

STARRETT CITY OLDER ADULT CENTER

1540 Van Sicken Ave, Brooklyn, NY 11239; (718) 642-1010
November 2022 – ACTIVITIES

*Virtual **Hybrid

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe **12:15pm- STRESS MANAGEMENT PRESENTATION-CAREMAX 12:30pm-TEA CHAT WITH CORTLYN 1pm- Let's Play Bingo</p>	<p>2 **9:30am-Tai Chi 10am-Elements of Tie Dye **11am- Cardio Dance Party *11am-Concerts in Motion-Russian Concert 11am-Congregate/Grab and Go Lunch 1pm-Pool Cues Game 2pm-Chess Central</p>	<p>3 **9:30am-Meditative Yoga 11am-KOT BLOOD PRESSURING MONITORING 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe **12:30pm-DIABETES SELF MANAGEMENT PROGRAM 1pm-Ping Pong</p>	<p>4 9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm- Library</p>
<p>7 **9:30am-Tai Chi for Arthritis *10am-MEDICATION LABEL/DFTA 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer *12pm-Concerts in Motion-Classical Music 1pm- Domino Champs</p>	<p>8 10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:30pm-TEA CHAT WITH CORTLYN 1pm- Let's Play Bingo</p>	<p>9 **9:30am-Tai Chi 10am-Elements of Tie Dye **11am- Cardio Dance Party *11am-Concerts in Motion-Russian Concert 11am-Congregate/Grab and Go Lunch 1pm-Pool Cues Game 2pm-Chess Central</p>	<p>10 **9:30am-Meditative Yoga **9:30am-CREDIT & DEBT PRESENTATION 11am-KOT BLOOD PRESSURING MONITORING 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe **12:30pm-DIABETES SELF MANAGEMENT PROGRAM 1pm-ADVISORY BOARD MEETING FOR ALL MEMBERS 1pm-Ping Pong</p>	<p>11 9am-Computer Class for Tablets 9:30am-Acrylic Painting **11AM-COMEMORATING VETERAN'S DAY 11am-Congregate/Grab and Go Lunch 12pm-Library</p>
<p>14 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer *12pm-Concerts in Motion-Classical Music 1pm- Domino Champs</p>	<p>15 10am-Jewelry Making 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:15pm-ACCESS to DIABETES CARE/CAREMAX 12:30pm-TEA CHAT WITH CORTLYN 1pm- Let's Play Bingo</p>	<p>16 **9:30am-Tai Chi **11am- Cardio Dance Party *11am-Concerts in Motion-Russian Concert 11am-Congregate/Grab and Go Lunch 1pm-Pool Cues Game 2pm-Chess Central</p>	<p>17 **9:30am-Meditative Yoga 11am-KOT BLOOD PRESSURING MONITORING 11am- Congregate/Grab and Go Lunch **11:15am-Total Body Workout-AlwaysFit4Lyfe 12pm-NOVEMBER BIRTHDAYS **12:30pm-DIABETES SELF MANAGEMENT PROGRAM 1pm-Hearing Loss & Diabetes/DFTA & CHC 1pm-Ping Pong</p>	<p>18 **8:30am-Tai Chi for Arthritis Makeup Class 9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library</p>
<p>21 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer *12pm-Concerts in Motion-Classical Music 1pm- Domino Champs</p>	<p>22 10am-Jewelry Making 11am-KOT BLOOD PRESSURING MONITORING 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:30pm-TEA CHAT WITH CORTLYN 1pm- Let's Play Bingo</p>	<p>23 **9:30am-Tai Chi **11am- Cardio Dance Party *11am-Concerts in Motion-Russian Concert 11am-Congregate/Grab and Go Lunch 1pm-Pool Cues Game 2pm-Chess Central</p>	<p>24 CLOSED IN OBSERVANCE OF THANKSGIVING DAY </p>	<p>25 **8:30am-Tai Chi for Arthritis Makeup Class 9am-Computer Class for Tablets 9:30am-Acrylic Painting 11am-Congregate/Grab and Go Lunch 12pm-Library</p>
<p>28 **9:30 am-Tai Chi for Arthritis 10:30am-Computer Lab/Mobile Device 11am-Congregate/Grab and Go Lunch 11:30am-Computer Lab/Basic Computer **11:45am-PREBIOTIC AND PROBIOTIC/NUTRITION EDUCATION *12pm-Concerts in Motion-Classical Music 1pm- Domino Champs</p>	<p>29 10am-Jewelry Making 11am-KOT BLOOD PRESSURING MONITORING 11am-Congregate/Grab and Go Lunch **11:15am-Total Body Workout- AlwaysFit4Lyfe 12:30pm-TEA CHAT WITH CORTLYN 1pm- Let's Play Bingo</p>	<p>30 **9:30am-Tai Chi **11am- Cardio Dance Party *11am-Concerts in Motion-Russian Concert 11am-Congregate/Grab and Go Lunch 1pm-Pool Cues Game 2pm-Chess Central</p>		



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

November 2022 – MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Breaded Eggplant Tofu Fusilli Pasta and Parsley Italian Blend Vegetables Garlic Bread Apple Orange Juice Milk, low fat, 1 %	2 Beef Pot Roast Mashed Potatoes Creamy Spinach Whole Wheat Bread Applesauce Orange Pineapple Juice Milk, low fat, 1 %	3 Salmon Cakes Roasted Potatoes Winter Blend Vegetables Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	4 Spanish Style Roast Chicken Rice A Roni Sautéed Zucchini Challah Bread Orange Apple Juice Milk, low fat, 1 %
7 Italian Meatballs with Beef and Turkey Pasta Green Beans Garlic Bread Apple Orange Juice Milk, low fat, 1 %	8 Veggie Burgers Mashed Potatoes Braised Red Cabbage Whole Wheat Bread Orange Apple Juice Milk, low fat, 1 %	9 Stuffed Cabbage with Beef Kasha Varnishkes Capri Blend Vegetables Whole Wheat Bread Pear Orange Juice Milk, low fat, 1 %	10 Fish Francaise with Creole Sauce Yellow Rice Creamy Spinach Whole Wheat Bread Banana Apple Juice Milk, low fat, 1 %	11 Hawaiian Chicken with Vegetables Toasted Barley and Onion Steamed Carrots Whole Wheat Bread Strawberry and Applesauce Orange Juice Milk, low fat, 1 %
14 Shepherd Pie with Beef and Turkey Garden Salad Whole Wheat Bread Apple Orange Juice Milk, low fat, 1 %	15 Chicken Marsala Yellow Rice Roasted Beets Whole Wheat Bread Applesauce Orange Pineapple Juice Milk, low fat, 1 %	16 Vegan Stuffed Peppers Roasted Potatoes Green Beans Whole Wheat Bread Orange Apple Juice Milk, low fat, 1 %	17 Sweet and Sour Meatballs Toasted Barley and Onion Creamy Spinach Whole Wheat Bread Banana Orange Juice Milk, low fat, 1 %	18 Roasted Chicken Potato Kugel Carrot Tzimmes Challah Bread Kiwi Apple Juice Milk, low fat, 1 %
21 TVP Sloppy Joe Plain Hamburger Bun Rice & Beans California Blend Vegetables Whole Wheat Bread Kiwi Apple Juice Milk, low fat, 1 %	22 Turkey Leg with Brown Gravy Mashed Potatoes Vegetables Mix Whole Grain Stuffing Apple Orange Juice Milk, low fat, 1 %	23 Beef Meatloaf with Mushroom Gravy Mashed Potatoes Creamy Spinach Whole Wheat Bread Peach Applesauce Orange Pineapple Juice Milk, low fat, 1 %	24 <p style="text-align: center;">CLOSED IN OBSERVANCE OF THANKSGIVING DAY</p>	25 Cranberry Chicken Noodle Kugel Green Beans Challah Bread Orange Apple Juice Milk, low, 1%
28 Chinese Style Pepper Steak Chow Fun Noodles Oriental Blend Vegetables Whole Wheat Bread Orange Apple Juice Milk, low fat, 1%	29 Black Beans and Mushrooms Vegan Burger Roasted Potatoes Green Bean Salad Whole Wheat Bread Applesauce Orange Juice Milk, low fat, 1 %	30 California Turkey Meatloaf Mashed Potatoes Mixed Vegetables Whole Wheat Bread Kiwi Apple Juice Skim Milk		



JASA Starrett City Older Adult Center

1540 Van Sicken Ave

Brooklyn, NY 11239

718-642-1010

Donna Forde, Program Director

dforde@jasa.org

www.jasa.org

Hours

8 AM – 4 PM

New Programming for November 2022

1st- 12:15pm- STRESS MANAGEMENT PRESENTATION-CAREMAX

TUESDAYS-12:30pm-TEA CHAT WITH CORTLYN/NYP

3rd, 10th, 17th- 12:30pm-DIABETES SELF MANAGEMENT PROGRAM

7th-WHAT DOES MY MEDICATION LABEL MEAN? Presentation by DFTA

10th-9:30am- CREDIT & DEBT-PRESENTATION/FINANCIAL LITERACY

10th-1pm- ADVISORY BOARD MEETING FOR ALL MEMBERS

11th- 11am- COMEMORATING VETERAN'S DAY

15th- 12:15pm-ACCESS to DIABETES CARE/CAREMAX

Tai Chi for Arthritis Resumes

Center is closed November 24th in observance of Thanksgiving Day

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