

STARRETT CITY OLDER ADULT CENTER

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

June 2022 – ACTIVITIES

*Virtual **Hybrid

Monday	Tuesday	Wednesday	Thursday	Friday
LGBTQ + Pride Month 		1 **9:30 am- Tai Chi *11am-Concerts in Motion 11am-Elements of Tie Dye 11am-Congregate Meal *12pm Concerts in Motion 1 pm- Pool Cue Game 2 pm- Chess Central	2 **10 am-Zumba Gold **11am- Meditative Yoga 11am- Congregate Meal 1 pm-Ping Pong	3 9:30 am-Acrylic Painting **10 am-Zumba Gold **11am-Meditative Yoga 11am-Congregate Meal 12 pm- Library
6 **9:30 am-Tai Chi 10 am-Computer Class *11am-Concerts in Motion 11am-Congregate Meal 1 pm- Domino Champs	7 9 am-Computer Class **9:30 am- Tai Chi Makeup Class 10am-Jewelry Making 11am-Congregate Meal 2 pm- Let's Play Bingocize	8 **9:30 am- Tai Chi *11am-Concerts in Motion 11am-Elements of Tie Dye 11am-Congregate Meal *12pm Concerts in Motion 1 pm-Pool Cue Game 2 pm-Chess Central	9 **10 am-Zumba Gold **11am-Meditative Yoga 11am- Congregate Meal 1 pm-Ping Pong	10 9:30 am-Acrylic Painting **10 am-Zumba Gold **11am-Meditative Yoga 11am-Congregate Meal 12 pm-Library
13 **9:30 am-Tai Chi 10 am-Computer Class *11am-Concerts in Motion 11am-Congregate Meal 1 pm- Domino Champs	14 Juneteenth Observation LGBTQ + Pride Observation 9 am-Computer Class **9:30 am- Tai Chi Makeup Class 10 am-Jewelry Making **11 am- Intro to AlwaysFit4Lyfe 11am-Congregate Meal 2 pm- Let's Play Bingocize	15 **9:30 am- Tai Chi *11am-Concerts in Motion 11am**HONORING FATHERS 11am-Congregate Meal *12pm Concerts in Motion 1 pm-Pool Cue Game 2 pm-Chess Central	16 **10 am-Zumba Gold **11am-Meditative Yoga 11am- Congregate Meal 1 pm-Ping Pong	17 9:30 am-Acrylic Painting **10 am-Zumba Gold **11am-Meditative Yoga 11am-Congregate Meal 12 pm-Library
20 CENTER IS CLOSED FOR JUNETEENTH EARLY VOTING 	21 EARLY VOTING 9 am-Computer Class **9:30 am- Tai Chi Makeup Class 10am-Jewelry Making 11am-Congregate Meal 2 pm- Let's Play Bingocize	22 EARLY VOTING **9:30 am- Tai Chi *11am-Concerts in Motion 11am-Congregate Meal *12pm Concerts in Motion 1 pm-Pool Cue Game 2 pm-Chess Central	23 EARLY VOTING **10 am-Zumba Gold **11am-Meditative Yoga 11am- Congregate Meal 1 pm-Ping Pong	24 EARLY VOTING 9:30 am-Acrylic Painting **10 am-Zumba Gold **11am-Meditative Yoga 11am-Congregate Meal 12 pm-Library
27 **9:30 am-Tai Chi 10 am-Computer Class *11am-Concerts in Motion 11am-Congregate Meal 1 pm- Domino Champs	28 PRIMARY ELECTION 9 am-Computer Class **9:30 am- Tai Chi Makeup Class 10am-Jewelry Making 11am-Congregate Meal 2 pm- Let's Play Bingocize	29 **9:30 am- Tai Chi *11am-Concerts in Motion 11am-Congregate Meal *12pm Concerts in Motion 1 pm-Pool Cue Game 2 pm-Chess Central	30 **10 am-Zumba Gold **11am-Meditative Yoga 11am- Congregate Meal 1 pm-Ping Pong	

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June 2022 – MENU



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Vegan Stuffed Peppers Mauzone Toasted Barley & Onion Green Beans Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	2 Brown Gravy Roasted Chicken Potato Kugel Carrot Tzimmes Whole Wheat Bread Banana Orange Juice Milk, low fat, 1%	3 Gelfite Fish Roasted Red Potato Salad Health Salad (Kosher Coleslaw) Challah Bread Apple Juice Kiwi Milk, low fat, 1%
6 Fish Francaise Rice A Roni Steamed Carrots Whole Wheat Bread Kiwi Apple Juice Milk, low fat, 1%	7 Baked Turkey Breast Brown Gravy Mashed Sweet Potatoes Whole Grain Stuffing Vegetable Mix (non-starchy) Whole Wheat Bread Apple Orange Juice Milk, low fat, 1%	8 Beef Meatloaf with Mushroom Gravy Homemade Mashed Potatoes Creamy Spinach (dairy-free) Whole Wheat Bread Healthy Peach and Applesauce Orange Pineapple Juice Milk, low fat, 1%	9 Cranberry Chicken Noodle Kugel Green Beans Whole Wheat Bread Banana Orange Juice Milk, low fat, 1%	10 Egg Salad Bowtie Pasta Salad Three Bean Salad Challah Bread Orange Apple Juice Milk, low fat, 1%
13 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	14 Black Beans & Mushroom Burger Hamburger Bun Homemade Mashed Potatoes Green Bean Salad Applesauce Orange Juice Milk, low fat, 1%	15 Homemade Breaded Fish Brown Rice & Black Beans Carrots Whole Wheat Bread Kiwi Apple Juice Skim Milk	16 Chicken Shawarma (Oven Roasted) Lentils with Spiced Riced and Onions Israeli Salad Whole Wheat Bread Banana Orange Juice Milk, low fat, 1%	17 Gelfite Fish Macaroni & Pea Salad Russian Coleslaw Challah Bread Pear Apple Juice Milk, low fat, 1%
20 Baked Breaded Fish Fillets Dill Lemon Sauce Rice Pilaf Sauteed Zucchini Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	21 Beef Stuffed Cabbage Toasted Barley with Onions Capri Blend Vegetables Whole Wheat Bread Pear Apple Juice Milk, low fat, 1%	22 Vegetarian Bean Chili Yellow Rice Kale with Garlic Sauce Whole Wheat Bread Strawberry & Applesauce Orange Juice Milk, low fat, 1%	23 Roasted Chicken Potato Kugel Carrot Tzimmes Whole Wheat Bread Banana Orange Juice Milk, low fat, 1%	24 Turkey Salad Bowtie Pasta Salad Cucumber & Red Bean Salad Challah Bread Apple Orange Pineapple Juice Milk, low fat, 1%
27 Salmon Cakes Dill Lemon Sauce Creamy Spinach (dairy-free) Homemade Mashed Potatoes Whole Wheat Bread Pear Apple Juice Milk, low fat, 1%	28 Beef Pot Roast Kasha Varnishkes Steamed Broccoli Whole Wheat Bread Apple Orange Juice Milk, low fat, 1%	29 Eggplant Rounds Homemade Tomatoe Sauce Tofu Pasta Garlic Bread Italian Blend Vegetables Applesauce Orange Pineapple Juice	30 Lemon Chicken Roasted Potatoes Winter Blend Vegetables Whole Wheat Bread Banana Orange Juice	



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 June 2022

June 7th, 14th, 21st, 28th – Tai Chi Makeup Classes

June 14th– 11 am- Introduction to AlwaysFit4Lyfe with Nakisha Smith

June 14th-Juneteenth & LGBTQ + Pride Observation

June 15th- Honoring Fathers

June 20th- Center is closed in observance of Juneteenth

June 28th- Primary Election

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