

CELEBRATING
125
YEARS



February

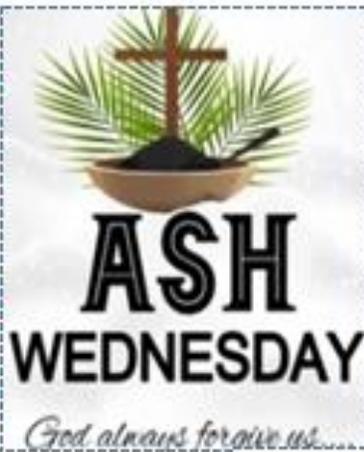
2026



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



**230 KINGSTON AVENUE
BROOKLYN, NY 11213
T (718) 771-7945 F (718) 467-2524**



Archival images courtesy of the AFRO Archives/Afro Charities

100

**FEBRUARY 2026:
ONE CENTURY
OF CELEBRATING
BLACK HISTORY**

1926-1975 1976-today

For 50 years, the U.S. observed Negro History Week.

For 50 more, we've celebrated Black History Month.

Together, that's **100 years** of honoring Black brilliance, resistance, and legacy.

BLACKHISTORY100.ORG

新年快乐

2026

Gong Xi Fa Cai
HAPPY CHINESE NEW YEAR

Happy

2026

PRESIDENTS DAY

NYC Department for the Aging

Breakfast
9:00AM – 10:00AM



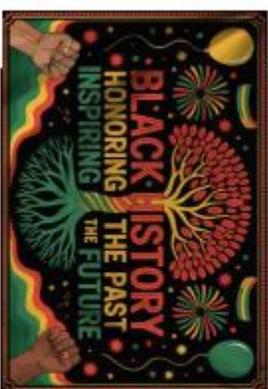
Black History Month 2026
 A Century of
 Black History
 Commemorations

ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU
February 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
2 Blueberry Muffins Non-Fat Yogurt Granola Bar Sliced Peaches	3 Scrambled Eggs Home fries w/Peppers & Onions Mandarin Orange	4 Pancakes Toasted Oats Apple Sauce	5 Hard Boiled Eggs Waffles Oatmeal Grapes	6 Cinnamon French Toast Corn Flakes Oranges
9 Healthy Harvest Muffins Non-Fat Yogurt Granola Bar Sliced Peaches	10 French Toast Cornflakes Mandarin Oranges	11 Pre-Valentine's Day Special Breakfast Steak & Eggs Toast Strawberries Orange Juice 	12 Broccoli Cheddar Cheese Quiche Cheerios Applesauce	13 Baked Omelet w/Peppers & Onions Grits Honeydew Melon
16 Healthy Harvest Muffins Non-Fat Yogurt Granola Bar Diced Pears	17-Fat Tuesday Special Breakfast Pancakes Scrambled Eggs Bacon Blueberries Orange Juice	18 Chicken Livers w/Onions Grits Cantaloupe	19 Grilled Cheese Oatmeal Cantaloupe	20 Hard Boiled Eggs Farina Grapes
23 Banana Nuts Muffins Non-Fat Yogurt Granola Bar Grapes	24 Broccoli Cheddar Cheese Quiche Multigrain Cheerios Canned Pears	25 Grilled Cheese Oatmeal Apple Sauce	26 Corn Muffins Non-Fat Yogurt Granola Bar Sliced Peaches	27 Salmon Cake Cheesy Grits Fruit Cocktail



**MENU MAY CHANGE
 WITHOUT PRIOR
 NOTICE**

**WHOLE WHEAT BREAD
 &
 MILK 1% SERVED
 DAILY**
**COFFEE & TEA SERVED
 DURING BREAKFAST
 9:00AM – 10:00AM**

Funded by NYC Aging

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

Lunch
12:30PM – 1:30PM



ST. LOUIS OLDER ADULT CENTER LUNCH MENU

February 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 BBQ Chicken Legs Baked Red Potato Wedges Broccoli Spears Pineapple Chunks</p>	<p>3 Rotini w/Spinach & Chickpeas Capri Blend Vegetables Orange Pineapple Juice Canned Pears</p>	<p>4 Bistec Encebollado (Puerto Rican Stea & Onions) Egg Noodles String Beans Fruit Cocktail</p>	<p>5 Curry Chicken Legs Caribbean Rice & Red Beans Baby Carrots w/Parsley Honeydew Melon</p>	<p>6 Baked Salmon w/ Sweet & Sour Sauce Roasted Red Potatoes Italian Blend Vegetables Grape Juice Sliced Peaches</p>
<p>9 Roasted Chicken Legs Yellow Plantain Steamed Kale Apple</p>	<p>10 Lentil Sloppy Joe Garden Salad Hamburger Bun Orange Pineapple Juice Fruit Cocktail</p>	<p>11 Jerk Chicken Quarter Legs White Rice Cabbage w/Shredded Carrots Pineapple Chunks</p>	<p>12 Beef Meatloaf w/Gravy Mashed Potatoes Sautéed String Beans Orange</p>	<p>13 Baked Marinated Fish Baked Sweet Potato Capri Blend Vegetables Apple Juice Grapes</p>
<p>16 General Tso' Chicken Mashed Potatoes Zucchini w/Peppers & Onions Sliced Peaches</p>	<p>17 Curry Chickpeas White Rice Italian Blend Vegetables Apple Juice Diced Pears</p>	<p>18 Pork Stir Fry w/Vegetables Perfect White Rice Sautéed Kale Fruit Cocktail</p>	<p>19 <u>Lunar New Year Lunch</u> Chicken w/Broccoli Lo-Mein String Beans Honeydew Melon</p>	<p>20 Baked Flounder Corn on the Cob Broccoli Spears Orange Apple Juice</p>
<p>23 Pineapple Glazed Salmon Baked Sweet Potato Carrots & Pears Cantaloupe Grape Juice</p>	<p>24 ChefNatasha's Fried Brown Rice Creamy Corn w/ Peppers & Onions Italian Blend Vegetables Apple Juice Cantaloupe</p>	<p>25 <u>Black History Month</u> <u>Special Lunch</u> BBQ Pork Ribs Baked Mac & Cheese Collard Greens Apple Juice Grapes ALT: Chicken Quarter Leg</p>	<p>26 Sweet & Sour Chicken Legs Egg Noodles Italian Blend Vegetables Mandarin Orange</p>	<p>27 Teriyaki Baked Fish Baked Red Potato Wedges w/Onions & Peppers Broccoli w/Garlic Orange Pineapple Juice Apple</p>



Funded by NYC Aging

WHOLE WHEAT BREAD
 &
 MILK 1% SERVED DAILY
 COFFEE & TEA SERVED
 DURING LUNCH
 12:30PM – 1:30PM

MENU MAY CHANGE
 WITHOUT
 PRIOR NOTICE
 100% Juice served w/
 Plant Based Meals
 Fish Meals
 Special Meals



*Ernie Green
Gardea Lallchan
Gettie Ward*

*Constance LeSald
Daniel Calence
Balores Ford*

*Donald Braun
Gilbert Reape
Heiman Pope*

*Luarne Callada
Januce Williams
John Baker*

*Joyce Bolder
Mary Whitehurst
Michael Smith*

*Olivia Baud
Patricia Guevara
Sylvia Garcia*

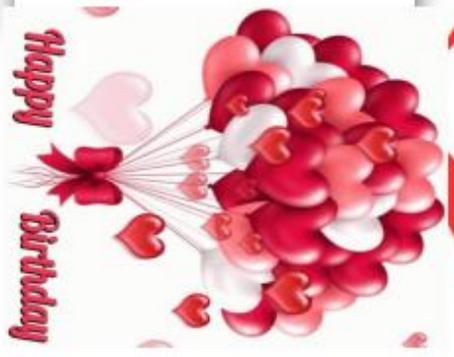


FEBRUARY'S BIRTHDAY CELEBRATION

Thursday, February 26, 2026, 2:00PM

Music and cake
Don't forget to bring your ticket, if
you're celebrating a birthday.

FEBRUARY
"Wishing you a very happy
birthday this February! Your smile
and laughter make even the coldest
winter days feel warmer. Hope you
have lots more fun and special
memories in the year ahead."





Friday, February 6th
American Heart Month
National Wear Red Day

Wednesday, February 11th
Pre-Valentines Day
Wear Red or Pink

 **HAPPY**
Presidents,
DAY 



Monday, February 16th

8:00am - 4:00pm



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 Contacts

Doctor's Information

Medication

Photo ID

Phone Number

Must make an appointment

with Venus

Monday, Wednesday or Friday



Wear Red Day, observed on the first Friday in February each year, is a day dedicated to raising awareness about heart disease, particularly among women. This annual event encourages people to wear red clothing and accessories to show their support for heart health and to promote heart disease prevention.

What is Wear Red Day?

Wear Red Day is a national campaign aimed at increasing awareness of heart disease and its impact on women's health. Heart disease is the leading cause of death for women in the United States, and this day serves as a reminder of the importance of heart health education, prevention, and early detection.

When is Wear Red Day 2026?

Wear Red Day in 2026 falls on February the 6th. It is part of American Heart Month, which is dedicated to raising awareness about heart health throughout February.

How to Participate in Wear Red Day?

Participating in Wear Red Day is easy and can be done in the following ways:

- **Wear Red:** Show your support for heart health by wearing red clothing, accessories, or even a red ribbon on this day. Encourage friends, family, and colleagues to do the same.
 - **Share Information:** Use social media to share facts and information about heart disease, particularly its impact on women. Use the hashtag #WearRedDay to join the online conversation.
 - **Donate:** Consider making a donation to heart disease research organizations or charities that focus on heart health. Your contribution can help fund research and awareness efforts.
- Get a Checkup:** Schedule a heart health checkup with your healthcare provider. Regular checkups and screenings are important for early detection and prevention.

History of Wear Red Day

Wear Red Day is an initiative of the American Heart Association's Go Red for Women campaign. The campaign was launched in 2004 to raise awareness about heart disease in women, as it was often underdiagnosed and undertreated. The red dress became the symbol of the campaign, representing women's heart health.

Since its inception, Wear Red Day has gained significant attention and support. It has become a widely recognized day for advocating heart disease prevention and raising awareness about the importance of a heart-healthy lifestyle.

BREAKFAST



Pre-Valentine's Special Breakfast

Wednesday, February 11th

9:00AM - 10:00AM

Steak & Eggs

Toast

Strawberries Orange Juice

Fat Tuesday Special Breakfast

Tuesday, February 17th

9:00AM - 10:00AM

Pancakes

Scrambled Eggs

Bacon

Blueberries

Orange Juice

Coffee or Tea

Black History Month Special Lunch

Thursday, February 25th

12:30PM—1:30PM

BBQ Pork Spareribs

Baked Mac & Cheese

Steamed Collard Greens

Apple Juice

Grapes

ALT: BBQ Chicken



Effective April 1, 2024

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

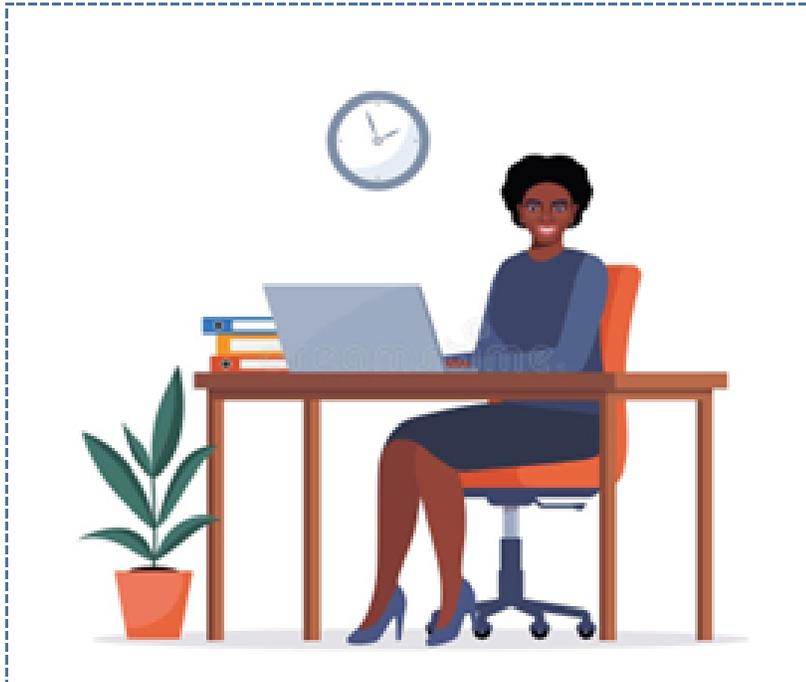
Lunch \$4.50

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
at St. Louis Older Adult Center.

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

February Class Schedule

Wednesday, February 4th 1:15pm - 2:15pm

Wednesday, February 11th 1:15pm - 2:15pm

Wednesday, February 18th 1:15pm - 2:15pm

Wednesday, February 25th 1:15 - 2:15pm

Arts & Craft Room





Chair Yoga w/Mr. Skrine

February Class Schedule

Monday, February 2nd 11:00am - 12:00pm

Monday, February 9th 11:00am - 12:00pm

Monday, February 16th 11:00am - 12:00pm

Monday, February 23rd 11:00am - 12:00pm

Arts & Craft Room

Improve your flexibility, strength and balance.



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

Bring your device

February Class Schedule

Wednesday, February 4th 10:00am –11:00am

Wednesday, February 11th 10:00am –11:00am

Wednesday, February 18th 10:00am –11:00am

Wednesday, February 25th 10:00am –11:00am

with Mr. Randall

Arts & Craft Room



February Class Schedule

Tuesday, February 3rd 10:30am – 11:30am

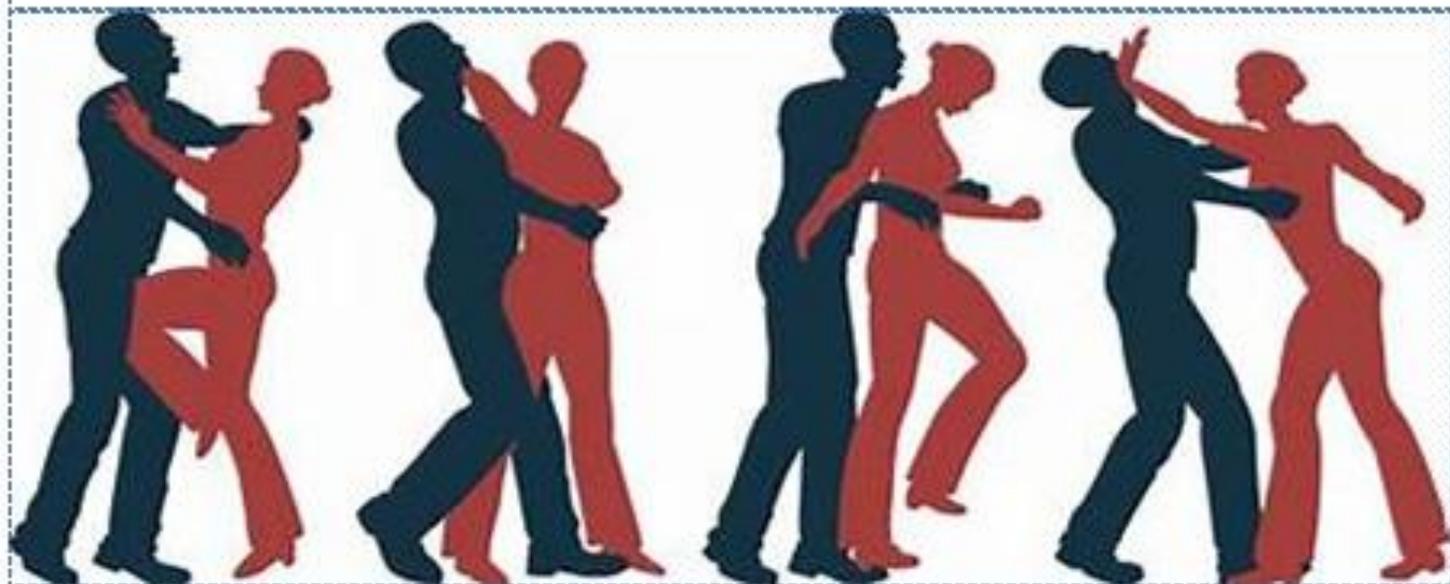
Tuesday, February 10th 10:30am – 11:30am

Tuesday, February 17th 10:30am – 11:30am

Tuesday, February 24th 10:30am – 11:30am

w/Shamir

Arts & Craft Room



**St. Louis Older Adult Center
Advisory Board
Fundraiser**

**Cake & Ice Cream w/Music
Thursday, February 12th
1:45pm - 3:30pm**



Price \$5.00

**All money collected goes towards supporting
St. Louis OAC.**

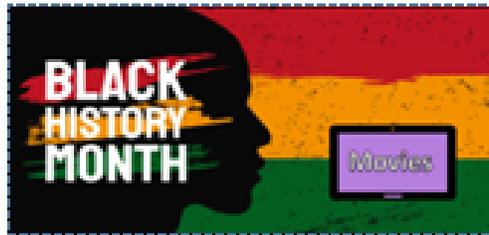
Thursday, February 12th

1:00pm - 1:30pm

St. Louis Choir

Singing Valentine Songs





Wednesday, February 4th

Ride to Freedom 2002 (Amazon) 1hr 34min

Rosa Parks recalls the many events battling racism and segregation from her days as a private-school student to becoming secretary for the National Association for the Advancement of Colored People. All leading to her act of peaceful defiance against racial bus segregation and inspiring the 1955 Montgomery Bus Boycott.

Wednesday, February 11th

Betty & Coretta 2013 (Amazon) 1hr 27min

Mary J. Blige and Angela Bassett star in this Lifetime Original Movie that tells the dual real-life stories of Coretta Scott King (Bassett) and Dr. Betty Shabazz (Blige), wives of Dr. Martin Luther King and Malcolm X.

Wednesday, February 18th

Get on Up 2014 (Amazon) 2hrs 18min

Based on the incredible life story of the Godfather of Soul, Get On Up gives a fearless look inside the music, moves, and moods of James Brown, taking audiences on the journey from his impoverished childhood to his evolution into one of the most influential figures of the 20th century.

Wednesday, February 25th

Roe vs Wade 2021 (Amazon) 1hr 51min

Dr. Bernard Nathanson and Dr. Mildred Jefferson square off in a national battle in this untold conspiracy that led to the most famous and controversial court case in history.

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 w/Shamir 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 or Chat & Stretch 2:00pm - 3:30pm

Fridays

Spanish Class w/Ms. Hellen 11:00am - 12:00 Noon

Choral w/ Ms. Hellen 2:00pm - 3:30pm

Movie 1:45pm - 3:30pm

Please respect activities start and finish times!!

HELP

VOLUNTEERS
NEEDED!



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

Thank You

FOR YOUR SUPPORT



FRIDAY

**NEW
RELEASES!**

Movies

Friday, February 6th 1:45pm Dining Room

Relationship Goals 2026 (Amazon) 1hr 33min

When TV producer Leah Caldwell aims to become the first woman running New York's top morning show, her ex Jarrett Roy competes for the same role. He claims to be changed by the book 'Relationship Goals,' which becomes a theme as her friends explore the book's wisdom too. Leah stays focused on her career-until chemistry with her ex challenges her priorities.

Friday, February 13th 1:45pm Dining Room

Tyler Perry Presents: Joe's College Road Trip 2026 (Netflix) 1hr 49min

To teach his sheltered grandson about the real world, Madea's fouled-mouth brother Joe takes the college-bound teen raucous cross-country road trip.

Friday, February 20th 1:45pm Dining Room

Terry McMillian Presents: Forever 2024 (Netflix) 1hr 27min

A veteran is in search of a fresh start fails for a devoted single mom-but winning heart means becoming a man her daughters can count on..

Friday, February 27th 1:45pm Dining Room

RIP 2026 (Netflix) 1hr 55min

Matt Damon and Ben Affleck star in this heart pouring crime thriller that pits cop against cop when a stash-house raid uncovers millions in cartel cash.

Come and showcase your vocals on

Fridays

2:00pm - 3:30pm

with Ms. Hellen and St Louis Choir



February Class Schedule

Friday, February 6th 2:00pm - 3:30pm

Friday, February 13th 2:0pm - 3:30pm

Friday, February 20th 2:0pm - 3:30pm

Friday, February 27th 2:0pm - 3:30pm

Arts & Craft Room

**It's never too late to try something new!!
So, why not learn a second language??
Learn English or Spanish**



February Class Schedule

Friday, February 6th 11:00am -12:00pm

Friday, February 13th 11:00am -12:00pm

Friday, February 20th 11:00am -12:00pm

Friday, February 27th 11:00am -12:00pm

w/Ms. Hellen

Arts & Craft Room

Storytelling w/Robin

Thursday, February 19th

&

Thursday, February 26th

10:30am - 12 Noon



February 2026

Although it's the second month of the year for some people it is a new beginning. The time wasted in January must be made up. Keeping up with appointments, healthy practices, like walking, swimming, ongoing in things that bring us joy and laughter. Remember, this month is called the month of Love. People fall in love, some people renew their vows, some get married, some get engaged. We also celebrate Valentine's Day. People walking and carrying bouquets of flowers. The pastry shops are filled with heart-shaped cakes and cookies. Here, at St Louis preparations are being made for our annual tea party and other wonderful activities. Don't forget it's Black History Month, President Day. It's also a time when we pay special attention to our heart.

Anonymous



**LOOK FOR
SOMETHING
POSITIVE IN EVERY
DAY, EVEN IF SOME
DAYS YOU HAVE TO
LOOK A LITTLE
HARDER.**





HEART-FRIENDLY

FOOD LIST



EAT

- OATS & OAT BRAN - HIGH IN SOLUBLE FIBER, HELPS MANAGE CHOLESTEROL.
- LEAFY GREENS - SPINACH, KALE, ARUGULA, ROMAINE.
- FATTY FISH - SALMON, MACKEREL, SARDINES, TUNA (RICH IN OMEGA-3).
- BERRIES - BLUEBERRIES, STRAWBERRIES, RASPBERRIES (HIGH IN ANTIOXIDANTS).
- AVOCADOS - FULL OF HEART-HEALTHY MONOUNSATURATED FATS.
- NUTS & SEEDS - ALMONDS, WALNUTS, FLAXSEEDS, CHIA SEEDS (UNSALTED).
- LEGUMES - BEANS, LENTILS, CHICKPEAS.
- OLIVE OIL - USE EXTRA VIRGIN OLIVE OIL IN PLACE OF BUTTER.
- WHOLE GRAINS - BROWN RICE, QUINOA, BARLEY, BULGUR.
- GARLIC - MAY HELP SUPPORT BLOOD PRESSURE AND CHOLESTEROL BALANCE.
- TOMATOES - RICH IN LYCOPENE AND POTASSIUM.
- GREEN TEA - CONTAINS CATECHINS WITH ANTIOXIDANT PROPERTIES.

LIMIT

- LEAN POULTRY - SKINLESS CHICKEN, TURKEY BREAST.
- EGGS - ESPECIALLY YOLKS; LIMIT TO A FEW PER WEEK.
- LOW-FAT DAIRY - SKIM MILK, LOW-FAT CHEESE, YOGURT.
- DARK CHOCOLATE - CHOOSE 70%+ COCOA, UNSWEETENED OR LOW SUGAR.
- WHOLE GRAIN BAKED GOODS - WATCH FOR ADDED SUGAR AND SATURATED FATS.
- CAFFEINE - COFFEE OR BLACK TEA (LIMIT ADDED SUGAR/CREAM).
- NATURAL SWEETENERS - HONEY, MAPLE SYRUP (SMALL AMOUNTS).
- PLANT-BASED MEAT ALTERNATIVES - CHECK FOR SODIUM AND ADDED OILS.
- CANNED SOUPS - CAN BE HIGH IN SALT EVEN IF LABELED "LOW-FAT."
- LOW-FAT DRESSINGS - MAY CONTAIN ADDED SUGARS OR UNHEALTHY PRESERVATIVES.
- WHOLE WHEAT PASTA - BETTER THAN WHITE, BUT STILL NEEDS PORTION CONTROL.

AVOID

- PROCESSED MEATS - BACON, SAUSAGE, HOT DOGS, SALAMI.
- FRIED FOODS - FRENCH FRIES, FRIED CHICKEN, ONION RINGS.
- TRANS FATS - FOUND IN MARGARINE, SHORTENING, MANY BAKED GOODS.
- RED MEAT - FATTY CUTS OF BEEF, PORK, AND LAMB.
- FULL-FAT DAIRY - WHOLE MILK, CREAM, BUTTER, FULL-FAT CHEESE.
- PACKAGED SNACKS - CHIPS, CRACKERS WITH PALM OIL OR HYDROGENATED OILS.
- SUGAR-SWEETENED DRINKS - SODAS, ENERGY DRINKS, SWEETENED COFFEE DRINKS.
- WHITE BREAD & PASTA - REFINED CARBS WITH LOW NUTRITIONAL VALUE.
- BAKED GOODS WITH SHORTENING - COOKIES, MUFFINS, CAKES WITH TRANS FATS.
- INSTANT NOODLES - HIGH IN SODIUM, LOW IN NUTRITION.
- CANDY BARS - LOADED WITH SUGAR, SATURATED FAT, AND ADDITIVES.

10 Ways to Improve Your Heart Health

1 Balance calorie intake with physical activity.



2 Add a variety of fruits and vegetables.



3 Incorporate whole grains.



4 Focus on healthy protein sources, mostly from plants and seafood.



5 Use non-tropical liquid plant oils.



6 Eat minimally processed foods.



7 Minimize added sugars.



8 Cut down on salt.



9 Limit alcohol. (If you do not drink alcohol, do not start.)



10 Follow these recommendations whether eating at home or dining out.



We ♥ Our



Joycelyn Baldwin

Joseph Chery

Anita Edwards

Lewis Edwards

Sylvia Garcia

Linda Prince

Yvonne Rivera

Gerald Scott

Patricia Washington



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!!

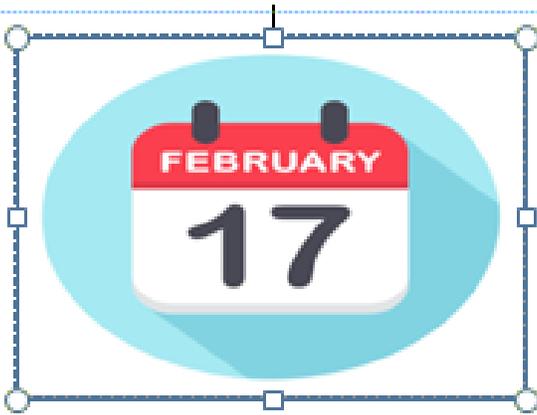
If you need help saving the phone number, come into
the center and we will assist you.



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

Our Apologies for the inconvenience





Why Is 2026 the Year of the Horse?

The Chinese zodiac follows a 12-year cycle, with each year represented by a different animal. In 2026, the cycle brings us to the Horse, the seventh animal in the zodiac order.

12 ANIMAL SIGNS

Chinese Zodiac



Rat
2020



Ox
2021



Tiger
2022



Rabbit
2023



Dragon
2024



Snake
2025



Horse
2026



Goat
2027



Monkey
2028



Rooster
2029



Dog
2030



Pig
2031

The Chinese zodiac includes 12 animal signs. In order they are: Rat, Ox, Tiger, Rabbit, Dragon, Snake, Horse, Goat, Monkey, Rooster, Dog and Pig.

According to Chinese mythology, the order of the zodiac animals was decided by a Great Race held by the *Jade Emperor*. The clever Snake coiled around the Horse's hoof, managing to finish the race ahead of the Horse and causing the Horse to fall into the seventh place.

Unlike the cautious and introspective Snake, the Horse embodies enthusiasm, speed and fieriness, bringing a year focused on bold moves and exploration.

For those born in a Horse year, 2026 is their **Ben Ming Nian**—a year traditionally believed to bring bad luck due to a clash with **Tai Sui**, the God of Age.

Mardi Gras Fun Facts – A Brief History

The history of Mardi Gras is rooted in ancient pagan traditions and evolved over time into a Christian celebration. Here is a brief history of Mardi Gras:

Ancient Pagan Celebrations: Mardi Gras has its roots in ancient pagan celebrations that honored the coming of spring and fertility. These festivals often involved feasting, drinking, and revelry.

Roman Festival of Saturnalia: The Roman Festival of Saturnalia, which was celebrated in December, was a time of feasting and gift-giving. It is believed that some of the traditions from this festival, such as wearing masks and costumes and parading through the streets, were later incorporated into Mardi Gras celebrations.

Christian Influence: When Christianity spread throughout Europe, the pagan celebrations were often incorporated into the Christian calendar. Mardi Gras, which is French for “Fat Tuesday,” is celebrated on the day before Ash Wednesday, which marks the beginning of the Christian season of Lent.

Medieval Europe: In medieval Europe, Mardi Gras was celebrated as a last hurrah before the period of fasting and abstinence that marked Lent. It was a time for indulging in rich foods and excess before the austerity of Lent.

New Orleans: Mardi Gras was brought to the United States by French explorers who settled in the region that is now Louisiana. The first Mardi Gras celebration in New Orleans was held in 1699, and the tradition has continued to this day, with elaborate parades, costume balls, and other festivities.

Contemporary Celebrations: Today, Mardi Gras is celebrated in many parts of the world, with unique traditions and customs that reflect the local culture. While the celebration has evolved over time, it continues to be a time of revelry, excess, and indulgence before the period of Lenten sacrifice and reflection.



Happy Chinese New Year



**Wishing you an
exciting year full
of good luck, new
opportunities,
well deserved
success and
immeasurable joy.**

祝你迎来充满惊喜的
一年，好运相随
，机遇纷呈，收获应
得的成功，更享无穷
的喜悦。



BLACK HISTORY CELEBRATION

Thursday, February 19, 2026

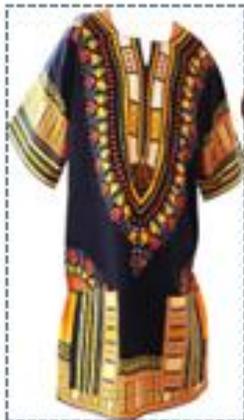
1:45pm - 3:30pm



Reflections of Black History

Fashion Show

(See Karen James or Mary Williams)



Light Refreshments

Black History Trivia



Music



THE ORIGINS OF BLACK HISTORY MONTH



ASSOCIATION FOR THE STUDY OF AFRICAN AMERICAN LIFE AND HISTORY®
THE FOUNDERS OF BLACK HISTORY MONTH

THE STORY OF BLACK HISTORY MONTH BEGINS IN CHICAGO IN 1915.



CARTER G. WOODSON

An alumnus of the University of Chicago with many friends in the city, Carter G. Woodson traveled from Washington, D.C. to participate in a national celebration of the fiftieth anniversary of emancipation sponsored by the state of Illinois.

Thousands of African Americans travelled from across the country to see exhibits highlighting the progress their people had made since the destruction of slavery. Awarded a doctorate in Harvard three years earlier, Woodson joined the other exhibitors with a black history display. Despite being held at the Coliseum, the site of the 1912 Republican convention, an overflow crowd of six to twelve thousand waited outside for their turn to view the exhibits. Inspired by the three-week celebration, Woodson decided to form an organization to promote the scientific study of black life and history before leaving town.

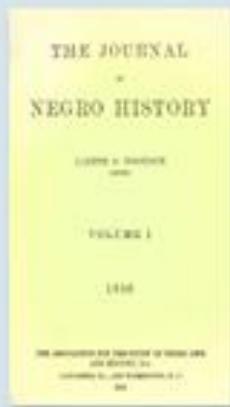
● **SEPTEMBER 9, 1915**

On September 9th, Woodson met at the Wabash YMCA with A. L. Jackson and three others and formed the **Association for the Study of Negro Life and History (ASNLH)**.

A. S. N. L. H.

NEGRO HISTORY WEEK

1916



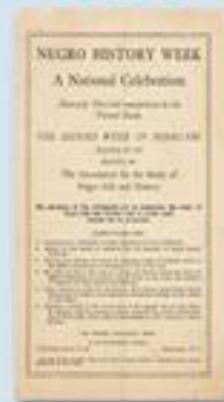
Dr. Woodson publishes
The Journal of Negro History

1924



A graduate member of **Omega Psi Phi**, he urged his fraternity brothers to take up the work. In **1924**, they responded with the creation of Negro History and Literature Week, which they renamed Negro Achievement Week.

1926



Dr. Woodson sends out a press release announcing
Negro History Week in February, 1926.

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WHY FEBRUARY?



ABRAHAM LINCOLN



FREDERICK DOUGLASS

Woodson chose February for reasons of tradition and reform. It is commonly said that Woodson selected February to encompass the birthdays of two great Americans who played a prominent role in shaping black history, namely **Abraham Lincoln** and **Frederick Douglass**, whose birthdays are the 12th and the 14th, respectively. More importantly, he chose them for reasons of tradition. Since Lincoln's assassination in **1865**, the black community, along with other Republicans, had been celebrating the fallen President's birthday. And since the late **1890s**, black communities across the country had been celebrating Douglass'. Well aware of the pre-existing celebrations, Woodson built Negro History Week around traditional days of commemorating the black past. He was asking the public to extend their study of black history, not to create a new tradition. In doing so, he increased his chances for success.

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NEGRO HISTORY BULLETIN

1937



In 1937, at the urging of **Mary McLeod Bethune**, Woodson established the **Negro History Bulletin**, which focused on the annual theme. As black populations grew, mayors issued Negro History Week proclamations, and in cities like Syracuse progressive whites joined Negro History Week with National Brotherhood Week.



MARY MCLEOD BETHUNE

1930s

Like most ideas that resonate with the spirit of the times, Negro History Week proved to be more dynamic than Woodson or the Association could control. By the 1930s, Woodson complained about the intellectual charlatans, black and white, popping up everywhere seeking to take advantage of the public interest in black history. He warned teachers not to invite speakers who had less knowledge than the students themselves. Increasingly publishing houses that had previously ignored black topics and authors rushed to put books on the market and in the schools. Instant experts appeared everywhere, and non-scholarly works appeared from "mushroom presses." In America, nothing popular escapes either commercialization or eventual trivialization, and so Woodson, the constant reformer, had his hands full in promoting celebrations worthy of the people who had made the history.



Negro History Week booklet, 1936.
Source: George Cleveland Hall Branch Archives

1940s



Negro History Week booklet, 1944.

In the 1940s, efforts began slowly within the black community to expand the study of black history in the schools and black history celebrations before the public. In the South, black teachers often taught Negro History as a supplement to United States history. One early beneficiary of the movement reported that his teacher would hide Woodson's textbook beneath his desk to avoid drawing the wrath of the principal. During the Civil Rights Movement in the South, the Freedom Schools incorporated black history into the curriculum to advance social change. The Negro History movement was an intellectual insurgency that was part of every larger effort to transform race relations.

1960s

The **1960s** had a dramatic effect on the study and celebration of black history. Before the decade was over, Negro History Week would be well on its way to becoming Black History Month. The shift to a month-long celebration began even before Dr. Woodson's death. As early as **1940s**, blacks in West Virginia, a state where Woodson often spoke, began to celebrate February as Negro History Month. In Chicago, a now forgotten cultural activist, **Fredrick H. Hammaurabi**, started celebrating Negro History Month in the **mid-1960s**. Having taken an African name in the 1930s, Hammaurabi used his cultural center, the House of Knowledge, to fuse African consciousness with the study of the black past. By the **late 1960s**, as young blacks on college campuses became increasingly conscious of links with Africa, Black History Month replaced Negro History Week at a quickening pace. Within the Association, younger intellectuals, part of the awakening, prodded Woodson's organization to change with the times. **They succeeded.**



Fredrick H. Hammaurabi Robb
Source: Rose Cleveland Hall Branch Archives

1976



Under President Gerald Ford, "Negro History Week" becomes Black History Month in 1976. Credit: Sun-Times archives

In **1976**, fifty years after the first celebration, the Association used its influence to institutionalize the shifts from a week to a month and from Negro history to black history. Since the **mid-1970s**, every American president, Democrat and Republican, has issued proclamations endorsing the Association's annual theme.

“

"Those who have no record of what their forebears have accomplished lose the inspiration which comes from the teaching of biography and history."

CARTER G. WOODSON

What **Carter G. Woodson** would say about the continued celebrations is unknown, but he would smile on all honest efforts to make black history a field of serious study and provide the public with thoughtful celebrations.



**ONE SMALL
POSITIVE
THOUGHT
IN THE MORNING
CAN CHANGE
YOUR
WHOLE DAY.**

Thursday, February 12th
10:30am
Arts & Craft Room
(Date subject to change)

DIY Slippers





UPCOMING EVENTS



OLDER
AMERICANS
-MONTH-
MAY

March 2026

Women's Month - Tea Party

St. Patrick's Day



Happy
Mother's
Day



April 2026

Easter Egg Hunt

Game Day



JUNETEENTH



May 2026

Multiculture - Pot Luck

Mother's Day

Older Adult Month



multicultural
potluck



Show
Us

YOUR
TALENT



Celebrate
Women's
History
Month

June 2026

Father's Day

Juneteenth

Talent Show



HAPPY
FATHERS
DAY



BOARD
GAMES

We would LOVE to hear your ideas
and suggestions!!

VALENTINE'S HEART

WORD SEARCH

XOXO

FREE
HUGS

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

LOVE
BUG

YOU
ROCK

PUPPY
LOVE

BE
MINE

Valentine
Roses
Cards
Chocolates

Cupid
Heart
Red
Candy

Hugs
February
Pink
Flowers
Kisses

Arrow
Holiday
Sweetheart
Gifts
Poems

St. Louis OAC Staff

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

**BUNDLE
UP!**

**STAY
SAFE**



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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.



NYC Department for
the Aging

