



Starrett City Older Adult Center

(718)-642-1010

1540 Van Siclen Ave, Brooklyn, NY 11239

June 2026 Activities Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- "Lovely One" -Ketanji Brown Jackson Museum of Natural History trip</p>	<p>2 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 12:30pm- Fire Extinguisher Presentation w/ Gregorio Vera, Volunteer Firefighter 1:00pm- Tea Chat with Courtlyn (Weil Cornell) 2:30pm- Gardening with Opportunity Hub Outdoors-Strawberry Jam Making</p>	<p>3 9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 12:30pm- Carmen's Thriving Survivor Group 1pm- Movie Screening- Happy Father's Day, 2016 2pm- Su Casa: Explorative Art Workshop</p>	<p>4 10am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 12:30pm- Nutrition Lecture: Plant Protein w/ Tiana Rainford RDE 1pm- Pool Cues Game</p>	<p>5 9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games</p>

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<p>8 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Book Club- "Lovely One" -Ketanji Brown Jackson 12:30pm- Brain Health Presentation with NYC Health Katia Acierno</p>	<p>9 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell)</p>	<p>10 9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1pm- Movie Screening- Family Wedding, 2010 2pm- Su Casa: Explorative Art Workshop</p>	<p>11 10am- Meditative Chair Yoga 10am- Alzheimer's Presentation with Alzheimer's Association, NYC Chapter 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 1pm- All Members Meeting 1pm- Pool Cues Game</p>	<p>12 9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games</p>
<p>15 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Book Club- "Lovely One" -Ketanji Brown Jackson</p>	<p>16 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell) 2:30-Gardening with Opportunity Hub Outdoors</p>	<p>17 9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1pm- Movie Screening- Daddy Daughter Trip, 2022 2pm- Su Casa: Explorative Art Workshop</p>	<p>18 10am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 1pm- Pool Cues Game 12:30pm: Elder Abuse Presentation with Detective Fields.</p>	<p>19 CENTER CLOSED IN OBSERVANCE OF JUNETEENTH</p>
<p>22 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Book Club- "Lovely One" -Ketanji Brown Jackson</p>	<p>23 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 12:30pm- Elder Abuse Presentation, with Courtlyn (Weil Cornell)</p>	<p>24 9:30am- Self Defense for Older Adults 11:15am- Chakra Yoga Dance 12pm- Congregate/ Grab and Go Lunch 12:30pm- Tech Help Hour 1pm- Movie Screening- Family Camp, 2022 2:00pm- SU CASA Art Show</p>	<p>25 10am- Meditative Chair Yoga 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate/ Grab and Go Lunch 1pm- Pool Cues Game 1pm- JASA Talent Show</p>	<p>26 9:30am- Acrylic Painting 11:30am- Hooked on Crochet 12pm- Congregate/ Grab and Go Lunch 12:30pm- Board Games</p>

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29 9:30am- Tai Chi for Arthritis 10:30am- Technology Class 12pm- Congregate/ Grab and Go Lunch 12:30pm- Book Club- Book Club- "Lovely One" -Ketanji Brown Jackson	30 9:30am- Jewelry Making 11:15am- Total Body Workout-AlwaysFit4Lyfe 12pm- Congregate Lunch/ Grab and Go Lunch 1:00pm- Tea Chat with Courtlyn (Weil Cornell)			

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June 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Spaghetti Casserole Whole Wheat Bread Tossed Salad with Dressing Apple	2 Kasha Knish Humus Chickpea Salad Israeli Salad	3 Stuffed Cabbage with Beef Kasha Varnishkes Whole Wheat Bread Steamed Carrots Kiwis	4 Dill Lemon Sauce Fish Francaise Whole Wheat Bread Cucumber Dill Salad Mashed Potatoes Pear	5 Hawaiian Chicken Challah Bread Whole Wheat Bread Capri Blend Vegetables Applesauce
8 Chicken Marsala White Rice Whole Wheat Bread Steamed Broccoli Apple	9 Meaty Vegetarian Moussaka Whole Wheat Bread Tossed Salad with Dressing Orange	10 Sweet and Sour Beef Meatballs Egg Barley Whole Wheat Bread Spinach Souffle Kiwis	11 Salmon Salad Orzo Whole Wheat Bread Beets and Onion salad Pear	12 Roasted Chicken Challah Bread Carrot Tzimmes Potato Kugel Applesauce

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Monday	Tuesday	Wednesday	Thursday	Friday
15 Sauteed Onions and Peppers Turkey Burger Whole Wheat Bread Or Whole Wheat Pita California Blend Vegetables Roasted Sweet Potato Slices Apple	16 Basic Shepherd's Pie Whole Wheat Bread Tossed Salad with Dressing Orange	17 Baked Breaded Fish Tartar Sauce Rice-A-Roni Whole Wheat Bread Cucumber Dill Salad Kiwi	18 Classic Minestrone Soup Classic Garlic Bread Bowtie Pasta Salad Pear	19 Cranberry Chicken Challah Bread Sweet Noodle Kugel Zucchini Provencal Applesauce
22 Chinese Style Pepper Steak Vegetable Lo Mein Whole Wheat Bread Steamed Broccoli Apple	23 Individual Chicken Pot Pie Whole Wheat Bread Tomato Salad with Basil Orange	24 Dill Lemon Sauce Calmon Cakes Cous Cous Whole Wheat Bread Cucumber Dill Salad Kiwi	25 Traditional Whole Wheat Bean Burrito Brown Rice Garden Salad Pear	26 Baked Asian Style Honey Chicken Challah Bread Springtime Fried Brown Rice Oriental Blend Vegetables Apple Sauce
29	30			

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1540 Van Siclen Ave, Brooklyn, NY 11239

Hours

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

Closed for Federal and Jewish Holidays

June 19th, 2026/CENTER CLOSED IN OBSERVANCE OF JUNETEENTH

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

Katleen Ortega, Case Manager kortega@jasa.org

Partially funded by:

NEW June 2026 Activities/Programming

Fire Extinguisher Presentation with Greg from JASA - 06/02/26 @ 12:30pm - 01:30pm

Brain Health Presentation with Katia Acierno - 06/08/26 @ 12:30pm - 01:30pm

Elder Abuse Presentation, with Courtlyn (Weil Cornell) - 06/23/26 @ 12:30pm - 01:30pm

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