

ST. LOUIS OLDER ADULT CENTER
CATHOLIC CHARITIES NEIGHBORHOOD SERVICES



230 KINGSTON AVENUE

BROOKLYN, NY 11213

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



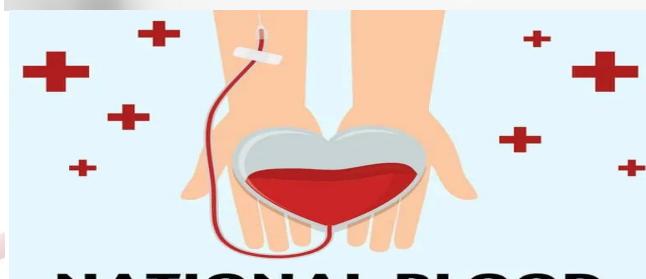
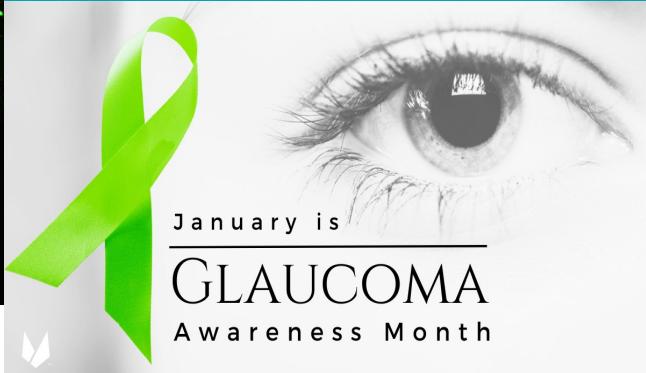
MLK
Martin Luther King Jr. Day
DAY
MON JAN 19



Beloved Community:
Love is Our Resistance

CERVICAL
AWARENESS MONTH

JANUARY



**NATIONAL BLOOD
DONOR MONTH**
Anyone can save someone else's life.

NYC Department for

Breakfast
ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU
January 2026
2025

230 Kingston Avenue
 Brooklyn NY 11211
 Tel: (718) 771-7944

Monday	Tuesday	Wednesday	Thursday	Friday
U MAY CHANGE THOUT PRIOR NOTICE 	WHOLE WHEAT BREAD & MILK 1% SERVED DAILY	Happy New Year 2026 	1 New Years' Day	2 New Year Holida
COFFEE & TEA SERVED DURING BREAKFAST 9:00AM - 10:00AM		St. Louis OAC Closed		St. Louis OAC Clo
5 <i>Blueberry Muffins Non-Fat Yogurt Granola Bar Diced Peaches</i>	6 <i>Baked Egg Omelet Grits Honeydew Melon</i>	7 <i><u>New Year's</u> <u>Special Breakfast</u> Fish & Grits Orange Juice Blueberries & Strawberries</i>	8 <i>Broccoli Cheddar Cheese Quiche Oatmeal Cantaloupe</i>	9 <i>Hard Boiled Egg Farina Mini Bagels Grapes</i>
12 <i>Manana Nut Muffin Non-Fat Yogurt Granola Bar Diced Pears</i>	13 <i>Sardines w/Peppers & Onions Grits Apple Sauce</i>	14 <i>Grilled Cheese Oatmeal Cantaloupe</i>	15 <i>Scrambled Eggs Home fries w/Peppers & Onions Pineapple Chunks</i>	16 <i>Salmon Cakes Cheesy Grits Fruit Cocktail</i>
19 <i>Martin Luther King Jr Day</i>	20 <i>Blueberry Muffin Non-Fat Yogurt Apple Sauce</i>	21 <i>Cinnamon French Toast Cream of Wheat Kiwi</i>	22 <i>Potato Spinach Frittata Multigrain Cheerios Honeydew Melon</i>	23 <i>Grilled Cheese Oatmeal Canned Mandarin O</i>
Louis OAC Closed				
26 <i>Healthy Harvest Muffins Non-Fat Yogurt Granola Bar Apple Sauce</i>	27 <i>Pancakes Oatmeal Kiwi</i>	28 <i>Hard Boiled Eggs Waffles Cantaloupe</i>	29 <i>Corn Muffin Multigrain Cheerios Stringy Cheese Stick Canned Pears</i>	30 <i>Omelet w/Spinach & Mozza Cheese Oatmeal Apple Sauce</i>

Funded by NYC Aging

Lunch Menu-----Other Side-->

Lunch
12PM – 1:30PM



230 Kingston Ave
Brooklyn NY 11211
Tel: (718) 771-7929

Monday	2026	Tuesday	Wednesday	Thursday	1	2	Friday
LE WHEAT BREAD & 1% SERVED DAILY TEA & TEA SERVED DURING LUNCH 12:30PM – 1:30PM							
5 General Tso's Chicken Mashed Potato Zucchini Peppers & Onions Sliced Peaches		6 Blackeye Pea Marsala Garden Salad Corn Bread Canned Pineapple Chunks Apple Juice		7 Pork Stir-Fry w/Vegetables Perfect White Rice Broccoli Spears Diced Pears	8 Chicken Parmesan Spaghetti String Beans Honeydew Melon	9 Tuna Salad Garden Salad Cucumber Onion Tomatoes Salad Grape	
12 Ackened Salmon Seasoned Rice Broccoli Spears Cantaloupe Apple Juice		13 Chef Marcelle's Fried Brown Rice Creamy Mexican Corn w/Peppers & Onions Capri Blend Vegetables Grapes		14 Sweet & Sour Chicken Breast Egg Noodles Broccoli Spears Canned Mandarin Orange Orange Pineapple Juice	15 Pork Chop Baked Potato Okra w/ Stewed Tomatoes Orange	16 Teriyaki Baked Fish Baked Red Potato Wedges w/Peppers & Onion Italian Blend Vegetables Apple Grape Juice	
19 in Luther King Day Louis OAC Closed		20 Lentil Sloppy Joe Garden Salad Hamburger Bun Orange Pineapple Juice Mandarin Juice		21 BBQ Chicken Legs Mashed Potato Broccoli Spears w/ Toasted Garlic Kiwi	22 MLK Special Lunch Turkey Wing White Rice Blackeye Peas Corn Bread String Beans Apple Juice ALT: Drumstick	23 Baked Fish Corn on The Cob Cream Spinach Honeydew Melon Grape Juice	
26 en Fried Chicken made Mashed Potato String Beans Cantaloupe		27 Aromatic Pumpkins & Chickpeas Curry White Rice Italian Blend Vegetables Canned Apricot Grappe Juice		28 Pork Chop Egg Noodles Steamed Collard Greens Apple	29 Jerk Chicken Legs Brown Rice Cabbage w/Carrots Cantaloupe	30 Baked Salmon Seasoned Rice Peas & Carrots Orange	



Monday	Tuesday	Wednesday	Thursday	Friday
1 New Year's Day	2 New Year's Day	3 New Year's Day	4 New Year's Day	5 New Year's Day
6 MARTIN LUTHER KING JR. DAY	7 New Year's Special Breakfast	8 Breakfast	9 Breakfast	10 Breakfast
Breakfast	9:00 Breakfast	9:00 Breakfast	9:00 Breakfast	9:00 Breakfast
Nutrition Workshop	10:30 Self-Defense	10:00 Tech Class	10:30 Storytelling w/Robin	11:00 Spanish Class
lunch	12:30 Lunch	12:30 Lunch	12:30 Health First	11:30 SNAP Presentation
Chair Zumba w/Tommy	1:00 Dominoes	1:15 Line Dancing w/Anthony	1:45 Open Meeting	12:30 Lunch
B.I.N.G.O.	2:00 B.I.N.G.O.	2:00 Advisory Board Meeting	2:00 Ice Cream & Cake Sale	1:45 Movie: Overcomer
Canceled: Yoga				
13	14	15	16	17
Breakfast	9:00 Breakfast	9:00 Breakfast	9:00 Breakfast	9:00 Breakfast
Yoga w/ Mr. Skinner	10:30 Self-Defense	10:00 Tech Class	10:30 Storytelling w/Robin	11:00 Spanish Class
lunch	12:30 Lunch	12:30 Lunch	12:30 Health First	11:30 SNAP Presentation
Chair Zumba w/Tommy	1:00 Dominoes	1:15 Line Dancing w/Anthony	1:45 Open Meeting	12:30 Lunch
B.I.N.G.O.	2:00 B.I.N.G.O.	2:30 B.I.N.G.O.	2:00 Ice Cream & Cake Sale	1:45 Movie: Honest Thief
18	19	20	21	22
Breakfast	9:00 Breakfast	9:00 Breakfast	9:00 Breakfast	9:00 Breakfast
Self-Defense	10:00 Tech Class	10:30 Storytelling w/Robin	10:30 Storytelling w/Robin	11:00 Spanish Class
lunch	11:30 Sincere Care	12:00 Health Insurance Broker	12:00 Health Insurance Broker	12:30 Lunch
Chair Zumba w/Tommy	12:30 MLK Special Lunch	12:30 Lunch	12:30 Lunch	1:45 Movie: Not Easily Broke
B.I.N.G.O.	1:15 Line Dancing w/Anthony	2:00 B.I.N.G.O.	2:00 Choral	2:00 Choral
23				
Breakfast				
Self-Defense				
lunch				
Chair Zumba w/Tommy				
B.I.N.G.O.				
27	28	29	30	
Breakfast	9:00 Breakfast	9:00 Breakfast	9:00 Breakfast	
Self-Defense	10:30 Jokeercise	10:30 Lunch	10:30 Lunch	
lunch	12:30 Lunch	12:30 January Birthday Party	12:30 January Birthday Party	
Chair Zumba w/Tommy	1:00 Line Dancing w/Anthony	1:15 Line Dancing w/Anthony	1:45 Movie: Terror Comes Knocking: Marcela B	
B.I.N.G.O.	2:00 B.I.N.G.O.	2:30 B.I.N.G.O.	2:00 Story Choral	

Thank You

We are looking forward to serve you with
better value added services. Please come
back to us next year too.

Happy New Year





It's that time of the year....

RE-REGISTRATION TIME!!!

If You're Not a Member...

It's FREE To Join!!

Please Bring All Information:

Emergency Contact

Doctor's Information

Medication

Photo ID

Phone Number

Change of Address

Must make an appointment

with Venus

Monday, Wednesday or Friday

NYC Human Resources Administration (HRA)

Supplemental Nutrition Assistance Program

(SNAP)

Are you eligible to receive SNAP benefits? Come and find out. A SNAP Outreach Specialist will be available to assist you with eligibility prescreening and to answer your questions.

Where: St. Louis OAC

When: Friday, January 9, 2026

Time: 11:30AM

MARK YOUR CALENDAR



**Supplemental
Nutrition
Assistance
Program**

**utting Healthy Food
Within Reach**

[SNAP is the new name for the Federal Food Stamp Program]



New Year's Special Breakfast

Wednesday, January 7, 2026

9:00AM - 10:00AM

Fish & Grits

Blueberries & Strawberries

Sparkling Cider





MLK Special Lunch

Thursday, January 22nd

12:30PM—1:30PM

Turkey Wing

White Rice

Blackeye Peas

String Beans

Corn Bread

Apple Juice



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

Seniors 60 years plus, suggested donation:

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 when purchasing a
- **Special Lunch ticket.**

Guest under 60yrs old:

Breakfast \$4.00

Special Breakfast: \$5.00

Lunch \$4.50

Special Lunch \$5.50

**Due to limited seating, no reserving breakfast or lunch
tickets. Calling does not hold a ticket.**

Thank you for your continuing support.

Case Manager Corner



Our case manager, Venus Harrison
is available at St. Louis OAC
for your case management needs
by appointment only
Mondays, Wednesdays and Fridays.

Stop in or call the office
(718) 771-7945
to make an appointment

Line Dancing

w/Anthony

Wednesday, January 7th 1:15pm - 2:15pm

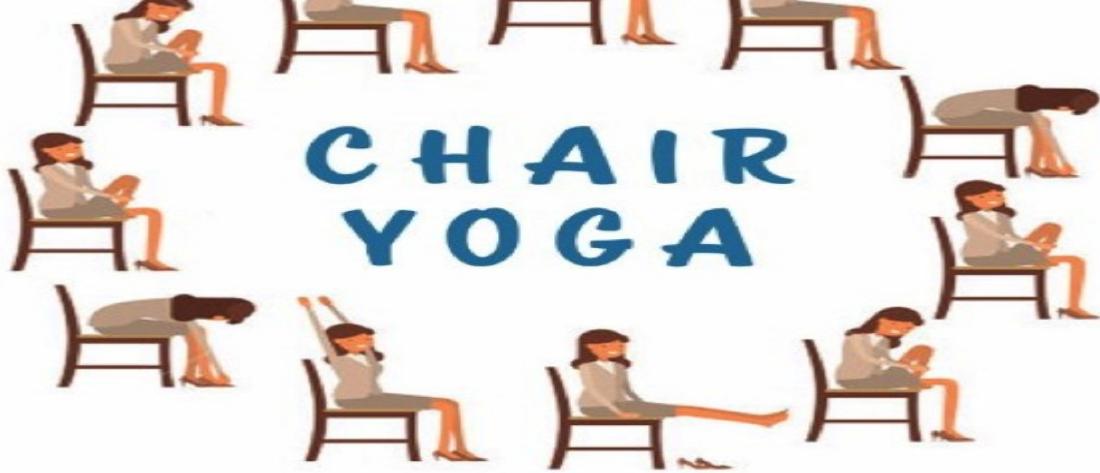
Wednesday, January 14th 1:15pm - 2:15pm

Wednesday, January 21st 1:15pm - 2:15pm

Wednesday, January 28th 1:15 - 2:15pm

Arts & Craft Room





January Class Schedule

Chair Yoga

w/Mr. Skrine

Monday, January 5th 11:00am –12:00pm

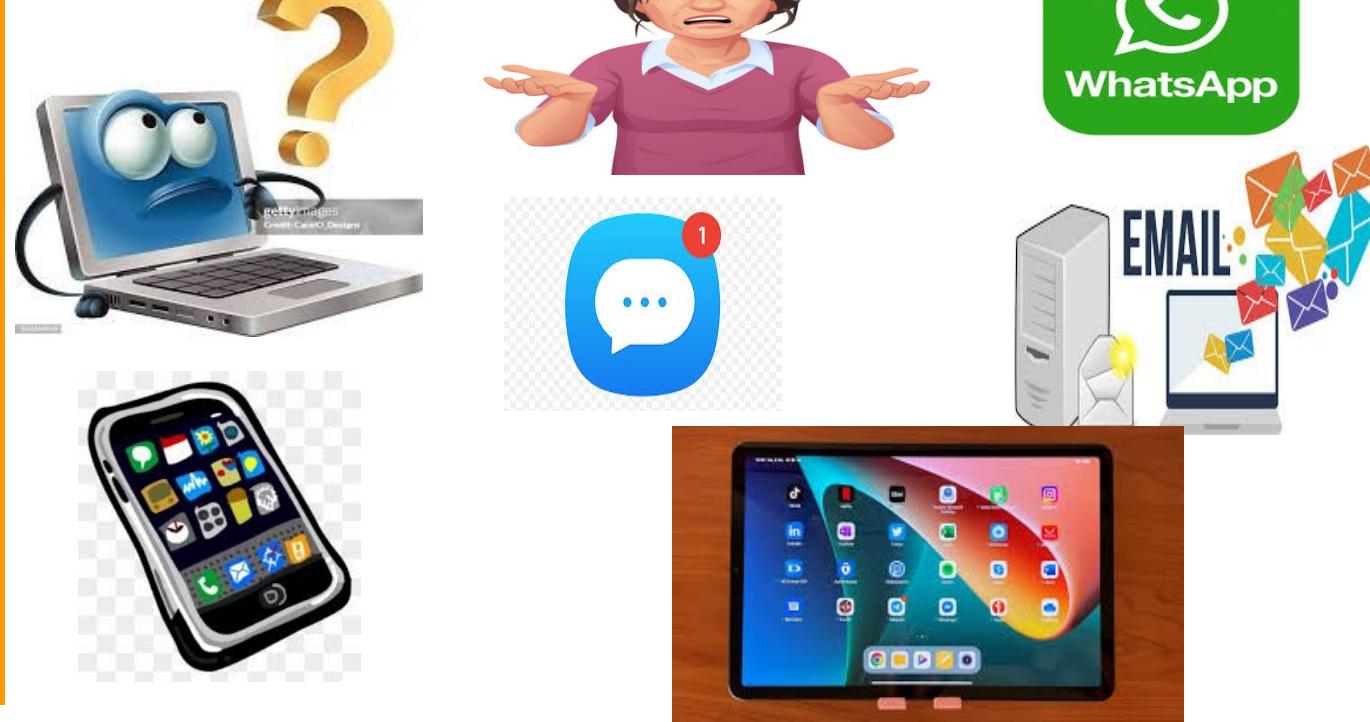
CANCELLED

Monday, January 12th 11:00am –12:00pm

Monday , January 19th Closed, MLK Day

Monday, January 26th 11:00am –12:00pm

Arts & Craft Room



- **Are you having difficulties navigating your devices?**

Bring your device(s)

January Class Schedule

Wednesday, January 7th 10:00am –11:00am

Wednesday, January 14th 10:00am –11:00am

Wednesday, January 21st 10:00am –11:00am

Wednesday, January 28th 10:00am –11:00am

with Mr. Randall



January Class Schedule

- **Tuesday, January 6th 10:30am – 11:30am**
- **Tuesday, January 13th 10:30am – 11:30am**
- **Tuesday, January 20th 10:30am – 11:30am**
- **Tuesday, January 27th 10:30am – 11:30am**

With
Arts & Craft Room



Advisory Board

Fundraiser

Cake & Ice Cream w/Music

Thursday, January 8th

1:45pm - 3:30pm



Price \$5.00

All money collected goes towards the center.



**Wednesday
Shopping Trips
Are
Canceled Until
Further Notice**

Our Apologies for the inconvenience



Happy Birthday January

1. Ulric Gilkes
2. Loretta Griffith
3. Norma Goddard
4. Myrna Clarke
5. Paul Jones
6. Elijah Seabrooks
7. Olivia Laidlow
8. Ovid Clarke
9. Virginia Fowler
- 10 Jean Saint Victor
- 11 Vivienne Smith
- 12 Herbert Pittman
- 13 Marcus Finley
- 14 Gretchan Gonzalez
- 15 Dora Williams

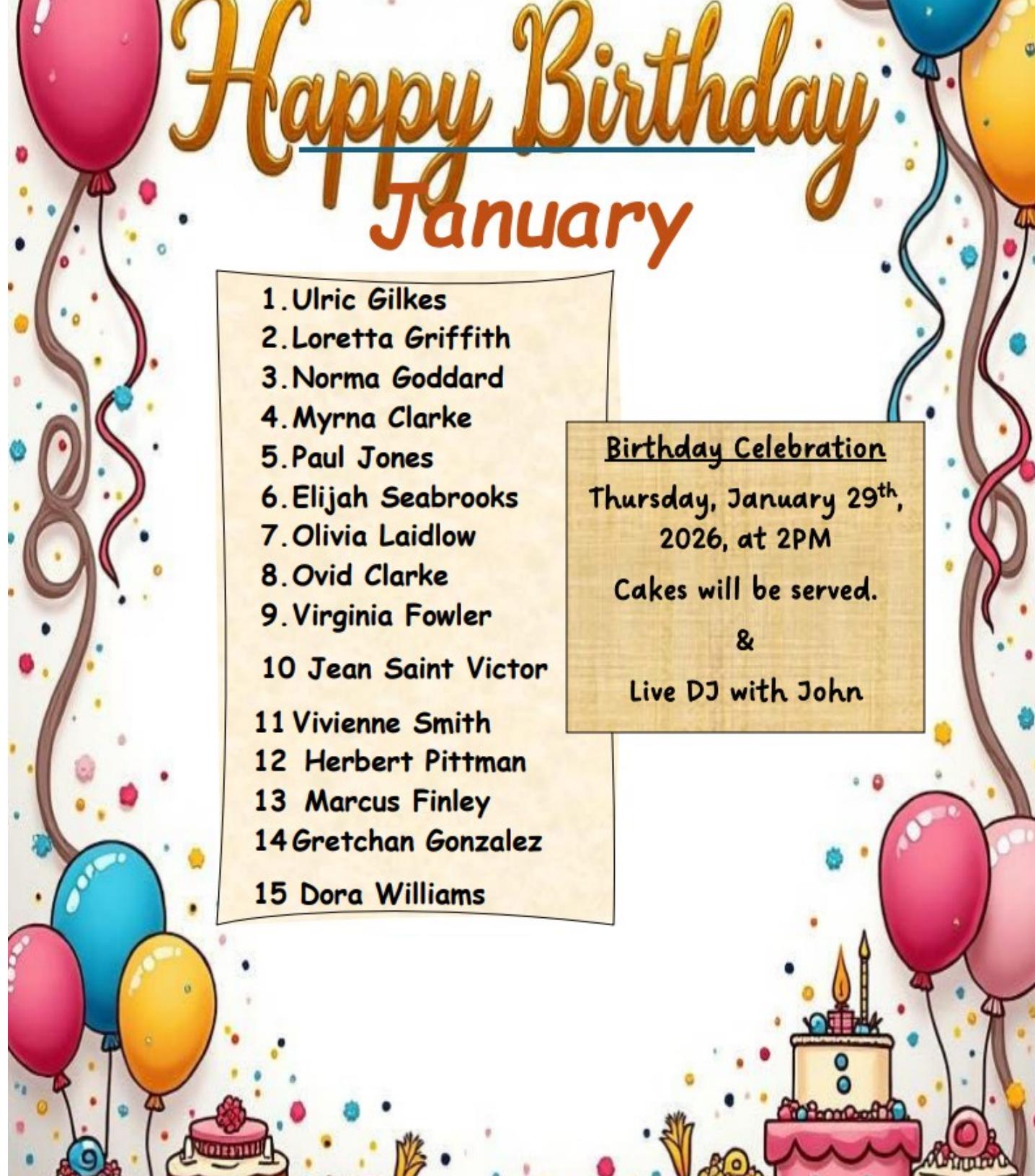
Birthday Celebration

Thursday, January 29th,
2026, at 2PM

Cakes will be served.

&

Live DJ with John



BE
Kind
FOR
everyone
YOU MEET

Fighting ^{IS}
A HARD
BATTLE



St. Louis OAC Daily Activities

Mondays

Yoga w/Mr. Skrine 11:00am - 12 Noon

Chair Zumba w/Tommy 1:30pm - 2:30pm

BINGO 2:30pm - 3:30pm

Tuesdays

Self Defense 10:30am - 11:30am

Dominos 1:00pm - 3:00pm

BINGO 2:00pm - 3:00pm

Wednesdays

Tech Class w/Mr. Randall 10:00am - 11:00am

Line Dancing w/ Anthony 1:15pm - 2:15pm

BINGO 2:30pm - 3:30pm

Thursdays

Karaoke 2:00pm - 3:30pm

Fridays

Spanish Class 11:00am - 12:00 Noon

Choral 2:00pm - 3:30pm

Movie 1:45pm - 3:30pm

HELP

VOLUNTEERS
NEEDED!



If you're interested and would like to help your center
please see front desk.

Thank You



Friday, January 2nd Closed, New Year Holiday

Friday, January 9th 1:45pm Dining Room

Overcomer 2019 (Netflix) 1hr 59min

When a reluctant basketball coach has to lead the cross country team, he learns his only runner has a history that will challenge both of their beliefs.

Friday, January 16th 1:45pm Dining Room

Honest Thief 2020 (Netflix) 1hr 39min

A meticulous bank robber with his own moral code and millions in cash, Tom Carter is a success – until he makes the mistake of turning himself in.

Friday, January 23rd 1:45pm Dining Room

Not Easily Broken 2009 (Netflix) 1hr 39min

Married couple Dave and Clarice struggle with old frustrations and new temptations after a car accident leaves one of them fighting for life.

Friday, January 30th 1:45pm Dining Room

Terror Comes Knocking: The Marcela Borges Story (Netflix) 1hr 26min

A pregnant mother risks her life to protect her family when armed intruders

W/ROBIN

Thursday, January 8th

&

Thursday, January 22nd

10:30am - 12 Noon



fridays

2:00pm - 3:30pm

with Ms. Hellen and St Louis Choir .



January Class Schedule

Friday, January 2nd Closed, New Year Holiday

Friday, January 9th 2:00pm - 3:30pm

Friday, January 16th 2:00pm - 3:30pm

Friday, January 23rd 2:00pm - 3:30pm

Friday, January 30th 2:00pm - 3:30pm

with Ms. Hellen

Arts & Craft Room



So, why not learn a second language??

Learn English or Spanish



January Class Schedule

Friday, January 2nd Closed, New Year Holiday

Friday, January 9th 11:00am –12:00pm

Friday, January 16th 11:00am –12:00pm

Friday, January 23rd 11:00am –12:00pm

Friday, January 30th 11:00am –12:00pm

with Ms. Hellen

Arts & Craft Room



Thank God for this New Year. The beginning of New Things for us, and at the same time we say Goodbye to the old, Goodbye to the problem and heart ache of last year.

We said hello to greater things. More joy and laughter, communicating with friends and families, taking better care of ourselves. We will not forget all the unfinished projects and so much more.

This year will be grand in every way.

By Anonymous

IT'S A
GOOD
DAY
TO BE
HAPPY

THANK YOU
FOR YOUR
SUPPORT



Joseph Chery

Anita Edwards

Lewis Edwards

Sylvia Garcia

Linda Prince

Yvonne Rivera

Gerald Scott

Patricia Washington

Chantel Wilson

Tamala Baldridge



To be aware of what's going on at
St. Louis Older Adult Center

We encourage you to sign up for the broadcast.

When (718) 550-0475 calls

Please save that phone number under
"St. Louis OAC Broadcast"

We don't want YOU to miss out on what's going on!!

If you need help saving the phone number, come into
the center and we will assist you.

Carrot Coconut Layer Cake



Photo credit: iStock

INGREDIENTS

CAKE:

1 1/4 cups all-purpose flour
1 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon salt
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
1/2 teaspoon ground ginger
1/4 teaspoon ground cloves
1 cup sugar
3 large eggs, at room temperature
1/4 cup vegetable oil
1 teaspoon vanilla extract
1 1/4 cups grated carrots
1/2 cup finely chopped walnuts
1/2 cup currants or chopped raisins

FROSTING:

16 ounces (2 packages) regular (not low-fat or whipped) cream cheese, at room temperature
1/4 cup (1/2 stick) unsalted butter, at room temperature
2 cups confectioners' sugar
1 teaspoon vanilla extract
1/4 cup canned crushed pineapple, drained, for topping
1 cup flaked sweetened coconut, for sprinkling

DIRECTIONS

Butter two 8-inch round cake pans and line the bottoms with parchment paper. Set aside. Preheat the oven to 350°F.

For cake: Sift the flour, baking soda, baking powder, salt, and all of the spices into a large bowl. Add the sugar and whisk to combine. Set aside. Combine the eggs, oil, and vanilla in a large bowl. Using an electric mixer, beat on medium for 30 seconds. Make a well in the dry mixture, add the liquids, and stir with a wooden spoon until the batter is thoroughly combined. Add the carrots, walnuts, and currants and fold them into the batter with a few strokes. Divide the batter evenly between the prepared pans and smooth the top with a spoon. Place the pans, evenly spaced, on the center oven rack and bake for about 30 minutes, until the tops are springy to the touch and a tester inserted into the center comes out clean. Cool the cakes in the pans for 15 to 20 minutes. Run a butter knife around the edges to loosen the cakes from the pans. Line your cooling rack with a sheet of wax paper, then invert the layers onto the rack to cool completely before frosting.

For frosting: Combine the cream cheese and butter in a large bowl. Using an electric mixer, beat on low until the mixture is smooth. Add the confectioners' sugar, 1 cup at a time, beating after each addition. Add the vanilla and beat to blend. Cover and refrigerate, if not using right away.

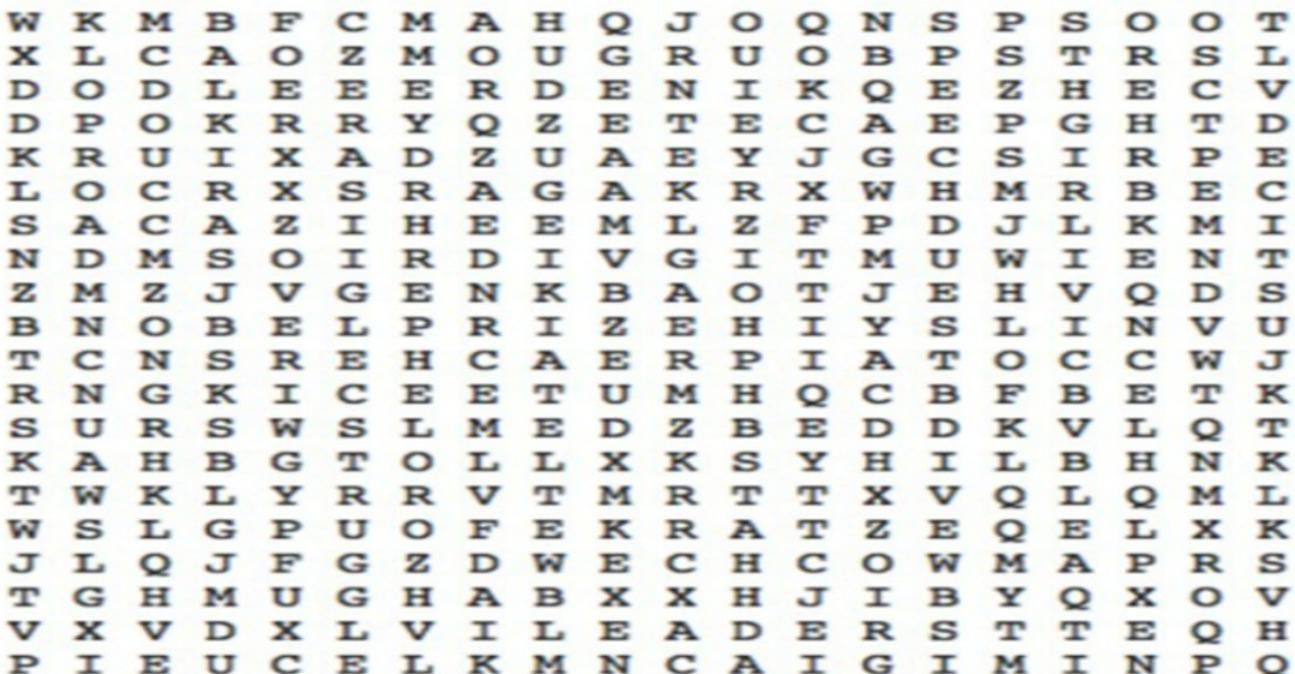
To assemble, put one of the layers on a cake platter. Spread frosting generously on top, then spread crushed pineapple evenly over the frosting. Put the second cake layer on top. Cover the top and sides of the cake with the remaining frosting. Sprinkle the top and sides of the cake with coconut. Serve, or cover the cake loosely with plastic wrap and refrigerate until serving. (After refrigerating, allow the slices to sit at room temperature for about 15 minutes before serving.)

Special Thank you to Mary Williams, Karen James, Vivienne Smith, Patricia Washington, Joycelyn Baldwin & Donna Soleyn for contributing their works and efforts for the Bulletin boards in our center.





Martin Luther King, Jr. Word Search



AMERICAN
CIVIL RIGHTS
COLOR
EQUALITY
FREEDOM
HERO
HOPE

LEADER
LIBERTY
NOBEL PRIZE
PEACE
PREACHER
RACISM
RECOGNITION



Director of Field Operations

Ron Carson

Program Manager

Michelle Williams

Case Manager

Venus Harrison

Administrative Assistant

Siew Chen Chau (KIM)

Head Cook

Onica Cyrus

Assistant Cook

Marcelle Marshall

Kitchen Aide

Genita Tatum

Maintenance

Gregory King



President

Hellen Denman

Vice President

Sylvia Garcia

Secretary

Vacant

Treasurer

Mary Williams

Sergeant of Arms

Valerie Williams

BUNDLE UP!

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.

