

**ST. LOUIS OLDER ADULTS CENTER
CATHOLIC CHARITIES NEIGHBORHOOD SERVICES**

230 KINGSTON AVENUE BROOKLYN, NY 11213

T (718) 771-7945 F (718) 467-2524

Monday - Friday 8am - 4pm



JULY

- ☐ AMERICANA INSPIRED FLORAL
- ☐ RED MANI & PEDI
- ☐ INDEPENDENCE DAY **JULY 4TH**
- ☐ READ *GIFTS FROM THE SEA*
- ☐ BAKE STRAWBERRY SHORTCAKE
- ☐ PINA COLADA DAY **JULY 10TH**
- ☐ SLURPEE DAY **JULY 11TH**
- ☐ FRENCH FRY DAY **JULY 13TH**
- ☐ GUMMY BEAR DAY **JULY 15TH**
- ☐ ICE CREAM DAY **JULY 19TH**
- ☐ LOLLIPOP DAY **JULY 20TH**
- ☐ JUNK FOOD DAY **JULY 21ST**
- ☐ EAT POPSICLES OUTSIDE
- ☐ ATTEND OR HOST A BBQ
- ☐ CHEESECAKE DAY **JULY 30TH**



JULY is *National*
HIV AWARENESS
MONTH

Begins
10:00AM



ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU July 2023

230 Kingston
Brooklyn NY 11201
Tel: (718) 771-1111

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 CLOSED</p>	<p>11 Omelet w/Peppers & Onions Cereal Biscuit Orange</p>	<p>5 BLT English Muffins Cream of Wheat Orange</p>	<p>6 Sautéed Chicken Liver w/Onions Grits Banana</p>	<p>7 Non-Fat Greek Yogurt Corn Muffins Coconut Granola Diced Pears</p>
<p>10 Non French Toast Onions & Peppers Kiwi</p>	<p>12 Salmon Cakes Sautéed Onions & Peppers Grits Strawberries</p>	<p>13 Blueberries Muffins Cottage Cheese Granola Cantaloupe</p>	<p>14 BLT English Muffin Farina Mango</p>	
<p>17 Salmon Cakes Onions & Peppers Grits Honeydew</p>	<p>18 Corn Muffins Cereal Strawberries</p>	<p>19 Turkey Bacon Cinnamon Pancake Oatmeal Cantaloupe</p>	<p>20 Cinnamon French Toast Cream of Wheat Banana</p>	<p>21 Scrambled Eggs w/Peppers & Onion Home Fries Cereal Orange</p>
<p>24 Cheese Omelet Oatmeal Cantaloupe</p>	<p>25 Sardines Sautéed Onions & Peppers Grits Banana</p>	<p>26 Blueberries Muffins Plain Low-Fat Yogurt Orange</p>	<p>27 Scrambled Eggs w/Peppers & Onions Home Fries Cereal Mango</p>	<p>28 Cinnamon Pancake Cream of Wheat Banana</p>
<p>31 Non French Toast Farina Orange</p>	<p>MY NAME'S BREAKFAST, AND I'M THE MOST IMPORTANT MEAL OF THE DAY!</p>		<p>MENU MAY CHANGE WITHOUT PRIOR NOTICE</p>	<p>WHOLE WHEAT BREAD & MILK 1% SERVED DAILY</p>

Funded by Department for the Aging

Lunch menu-----Other Side-->

gins
- 1:30PM

ST. LOUIS OLDER ADULTS CENTER LUNCH MENU July 2023

230 King
Brooklyn N
Tel: (718) 7


Monday	Tuesday	Wednesday	Thursday	Friday
3 CLOSED		5 Mushroom Dan Dan Noodles Steamed Kale Garden Salad Orange	6 Caribbean BBQ Chicken Macaroni & Cheese Steamed Kale Orange Juice Cantaloupe	7 Chicken Salad Baby Spinach S Carrot Salad Apple Juice Honeydew M
10 Sherred Pork Chops Yellow Rice Okra w/Tomatoes Orange Juice Banana : Baked Chicken	11 Black Bean Tacos w/ Pineapple Salsa Baby Spinach Salad Apple Juice Cantaloupe	12 Caribbean BBQ Chicken White Rice Cucumber & Tomato Salad Carrot Salad Pineapple Juice Watermelon	13 Beef Salisbury Steak w/Mushroom Sauce Mashed Potatoes Braised Collard Greens Apple Juice Orange	14 Teriyaki Glazed Mexican Co Capri Blend Veg Orange Juic Apple
17 Sherry Pork Chops Cornbread Eyed Pea Marsala Steamed Kale Pineapple Juice Applesauce : Baked Chicken	18- Stewed Oxtail w/Lima Beans White Rice Cabbage w/Shredded Carrots Apple Juice Honeydew	19 <i>Homemade Black Bean Burger</i> Spaghetti Garden Salad Apple Juice Cantaloupe	20 Breaded Fish Fillets Corn on the Cob Capri Blend Vegetables Orange Juice Orange	21 Turkey Salad Baby Spinach S Pineapple Ju Grapes
24 Lean BBQ Chicken Corn on the Cob Garden Salad Orange Juice Cantaloupe	25 Pork Spare Ribs Macaroni & Cheese Collard Greens Pineapple Juice Baked Apple ALT: Baked Chicken	26 Pineapple Black Beans Roasted Root Vegetables Garden Salad Apple Juice Honeydew Melon	27-Birthday Celebration Beef & Cheese Lasagna Baby Spinach Salad Broccoli & Red Peppers Orange Juice Banana	28 Blackened Ca Yellow Plant Capri Blend Veg Apple Juice Diced Pear
31 Breaded Pork Chops e & red Beans California Blend Pineapple Juice Orange : Baked Chicken			MENU MAY CHANGE WITHOUT PRIOR NOTICE	WHOLE WH BREAD & MILK 1% SET DAILY


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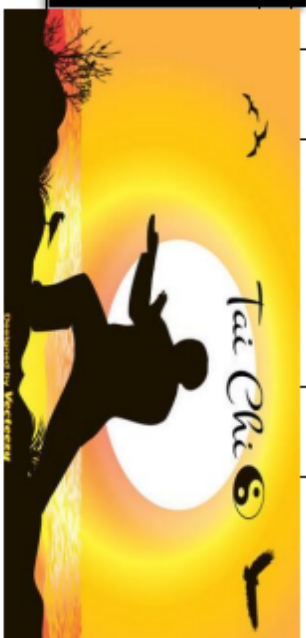
ST. LOUIS OLDER ADULT CENTER ACTIVITY SCHEDULE

July 2023

Monday	Tuesday		Wednesday		Thursday	Friday		
CLOSED			5		6	7		
	10:30 12:30 1:30 2:30	Arts & Craft-By Ms. Garcia Lunch Chair Exercise w/Tommy B.I.N.G.O.	10:15 11:00 12:30 2:00	Line Dancing w/Tommy Nutrition Workshop Lunch Adult Coloring	11:30 12:30 2:45	Tai Chi w/ Tommy Lunch Karaoke		
ing Pong alking Club unch umba w/ Tommy I.N.G.O.	11		12	13	14			
	12:30 1:00 2:30	Lunch Dominoes B.I.N.G.O.	9:00 10:30 11:00 12:30 1:30 2:30	Spirit of NY (Boat Trip) Arts & Craft-by Ms. Garcia Center Plan Lunch Chair Exercise w/Tommy B.I.N.G.O.	10:15 11:00 12:30 2:00	Line Dancing w/Tommy Youths Visit-(Maryland) Bethany United Methodist Church Lunch Adult Coloring	11:30 12:30 2:45	Tai Chi w/Tomm Lunch Karaoke
	18		19	20	21			
ing Pong alking Club umba w/ Tommy I.N.G.O.	12:30 1:00 2:30	Lunch-July 4 th Celebration Dominoes B.I.N.G.O.	10:30 11:00 12:30 1:30 2:30	Arts & Craft- By Ms. Garcia Cooking Live-by NYC Aging Cold Peanut Sesame Noodle Lunch Chair Exercise w/Tommy B.I.N.G.O.	10:15 12:30 1:30	Line Dancing w/Tommy Lunch Comedy Show	11:30 12:30 2:45	Tai Chi w/Tomm Lunch Karaoke
	25		26	27	28			
ing Pong alking Club abetic Support Group- irtual)-NY Presbyterian unch umba w/ Tommy I.N.G.O.	12:30 1:00 2:30	Lunch Dominoes B.I.N.G.O.	10:30 12:30 1:30 2:30	Arts & Craft- By Ms. Garcia Lunch Chair Exercise w/Tommy B.I.N.G.O.	10:15 12:30 2:30	Line Dancing w/Tommy Lunch-Birthday Celebration Adult Coloring	11:30 12:30 2:45	Tai Chi w/Tomm Lunch Karaoke







Funded by Department for the Aging

July Birthday

- | | |
|------------------------------|----------------------|
| 1. Andre Gholston | 17. Priscilla Carter |
| 2. Shirlene Codrington | 18. Rudolph Anderson |
| 3. Ruth Battle | 19. Edna Trotman |
| 4. Rita Antomez | 20. Ronald Simmon |
| 5. Dorothy Jean Bambray-Guet | 21. Wilmot Chisholm |
| 6. Olga Vickerie | 22. Claudia Battle |
| 7. Hermie Huggins | 23. Germaine Thomas |
| 8. Roberta Edwards | 24. Mignon Williams |
| 9. Elsa McDowell | 25. Hector Ramsay |
| 10. Joyce Hodge | 26. Corine Coleman |
| 11. Rudolph Herbert | 27. Marie Wilson |
| 12. Deng Mei Ying | 28. Benjamin Golston |
| 13. Alan Hayward | 29. Carla Doyle |
| 14. Clara Odom | 30. Maurice Lovell |
| 15. Myrtle Lloyd | 31. Betty Gaunt |
| 16. Priscilla Carter | 32. Awilda Garcia |

Birthday Celebration

On (Thursday) July 27th, 2023.

After Lunch. Cake will be served.



Languages: English + Mandarin

Date: Wednesday, August 9th, at 11:00 AM

Recipe: Red Borscht (Beet Soup)

Languages: English + Russian



The zoom information is the same for all the cooking demos.

Link: [https://us02web.zoom.us/j/84599309153?](https://us02web.zoom.us/j/84599309153?pwd=bFErdmJlUTA3bzRtTXN5U0hPa29YUT09)
[pwd=bFErdmJlUTA3bzRtTXN5U0hPa29YUT09](https://us02web.zoom.us/j/84599309153?pwd=bFErdmJlUTA3bzRtTXN5U0hPa29YUT09)

Meeting ID: 845 9930 9153

Passcode: 123

Dial-In Number: +1 929-436-2866 US (New York)

Please cook along with us! A list of ingredients for the recipes will be sent closer to the dates of the cooking demos.

For any questions, comments, or recipe suggestions, please email us at:
virtualliving@aging.nyc.gov.



FOR TEENS AND OLDER ADULTS
WHO ARE READY TO BE HEARD!

BRIDGING THE GAP

Intergenerational Debate at BPL

Tuesdays, June 20—August 29, 2023

4:30—6:30 pm at Park Slope Library

Join BPL for a ten-week intergenerational debate program for youth (ages 14-19) and elders (ages 55+). Participants will learn to craft persuasive, impactful arguments and hone their research and public speaking skills.

Bridging the Gap will provide a safe space for both generations to share their talents and learn from one another.

The program includes:

- An awards ceremony and reception
- A podcast featuring participants

For more information, please call Berena Hughes at 718-236-1760 ext. 51143, email bhughes@bklynlibrary.org or visit our BPL page: bklynlib.org/olderadults.



Spirit of NY (ALL WHITE ATTIRE PARTY)

Date: Wednesday, July 12, 2023

Pickup: St. Louis Older Adult Center 230 Kingston Ave Bklyn, NY 11213

Pickup Times: 9:00am

Departure: Spirit of NY: 2:30pm

Price: \$150.00

DJ, Dancing Beautiful view of the city skyline

All you can eat buffet luncheon

Payment Installments

1st – April 12th \$50.00

2nd - May 12th \$50.00

3rd - June 12th \$50.00

Contact:

Ms. Frances Langley OR Ms. Barbara Vickerie OR Hellen Denman

(718) 771 -7945

THIS EVENT IS ALL WHITE ATTIRE ONLY!!!

Attention

St. Louis Older Adult Hours

Monday – Friday

8:00AM – 4:00PM

Breakfast

9:00AM – 10:00AM

Lunch

12:30PM – 1:30PM

St Louis does **NOT** provide containers, bags, foil, etc. to carry out food
Please **DO NOT TAKE** food Outside the Center for later consumption. This poses
a Health Hazard.

As of December 31st, 2022, Grab & Go has discontinued
Monthly Birthdays-last Thursday except (November and December, TBA)

SUGGESTED DONATION

Seniors 60yrs Plus: \$1:00

Seniors: Special Lunch \$3:00

REQUIRED

Guest Under 60yrs: \$4:00

Guest under 60yrs: Special Lunch \$5:00

“The Benefits of Nuts & Seeds”



Nutrition Workshop
(Thursday) July 6th, 2023
@11:00AM
By Claudia M. Codrington



Blanket Give away by

**Youth Visit from Bethany United Methodist
Church (Maryland)**

(Thursday) July 13th, 2023

@ 11:00AM

St. Louis Older Adults Center



Diabetes Support Group (Virtual)

Our support group, hosted by Christina Conlin, MS, RDN, CDN Clinical Nutrition Manager at NewYork-Presbyterian Hudson Valley Hospital, offers a great opportunity to learn how to manage your diagnosis. Suitable for people who are diabetic, pre-diabetic, and those interested in preventative care.

Register in advance for this meeting:

https://nyph.zoom.us/webinar/register/WN_7K_k3vkGS8uhBR7F6ROS3Q

After registering, you will receive a confirmation email containing information about joining the meeting.

Monday, July 24 at 11:00am to 11:30am
Virtual Event

Comedy Show

Thursday, July 20 at 1:30 pm
St. Louis Senior Center



Caring every minute, every day.

1-866-771-0641
[TTY: 711]

for the hearing impaired
8 a.m. to 8 p.m., 7 days a week
www.elderplan.org

 **elderplan**
homefirst®
a member of MJHS Health System

Elderplan is an HMO plan with Medicare and Medicaid contracts. Enrollment in Elderplan depends on contract renewal. For accommodation of persons with special needs at meetings, call 1-866-771-0641 (TTY: 711) for the hearing impaired 8 a.m. – 8 p.m., 7 days a week. Elderplan/HomeFirst complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Elderplan/HomeFirst cumple con las leyes federales de derechos civiles aplicables y no discrimina por motivos de raza, color, nacionalidad, edad, discapacidad, o sexo. ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame

Notice

All Computer Classes will be cancelled from

1. July 10th,2023
2. July 11th,2023
3. July 17th,2023
4. July 18th,2023
5. July 24th, 2023
6. July 25th,2023
7. July 31st,2023
8. August 1st,2023
10. August 7th,2023
11. August 8th,2023

The Classes will be resumed on August 14th,2023

所有电脑课程取消将从

1. 2023 年 7 月 3 日
- 2、2023 年 7 月 10 日
- 3、2023 年 7 月 11 日
4. 2023 年 7 月 17 日
- 5、2023 年 7 月 18 日
6. 2023 年 7 月 24 日
- 7、2023 年 7 月 25 日
8. 2023 年 7 月 31 日
9. 2023 年 8 月 1 日
10. 2023 年 8 月 7 日
11. 2023 年 8 月 8 日

将于 2023 年 8 月 14 日恢复

TIPS FOR SENIORS DURING THE SUMMER

OLDER ADULTS ARE MORE VULNERABLE TO SUMMER HEAT AND HUMIDITY. TAKE THE FOLLOWING PRECAUTIONS.



GET THE RIGHT AMOUNT OF WATER

Talk to the doctor about ways to stay hydrated if you have fluid restrictions.



GO OUTSIDE IN THE COOLER PARTS OF THE DAY

This includes the early morning or evening. Wear sun hats, long sleeves, and sunscreen.



BEWARE OF HOT SURFACES

Touch surfaces lightly with your elbow. Wear shoes with solid soles.



AVOID OVERLY DRY SKIN

Use moisturizer after bathing to prevent microcuts.



KEEP YOUR LIVING SPACE COOL

Move seating and beds away from sunny spots. Look out for bugs and pests coming indoors. Service the AC and indoor fans.



STORE MEDICATION AND FOOD IN COOL PLACES

Check labeling on medication bottles for storage recommendations and never store in direct sunlight.

Senior Safety this Summer



1 Proper clothing and a hat

2 Proper sunscreen & sunglasses



3 Bring a sturdy chair

4 Seek shade



5 Bring water



6 Give yourself time



7 Enjoy the moment



Line Dancing!



Line Dancing Class by Tommy

Every Thursday from 10:15AM to 11:00AM



Tai Chi for Health Class

Every Friday from 11:30AM to 12:30PM



SUMMER WORD SEARCH



Instructions - Find and circle the Summer words or phrases. The most circled words wins!

C N Q W A Z F E S T I V A L S
W V G Q I S B P O O L T O Y S
J K H W R U A S W I M M I N G
U S Z C C N S S R H Q A L P Y
L U X O O B E U M U M M E R V
Y M F N N A B N P M P A O E F
W M L C D T A S L I Y F Y G I
C E I E I H L C A D C L Z M R
O R P R T I L R W I C N Q F E
O D F T I N C E N T K H I T W
K A L S O G J E M Y E I Q C O
O Y O O N V U N O Z G K U R R
U S P L E N N A W B K I J J K
T I S F R Y E I E U D N A N S
O Y P O O L P A R T Y G I E K

AIR CONDITIONER

LAWN MOWER

FIREWORKS

FESTIVALS

HUMIDITY

SUNBATHING

SUNSCREEN

CONCERTS

MAY

HIKING

SUMMER DAYS

BASEBALL

COOKOUT

POOL PARTY

JUNE

FLIP FLOPS

SWIMMING

PICNIC

POOL TOYS

JULY

Director of Field Operations

Ron Carson

Case Manager

Michelle Williams

Administrative Assistant

Siew Chen Chau (KIM)

Head Cook

Mildred Moore

Assistant Cook

Onica Cyrus

Kitchen Aide

Genita Tatum



President

Hellen Denman

Vice President

Adelina Chase

Secretary

Bridget Duncan

Treasurer

Frances Langley

Essie Spivey

Mary Williams

Our Mission

Catholic Charities in the Diocese of Brooklyn and Queens translates the Gospel of Jesus Christ into action by affirming the dignity and value of every person, especially the most vulnerable members of our diverse society.

Catholic Charities develops effective responses to human need and joins with all people of good will in advocating for a social order which promotes justice and embraces human development.