low fat, 1%	20 Beef Meatloaf with Mushroom Gravy Homemade Mashed Potatoes Creamy Spinach Whole Wheat Bread Peach Applesauce Orange Pineapple Juice Milk, low fat, 1%	21 Cranberry Chicken Noodle Kugel Green Beans Whole Wheat Bread Banana Orange Juice Milk, low fat, 1%	22 Egg/Tuna/Turkey Salad Bowtie Pasta Salad Three Bean Salad Challah Bread Orange Apple Juice Milk, low fat, 1%
25 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	26 Black Beans Mushrooms Vegan Burger Hamburger Bun, plain Homemade Mashed Potatoes Green Bean Salad Whole Wheat Bread Applesauce Orange Juice Milk, low fat, 1%	27 Homemade Breaded Fish Brown Rice and Black Beans Carrots Whole Wheat Bread Kiwi Apple Juice Skim Milk	28 Chicken Shwarma (Oven Roasted) Lentils with Spiced Rice & Caramelized Onions Israeli Salad Whole Wheat Bread Banana Orange Juice Milk, low fat, 1%	29 Tuna/Turkey/Egg Salad Macaroni and Pea Salad Russian Coleslaw Challah Bread Apple Juice Pear Milk, low fat, 1%



JASA Starrett City Older Adult Center

1540 Van Siclen Ave

Brooklyn, NY 11239

718-642-1010

Donna Forde, Program Director

dforde@gmail.com

www.jasa.org

Hours

8 AM – 4 PM

New Programming for July 2022

Mondays- 9:30 am-Tai Chi for Arthritis

Tuesdays-11:15 am- AlwaysFit4Lyfe with Nakisha

Wednesdays- 11 am-Cardio Dance Party

July 19th & 26th- CAREMAX Health Discussions: Arthritis & Cholesterol

July 7th, 14th, 21st, and 28th- Age-Tastic-JASA Health Program

**** Please wear your mask when entering the building****