

May 2023 – ACTIVITIES


*Virtual **Hybrid **NEW PROGRAMMING**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>**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>AGING UNBOUND: MAY 2023</p>	<p>2</p> <p>10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell) Guide to Wellbeing Chapter 1: Relationships 2pm-\$5 TUESDAY MOVIE: SINSU or CHEVALIER</p> 	<p>3</p> <p>**9:30am-Tai Chi for Arthritis 10am-Elements of Tie Dye *10am-OSTEOARTHRITIS 101 PRESENTATION by NYC AGING **11am-Cardio Dance Party 11am-Congregate/Grab and Go Lunch 1pm-Let's Play Bingo 2pm-Chess Central</p> 	<p>4</p> <p>**9:30am-Meditative Yoga *10am-HEARING LOSS PRESENTATION BY CENTER FOR HEARING & COMMUNICATION 10am-KOT Blood Pressure Monitoring 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-COALITION OF CONCERNED MEDICAL PROFESSIONALS (CCMP) INFORMATION TABLE 1pm-Ping Pong</p>	<p>5</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p> 
<p>8</p> <p>**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>9</p> <p>10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell) Guide to Wellbeing Chapter 2: The Brain & Body Connection</p>	<p>10</p> <p>**9:30am-Tai Chi for Arthritis 10am-Elements of Tie Dye *11am-COOKING LIVE WITH NYC AGING: PINEAPPLE ZUCCHINI CAKE **11am-Cardio Dance Party 11am-Congregate/Grab and Go Lunch 1pm-Let's Play Bingo 2pm-Chess Central</p>	<p>11</p> <p>**9:30am-Meditative Yoga *10am-HEARING AIDS PRESENTATION BY CENTER FOR HEARING & COMMUNICATION 10am-KOT Blood Pressure Monitoring 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe **12:30pm-COOKING WITH JASA SERIES 4: ICE CREAM RECIPE 1pm-Ping Pong</p>	<p>12</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 10am-SPA DAY: CHAIR & HAND MASSAGE/AGING UNBOUND 11am-Congregate/Grab and Go Lunch **11:30am-PURPLE ROUND TABLE: MINDFULNESS/AGING UNBOUND 12pm-Library 1pm-Pool Cues Game</p>
<p>15</p> <p>**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>16</p> <p>10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell) Guide to Wellbeing Chapter 3: Overcoming Grief</p>	<p>17</p> <p>**9:30am-Tai Chi for Arthritis **11am-Cardio Dance Party 11am-Congregate/Grab and Go Lunch 1pm-Let's Play Bingo 1pm-ALL MEMBERS' MEETING 2pm-Chess Central</p>	<p>18</p> <p>**9:30am-Meditative Yoga *10am-TINNITUS PRESENTATION BY CENTER FOR HEARING & COMMUNICATION 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe **12:30pm-CCMP PRESENTATION ON THE ROLE OF EXERCISE & PREVENTING ALZHEIMER'S DISEASE 1pm-Ping Pong</p>	<p>19</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game</p>
<p>22</p> <p>**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>23</p> <p>10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell) Guide to Wellbeing Chapter 4: Self Esteem & Self Care 1:30pm-MAY BIRTHDAY CELEBRATION</p>	<p>24</p> <p>**9:30am-Tai Chi for Arthritis **11am-Cardio Dance Party 11am-Congregate/Grab and Go Lunch 1pm-Let's Play Bingo 2pm-Chess Central</p>	<p>25</p> <p>**9:30am-Meditative Yoga 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 1pm-Ping Pong</p>	<p>26</p> <p>9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library 1pm-Pool Cues Game 1:30pm-Movie Special "Glass Onion: A Knives Out Mystery"</p>
<p>29</p> <p>CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY</p> 	<p>30</p> <p>10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 12:30pm-Tea Chat with Courtlyn (Weill Cornell) Writer's Workshop & Photo Day</p>	<p>31</p> <p>**9:30am-Tai Chi for Arthritis **11am-Cardio Dance Party 11am-Congregate/Grab and Go Lunch 1pm- Let's Play Bingo 2pm-Chess Central</p>		

STARRETT CITY OLDER ADULT CENTER

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

May 2023 – MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1 Shepherd Pie with Beef and Turkey Garden Salad Whole Wheat Bread Apple Orange Juice Milk, low fat, 1 %	2 Chicken Marsala Yellow Rice Roasted Beets Whole Wheat Bread Applesauce Orange Pineapple Juice Milk, low fat, 1 %	3 Vegan Stuffed Peppers Roasted Potatoes Green Beans Whole Wheat Bread Orange Apple Juice Milk, low fat, 1 %	4 Sweet and Sour Meatballs Toasted Barley and Onion Creamy Spinach Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	5 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Kiwi Apple Juice Milk, low fat, 1%
8 TVP Sloppy Joe Rice and Beans California Blend Vegetables Plain Hamburger Bun Kiwi Apple Juice Milk, low fat, 1%	9 Chicken Francaise Mashed Sweet Potatoes Vegetable Mix Whole Grain Bread Apple Orange Juice Milk, low fat, 1 %	10 Beef Meatloaf with Mushroom Gravy Mashed Potatoes Creamy Spinach Whole Wheat Bread Peach Applesauce Orange Pineapple Juice Milk, low fat, 1 %	11 Fish Francaise Rice A Roni Steamed Carrots Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	12 Cranberry Chicken Noodle Kugel Green Beans Challah Bread Orange Apple Juice Milk, low fat, 1 %
15 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Whole Wheat Bread Orange Apple Juice Milk, low fat, 1 %	16 Black Beans and Mushrooms Vegan Burger Roasted Potatoes Green Bean Salad Plain Hamburger Bun Applesauce Orange Juice Milk, low fat, 1 %	17 California Turkey Meatloaf Mashed Potatoes Mixed Vegetables Whole Wheat Bread Kiwi Apple Juice Milk, low fat, 1 %	18 Breaded Fish Brown Rice & Black Beans Steamed Sliced Carrots Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	19 Chicken Shawarma Lentils with Spiced Brown Rice & Caramelized Onions Cucumber Dill Salad Challah Bread Pear Apple Juice Milk, low fat, 1%
22 Stuffed Cabbage with Beef Toasted Barley with Onions Capri Blend Vegetables Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	23 Baked Falafel Patties Hummus Za'atar Spiced Israeli Salad Whole Wheat Pita Pear Apple Juice Milk, low fat, 1 %	24 Turkey with Gravy Mashed Potatoes Green Beans Whole Grain Stuffing Strawberry and Applesauce Orange Juice Milk, low fat, 1 %	25 Teriyaki Baked Fish Yellow Rice Oriental Blend Vegetables Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	26 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Apple Orange Pineapple Juice Milk, low fat, 1 %
29 CENTER CLOSED IN OBSERVANCE OF MEMORIAL DAY 	30 Breaded Eggplant Cutlets Tomato Sauce Tofu Fusilli Pasta with Parsley Garlic Bread Italian Blend Vegetables Apple Orange Juice Milk, low fat, 1 %	31 Beef Pot Roast Mashed Potatoes Creamy Spinach Whole Wheat Bread Applesauce Orange Pineapple 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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Hours

8 AM – 4 PM

New Programming for May 2023

2nd, 9th, 16th, 23rd, 30th: TEA CHAT WITH COURTLYN (WEILL CORNELL): GUIDE TO WELLBEING

3rd: OSTEOARTHRITIS 101 PRESENTATION by NYC AGING

4th, 11th, 18th: HEARING LOSS (MAY 4th); HEARING AIDS (MAY 11th); TINNITUS (MAY 18th) PRESENTATIONS

4th: COALITION OF CONCERNED MEDICAL PROFESSIONALS (CCMP) INFORMATION TABLE

10th: COOKING LIVE WITH NYC AGING: PINEAPPLE ZUCCHINI CAKE

11th- COOKING WITH JASA SERIES 4: ICE CREAM RECIPE

12th: SPA DAY: CHAIR & HAND MASSAGE/AGING UNBOUND

12th: PURPLE ROUND TABLE: SELF CARE/AGING UNBOUND

18th: INTRODUCTION TO CCMP & PRESENTATION ON THE IMPACT OF EXERCISE ON ALZHEIMER'S DISEASE

26th- MOVIE SPECIAL TITLED "GLASS ONION: A KNIVES OUT MYSTERY"

31st: COOKING WITH JASA SERIES 5

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