

YEARS
Brooklyn & Que

ST. LOUIS OLDER ADULT CENTER CATHOLIC CHARITIES NEIGHBORHOOD SERVICES

230 KINGSTON AVENUE BROOKLYN, NY 11213

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

Monday - Friday 8am - 4pm



APRIL IS
CELEBRATE DIVERSITY MONTH





Breakfast Begins
7:00AM – 10:00AM

ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU
April 2024

230 Kingston Ave
Brooklyn NY 11213
Tel: (718) 771-7945

Monday	Tuesday	Wednesday	Thursday	Friday
1 Scrambled Eggs Peppers & Onions Cream of Wheat Fresh Pineapple	2 Plain Greek Yogurt Blueberries Muffins Coconut Granola Apple	3 Cinnamon French Toast Oatmeal Frozen Mix Berries	4 Salmon Cakes w/Red Pepper & Onions Grits Banana	5 Scrambled Eggs Home Fries w/Peppers & Onion Canned Sliced Peach
8 Corn Muffin Coconut Granola Cottage Cheese Banana	9 Grilled Cheese Cream of Wheat Fresh Pineapple	10 Pancakes Scrambled Eggs Sausage Links (Turkey or Pork) Blueberries	11 Banana Nut Muffin Plain Greek Yogurt Granola Bar Honeydew Melon	12 Scrambled Eggs w/Red Peppers & Onion (Mangu)Mashed Plant Apple
15 Hard Boiled Egg English Muffin Cheerios Nectarine	16 Blueberry Corn Muffins Plain Yogurt Apple	17 Salmon Cakes Sautéed Pepper & Onions Cheesy Grits Papaya	18 Scrambled Eggs Oatmeal Mini Bagel Cream Cheese Banana	19 Blueberry Pancakes Cottage Cheese Peach
22 Cinnamon Muffin Cereal Granola Bar Papaya	23 Omelet w/Spinach & Parmesan Cheese Cereal Cantaloupe	24 Sardines Sautéed Pepper & Onions Banana	25 Plain Greek Yogurt Granola Peach & Berry Bake Orange	26 BLT (Turkey Bacon) English Muffin Fresh Pineapple
29 Scrambled Eggs Peppers & Onions Cereal Honeydew Melon	30 Corn Muffin Plain Yogurt Cereal Apple	MENU MAY CHANGE WITHOUT PRIOR NOTICE		COFFEE & TEA SERVED DURING BREAKFAST 9AM-10AM

Funded by Department for the Aging

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


Spring is Here

ST. LOUIS OLDER ADULT CENTER LUNCH MENU

April 2024

Lunch Begins
12:00PM – 1:30PM

230 Kingston Ave
Brooklyn NY 11211
Tel: (718) 771-7

Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Quarters Red Potato Onion & Red Peppers Apple	2 Shepherd's Pie Italian Blend Vegetables Grapes	3 Penne w/White Beans, Eggplant & Tomatoes Arugula Salad w/Balsamic Vinaigrette Fresh Pineapple	4 Chicken Stir Fry w/Broccoli, Peppers & Carrots Brown Rice Honey Garlic Roasted Cauliflower Orange	5 Stewed Codfish White Rice Garden Salada Nectarine
8 Baked Ziti w/Cheese Blend Vegetables Banana	9 Hoisin Beef Tacos Mexican Corn Cole Slaw Fresh Pineapple 	10 Whole Wheat Rotini w/Spinach & Chickpeas Arugula Salad w/Roasted Beets & Carrots Peach	11 Chicken Legs w/Stewed Tomatoes Cucumber & Tomato Salad Peach	12 Apricot Glazed Salmon Brown Rice Sautéed Asparagus Sautéed Onions & Fennel Apple
15 Hawai Chicken Quarter Leg White Rice Blend Vegetables Honeydew Melon	16 Beef & Cheese Lasagna Arugula w/Balsamic Vinaigrette Apple	17 Smokey Black Bean & Sweet Potato Chili Roasted Root Vegetables Normandy Blend Orange	18 Roasted Chicken Legs Baked Potato Collard Greens w/Tomato Frozen Mixed Berries	19 Coconut Curried Fish Carrot Apple Raisin Garden Salada Papaya
22 Baked Catfish Lemon Rosemary Roasted Potatoes Spinach Salad Banana	23 Black Bean Taco w/Pineapple Salsa Oriental Blend Vegetables Peach	24 Eggplant Parmesan w/Ricotta Garden Salad Honeydew Melon	25 Caribbean BBQ Chicken Quarter Leg Sweet Baked Yams California Blend Vegetables Apple	26 Codfish Roasted Potatoes Vegetables Italian Blend Vegetables Cantaloupe
29 Butter of Sole Baked Potato Onion & Red Peppers Cantaloupe	30 Chicken Quarter Leg Brown Rice w/Kidney Beans Chef Salad Plum	MENU MAY CHANGE WITHOUT PRIOR NOTICE		
			WHOLE WHEAT BREAD & MILK 1% SERVED DAILY COFFEE & TEA SERVED DURING LUNCH 12:30PM – 1:30PM	
				100% Juice will be served w/ Plant Based Meats Fish Meats Special Meals

Funded by Department for the Aging

ST. LOUIS OLDER ADULT CENTER ACTIVITY SCHEDULE
April 2024

Monday	Tuesday	Wednesday	Thursday	Friday		
April Fool's Day Breakfast Computer 101 (English) Lunch Chair Zumba w/Tommy 2:00	Autism Awareness Day Breakfast Lunch Dominoes Movie: Journey to Bethlehem B.I.N.G.O 2:00	9:00 10:30 12:00 12:30 1:30 1:30 Breakfast Arts & Craft w/Ms. Garcia Americare Lunch Chair Exercise w/Tommy Advisory Board Meeting	9:00 12:30 1:00 1:45 2:00 Breakfast Lunch Dominoes B.I.N.G.O 9:00 10:30 12:00 12:30 1:30 Special Breakfast Arts & Craft w/Ms. Garcia Palm Garden Lunch Chair Exercise w/Tommy	9:00 11:00 12:30 2:00 Breakfast Spanish Class w/Ms. Hellen Lunch Choral B.I.N.G.O.		
9 Breakfast Lunch Dominoes B.I.N.G.O 9:00 12:30 1:00 2:00 Breakfast Lunch Dominoes B.I.N.G.O	10 9:00 10:30 12:00 12:30 1:30 Special Breakfast Arts & Craft w/Ms. Garcia Palm Garden Lunch Chair Exercise w/Tommy	11 9:00 11:00 12:30 1:45 Breakfast Reschedule-Elder Abuse Workshop-JASA Lunch Movie-Shirley Chisholm CANCELED: B.I.N.G.O	12 9:00 11:00 12:30 2:00 Breakfast Spanish Class w/Ms. Hellen Lunch Choral B.I.N.G.O	13 9:00 11:00 12:30 2:00 Breakfast Spanish Class w/Ms. Hellen Lunch Choral B.I.N.G.O		
16 Breakfast Lunch Dominoes Movie: Lift B.I.N.G.O 9:00 12:30 1:00 1:45 2:00 Breakfast Lunch Dominoes Movie: Lift B.I.N.G.O	17 9:00 10:30 11:00 12:30 1:30 Breakfast Arts & Craft w/Ms. Garcia Center Plan Lunch Chair Exercise w/Tommy	18 9:00 11:30 12:30 2:00 Breakfast FDNY Lunch Ice Cream Social Adult Coloring CANCELED: B.I.N.G.O	19 9:00 11:00 12:30 2:00 Breakfast Spanish Class w/Ms. Hellen Lunch Choral B.I.N.G.O	20 9:00 11:00 12:30 2:00 Breakfast Nutrition Workst w/Ms. Claudia Lunch Choral B.I.N.G.O CANCELED: SPANISH CLA		
23 Breakfast Lunch Dominoes Movie: Big George Foreman B.I.N.G.O 9:00 12:30 1:00 2:00 Breakfast Lunch Dominoes Afternoon Tea CANCELED: B.I.N.G.O	24 9:00 10:30 11:30 12:30 1:30 Breakfast Arts & Craft w/Ms. Garcia HBO Comedy Tour Lunch Chair Exercise w/Tommy	25 9:00 11:00 12:30 2:00 Breakfast Lunch Birthday Celebration CANCELED: B.I.N.G.O	26 9:00 11:00 12:30 1:30 2:00 Breakfast Nutrition Workst w/Ms. Claudia Lunch Choral B.I.N.G.O CANCELED: SPANISH CLA	27 9:00 11:00 12:30 1:30 2:00 Breakfast Nutrition Workst w/Ms. Claudia Lunch Choral B.I.N.G.O CANCELED: SPANISH CLA		
30 Breakfast Lunch Dominoes Afternoon Tea CANCELED: B.I.N.G.O	31 Breakfast Lunch Dominoes Afternoon Tea CANCELED: B.I.N.G.O				Funded by Department for the Aging	

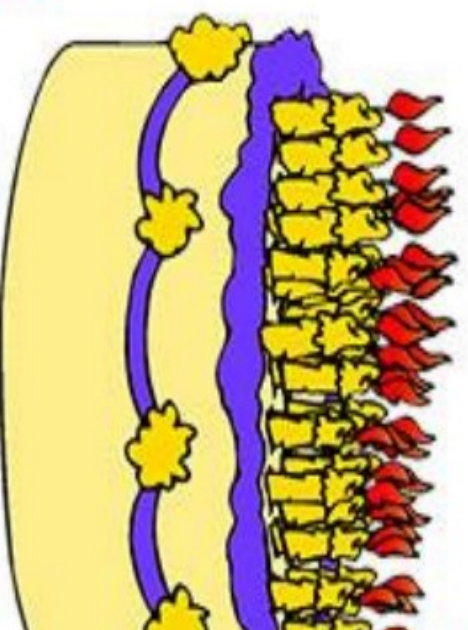
HAPPY BIRTHDAY!

Loretta Fisher
Viva Baker
Silma Thorpe
Lydia Roper
Jennifer Sampson
Annetta Alvarez
Joan Williams
Zelitha Fields
Herbert Frazier
Daphnie Goodson
Lillian Finley
Mary Hodnett
Lyttleton Andries
Joyce Coke

Cinderella Anderson
Sally Soriano
Wynette Smith
Ira Simon
Maggie Baker
Diane Wilson
Melba Williams
Velloir Ince
Gloria Austin Smith
Leonard Bowen
Robert Fisher
Joseph Marcus
Esther Tross

Birthday Celebration
Thursday, April 25th, 2024
Cake will be served

If you were **BORN**
in **APRIL**,
that means
you are **INTUITIVE**,
CREATIVE,
WISE *Showing great*
BEYOND your YEARS,
FUN-ing, And Have a
BIG HEART!





1. Members must be sixty (60) years of age or a disabled individual of any age living with a senior citizen who accompanies them to a nutrition program.
2. Members shall refrain from spitting within the public areas.
3. Members may not use language that discriminates against someone's race, marital status, religion, non-citizen or citizen status, sexual orientation or cultural/ethnic identity
4. Food is not to be taken out the dining area at any time for any reason. If you do so it will be at your own risk!!!! (Unless it's Grab & Go).

(REMEMBER: This is a congregate meal program)

5. Signs or posters **are not** to be removed unless it is by a staff member. Members wishing to post signs or posters must receive approval from Program Manager or Director of Field Operations.
6. All participants must be sober.
7. **All participants are expected to practice good personal hygiene.**
8. No smoking anywhere in the center at any time. **Smoking is prohibited!!!!**
9. Do not bring **alcoholic beverages or controlled substances into the center.**
10. Frail older adult members and guest including those who are mentally incapacitated must be accompanied by a responsible relative or home health aide.
11. No **selling** of personal items on premises. Exceptions are planned fund-raisers such as cake sales or arts/crafts sales scheduled by the Senior Advisory Board.
12. Staff are not allowed to accept tips, monetary gifts or presents from members for any reasons.
13. Gambling is strictly prohibited.
14. Members and guest must adhere to policy pertaining to respect for each other and other's property.
15. No solicitation or promotion of private activities.



17. Disruptive behavior is not acceptable. This include, but is not limited to:

- Using vile Language
- Threatening or abusive behavior
- Refusing to comply with the center's rules
- Maliciously spreading rumors
- Theft
- Loud speech, disagreeable behavior
- Being under influence of illegal drugs or alcohol
- Argumentative behavior
- Carrying a weapon
- General uncooperative behavior

18. All members must refrain from dressing or engaging in behavior that can be deemed provocative or offensive.

Any Physical Assault or Unruly Conduct may be subject to immediate suspension from the center if it interferes with the safety of the members.

The Manager has the authority to remove such individuals from the premises immediately. If necessary, the police may be called.

Due to the increase of food cost meals has increased as following:

Seniors 60 years +:

Breakfast: \$1.00

Special Breakfast: \$2.00

Lunch: \$1.50

Special Lunches: \$3.50

Includes: Ribs, Oxtails, Turkey Wings and Holidays/

Special Occasions

Each person MUST be present to purchase a Special Lunch ticket. No Exceptions

Guest under 60yrs old:

Breakfast \$4.00

Special Breakfast: \$5.00

Lunch \$4.50

Special Lunch \$5.50

NO RESERVING BREAKFAST OR LUNCH TICKETS

NO EXCEPTIONS!!

Thank you for your continuing support

at St. Louis Older Adult

10 Health Benefits of WALKING



From helping you lose weight to curbing your stress at bay, walking is a good form of exercise to keep the doctor away! Christee's Homecare shares these 10 health benefits of walking:



1. Improves your mood
2. Helps in weight loss
3. Lowers blood sugar levels
4. Boosts circulation
5. Promotes a healthy heart
6. Strengthens muscles
7. Improves immune health
8. Sharpens your memory
9. Aids digestion
10. Reduce stress

So, wear your walking shoes

Special Breakfast

Wednesday, April 11th

9AM - 10AM

Pancakes

Scrambled Eggs

Sausage Links (Turkey or Pork)

Fresh Blueberries

Orange Juice & Coffee or Tea

\$2.00





Thursday, April 11th at 1:45 Dining Room

Regina King stars as Shirley Chisholm in SHIRLEY--the story of the first Black congresswoman and her trail blazing run for president of the United States. Directed by John Ridley and co-starring Lance Riddick, Lucas Hedges, Brian Stokes Mitchell, Christina Jackson, Dorian Crossmond Missick, Amirah Vann with Andre Holland and Terrance Howard, the film chronicles Chisholm's audacious



Mondays
April 15th - May 20th
10:30AM

Walk With Ease-self-directed aims to:

- Improve balance and strength.
- Improve arthritis symptoms.
- Increase strength.
- Increase walking pace.
- Improve confidence in one's ability to manage arthritis symp-

Meet in the dining room Monday, April 15th at 10:15am to find out more details.

LEARN
SPANISH

Fridays

11:00AM to 12:00PM

with

Ms. Hellen Denman





*Please join us for some
afternoon tea*

&

light bites

Tuesday, April 30th

2pm

Tuesday, April 2nd 1:45pm Arts & Craft Room

Journey to Bethlehem - The story of Mary, Joseph and the birth of Jesus gets a high-spirited retelling in a musical that combines new songs and classics of the season. 1hr 38min

Thursday, April 11th 1:45pm Dining Room

Shirley - Regina King stars as Shirley Chisholm in SHIRLEY--the story of the first Black congresswoman and her trail blazing run for president of the United States. Directed by John Ridley and co-starring Lance Riddick, Lucas Hedges, Brian Stokes Mitchell, Christina Jackson, Dorian Crossmond Missick, Amirah Vann with Andre Holland and Terrance Howard, the film chronicles Chisholm's audacious, boundary-breaking 1972 presidential campaign.

- 1hr 58mins

Tuesday, April 16th 1:45pm Arts & Craft Room

Lift - A professional thief (Kevin Hart) and his expert crew attempt the ultimate heist: stealing \$500 million in gold from a vault on a plane - 40,000 feet in the air. 1hr 46mins

Tuesday, April 23rd 1:45 Arts & Craft Room

Big George Foreman - From making his big mark to cementing his legend, this biopic of George Foreman highlights his turn toward faith and an improbable return to the ring. 2hrs 9min



National Stress Awareness Month

Use Stress Awareness Month as a reminder
to pay attention to your health!

COMMON SIGNS & SYMPTOMS OF STRESS

1. Memory problems
2. Inability to concentrate
3. Constant worrying
4. Aches and pains
5. Chest pain, rapid heart rate
6. Frequent colds or flu
7. Anxiety and agitation
8. Eating more or less
9. Withdrawing from others
10. Nervous habits (e.g. nail biting, pacing)



TIPS ON HANDLING YOUR STRESS

1. Exercise regularly
2. Socialize with friends, family, or coworkers
3. Learn what helps you relax
4. Eat a healthy diet
5. Get enough rest



FREE SHREDDING!

Saturday April 20, 2024
9 am to 12 noon

Saint Gregory's RCC
999 Saint Johns Pl., at the
corner of Brooklyn Ave.



For more information: 646.580.8229
www.facebook.com/Crown-Heights-North-Association
www.crownheightsnorth.org



Thursday, May 16th

3PM - 4:30PM

MUST sign up for this event.

Please front desk

Limited Seating

NO ALCOHOL WILL BE SERVED OR PERMITTED IN CENTER

(SEE ST. LOUIS HOUSE RULES)



You heard about the prom last year, don't hear about it again this year, be apart of it!

Put your dancing shoes on, bring a dancing partner and enjoy the oldies but goodies!

Date: Friday, June 28, 2024

Time: 4:00pm to 8:00pm

Place: St. Louis Older Adult Center

230 Kingston Ave Brooklyn, NY 11213

(Bet. Sterling Pl & St. Johns Pl)

Price: \$25.00 per person

Money due by Friday, June 14th

Food, DJ & Memories

Contacts:

Hellen Denman OR Viva Baker OR Frances Langley





Spirit of NY

(ALL WHITE ATTIRE PARTY)

Date: Wednesday, July 17, 2024

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

(Between Sterling Pl & St. Johns Pl)

Pickup Time: 9:30am

Departure from Spirit of NY: 2:30pm

Price: \$160.00

DJ, Dancing Beautiful view of the city skyline

All you can eat buffet luncheon

Payment Installments

1st - April 12th \$60.00

2nd - May 12th \$60.00

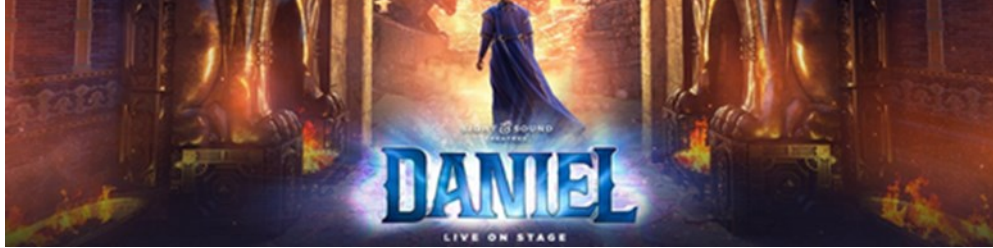
3rd - June 12th \$40.00

Contact:

Hellen Denman OR Viva Baker OR Mary Williams OR Frances Langley

(718) 771 -7945

THIS EVENT IS ALL WHITE ATTIRE ONLY!!!!



Date: Wednesday, August 14, 2024

Pickup at St. Louis Older Adult Center 230 Kingston Ave Bklyn, NY 11213: 7:30am

(Between Sterling Pl & St. Johns Pl)

Depart from Sight & Sound Theatre 300 Hartman Bridge Road Ronks, PA 17572: 5:45pm

Price: \$180.00

Lunch Buffet at Golden Corral

Shopping at Farmers Market

Payment Installments

1st - April 17th \$45.00

2nd - May 17th \$45.00

3rd - June 17th \$45.00

Final - July 17th \$45.00

Contact:

Helen Denman **OR** Viva Baker **OR** Mary Williams **OR** Frances Langley

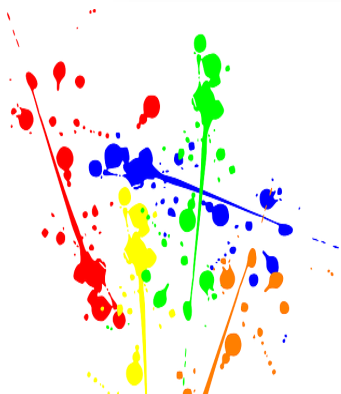
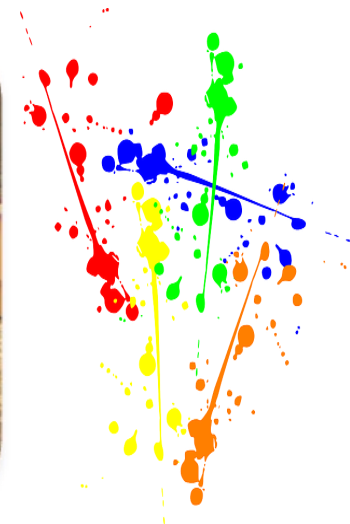
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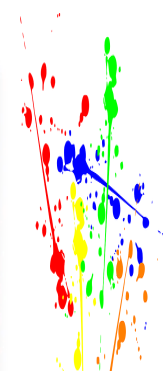
LET'S RECAP...



Color Theme Party

Thank you "Coach" Mr Anthony Jones for all these beautiful pictures and everyone who made this event successful.







Earth Day Every Day

Find all of the Earth Day related words from the list below. The words can be up, down, forward, backward, or diagonal.

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

AIR
APRIL
CLEAN
CLIMATE
COMPOST
CONSERVATION

ENVIRONMENT
EXTINCTION
FOREST
GLOBAL
LAND
LITTER

OCEAN
OZONE
PEOPLE
PLANET
POLLUTION
RECYCLE

RESOURCES
REUSE
SMOG
TRASH
TREES
WASTE

Director of Field Operations

Ron Carson

Program Manager

Michelle Williams

Case Manager

Vacant

Administrative Assistant

Siew Chen Chau (KIM)

Head Cook

Caprice Beloti

Assistant Cook

Onica Cyrus

Kitchen Aide

Genita Tatum

Maintenance

-Gregory King



President

Hellen Denman

Vice President

Adelina Chase

Secretary

Bridget Duncan

Treasurer

Essie Spivey

Mary Williams

Volunteers

Allison Brown

Sylvia Garcia

Linda Prince

Keith Rhames

Roger Wood

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.