



Starrett City Older Adult Center

(718)-642-1010

1540 Van Siclen Ave, Brooklyn, NY 11239

February 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>9:30am- Tai Chi for Arthritis (cancelled)</p> <p>10:30am- Technology Class</p> <p>12pm- Congregate/ Grab and Go Lunch</p> <p>12:30pm- Book Club-</p> <p>2pm- Domino Champs</p>	<p>3</p> <p>9:30am- Jewelry Making</p> <p>9:30am- Tai Chi for Arthritis Makeup Class</p> <p>11:15am- Total Body Workout-AlwaysFit4Lyfe</p> <p>12pm- Congregate Lunch/ Grab and Go Lunch</p> <p>1:00pm- Tea Chat with Courtlyn (Weil Cornell)</p>	<p>4</p> <p>9:30am- Self Defense for Older Adults</p> <p>11:15am- Chakra Yoga Dance</p> <p>12pm- Congregate/ Grab and Go Lunch</p> <p>12:30pm- Tech Help Hour</p> <p>2pm- Chess Central</p>	<p>5</p> <p>9:45am- Meditative Chair Yoga</p> <p>11:15am- Total Body Workout-AlwaysFit4Lyfe</p> <p>12pm- Congregate/ Grab and Go Lunch</p>	<p>6</p> <p>9:30am- Acrylic Painting</p> <p>10:30am- Tech Help Hour</p> <p>11:30am- Hooked on Crochet</p> <p>12pm- Congregate/ Grab and Go Lunch</p> <p>12:30pm- Board Games</p> <p>1pm- Pool Cues Game</p>
<p>9</p> <p>9:30am- Tai Chi for Arthritis</p> <p>10:30am- Technology Class</p> <p>12pm- Congregate/ Grab and Go Lunch</p> <p>12:30pm- Book Club-</p> <p>2pm- Domino Champs</p>	<p>10</p> <p>9:30am- Jewelry Making</p> <p>11:15am- Total Body Workout-AlwaysFit4Lyfe</p> <p>12pm- Congregate Lunch/ Grab and Go Lunch</p> <p>1:00pm- Tea Chat with Courtlyn (Weil Cornell)</p>	<p>11</p> <p>9:30am- Self Defense for Older Adults</p> <p>11:15am- Chakra Yoga Dance</p> <p>12pm- Congregate/ Grab and Go Lunch</p> <p>12:30pm: Valentines Day Event with live Dj</p> <p>12:30pm- Tech Help Hour</p> <p>2pm- Chess Central</p>	<p>12</p> <p>9:45am- Meditative Chair Yoga</p> <p>11:15am- Total Body Workout-AlwaysFit4Lyfe</p> <p>12pm- Congregate/ Grab and Go Lunch</p> <p>1pm- All Members Meeting</p>	<p>13</p> <p>9:30am- Acrylic Painting</p> <p>10:30am- Tech Help Hour</p> <p>11:30am- Hooked on Crochet</p> <p>12pm- Congregate/ Grab and Go Lunch</p> <p>12:30pm- Board Games</p> <p>1pm- Pool Cues Game</p>

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<p>16 CENTER CLOSED IN OBSERVANCE OF PRESIDENTS DAY</p>	<p>17 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 12:30: Black History Trivia # 1 1:00pm- Tea Chat with Courtlyn (Weil Cornell)</p>	<p>18 9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 2pm- Chess Central</p>	<p>19 9:45am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 12:30pm- Heart Health Presentation with CCMP and Erica Harris R.N.</p>	<p>20 9:30am- Acrylic Painting 10:30am- Tech Help Hour 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games 1pm- Pool Cues Game</p>
<p>23 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- 2pm- Domino Champs</p>	<p>24 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 12:30- Fire Extinguisher Presentation with trained volunteer Fire Fighter Greg 1:00pm- Tea Chat with Courtlyn (Weil Cornell)</p>	<p>25 9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 2pm- Chess Central</p>	<p>26 9:45am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 12:30: Black History Trivia # 2</p>	<p>27 9:30am- Acrylic Painting 10:30am- Tech Help Hour 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games 1:00pm- Pool Cues Game 1:00pm- Celebrating Winter Birthdays with live Dj</p>

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February Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Marsala White Rice Whole Wheat Bread Steamed Broccoli Apple	3 Meaty Vegetarian Moussaka Whole Wheat Bread Tossed Salad with Dressing Orange	4 Sweet and Sour Beef Meatballs Egg Barley Whole Wheat Bread Spinach Souffle Kiwis	5 Salmon Salad Orzo Whole Wheat Bread Beets and Onion Salad Pear	6 Roasted Chicken Challah Bread Carrot Tzimmes Potato Kugel Applesauce
9 Sautéed Onion and Peppers Turkey Burger Whole Wheat Pita California Blend Vegetables Roasted Sweet Potato Slices Apple	10 Basic Shepherd's Pie Whole Wheat Bread Tossed Salad with Dressing Orange	11 Baked Breaded Fish TarTar Sauce Rice-A-Roni Whole Wheat Bread Cucumber Dill Salad Kiwis	12 Dairy Free Eggplant Rollatini Pasta Whole Wheat Bread Green Bean Salad Pear	13 Cranberry Chicken Challah Bread Sweet Noodle Kugel Zucchini Provencal Applesauce
16 Chinese Style Pepper Steak Vegetable Lo Mein Whole Wheat Bread Steamed Broccoli Apple	17 Individual Chicken Pot Pie Whole Wheat Bread Tomato Salad with Basil Orange	18 Dill Lemon Sauce Salmon Cakes Cous Cous Whole Wheat Bread Cucumber Dill Salad Kiwis	19 Traditional Whole Wheat Bean burrito Brown Rice Garden Salad Pear	20 Baked Asian Style Honey Chicken Challah Bread Springtime Fried Brown Rice Oriental Blend Vegetables Applesauce
23 Classic Chicken Cacciatore Pasta Whole Wheat Bread Steamed Green Beans Apple	24 Black Bean and Mushroom Burger Cilantro Sauce Hummus Rice Pilaf Whole Wheat Pita	25 Beef Pot Roast Sautéed Onions and Peppers Whole Wheat Bread Broccoli Kugel Mashed Sweet Potatoes	26 Salmon Salad Bowtie Pasta Plain Pita Red Cabbage Salad Pear	27 Roasted Chicken Challah Bread Carrot Tzimmes Potato Kugel Applesauce

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	Israeli Salad Orange	Kiwis		

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Hours

Mondays - Fridays 8:00am - 4:00pm

Closed for Federal and Jewish Holidays

October 2nd, 2025

Daily Lunch

Mondays - Fridays

12:00pm - 1:00pm - Dining Room

Starrett City Older Adult Center Staff

Donna Forde, Program Director dforde@jasa.org

Anna Siewers, Assistant Program Director asiewers@jasa.org

Jeanece McLeod, Program Coordinator jmcleod@jasa.org

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NEW FEBRUARY 2026 Activities/Programming

Fire Extinguisher Presentation with trained volunteer Fire Fighter Greg - 02/05/2026 @ 12:30pm - 01:30pm

Valentines Event - 02/11/2026 @ 12:30pm - 03:00pm

Winter Wonderland Birthdays Celebration - 02/27/2026 @ 12:30pm - 03:00pm

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