

CELEBRATING
125
YEARS



Gail P. Duke Older Adult Center
350 Livonia Avenue
Brooklyn, NY 11212
Phone 718-942-5345

August 2026 Daily Activities

Monday 10:00 – The Tommy Exp. Aerobics 11:00-Group Connections/Horticulture 12:00 – Lunch 1:30-Bingo Games 2:30-Social Group-Game Room	Tuesday 11:00-Tai Chi w/Jimmy-D/R 12:00- Lunch 1:00-Computer Class-Lab 2:00-Writing-Game Room Aug.25-It's Music @1:30PM
Wednesday 10:00-Cardio Fusion w/Yvette -D/R 11:00- Let's Talk (cafeteria) 12:00- Lunch 1:00 – Riverway Chorus w/Brenda-Game Room 2:00- Arts & Crafts (see rec schedule)	Thursday 10:00-Health Topics-Art Room 11:00 – Self B/P Monitoring-D/R 12:00 – Lunch 1:00-Zhumba with Fitwell Hydro 2:00 –Arts & Crafts
Friday 10:00-Guided Meditation -Game Room 11:00-Brain Teasers-Group Dynamics 12:00 – Lunch 1:00-Mental Health Presentation w/ Annie or Coffee Chat 2:00 -Art Class	Please note: Lunch is now served from 12pm – 1pm <u>Donations \$2 for seniors 60 and over</u> <u>Guest under 60-\$4.60</u>

August

Upcoming Events for August 2026

Presentation

- Aug. 7-Ohel Family Services w/ Annie-National Health Awareness @1PM
- Aug. 12-Epic Program@11AM
- Aug.12-NYLAG Home Care Presentation @1PM
- Aug.14-Coffee Chat w/Annie @1PM
- Aug.18- Nutrition Ed-Jennylyn Baptiste@12PM
- Aug.19-Harmony Road Senior Care @11AM
- Aug.21 -Coffee Chat w/Annie@1 PM
- Aug.26-OakStreet Health w/ Danielle@11AM
- Aug.28-Coffee Chat w/ Annie @1PM

Special Events:

- Aug 6-Catholic Charities CEO visit to Gale P Duke
- Aug. 14-Rec. Bingo w/ Dorothy @1:30PM
- Aug. 19-Board Cake Sale@ 9:30AM
- Aug. 20-August Birthday Party w/DJ John @1:30PM
- Aug. 25-It's Music @1:30PM
- Aug. 26-Welcome Breakfast/Orientation for New Members@9:30AM-See Leticia
- Aug. 27-Duke @ the Park-1:00PM-See Dorothy for T-shirts
- Aug.28-Spoken Word@11AM &2PM

You must make an appointment with Dorothy Craig for Case Assistance.

Please make sure you have a transportation application on file before taking any trip on center vehicles. You must make reservations by the close of business the day before.

CCNS GAIL P. DUKE OAC

AUGUST 2026 MENU

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Parmesan Tomato Sauce ½ cup Pasta 1% Low Fat Milk WW Bread Fruit	4 Columbian Red Bean Bean Stew ½ cup White Rice Vegetable mix WW Bread 1% Low Fat Milk Fruit	5 SPECIAL MEAL \$3 Smoked Ham Cabbage & Carrots Glazed Yams Carrot Cake Corn Bread 1% Low Fat Milk Fruit	6 Italian Chicken Meatballs Tomato Sauce ½ cup Pasta Steamed Green Beans WW Bread 1% Low Fat Milk Fruit	7 Coconut Shrimp 2 3 Roasted Potatoes Sautéed Spinach WW Bread 1% Low Fat Milk Fruit
10 Jerk Chicken ½ cup Brown Rice Southern Style Green Beans WW Bread 1% Low Fat Milk Fruit	11 Vegetarian Three Bean Chili ½ cup White Rice Green Salad WW Bread 1% Low Fat Milk Fruit	12 Basic Shepherd's Pie Vegetable Mix WW Bread 1% Low Fat Milk Fruit	13 Egg Salad Italian Chickpea Salad Pasta Salad Cole Slaw 1% Low Fat Milk Fruit	14 Baked Salmon w/ cilantro Citrus sauce Roasted Potatoes Tossed Salad w dressing WW Bread 1% Low Fat Milk Fruit
17 Chicken Fajitas Yellow Rice Sautéed Spinach WW Bread 1% Low Fat Milk Fruit	18 Colombian Red Bean Stew Carrots WW Bread Banana Pudding 1% Low Fat Milk Fruit	19 SPECIAL MEAL-\$3 BBQ Pork Ribs Yellow Rice Collard Greens Corn Bread Watermelon 1% Low Fat Milk	20 Cheese Lasagna Roll Vegetable Mix Garden Salad w/ Chickpeas WW Bread 1% Low Fat Milk Fruit Birthday Party	21 Fish w/ tomatoes Roasted Potatoes Steamed Green Beans WW Bread 1% Fat Milk Fruit
24 Beef Burgers w/ Bun Cheese Oven Fries Lettuce Tomatoes Fruit Ices	25 Zesty Chickpea Stew ½ cup White Rice Vegetable Mix WW Bread 1% Low Milk Fruit	26 Beef Meatloaf Roasted Potatoes Steamed Carrots w/ Green Beans WW Bread 1% Low Fat Milk	27 Tuna Salad Cucumber and Chickpea Salad Potato Salad 1% Low Fat Milk Fruit	28 Oven Fried Fish 2 3 ½ cup White Rice Tossed Salad w / Dresing WW Bread 1% Low Fat Milk Fruit
31 Arroz Con Pollo Chicken Breast & Brown rice Vegetable Mix WW Bread 1% Low Fat Milk	All meals include 1% Low fat Milk, WW bread & seasonal fruit			

Gail P Duke Recreation

AUGUST 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 1:30 pm - BINGO	4 2:00 pm – Writing	5 11 am – Let's Talk 2:00 Yarn Works: Embroidery	6 2:00 pm - Arts & Crafts: Met Box	7 11 am – Brain Teasers 2:00 pm – Art Class	8	9
10	11	12 11 am – Let's Talk: Epic 2:00 pm – Arts & Crafts: Resin Glasses.1	13 11 am –MOVIE 2:00 pm – Arts & Crafts: Resin Glasses.1	14 11 am – Brain Teasers 1:30 pm – REC BINGO	15	16
17 DTC OUT 1:30 pm - BINGO	18 DTC OUT	19 DTC OUT CAKE SALE 11 am – Let's Talk: Harmony	20 DTC OUT 1:30 – BIRTHDAY PARTY	21 DTC 11 am – Brain Teasers	22	23
24 1:30 pm - BINGO	25 1:30 pm – It's Music!	26 9:30 am – BREAKFAST 11 am – Let's Talk: Oak Street 2:00 pm Arts & Crafts: Jewelry	27 1:00 pm – DUKE@The Park	28 11 am – Spoken Word 2:00 Spoken Word	29	30

EVENTS

MOVIE: The Bodyguard

BIRTHDAY PARTY color(s): Red, Orange

AWARENESS MONTH:



Gail P. Duke OAC

August 2026

Monday	Tuesday	Wednesday	Thursday	Friday
3 Five Towns Shopping @10AM	4 ShopRite @10:00AM	5 Trip to Red Lobster @ 10:30AM	6 Walmart @9:30AM	7 Costco @10:00AM
10 Coney Island @10:00AM	11 Citi Island #1 @10:00-\$10	12 9:00-Sunset Pool Aerobic Exercise Sign up w/ Nicci	13 BIRTHDAY PARTY NO TRIP	14 City Island #2 @10:00-\$10
17 Cornbread Restaurant@10:30AM	18 No Trip for Gail P Duke	19 26 27	20 28	
24 Walmart@9:30AM				

Must be a registered member with transportation application on file.
All trips are subject to change.

Must meet 15 minutes prior to trip at the center.
\$2 each one way trip

NO BIG CARTS

Funded by The NYC Aging

TRIPS