

STARRETT CITY OLDER ADULT CENTER

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

March 2023 – ACTIVITIES

*Virtual **Hybrid

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 **9:30am-Tai Chi 10am-Elements of Tie Dye **11am-Cardio Dance Party 11am-Congregate/Grab and Go Lunch **12:30pm-TAX PREPARATION PRESENTATION by NYC Department of Consumer and Worker Protection 1pm- Let's Play Bingo 2pm-Chess Central</p>	<p>2 **9:30am-Meditative Yoga 11am- Congregate/Grab and Go Lunch 10am-KOT BLOOD PRESSURE MONITORING **11:15am-Total Body Workout- AlwaysFit4Lyfe **12:30pm-PROTECTION FROM FRAUD AND SCAM PRESENTATION by Neighborhood Coordination Officer 1pm-Ping Pong</p>	<p>3 9am-Computer Class for Tablets 9:30am-Acrylic Painting *10am-CHOLESTEROL 101 PRESENTATION by NYC AGING 11am-Congregate/Grab and Go Lunch 12pm- Library 1pm-Pool Cues Game</p>
<p>6 **9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer 1pm- Domino Champs</p>	<p>7 PURIM 10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell)</p>	<p>8 **9:30am-Tai Chi 10am-Elements of Tie Dye **11am- Cardio Dance Party 11am-Congregate/Grab and Go Lunch 1pm- Let's Play Bingo 2pm-Chess Central</p>	<p>9 **9:30am-Meditative Yoga 10am-KOT BLOOD PRESSURE MONITORING 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 1pm-ALL MEMBERS' MEETING 1pm-Ping Pong</p>	<p>10 9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>13 **9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer 1pm- Domino Champs</p>	<p>14 10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell)</p>	<p>15 **9:30am-Tai Chi **11am- Cardio Dance Party *11am-COOKING LIVE WITH NYC AGING: FRIED RICE *11am-MYTHS AND MISCONCEPTIONS: COLORECTAL CANCER PRESENTATION by NYC AGING 11am-Congregate/Grab and Go Lunch *1pm-National Take Back Prescription Drug Day 2023 Presentation by NYC AGING 1pm- Let's Play Bingo 2pm-Chess Central</p>	<p>16 **9:30am-Meditative Yoga 11am-KOT BLOOD PRESSURE MONITORING 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe **12:30pm-HOW TO SAFELY DISPOSE MEDICATIONS PRESENTATION 1pm-Ping Pong</p>	<p>17 ST. PATRICK'S DAY 9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>20 **9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer 1pm- Domino Champs</p>	<p>21 10am-Jewelry Making 11am-KOT BLOOD PRESSURE MONITORING 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell) **1:30pm-COMMEMORATING WOMEN WHO IMPACTED HISTORY PRESENTATION 1:30pm-MARCH BIRTHDAY CELEBRATION</p>	<p>22 **9:30am-Tai Chi **11am- Cardio Dance Party 11am-Congregate/Grab and Go Lunch **12:30pm-TAX PREPARATION PRESENTATION by NYC Department of Consumer and Worker Protection 12:30pm-TRIP to MJ the MUSICAL 1pm- Let's Play Bingo 2pm-Chess Central</p>	<p>23 ** 9:30am-Meditative Yoga 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe **12:30pm-BENEFITS FOR OLDER ADULTS PRESENTATION by LIVEON NY *1pm-PAIN MANAGEMENT IN OLDER ADULTS PRESENTATION by NYC AGING 1pm-Ping Pong</p>	<p>24 9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>27 **9:30am-Tai Chi for Arthritis 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer 1pm- Domino Champs</p>	<p>28 10am-Jewelry Making 11am-KOT BLOOD PRESSURE MONITORING 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell) **12:30pm-COOKING WITH JASA SERIES 3: PESTO RECIPES</p>	<p>29 **9:30am-Tai Chi **11am- Cardio Dance Party 11am-Congregate/Grab and Go Lunch 1pm-Pool Cues Game **12:30pm-OLDER ADULT SERVICES PRESENTATION by NYC AGING 1pm- Let's Play Bingo 2pm-Chess Central</p>	<p>30 ** 9:30am-Meditative Yoga 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 1pm-Ping Pong</p>	<p>31 9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library 12:30pm-MOVIE SPECIAL TITLED "YOU PEOPLE" 1pm-Pool Cues Game</p>



STARRETT CITY OLDER ADULT CENTER

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

March 2023 – MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Turkey with Gravy Mashed Potatoes Green Beans Whole Grain Stuffing Strawberry and Applesauce Orange Juice Milk, low fat, 1 %	2 Teriyaki Baked Fish Yellow Rice Oriental Blend Vegetables Whole Wheat Bread Banana Apple Juice Milk, low fat, 1 %	3 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Apple Orange Pineapple Juice Milk, low fat, 1 %
6 Shepherd Pie with Beef and Turkey Garden Salad Whole Wheat Bread Apple Orange Juice Milk, low fat, 1 %	7 Chicken Marsala Yellow Rice Roasted Beets Whole Wheat Bread Applesauce Orange Pineapple Juice Milk, low fat, 1 %	8 Vegan Stuffed Peppers Roasted Potatoes Green Beans Whole Wheat Bread Orange Apple Juice Milk, low fat, 1 %	9 Sweet and Sour Meatballs Toasted Barley and Onion Creamy Spinach Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	10 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Kiwi Apple Juice Milk, low fat, 1 %
13 TVP Sloppy Joe Rice and Beans California Blend Vegetables Plain Hamburger Bun Kiwi Apple Juice Milk, low fat, 1 %	14 Turkey Leg Mashed Sweet Potatoes Vegetable Mix Whole Grain Bread Apple A Milk, low fat, 1 %	15 Beef Meatloaf with Mushroom Gravy Mashed Potatoes Creamy Spinach Whole Wheat Bread Peach Applesauce Orange Pineapple Juice Milk, low fat, 1 %	16 Fish Francaise Rice A Roni Steamed Carrots Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	17 Cranberry Chicken Noodle Kugel Green Beans Challah Bread Orange Apple Juice Milk, low fat, 1 %
20 Shepherd Pie with Beef and Turkey Garden Salad Whole Wheat Bread Apple Orange Juice Milk, low fat, 1 %	21 Chicken Marsala Yellow Rice Roasted Beets Whole Wheat Bread Applesauce Orange Pineapple Juice Milk, low fat, 1 %	22 Vegan Stuffed Peppers Roasted Potatoes Green Beans Whole Wheat Bread Orange Apple Juice Milk, low fat, 1 %	23 Sweet and Sour Meatballs Toasted Barley and Onion Creamy Spinach Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	24 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Kiwi Apple Juice Milk, low fat, 1 %
27 TVP Sloppy Joe Rice and Beans California Blend Vegetables Whole Wheat Bread Kiwi Apple Juice Milk, low fat, 1 %	28 Chicken Francaise Mashed Sweet Potatoes Vegetable Mix Whole Grain Stuffing Apple Orange Juice Milk, low fat, 1 %	29 Beef Meatloaf with Mushroom Gravy Mashed Potatoes Creamy Spinach Whole Wheat Bread Peach Applesauce Orange Pineapple Juice Milk, low fat, 1 %	30 Fish Francaise Rice A Roni Steamed Carrots Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	31 Cranberry Chicken Noodle Kugel Green Beans Challah Bread Orange Apple Juice Milk, low fat, 1 %



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 March 2023

1st-TAX PREPARATION PRESENTATION by NYC Department of Consumer and Worker Protection

2nd-PROTECTION FROM FRAUD AND SCAM PRESENTATION by Neighborhood Coordination Officer

3rd-CHOLESTEROL 101 PRESENTATION by NYC AGING

Monday and Fridays-MOSAIC ART

15th-COOKING LIVE WITH NYC AGING: FRIED RICE

15th-MYTHS AND MISCONCEPTIONS:

COLORECTAL CANCER PRESENTATION by NYC AGING

15th-National Take Back Prescription Drug Day 2023 Presentation by NYC AGING

16th-HOW TO SAFELY DISPOSE MEDICATIONS PRESENTATION

17th-ST. PATRICK'S DAY

21st-COMMEMORATING WOMEN WHO IMPACTED HISTORY PRESENTATION

21st-MARCH BIRTHDAYS

22nd-TAX PREPARATION PRESENTATION by NYC Department of Consumer and Worker Protection

22nd-MJ THE MUSICAL TRIP

23rd-BENEFITS FOR OLDER ADULTS PRESENTATION by LIVEON NY

23rd-PAIN MANAGEMENT IN OLDER ADULTS PRESENTATION by NYC AGING

28th-COOKING WITH JASA SERIES 3

29th-OLDER ADULT SERVICES PRESENTATION by NYC AGING

31st-MOVIE SPECIAL TITLED "YOU PEOPLE"

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