

CELEBRATING
125
YEARS



August 2026



ST. LOUIS OLDER ADULT CENTER
CATHOLIC CHARITIES NEIGHBORHOOD SERVICES



230 KINGSTON AVENUE
BROOKLYN, NY 11213

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



Gladiolus
and Poppy

30 Holidays
To Celebrate In August

- 8/1 National Raspberry Cream Pie Day
- 8/2 National Ice Cream Sandwich Day
- 8/3 National Watermelon Day
- 8/4 Coast Guard Day
- 8/5 National Underwear Day
- 8/6 Wiggle Your Toes Day
- 8/7 National Lighthouse Day
- 8/8 Collector Car Appreciation Day
- 8/9 Book Lovers' Day
- 8/10 Lazy Day
- 8/11 Play in the Sand Day
- 8/12 National Vinyl Record Day
- 8/13 Left Handers' Day
- 8/14 National Creamsicle Day
- 8/15 Relaxation Day
- 8/16 National Roller Coaster Day
- 8/17 National Thrift Shop Day
- 8/18 Poetry Day
- 8/19 National Aviation Day
- 8/20 National Radio Day
- 8/21 National Spumoni Day
- 8/22 Be an Angel Day
- 8/23 Ride the Wind Day
- 8/24 National Waffle Day
- 8/25 Kiss and Make Up Day
- 8/26 National Dog Day
- 8/27 Just Because Day
- 8/28 Race Your Mouse Day
- 8/29 National Chop Sue Day
- 8/30 Frankenstein Day



**NATIONAL
EMERGENCY MANAGEMENT
AWARENESS
MONTH**

August 2026

National Black Business Month

National Immunization Awareness Month

Don't Be a Bully Month

Spinal Muscular Atrophy Awareness Month

National Road Victim Month

World Cancer Support Month

NYC Department for
the Aging

BREAKFAST

9:00AM – 10:00AM



ST. LOUIS OLDER ADULT CENTER BREAKFAST MENU

AUGUST 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 BLUEBERRY MUFFINS NON-FAT YOGURT GRANOLA BAR HONEYDEW MELON	4 BROCCOLI CHEDDAR QUICHE CORN FLAKES APPLE SAUCE 	5 CHEDDAR CHEESE BAKED POTATO OATMEAL PINEAPPLE CHUNKS	6 SALMON CAKE CRITS MANDARIN ORANGE	7 VEGETARIAN WESTERN BREAKFAST CREAM OF WHEAT CANTALOUPE
10 HEALTHY HARVEST MUFFINS COTTAGE CHEESE GRANOLA BAR SLICED PEACHES	11 PANCAKES SCRAMBLED EGGS CANTALOUPE	12 SPECIAL BREAKFAST CHICKEN & WAFFLES STRAWBERRIES	13 SARDINES CRITS BANANA 	14 SCRAMBLED EGGS HOME FRIES CANNED PEARS
17 BANANA NUT MUFFINS NON-FAT YOGURT GRANOLA BAR DICED PEACHES	18 HARD BOILED EGGS MINI BAGEL FRUIT	19 ASSORTED PASTRIES CORNFLAKES FRUIT 	20 FRENCH TOAST CHEERIOS FRUIT	21 ASSORTED PASTRIES CORNFLAKES FRUIT
24 CORN MUFFINS COTTAGE CHEESE SLICED PEACHES	25 GRILLED CHEESE CHEERIOS HONEYDEW MELON	26 ASSORTED PASTRIES CORNFLAKES FRUIT	27 FRENCH TOAST CORNFLAKES FRUIT	28 HARD BOILED EGGS MINI BAGEL FRUIT
31 HEALTHY HARVEST YOGURT GRANOLA BAR FRUIT	Top Nutrients for Seniors WHOLE WHEAT BREAD & MILK 1% SERVED DAILY COFFEE & TEA SERVED DURING BREAKFAST			

Funded by NYC Aging

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

LUNCH

12:30PM – 1:30PM

Adagast

St. Louis Older Adult Center Lunch Menu

August 2026



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

Monday	Tuesday	Wednesday	Thursday	Friday
3 BBQ CHICKEN LEG MASHED POTATO COLLARD GREENS W/ KALE PLUM FRUIT	4 ROTINI PASTA W/ SPINACH & CHICKPEA GARDEN SALAD GRAPE JUICE FRUIT	5 PEPPER STEAK EGG NOODLES STRING BEANS FRUIT	6 ROASTED CHICKEN LEG YELLOW RICE W/ PECON PEAS ZUCCHINI APPLE	7 TUNA SALAD GARDEN SALAD COLESLAW ORANGE PINEAPPLE JUICE HONEYDEW MELON
10 BAKED SALMON PENNE PASTA W/ ONIONS & PEPPERS BROCCOLI SPEARS JUICE FRUIT	11 <u>RUSSOS CATERED</u> (MEXICAN STYLE) ARROZ CON CANDILES BROWN RICE W/ PECON (PEAS) STRING BEANS & CARROTS JUICE FRUIT	12 BEEF LASAGNA GARDEN SALAD GARLIC BREAD PEACH	13 STEWED PORK CHOYS RICE & RED BEANS CALIFORNIA BLEND VEGETABLES FRUITED JELLO	14 <u>RUSSOS CATERED</u> BAKED FISH OREGANATA BROWN RICE GREEN BEANS W/ ONIONS JUICE FRUIT
17 <u>RUSSOS CATERED</u> EGG SALAD BASIC PASTA SALAD SIMPLE POTATO SALAD FRUIT	18 <u>RUSSOS CATERED</u> ZESTY CHICKPEA STEW BROWN RICE GARDEN SALAD JUICE FRUIT	19 <u>RUSSOS CATERED</u> (DOMINICAN STYLE) CHAMBRÉ DE CANDILES STEW PORK W/ ONIONS YELLOW RICE PRINCE EDWARD BLEND VEGETABLES	20 <u>RUSSOS CATERED</u> ITALIAN MEATBALLS W/ BEEF & TURKEY HOMEMADE TOMATO SAUCE PENNE PASTA CALIFORNIA BLEND VEGETABLES	21 <u>RUSSOS CATERED</u> CAJUN SHRIMP WHITE RICE CAESAR SALAD JUICE FRUIT
24 CHICKEN DRUMSTICKS BAKED POTATO ITALIAN BLEND VEGETABLES FRUIT	25 <u>RUSSOS CATERED</u> MAMA'S PASTA FAGIOLI ITALIAN BLEND VEGETABLES BABY SPINACH SALAD W/ BALSAMIC VINAIGRETTE JUICE FRUIT	26 CHICKEN LO MEIN BROCCOLI SPEARS FRUIT	27 PORK CHOYS MASHED POTATO STRING BEANS FRUIT	28 <u>RUSSOS CATERED</u> TUNA SALAD BASIC PASTA SALAD GARDEN SPINACH SALAD JUICE FRUIT
31 <u>RUSSOS CATERED</u> CHICKEN SALAD COLESLAW SIMPLE POTATO SALAD FRUIT	WHAT'S FRESH AUGUST - Blackberries - Celery Root - Corn - Cucumber - Eggplant - Figs - Green Beans - Melons - Neckarries - Onions - Peaches - Peppers - Plums - Shelling Beans - Summer Squash - Swiss Chard - Tomatoes - Turnips - Watermelon - Zucchini			
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

Tel: (718) 771-7945



Monday		Tuesday		Wednesday		Thursday		Friday	
3	9:00 Breakfast 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.	4	9:00 Breakfast 10:30 Walking Club 12:30 Lunch 2:00 B.I.N.G.O.	5	9:00 Breakfast 10:00 Tech Class 10:00 Computer Workshop 12:30 Lunch 2:00 B.I.N.G.O.	6	9:00 Breakfast 11:15 Balance Wellness w/Elizabeth 12:30 Lunch	7	9:00 Breakfast 11:30 Spanish 12:30 Lunch 1:45 Movie: Nothing to Lose 2:00 Choral
10	9:00 Breakfast 11:00 DOT: Pedestrian Safety 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.	11	9:00 Breakfast 10:00 Influenza Presentation 10:30 Walking Club 12:30 Lunch 2:00 B.I.N.G.O.	12	9:00 Breakfast 9:15 Walmart Shopping Trip 10:00 Pneumonia Presentation 10:00 Tech Class 10:00 Computer Workshop 12:30 Lunch 2:00 B.I.N.G.O.	13	9:00 Breakfast 11:15 Balance Wellness w/Elizabeth 12:30 Lunch	14	9:00 Breakfast 11:30 Spanish 12:30 Lunch 1:45 Movie: Cleaner 2:00 Choral
17	9:00 Breakfast 11:30 Self Defense 11:30 Elder Abuse Presentation 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.	18	9:00 Breakfast 10:30 Walking Club 11:00 Plying All Time -Marty Ketter 12:30 Lunch 2:00 B.I.N.G.O.	19	9:00 Breakfast 9:15 Gateway Shopping Trip 10:00 Tech Class 10:00 Computer Workshop 12:30 Lunch 2:00 B.I.N.G.O.	20	9:00 Breakfast 11:15 Balance Wellness w/Elizabeth 12:30 Lunch 2:00 Glow Party	21	9:00 Breakfast 11:30 Spanish Class 12:30 Lunch 1:45 Movie: The Bad Guardian 2:00 Choral
24	9:00 Breakfast 11:00 Jokester 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.	25	9:00 Breakfast 10:30 Walking Club 11:30 Jasa Care Presentation 12:30 Lunch 2:00 B.I.N.G.O.	26	9:00 Breakfast 9:15 Walmart Shopping Trip 10:00 Tech Class 10:00 Computer Workshop 12:30 Lunch 2:00 B.I.N.G.O.	27	9:00 Breakfast 11:15 Balance Wellness w/Elizabeth 12:00 SecurePath 12:30 Lunch August Birthday Celebration	28	9:00 Breakfast 11:30 Spanish Class 12:30 Lunch 1:45 Movie: Inside Man Most Wanted 2:00 Choral
31	9:00 Breakfast 11:30 Self Defense 12:30 Lunch 1:30 Chair Zumba w/Tommy 2:30 B.I.N.G.O.	August is national IMMUNIZATION awareness month  August is National Wellness Month  PSORIASIS AWARENESS MONTH AUGUST 							

AUGUST

Happy Birthday

Birthdays Celebration

Thursday, August 27th
at 2PM

Music will be played &
Cake will be served

1- Lawrence Jay

2- Harrison Coaxum

3- Anniemae Butler-Wiggins

4- Geraldine Washington

5-Ida Golson

6-Patricia Gudge

7-Joy Bryan

8-Sylvia Saldivar

9-Shirley Haile

10-Tahaim Bacchus

11-Angela Thomas

12-Ann Cornelius

13-Beatrice Eastmond

14-Rita July

15-Marilyn Woodall

16-JieYi Luo

17-Benjamin Candidate

18-Lenworth League

19-Bede Lalla

20-Donna Soleyn

21-Carlton Vaughns

22-Sylvia Fisher

23-Xiomara Bailey

24-Stephanie Harper

25-Karen James



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.



Special Breakfast

Thursday, August 13th

9:00am - 10:00am



Chicken & Waffles

Strawberries

Milk

Orange Juice

Coffee or Hot Tea



A graphic with a red background and a grid pattern. The words "BREAKING NEWS" are in large, white, 3D block letters, and "ALERT" is in yellow, 3D block letters. A small image of a car is visible in the background.

BREAKING NEWS ALERT

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

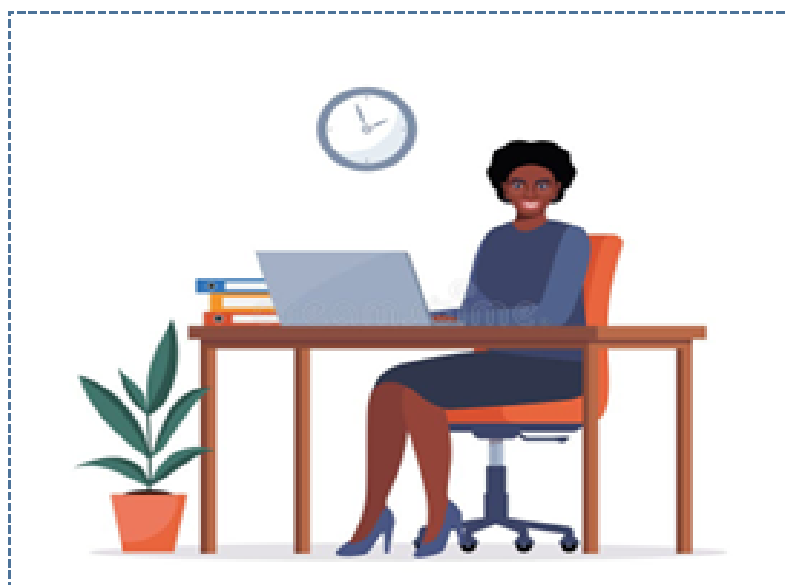
Phone Number

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



NATIONAL IMMUNIZATION AWARENESS MONTH

INFLUENZA, COVID, RSV

AUGUST 11, 2026, 10:00 AM - 11:00 AM

INFLUENZA, COVID-19, AND RSV ARE COMMON RESPIRATORY INFECTIONS THAT CAN LEAD TO SERIOUS ILLNESS, ESPECIALLY IN HIGH-RISK POPULATIONS. LEARN MORE ABOUT PREVENTION, VACCINATION, AND TREATMENT OPTIONS.

CLICK HERE TO JOIN THE MEETING

<https://us02web.zoom.us/j/88088852656?pwd=gJxtaEup8go5BvlaHOPbaa7MzT8ycz.1>

MEETING ID: 880 8885 2656
PASSWORD: 005165
CALL IN NUMBER: +1-929-436-2866



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



NATIONAL IMMUNIZATION AWARENESS MONTH

Pneumonia, Shingles, MMR

AUGUST 12, 2026, 10:00 AM - 11 :00 AM

Pneumonia, shingles, and MMR vaccines help protect against serious and preventable infections. Learn more about who should be vaccinated, recommended schedules, and prevention strategies.

<https://us02web.zoom.us/j/85984671564?pwd=jCkf1aloShlpD93Nuu6HmR3JMMLvfs.1>

MEETING ID: 859 8467 1564

PASSWORD: 396225

CALL IN NUMBER: +1-929-436-2866

Hosted by Students and Faculty from
St. John's University
College of Pharmacy and Health Sciences



The Walking Club



Walk. Talk. Get Fit.

August Walking Club Schedule

Tuesday, August 4th 10:30am - 11:30am

Tuesday, August 11th 10:30am - 11:30am

Tuesday, August 18th 10:30am - 11:30am

Tuesday, August 25th 10:30am - 11:30am

Meet in the reception area



Chair Zumba w/Tommy the Experience

August Class Schedule

Monday, August 3rd 1:30pm - 2:30pm

Monday, August 10th 1:30pm - 2:30pm

Monday, August 17th 1:30pm - 2:30pm

Monday, August 24th 1:30pm - 2:30pm

Monday, August 31st 1:30pm - 2:30pm

Dining Room



August Class Schedule

Monday, August 3rd 11:30am – 12:30pm

Monday, August 10th 11:30am – 12:30pm

Monday, August 17th 11:30am – 12:30pm

Monday, August 24th 11:30am – 12:30pm

Monday, August 31st 11:30am – 12:30pm

w/Shamir

Arts & Craft Room





Balance Wellness w/ Elizanda

This class focus on improving balance, flexibility and mobility. With emphasis on enhancing functional strength and reducing the risk of falls, this class is perfect for individuals looking to maintain their independence and improve their overall wellness.

August Class Schedule

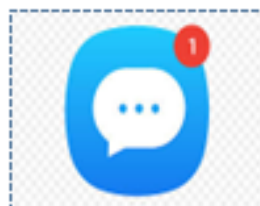
Thursday, August 6th 11:15am - 12 Noon

Thursday, August 13th 11:15am - 12 Noon

Thursday, August 20th 11:15am - 12 Noon

Thursday, August 27th 11:15am - 12 Noon





Are you having difficulties navigating your devices?

Bring your device

August Class Schedule

Wednesday, August 5th 10:00am–11:00am

Wednesday, August 12th 10:00am–11:00am

Wednesday, August 19th 10:00am–11:00am

Wednesday, August 26th 10:00am–11:00am

with Mr. Randall

Arts & Craft Room

Let the **\$hopping** Begin!

Wednesday, August 5th

Canceled

Wednesday, August 12th 9:00am

Walmart

Wednesday, August 19th 9:00am

Gateway Shopping Center

Wednesday, August 26th 9:00am

Walmart

Must sign up for trips.

See Program Manager for more details.

Limited Seating

First Come First Served

Van leaves PROMPTLY at 9:15am

*Come and showcase your vocals on
Fridays*

2:00pm - 3:30pm

with Ms. Hellen and St Louis Choir



August Class Schedule

Friday, August 7th 2:00pm - 3:30pm

Friday, August 14th 2:00pm - 3:30pm

Friday, August 21st 2:00pm - 3:30pm

Friday, August 28th 2:00pm - 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**



August Class Schedule

Friday, August 7th 11:30am - 12:30pm

Friday, August 14th 11:30am - 12:30pm

Friday, August 21st 11:30am - 12:30pm

Friday, August 28th 11:30am - 12:30pm

w/Ms. Hellen

Library

STAY CLEAN, STAY HEALTHY

01.

HAND HYGIENE

Wash hands with soap, use sanitizer when needed



02.

BATHING AND SKIN CARE

Take a daily bath, keep skin clean and fresh



03.

CLOTHING AND CLEANLINESS

Wear clean Clothes daily.
Wash sweaty clothes



04.

TOILET HYGINE

Flush after use..
Wash hands properly



05.

ORAL HYGINE

Brush twice daily.
Floss and rinse your mouth.



06.

HAIR AND NAIL CARE

Trim nails regularly.
Keep hair clean and dry



07.

FOOD HYGINE

Wash fruits and vegetables
Store and keep food properly



08.

SLEEP AND REST

Get enough sleep.
Stay fresh and active.



BE
Kind
FOR
Everyone
YOU MEET
Fighting
A HARD
BATTLE



Thursday, Augst 20, 2026
2:00pm - 3:30pm

Wear your brightest neon color.
Music
Cool Treat



Friday, August 7th 1:45pm Dining Room

Nothing to Lose 2026 1hr 42min(Netflix)

Friday, August 14th 1:45pm Dining Room

Cleaner 2007 1hr 28min (Netflix)

Friday, August 21st 1:45pm Dining Room

The Bad Guardian 2024 1hr 27min (Netflix)

Friday, August 28th 1:45pm Dining Room

Inside Man Most Wanted 2019 1hr 45min (Netflix)

Movie suggestions welcomed!!



St. Louis Older Adult Center Daily Activities

Mondays

Self Defense w/Shamir 11:30am - 12:30pm

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

BINGO 2:30pm - 3:30pm

Tuesdays

Dominos 1:00pm - 3:00pm

BINGO 2:00pm - 3:00pm

Wednesdays

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

Computer Workshop w/Janet (Until Sept 2nd)

BINGO 2:00pm - 3:00pm

Thursdays

Wellness Balance w/Ms. Elizanda 11:15am - 12Noon

Fridays

Spanish Class w/Ms. Hellen 11:30am - 12:30pm

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

Movie 1:45pm - 3:30pm

Please respect activities start and finish times!!



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.



Webinar: Pedestrian Safety for Older Adults

**Mon, August 10
11am-12pm**

Guest Speaker:

Eric Miu, NYC Dept.
of Transportation



Join us to discuss tips for staying safe and enjoying New York City's busy streets this summer!

Free!

Register here:



NYU
HEALTH
HOSPITALS

Bellevue

NYU
HEALTH
HOSPITALS

Kings County

NYU Langone
Health

Crown Heights North Association
presents...

Summer, Sun & Soul

Sunday
August 30th
2026



2:00 PM
to
7:00 PM

Rain or Shine!

JOIN US FOR OUR 6TH ANNUAL Rooftop Rhythm Soiree

BROOKLYN CHILDREN'S MUSEUM | 145 BROOKLYN AVE BROOKLYN, NY 11213

TICKET SALES

\$60.00

JUNE 1ST - JULY 31ST (WHILE TICKETS LAST)

\$70.00

AUGUST 1ST - AUGUST 15TH

Buy tickets early, as the event sells out quickly

Featuring

- MUSIC COORDINATOR: DWAYNE 'COOK' BROADNAX
- "THE MONTE CROFT/STANLEY BANKS BAND"
- SOUND PROVIDED BY KWAME/SUCCESSFUL VENTURES
- DJ T-GROOVE

Tickets available at:

ELITE GRAPHIX
252 JAVA STREET
BROOKLYN, NY 11222
EGXPRINTING.COM
CALL: 718-581-7234

NOSTRAND STATION BAR & LOUNGE
822 NOSTRAND AVE (LINCOLN PLACE)
BROOKLYN, NY 11216
718-812-1658
OPEN EVERY DAY EXCEPT MONDAY

Online on
Eventbrite:

For information:
332-203-5291



SCAN HERE

REFRESHMENTS | POP-UPS | MUSIC

TICKETS WILL NOT BE SOLD AT THE DOOR.

MADE POSSIBLE BY:

SENATOR ZELLMOR MYRIE

ASSEMBLY MEMBERS BRIAN CUNNINGHAM & STEFANI ZINERMAN

COUNCILMEMBERS CRYSTAL HUDSON & CHI OSSE

CHENA is a 501 (c) (3) Organization



BROOKLYN
CHILDREN'S
MUSEUM





Department for
the Aging

2026



Healthy Aging Fair

SAVE THE DATE!



Thursday, September 17

9:00am - 12:00pm

Asphalt Green

555 East 90th Street

New York, NY 10128



Transportation NOT Provided

Sponsors:

Salonpas



Rethink Food

Call Aging Connect:
212-AGING-NYC (212-244-6469)

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***

MEET *the* **CANDIDATES**

President

Frances Langley

Vice President

Carzei O'Neill

Secretary

Karen James

Treasurer

Olivia Laidlow

Sergeant of Arms

Alexander Davis

Linda Henderson

It's not too late to add your name on the ballot!

DOES ANY OF THIS SOUND FAMILIAR?

- ☐ By afternoon, your shoes feel tight — or won't go on at all
- ☐ Your legs feel heavy and tired even when you haven't done much
- ☐ You've tried cutting salt, elevating your legs — nothing lasts
- ☐ Your doctor prescribed water pills — but you feel worse over time, not better

If that sounds like your Tuesday — **you're not imagining it** and you're not alone. Millions of people manage these exact symptoms every single day, adjusting their shoes, avoiding certain clothes, turning down invitations because they don't trust their legs. And most of them have been told by their doctor that water pills are the answer.

The lymphatic system is so important! It controls so many parts of the body!□

The lymphatic system is your body's built-in detox and immune defense network. It moves fluid called lymph through a system of vessels and lymph nodes, flushing out cellular waste, toxins, excess fluid, and pathogens. It also helps transport fats and fat-soluble nutrients, regulates inflammation, and supports immune cells that protect you from infections. Unlike the bloodstream, the lymphatic system has no pump, so it relies on movement, deep breathing, hydration, and massage to keep things flowing. When the lymph system is sluggish, you may experience swelling, puffiness, congestion, fatigue, or a weakened immune response.

10 SIGNS LYMPHATIC SYSTEM needs support



**nasal
congestion**



brain fog



arthritis



**poor
immunity**



cellulite



dark circles



acne



constipation



fatigue



fluid retention

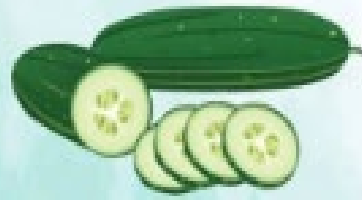
LYMPH Foods



Lemon



Ginger



Cucumber



Celery

LYMPH Support



Liver Support



Herbs



Stretching



Hydration

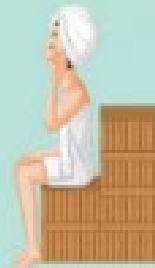
LYMPH Therapies



Massage



Dry Brush



Sauna



Rebounding

LYMPHATIC DETOX

7 DAY MEAL PLAN

REDUCE BLOATING • SUPPORT LYMPH FLOW • DETOX NATURALLY • FEEL LIGHT & ENERGIZED



SUPPORT
LYMPHATIC FLOW



REDUCE
BLOATING



BOOST
IMMUNITY



ANTI-
INFLAMMATORY



SUPPORT
DIGESTION



GENTLE &
NATURAL DETOX

DAY	BREAKFAST	LUNCH	SNACK	DINNER
DAY 1 MONDAY 	OATMEAL WITH BLUEBERRIES & CHIA SEEDS OATS, BLUEBERRIES, CHIA SEEDS, ALMOND MILK	QUINOA BOWL WITH VEGGIES QUINOA, CUCUMBER, CARROTS, RED CABBAGE, AVOCADO, LEMON OLIVE OIL	GREEN SMOOTHIE SPINACH, PINEAPPLE, CUCUMBER, LEMON, GINGER, COCONUT WATER	VEGGIE SOUP & SIDE SALAD MIXED VEGETABLES, GARLIC, HERBS, OLIVE OIL, LEMON
DAY 2 TUESDAY 	CHIA PUDDING WITH BERRIES CHIA SEEDS, BERRIES, ALMOND MILK, MAPLE SYRUP	LENTIL SALAD LENTILS, CUCUMBER, TOMATO, PARSLEY, LEMON, OLIVE OIL	APPLE SLICES WITH ALMOND BUTTER	BAKED SALMON WITH STEAMED BROCCOLI SALMON, BROCCOLI, LEMON, GARLIC, OLIVE OIL
DAY 3 WEDNESDAY 	GREEN SMOOTHIE BOWL SPINACH, BANANA, KIWI, FLAXSEEDS, COCONUT WATER	BUDDHA BOWL BROWN RICE, CHICKPEAS, SWEET POTATO, KALE, AVOCADO, TAHINI LEMON SAUCE	VEGGIE STICKS WITH HUMMUS CARROTS, CUCUMBER, CELERY, HUMMUS	ZUCCHINI NOODLES WITH PESTO ZUCCHINI NOODLES, BASIL PESTO, CHERRY TOMATOES, OLIVE OIL
DAY 4 THURSDAY 	OATS WITH BANANA & CINNAMON OATS, BANANA, CINNAMON, ALMOND MILK	TURKEY & VEGGIE WRAP TURKEY, SPINACH, CUCUMBER, CARROT, HUMMUS, WHOLE GRAIN WRAP	DETOX WATER CUCUMBER, LEMON, MINT, GINGER, WATER	VEGGIE STIR FRY WITH TOFU TOFU, BROCCOLI, BELL PEPPERS, SNAP PEAS, GARLIC, OLIVE OIL
DAY 5 FRIDAY 	BERRY SMOOTHIE MIXED BERRIES, BANANA, FLAXSEEDS, ALMOND MILK	CHICKPEA & VEGGIE BOWL CHICKPEAS, CUCUMBER, TOMATO, FETA, OLIVES, LEMON, OLIVE OIL	PINEAPPLE & BLUEBERRIES PINEAPPLE CHUNKS, BLUEBERRIES	BAKED COD WITH ASPARAGUS COD, ASPARAGUS, LEMON, GARLIC, OLIVE OIL
DAY 6 SATURDAY 	CHIA PUDDING WITH MANGO CHIA SEEDS, MANGO, COCONUT MILK, MAPLE SYRUP	KALE SALAD KALE, APPLE, WALNUTS, CRANBERRIES, PUMPKIN SEEDS, LEMON, OLIVE OIL	GREEN SMOOTHIE KALE, CUCUMBER, APPLE, LEMON, GINGER, COCONUT WATER	LENTIL SOUP & SIDE SALAD LENTILS, CARROTS, CELERY, GARLIC, HERBS, OLIVE OIL
DAY 7 SUNDAY 	FRUIT & YOGURT BOWL GREEK YOGURT, KIWI, STRAWBERRIES, CHIA SEEDS	VEGGIE & QUINOA SALAD QUINOA, ROASTED VEGGIES, SPINACH, LEMON, OLIVE OIL	HANDFUL OF RAW NUTS ALMONDS, WALNUTS, PUMPKIN SEEDS	GRILLED CHICKEN WITH ROASTED VEGGIES CHICKEN, ZUCCHINI, BELL PEPPERS, CARROTS, OLIVE OIL, HERBS

BEST FOODS FOR LYMPHATIC DETOX

FOODS TO LIMIT / AVOID

DAILY HYDRATION GOAL

TIPS FOR BEST RESULTS

UPCOMING EVENTS!



September 2026

Ice Cream Floats 9/15

Advisory Board Election TBA

September Birthday Celebration 9/24



October 2026

Ice Cream Social 10/22

Pre- Halloween 60's/70's Delight 10/22

October Birthday Celebration 10/29



November 2026

Thanksgiving Special Lunch TBA

November Birthday Celebration 11/19



December 2026

Christmas Special Lunch TBA

December Birthday Celebration 12/17



We would LOVE to hear your ideas
and suggestions!!



Joycelyn Baldwin

Rachel Boddie

Sylvia Garcia

Karen James

Linda Prince

Helen Selby

Patricia Washington

Mary Williams

110 AUGUST TRIVIA QUESTIONS

What meteorological season is August in the Northern Hemisphere?

How many days does the month of August have?

What meteorological season is August in the Southern Hemisphere?

If you are born June 23rd-August 22nd, what is your zodiac sign?

If you are born August 23rd-September 22nd, what is your zodiac sign?

True or False: August was named after Augustus Caesar, the first Emperor of Rome.

True or False: People born under the sign of the Leo tend to be negative and deceitful.

What flower of August is known for its sedative nature?

What month of the year was August on the old ten-month Roman calendar?



SEE THE ANSWERS

HEALTHYHAPPYIMPACTFUL.COM

AUGUST WORD SEARCH

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

READING	SUNSHINE	POOL
TREEHOUSE	RIVER	HIGHLIGHTER
DESK	TRAMPOLINE	MATH
HAMBURGER	SCHOOLHOUSE	TEACHER
SUMMER	BICYCLE	SCHOOL BUS
CAMPFIRE	STUDENT	CHAIR
HOMEWORK	HOT DOG	RECESS
SPRINKLER	SCIENCE	PARK
VACATION	BACKPACK	HISTORY
CALENDAR	LAWN MOWER	SWIMMING



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

Vacant

Kitchen Aide

Genita Tatum

Maintenance



Advisory Board Officers

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Hellen Denman

Vice President

Vacant

Secretary

Vacant

Treasurer

Mary Williams

Sergeant of Arms

Valerie Williams

DFTA Volunteers

Joseph Chery

Anita Edwards

Lewis Edwards

Chantay Wilson

Thomas Natalie

Claudio-Alfonso Becerra

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.



**Department for
the Aging**