

STARRETT CITY OLDER ADULT CENTER

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

SEPTEMBER 2023 – ACTIVITIES

*Virtual **Hybrid **NEW PROGRAMMING**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>National Senior Center Month Discover your...</p>	<p>NATIONAL HISPANIC HERITAGE MONTH September 15 to October 15</p>	<p>September 18th-22nd Falls Prevention Awareness Week Theme: "From Awareness to Action"</p> <p>Falls Prevention Awareness Week</p>	<p>SEPTEMBER 18</p> <p>NATIONAL HIV/AIDS AND AGING AWARENESS DAY</p>	<p>1</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 12pm-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>4</p> <p>CENTER CLOSED IN OBSERVANCE OF LABOR DAY</p> <p>Happy Labor Day To ALL Of You</p>	<p>5</p> <p>9:30am-Jewelry Making 10am-Blood Pressure Monitoring/KOT **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-SNAP Scamming Presentation 12pm-Congregate/Grab and Go Lunch 12:30pm-Tea Chat with Courtlyn (Weill Cornell)</p>	<p>6</p> <p>**9:30am-Self Defense for Older Adults 10am-Elements of Tie Dye **11am-Line Dancing 12pm-Congregate/Grab and Go Lunch 12pm-Fundraising Committee Meeting 2pm-Chess Central</p>	<p>7</p> <p>**9:30am-Meditative Yoga **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 1pm-Ping Pong</p>	<p>8</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 12pm-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>11</p> <p>**9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Mobile Device 11:30am-Computer Lab/Basic Computer 12pm-Congregate/Grab and Go Lunch 1pm-Let's Play Bingo 2pm- Domino Champs</p>	<p>12</p> <p>9:30am-Jewelry Making **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-Tea Chat with Courtlyn (Weill Cornell)</p>	<p>13</p> <p>**9:30am-Self Defense for Older Adults 10am-Elements of Tie Dye **11am-Line Dancing 12pm-Congregate/Grab and Go Lunch 12pm-July-September Birthday Celebration 2pm-Chess Central</p>	<p>14</p> <p>**9:30am-Meditative Yoga 10am-Blood Pressure Monitoring/KOT **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-SCRIE Presentation 1pm-All Members' Meeting 1pm-Ping Pong</p>	<p>15</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 12pm-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>18</p> <p>**9:30am-Tai Chi for Arthritis/Fall Prevention 10:30am-Computer Lab/Mobile Device 11:30am-Computer Lab/Basic Computer 12pm-Congregate/Grab and Go Lunch 2pm- Domino Champs</p>	<p>19</p> <p>9:30am-Jewelry Making **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-Tea Chat with Courtlyn (Weill Cornell)</p>	<p>20</p> <p>**9:30am-Self Defense for Older Adults *10am-Hearing Loss and Falls Presentation/Center for Hearing and Communications & NYC Aging **11am-Line Dancing 12pm-Congregate/Grab and Go Lunch 12:30pm-Preventing Phishing and Scamming/NYPD Crime Prevention Officer 2pm-Chess Central</p>	<p>21</p> <p>** 9:30am-Meditative Yoga 10am-Blood Pressure Monitoring/KOT *11am-Falls Prevention Strategies for Older Adults with Vision Impairment **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-Medication Safety Presentation/CCMP 1pm-Ping Pong</p>	<p>22</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting *10am-Medications and Falls/NYC Aging 12pm-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>25</p> <p>CENTER CLOSED IN OBSERVANCE OF YOM KIPPUR</p> <p><i>Wishing you a Blessed Yom Kippur!</i></p>	<p>26</p> <p>9:30am-Jewelry Making **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch 12:30pm-Sucide Awareness Presentation/Weill Cornell</p>	<p>27</p> <p>**9:30am-Self Defense for Older Adults **11am-Line Dancing 12pm-Congregate/Grab and Go Lunch 2pm-Chess Central</p>	<p>28</p> <p>** 9:30am-Meditative Yoga **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-Congregate/Grab and Go Lunch **12:30pm-Eating Healthy on a Budget Nutrition Presentation 1pm-Ping Pong</p>	<p>29</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 12pm-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>

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

September 2023 – MENU

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Baked Asian Style Honey Chicken White Rice Steamed Carrots Challah Bread Applesauce 1% low fat Milk
4 CENTER CLOSED IN OBSERVANCE OF LABOR DAY 	5 Whole Wheat Bean Burrito Tossed Salad with Dressing Brown Rice Plums 1% low fat Milk	6 Turkey w/ Gravy Mashed Sweet Potatoes Steamed Green Beans Whole Wheat Bread Nectarine 1% low fat Milk	7 Teriyaki Baked Fish Brown Rice Oriental Blend Vegetables Whole Wheat Bread Plums 1% low fat Milk	8 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Kiwi 1% low fat Milk
11 Swedish Meatballs w/ Turkey Egg Noodles Steamed Sliced Carrots Whole Wheat Bread Nectarine 1% low fat Milk	12 Vegetarian Three Bean Chili Brown Rice Italian Blend Vegetables Whole Grain Bread Apple 1% low fat Milk	13 Beef Pot Roast w/ Onions and Peppers Mashed Potatoes Creamy Spinach Whole Wheat Bread Applesauce 1% low fat Milk	14 Asian Style White Fish Roasted Butternut Squash Steamed Green Beans Whole Wheat Bread Banana 1% low fat Milk	15 Chicken Francaise Sauteed Zucchini Rice A Roni Challah Bread Orange 1% low fat Milk
18 Turkey Meatballs w/ Tomato Sauce Pasta Italian Blend Vegetables Garlic Bread Apple 1% low fat Milk	19 Lentil Stew w/ Carrots and Turnips Brown Rice Braised Red Cabbage Whole Wheat Bread Orange 1% low fat Milk	20 Stuffed Cabbage w/ Beef Kasha Varnishkes Capri Blend Vegetables Whole Wheat Bread Pear 1% low fat Milk	21 Fish Francaise Creamy Spinach Roasted Butternut Squash Whole Wheat Bread Banana 1% low fat Milk	22 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Kiwi Milk, low fat, 1 %
25 CENTER CLOSED IN OBSERVANCE OF YOM KIPPUR 	26 Shepard Pie w/ Beef and Turkey Mashed Sweet Potatoes Garden Salad Whole Wheat Bread Orange 1% low fat Milk	27 Sweet and Sour Meatballs Egg Noodles Creamy Spinach Whole Wheat Bread Nectarine 1% low fat Milk	28 Black Bean Stew Brown Rice Steamed Green Beans Whole Wheat Bread Plums 1% low fat Milk	29 Roasted Chicken w/ Brown Gravy Challah Bread Carrot Tzimmes Potato Kugel Applesauce 1% low fat milk



JASA Starrett City Older Adult Center

1540 Van Sicken Ave

Brooklyn, NY 11239

718-642-1010

Donna Forde, Program Director

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www.jasa.org

Hours

8 AM – 4 PM

New Programming for September 2023

5th-SNAP Scamming Presentation

13th- July-September Birthday Celebration

14th- SCRIE Presentation

20th- Hearing Loss and Falls Presentation/Center for Hearing and Communications & NYC Aging

20th- Preventing Phishing and Scamming/NYPD Crime Prevention Officer

21st- Falls Prevention Strategies for Older Adults with Vision Impairment

21st-Medication Safety Presentation/CCMP

22nd- Medications and Falls/NYC Aging

26th- Suicide Awareness Presentation

28th- Eating Healthy on a Budget Nutrition Presentation

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