

CELEBRATING
125
YEARS



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



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



MARCH

Developmental Disabilities Awareness Month



International Women's Day (March 8)



**WOMEN'S
HISTORY
MONTH**

**HAPPY
EMPLOYEE
APPRECIATION
DAY!**



FIRST FRIDAY OF MARCH MONTH

DAYLIGHT SAVING TIME



2026

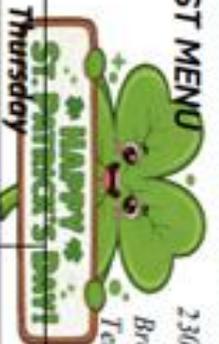


NYC Department for the Aging

Breakfast
9:00AM – 10:00AM



ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU
March 2026



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| 2 Healthy Harvest Muffins Non-Fat Yogurt Apple Sauce | 3 Grilled Cheese Cream of Wheat Canned Mandarin Orange | 4 Hard Boiled Eggs Cream of Wheat Mandarin Orange | 5 Banana Nut Muffins Non-Fat Yogurt Sliced Peaches | 6 Scrambled Eggs Mini Bagels Cream of Wheat Sliced Peaches |
| 9 Blueberry Muffins Cottage Cheese Granola Bar Sliced Peaches | 10 Hard Boiled Eggs Non-Fat Yogurt Granola Bar Apple Sauce | 11 French Toast Oatmeal Diced Pears | 12 Corn Muffin Multigrain Cheerios Stringy Cheese Canned Pears | 13 Omelet w/Spinach & Mozzarella Oatmeal w/Berries Mandarin Orange |
| 16 Cinnamon French Toast Cornflakes Orange | 17 Pancakes Oatmeal Apple Sauce | 18 Scrambled Eggs Home Fries w/Peppers & Onions Canned Mandarin Orange | 19 Banana Nuts Muffins Non-Fat Yogurt Granola Bar Sliced Peaches | 20 Hard Boiled Eggs Oatmeal Grapes |
| 23 Blueberry Muffins Non-Fat Yogurt Granola Bar Diced Pear | 24 Broccoli Cheddar Cheese Omelet Multigrain Cheerios Apple Sauce | 25 Women's History Special Breakfast Chicken & Waffles Mango | 26 French Toast Cornflakes Mandarin Orange | 27 Apple Pancakes Oatmeal Cantaloupe |
| 30 Healthy Harvest Muffins Non-Fat Yogurt Granola Bar Apple Sauce | 31 Baked Omelet w/Peppers & Onions Grits Honeydew Melon | | | MENU MAY CHANGE WITHOUT PRIOR NOTICE Hard Boiled Eggs Cream of Wheat Mandarin Orange |

Funded by NYC Aging

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

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

Lunch
12:30PM – 1:30PM
MARCH IS WOMEN'S HISTORY MONTH

ST. LOUIS OLDER ADULT CENTER LUNCH MEN U
March 2026



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

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>2 BBQ Chicken Legs Mashed Potatoes Broccoli w/Toasted Garlic Apple</p> | <p>3 Rotini w/Spinach & Chickpeas Italian Blend Vegetables Diced Pears Cranberry Juice</p> | <p>4 Curry Chicken Leg Caribbean Rice & Kidney Beans Baby Carrots w/Parsley Honeydew Melon</p> | <p>5 Catered by Russo's Italian Meatballs w/Beef & Turkey Homemade Tomato Sauce Penne Pasta California Blend Vegetables</p> | <p>6 Baked Fish Corn on the Cob Broccoli Spears w/ Red Peppers Honeydew Melon Grape Juice</p> |
| <p>9 Catered by Russo's Italian Meatballs w/Chicken Whole Wheat Pasta Primavera Roasted Broccoli</p> | <p>10 Catered by Russo's Mama's Pasta Fagioli Italian Blend Baby Spinach Salad w/Mushrooms Balsamic Vinaigrette</p> | <p>11 Jerk Chicken Quarter Legs Brown Rice Cabbage Diced Pears</p> | <p>12 Baked Pork Chop Egg Noodles Steamed Collard Greens Apple</p> | <p>13 Baked Salmon Penne Pasta w/Peppers & Onions Mixed Vegetables Orange Cranberry Juice</p> |
| <p>16 BBQ Chicken Leg Baked Red Potato Italian Blend Vegetable Fruit Cocktails</p> | <p>17 Black Eye Peas Marsala Salad Corn Bread Diced Pears Grape Juice</p> | <p>18-St Patrick Day's Special Lunch Corned Beef & Cabbage Baked Potato Irish Soda Bread Green Jello Apple Juice</p> | <p>19 Jerk Chicken Quarter Leg Seasoned White Rice String Beans Orange</p> | <p>20 Baked Fish w/Sweet & Sour Sauce Roasted Red Potato Italian Blend Vegetables Canned Sliced Peaches Orange Pineapple Juice</p> |
| <p>23 Roasted Chicken Leg Yellow Plantain Steamed Kale Apple</p> | <p>24 Lentil Sloppy Joe Hamburger Bun Tossed Salad Fruit Cocktail Cranberry Juice</p> | <p>25 Sliced Turkey w/Gravy Yellow Rice Steamed Baby Carrots Honeydew Melon</p> | <p>26 Baked Meatloaf w/Gravy Mashed Potatoes Sautéed String Beans Orange</p> | <p>27 Baked Marinated Fish Baked Sweet Potato Italian Blend Vegetables Grapes Apple Juice</p> |
| <p>30 General Tso's Chicken Garlic Mashed Potatoes Zucchini w/Peppers & Onions Canned Sliced Peaches</p> | <p>31 Chef Onica's Fried Brown Rice Creamy Corn w/Peppers & Onions Broccoli Spears Cantaloupe Grape Juice</p> | <p>Funded by NYC Aging</p> | <p>WHOLE WHEAT BREAD & MILK 1% SERVED DAILY COFFEE & TEA SERVED DURING LUNCH 12:30PM – 1:30PM</p> | <p>MENU MAY CHANGE WITHOUT PRIOR NOTICE 100% Juice served w/ Plant Based Meals Fish Meals Special Meals</p> |



230 Kingston Ave. Brooklyn NY, 11213

Funded by NYC Aging



ST LOUIS OLDER ADULT CENTER ACTIVITY SCHEDULE
March 2026



Tel: (718) 771-7945

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|----|---|--|--|--|---|
| 2 | 9:00 Breakfast 11:00 Yoga 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O. | 9:00 Breakfast 10:00 Tax Prep 12:30 Lunch 2:00 B.I.N.G.O. | 9:00 Breakfast 10:00 Tech Class 12:30 Lunch 1:15 Line Dancing w/Anthony 2:00 Advisory Board Meeting 2:30 B.I.N.G.O. | 9:00 Breakfast 12:30 Lunch 1:45 Open Meeting | 9:00 Breakfast 10:30 Self-Defense 11:00 Emergency Preparedness 11:00 Spanish Class 12:30 Lunch 1:45 Movie: Sarah's Oil 2:00 Choral |
| 9 | 9:00 Breakfast 11:00 Yoga 11:00 Nutrition Workshop 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O. | 9:00 Breakfast 10:00 Su-Casa 10:00 Tax Prep 12:30 Lunch 2:00 B.I.N.G.O. | 9:00 Breakfast 10:00 Tech Class 10:30 Managing Blood Pressure 12:30 Lunch 1:15 Line Dancing w/Anthony 2:30 B.I.N.G.O. | 9:00 Breakfast 12:30 Lunch 2:00 Advisory Board Cake & Ice Cream Fundraiser | 9:00 Breakfast 10:30 Self-Defense 11:00 Spanish Class 12:30 Lunch 2:00 SOS: Bingo Canceled: Movie & Choral |
| 16 | 9:00 Breakfast 11:00 Yoga 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O. | 9:00 Breakfast 10:00 Su-Casa 12:30 Lunch 2:00 B.I.N.G.O. | 9:00 Breakfast 10:00 Tech Class 12:30 Lunch 1:15 Line Dancing w/Anthony 2:30 B.I.N.G.O. | 9:00 Breakfast 10:30 Storytelling w/Robin 12:30 Lunch 2:00 Tea Party | 9:00 Breakfast 10:30 Self-Defense 11:00 Spanish Class 12:30 Lunch 1:45 Movie: Faith in the Flames 2:00 Choral |
| 23 | 9:00 Breakfast 10:00 Dementia Presentation 11:00 Yoga 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O. | 9:00 Breakfast 10:00 Su-Casa 10:30 Bake Sale 12:30 Lunch 2:00 B.I.N.G.O. | 9:00 Breakfast 10:00 Women's History 10:30 Tech Class 11:00 Bake Sale 11:00 NYC Dept. of Transportation 12:30 Lunch 1:15 Line Dancing w/Anthony 2:00 B.I.N.G.O. | 9:00 Breakfast 10:30 Storytelling w/Robin 12:00 Menu Meeting 12:30 Lunch 2:00 March Birthday Celebration | 9:00 Breakfast 10:00 Chronic Kidney Disease 10:30 Self-Defense 11:00 Spanish Class 12:30 Lunch 1:45 Movie: Thursday's Murder Club 2:00 Choral |
| 30 | 9:00 Breakfast 11:00 Yoga 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O. | 9:00 Breakfast 10:00 Su-Casa 12:30 Lunch 2:00 B.I.N.G.O. | | | |
| | | | | | |
| | | | | | |

HAPPY BIRTHDAY

MARCH

1. Anthony Padgett
2. Franca James
3. Gilbert Perryman
4. Giles Manley
5. Gladys Battle
6. Leonard Barnes
7. Linda Henderson
8. Lorna Benn
9. Marjorie Lopez
10. Otero Reynaldo
11. Serano Legrand
12. Sheila Ovid
13. Sylvan Howell
14. Victoria Vialpando
15. Willa Robinson

March 's Birthday Celebration
Thursday, March 26th, 2026
At 2:00PM
Live DJ & Cake
Don't forget to bring your ticket, if you're celebrating a birthday.

Things to celebrate in MARCH...

| | | |
|---|--|---|
|  1st - Saint David's Day |  ...YOUR BIRTHDAY! |  22nd - World Water Day |
|  14th - National Pi Day |  3rd - National Crayon Day |  1st - National Pig Day |
|  17th - Saint Patrick's Day |  16th - National Panda Day | |



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.

Time to Spring Forward:



Are You Ready?





Citizen Preparedness Corps



With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Corp Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster, to include information on an Active Shooter situation. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies

WHEN: Friday, March 6th, 2026

WHERE: St. Louis Older Adult Center

CONTACT: 718-771-794

For additional information, visit www.prepare.ny.gov

Kathy Hochul
Governor



STREET *wise*

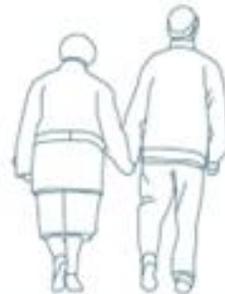
STREETWISE is a 45 minute traffic safety presentation created by the NYC DOT Office of Safety Education and Outreach to help older New Yorkers protect themselves in the city's traffic environment, especially important because New Yorkers over 65 account for up to 50% of the city's pedestrian fatalities!

→ **Understand**

- Dangerous Driving Behaviors

→ **Learn**

- Pedestrian Safety tips
- Best practices



Street Wise Presentation
In St Louis Older Adult Center
Wednesday, March 25th, 2026



VISION ZERO 
Building a Safer City



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

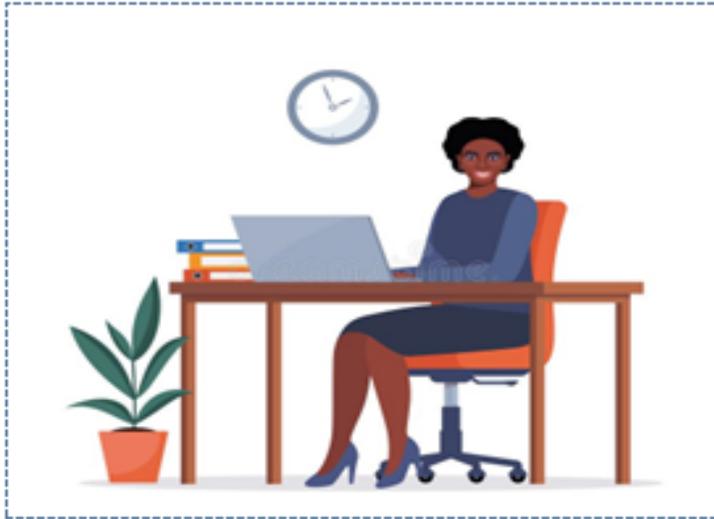
Phone Number

Must make an appointment

with Venus

Monday, Wednesday or Friday

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

women's *History* breakfast

SPECIAL

Women's History Special Breakfast

Wednesday, March 25th

9:00AM - 10:00AM

Chicken & Waffles



Mango

Juice





Post St. Patrick's Day Special Lunch

Wednesday, March 18th

12:30pm – 1:30pm

Corned Beef & Cabbage

Baked Potato

Irish Soda Bread

Green Jello

Apple Juice

Coffee or Tea





VOICES OF BROOKLYN



"VOICES OF BROOKLYN" IS A THEATRE PROGRAM IN YOU ARE INTERVIEWED ABOUT YOUR LIVES AND MEMORIES TO CREATE A PLAY



A NEW THEATRE PROGRAM CELEBRATING YOU AND YOUR STORIES



TUESDAY MORNINGS FROM MARCH TO JUNE



TUESDAY MARCH 10TH 10AM-12.30PM
TUESDAY MARCH 17TH - 10AM-12.30PM
TUESDAY MARCH 24TH - 10AM-12PM
TUESDAY APRIL 7TH - 10AM-12.30PM
TUESDAY APRIL 28TH - 10AM-12PM
TUESDAY MAY 5TH - 10AM-12.30PM
TUESDAY MAY 12TH - 10AM-12PM
TUESDAY JUNE 9TH - 10AM-12.30PM
TUESDAY JUNE 16TH - 10AM-12.30PM



TAUGHT BY AN IMMIGRANT ACTOR AND THEATREMAKER



CATHOLIC CHARITIES Brooklyn & Queens ESTABLISHED 1899

CCNS ST. LOUIS OLDER ADULT CENTER

BROOKLYN ARTS COUNCIL



**Chair Yoga
w/Mr. Skrine**

March Class Schedule

Monday, March 2nd 11:00am - 2:00pm

Monday, March 9th 11:00am - 2:00pm

Monday, March 16th 11:00am - 2:00pm

Monday, March 23rd 11:00am - 2:00pm

Monday, March 30th 11:00am - 2:00pm

Arts & Craft Room

Improve your flexibility, strength and balance.



Chair Zumba w/Tommy the Experience

March Class Schedule

Monday, March 2nd 1:30pm - 2:30pm

Monday, March 9th 1:30pm - 2:30pm

Monday, March 16th 1:30pm - 2:30pm

Monday, March 23rd 1:30pm - 2:30pm

Monday, March 30th 1:30pm - 2:30pm

Dining Room



March Class Schedule

- *Friday, March 6th 10:30am – 11:30am**
- *Friday, March 13th 10:30am – 11:30am**
- *Friday, March 20th 10:30am – 11:30am**
- *Friday, March 27h 10:30am – 11:30am**

w/Shamir

Arts & Craft Room

***Self-Defense has temporally moved to
Fridays until June 2026**



Line Dancing w/Anthony

March Class Schedule

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

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

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

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

Arts & Craft Room





Are you having difficulties navigating your devices?

Bring your device

March Class Schedule

Wednesday, March 4th 10:00am –11:00am

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

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

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

with Mr. Randall

Arts & Craft Room

Storytelling w/Robin

Thursday, March 19th

&

Thursday, March 26th

10:30am - 12 Noon



*Come and showcase your vocals on
Fridays*

2:00pm - 3:30pm

with Ms. Hellen and St Louis Choir



March Class Schedule

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

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

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

Friday, March 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**



March Class Schedule

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

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

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

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

**w/Ms. Hellen
Arts & Craft Room**

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

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



Price \$5.00

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

BE
Kind
FOR
Everyone
YOU MEET
Fighting IS
A HARD
BATTLE



Senior BINGO Event



Starts at
2:00 PM –
– 4:00 PM

230 Kingston Ave Brooklyn NY 11213

Friday, March 13th



FRIDAY

Movies

Friday, March 6th 1:45pm Dining Room

Sarah's Oil 2025(Amazon) 1hr 43min

An African American girl born in the early 1900s believes there is oil beneath the land she's allotted and her faith is proven right. But as oil sharks close in, she must turn to her family and some wildcatters to maintain control of her land.

Friday, March 13th

Movie Canceled

Friday, March 20th 1:45pm Dining Room

Faith in the Flames 2025 (Netflix) 1hr 27min

A nurse risks her life trying to save her patients, family and neighbors as a deadly wildfire rips through Paradise, California. Inspired by real events.

Friday, March 27th 1:45pm Dining Room

The Thursday Murder Club 2025 (Netflix) 2hr

Four friends in a retirement home solve murders for fun. Until they become entangled in an active case in this adaption of Richard Osman's bestseller.



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 or Chat & Stretch 2:00pm - 3:30pm

Fridays

Spanish Class 11:00am - 12:00 Noon

Choral 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.



Phenomenal Woman

By Maya Angelou

Pretty women wonder where my
secret lies.

I'm not cute or built to suit a
fashion model's size
But when I start to tell them,
They think I'm telling lies.

I say,
It's in the reach of my arms
The span of my hips,
The stride of my step,
The curl of my lips.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.

I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.

I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.

They try so much
But they can't touch
My inner mystery.
When I try to show them
They say they still can't see.

I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman

Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.

When you see me passing
It ought to make you proud.

I say,
It's in the click of my heels,
The bend of my hair,
the palm of my hand,
The need of my care,
'Cause I'm a woman
Phenomenally.

Phenomenal woman,
That's me.

The background is a light teal color with a subtle vertical striped pattern. It is decorated with several colorful teacups and mugs. In the top left, there is a yellow teacup on a saucer. In the top right, a yellow mug with a red base. In the middle left, a green mug with white floral patterns. In the middle right, a red mug with yellow polka dots. In the bottom left, a yellow teacup with a slice of orange and a stirrer. In the bottom right, a red mug and a green mug. A yellow sign with a scalloped edge is positioned in the upper center, containing the text 'tea time' in red. The main text is centered and reads: 'Women's History Month Celebration', 'Tea Party', 'Please join us for Afternoon Tea & Light Bites', 'Thursday, March 19, 2026', '2pm - 3:30pm', and 'Please RSVP w/Front Desk'.

**Women's History Month
Celebration**

tea time

Tea Party

**Please join us for After-
noon Tea & Light Bites**

Thursday, March 19, 2026

2pm - 3:30pm

Please RSVP w/Front Desk

March 2026

March is a month of change. The changing of the seasons marking the end of winter and the beginning of Spring. We say goodbye to the snow and the long cold nights, and welcome longer days and bright sunlight. March is a month known for renewal and trees growth. Trees regaining their green leaves and no longer are bare as March brings warmth and breezy air. There is also excitement at St Louis Older Adult Center in preparation is on its way for our annual Tea's Party and so much more.

By Mike



Learning about Each Other

Understanding one another and learning to solve conflicts. Conflicts always occur, it's what we do when they occur, we seek a peaceful way to resolve such.

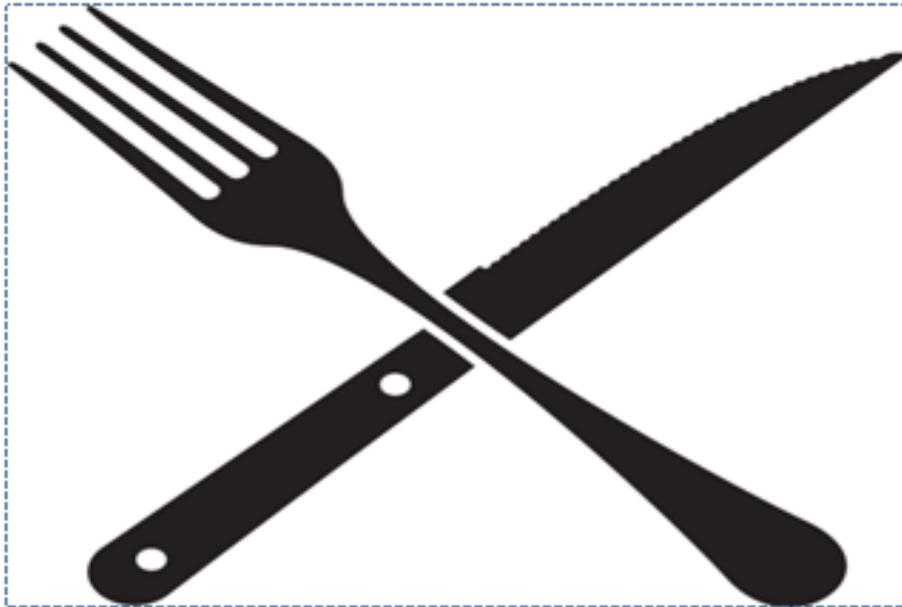
We try to understand each other's needs, we act with compassion to solve the difference, and we focus on getting along with each other.

By Anonymous

MENU PLANNING

**Thursday, March 26th
12 Noon**

Bring your suggestions



We ♥ Our



Joycelyn Baldwin

Rachel Boddie

Joseph Chery

Anita Edwards

Lewis Edwards

Syliva Garcia

Linda Prince

Yvonne Rivera

Gerald Scott

Patricia Washington

Mary Williams



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



St. Louis OAC Presents:

Silver Stars Showcase



**If your interested see Venus for
more details.**

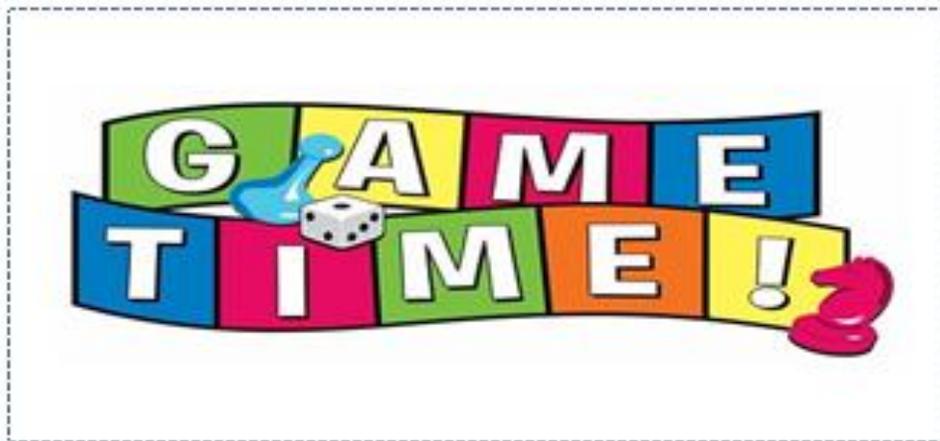
Easter Egg Hunt

Thursday, April 16th



Game Day

Thursday, April 23rd



What games do you want to play??

BAKE SALE



St. Louis Older Adult Center

Advisory Board

Fundraiser

Bake Sale

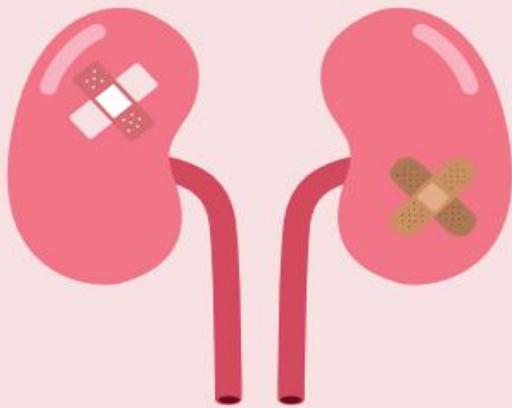
Tuesday, March 24th

Wednesday, March 25th

10:30am

\$3.00

MARCH 27, 2026
10-11 AM
**UNDERSTANDING CHRONIC
KIDNEY DISEASE**



- RISK FACTORS**
- **HIGH BLOOD PRESSURE**
 - **DIABETES**
 - **SMOKING**
 - **HEART DISEASE**
 - **HIGH CHOLESTEROL**
 - **OBESITY**

Join our webinar to learn about the early warning signs and symptoms, diagnosis, and treatment options available for chronic kidney disease.

CLICK TO [JOIN THE MEETING](#)
MEETING ID: 835 9009 7138
PASCODE: 062510
PHONE #: 1-646-931-3860



HOSTED BY STUDENTS &
FACULTY FROM
ST. JOHN'S UNIVERSITY
COLLEGE OF PHARMACY
AND HEALTH SCIENCES



Change starts with you



**If you are interested in becoming a candidate for
St. Louis OAC's Advisory Board**

Please submit your name and position you want to run for:

Officers

President

Vice President

Secretary

Treasurer

Sergeant of Arms



Committees

Decorating Committee

Nutrition Committee

Grievance Committee

Fundraising Committee

Trip Committee

Sunshine Committee

Welcoming Committee

Outreach Committee

***Must be willing and able to
work***

Fun facts about St. Patrick



Photo via Shutterstock

The first section of our guide focuses on fun facts about St. Patrick – **Ireland's Patron Saint**, while the second focuses on St. Patrick's Day facts about the celebration itself.

Below, you'll discover tales about pirates, snakes and the original colour associated with St. Patrick (it wasn't green!).

1. St. Patrick wasn't Irish

Yes—shock, horror! St. Patrick was actually British. It's believed he was born in either Wales or Scotland, making this one of the most commonly misunderstood St. Patrick facts!

2. He was abducted at 16

St. Patrick was abducted at the age of 16 and brought to Northern Ireland as a slave. He was forced to tend to sheep for 6 years in the mountains.

3. He didn't arrive in Ireland until 433

St. Patrick was born in Roman-Britain (Britain was under Roman rule for 350 years) circa 386 A.D. He didn't arrive in Ireland until 433.

4. He died in 461



Saul Church. Photo © Tourism Ireland by Brian Morrison

St. Patrick died in 461 in Saul, County Down, at the fine old age of (roughly) 75.

5. His name wasn't Patrick

One of the more surprising St. Patrick's Day facts revolves around his name. 'Patrick' is a name that he picked up along the way at some point. St. Patrick's real name was 'Maewyn Succat'.

6. A dream led him back to Ireland

After escaping his captures in Ireland, St. Patrick returned to Roman-Britain. It's said that one night had a dream that the people of Ireland were calling him back to tell them about God.

7. But not before he spent 12 years in France...

After having the dream that called him back to Ireland, he was worried. He felt unprepared for the task ahead. St. Patrick decided that he must follow his studies first, to better equip himself for the task ahead.

He travelled to France where he trained in a monastery. It wasn't for 12 years after the dream that he returned to Ireland.

8. His remains are believed to be at Down Cathedral



Where St. Patrick is believed to be buried

It's believed that the remains of St. Patrick are buried at Down Cathedral in **County Down**. This magnificent Cathedral is a Church of Ireland cathedral and it's found on the site of a Benedictine Monastery.

9. He escaped Ireland by boat

According to **St. Patrick's Confession** (a book that is said to have been written by St. Patrick), God told Patrick to flee his captures and make his way to the coast where a boat would be waiting to take him back home.

UPCOMING! EVENTS!



April 2026

4/16 Easter Egg Hunt

4/23 Game Day

May 2026

5/14 Multiculture - Pot Luck

5/21 Mother's Day Fashion Show

Older Adult Month

June 2026

Father's Day

6/18 Juneteenth

July 2026

Talent Show

Upcoming Trips

6/22 City Island

7/21 Atlantic City

8/25 Holiday Hills

See Advisory Board regarding trips





KIDNEY



FOOD LIST

EAT

- Olive Oil & Oregano
- Cilantro & Lettuce
- Rice Cereal, Rice Milk
- Garlic & Ginger
- Skinless Chicken
- Cauliflower & Carrot
- Onion & Parsley
- Coffee & Corn flakes
- Egg White & Eggplant
- Rosemary & Salmon
- Peach, Pear & Plum
- Blueberry & Cherry
- Tangerine/Mandarin
- White Pasta (Regular)
- Italian Bread & Leek
- Basil & Bell Peppers
- Grapes & Grape Juice
- Skinless Turkey Breast
- Almond Milk
- Zucchini
- Pineapple & Plain Tea
- Cabbage & Cranberry
- Strawberry & Thyme
- Radish & Raspberry
- Apples & Apricots
- Tilapia & Tofu
- Cider & Rice

LIMIT

- Potato (White/Sweet)
- Couscous & Cow Milk
- Regular Cheese
- Papaya, Peas, Pickles
- Ghee & Grapefruit
- Sugar-Free Syrup
- Lean Beef, Pork, Lamb
- Honeydew Melon
- Oatmeal & Orange
- Acorn & Butternut
- Brown Rice & Butter
- Cakes, Muffin, Pastry
- Cottage Cheese
- Jam, Jelly & Kiwi
- Whole-Wheat Bread
- Artichoke & Avocado
- Mangos & Muesli
- Legumes & Mayonnaise
- Pomegranate
- Spinach & Swiss Chard
- Beets & Beet Greens
- Cantaloupe
- BBQ Sauce & Ketchup
- Pudding & Quinoa
- Banana & Broccoli
- Eggs with Yolk, Yogurt

AVOID

- Salt/Seasoning Blends
- Instant Noodles/Soup
- Pickles/Olives/Brine
- Dark Colas & Sodas
- Peanut Butter & Nuts
- Bran Cereal
- Grapefruit Juice
- Beef Jerky & Bouillon
- Bacon & Bacon Grease
- Sardines & Sausage
- Canned Tomato Sauce
- Chocolate Water
- Ham & Hot Dog
- Beef Patties/Fast-Food
- Frozen Meals/Cold Cuts
- Potato/Tortilla Chips
- Canned Stews
- Lard & Milkshakes
- Orange Juice
- Boxed Pasta/Rice
- Sports & Energy Drinks
- Anchovies (Salted)
- Dried Fruits (All)
- Shortening
- Bread Stuffing & Mixes
- Pizza Slices/Tater Tots
- Corned Beef



WOMEN'S HISTORY MONTH WORD SEARCH

Solve the following puzzle by finding all the hidden words!



| | | | |
|---------------|----------------|--------------|------------|
| ANNE FRANK | LUPITA NYONGO | GRACE HOPPER | BEYONCE |
| OPRAH WINFREY | HEDY LAMARR | MAYA ANGELOU | ROSA PARKS |
| RIHANNA | BESSIE SMITH | FRIDA KAHLO | MEGAN GOOD |
| CLEOPATRA | MICHELLE OBAMA | RUBY BRIDGES | SACAGAWEA |

**Special thanks for sponsoring
St. Louis OAC in February:**



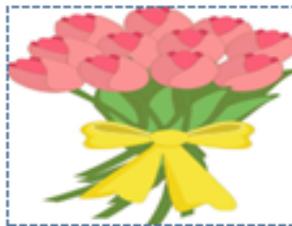
Ms. Bettie Ward Breakfast & Lunch

Ms. Bridget Duncan Special Pre-Valentine Breakfast

Ms. Barbara Black History Special Lunch & Soda

**Ms. Mildred Smith, Ms. Sylvia Garcia
& Ms. Faye Jones**

February's Birthday Party



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

Advisory Board Officers

President

Hellen Denman

Vice President

Sylvia Garcia

Secretary

Vacant

Treasurer

Mary Williams

Sergeant of Arms

Valerie Williams



March is
Women's
History
Month

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



NYC Department for
the Aging

